



The Bible Banner

September 2021



In Christ Alone

Where is Happiness?

Not in Unbelief—Voltaire was an infidel of the most pronounced type. He wrote: *"I wish I had never been born."*

Not in Pleasure—Lord Byron lived a life of pleasure if anyone did. He wrote: *"The worm, the canker, and grief are mine alone."*

Not in Money—Jay Gould, the American millionaire, had plenty of that.

When dying, he said: *"I suppose I am the most miserable man on earth."*

Not in Position and Fame—Benjamin Disraeli enjoyed more than his share of both.

He wrote: *"Youth is a mistake; manhood a struggle; old age a regret."*

Not in Military Glory—Alexander the Great conquered the known world in his day. Having done so, he wept in his tent, because he said, *"There are no more worlds to conquer."*

Where then is happiness found?—the answer is simple, in Christ alone. For the Christian testifies, *"I have ... learned that in Christ alone there is rest, peace, or happiness. In God is our only help."* {Historical Sketches 226.4}

Lentil Soup

1 cup dry lentils	5 cups water
6 oz. (170 g) tomato paste	1 bay leaf
2 tsp salt	4 medium potatoes, cubed
½ cup sliced carrots	1-2 stalks of celery, sliced
1 pint of green beans	1 Tbsp Italian seasoning

Cook lentils and vegetables until tender. Add salt and tomato paste when almost done. Good with cornbread.



PROFITABLE TRADITIONS

Cultivate Happiness—Solve the riddle. (Answer on page 2)

- It costs nothing, but creates much.
- It enriches those who receive it without impoverishing those who give it.
- It happens in a flash, but the memory of it sometimes lasts forever.
- None are so rich that they can get along without it, and none so poor but are richer for its benefits.
- It fosters good will in a business. It creates happiness in the home, and is the countersign of friends.
- It is rest to the weary, daylight to the discouraged, sunshine to the sad, and nature's best antidote for trouble.

Quotable Quotes

It has been said that Happiness consists of three things—

1. Something to love

2. Something to do

3. Something to hope for.

For the believer, Christ is the One he loves, His service is the something he has to do, and His approval and eternal companionship are what he hopes for.

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Soon after we moved to the Pacific Northwest, I planted several fruit trees. However, as the winter snows melted in the spring, I was disappointed to find almost all of them had been broken by the snow, except one. One tree looked pristine and perfect. Anxiously, I waited for its leaves to come out—but no leaves were to be found. Meanwhile, one of the mangled trees unexpectedly sprouted a few leaves, and even began growing branches, despite its wounds.

After a few months, out of curiosity, I finally dug up the “pristine tree.” No roots were to be found. It was a lesson I will never forget because trees represent people, good or evil—Ps. 1:3, 37:35, 92:12. Sometimes those who we think make perfect Christians have no roots and are really “dead” while those that look mangled by the world sprout and bear fruit through the power of Christ.

It reminds me of the difference between Peter and Judas. To the human eye, Judas looked like a perfect pick for a disciple—educated, organized, etc., while Peter at times looked quite unpromising—impulsive, uncouth, etc. Yet somehow Jesus could tell the difference. John 6:70 reveals that Jesus knew Judas was trouble. *“Jesus answered them, Have not I chosen you twelve, and one of you is a devil?”*

While it is evident that the Holy Spirit revealed to Christ who to call as disciples, what clues do we find that Peter would turn out all right after all. The first clue I found is Luke 5:5 *“And Simon answering said unto him, Master, we have toiled all the night, and have taken nothing: nevertheless at thy word I will let down the net.”* Peter was willing to do something apparently unreasonable and unscientific simply because Christ said so. His words, *“Nevertheless, at thy word, I will”* implied implicit trust.

The next clue is in Luke 5:11. After Jesus miraculously filled the nets of these men with fish, he called these men as disciples. *“And when they had brought their ships to land, they forsook all, and followed him.”* Peter was willing to leave everything to follow Jesus.



Matt 16:23 reveals that even stern rebuke did not turn Peter away from following Jesus. *“But he [Jesus] turned, and said unto Peter, Get thee behind me, Satan: thou art an offence unto me: for thou savourest not the things that be of God, but those that be of men.”*

And last we see Peter’s acknowledgement, deep sorrow, and repentance for his sin of denying Christ. *“Then began he to curse and to swear, saying, I know not the man. And immediately the cock crew. And Peter remembered the word of Jesus, which said unto him, Before the cock crow, thou shalt deny me thrice. And he went out, and wept bitterly.”* Matt 26:74, 75

Let Christians today take courage from the story of Peter. Let us learn to implicitly trust Christ’s commands—saying, *“Nevertheless at thy word, I will.”* Let us forsake all and follow Christ, even accepting stern rebukes when necessary. For it is written, *“As many as I love, I rebuke and chasten: be zealous therefore, and repent.”* Rev. 3:19 And when we, by words or actions, deny Christ, let us show sorrow for our sin, realizing that “in Christ alone” can we be saved. Our Savior intercedes for us today, just as He did for Simon Peter. *“And the Lord said, Simon, Simon, behold, Satan hath desired to have you, that he may sift you as wheat: But I have prayed for thee, that thy faith fail not: and when thou art converted, strengthen thy brethren.”* Luke 22:31,32

Why Peter? Put simply, because he was willing. If we are willing, Christ *“is able also to save them to the uttermost that come unto God by him, seeing he ever liveth to make intercession for them.”* Hebrews 7:25

“I’m going to have to ask you to leave, and if you refuse I will have to call the police department,” the airport security guard stated matter-of-factly. “People down below are complaining. We live in a different world since 9-11.” We had just seen Grandma off to the security check point for her plane flight, and from the vantage point of the parking garage, we had been watching planes take off and land until we made sure her plane indeed had left the ground. In the few minutes it took us (the parents) to go check the departure schedule, the security guard had showed up and was asking our children for their IDs. Although the security guard was polite, our children were a little surprised to be mistaken for someone dangerous when they were just taking pictures and video of the planes.

Recently, someone sent us a picture of the August 13, 2021, NBC Nightly News. Indeed, it shows how easily one might be “mistaken for a terrorist”.

The National Terrorism Advisory System Bulletin states, “*The Secretary of Homeland Security has issued a new National Terrorism Advisory System (NTAS) Bulletin regarding the current heightened threat environment across the United States. The Homeland continues to face a diverse and challenging threat environment leading up to and following the 20th Anniversary of the September 11, 2001 attacks as*



well [as] religious holidays we assess could serve as a catalyst for acts of targeted violence. These threats include those posed by domestic terrorists, individuals and groups engaged in grievance-based violence, and those inspired or motivated by foreign terrorists and other malign foreign influences. These actors are increasingly exploiting online forums to influence and spread violent extremist narratives and promote violent activity. Such threats are also exacerbated by impacts of the ongoing global pandemic, including grievances over public health safety measures and perceived government restrictions.”¹ Following this introduction they list several potential terror threats ending with their slogan. Perhaps their slogan is what got our kids in trouble even though they were non-violent. “If You See Something, Say Something®. Report suspicious activity to local law enforcement or call 911.”

Indeed, times have changed since 9-11, and I believe this is only the beginning of Christians being called terrorists for doing nothing worthy of the name. Jesus warned “*Remember the word that I said unto you, The servant is not greater than his lord. If they have persecuted me, they will also persecute you; if they have kept my saying, they will keep yours also... But this cometh to pass, that the word might be fulfilled that is written in their law, They hated me without a cause... These things have I spoken unto you, that ye should not be offended. They shall put you out of the synagogues: yea, the time cometh, that whosoever killeth you will think that he doeth God service.” John 15:20,25 ; John 16:1,2*

As our freedoms disappear and after hearing of several people who have been refused medical care for lack of vaccination or simply because the hospitals were “full,” I believe the following to be excellent counsel for the times. “*As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, they should, while they have opportunity, become intelligent in regard to disease, its causes, prevention, and cure. And those who do this will find a field of labor anywhere.”²*

1-- <https://www.dhs.gov/ntas/advisory/national-terrorism-advisory-system-bulletin-august-13-2021> 2- {The Medical Missionary, December 1, 1892 par. 7}



Medicinal Olive Leaves

“And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed: it shall bring forth new fruit according to his months, because their waters they issued out of the sanctuary: and the fruit thereof shall be for meat, and the leaf thereof for medicine.” Ezekiel 47:12

One of the most prominent tree leaves that is used for medicine is the olive leaf. The olive tree is an evergreen tree/shrub “whose leaf” does “not fade.” It is native to Africa, Asia, and the Mediterranean. Olive leaf is non-toxic, but because it is very powerful, if you are taking other medications or are pregnant, it is not recommended. Olive leaf is said to help almost every part of your body, benefitting: energy, blood pressure (lowered), toothache (pain and infection), cardiovascular health, weight control, diabetes, joint pain, cancer, heart beat (stabilizing arrhythmias), brain, arthritis, wounds, immune system, and skin protection.¹

“Olive leaf extract is a natural source of wellness with therapeutic properties that are: gastroprotective (protects digestive system), neuroprotective (protects central nervous system), antimicrobial (inhibits microorganism growth), anticancer (reduces risk of cancer), anti-inflammatory (reduces risk of inflammation), antinociceptive (reduces pain stimuli), antioxidant (prevents oxidation or cell damage). These properties mean that olive leaf extract may help with weight loss, heart health, and herpes breakouts.”²

“Oleuropein, one of the primary compounds in olive leaf, has attracted attention... because of its antiviral, antibacterial and antifungal properties. Studies have found that oleuropein, which is a polyphenol, is a potent antioxidant that helps to lower blood pressure

naturally and prevent cardiovascular disease. Oleuropein also displayed anti-cancer functions when it made tumors in animals regress or disappear....”³

“Studies show that in addition to its antioxidant activity, oleuropein has anti-inflammatory, antiviral, and antimicrobial effects. These properties point to research-backed health benefits like: **Improved Cardiovascular Health**” In fact, “Research shows that olive leaf extract helps prevent LDL (bad) cholesterol from building up in your arteries. This effect helps increase blood flow and lower blood pressure, reducing your risk of heart disease.

“A study using rats also points to olive leaf extract’s effectiveness in helping restore a normal heartbeat in those with arrhythmia, although further research with human subjects would be more conclusive.”⁴

“‘Its bioactive compounds are not only antioxidant and anti-inflammatory, but they can lower blood pressure, improve blood glucose levels, reduce cholesterol levels, and improve lipid ratios,’ says integrative neurologist Ilene Ruhoy, M.D., Ph.D. ‘These actions are powerfully cardioprotective and can reduce the risk of diabetes, hypertension, heart attack, and stroke.’”⁵

Olive leaf is so efficient at lowering blood pressure, cholesterol, and triglycerides that it frequently out-performs the pharmaceuticals. “In fact, olive leaf extract may be just as effective as prescription blood pressure medication for some people. In this study, participants who took 500 mg of olive leaf extract twice a day for eight weeks experienced a comparable drop in blood pressure to those who took the medication Captopril.

“Olive leaf extract is thought to lower blood pressure by acting as a calcium channel blocker, which relaxes and widens the blood vessels. In the same study, olive leaf extract also lowered triglyceride levels (i.e., levels of fat in the blood), while Captopril did not. This is important for heart health, as high triglyceride levels contribute to hardening of the arteries, or atherosclerosis, which increases the risk of heart attack and stroke.



“Supplementing with olive leaf extract has also been found to lower total and LDL (bad) cholesterol in both animals and humans with high cholesterol. Researchers suspect that the polyphenols present in olive leaf extract, like oleuropein, decrease the activity of key cholesterol-regulatory enzymes, resulting in reduced cholesterol production.”⁵

Olive leaf also causes **“lower risk of diabetes**. The antioxidants in olive leaves can lower your blood sugar and help stabilize it to maintain healthy levels. Researchers find that this effect helps treat people with diabetes and may prevent you from developing the disease. Studies also show that olive leaf ...can reduce your body’s insulin resistance, one of the biggest risk factors for diabetes.”⁴



Another “important olive leaf benefit is its **ability to fight off infections**, including candida infections, meningitis, pneumonia, chronic fatigue, hepatitis B, malaria, gonorrhea, shingles and tuberculosis. It also naturally treats ear, dental and urinary tract infections. (We actually know someone who used olive leaf as a prophylactic to prevent getting malaria. Although the rest of their group all got malaria, they never did.)

“A study done in 2003 proved that olive leaf extracts have an antimicrobial effect against bacteria and fungi. This suggests that olive leaf works as **a natural antibiotic**, due to its ability to fight some bacterial infections. In the study, the olive leaf extracts killed almost all bacteria tested, including dermatophytes (causing infections on the skin, hair and nails), candida albicans (an agent of oral and genital infections) and Escherichia coli cells (bacteria found in the lower intestine).

“And a 2017 study found that olive leaf extract works as an antimicrobial agent that **controls foodborne pathogens**, including E. coli and salmonella...The olive leaf has **antiviral properties**, giving it the ability to fight or prevent the common cold, as well as treat dangerous viruses. Research shows that olive leaf extracts effectively fight against a number of disease-causing microbes, including some of the viruses that cause influenza and other respiratory infections.

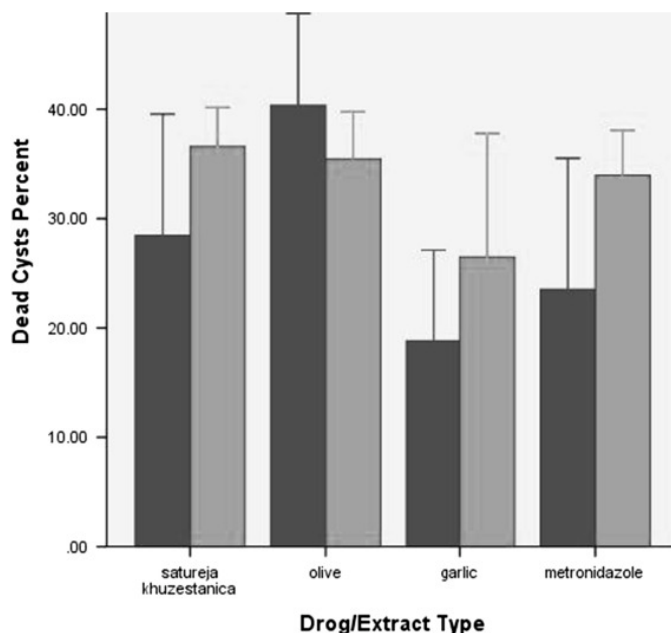
“The powerful compounds found in olive leaves destroy invading organisms and don’t allow viruses to replicate and cause an infection. In fact, the olive leaf is so beneficial to our health that treatment with olive leaf extracts reversed many HIV-1 infection-associated changes in a study done at the New York University School of Medicine.”³

As you can see in the graph to the right, one study showed in the case of giardia cysts, olive leaf actually out-performed the regular antibiotic.⁶
(For more detail, follow the footnote link)

Remember, *“The extract of the leaf of this plant has anti-bacterial, anti-viral, anti-fungal and anti-protozoan effects. Some common pathogenic parasites destroyed by the plant in vitro include amoeba, Cryptosporidium Spp., Giardia Spp., Enterobius vermicularis, tapeworms, nematodes and spiral worms (Paliva-Martines 2001).”*⁶

We can plainly see, that until we again are restored to the perfection of the tree of life, olive leaf is a powerful medicinal leaf option. For it is written, *“In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations”* Rev. 22:2

Fig. 1



Percentage of dead cysts in terms of type of extract/drug and concentration

1- <https://healthbenefitsof.org/15-shocking-health-benefits-of-olive-leaf-extract/#> 2-- <https://www.healthline.com/health/olive-leaf-extract> 3-- <https://draxe.com/nutrition/olive-leaf-benefits/> 4- <https://www.webmd.com/diet/health-benefits-olive-leaf-extract#> 5-- <https://www.mindbodygreen.com/articles/olive-leaf-extract-benefits-and-side-effects> 6-- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5118276/>



BREAD FOR THE HUNGRY

For we can do nothing against the truth, but for the truth. 2 Corinthians 13:8

A certain man was distributing Gospels in the Central Province of India. He came to some non-Christians on the train and offered a man a copy of John's Gospel. The man took it, tore it into pieces in anger, and threw the pieces out of the window. That seemed the end.

But it so happened, in the providence of God, that there was a man anxiously seeking for truth walking along the line that very day. He picked up, as he walked along, a little bit of paper and looked at it, and the words on it in his own language were “the bread of life.”

He did not know what it meant; but he inquired among his friends and one of them said, *“I can tell you: it is out of the Christian book. You must not read it or you will be defiled.”* The man thought for a moment and then said, *“I want to read the book that contains that beautiful phrase!”* and he bought a copy of the New Testament. He was shown where the sentence occurred—our Lord's words *“I am the Bread of Life;”* and as he studied the Gospel, the light flooded into his heart. He came to the knowledge of Jesus Christ. That little bit of paper, through God's Spirit, was indeed the Bread of Life to him, satisfying his deepest need.



And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst. John 6:35

If ye love me, keep my commandments. John 14:15

“The law is Christ designed: The gospel is Christ enshrined.”

Christ dwells in the regenerate heart, writing upon it the principles of God's law, leading the believer to delight to obey its precepts, and imparting power for such obedience.

(2 Cor. 6:16; Ps. 40:8; Heb. 8:10-12; John 14:15; Col. 1:27; 3:16; Gal. 2:20; Eph. 3:14-21.)



God's Law in the Old & New Testaments

God's Ten Commandments in the Old Testament -- Exodus 20:1-17, Deuteronomy 5:6-21

It is an interesting fact that the New Testament also gives divine sanction to each of the Ten Commandments

1st commandment -- Matt. 22:37; Matt. 4:10

2nd commandment--1 John 5:21; 1 Cor. 10:19-21

3rd commandment -- Matt. 6:9; Matt. 5:33-37

4th commandment -- Mark 2:27, 28; Matt. 24:20; Luke 4:16; 23:54-56; Hebrews 4:4

5th commandment--Matt.15:4-9; Matt. 19:17-19; Eph. 6:1-3

6th commandment-- Matt. 5:21, 22; Mark 10:19

7th commandment --Matt. 5:27, 28; Matt. 19:9,18, James 2:11

8th commandment -- Romans 13:9; Matt. 15:19; Eph. 4:28

9th commandment -- Matt. 19:18, Luke 18:20

10th commandment -- Romans 7:7; Mark 7:22; Hebrews 13:5, Luke 12:15

Kids' Corner

God's Amazing Creatures

The *Egyptian mongoose*, also known as *ichneumon*, is a mongoose species that lives mainly in Africa, but also in part of Turkey. They live in swampy and marshy habitats near streams, rivers, lakes and in coastal areas, but don't live in deserts. The Egyptian mongoose eats rodents, fish, birds, reptiles, amphibians, insects, fruit and eggs. To crack eggs open, it throws them between its legs against a rock or wall. Mongooses are snake venom resistant, meaning that they can't die from being bitten by a snake. God created them in a special way. Aren't you glad He did?



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**do all things
which**



**Christ
me."**

Philippians 4:13