



# The Bible Banner

March 2023



## Tokens of God's Love

Adoniram Judson, missionary to Burma, was lying in a foul jail with 32 lbs. of chains on his ankles, his feet bound to a bamboo pole after being falsely accused as a spy. With a sneer on his face, a fellow prisoner said, "Dr. Judson, what about the prospect of the conversion of the heathen?" Judson's instant reply was,

*"The prospects are just as bright as the promises of God."*

Indeed, like Abraham, *"He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God; And being fully persuaded that, what he [God] had promised, he was able also to perform."* Romans 4:20, 21

### A Smoothie Pattern (as easy as 1-2-3)

Smoothies don't really need much of a recipe if you know the secret ingredient and the pattern for a good one.

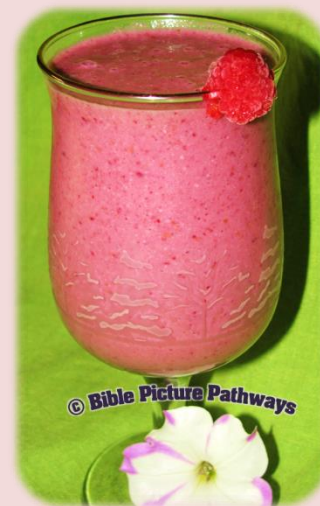
1--In my opinion, **frozen overripe (brown-speckled) bananas\*** are the secret ingredient for a sweet smoothie free from added sugar. We usually use about 3 bananas for a smoothie for the 4 of us. You can use fresh, overripe bananas, but I prefer the frozen ones.

2---Add (a cup or two of) **your desired fruit for flavor**—We like either strawberries, raspberries, mangos, or blueberries best. But many different types of fruit or mixtures of fruit are nice. (Picking your own berries or fruit in season and freezing them for later makes this much cheaper.)

3--Then add **your favorite plant-based milk**, enough to blend. We typically use organic soymilk, but on occasion, we have used almond milk, rice milk, other nut milks, or even coconut milk. Coconut milk is especially nice when pineapple chunks are the fruit flavor of choice.

After combining your chosen ingredients, just **blend and serve immediately**.

(\* Note: Often you can get overripe bananas discounted at the store and just keep some frozen for future use. You will want to peel and chunk the bananas before freezing them.)



### Quotable Quotes

**"There is one safe and happy place, and that is in the will of God."**

— David Livingstone

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### PROFITABLE TRADITIONS

Take time to appreciate the tokens of God's love. One lovely moonlit night a grandfather and his small granddaughter went for a walk. The stars were magnificent. As the grandfather named individual stars and constellations, the granddaughter exclaimed, "Grandpa, if the bottom side of Heaven is this beautiful, just think how wonderful the top side must be."





## Editor's Note Pink Promises

It was time for evensong and Dallas and I gathered on the porch swing to sing, read from God's word, and pray. We like to do this while we watch the sunset, but this winter has been particularly overcast and the sunsets have been scarce. This particular day was no exception. Gray clouds blanketed the sky with a dreary mist. And there was not a single glimpse of the sun. The view just reflected the troubles of the day, culminating as usual in more broken stuff than Dallas could keep up with. Trying to cheer him up, I said, "We have to gather the roses, the lilies, the pinks" referencing a story-based song that is dear to our hearts. The song asserts, *"The briars will wound you. The thorns only grieve. So gather the roses, the lilies, the pinks."* Despite this, in response to my suggestion to "gather the roses, the lilies, the pinks," Dallas swept his hand across the horizon and landscape stating drearily, "Do you see any roses or lilies or pinks? There is only cold and snow."

I whispered a prayer letting God know I knew He was there, and proceeded to try to create a case to cheer Dallas with the fact that



there was indeed at least one lily, since Susanna means lily. I think God could tell I needed some significant help because unexpectedly the clouds began to part revealing blue sky. As the sun peaked out, the remaining clouds all the way across horizon turned a brilliant pink. It was as if God was saying, "I'm still here, and I'm in charge of the pink." We gazed teary-eyed at the sky for the next five minutes, and then watched as the pink faded, the sun disappeared, and gray clouds recovered the face of the sky. Neither of us had any doubt that God had manifested His glory just to cheer us. He had made *"the outgoings of the... evening to rejoice."* Psalm 65:8 It was as if God was telling us, *"Do not listen to Satan's lies, but recount God's promises. Gather the roses and the lilies and the pinks. Talk of the promises of God... The Bible promises are the pinks and the roses and the lilies in the garden of the Lord."* {2MCP 807.5, 808.3}

Every day we are surrounded by the tokens of God's love, every day we enjoy the bounties of His providence. But often we overlook these blessings and let them be overshadowed by trying circumstances. Like the clouds, *"Unbelief is repulsive, dark, forbidding."* But, *"True workers walk and work by faith. Sometimes they grow weary with watching the slow advancement of the work, when the battle wages strong between the powers of good and evil. But if they refuse to fail or be discouraged, they will see the clouds breaking away and the promise of deliverance fulfilling. Through the mist which Satan has thrown across their pathway, they will see the shining of the bright beams of the Sun of Righteousness. The glory of the Lord is to fill the whole earth."* {ST, August 28, 1901 par. 9}



## Prophetic News Notes — Tokens of Warning

*"And I will shew wonders in heaven above, and signs in the earth beneath; blood, and fire, and vapour of smoke: (also "pillars of smoke" Joel 2:30) The sun shall be turned into darkness, and the moon into blood, before that great and notable day of the Lord come: And it shall come to pass, that whosoever shall call on the name of the Lord shall be saved."* Acts 2:19-21 Indeed, pillars of smoke are making it into the news as God allows major disasters to wake people up to the fact that the end is near and their only hope is in Him.

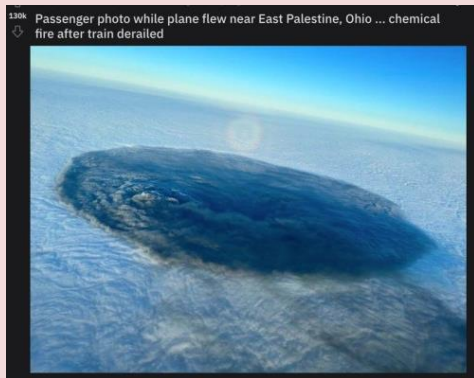
*"On February 3, a [150-car] tanker train derailed in the Ohio town of East Palestine, near the state border with Pennsylvania."*<sup>1</sup> In an attempt to prevent an uncontrolled explosion (since there were 20 hazardous material cars filled with highly toxic, and extremely flammable chemicals) authorities resorted to detonating the burning cars that were filled with chemicals like *"vinyl chloride, butyl acrylate, ethylhexyl acrylate and ethylene glycol monobutyl ethers"*<sup>2</sup> Thus, due to the *"multiple explosions and chemical leaks... the governors of both states to issue[d] evacuation notices for the town and its surrounding areas."*<sup>1</sup>





*"Officials warned the controlled burn would send phosgene and hydrogen chloride into the air. Phosgene is a highly toxic, colorless gas with a strong odor that can cause vomiting and breathing trouble and was used as a weapon in World War I. Hydrogen chloride is a colorless to yellowish gas with a strong odor, and its primary effect on humans is skin, eye, nose and throat irritation."*<sup>3</sup>

As predicted, the detonation resulted in the violent release of tons of poisonous chemical components flooding the atmosphere in a thick black plume of toxic smoke. A picture of the plume above the clouds was captured by a plane passenger flying near East Palestine, Ohio.<sup>4</sup> The smoke was carried by the wind currents to blanket several states with toxic pollution which contaminated soil and



water. In fact, *"...the EPA said materials released from the derailment were detected in several bodies of water, including the Ohio River."*<sup>5</sup> The contamination in turn killed fish and wildlife also causing numerous health issues in people.

*"Locals have reported experiencing headaches and eye irritation and have observed animal deaths, according to Reuters. The Ohio Department of Natural Resources, for example, estimates that 3,500 fish were killed by hazardous runoff following the derailment."*<sup>6</sup>

*"Some residents of East Palestine, Ohio, say they have developed rashes, sore throats, nausea and headaches after returning to their homes this week, and they're worried these new symptoms are related to chemicals released after a train derailment two weeks ago."*<sup>7</sup>

While the clean-up and recovery were still in process for the derailment in Ohio, news reports broke about another train derailment near Detroit. One Newsweek headline read, *"More than a dozen trains have derailed in the U.S. this year"*<sup>1</sup> just during the first 6 weeks of 2023. The article lists derailments in the states of South Carolina, California, Michigan and Ohio, with other train derailments that *"...took place in Alabama, Alaska, Louisiana and Texas."*<sup>1</sup>

Escalating accidents like this and their effects remind us of a quote that was written over 130 years ago. Although its total fulfillment is coming in the very near future, it is easy to see that the signs of its imminent fulfillment are already beginning to be seen.

*"The tempest is coming, and we must get ready for its fury, by having repentance toward God, and faith toward our Lord Jesus Christ. The Lord will arise to shake terribly the earth. We shall see troubles on all sides. Thousands of ships will be hurled into the depths of the sea. Navies will go down, and human lives will be sacrificed by millions. Fires will break out unexpectedly, and no human effort will be able to quench them. The palaces of earth will be swept away in the fury of the flames. Disasters by rail will become more and more frequent; confusion, collision, and death without a moment's warning will occur on the great lines of travel. The end is near, probation is closing. Oh, let us seek God while he may be found, call upon him while he is near!"* (Signs of the Times, April 21, 1890, par. 11)



1-- <https://www.newsweek.com/more-dozen-trains-have-derailed-us-this-year-1780952> 2-- <https://www.nytimes.com/article/ohio-train-derailment.html#:~:text=The%20Environmental%20Protection%20Agency%20said,and%20surface%20waters%2C%20it%20said.>

3-- <https://www.dispatch.com/story/news/2023/02/14/what-chemicals-were-leaked-from-ohio-train-derailment/69901772007/>

4-- <https://www.snopes.com/fact-check/airplane-smoke-clouds-ohio-train-derailment-photo/> 5-- <https://www.smithsonianmag.com/smart-news/dead-fish-and-chemical-smells-plague-ohio-community-two-weeks-after-train-derailment-180981664/> 6-- <https://www.pbs.org/newshour/science/what-we-know-about-the-chemicals-aboard-the-train-that-derailed-in-ohio> 7-- <https://www.cnn.com/2023/02/17/health/ohio-derailment-rashes-health-impacts/index.html>



## Love Catches a Thief

*"Brethren, if any of you do err from the truth, and one convert him; Let him know, that he which converteth the sinner from the error of his way shall save a soul from death, and shall hide a multitude of sins."*

James 5:19,20

A certain Quaker had a bundle of hides stolen from his warehouse. He wondered what steps he should take to prevent a repetition of such an act. Prayerfully, instead of putting the machinery of the law in motion, he placed the following ad in the newspapers: *"Whoever stole a quantity of hides on the 5th of this month is hereby informed that the owner has a sincere wish to be his friend. If poverty tempted him to take this step, the owner will keep the whole transaction secret and will gladly help him to obtain money by means more likely to bring him peace of mind."*

A few nights later, when the family was about to retire to rest, a man knocked at the door of the Quaker's house, carrying with him a bundle of skins. *"I have brought them back," he said. "It is the first time I ever stole anything, and I have felt very bad about it."*

*"Let it be the last, friend," said the Quaker. "The secret still lies between ourselves."* He spoke to the man faithfully and affectionately about the folly of dishonesty and of the claims of the gospel. He also took him into his employment, and the man became a changed character, living an exemplary life from then on.



## Swift Runner Health – What I would do if I had taken the Vaccine...

The truth is out, mRNA vaccines are found to be dangerous to health. In fact, *"Two Republican Idaho lawmakers last week introduced a bill that would criminalize the administration of mRNA vaccines across the state...House Bill 154... would ban all mRNA technology in the state."*



*"If passed, the Idaho state code would be amended so that those administering mRNA vaccines to any person or mammal within the state would face misdemeanor charges."*

Whether this bill gets passed or not, you cannot blame folks for trying. Please understand, mRNA vaccines, like the COVID vaccine and the coming new flu vaccine, are not like the old-style vaccinations. They are actually trying to "reprogram" your body. They are gene therapy

experiments. The results have been catastrophic and sometimes deadly. Someone I recently spoke to said, just in their area, they knew 11 people who had died after getting the mRNA vaccination. The apparently healthy middle-aged sister of a former coworker died suddenly following vaccination. In that case, the coroners actually refused to do an autopsy (maybe because they already knew the cause of death, and didn't want to lose their job for saying what it is?). And the list goes on. Sadly, many people with resulting health problems, nerve problems, heart problems, pain, and even cancer have decided too late that taking the vaccine was a bad idea. In addition, many are worried about potential "vaccine shedding" from others.

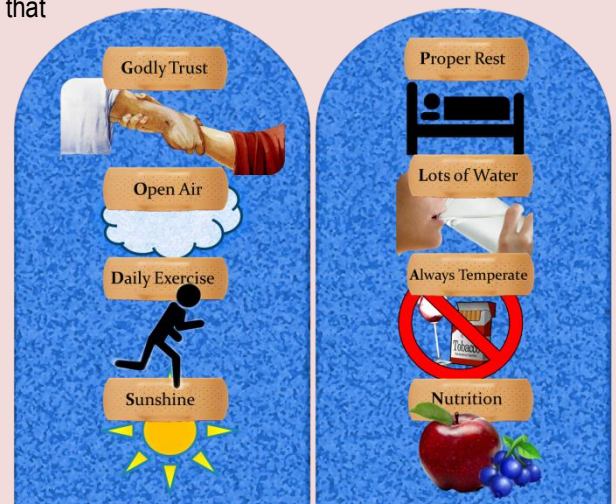
Several people have asked us questions like, *"I already took the vaccine. What do I do now?"*  
So here is what I would do IF I had taken the vaccine.

**First, I would repent and resolve henceforth to follow God's Plan for health and not man's counterfeits--** I would claim the blood of Jesus and the promise in [1 John 1:9](#) realizing that the only real protection and cleansing after taking the shot is *"... the blood of Jesus Christ his Son cleanseth us from all sin."* [1 John 1:7](#) Then realizing that

while God forgives all sin that is repented of, He does not always work a miracle to reverse the physical effects of bad decisions, I would make sure "my house is in order" in case death were around the corner. While praying for God's will to be done, I would claim the promise [Mark 16:18](#) *".... and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover."*

True repentance means turning from the wrong way, and doing what is right. *"Cease to do evil; Learn to do well..."* [Isaiah 1:16,17](#) This includes resolving to do things God's way (not man's way). So I would resolve to only use God-approved simple remedies. In [Psalm 91](#), we find that trust in God and following *"His truth shall be thy shield and buckler"* protects from the *"noisome pestilence,"* the *"plague,"* and *"the pestilence that walketh in darkness."* [Psalm 91:4,3,10, & 6](#)

This helps me to realize the answer is NOT to be found in Babylon's pharmaceutical sorceries, patent nostrums, or any other man-made concoctions. Therefore, foundational to my healing regimen would be implementing God's Plan for health – Godly trust, Open air, Daily exercise, Sunshine, Proper rest, Lots of water, Always temperate, and Nutrition – to boost my immune system.

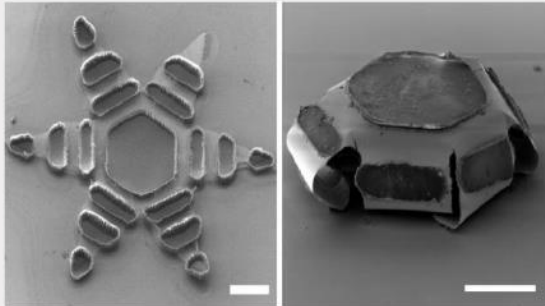




Since nobody really seems to know what was in the vaccine, I would **take the worst case scenarios into account, and follow the biblical directive using harmless remedies to “overcome evil with good.” Romans 12:21** There are many stories of what might have been in the vaccines, it appears that batches differed, and some people even got plain saline instead of a vaccine. <sup>2</sup>

However, there are enough reports of heart problems, nerve problems, blood clots, inflammation, pain, etc., that all these must be taken into account. In addition there are theories that the vaccine may contain toxins, parasite-like creatures, and even self-assembling nanobots.

While I can not guarantee what is or what isn't in the vaccine, it is evident that some of these things certainly could have been added. Here, a non-conspiracy article shows some of this technology is available. *“Inspired by a parasitic worm that digs its sharp teeth into its host's intestines, Johns Hopkins researchers have designed tiny, star-shaped microdevices that can latch onto intestinal mucosa and release drugs into the body.”*



When an open theragripper, left, is exposed to internal body temperatures, it closes on the intestinal wall. In the gripper's center is a space for a small dose of a drug.

*“David Gracias, a professor in the Whiting School of Engineering, and gastroenterologist Florin M. Selaru, director of the Johns*

*Hopkins Inflammatory Bowel Disease Center, led a team of researchers and biomedical engineers that designed and tested shape-changing microdevices that mimic the way the parasitic hookworm affixes itself to an organism's intestines.*



A theragripper is about the size of a speck of dust. This swab contains dozens of the tiny devices.

*“The ‘theragrippers’ are made of metal and a thin, shape-changing film, then coated in heat-sensitive paraffin wax. The devices, each roughly the size of a dust speck, can potentially carry any drug and release it gradually into the body.”<sup>3</sup>*

There are also stories of devices found in the vaccine vials that light up when exposed to microwave radiation like that from a cell phone. While there is not space here to establish that as a fact, I **would certainly avoid sources of microwaves**. They may further damage the body. For example, the mother of vaccine-trial injured Maddie (now in a wheel chair) stated that after Maddie had gotten to barely dragging along with a walker *“the MRI after that...put her right back.”<sup>4</sup>* It reversed the little bit of progress Maddie had made.

**I would boost DNA and nerve repair--** Since *“EMFs [electromagnetic fields] can lead to significant increases in single- and double-strand DNA breaks,”<sup>5</sup>* avoidance of high sources of microwaves, like cell phones and wifi, is a good place to start with healing DNA. Also, *“Lemons... were found to cut DNA damage by about a third.”<sup>6</sup>* One doctor I heard recommended eating a whole organic lemon [seeds, skin, everything] every day for at least 3 weeks just as a prophylactic (if you have no symptoms yet.) A whole foods plant-based diet including things like apples and broccoli, etc., also boosts DNA repair and lowers inflammation. Other nutrients necessary for nerve repair include omega-3s (flax, chia), water, magnesium, potassium, and B-vitamins.

This website is helpful for finding food sources of these nutrients. <https://www.myfooddata.com/>

**I would do some extra cleansing from potential toxins and heavy metals—** Activated charcoal is excellent for absorbing toxins. While making sure to stay hydrated, I would take this internally, a spoonful in the morning or evening for several days. I would also probably do at least two weeks of ¼ cup of cilantro a day followed by a spoonful of charcoal or clay three times a day. The cilantro removes the heavy metals from the body and puts it in the blood stream, the charcoal/clay is used to absorb the metals and carry them out of the body. DO NOT just use the cilantro! Also, you may need to slowly build up to ¼ cup of cilantro depending on how many heavy metals you have in your body. In addition, lemon is excellent for cleansing the liver as are milk thistle and dandelion.

**I would take these to avoid potential blood clots and heart trouble—** Turmeric, garlic, or purple grape juice are helpful to keep blood thinner. I would keep dried yarrow on hand as an emergency herb if symptoms of bad circulation develop. One to two cups of yarrow tea is amazingly effective for dissolving blood clots. Hawthorne is excellent for strengthening the heart.

**I would use some simple remedies for cleansing from potential parasite-like creatures, nanobots, and “graphene oxide,” etc.—** If nanobots are just a “conspiracy theory,” even world leaders are in on it because Boris Johnson, prime minister to the United Kingdom, declared to the UN in September of 2019 that *“nanotechnology ... is revolutionising medicine by designing robots a fraction of the size of a red blood cell, capable of swimming through our bodies, dispensing medicine and attacking malignant cells like some Star Wars armada.”<sup>7</sup>* What happens if the “bad guys” mandate vaccination and then program these bots? *“A time of trouble, such as never was since there was a nation..” Daniel 12:1* But what to do about this possibility is an even harder question.

Some Spanish researchers recommended boosting your immune system with antioxidants glutathione (asparagus and avocado), quercetin (onion and apples), zinc (nuts, seeds and beans), milk thistle, and sunshine--30 minutes a day. They say these will degrade some of these elements and lessen their negative effects.<sup>8</sup> I always go to God's plant-sources for nutrients; they are much more effective than any man-made varieties. Also for potential parasites, I would take black walnut (made from the hulls) for a week or so. I've see this herb work before and it is much less toxic than most antiparasitics. *"The most common medicinal use of black walnut is to kill parasites. Black Walnut oxygenates the blood to kill parasites."*<sup>9</sup>

And in closing, I would **pray for God's blessing to make up for any deficiencies**. Our life ultimately is in God's Almighty hands. The good news is the Great Physician is already on the case, even before we've asked for help! He says, *"And it shall come to pass, that before they call, I will answer; and while they are yet speaking, I will hear."* Isaiah 65:24

- 1-- <https://www.usatoday.com/story/news/nation/2023/02/21/idaho-mma-covid-19-vaccines/11316055002/> 2-- <https://www.cbsnews.com/news/covid-19-vaccine-saline-solution-nurse-germany/> 3-- screenshots- <https://hub.jhu.edu/2020/11/25/theragripper-gi-tract-medicine-delivery/> For self-assembly see <https://pubs.acs.org/doi/10.1021/nn1027104>  
4--<https://www.swiftrunnersministries.com/drug-and-vaccine-dangers.php> Watch Video – Rigged--Maddie's Story, between minute 52:00 and 52:20  
5-- <https://microwavenews.com/news-center/more-lai-singh-elf-emfs-and-dna-breaks> 6-- <https://nutritionfacts.org/2019/01/31/how-to-boost-dna-repair-with-produce/#:~:text=Lemons%2C%20persimmons%2C%20strawberries%2C%20broccoli,damage%20by%20about%20a%20third.>  
7-- <https://www.wired.com/beyond-the-beyond/2019/09/transcript-boris-johnsons-remarks-un-general-assembly/>  
8-- <https://www.bitchute.com/video/Zwx0wcq1PrQW/> 9--<https://www.parasitetesting.com/Black-Walnut-Hull>

## Kids' Corner

## God's Amazing Creatures

**Stick insects are insects that use camouflage and look a lot like their surroundings. This makes it hard for enemies to see them. Can you find the stick insect in the picture? It looks just like a stick. Besides camouflage, many kinds of stick insects also have a second way to defend themselves by startle displays, spines, or poisonous secretions. Stick insects are found on every continent except for Antarctica. They have two types of pads on their legs: sticky toe pads and non-stick heel pads. The heel pads are covered in tiny, microscopic hairs which create strong friction, making it so they can grip (hold on) without having to be peeled from the surface at each step. The sticky toe pads are used to help give more grip when climbing, but they are not used on level surfaces. Isn't it amazing how God created**



Follow the lines to take the people to their matching token of God's love.



these insects with special pads on their feet and such good camouflage? God made you special too. David said, *"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."* Psalms 139:14