



The Bible Banner

March 2017



Watchman on the Walls of Zion

Psalms 127:1 "...except the LORD keep the city, the watchman waketh but in vain."

There's a story of some sailors coming into dock at shore. One was looking through his binoculars and calling off the sailors' wives who were watching on the dock. One sailor's wife wasn't called out in the list of names. He got to shore and ran to his house and she said "I've been waiting." He gently but rebukingly said, "but the others were waiting and watching."

Jesus said to wait and watch for His return.

Breakfast Links (Not-Sausage Roll)

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|--|--------------------------------|
| 1 cup hot water | ¾ cup quick oats |
| 1 Tbsp onion powder | 1 tsp salt |
| 2 Tbsp nutritional yeast | ½ Tbsp Pero, coffee substitute |
| 1 ½ Tbsp Mock Aminos OR 1 Tbsp yeast paste | |
| 3 Tbsp potato flour | 2 tsp beef-like seasoning |
| 2 Tbsp olive oil | ½ cup gluten flour, heaping |

First, add the hot water to the quick oats. After this is mixed, add the remaining ingredients leaving the gluten and potato flour until last. Roll into breakfast link shapes and bake on a cookie sheet at 350 for 35 min. For more moist links, you may choose to steam them a little before serving. For a larger not-sausage roll add 1 tsp poppy seeds, ¼ tsp cayenne and ½ tsp garlic powder. Bake longer. The next day you may slice and fry each piece.



No-Brag Mock Aminos (This is a concentrated seasoning, not a food by itself.)

½ medium onion, chopped and caramelized in an oiled skillet, ¾ cup water, 1 tsp carob powder, ¼ cup salt, ½ tsp celery seed, 2 Tbsp sucanat, 2 ¼ Tbsp lemon juice, 1 ¼ Tbsp Roma or Pero, 1 Tbsp onion powder, 2 Tbsp sunflower seeds
Blend until smooth. Keep in container in freezer. Due to the salt content, it will not freeze solid and may be scooped out as needed.



QUOTABLE QUOTES

"The greatest want of the world is the want of men--men who will not be bought or sold, men who in their inmost souls are true and honest, men who do not fear to call sin by its right name, men whose conscience is as true to duty as the needle to the pole, men who will stand for the right though the heavens fall."--Education, p. 57

The Time is **NOW**

I'm not one to put a lot of stock in most dreams, even my own, for even Solomon said, *"For a dream cometh through the multitude of business"* Eccl. 5:3 But there is one dream that I had many years ago that I will never forget. In fact, the dream remains as vivid in my mind as the night I dreamed it. I dreamed I was standing in the living room looking toward a cabinet with a TV in it. The TV was not a regular screen, it was more like a portal or window that opened up out into outer space. It looked sort of like the views from the Hubble Telescope. Way off in the distance, over to the right side, I could see something out in space, and I could tell that it was coming toward me. As I watched, I could finally make out that it was rotating, but I still could not tell what it was. Finally, it got close enough that I could make out that it was a word that was rotating, but still I couldn't read it. Eventually, it rotated right up to the screen/window where I could distinctly read it. In Big Bright letters it read – NOW!

The word only stayed at the screen for a few moments, and then it rotated back out into space to the left side of the window/screen.

In my dream, I instinctively knew that word represented the 2nd Coming of Christ.

I then turned to my right, and saw, over against the living room wall, a couch – although, in my dream, the couch was miles long – it disappeared into the distance so that I could not see the other end.

On this couch were people, sitting side by side. I couldn't see everyone on the couch, but those closest to my end I could see. I saw family members, I saw friends, I saw others that looked familiar and many others that I didn't even know.

Every person was sitting on the couch, with their heads laid on the shoulder of the person next to them – and every single person was fast asleep.



Time is running out.

I was alarmed! I began shouting to everyone to wake up – I kept yelling, "Wake up – it's time – NOW – Christ is coming!"

However, no matter how loud I shouted, nobody would wake up. I began to panic – I was shaking them, shouting in their ears – doing everything I could think of to try to wake them up – but they wouldn't wake up. I was desperate – I knew if they didn't wake up, they would die. I began to make loud noises along with my shouting, and a few of the people slowly began to stir – but they were not waking up fast enough.

It was at this point, that I awoke from my dream. My heart was racing, and my pillow was soaked in sweat and tears. In my heart, I knew that the dream was no ordinary dream – I had a strong impression that God spoke and said, "I gave you that dream – now go warn the world!"

Today, probationary time is fast closing and as in my dream, many are fast asleep to eternal realities. *"Watch, brethren, the first dimming of your light, the first neglect of prayer, the first symptom of spiritual slumber."*— {Prayer pg. 24.5} *"Be sober, be vigilant [to be awake, watch],"* is the apostles' warning... *"because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour."* *1 Peter 5:8* Every moment that we are not on our watch we are liable to be beset by the enemy and are in great danger of being overcome by the powers of darkness. Time is running out. There is no longer time to be caught up in the cares of this life. There is no longer time to say, "I'll take more time for Jesus tomorrow. I have to work today." There is no time left to waste on frivolous movies, sports and fashions. NOW is the time to forsake our sins and turn to Jesus Christ who gave his life to redeem us from sin. The time is NOW to wake up before it is too late!

"And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed." (Rom. 13:11) Watch ye therefore: for ye know not when the master of the house cometh, at even, or at midnight, or at the cockcrowing, or in the morning: Lest coming suddenly he find you sleeping. And what I say unto you I say unto all, Watch. (Mark 13:35-37)

Study to Shew Thyself Approved—Revelation's Warning of a Coming Deception

Read and note the description Rev. 13:11 gives of another beast in Bible Prophecy. *"And I beheld another beast coming up out of the earth; and he had two horns like a lamb, and he spake as a dragon."* Rev 13:11

1. In Bible Prophecy, a beast is used to represent a _____. Dan 7:17 *"These great beasts, which are four, are four kings..."*
 Dan 7:23 *"Thus he said, The fourth beast shall be the fourth kingdom ..."*

Notice how the lamblike beast/ kingdom/nation is different from the other beasts in Daniel and Revelation. The lamblike beast comes up without "winds of strife/war" (Daniel 7:2, Jer. 25:32, 33; Zech. 7:14) out of the earth, a relatively uninhabited area as contrasted with the "sea of peoples". (Dan. 7:3/Rev. 13:1, Rev. 17:15, Is. 17:13) This kingdom also has lamblike horns signifying youth, innocence and gentleness, a fitting representation of the United States when it was "coming up". (For a more in-depth study on this topic please read the Great Controversy pg. 439-443)



2. How much power does the Bible in Rev. 13:12 say that the beast with lamblike horns will have? _____

Rev. 13:12 "And he exerciseth all the power of the first beast before him, and causeth the earth and them which dwell therein to worship the first beast, whose deadly wound was healed."

3. According to Rev. 13:15,17 When the beast with lamblike horns begins to "speak as a dragon" what two things can those who stay true to God and refuse to worship the image of the beast, or receive his name, mark, or number expect? _____

Rev. 13:15 "And he had power to give life unto the image of the beast, that the image of the beast should both speak, and cause that as many as would not worship the image of the beast should be killed." Rev. 13:17 "And that no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name."

4. How does the Bible say that the beast with lamblike horns will deceive people into doing this? _____

Rev. 13:13,14 "And he doeth great wonders, so that he maketh fire come down from heaven on the earth in the sight of men, And deceiveth them that dwell on the earth by the means of those miracles which he had power to do in the sight of the beast; saying to them that dwell on the earth, that they should make an image to the beast, which had the wound by a sword, and did live."

Notice with which Bible story, John, the writer of Revelation, connected fire from heaven. *Luke 9:54,55 "And when his disciples James and John saw this, they said, Lord, wilt thou that we command fire to come down from heaven, and consume them, even as Elias did? But he turned, and rebuked them, and said, Ye know not what manner of spirit ye are of." 2 Kings 1:10 "And Elijah answered and said to the captain of fifty, If I be a man of God, then let fire come down from heaven, and consume thee and thy fifty. And there came down fire from heaven, and consumed him and his fifty."* This story could indicate that "fire from heaven" might be used wrongly to strike down the righteous in order to supposedly "prove" that God was not with them.

5. What other story in the Bible indicates that Satan (the dragon- Rev. 12:9; 20:2) uses destructive fire "from heaven" to discourage the righteous? _____

Job 1:16 "While he was yet speaking, there came also another, and said, The fire of God is fallen from heaven, and hath burned up the sheep, and the servants, and consumed them; and I only am escaped alone to tell thee."

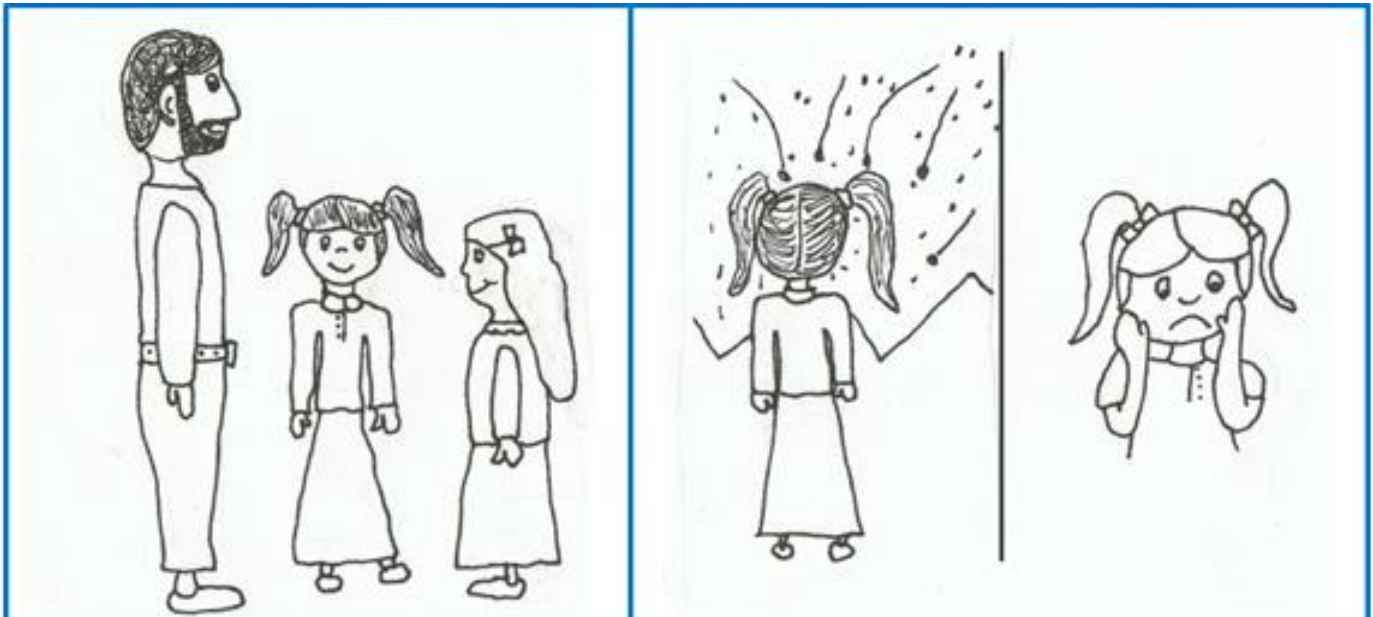
Notice that fire "from heaven" (that even burns up wood, stone, and dust) could also be used in connection with a counterfeit Elijah Message (the message of the false prophet) *1Kings 18:23,24 "Let them therefore give us two bullocks; and let them choose one bullock for themselves, and cut it in pieces, and lay it on wood, and put no fire under: and I will dress the other bullock, and lay it on wood, and put no fire under: And call ye on the name of your gods, and I will call on the name of the LORD: and the God that answereth by fire, let him be God. And all the people answered and said, It is well spoken..."* Elijah prayed... *1 Kings 18:38,39 "Then the fire of the LORD fell, and consumed the burnt sacrifice, and the wood, and the stones, and the dust, and licked up the water that was in the trench. And when all the people saw it, they fell on their faces: and they said, The LORD, he is the God; the LORD, he is the God."*

For more insights into this topic, you may continue to study into what "figurative" fire represents in the Bible. See Isaiah 9:18 and Jeremiah 23:29. Remember that since this is a wicked power bringing down fire, if the fire has a good meaning, this fire would be a counterfeit of the good.

1. A kingdom/nation 2. All the power of the beast before him 3. To be killed (a death-decree) and not to be allowed to buy or sell 4. Miracles/wonders, even fire from heaven 5. The story of Job

GOD'S AMAZING CREATURES

Monty was a moose calf. One day he came up the driveway to our house. When He found some nicely shoveled paths he walked up them and he seemed to enjoy them because he did not have to sink in the deep snow. We were in the house watching out the window. Monty continued on the paths and then walked right up to the back door of our house. Suddenly, he turned his head and licked the door handle. We were standing just on the other side of the door! Then his mother must have called him, because he started back to where she was. I'm glad we were watching out the window that day so we got to see the moose calf. Jesus told us to watch for His coming too and that will be even more exciting than seeing a moose calf!



Teacher told Patience and Passion that there would be a meteor shower. He said there would be lots of shooting stars that night. Patience wrote down the time to watch. She remembered to watch that night and she got to see the pretty meteor shower. It was even better than fireworks. Passion forgot to watch and she missed the pretty star show in the sky. She was sad that she forgot to watch.

Memory Text:

Mark 13:33 "Take ye heed, watch and pray: for ye know not when the time is."



ALTER YOUR COURSE

"I am come a light into the world, that whosoever believeth on me should not abide in darkness." John 12:46

The captain of a ship peered into the dark night and saw faint lights in the distance. Immediately he commanded his signalman to send the message, "Alter your course 10 degrees south."

Promptly a return message was received: "Alter your course 10 degrees north."

The captain was angry. His command had been ignored. So he sent a second message: "Alter your course 10 degrees south--I am the captain!"

Soon another message was received: "Alter your course 10 degrees north--I am seaman third class Jones."

Immediately the captain sent a third message, knowing the fear it would evoke: "Alter your course 10 degrees south--I am a battleship."

Then the reply came "Alter your course 10 degrees north--I am a lighthouse."

There are many lessons that can be learned from this story, but one of the most important is that it is we, not God, who must change. How many Christians want God to change his law, his rules, so they can do whatever they want to do? But Jesus Christ holds the authority. He is the Light of the World and he states that he never changes. We may want it otherwise, but if we ignore his commands, we do so at the risk of our eternal lives.



PROFITABLE TRADITIONS

Cultivate Bible Knowledge—Take a Bible Walk.

Before you leave, grab your Bible because this activity is a little bit challenging for most. Beginning with the book of Genesis, as you walk, find an object that is found in each book of the Bible. Of course, Genesis is easy due to the creation story, but some of the Minor Prophets are a little more difficult, and you may even have to open your Bible to refresh your memory with objects for some of the books. We also had to "create" a few objects on our Bible walk in order to complete the Old Testament.

We found this to be an excellent way to familiarize both adults and children with the contents of the books of the Bible. Enjoy!



Altar built for Bible Walk





Disappearing Doughnuts

"Set a watch, O LORD, before my mouth; keep the door of my lips...let me not eat of their dainties." Psalm 141:3,4b

Although I am not really proud of the fact, I have eaten more "dainties" in one sitting than anyone else I know. Years ago, when I was pregnant with my first child, my kind husband brought home a box of doughnuts for me. Putting the doughnuts between us, we sat down on the couch to watch TV (a bad idea). A short while later the box of doughnuts had dwindled down to one left in the box and so I asked, "Is this your doughnut or mine?" I was a little shocked when my husband replied, "I've only eaten one." But seeing me still eyeing the last doughnut, he obligingly gave me that one too. It wasn't until I had eaten it that I realized that it had been, not a box of 12 doughnuts, but rather 18, and I had eaten 17 doughnuts all by myself. How could one person eat so many doughnuts?



Today, I understand a little better. You see, most doughnuts are missing their "stop sign". They are missing fiber. The American Journal of Clinical Nutrition states that "It has been suggested that sufficient fiber in the diet will tend to prevent excessive food intake and depot fat accumulation by decreasing the caloric density of the diet, slowing[slowing] rate of food ingestion, increasing the effort involved in eating, promoting intestinal satiety, and interfering slightly with efficiency of energy absorption."

<http://ajcn.nutrition.org/content/31/10/S43.3.short>

I could never have eaten that many whole-grain doughnuts. Whole grains contain the bran—which contains most of the fiber, the germ—which contains most of the vitamins and minerals, and the endosperm—which is mostly starch. Because milling removes the bran and germ, products made with refined white flour often contain very little fiber. The majority of the important nutrients, like vitamins and minerals, are also lost during the processing. This yields something that looks like food, and admittedly smells and tastes good, but is devoid of nutrients as well as a "stop sign." Perhaps this fake food is what Proverbs warns about. *"When thou sittest to eat with a ruler, consider diligently what is before thee: And put a knife to thy throat, if thou be a man given to appetite. Be not desirous of his dainties: for they are deceitful meat."* Proverbs 23:1-3 Deceitful meat is what today we might call junk food ... soft drinks, white bread, rich white pastries, doughnuts... and no real nutrients.

It is interesting to learn to read labels and look for foods with more fiber. *"Based on the USDA food labeling guidelines, a food labeled as 'high' in fiber must have 5 g or more of fiber per serving. Foods with labels claiming to be 'good' sources of fiber have 2.5 to 4.9 g of fiber per serving."* (Nutritional Sciences, From Fundamentals to Food, pg. 138) Foods that contain fiber include whole grains, legumes (beans), vegetables, fruits, nuts and seeds. Foods that contain no fiber include meats, milk, dairy, cheese, white bread and pastries, and other refined foods.

While I can verify the fact that doughnuts taste good, I can also verify the fact that if God tells us to do something, it is always for our best good. And science today realizes that replacing "dainty deceitful meats" with foods high in fiber brings with it a truck load of health benefits. Some of the benefits include:

- "Can help promote satiety"
- "Lower blood glucose levels"
- "Binding dietary fat and cholesterol...making it less likely to be absorbed."
- Promoting "selective growth of beneficial bacteria, which in turn help inhibit the growth of other disease causing (pathogenic) bacteria." (Nutritional Sciences, From Fundamentals to Food, pg. 136)

In addition, according to a chart in Essentials of Nutrition and Diet Therapy, a diet high in fiber with plenty of fluids may help protect against various health problems including diabetes mellitus, constipation, diverticular disease (diverticulosis), obesity, coronary heart disease, colon cancer, hiatal hernia and hemorrhoids. (Essentials of Nutrition and Diet Therapy, pg. 44, 45, Table 3.7)

So next time you sit down to eat, look for foods with a fiber "stop sign" so you aren't the next one to have 17 disappearing doughnuts!