



The Bible Banner

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Patterns of Instruction

Arabian horses go through rigorous training in the deserts of the Middle East. The trainers require absolute obedience from the horses, and test them to see if they are completely trained. The final test is almost beyond the endurance of any living thing. The trainer forces the horses to do without water for many days. Then he turns them loose and of course they start running toward the water, but just as they get to the edge, ready to plunge in and drink, the trainer blows his whistle. The horses who have been completely trained and who have learned perfect obedience - stop. They turn around and come pacing back to the trainer. They stand there quivering, wanting water, but they wait in perfect obedience. When the trainer is sure that he has their obedience, he gives them a signal to go back to drink.

Now this may be severe but when you are on the trackless desert of Arabia and your life is entrusted to a horse, you had better have a trained obedient horse. Does your life show a pattern of obedience to God, even in the face of trying circumstances?

"He that saith he abideth in him [Jesus] ought himself also so to walk, even as he walked." 1 John 2:6

Zucchini Soup

- 4 cups zucchini, sliced
- 3 cups water
- 1-2 1/2 tbsp vegan chicken-like seasoning, to taste
- 1 cup water
- 1/2 tsp salt, to taste
- 1/2 cup onions, chopped
- 1/2 tsp basil, crushed
- 3/4 cup cashew pieces

Sauté zucchini and onions in a little water in a large pot until tender. Add 3 cups water, chicken-like seasoning, and basil. Cook 15 minutes over medium heat.

Place soup into a blender and blend smooth. Return blended mixture to pot. Place 1 cup water and cashews into a blender. Blend until very smooth. Add to soup in pot. Season with salt. Heat through, but do not boil.

Serving size: 9 cups Preparation time: 25 minutes

Chef's Tip: Do not skin the zucchini, unless it is very ripe and the skin is tough. The skin will add extra color and nutrients to the soup. (Note: Soup is pictured with crackers added)



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Quotable Quotes

"The Author of Holy Scripture is God himself, and this Scripture partakes of the might and eternity of its Author. There is neither king nor emperor that is not bound to obey it. Let us beware of those by-paths of human tradition, full of stones, brambles, and uprooted trees. Let us follow the straight road of the Word. It does not concern us what 'the Fathers' have done, but rather what they ought to have done."

Hugh Latimer, Reformer {Quoted from The Great Controversy, 1888 ed., pg. 248}

According to the Pattern

"I am so glad to have you helping us," I said to the church lady who had agreed to help us with the project. "I need to merge sizes and make a few alterations, and wasn't sure how to go about doing that." I truly was thankful to have someone helping us who had a lot more experience with sewing and pattern alterations than myself. I didn't really want to cut and sew the royal purple material, only to find out that it didn't fit my daughter. Consequently, we spent the better part of the day measuring and re-measuring, altering lines here and there to make the pattern match the size of the wearer while endeavoring to reach God's standard of modest apparel for "a child of the King".

As I traced the pattern for the new swim dress and leggings for my daughter, my thoughts drifted back to the Pattern for our spiritual apparel, our character. Unlike the pattern we were having to alter, the Pattern of the life of Jesus Christ is perfect. But like the imperfect pattern, which we had to redesign, sometimes humanity and even Christians get in a habit or pattern that is not according to the true Pattern. Occasionally, I am painfully reminded of the fact that my family and I have not always perfectly followed God's Pattern when I see old pictures or videos of our lives or I read stories where someone has decided to preserve our imperfect words on paper. Over the years, God in His mercy has given us "eyesalve" which has opened our eyes and helped us to recognize that our habits needed to more perfectly follow the Pattern.



Just as Moses was to make the tabernacle "according to the pattern" shown to him, we, as "the temple of the Holy Ghost", are to "make all things according to the pattern," (1 Cor. 3:17; 6:19; Hebrews 8:5). The Pattern is Jesus Christ, who "suffered for us, leaving us an example, that ye should follow His steps." (1 Peter 2:21). Thus we have been counseled how to "glorify God in your body, and in your spirit, which are God's." (1 Cor. 6:20)

In order to copy a pattern and the Divine Pattern correctly we must carefully study its design. God's blueprint had a purpose and reason for each piece's shape, material and size. "See, saith he, that thou make all things according to the pattern shewed to thee in the mount." (Hebrews 8:5). Micah 4:2 clarifies that the mount represents the Word of God. "And many nations shall come, and say, Come, and let us go up to the mountain of the LORD, and to the house of the God of Jacob; and he will teach us of his ways, and we will walk in his paths: for the law shall go forth of Zion, and the word of the LORD from Jerusalem." (Also Joel 3:18) Just as in the story, we had to see if our pattern measured up to the pattern of modesty in God's word, Christians would do well to see if their lives measure up to the Pattern set forth in God's word and law. Woefully, even professed Christians often ignore the Pattern found in God's law when they are constantly fighting and bickering over trivial matters. "For all the law is fulfilled in one word, even in this; Thou shalt love thy neighbour as thyself. But if ye bite and devour one another, take heed that ye be not consumed one of another." Gal. 5:14,15



Indeed, instead of going to the word of God for the true Pattern, many follow human tradition, and their habits, characters and even doctrines are misshapen and warped as a result. As long as someone else who calls themselves a Christian is doing something worse than them, they think they are justified in their actions. Remember, it is those that are "not wise" that compare with man's traditions instead of God's Pattern. "For we dare not make ourselves of the number, or compare ourselves with some that commend themselves: but they measuring themselves by themselves, and comparing themselves among themselves, are not wise." 2 Cor. 10:12

Despite this injunction, one may say, "Well, so and so watches PG-13 rated films on TV, I only watch PG rated TV." Instead of comparing ourselves to fallible men, shouldn't we go back to the Pattern? As opposed to fiction, Jesus Christ, the Pattern, is the Truth. (John 15:6) So "There was no falsity, no acting, in what He did." {Ev 267.1} He became a man that he might save sinners.

In addition, the Pattern leaves no room for fictional theatrics, because His Word states, "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." Php. 4:8

Those who study the Pattern "sigh and cry for the abominations" because they see many choosing to follow the fashions of the world instead of the Divine Pattern. (Ez. 9:4) "After all," is the excuse, "my swimming suit covers a lot more skin than so and so's." Nevertheless, what about the Pattern? The Pattern states, "In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety... (which becometh women professing godliness) with good works." (1 Tim. 2:9, 10) Can the world look at you and tell your clothing is different from theirs because it is made according to the Pattern?

Today, instead of following the customs, fashions, doctrines and traditions of this world, why not alter your pattern to match the Royal Pattern of Christ found in His word? If all Christians did, what a blessing we might be to the world, "In all things showing thyself a pattern of good works: in doctrine showing uncorruptness, gravity, sincerity, sound speech, that cannot be condemned; that he that is of the contrary part may be ashamed, having no evil thing to say of you." (Titus 2:6-8) When we all choose to follow the Pattern -- instead of our own ideas-- we will naturally "come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ." Eph. 4:13 Why not follow the Pattern today?



Pattern of Providence

“Mr. Inglis, the last time I crossed here, five weeks ago, one of the most extraordinary things happened, and it has completely revolutionized the whole of my Christian life. Up to that time I was one of your ordinary Christians,” the sea captain said.

“We had on board, George Müller of Bristol. I had been on that bridge for 22 hours, and never left it. I was startled by someone tapping me on the shoulder. It was George Müller. ‘Captain,’ he said, ‘I have come to tell you that I must be in Quebec on Saturday afternoon.’ This was Wednesday.

“‘It is impossible,’ I said.

“‘I have never broken an engagement for 57 years.’

“‘I would willingly help you. How can I? I am helpless.’

“‘Let us go down to the chartroom and pray.’

“I never heard of such a thing. ‘Mr. Müller,’ I said, ‘do you know how dense this fog is?’

“‘No,’ he replied, ‘my eye is not on the density of the fog, but on the living God, who controls every circumstance of my life.’

“He went down on his knees, and he prayed one of the most simple prayers. I muttered to myself: ‘That would suit a children’s class, where the children were not more than eight or nine years of age.’ The burden of his prayer was something like this: ‘O Lord, if it is consistent with Thy will, please remove, this fog in five minutes. You know the engagement you made for me in Quebec for Saturday. I believe it is your will.’

“When he had finished, I was going to pray; but he put his hand on my shoulder and told me not to pray. ‘First, you do not believe He will; and second, I believe He has, and there is no need whatever for you to pray about it.’ I looked at him, and George Müller said this: ‘Captain, I have known my Lord for 57 years, and there has never been a single day that I have failed to gain an audience with the King. Get up, captain, and open the door, and you will find the fog is gone.’ I got up, and the fog was gone!”

Those that know of George Müller will recognize that weather patterns were not necessarily what he prayed for regularly, yet he was a undoubtedly a devout man of prayer. Müller had once been an obscure pastor in the west of England who was distressed by the general lack of faith in God. *“I longed”* he said, *“to have something to point to as a visible proof that our God and Father is the same faithful God as ever He was, as willing as ever to prove Himself to be the living God.”*

As he prayed for guidance in the matter, he was led to establish the work which grew into the great Bristol orphanages. The enterprise truly was as George Müller desired it to be, a testimony to the living God, who hears and answers prayer. It demonstrated beyond a shadow of a doubt that Providence, though unseen, is ever at work in the affairs of men.

That this might be evident to all, Müller considered it fundamental in the purpose of the orphanages that neither he nor his fellow workers should ever ask help of any man, but only of the Lord, in prayer. His thought was: *“Now if I, a poor man, simply by prayer and faith obtained without asking any individual, the means for establish and carrying on an orphan house, there would be something which, with the Lord’s blessing, might be instrumental in strengthening the faith of the children of God, besides being a testimony to the consciences of the unconverted of the reality of the things of God.”*

He stated, *“The first and primary object of the work was to show before the whole world and the whole church of Christ that even in these last evil days the living God is ready to prove Himself as the living God by being ever willing to help, succor, comfort, and answer the prayers of those who put their trust in Him.”*

Day by day the Lord vindicated Müller’s faith in a wonderful manner, providing needed supplies and monies, etc. for the upkeep and operation of multiple orphanages, as well as other missionary projects which Müller adopted. In fact, in a summary at the end of Müller’s life, it appears that Müller, a poor man, had in 60 years been enabled by faith—

1. To build five of the largest orphanages in the world, in which over 10,000 children had been cared for.
2. To give to school work over half a million dollars.
3. To circulate nearly two million Bibles and portions, and 3 million books and tracts.
4. To give over a million and a quarter dollars to aid missionaries and missionary work in various lands.
5. Distributed about seven million, five hundred thousand dollars.

Truly the Lord helped George Müller to bear witness of a pattern of Providence from the true and living God in response to the simple child-like prayer of faith. Won’t you trust God’s pattern of Providence? (Adapted from [The Hand that Intervenes](#), Pg. 104-107, 172, 173)





PATTERNS OF ILL-HEALTH

As the bent-over man with 2 canes stumbled to make it down the curb to the parking lot, I wondered what could be the cause, a few years before he had been healthy and energetic. More and more friends or acquaintances had been diagnosed with strange cancers—brain cancer, melanomas in areas where sunburn was unlikely, mouth cancers and lung cancer in those that didn't smoke. Then there was the autism and Alzheimer's rate that was ever climbing. In addition, many people were experiencing, headaches, fatigue, memory loss, joint pain and even skin disorders.

But then there were a few of my friends that tested and/or charted to discover the problematic patterns:

Back-packing trip = *Wonderful, I feel great!* **Trip to large city** = *pins and needles, painful, sunburn-like rash, extreme fatigue;*

Remote vacation cabin (with 6 cell towers on ridge) = *Piercing headache like pinching in the brain, unable to sleep much of the night*

Used cellphone and wireless computer = *Intense itching, 2nd degree burn-like bubbles, pressure in head*

Gardening and cooking meals in the country = *Fantastic, I feel just fine!*

Attended public meeting with Wi-Fi = *Afterwards something strange happened, I didn't trip, but just lost my balance and fell on the pavement, serious skin rash*

Some charted nosebleeds, digestive troubles, internal bleeding, brain fog, extreme joint pain and even abnormal sleepiness. Who would ever believe the cause was all the same? But when they repeatedly charted the patterns, all the different manifestations of symptoms led to one common cause – Electromagnetic frequencies or EMFs. (Note: I do not believe all disease is caused by EMFs, only in some cases.) These frequencies most often come from wireless devices, like Wi-Fi, cellphones, cordless phones, iPads, smart meters, etc. The above stories aren't made up scenarios; they are compiled from several real, live, non-hypochondriacs that I know.

The good news is, for those who recognized the patterns and eliminated or blocked signals with protective gear, the symptoms disappeared. They could sleep again, function again, have clear skin again, think again. They stopped bleeding internally, stayed awake at the wheel, were pain-free again and could live life to the fullest.

PLEASE consider the patterns of ill-health BEFORE you are the next incurable cancer statistic!

For more information on this topic consider the infographic below or visit our website for a larger PDF version. You may also watch our documentary, "Invisible Danger" free online. Learn more at www.swiftrunnerministries.com/electrohypersensitivity.

Cell Phone, **WIRELESS**, (Radio frequency (RF) Radiation **EFFECTS ON THE HUMAN BODY**

Cell phone users with 1,640 hours or more of use are nearly two and three-quarters more likely than non-users to develop an **acoustic neuroma**, a benign tumor that may cause hearing loss, dizziness, loss of balance or death. (7)

Increased risk of **brain tumors** especially glioma a malignant brain cancer with a very poor survival rate. Cell phone users with 1,640 hours or more of use have 2 to 2.5 times the risk as nonusers. (4,7)

RF causes **permeability of the blood/brain barrier** allowing toxins to enter the brain. Many consider RF a plausible biological mechanism for **autism, Alzheimer's** and other **neurological disorders**. (1,3)

RFR accelerated development of both **skin (melanoma)** and **breast tumors** as well as many other cancers. It also **raises stress proteins** and **reduces immune function**. (3, 5, 8)

RF causes **ElectroHypersensitivity (EHS)** in some people. Persons may have symptoms such as: **Numbness or pain** in affected areas, **nosebleeds** concentration problems, **memory lapses, aches or pressure in head**, throat, and chest, unsteady balance, dizziness, **digestive disturbances** **altered heart rate**, ringing in the ears, excessive fatigue, **sleep disturbances**, eye irritation, **red skin blotches, eczema** (2)

Even short term cell phone use causes **unhealthy changes in the blood**. Red Blood Cells may stick together in "rouleaux" formation or the edges may degrade and become misshapen like a "bottlecap". Except ionizing radiation no other environmental factor has been as firmly established to increase the risk of childhood **leukemia**. (1, 6)

RFR even at very low intensities causes **DNA damage** and impairment in human cells. Worse yet, it impairs DNA repair mechanisms. (3,5)

RF decreased sperm count and motility while increasing **sperm cell deformation and death**. Studies also link prenatal exposure to **negative effects** on the behavior and development (esp. brain) of offspring. (3,5,8)

What can you do?

- Avoid wireless signals and cordless phones
- Connect computers to wired internet using an Ethernet cable.
- Put wireless devices on **airplane mode** or turn them off when not in use.
- Educate others

For more info visit us at
www.swiftrunnerministries.com/electrohypersensitivity

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Study to Show Thyself Approved—Prophetic Patterns

“And Jesus answering them began to say, Take heed lest any man deceive you: For many shall come in my name, saying, I am Christ; and shall deceive many.” Mark 13:5, 6

Jesus Christ

False christs and Antichrist(s)

Matt. 24:24, Mark 13:22, 1 John 2:18

Jesus is the Way of Life – (John 14:6) John 17:3 *“this is life eternal, that they might know... the only true God, & Jesus Christ”*

Every time Jesus speaks He is confessing with His mouth that Jesus is the Christ –Romans 10:9

Jesus Halls God’s Name – Matt. 6:9, Luke 11:2

Priest of the heavenly tabernacle/sanctuary--Heb.8:1,2; 7:25-27

Is Jesus Christ, and therefore confesses that Jesus Christ is come in the flesh --1 John 4:2

Those who turn away from their sins are confessing that **Jesus Christ is come in the flesh.** – 1 John 3:5 *“...He was manifested to take away our sins...”* Acts 3:26 *“Unto you first God, having raised up his Son Jesus, sent him to bless you, in turning away every one of you from his iniquities.”* Also Matt. 1:21

Jesus is the Truth, John 14:6

What Jesus says matches ALL the 10 Commandments– Psalm 119:142 *Thy law is the truth.* Psalm 119:151 *“... all thy commandments are truth.”*

Jesus keeps the Seventh-day Sabbath—Luke 4:16 *“... and, as his custom was, he went into the synagogue on the sabbath day, and stood up for to read.”*

Jesus condones ONLY worship of God Matt. 4:10 *“Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.”* Ex. 20:3 *“Thou shalt have no other gods before me.”*

What He says matches and “rightly divides” ALL the truths in God’s Word (2 Tim. 2:15) John 17:17 *“Thy word is truth.”* John 3:34 *“For he whom God hath sent speaketh the words of God...”*

Jesus Christ is Sinless 1 John 3:5 *“And ye know that he was manifested to take away our sins; and in him is no sin.”* 2 Cor. 5:21 *“For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him.”*

Jesus teaches simply, but with authority--Matt. 7:28,29 *“And... when Jesus had ended these sayings, the people were astonished at his doctrine: For he taught them as one having authority, and not as the scribes.”* (John 7:46)

Jesus allows religious freedom 2 Cor. 3:17 *“Now the Lord is that Spirit: and where the Spirit of the Lord is, there is liberty.”* Luke 9:49,50 *“And John answered and said, Master, we saw one casting out devils in thy name; and we forbid him, because he followeth not with us. And Jesus said unto him, Forbid him not: for he that is not against us is for us.”*

When Jesus comes Every eye will see Him. He did nothing in secret. John 18:20 *“Jesus answered...I spake openly to the world... and in secret have I said nothing.”* (Amos 3:7) Rev. 1:7 *“Behold, he cometh with clouds; and every eye shall see him...”* Matt. 24:27 *“as the lightning cometh out of the east, and shineth even unto the west; so shall also the coming of the Son of man be.”*

False christs lead to the way which seemeth right, but ends in death—Prov. 14:12, Prov. 16:25

Antichrist denies that Jesus is the Christ (Denies the Father and the Son) – 1 John 2:22, Matt. 10:32,33

Commits blasphemy against God and God’s name, and tabernacle Rev. 13:6, John 10:33, Rev. 2:9, Mark 2:7

Antichrist confesseth not that Jesus Christ is come in the flesh-- 1 John 4:3, 2 John 1:7,

Those who live ungodly are denying Christ and that he is come in the flesh– Jude 4 *“For there are certain men crept in unawares... ungodly men, turning the grace of our God into lasciviousness, and denying the only Lord God, and our Lord Jesus Christ.”*

Antichrist casts down Truth, Daniel 8:12

Antichrist casts doubt on God’s law. He thinks to change truth by changing “times and laws” introducing traditions and commandments of men, Dan. 7:25, Titus 1:14, Matt. 15:9, Mk 7:7

Antichrist creates a spurious sabbath, breaking the 4th commandment, God’s law about time. *“But the seventh day is the sabbath of the LORD thy God...”* Ex. 20:8-11, Ez. 20:20

Antichrist commits idolatry, sometimes using pantheistic spiritualism or worship of man. Rom. 1:25 *“Who changed the truth of God into a lie, and worshipped and served the creature more than the Creator....”* Jude 1:16, Dan. 7:25

False christs wrest the scriptures only presenting the portions of scripture that suit their purposes 2 Peter 3:16, 1Tim. 4:1 **Ashamed of the Jesus and His words** --- Mark 8:38

Antichrist claims to be sinless, but is the “man of sin” – 1 John 1:8 *“If we say that we have no sin, we deceive ourselves, and the truth is not in us.”* 2 Thess. 2:3,4 *“Let no man deceive you... and that man of sin be revealed, the son of perdition...”*

False christs corrupt from the simplicity that is in Christ – 2 Cor. 11:3 *“But I fear, lest by any means, as the serpent beguiled Eve through his subtilty, so your minds should be corrupted from the simplicity that is in Christ.”*

Antichrist is connected with forced religion. First enticement, then force. Psalm 94:20,21 *“the throne of iniquity ... which frameth mischief by a law? They gather... together against the ... righteous, and condemn the innocent blood.”* Rev. 13:15-17 *“...as many as would not worship the image of the beast should be killed... And he causeth all,... And that no man might buy or sell, save he that had the mark, or the name...”*

False christs may sometimes be found in secret chambers or desert places. We are not to go there lest we be deceived. Matt. 24:26 *“Wherefore if they shall say unto you, Behold, he is in the desert; go not forth: behold, he is in the secret chambers; believe it not.”*

Jesus Made Animals With Special Patterns!

Take the names listed and match them to the pictures.

Cheetah. Jaguar. Leopard. Peacock. Tiger. Zebra.



1. _____



2. _____



3. _____



4. _____



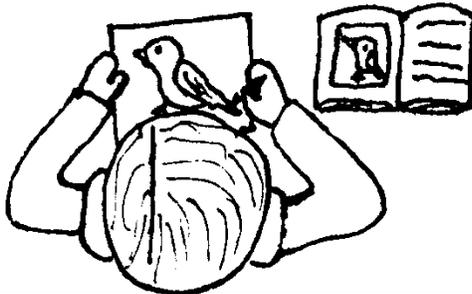
5. _____



6. _____

Memory Text:

"And whatsoever ye do, do it heartily, as to the Lord, and not unto men;" Colossians 3:23



Christian's Mommy gave him a bird picture to color. He looked at a picture of the same bird in a bird book and colored the picture just like in the book. He was careful to stay in the lines. Mommy said he did a really nice job and she put his picture on the refrigerator. That made Christian happy. Jesus was happy that Christian was careful to do a nice job.



Carnal's Mommy gave him a new coloring book. But Carnal was grouchy. He just scribbled all over the first picture. He didn't even try to stay in the lines or make it pretty. Mommy was sad that Carnal had done such a sloppy job. The next day Carnal wanted to color, but Mommy had taken away his coloring book because he had been so naughty. Carnal was sad and Carnal's naughtiness made Jesus sad too.

Answers: 1. Peacock 2. Cheetah 3. Zebra 4. Leopard 5. Tiger 6. Jaguar