



The Bible Banner

May 2017



YET WILL I TRUST

Diamonds are formed under great pressure and heat. If these conditions do not exist, they are simply not formed. It is not that they will be low quality, or smaller in size, but they will not form. God brings His refining fire into our lives to create in us what He sees fit. When He sees our lack of character, He will bring into our lives what we need. So next time a fiery trial comes, thank God. He is producing exactly what He knows you need in your life. The only difference between a diamond and a piece of coal is pressure.

Vegetable Lasagna

9 lasagna noodles (boil and drain) 1 cup (150 g) seasoned bread crumbs Sesame cheese for top (optional)

Veggie mixture

12 oz. (340 g) pkg. spinach, chopped

2 cups (300 g) carrot, grated

1 medium onion, chopped

¼ cup (60 mL) chives

2 garlic cloves, pressed

½ tsp (2.5 mL) oregano

½ tsp (2.5 mL) basil

Sauce Mixture

12 oz. (340 g) tofu sour cream

1 cup (240 mL) soymilk

1 Tbsp (15 mL) Vegetable salt

1 Tbsp (15 mL) Chicken-like seasoning

1 Tbsp (15 mL) Lawry-like seasoning salt



Sauté the onion and veggie mixture. Blend sauce mixture, place just enough to coat pan and keep noodles

from sticking in the 9x13 pan, and reserve a little for the very top. Add the rest to cooked veggie mixture. Layer 3 noodles and then ½ of veggie/sauce mixture. Repeat. Add last three noodles and top with remaining sauce mixture. Top with sesame cheese and sprinkle with bread crumbs. Bake uncovered at 350°F for 30 minutes or so.



QUOTABLE QUOTES

"At the timberline where the storms strike with the most fury, the sturdiest trees are found." –Hudson Taylor

Why?

On February 15, 1947 Glenn Chambers boarded a plane bound for Quito, Ecuador to begin his ministry in missionary broadcasting. But he never arrived. In a horrible moment, the plane carrying Chambers crashed into a mountain peak and spiraled downward. Later it was learned that before leaving the Miami airport, Chambers wanted to write his mother a letter. All he could find for stationery was a page of advertising on which was written the single word "WHY?" Around that word he hastily scribbled a final note. After Chambers' mother learned of her son's death, his letter arrived. She opened the envelope, took out the paper, and unfolded it.

Staring her in the face was the question "WHY?"

So often when bad things happen to good people we ask the same question. Why did God allow that to happen to such nice people? As always, His word provides the answer. Perhaps the answer is most easily seen in the book of Job. The name Job actually means "persecuted" or "hated" and his story has been the source of encouragement to many who are persecuted, hated, and seemingly forsaken.



The Bible is clear that Job was *"perfect and upright, and one that feared God, and eschewed evil."* But one day Satan was talking with God and challenged Him saying, *"Doth Job fear God for nought? Hast not thou made an hedge about him, and about his house, and about all that he hath on every side? thou hast blessed the work of his hands, and his substance is increased in the land. But put forth thine hand now, and touch all that he hath, and he will curse thee to thy face. And the LORD said unto Satan, Behold, all that he hath is in thy power; only upon himself put not forth thine hand. So Satan went forth from the presence of the LORD."* Job 1:1,9-12

So Job is tested, to prove that He loves and follows God-- come what may. In one day, he loses his cattle, his donkeys, his camels, his sheep, many of his servants, and even all his children die in a storm. But still Job worships God saying, *"the LORD gave, and the LORD hath taken away; blessed be the name of the LORD."* And the Bible records, *"In all this Job sinned not, nor charged God foolishly."* (Job 1:21,22)

In Job's story the protective, loving character of God is distinctly contrasted with the character of Satan whose hatred is so intense against the righteous that he immediately destroys **everything** that God gives him permission to touch.

But since Job still worships God, even all the previous desolation wasn't bad enough for Satan. He begs God to let him make Job sick. *"And Satan answered the LORD, and said, Skin for skin, yea, all that a man hath will he give for his life. But put forth thine hand now, and touch his bone and his flesh, and he will curse thee to thy face. And the LORD said unto Satan, Behold, he is in thine hand; but save his life. So went Satan forth from the presence of the LORD, and smote Job with sore boils from the sole of his foot unto his crown. And he took him a potsherd to scrape himself withal; and he sat down among the ashes."* Job 4:4-8

We often think of Job as a man who lost everything, and then had a bad case of boils, but boils were only part of his problems. We also have no idea how long he was made to endure this torture for the Bible records him saying, *"So am I made to possess months of vanity, and wearisome nights are appointed to me."* (Job 7:3) *"My bones are pierced in me in the night season: and my sinews take no rest. By the great force of my disease is my garment changed: it bindeth me about as the collar of my coat.... My bowels boiled, and rested not: the days of affliction prevented me."* (Job 30:17,18,27) *"When I say, My bed shall comfort me, my couch shall ease my complaint; Then thou scarest me with dreams, and terrifiest me through visions: that my soul chooseth strangling, and death rather than my life."* (Job 7:13-15) *"When I lie down, I say, When shall I arise, and the night be gone? and I am full of tossings to and fro unto the dawning of the day. My flesh is clothed with worms and clods of dust; my skin is broken, and become loathsome....My soul is weary of my life..."* (Job 7:4,5;10:1)

Notice that Satan leaves Job with a couple of things-- A wife and "friends". His wife survives only to further tempt him to blame God for all the distress that has come upon him. Her course shows what the foolish will do when they are tested with affliction and distress. *"Then said his wife unto him, Dost thou still retain thine integrity? curse God, and die. But he said unto her, Thou speakest as one of the foolish women speaketh. What? shall we receive good at the hand of God, and shall we not receive evil? In all this did not Job sin with his lips."* (Job 2:9,10) Job is also left with people around him to scorn him and make his affliction worse. He records, *"My friends scorn me: but mine eye poureth out tears unto God... My kinsfolk have failed, and my familiar friends have forgotten me... My breath is strange to my wife, though I intreated for the children's sake of mine own body. Yea, young children despised me; I arose, and they spake against me. All my inward friends abhorred me: and they whom I loved are turned against me."* (Job 16:20;19:14,17,18,19)

Even Job's professed friends made his case more bitter and unbearable, and Job was not guilty as they supposed. His friends came to comfort him, but instead they tried to make him see that he was responsible, by his sinful course, for his afflictions. He defended himself, and denied the charge, declaring, *"Miserable*



comforters are ye all" (Job 16:2). By seeking to make him guilty before God, and deserving of His punishment, Job's professed friends brought a grievous test upon Job, and represented God in a false light. "And it was so, that after the LORD had spoken these words unto Job, the LORD said to Eliphaz the Temanite, My wrath is kindled against thee, and against thy two friends: for ye have not spoken of me the thing that is right, as my servant Job hath." (Job 42:7)

Poor Job even felt forsaken by God, "Behold, I go forward, but He is not there; and backward, but I cannot perceive Him: On the left hand, where He doth work, but I cannot behold Him: He hideth Himself on the right hand, that I cannot see Him:" (Job 23:8,9) Yet Job's conviction of truth pierced through the circumstance with unforgettable words of faith. "Though He slay me, yet will I trust in Him... But He knoweth the way that I take: when He hath tried me, I shall come forth as gold." (Job 13:15; 23:10) You see, true Christians don't have to have the answer to the question "Why?" -- for they can say with confidence... "I don't know why—but I know God."

James writes "Behold, we count them happy which endure. Ye have heard of the patience of Job, and have seen the end of the Lord; that the Lord is very pitiful, and of tender mercy." (James 5:11) You see, Job was chosen to vindicate God's name upon the earth. He was to demonstrate to the world true, sincere love for God -- love that asks for nothing in return.

On a wall in his bedroom, Charles Spurgeon had a plaque with Isaiah 48:10 on it: "I have chosen thee in the furnace of affliction." "It is no mean thing to be chosen of God," he wrote. "God's choice makes chosen men choice men... We are chosen, not in the palace, but in the furnace. In the furnace, beauty is marred, fashion is destroyed, strength is melted, glory is consumed; yet here eternal love reveals its secrets, and declares its choice." (W. Wiersbe, Wycliffe Handbook of Preaching & Preachers, p. 223.)

Today, God's people are being tested to see who has "the patience of the saints". They are being chosen in the furnace of affliction to vindicate God's name upon the earth. Will you like Job vindicate God's name in the world and be a witness for Him by saying, "Though He slay me, yet will I trust in Him."?

Look Up



"For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal." 2 Corinthians 4:17, 18

The famous preacher D.L. Moody told about a Christian woman who was always bright, cheerful, and optimistic, even though she was confined to her room because of illness. She lived in an attic apartment on the fifth floor of an old, rundown building. A friend decided to visit her one day and brought along another woman -- a person of great wealth. Since there was no elevator, the two ladies began the long climb upward. When they reached the second floor, the well-to-do woman commented, "What a dark and filthy place!" Her friend replied, "It's better higher up." When they arrived at the third landing, the remark was made,

"Things look even worse here." Again the reply, "It's better higher up." The two women finally reached the attic level, where they found the bedridden saint of God. A smile on her face radiated the joy that filled her heart. Although the room was clean and flowers were on the window sill, the wealthy visitor could not get over the stark surroundings in which this woman lived. She blurted out, "It must be very difficult for you to be here like this!" Without a moment's hesitation the shut-in responded, "It's better higher up." She was not looking at temporal things. With the eye of faith fixed on the eternal, she had found the secret of true satisfaction and contentment.

When my grandmother visited my brother while he was in the hospital and in bed, she tried to encourage him. "Keep looking up" she said in her usual fashion. "Grandma," my brother replied as he lay on his back on the hospital bed. "The only way I can look is up."

When troubles press around you, and everything seems to be going wrong, look up! Dwell on eternity in heaven rather than on the current troubles here on earth. Look to Jesus your Savior and Redeemer and remember that He loves you. When you dwell on the heavenly side of things the things of earth --even the trials --"will grow strangely dim."



GOD'S AMAZING CREATURES



Wikipedia--CC BY-SA 3.0 Jean-Pierre Hamon

A man found a cocoon of the emperor moth and took it home to watch it come out. One day he saw a small hole in the cocoon, and for several hours the moth tried hard but couldn't seem to make its body fit past a certain point.

Trying to help the moth, the man took scissors and cut what was left of the cocoon. The moth came out easily, but its body was large and swollen, and the wings small and shriveled.

He expected that in a few hours the wings would spread so the moth could fly, but they did not. Instead, the moth spent its life dragging around a swollen body and

shriveled wings.

What the man didn't know was that the tight squeeze out of the cocoon was God's way of forcing fluid from the body into the wings. Sometimes things that seem hard are good for boys and girls too.

Patience was walking in the woods one day when she became lost. She couldn't figure out how to get home and it started getting dark. She prayed and asked Jesus to help her find her way home. She wasn't afraid because she knew Jesus would help her. In a little bit she found her house. Patience was glad she had asked Jesus to help her.



Passion's parents took her to a big store in the city. Passion decided to go off by herself instead of staying with her parents. She became lost, but she didn't ask Jesus to help her find her parents--she thought she could do it herself. But she was afraid and hid whenever she saw anyone. When the store closed for the night, Passion was locked inside. She cried and wished she had talked to Jesus first.

Memory Text

Isaiah 43:2 "When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee."



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THE BREATH OF HEALTH

I love experimenting with natural remedies and trying to fix health problems by increasing the intensity of simple natural remedies. Since my adrenal crash several years ago, when I had been physically unable to sing for several months, I had never fully regained my ability to sing notes as high I could before. And I was frustrated with my inability to sing soprano. I know we are more dependent upon the air we breathe than upon the food we eat, since you can only live a few minutes without air, so this time open air was the remedy of choice. Since I was already taking a walk everyday (breathing fresh outside air), and leaving my window open at night (so I always have a supply of fresh air to replace the devitalized indoor air), as well as having indoor plants (to help clean the air and provide extra oxygen), I decided the only way to supercharge this remedy was to improve my breathing itself. I thought perhaps the source of my troubles was a lazy muscle—my diaphragm.

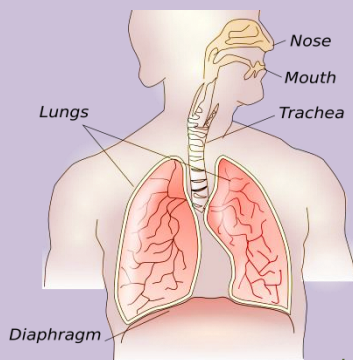
After all if you don't use it—you lose it.

"Shallow breathing (or chest breathing) causes a constriction of the chest and lung tissue over time,

decreasing oxygen flow and delivery to your tissues. Deep, rhythmic breathing expands the diaphragm muscle, the cone-shaped muscle under your lungs, expanding the lung's air pockets, invoking the relaxation response, and massaging the lymphatic system."

<https://www.womentowomen.com/exercise-and-lifestyle/deep-breathing/> * (* Note: Swift Runner Ministries does not endorse all breathing exercises found on these websites)

What is even better is that one of the pleasant "side effects" of deep breathing is stress relief. Even the American Institute of Stress states, "There is one "Super Stress Buster" that evokes the relaxation response that we widely recommend as useful for everyone- even kids. Can you guess what it is? BREATHING! That is right, simply breathing. It is free and can be practiced anywhere..." <https://www.stress.org/take-a-deep-breath/> *



I was excited when I found an old article with simple directions on how to breathe properly. It reads, *"An easy way to determine whether or not you are breathing correctly is to place one hand on the upper part of the chest, and the other on the point of the abdomen, and see which one moves. If only the upper hand moves, your breathing is altogether wrong. ... You must train yourself to breathe so that only the lower hand will move. But be sure that you get the right motion. That is, when the breath goes in, the muscles of the abdomen must swell out; and when the breath goes out, the muscles of the abdomen must draw in. You will have to watch this carefully, or you will get it going just the reverse of the right way. I have known many to do it. It is not enough that the abdomen should move out and in. It must do so at the right*

time and in the right way." {March 15, 1898 "Evangelistic Temperance. Exercises in Breathing" Advent Review and Sabbath Herald p. 169.}

To supercharge my exercise, I even tried an improvised version of what the article called "Explosive Breathing." To do this take a *"full breath; expel suddenly, and with force, in a whispered utterance of the word 'ha.'"* I found it much easier to use a "paw" sound, and after expelling the air I actually sucked in my stomach and held my breath for a short time (don't make yourself pass out). When you stop holding your breath, your body naturally takes in a very full deep breath of air, again expanding the abdomen.

I know from experiences in the past that this breathing exercise, which I call "power breathing", can actually help you to lose weight.

But even before that, in 1-2 days there is an increased feeling of health and mental alertness. After 2-3 days of this exercise, I once eliminated a strange faintness and dizziness. This time, after 1 week of exercising, I had regained the ability to sing 2 or 4 notes higher than before I started exercising.

Sometimes, we don't have to go looking for some new, marvelous, expensive pill or machine. The natural remedy may be right beside us if we will just use it. The knowledge of "how to breathe" is so amazing, but it shouldn't surprise us for the word of God says, *"The Spirit of God hath made me, and the **breath** of the Almighty hath given me **life**."* Job 33:4



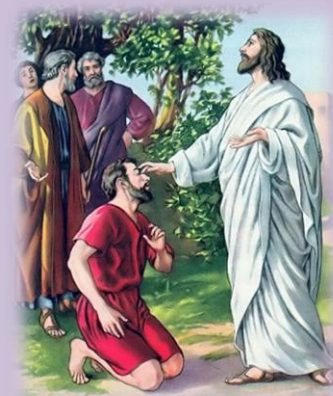
LITTLE RUNNER'S HEALTH TIP

Hey Kids! Try Teddy Bear Breathing! Breathing right is good for you. Lie on your back, place one hand on your chest and place your favorite teddy bear or other stuffed toy on your shirt over your belly button. Breathe in slowly through your nose. Your teddy bear should slowly rise, but your chest should not. When you have taken a full deep breath, hold it, count to three then slowly breathe out. Repeat a few times to learn how to breathe for health.

Study to Show Thyself Approved—When God Doesn't Miraculously Heal

The Bible says we are to pray for the sick, (James 5:14,15) but in the stream of time, we have examples of times when God chose not to miraculously heal the sick until a later time or at the resurrection. This was the case with Job (discussed in the article "Why?"). Even after Pentecost in the apostolic time period when miraculous healing power and even the raising of the dead was often manifested, the Bible records that not all the righteous sick were healed miraculously.

1. Who did Paul write of being sick in 2 Timothy 4:20? *"Erastus abode at Corinth: but _____ have I left at Miletum sick."*
This man was apparently a converted Ephesian, Acts 20:4, Acts 21:29. Perhaps it may be of interest that according to Strong's Concordance his name means "nutritive".
2. In the previous case, the reason that this man was not healed by Paul (who regularly healed the sick) is not given. What do Job and Proverbs suggest that we should do when someone gets the curse of disease? _____
"...the cause which I knew not I searched out." Job 29:16b "As the bird by wandering, as the swallow by flying, so the curse causeless shall not come." Prov. 26:2 "Sickness and premature death do not come without cause." {Counsels on Health pg. 63}
3. In 1 Timothy 5:23, what does Paul recommend for Timothy's stomach ailment? *"Drink no longer water, but use a little _____ for thy stomach's sake and thine often infirmities (thou art oft tymes sicke"-Coverdale Bible).* To be clear, this reference has to be referring to pure unfermented grape juice because in multiple other places Paul condemns the use of alcoholic beverages—Romans 14:21, Ephesians 5:18, 1 Tim. 3:3;3:8, Titus 1:7;2:3
4. What is the name of the person that Jesus allowed to die that by their resurrection they might glorify God? _____ (John 11:1-6, 15, 43-45) *"When Jesus heard that, he said, This sickness is not unto death, but for the glory of God, that the Son of God might be glorified thereby."* John 11:4
5. Why did Jesus say this man was allowed to be born blind? *"And as Jesus passed by, he saw a man which was blind from his birth. And his disciples asked him, saying, Master, who did sin, this man, or his parents, that he was born blind? Jesus answered, Neither hath this man sinned, nor his parents: but _____"* John 9:1-3
6. Three times Paul asked God to take away the "thorn in his flesh." Why did Paul say he was allowed to have a "thorn in the flesh"? *"And _____ through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure. For this thing I besought the Lord thrice, that it might depart from me."* 2 Cor. 12:7-8 (Paul's infirmity was bad eyesight. See Galatians 4:13-15)
7. Revelation 14 suggests that some under the third angel's message will be allowed to _____. *"And I heard a voice from heaven saying unto me, Write, Blessed are the dead which die in the Lord from henceforth: Yea, saith the Spirit, that they may rest from their labours; and their works do follow them."* Rev.14:13 *"Verily, verily, I say unto you, Except a corn of wheat fall into the ground and die, it abideth alone: but if it die, it bringeth forth much fruit."* John 12:24
8. When we have infirmities or distresses, we can be encouraged, for the Scripture says, God's strength is made perfect in _____. *"And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong."* 2 Cor. 12: 9,10



Summary: Sometimes God does not heal miraculously because—

1. God is leaving it up to us to search out and remove or remedy (such as in the case of malnutrition) the cause.
2. It is a case where a natural remedy, such as grape juice or water, etc., can be easily employed.
3. God will be glorified even more by the healing at a later time.
4. To eliminate pride and keep us humble.
5. A man's works are often more appreciated and bear more fruit after he is dead.
6. The power of God is more readily discerned when He is working through weak instruments

Answers: 1. Trophimus 2. Search out the cause 3. wine 4. Lazarus 5. that the works of God should be made manifest in him 6. lest I should be exalted above measure 7. die 8. weakness.