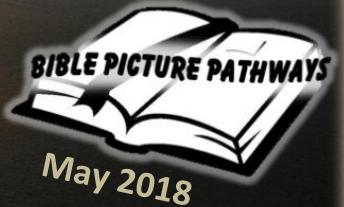




The Bible Banner



All the Way My Savior Leads Me

A certain hymn writer was struggling financially and desperately needed some money. As was her usual custom, Fanny began to pray.

A few minutes later, a stranger who appreciated her hymns appeared at her door and when he left he pressed five dollars into her hand, the exact amount she needed. Later recalling the incident, she said, "I have no way of accounting for this except to believe that God put it into the heart of this good man to bring the money." The poem she wrote afterward became "All The Way My Savior Leads Me". Fanny Crosby, the writer of at least 8,000 hymns, truly believed this. Her faith in the way God led her is absolutely amazing. Although at six weeks old she was blinded by a mustard poultice on her eyes, she later stated that her blindness had proved a blessing because it had enabled her to be more alone where her writing of poetry became easy. In addition, she stated that if she had the choice she would still remain blind, for after she died [at the resurrection], the first face she would ever see would be the face of her "blessed Savior."

Breakfast Parfait

To make a quick, yet beautiful, breakfast parfait: Layer granola, fresh or frozen fruit and then parfait cream OR your favorite vegan yogurt. You may repeat this process until the desired dish is filled. Then top with a sprinkle of granola and garnish with a cherry or some berries.

Parfait Cream

1/4 cup (59 ml) fruit juice concentrate (berry flavors are nice)
2 Tbsp (30 ml) honey 1 pkg. (349g) extra-firm silken tofu
Blend until creamy.

[Special thanks to my mother for making this parfait & taking the picture.]



© Bible Picture Pathways

Quotable Quotes

"God never leads His children otherwise than they would choose to be led, if they could see the end from the beginning and discern the glory of the purpose which they are fulfilling as co-workers with Him...In the future life the mysteries that here have annoyed and disappointed us will be made plain. We shall see that our seemingly unanswered prayers and disappointed hopes have been among our greatest blessings."

{The Ministry of Healing, pg. 479,474}



If you would like to begin receiving our monthly newsletter via e-mail, please contact us at biblepathways@hotmail.com Or visit us at: biblepicturepathways.com swiftrunnerministries.com



FOOTPRINTS IN THE MUD

"Watch where you're going! Follow the footprints! Stay out of the puddles; you can't tell how deep they are!" I directed, for what seemed the umpteenth time. It was a particularly bad mud season and, to make matters more difficult, we had a wedding and newlywed room remodel in the middle of mud season this time. In addition, we had taken in 2 little unofficial foster girls (3 and 4) and then our only 4-wheel drive vehicle broke, leaving us to walk 6 miles (9.65km) round-trip whether we were just going to the mailbox, or to pick up a package, to the grocery store, or to our wedding location an hour and a half away. The walking distance actually isn't too bad, but the carrying is another story—one or two forty pound gas cans and a 35-70 pound (15.87-31.75kg) backpack load of supplies can be quite daunting, especially in the rain or snow (which makes the mud quite slippery). And now we were, at the same time, trying to direct two little girls across the muddy roads or a swollen creek, too often in the dark.

Our treks across the mud continued all too frequently for our liking. But as I walked, I began to take note of the lessons I learned while directing two little girls through the mud. I began to see their spiritual application to the Christian traveling through this "muddy" world of sin. As I called out, *"Walk on the high spots!"* I began to think of Christian pilgrims whom God calls to walk in a way *"cast up"* (Isaiah 62:10) far above the filth of the world. God's law echoes His voice, giving to all the invitation, *"Come up higher; be holy, holier still."*

As we persevered in walking, more lessons also continued to unfold. On one occasion, one of the girls got her boot stuck in the mud and it required help from an adult to pull it out. All too often, I had to caution *"Watch where you're walking!"* because the little girls were stumbling into the deep mud as a result of being silly or distracted. I was reminded of the corresponding words of Paul to Christians on the narrow way. *"Let us watch and be sober."* 1 Thess. 5:6

But then the "tide turned" and we experienced the opposite problem. *"Which way do I go?"* a fearful little voice asked from behind me. I turned to survey the firm, easy-to-walk, stretch of ground in front of her. As I mulled over her fear about nothing, I realized that getting her boot stuck had made a deep impression on her little mind. Now she was fearful, considering what might happen again, and so she was overreacting to dirt that was not even really muddy or challenging to navigate. Trying to overcome my irritation at having to stop yet again for no reason, I replied, *"Just keep coming."*



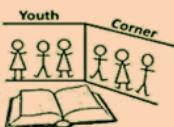
It was then that the thought came to me, *"You are irritated, but do you do the same thing to God?"* And truly, even as adults, we are often fearing and borrowing trouble. While every day we are surrounded by tokens of God's love, and every day we are enjoying the bounties of His providence, all too often we overlook these present blessings. Instead, our minds are continually dwelling upon something disagreeable which we fear may come. The imagination pictures impending ruin before us, yet in like manner to my reaction (but with less irritation) the voice of God speaks clearly, *"Go forward."* And as we go forward step by step, we see that God had it all under control and the way wasn't nearly as hard we'd imagined.

As I pondered these things, we had come to what was actually a particularly muddy section of the road. I tightly held the hand of one of the little girls and helped her navigate through the ever changing maze of mud, at the same time directing her when to change "high spots" before they ended in a "muddle". Occasionally, when her feet slipped, my firm grip was the only thing that kept her from being completely engulfed in mud. When we finally reached the firm road on the other side, she sweetly said, *"Thank you for holding my hand."* I thought about how much difference it makes to my own "fear factor" when I have a hand to hold. Yet, how often do I forget to tell God *"Thank you for holding my hand?"* For the Bible promises help for us too on our pilgrim journey: *"The steps of a good man are ordered by the LORD...Though he fall, he shall not be utterly cast down: for the LORD upholdeth him with his hand."* Psalm 37:23,24

As we moved forward on our journey, still one more lesson was yet to come. *"Follow the footprints of the person in front of you,"* I directed as we veered off to walk through some snow on the side of the muddy road. It was still deep enough that it had the potential to come over the tops of the girls boots if they didn't step in the right places. I pointed to the large footprints of a man's boots in the snow in front of them, *"He knows where to go; if you step in his footprints, they are already pressed down and you won't sink."*

Immediately, the spiritual parallel came to mind. Jesus Christ has gone before His people to show it is possible, by the grace of God, to live a Christian life. It is safe to follow in Jesus' footprints. The way is marked out clearly before us if we will follow. As long as we walk in Christ's footsteps, we will never sink.

Undoubtedly, the lessons learned were well worth the walk. As we walk through this muddy world, let us strive with all our might to walk on the high spots, going forward in faith, watching carefully to follow in Jesus footprints. And let us remember to be thankful that we have a hand to hold, as our Savior leads us -- all the way home.



The King Knows

Contributed by "Light in Darkness" of Namibia (liginduisternis.com)

"Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof." Matthew 6:34

During the first evacuation of children from bomb-torn areas of London, a train was leaving packed with children. Many of them had never been on a train, and most of them had never been in the country. The parents of a small boy and girl had just said good-bye to their precious children and left them standing on the platform. The little girl began to cry, and said she was afraid because she did not know where she was going. Her little brother, brushing his own tears away, put an arm around her in an effort to comfort her, and said, "I do not know where we are going either, but the king knows."



Many people today are without direction in their lives. They look fearfully at the future because they do not know what will happen to them. They are constantly concerned and afraid. But they need not be. The King of the Universe knows the future. He knows what will happen and He asks that we trust Him to work things out. Even in difficulties and trials we can "know that all things work together for good to them that love God." Romans 8:28

Do you trust King Jesus?

Soft Drinks, Hard Lessons



"In 1975, soft drinks passed coffee as America's favorite beverage... Worldwide people consume nearly twenty thousand Coca-Cola beverages per second; that's 1.7 billion daily."¹ Many officials think that soft drinks are contributing to the rise in obesity. Perhaps this is why "Soft drinks have been banned from schools in Britain and France, and in the United States, school systems as large as those in Los Angeles, Philadelphia, and Miami have banned or severely limited soft drink sales."²

Soft drinks do indeed contain an enormous amount of sugar. In fact, "According to [British Pharmacist Niraj] Naik, the intense sweetness of Coca-Cola as a result of its high sugar content should make us vomit as soon as it enters the body. [See Prov. 25:16] However, the phosphoric acid in the beverage dulls the sweetness, enabling us to keep the drink down."³

Astonishingly, "There are approximately 10 teaspoons of added sugar in a single can of cola. The World Health Organization (WHO) recommends consuming no more than 6 teaspoons of added sugar daily, meaning drinking just one serving of cola a day could take us well above these guidelines."³

That much sugar cripples the immune system and adds excess empty calories, but sugar is only one ingredient that causes the negative side effects of sodas. Kelley Brownell, an expert on food addiction and obesity, stated, "Caffeine, because it is so often coupled with calories, could become a major player here, if you're consuming calories in something that has caffeine in it and the caffeine keeps you coming back for more... then, again, you've got enough to create real issues of health."¹



Perhaps then, it is no surprise that "The nation's top-selling soft drinks—Coke, Diet Coke, Pepsi, Mountain Dew, and Dr. Pepper—have just one thing in common aside from carbonated water. They are all brewed with powdered caffeine."¹

Especially with energy drinks becoming more popular, people need to realize that caffeine alone can cause problems. One doesn't have to look too far to find sad headlines like this. "16-year-old boy dies after arrhythmia from caffeine overdose". "On this particular day within the two hours prior to his death, we know [he] had consumed a large diet Mountain Dew, a cafe latte from McDonald's and also some type of energy drink," [Coroner] Watts said. "It was so much caffeine at the time of his death that it caused his arrhythmia."⁷ Most people don't realize that "a quarter teaspoon [of powdered caffeine] will cause bodily unpleasantness—racing heart, sweating, and acute anxiety. A tablespoon will kill you."¹

"The harmful effects of soft drinks extend beyond weight gain and obesity. Soft drinks can cause diabetes, asthma, heart, liver, and kidney disease, bone loss, tooth decay, and cancer."⁴ In fact, "Medical News Today reported on a study claiming 184,000 global deaths each year are down [due] to sugary drink consumption."³



According to the Harvard School of Public Health, "People who consume sugary drinks regularly—1 to 2 cans a day or more—have a 26% greater risk of developing type 2 diabetes than people who rarely have such drinks."

"A study that followed 40,000 men for two decades found that those who averaged one can of a sugary beverage per day had a 20% higher risk of having a heart attack or dying from a heart attack than men who rarely consumed sugary drinks. A related study in women found a similar sugary beverage–heart disease link."⁵

Soda is also hard on the teeth. When you see a plague of toddlers who already have baby teeth rotted in the shape matching a soda bottle, it doesn't take a rocket scientist to figure out that the acid in soda wears away the dental enamel that God put there to protect teeth. "Lab testing on soda acidity shows that the amount of acid in soda is enough to wear away dental enamel. pH levels in soda can be as low as 2.5, as a frame of reference battery acid has a pH of 1, water has a pH of 7.0."⁶

But soda isn't just bad for the teeth. It is bad for the bones too, because soda depletes your mineral levels. "Sodas that contain phosphoric acid remove much needed calcium from your bones. After studying several thousand men and women, researchers at Tufts University found that women who drank 3 or more cola based sodas a day had almost 4% lower bone mineral density in their hips, even though researchers controlled their calcium and vitamin D intake."⁶ In fact, Professor Marion Nestle stated that "Adolescents who consume soft drinks display a risk of bone fractures three to four-fold higher than those who do not."⁹

In addition, "Soda can harm your major organs. Research has demonstrated that increased soft drink consumption may be linked to chronic kidney disease, development of metabolic syndrome (a group of symptoms that add up to increased heart risk), and fatty liver, a chronic liver disease."⁸

There is much more that could be shared including startling information about various cancer-causing colorings in soft drinks. But we'll "wrap it up" after unmasking a common soda myth. Drinking diet soda does NOT help you lose weight. In fact, "A University of Texas Health Science Center study found that the more diet sodas a person drank, the greater their risk of becoming overweight. Consuming two or more cans a day increased waistlines by 500% greater than those who do not consume diet soda."⁶ The reason is simple. "Researchers believe that artificial sweeteners in the sodas don't satisfy your sweet tooth like normal sugar and you tend to reach for more sugar as a result."⁴

In other words, when you drink diet soda, the taste buds on your tongue telegraph "sugar coming down", so the body prepares for sugar. But ultimately there is no sugar in the diet drink for the body to turn into glucose (which it uses as fuel), so the body then has a "sugar deficit". It seeks to fill that void by craving high sugar foods. These are all-too-often readily supplied, because the drinker thinks they "deserve" them since, after all, they "drank a diet soda."

We are not there yet, but at least some places are recognizing a few of the dangers of soft drinks. Just recently (April), a new "ground-breaking' sugar tax on soft drinks has come into force in the UK."¹⁰ Hopefully, it will help to remind us that soft drinks have hard lessons. For those who would be healthy, it's past time to "say no to soda" and "yes", to healthy drinks like water.

1—"Caffeinated" by Murray Carpenter, pg. x, xvi, 74, 76; 2-- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1829363/> 3-- <https://www.medicalnewstoday.com/articles/297600.php>

4-- <https://www.curejoy.com/content/harmful-effects-of-soft-drinks/> 5 -- <https://www.hsph.harvard.edu/nutritionsource/healthy-drinks/soft-drinks-and-disease/>

6 -- <https://foodrevolution.org/blog/food-and-health/soda-health-risks/> 7 -- <https://www.today.com/health/16-year-old-boy-dies-after-arrhythmia-caffeine-overdose-t111576>

8-- <https://www.everydayhealth.com/diet-nutrition/say-no-to-soda.aspx> 9-- <https://www.naturalnews.com/004416.html#> 10-- <http://www.bbc.com/news/health-43659124>

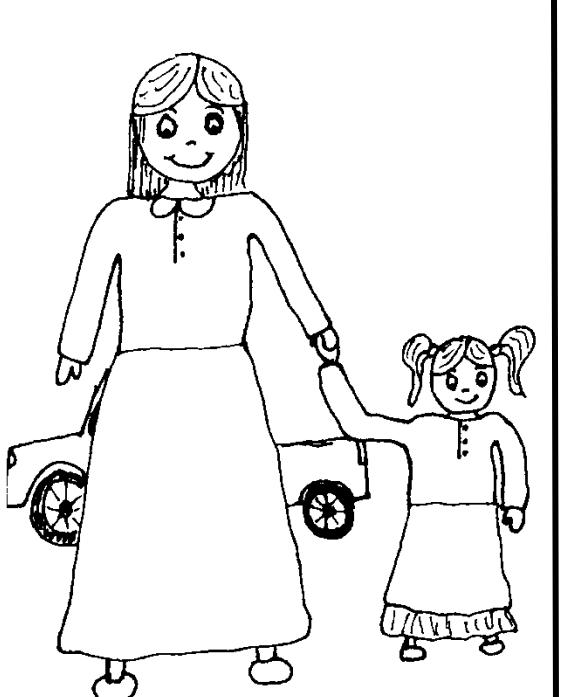
Kids' Corner

GOD'S AMAZING CREATURES

The brown hyena is also called a strandwolf. It lives in the southern part of Africa. Brown hyenas have a different look from other hyenas because of their long shaggy coat, pointed ears, dark brown coat and short tail. Hyenas live in groups called clans. The clan works together to defend a territory, but they do not look for food together.



The brown hyena helps to clean up by eating the dead carcasses of animals that are killed by larger animals. It has powerful jaws that can crack bones and it is able to digest food that would make many other animals sick. It may also eat rodents, insects, eggs, and fruit. The brown hyena is currently the rarest species of hyena. Even though there are not very many of them, God knows where each brown hyena is. God knows where you are too and you are special to Him.

		<p>Memory Verse:</p> <p>Children, obey your parents in the Lord: for this is right. Honour thy father and mother ...That it may be well with thee, and thou mayest live long on the earth.</p> <p>Ephesians 6:1- 3</p>
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Patience's mother told her to stay close to her and hold her hand in the busy parking lot. Patience obeyed and she got safely to the car. Jesus was happy that Patience obeyed, and Patience was happy too.

Passion's father told her to stay close to him and hold his hand in the busy parking lot. But Passion thought it would be more fun to run, so she disobeyed and started to run. When a car almost hit her, she dropped her new toy and it got run over and broken by a big truck. Passion was sad because she didn't obey, and Jesus was sad too.



Little Runner's Health Tip

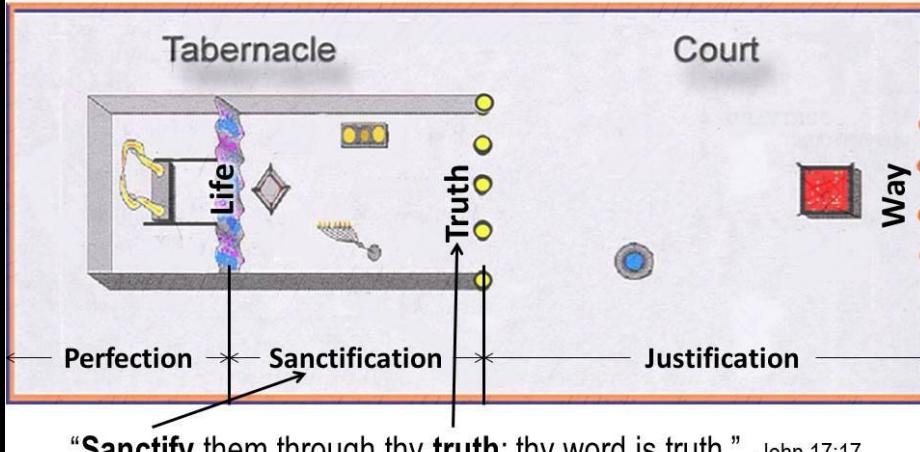
Zippy the Zebra drinks water, not soda. It makes him healthy. Drinking water is good for boys and girls who want to be healthy too.



Study to Show Thyself Approved -- Which Way?

1. What does the Bible say will be the result if we follow our feelings when picking the correct path to heaven? _____
"There is a way which seemeth right unto a man, but the end thereof are the ways of death." Prov. 14:12, 16:25
2. What is in the right path that makes it appear unappealing to the carnal heart? _____ and _____ "And though the Lord give you the bread of adversity, and the water of affliction, yet shall not thy teachers be removed into a corner any more, but thine eyes shall see thy teachers: And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left." Isaiah 30:20,21
3. What does the Bible say that we must do in order to have God direct our path? _____ and _____ God "Trust in the LORD with all thy heart; and lean not to thy own understanding. In all thy ways acknowledge him, and he will direct thy paths." Prov. 3:5,6
4. Why is it necessary to trust God's leading and not our own inclinations? Because God's ways are _____ and _____ than our ways. "For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts." Isa 55:8,9
5. According to Jesus, how many will there be many found on the "narrow" way? _____ "Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereto: Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it." Matt. 7:13,14 "Strive to enter in at the strait gate: for many, I say unto you, will seek to enter in, and shall not be able." Luke 13:24 [Note: Strong's Concordance suggests that the Greek word for narrow also means afflicted, suffer tribulation, trouble—It is translated thus in several other places.]
6. Where did the Psalmist say that God's way is? _____ The tabernacle was made to be an object lesson/example of ______. "Thy way, O God, is in the sanctuary: who is so great a God as our God?" Psalm 77:13
"Who serve unto the example and shadow of heavenly things, as Moses was admonished of God when he was about to make the tabernacle: for, See, saith he, that thou make all things according to the pattern shewed to thee in the mount."
 Heb. 8:5
 (By overlaying additional verses/concepts in picture form to the sanctuary model, you may gain extra insights. See picture.)

Jesus said, "I am the **Way**, the **Truth**, and the **Life**; no man cometh unto the **Father** but by Me." John 14:6 "I am the door: by me if any man enter in, he shall be saved..." John 10:9



"Teach me thy way, O LORD; I will walk in thy truth: ..." Psalm 86:11

8. In the end, we will find that God's way is _____ and He gives us _____ to follow in His way. "As for God, his way is perfect: the word of the LORD is tried: he is a buckler to all those that trust in him... It is God that girdeth me with strength, and maketh my way perfect." Psalm 18:30, 32

Answers: 1. death	2. adversity, affliction	3. trust, obey (acknowledgement in all ways)	4. different, higher	5. few	6. in the sanctuary; heavenly things	7. forsake it, and heed God's word.	8. perfect, strengthen
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