



# The Bible Banner



September 2017

## LEAD US NOT INTO TEMPTATION

A man once watched an Indian preparing a snare with which to catch a wild animal. He was surprised to learn that the Indian never sprang the trap or pulled the noose the first time the animal appeared. Instead of that, he would let it come repeatedly and feed where the trap was, and then, when it had become bold and thoroughly familiar with the surroundings, he would set the trap so that the next time it came the animal would be caught in the snare. That is the way temptation works. It does not drive its shaft into the heart of its victim at first, but deceives it and lures it on; and then the fatal blow is delivered.

### Cornmeal Gems

1 cup (160 g) cornmeal      ½ cup (45 g) quick oats  
 ½ cup (60 g) spelt (ww) flour    ¼ cup (60 mL) honey  
 1 tsp (5 mL) salt      ¼ cup (60 mL) olive oil  
 1 cup (240 mL) soy or nutmilk

Spoon into oiled muffin tins. Bake at 350°F (176.7°C) for about 20-25 minutes. Makes about 18 muffin tops or mini muffin gems.  
**Gluten-free option:** Use gluten-free oats. Replace wheat flour with ¼ cup arrowroot powder/ potato or garbanzo flour and ¼ cup rice or millet flour. Add 1 ½ Tbsp flaxseed meal.



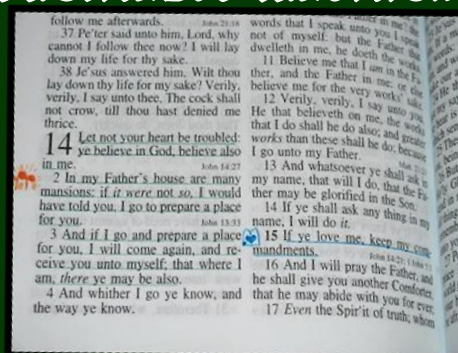
### QUOTABLE QUOTES

Thoughts → Actions  
 Repeated Actions → Habit  
 Habits → Character

*"Never forget that thoughts work out actions. Repeated actions form habits, and habits form character. Then in giving attention to the little things, there is no fear that the larger things will become stained and corrupted."*

{The Upward Look 89.5}

### PROFITABLE TRADITIONS



**Cultivate Love for Bible Study** – Get little ones to learn to love to study the Bible even before they can read. With a straight edge underline key memory texts or scripture songs in the Bible. (Color coding subjects is nice, but optional) Mark each text with an appropriate symbol for the verse, such as a trumpet for 1 Thess. 4:16, a mansion for John 14:1-3, a shepherd's crook for the 23rd Psalm, commandments for Exodus 20, etc. Children will love to "treasure hunt" in the Bible for the symbol that goes with the scripture text you will be using for worship time. Help them as needed to avoid frustration.

## Guarding the Citadel of the Soul

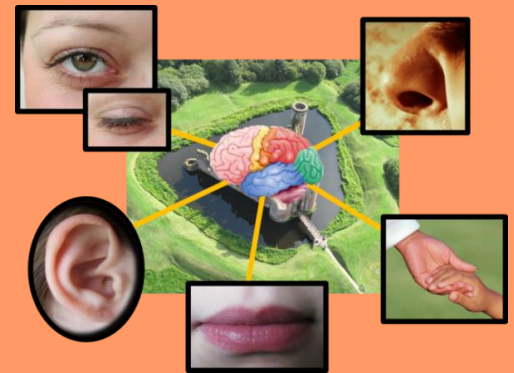
*"And lead us not into temptation..."* Matt. 6:13 How many of us have repeated these words of Christ in the pattern prayer?

Yet, *"We pray to our heavenly Father, "Lead us not into temptation," and then, too often, we fail to guard our feet against leading us into temptation. We are to keep away from the temptations by which we are easily overcome. Our success is wrought out by ourselves through the grace of Christ. We are to roll out of the way the stone of stumbling that has caused us and others so much sadness."* {Our High Calling pg 87.4} While we pray, "Lead us not into temptation," we are to shun temptation as far as possible.

Peter counsels us, *"Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;"* 1 Peter 1:13 The mind or brain is almost like a castle with a moat around it. Information can only come in through the senses—sight, smell, hearing, taste, and touch. Like a king in his castle, *"All should guard the senses, lest Satan gain victory over them; for these are the avenues to the soul."* {Healthful Living, pg. 54.2}

Notice that God designed our brain with limited access doors that can be controlled by the owner. Your eyes and mouth even open and shut like a drawbridge, keeping out evil invaders. *"Those who would not fall a prey to Satan's devices, must guard well the avenues of the soul; they must avoid reading, seeing, or hearing that which will suggest impure thoughts. The mind must not be left to dwell at random upon every subject that the enemy of souls may suggest. The heart must be faithfully sentinelled, or evils without will awaken evils within, and the soul will wander in darkness."* {Acts of the Apostles, pg. 518}

As we pass though the world, are we, who profess to have great light, even following the kindergarten level of religion – "O be careful little eyes what you see, O be careful little ears what you hear, O be careful little tongue what you taste, O be careful little nose what you smell, O be careful little hands what you touch"? Frankly, the statistics of Christians who are not guarding their senses today are really scary. One speaker, I heard recently, cited a general statistic that "only 13.9 percent of young adult males never view pornography." {"A Greater Lust", Belt of Truth Ministries} Data from the General Social Survey for the year 2000, found that although regular church attenders are 26% less likely to look at porn than non-attenders, those self-identified as "fundamentalists" are 91% more likely to look at porn. In August 2006, a survey reported 50% of all Christian men and 20% of all Christian women are addicted to pornography. {Pornography Statistics, <http://www.covenanteyes.com/e-books/>}



The question is, "Why?" What causes men and women who know the truth to fall into blatant sin? Instead of picking a seat or turning their back to stand where they can guard their senses, do they pick scenic views overlooking beaches full of scantily clad persons? Do they manifest a Christian decency and reserve in their advances and touching of the opposite gender, or are they careless in their deportment? Instead of avoiding worldly music and bad language and being pained when they have to go to where it is heard, do they, for amusement or money, place themselves where they will be exposed to it daily? Are they, like Daniel, always eating only of food that will not confuse the mind, or do they compromise to avoid hurting their friends feelings, or just because healthy food is inconvenient? Do they regularly read books and watch movies from infidel authors that undermine God's standards? When they "visit" the internet for the purpose of witnessing, do they like the *"prudent man [who] foreseeth the evil, and hideth himself"* -- have a plan for blocking bad pictures\* or do they like *"the simple pass on, and are punished."* Prov. 22:3 Are they placing themselves in the way of temptation; feeding the carnal mind; standing upon Satan's ground, and in effect inviting his assaults? *"A long preparatory process, unknown to the world, goes on in the heart before the Christian commits open sin. The mind does not come down at once from purity and holiness to depravity, corruption, and crime. It takes time to degrade those formed in the image of God to the brutal or the satanic. By beholding we become changed. By the indulgence of impure thoughts man can so educate his mind that sin which he once loathed will become pleasant to him."* {Patriarchs and Prophets 459.1}

*"Ye that love the LORD, hate evil..."* Psalm 97:10 For *"The carnal mind is enmity against God;"* Romans 8:7 Perhaps, we do not hate sin enough. Modernly, the science of the mind is showing that physiologically in order to successfully overcome temptation, we must, like Joseph, **immediately** repel the first advances of sin. That sin, which caused our Saviour to have to die, should be so repulsive to us that we should say with resolution, *"how then can I do this great wickedness, and sin against God?"* Gen.39:9. You may have to flee, shut your eyes, or plug your ears, etc. ***"Do not see how close you can walk upon the brink of a precipice and be safe. Avoid the first approach to danger."*** {1 Mind, Character and Personality 237.3}

*"All should feel the necessity of keeping the moral nature braced by constant watchfulness. Like faithful sentinels, they should guard the citadel of the soul, never feeling that they may relax their vigilance for a moment."* - (Counsels on Health, pg. 411.) Guarding our senses is an important part of the equation for success against temptation, for Jesus said we must both ***"Watch and pray, that [we] enter not into temptation:"*** Matt.26:41



\*Visit our website <http://www.biblepicturepathways.com/guarding-the-senses.php> and download a simple program called "Cover-Up" that our son created. It opens a virtual post-it note that always stays on top of your viewing screen and may be used (in addition to programs like Ad Block) for using the internet while guarding your senses. It can be manually adjusted easily to cover undesirable ads, etc. that may pop up on your screen.

## The Fence or the Ambulance

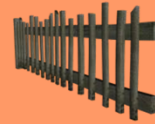
Joseph Malins

'Twas a dangerous cliff, as they freely confessed,  
Though the walk near the cliff was so pleasant:  
But over its terrible edge there had slipped  
A duke and many a peasant;  
So the people said something would have to be done,  
But their projects did not at all tally;  
Some said, "Put a fence round the edge of the cliff,"  
Some, "An ambulance down in the valley."

But the cry for the ambulance carried the day,  
For it spread to the neighboring city;  
A fence may be useful or not, it is true,  
But each heart became brimful of pity  
For those who had slipped o'er the dangerous cliff,  
And the dwellers in highway and alley  
Gave pounds or gave pence, not to put up a fence,  
But an ambulance down in the valley.

"For the cliff is all right if you're careful," they said;  
"And if folks ever slip or are dropping,  
It isn't the slipping that hurts them so much  
As the shock down below--when they're stopping."  
So day after day when the mishaps occurred,  
Quick forth would the rescuers sally  
To pick up the victims who fell off the cliff  
With their ambulance down in the valley.

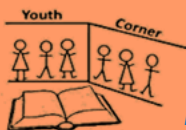
Then an old man remarked: "It's a marvel to me  
That the people give far more attention  
To repairing results than to stopping the cause,  
When they much better aim at prevention.  
Let us stop at its source all this mischief," cried he,  
"Come neighbors and friends, let us rally;  
If the cliff we will fence, we might almost dispense  
With the ambulance down in the valley."



"Oh, he's a fanatic," the others rejoined;  
"Dispense with the ambulance? Never!  
He'd dispense with all charities too, if he could:  
No, we'll support them forever.  
Aren't we picking them up just as fast as they fall?  
And shall this man dictate to us? Shall he?  
Why should people of sense stop to put up a fence,  
While their ambulance works in the valley?"

This story so old has been beautifully told  
How our people with best of intentions,  
Have wasted their years and lavished their tears  
On treatment, with naught for prevention.  
But a sensible few, who are practical too,  
Will not bear with such nonsense much longer;  
They believe that prevention is better than cure,  
And their party will soon become stronger.  
Encourage them then, with your purse, voice, and pen,  
(And while other philanthropists dally)  
They will scorn all pretense, and put up a stout fence  
On the cliff that hangs over the valley.

Better guide well the young than reclaim them when old,  
For the voice of true wisdom is calling,  
"To rescue the fallen is good, but 'tis best  
To prevent other people from falling."  
Better close up the source of temptation and crime  
Than deliver from dungeon or galley;  
Better put a strong fence round the top of the cliff  
Than an ambulance down in the valley.



## Resisting Temptation

*"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." Matthew 4:10*

In the days of the Civil War it was illegal to trade in cotton; but many unscrupulous speculators tried to buy cotton in the South, run it through the Union lines, and sell it at great profit in the North. The story is told that one of these speculators approached a Mississippi steamboat captain and offered him \$100 if he would run his cotton up the river for him. The captain declined, reminding him that it was illegal.

"I will give you \$500," said the man.

"No," answered the captain.

"I will give you \$1000."

"No," the captain said again.

"I will give you \$3000."

At that the captain drew his pistol, and pointing it at the man said, "Get off this boat. You are coming too near my price."

That is the way to deal with temptation. When Satan comes to tempt you, do not delay or parley with him. *"Resist the devil, and he will flee from you"* (James 4:7).



## Study to Show Thyself Approved

### What does the Bible have to say about Guarding the Senses and Overcoming Temptation?

1. God promises a blessing on those who guard their senses. What three senses does this verse distinctly talk about? \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ Isaiah 33:15,16 "He that walketh righteously, and speaketh uprightly; he that despiseth the gain of oppressions, that shaketh his hands from holding of bribes, that stoppeth his ears from hearing of blood, and shutteth his eyes from seeing evil; He shall dwell on high: his place of defence shall be the munitions of rocks: bread shall be given him; his waters shall be sure."
2. In Psalm 1:1, 2 the psalmist shows the importance of guarding what sense? \_\_\_\_\_ "Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night." "To walk in the counsel of the ungodly is the first step toward standing in the place of sinners and sitting in the seat of the scornful." {In Heavenly Places 172.4}
3. Concerning what sense do both Job and the psalmist make a covenant? \_\_\_\_\_ Job 31:1 "I made a covenant with mine eyes; why then should I think upon a maid?" Psalm 101:3 "I will set no wicked thing before mine eyes: I hate the work of them that turn aside; it shall not cleave to me." (See also Prov. 4:25)
4. The Greek word for fornication used in 1 Cor. 6:18 is "πορνεία" or "porneia" from is where we get our English word pornography. What simple counsel does Paul give for those who encounter these sins? \_\_\_\_\_ 1 Cor. 6:18 "Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body."
5. What sense does the Psalmist ask God to help him guard in Psalm 141:3, 4? \_\_\_\_\_ "Set a watch, O LORD, before my mouth; keep the door of my lips. Incline not my heart to any evil thing, to practise wicked works with men that work iniquity: and let me not eat of their dainties."
6. The guarding of what sense does Paul list as a condition for being received as sons and daughters of God? \_\_\_\_\_ 2 Cor. 6:16-18 "And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people. Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you, And will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty."
7. What solemn statement does John make about the person who does not guard his senses but indulges in the lust of the eyes, the lust of the flesh, and the pride of life? \_\_\_\_\_ 1



John 2:16 "Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world."

No wonder, Proverbs counsels us to "Keep thy heart with all diligence; for out of it are the issues of life" Proverbs 4:23

1. Touch (shaketh hands), hearing (stoppeth ears), sight (shutteth eyes)  
2. Hearing 3. Sight 4. Flee 5. Taste 6. Touch  
7. "The love of the Father is not in him"



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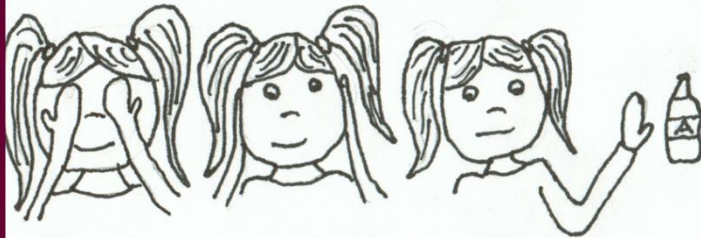
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## GOD'S AMAZING CREATURES



The dolphin lives worldwide, but it prefers warmer water. Dolphins are considered to be one of the most intelligent animals. Even though they have very small eyes for their size, they have very good eyesight. They also hear very well. In fact, they are so good of hearing that some dolphins can survive even if they are blind.

The dolphin eats mostly fish and squid. Dolphins make sounds like clicks and whistles. If there is a hurt dolphin, the others will help it to the surface to breathe. Just like the dolphins help their friends up to the surface of the water, we need to help our friends find Jesus.



Patience knew God was watching her. She wanted her eyes to be careful what they saw, so she covered her eyes when there were bad things on TV. She wanted her ears to be careful what they heard, so she covered her ears when she heard bad music or bad words. She wanted her hands to be careful what they touched so she didn't touch the dirty cigarettes. And she wanted her tongue to be careful what it tasted so she didn't drink alcohol when her friends dared her to. Patience made Jesus happy, and Patience was happy too.



Passion was naughty. She wasn't careful what her eyes and ears saw and heard so she watched and listened to the bad things on TV, and Passion got scared. She wasn't careful what her hands touched or her mouth tasted. She touched a cigarette and ate things that weren't good for her. It made her feel sick. Passion made Jesus sad. Passion wished she had been more careful what she saw and heard. She wished she had been more careful what she tasted and touched.

### Memory Text

**1 Cor. 10:31**  
"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."



### Little Runner's Health Tip

Harriet the Horse likes to eat her grains, fruits, and vegetables. Fruits, vegetables and grains are good for boys and girls to eat too.

## Gluten-free Myths and Mysteries

It seems wherever I go, I meet more and more people who are on a gluten-free diet. They have my pity because it is a very difficult ingredient to eliminate. I'm certainly not an expert, but by asking a few questions, I have learned that there are a lot of Myths and Mysteries in the world of celiac disease and gluten intolerance. Perhaps one of the greatest myths out there is that the wheat that is regularly legally sold is genetically modified. Although admittedly wheat may be hybridized, in reference to the market status of wheat, The Canadian Biotechnology Action Network states plainly that *"There is no genetically modified (GM, also called genetically engineered) wheat grown or eaten anywhere in the world. It has never been on the market. In 2004, Monsanto withdrew requests for government approval of its herbicide tolerant GM wheat in Canada and the US because of widespread farmer and consumer protest in both countries, and around the world."* <https://cban.ca/gmos/products/not-on-the-market/wheat/>

As I conducted my unofficial study, I found that there were several people who ate wheat with no trouble in one country, but when they moved they could no longer tolerate it. I also found quite an array of people that could tolerate organic wheat, but not the conventionally grown wheat, suggesting pesticide residues might be causing their problem. Another group quit eating GMO's and their wheat allergy disappeared. The Institute for Responsible Technology confirms that *"Wheat is not a genetically modified organism (GMO). But evidence suggests that genetically modified foods, such as soy and corn, may help explain the recent explosion of gluten-related disorders, which now affect up to 18 million Americans."* <http://responsibletechnology.org/gmo-education/gluten-disorders/>

A 2013 Interdisciplinary Toxicology reports states one reason why eating non-GMO and organic could also be helpful, *"Here, we propose that glyphosate, the active ingredient in the herbicide, Roundup®, is the most important causal factor in this epidemic [Celiac disease, and, more generally, gluten intolerance]."* They further state, *"Glyphosate, patented as an antimicrobial (Monsanto Technology LLC, 2010), has been shown to disrupt gut bacteria in animals, preferentially killing beneficial forms and causing an overgrowth of pathogens..."* *"Celiac disease is associated with reduced levels of Enterococcus, Bifidobacteria and Lactobacillus in the gut and an overgrowth of pathogenic gram negative bacteria (Sanz et al., 2011; Di Cagno et al., 2011; Collado et al., 2007)."* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3945755/pdf/ITX-6-159.pdf>

Hmm, that confirms something I read about food allergies in the writings of an 19<sup>th</sup> century health reformer. *"People cannot all eat the same things. Some articles of food that are wholesome and palatable to one person, may be hurtful to another. Some cannot use milk, while others can subsist upon it. [lactose intolerance?] For some, dried beans and peas are wholesome, while others cannot digest them. Some stomachs have become so sensitive that they cannot make use of the coarser kind of graham flour. [wheat allergy?] So it is impossible to make an unvarying rule by which to regulate every one's dietetic habits."* {Christian Temperance and Bible Hygiene 57.1} While the author seems to suggest that lactose intolerance and a bean intolerance may be innate, in the case of gluten intolerance, she seems to suggest that something has happened to make the stomach sensitive causing the problem. This is exactly what the pesticides like those used on GMOs appear to do. But I have a few other ideas of substances that also might weaken the stomach and make it sensitive. Several years ago, I heard Dr. Agatha Thrash speak. She stated that *"Dairy products are responsible for over 60% of all food allergies"* <https://www.ucheepines.org/allergies-physiologic-principles-prevention-and-treatment/> In her experience, she found that often when dairy was eliminated, other food allergies went away. I know from experience that other allergies may also disappear. For example, after becoming vegan, my husband and I noticed that our severe reaction to bee stings disappeared. A friend, who was allergic to tomatoes, also found that the allergy disappeared after she eliminated dairy products. Another author, Dr. Harry Morrow Brown (Emeritus Consultant Physician & Allergist from Derby) has spent nearly 50 years studying and working with allergy of all kinds. He states, *"Milk intolerance causing severe gut inflammation can damage the lining of the gut sufficiently to cause secondary lactose or gluten intolerance, which may clear up spontaneously and quite rapidly once milk is avoided."* [http://www.foodsmatter.com/allergy\\_intolerance/cow%27s\\_milk\\_allergy\\_general/articles/milk\\_intolerance\\_spectrum.html](http://www.foodsmatter.com/allergy_intolerance/cow%27s_milk_allergy_general/articles/milk_intolerance_spectrum.html)

After finding a link that suggested that Lactobacillus helped to digest gluten <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1932817/>, I began to suspect another culprit that has caused gluten intolerance to skyrocket in recent years--man-made antibiotics, which actually kill off the good gut bacteria as well as the bad bacteria. Studies are apparently now making the same connection. Celiac.com states that a *"New Study Points to Antibiotics as Celiac Disease Risk Factor...In a population-based case-control study analyzing Swedish population data, antibiotic use was compared against diagnosis of celiac disease... The results of the study significantly suggest that antibiotic use is associated with celiac disease...people who had a history of antibiotic use were 1.4 times as likely as those who had not taken antibiotics to develop celiac disease."* <https://www.celiac.com/articles/23351/1/New-Study-Points-to-Antibiotics-as-Celiac-Disease-Risk-Factor/Page1.html>

So the Mystery is "Is there hope for the gluten intolerant?" If you are part of the mystery group, before giving up, I would suggest trying this formula, to find out the answer for yourself. Go dairy-free, eat only non-GMO foods, buy wheat and other foods organic or chemical-free, quit taking antibiotics (including eliminating animal products from animals that were given antibiotics) and supplement the good gut bacteria regularly with a non-dairy yogurt, try less hybridized and more old-fashioned wheat like Einkorn (which apparently has less glutenin and gliadin—the major wheat allergen components <https://draxe.com/einkorn-flour/>). Make sure you chew your grains thoroughly because their digestion begins in the mouth, and eliminate any other items known to cause a sensitive stomach by interfering with digestion or killing off good gut bacteria. Here are a few common culprits—NSAIDs (like aspirin, Motrin, Advil), alcohol, stress, cigarettes, not enough exercise, too little sleep, artificial sweeteners, chocolate, coffee and other caffeinated products\*, vinegar, baking powder and baking soda. <https://www.rodalewellness.com/health/9-weird-things-killing-your-gut/slide/5>, <http://www.healthline.com/nutrition/8-things-that-harm-gut-bacteria#section11>, [http://www.huffingtonpost.com/2013/11/16/foods-bad-for-digestion\\_n\\_4219416.html](http://www.huffingtonpost.com/2013/11/16/foods-bad-for-digestion_n_4219416.html) , {Counsels on Diets and Foods pg. 316.2 and 345.6}

Although this article has only scratched the surface of gluten intolerance, thankfully, because God made our bodies with the ability to heal, what we've learned means there is hope for many who are sensitive to wheat. Rooting out the tares that could be causing the problem might just result in Psalm 147:14 being fulfilled for you. *"He maketh peace in thy borders, and filleth thee with the finest of the wheat."*