



This Late Hour

A tribal chief had done something for which the government wished to punish him. A gunboat had been sent out for this purpose. Upon arrival, a runner brought the first word of warning to the chief that the boat had entered the river. If the chief knew in time, the people also could be warned, and could hide deep in the jungle, far from the reach of the cannon balls, which would destroy their simple mud huts. But the haughty chief had the courier killed. The next day a second runner arrived to tell him how far the boat had come up the river. This poor fellow also lost his life. Day after day, other couriers met the same fate.

Of course, the chief's rejection of the message did not keep the English boat away, nor delay the cannon balls. Suddenly, the jungle echoed with the thunder of cannons, and the huts collapsed as if made of cardboard. Are you heeding God's warnings?

Pesto

1/2 cup walnuts or pine nuts	1 cup fresh basil or 2 Tbsp dried
1/3 cup water	1/3 cup olive oil
3 cloves of garlic	1 Tbsp lemon juice
3/4 tsp salt	

Blend until smooth. Good on pasta or pizza. Makes about 8 servings. (I usually double this batch.)



At The Door

The coming King is at the door,
Who once the cross for sinners bore,
But now the righteous ones alone,
He comes to gather home.

The signs that show His coming near
Are fast fulfilling year by year,
And soon we'll hail the glorious dawn
Of heav'n's eternal morn.

QUOTABLE QUOTES



"The human iris, in time, adjusts itself to darkness. So does the human heart to evil." —Ray Comfort



Empty!!!

We had just passed a gas station when the engine began to jerk and stutter. We were on our way to the "big city" about 60 miles away, for a grocery run.

"What's going on?" I asked.

"I think we're out of gas," my husband replied.

Now noticing the gas gauge reading empty and the telltale little red warning light, I asked, "How long has the warning light been on?"

"Since we left the house," my husband replied. "I wanted to get down to where the gas was cheaper."

Trying to remain calm, since I am the type that never likes to run on below half a tank, and would only consider driving to the nearest gas station if I saw a warning light, I tried to think rationally and take into consideration my husband's money-saving purpose for ignoring the warning light.

As all these thoughts flashed through my mind, the situation became more desperate as we stopped at a red light and stalled. Quickly, I began switching off all the accessories, hoping that turning off the A/C and CD player would give us a little more time. Thankfully, the car started again and we made a u-turn back toward the gas station, only to stall again. I began praying for God to intervene and also consider my husband's purpose in the action that I deemed foolhardy. We pulled onto the shoulder to avoid causing an accident and continued coasting slowly uphill for an amazing distance. Finally, we were in sight of the gas station when we slowed to a stop. Miraculously, we restarted, only to stall again as we turned off the highway. For obvious reasons, we chose the closest gas pump, and unable to restart, we coasted the last hundred yards, until we came to a final stop directly beside the gas pump.



It is foolhardy to drive through life with our spiritual tank empty just for the sake of money.

In our case, God blessed, and that was actually the cheapest gas station that day. And God was merciful because obviously angels must have pushed us to the gas station, but the lesson still remains. We had ignored the warning signs, both the empty gas gauge and the warning light. We could have stalled and caused an accident, or we could have had to walk a very long way for gas. The results of ignoring the warning signs are not to be recommended. The Bible tells us we cannot know exactly when Jesus will pronounce the judgment, "*He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still.*" **Rev. 22:11.** To prepare us, Jesus said, "*Take ye heed, watch and pray: for ye know not when the time is.*" **Mark 13:33**

It would be well for all of us to take heed to the signs thickening in the world around us, showing that time is fast closing. We should heed the counsel of the "faithful and true Witness" found in **Revelation 3:3,** "*Remember therefore how thou hast received and heard, and hold fast, and repent. If therefore thou shalt not watch, I will come on thee as a thief, and thou shalt not know what hour I will come upon thee.*" The message is clear, NOW is the time to repent, confess our sins, and turn to Jesus. Today, while time still lingers, is the time to make sure our spiritual gas tank is full. Now is the time to develop a necessary relationship with Jesus by prayer and Bible study, for it is dangerous to see how far we can go without Him. It is foolhardy to drive through life with our spiritual tank empty just for the sake of money. The Bible says, "...Behold, now is the accepted time; behold, now is the day of salvation" **2 Cor. 6:2.** Won't you choose to follow and obey Jesus, **NOW** before it is forever too late?

FIGS -A DIVINE PRESCRIPTION

I find it a fascinating study to look in the Bible to find remedies for disease. Ranking high among the divine prescriptions, we find the simple fig. When Hezekiah was sick, the prophet of God brought him the message that he would die. The king cried to the Lord, and the Lord heard him, and sent the promise that fifteen years should be added to his life. One word from God, one touch of the divine finger, would have been enough to cure Hezekiah instantly; but special directions were given, "*Let them take a lump of figs, and lay it for a plaster upon the boil, and he shall recover.*" **Isaiah 38:21.** This was done, and Hezekiah was restored to health. I believe it would be well to treasure this prescription, which the Lord ordered to be used, more than we do.

After hearing of a man who uses figs regularly in conjunction with other herbs for healing prostate cancer, I became even more interested in the use of figs for healing. After all, Hezekiah's deadly boil sounds quite a bit like cancer. It is of interest that traditional medicine around the world has made use of figs as poultices on tumors, warts, and wounds.

Whether fresh or dried, figs contain powerful antioxidants that neutralize free radicals in your body and fight disease. <http://www.ncbi.nlm.nih.gov/pubmed/15670984>

"Each fig also provides just the right amounts of the nutrients magnesium, manganese, calcium, copper, potassium, vitamin K, and vitamin B6. Together, these compounds have the capacity to regulate blood sugar levels, inhibit kidney and liver problems and cancer (specifically postmenopausal breast cancer), prevent macular degeneration and high blood pressure, aid in weight loss, and protect the heart."

<http://foodfacts.mercola.com/figs.html>

Most of the time, when figs are mentioned in the Bible, they are dried. Fresh figs do not keep very long, but I was pleasantly surprised to find that the nutritional value of figs actually increases when they're dried. A half-cup of fresh figs, for instance, provides as much calcium as one-half cup of milk, but a single dried fig contains almost as much calcium as an egg.

"In some cultures, fig leaves are nearly as important as the fruit, not just because of what they add to Mediterranean-style cuisine, but because of the unique health-related benefits they offer. This includes their ability to regulate blood sugar levels, since research has shown they contain properties that can actually reduce the amount of insulin needed by diabetics. The fruit and leaves have been pulverized and gargled to relieve sore throats." <http://foodfacts.mercola.com/figs.html>

One study showed that natural phytochemicals from the fig, as well as soybeans, have inhibitory effects on the proliferation of various cancer cell lines. <http://www.ncbi.nlm.nih.gov/pubmed/11473446>, Suppressors of cancer cell proliferation from fig (*Ficus carica*) resin: isolation and structure elucidation, Oct. 2012

Another study, published in the Iran Red Crescent Medical Journal, told how scientists studying the effect of fresh fig "latex" on a stomach cancer cell line found that the latex acted as an anticancer substance without any toxic effect on normal cells. Results showed that figs, dried or fresh, are possible subjects for helping treat stomach cancer. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3371962/>, The Effect of Fig Tree Latex (*Ficus carica*) on Stomach Cancer Line, Dec. 2012

It appears that the importance of figs was recognized a long time ago. One Greek king is even credited with ordering his citizens to eat at least one fig per day to ward off disease. Perhaps, as the citizens of God's kingdom, we would be healthier if we would take heed to God's divine prescriptions too.



Check out our New Documentary: <http://www.biblepicturepathways.com/testimony-on-trial.php>

Kids Corner

CITCLE RUNNER HEALTH TIP



Mischief the Monkey loves eating figs. Figs are good for boys and girls to eat too. Figs have calcium in them that will help you to have strong bones.

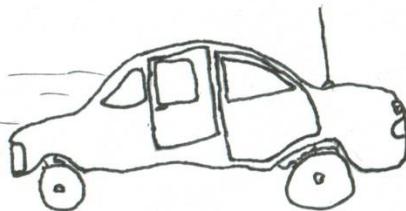
Written by: D. Roberts age 11 Illustrated by: D. Roberts age 9



Patience was paying attention when her father told her to get ready to go. She got to take a special trip to the park. She had fun swinging.



Passion wasn't paying attention when her father told her to get ready to go. She wasn't ready to go when he left. She was sad because she didn't get to go to the pet store.



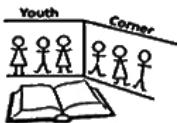
"But he said, Yea rather, blessed are they that hear the word of God, and keep it." Luke 11:28

God's Amazing Creatures

The Blue Whale is the largest animal in the world. Blue whales eat mostly krill (very small sea animals). They can get as long as 110 feet and can weigh up to 180 tons. (1 ton is 2,000 pounds) They are the loudest animal in the world. Their sounds can be heard by other whales 625 miles (1,006 kilometers) away. They slap their tails and fins in the water to give warning. Just like the blue whales give a warning to other whales, Jesus has given us a warning of things that will happen before he comes back to take us to heaven.



I want to be ready when Jesus comes, don't you?



FEED THE HUNGRY

"For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes, in divers places." Matthew 24:7

In the 1900s a war in Algeria left the country desolate. Ninety percent of the European population, and a million Muslims, fled to France.

The harvest was left to rot, factories were plundered, and 60% of the laboring classes were left without work, without money and without food.

One day a young man came to a religious welfare dispensary and asked for work. His clothes were worn, and he looked thin and hungry; but he said that he would rather work than receive charity. So, although there really was no work for him, the manager told him to come the next morning at eight o'clock, and he would be given work. The man came at 6:30 the next morning. "Why did you come so early?" asked the manager.

"I must leave my home before my children are awake. They ask for bread, and I have nothing to give them. It breaks my heart."

A child dies of starvation every 10 seconds. An even greater number of people are starving for the Bread of Life, the truth about Jesus and his love. We have the timeless story of Jesus' death on the cross to save them from their sins. Are you feeding the hungry?



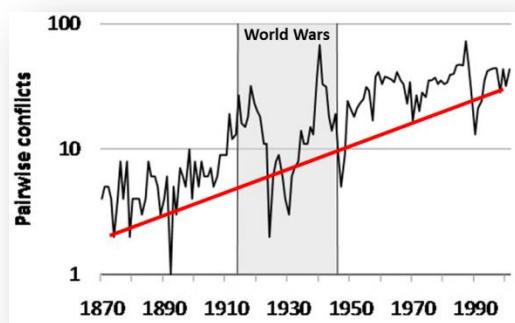
STUDY TO SHOW THYSELF APPROVED

Matt. 24:3 "And as he sat upon the mount of Olives, the disciples came unto him privately, saying, Tell us, when shall these things be? and what shall be the sign of thy coming, and of the end of the world?"

In Matthew 24 and Luke 21, Christ tells us about signs that will precede His return. Are these signs being fulfilled today?

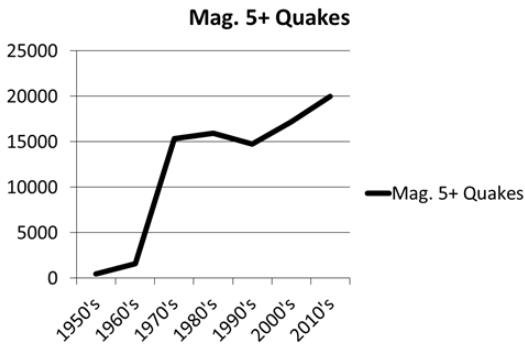
1. Matt. 24:6 "And ye shall hear of wars and rumours of wars: see that ye be not troubled: for all these things must come to pass, but the end is not yet."

- ✓ New research by Professors Mark Harrison from the University of Warwick and Nikolaus Wolf from Humboldt University has revealed that between 1870 and 2001, the frequency of wars between states increased steadily by 2% a year on average. Between 1870 and 1913, the frequency of 'pairwise' conflicts (the numbers of pairs of countries involved in conflicts) increased on average by 6% per year. The frequency of wars increased by 17% per year in the period of the First and Second World Wars, and by 31% per year during the Cold War. In the 1990s, the frequency of wars between states rose by 36% per year.



2. Matt. 24:7 “For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes, in divers places.”

- ✓ **Famines-** According to the UN, about one person every three and a half seconds dies from hunger or hunger related causes (25,000/day).



- ✓ **Pestilences-** According to the National Center for Health Statistics, tuberculosis has now infected one-third of the world's population. In 2011, nearly 11,000 new cases were reported in the U.S. And then there are Ebola, HIV, etc.
- ✓ **Earthquakes-** “A new study finds there were more than twice as many big earthquakes in the first quarter of 2014 as compared with the average since 1979...The average rate of big earthquakes -- those larger than magnitude 7 -- has been 10 per year since 1979, the study reports. That rate rose to 12.5 per year starting in 1992, and then jumped to 16.7 per year starting in 2010 -- a 65 percent increase compared to the rate since 1979. This increase accelerated in the first three months of 2014 to more than double the

average since 1979, the researchers report.”

<http://www.cbsnews.com/news/big-earthquakes-double-in-2014-but-scientists-say-theyre-not-linked/>

3. Matt. 24:12 “And because iniquity shall abound, the love of many shall wax cold.”

- ✓ **Divorce-** Divorce rates have increased from 3% in the 1800s to over 50% today.
- ✓ Murder and violent crimes such as school shootings are now everyday happenings.



4. Matt. 24:24 “For there shall arise false Christs, and false prophets, and shall shew great signs and wonders; insomuch that, if it were possible, they shall deceive the very elect.”

- ✓ This also has been and is being fulfilled. It would be well for us to remember that just because there appear to be miracles and apparent healing does not mean the messenger is from God. This will be one of the greatest deceptions. Everything must be tested, not by whether it “works” or not, but “*To the law and to the testimony: if they speak not according to this word, it is because there is no light in them*”. *Isaiah 8:20*

5. Matt. 24:14 “And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come.”

- This one is not yet fulfilled. Forty-one percent of the population is considered to be unreached by the basic gospel. We have a job to do. For more info watch the video from our youth corner at www.biblepicturepathways.com/the-great-commission.php

6. Luke 21:28 “And when these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh.”

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Or visit us at: biblepicturepathways.com swiftrunnerministries.com

