



A soap manufacturer and an evangelical preacher were walking along together, the former not being a Christian. The soap maker said, "The Gospel you preach has not done much good, for there is still a lot of wickedness, and thousands of wicked people." The preacher was silent awhile, and in a few moments they passed a child making mud pies in the street. He was exceedingly dirty. Then the preacher's turn came. "Soap has not done much good in the world, I see; for there is still much dirt, and ever so many dirty people!" "Oh, well," said the manufacturer, "soap is only useful when it is applied." "Exactly," replied the other, "so it is with the Gospel." Indeed, "*Faith in God's word, prayerfully studied and practically applied will be our shield from Satan's power, and will bring us off conquerors through the blood of Christ.*" --Review and Herald, February 18, 1862. {MYP 61.2}

PROFITABLE TRADITIONS

Cultivate Scripture Knowledge — While there is no other means I have found more effective for hiding God's word in your heart than scripture songs, the Scripture Memory Game is also a fun activity. Starting with Genesis, go through each of the books of the Bible in order and see if you (or your family) have at least one verse memorized from each book.

"All should become familiar with God's Word; because Satan perverts and misquotes Scripture... Children should be so instructed that they will be familiar with God's Word, able to know when part of a scripture is read and part left unread, to make a false impression." {ST, April 4, 1900 par. 14}

Quotable Quotes

**"Only one life,
'twill soon be past,
Only what's done
for Christ will last."**

C.T. Studd
(Missionary to China, India, and Africa)



ALMOST BUTTERSCOTCH PUDDING

$\frac{3}{4}$ cup **sweet potato** or pumpkin purée
 $\frac{1}{2}$ tsp salt
 1 $\frac{1}{4}$ cup non-dairy milk (I use soy)
 $\frac{2}{3}$ cup sucanat or coconut sugar
 3 Tbsp cornstarch
 1 Tbsp coconut oil
 $\frac{1}{2}$ tsp vanilla bean powder

Boil in a saucepan on the stovetop until thickened, stirring constantly. Refrigerate until thoroughly cooled. We usually save this to serve the next day.

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Rebellion or Repentance?

Editor's Note and Study to Shew Thyself Approved

Some years ago a murderer was sentenced to death. The murderer's brother, to whom the State was deeply indebted for former services, besought the governor of the State for his brother's pardon. The pardon was granted, and the man visited his brother with the pardon in his pocket. "What would you do," he said to him, "if you received a pardon?" "The first thing I would do," he answered, "is to track down the judge who sentenced me, and murder him; and the next thing I would do is to track down the chief witness, and murder him." The brother rose, and left the prison with the pardon in his pocket.

Because of what this man had done, the death penalty was waiting for him. The opportunity for pardon was granted to him, but it called for repentance. Repentance is like a U-turn, the offender turns and goes the other way. Without repentance, there also could be no pardon.



Ever wonder what the difference between Saul and David was? When we consider the stories of David and Saul, Saul was *"rejected from being king over Israel"* (1 Samuel 15:26) while in 1 Kings 3:14 God commends David as one who walked in His ways and kept His statutes and commandments. Yet, David committed adultery and then had the woman's husband killed, while Saul was punished for impatience and offering the wrong sacrifices to God. The real difference was undeniably **not** in the magnitude of the sin for it is evident, that several times during his reign David walked in the counsel of his own heart, and greatly injured his influence by following his impulses. But the difference is that David always received the words of reproof sent to him by the Lord. As king, David could have put Nathan to death, when he said, *"Thou art the man."* (2 Samuel 12:7) But these words cut him to the quick. David did not seek to evade the matter, but bore the punishment of his transgression, saying, *"I have sinned."* (2 Samuel 12:13) His humble acknowledgement of all with which he was charged, is evidence that he still feared and trembled at the word of the Lord. He did not seek to excuse his course, or palliate his sin, as did Saul; but with remorse and sincere grief, he bowed his head before the prophet of God, and acknowledged his guilt.

The good news found in the story of David means *"None are so low, so corrupt and vile, that they cannot find in Jesus, who died for them, strength, purity, and righteousness, if they will put away their sins, cease their course of iniquity, and turn with full purpose of heart to the living God."* {Maranatha, pg. 53.5}

Four points of difference between David and Saul that are worth remembering include:

David accepted rebuke and manifested sincere repentance and humility -- David wrote in Psalm 51:2, 3, 10, 17 *"Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I acknowledge my transgressions: and my sin is ever before me.... Create in me a clean heart, O God; and renew a right spirit within me... The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise."*

David acknowledged his transgressions; he did not seek to cover his sin -- He wrote, *"Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting."* Ps. 139:23, 24
Prov. 28:13 says, *"He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy."*

David pled for God's help and trusted in His mercy -- *"Who can understand his errors? cleanse thou me from secret faults. Keep back thy servant also from presumptuous sins; let them not have dominion over me: then shall I be upright, and I shall be innocent from the great transgression."* Psalm 19:12, 13

We find in 2 Samuel 24:14 that trusting God's mercy was his habit. *"And David said unto Gad, I am in a great strait: let us fall now into the hand of the LORD; for his mercies are great: and let me not fall into the hand of man."*

David manifested mercy to others in contrast with the envious/revengeful spirit of Saul --

Even when fleeing from Absalom -- *"And the king commanded Joab and Abishai and Ittai, saying, Deal gently for my sake with the young man, even with Absalom. And all the people heard when the king gave all the captains charge concerning Absalom."* 2 Sam. 18:5
And when fleeing for his life from Saul -- *"And he [Saul] said to David, Thou art more righteous than I: for thou hast rewarded me good, whereas I have rewarded thee evil."* 1 Samuel 24:17

There is a solemn warning against rebellion found in Saul's story. We see it never pays to reject God's rebuke. *"And Samuel said, Hath the LORD as great delight in burnt offerings and sacrifices, as in obeying the voice of the LORD? Behold, to obey is better than sacrifice, and to hearken than the fat of rams. For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry. Because thou hast rejected the word of the LORD, he hath also rejected thee from being king."* 1 Samuel 15:22, 23

Our warning comes in the “thou art the man” message to Laodicea, today. *“And unto the angel of the church of the Laodiceans write; These things saith the Amen, the faithful and true witness, the beginning of the creation of God; I know thy works, that thou art neither cold nor hot: I would thou wert cold or hot. So then because thou art lukewarm, and neither cold nor hot, I will spue thee out of my mouth. Because thou sayest, I am rich, and increased with goods, and have need of nothing; and knowest not that thou art wretched, and miserable, and poor, and blind, and naked: I counsel thee to buy of me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and anoint thine eyes with eyesalve, that thou mayest see. As many as I love, I rebuke and chasten: be zealous therefore, and repent.” Rev. 3:14-19*

May God help us to, like David, accept rebuke, repent and make a U-turn away from sin and toward righteousness. For indeed, *“The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance.” 2 Peter 3:9*



Prophetic News Notes –Educating for Evil?

Because of some inquiries, the Team at Bible Picture Pathways would like to make clear two things.

1. Prophetic News Notes is to present current news in light of Bible prophecy and from a biblical perspective. Notice, Jesus condemned as hypocrites, those who did not discern the signs of the times. *“The Pharisees also with the Sadducees came, and tempting desired him that he would shew them a sign from heaven. He answered and said unto them, When it is evening, ye say, It will be fair weather: for the sky is red. And in the morning, It will be foul weather to day: for the sky is red and lowring. O ye hypocrites, ye can discern the face of the sky; but can ye not discern the signs of the times?” Matt. 16:1-3*
2. Prophetic News Notes is not to endorse any political party, neither are we members of any political party. We claim only to be citizens of Heaven, and as such, we only present opinions or issues as right or wrong as discerned by the counsel of God’s word. *“Jesus answered, My kingdom is not of this world: if my kingdom were of this world, then would my servants fight, that I should not be delivered to the Jews: but now is my kingdom not from hence.” John 18:36*

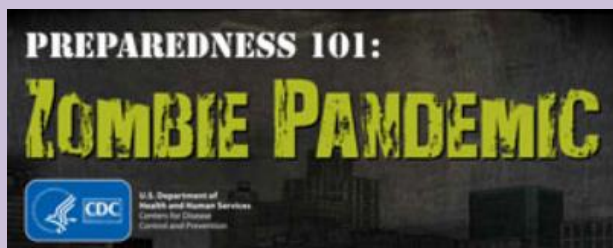
Disclaimer: Please beware of following the links in this article—Some images may be disturbing. Some screenshots in this article have been clipped for decency’s sake.

As predicted in Matthew 24:12 we can certainly see *“iniquity...abound”* and the *“love of many...wax cold.”* And in this particular news situation many need the words of 2 Thessalonians 2:11,12 that warn of a *“strong delusion”* with the solemn result *“That they all might be damned who believed not the truth, but had pleasure in unrighteousness.”*

Sadly, it appears that “pleasure in unrighteousness” and horrific fiction is now being used as a teaching tool. According to USA Today, *“In the midst of providing guidelines on an unprecedented pandemic, the Center for Disease Control updated its tips to prepare for another extreme occurrence: A zombie apocalypse.”*



While the CDC says it began as a “tongue-in-cheek campaign,” it actually is a practical guide for any emergency, like hurricanes, earthquakes or floods.”¹



Note that what is really horrifying is being presented as “fun” for kids. *“CDC has a fun way of teaching about emergency preparedness. Our graphic novel, “Preparedness 101: Zombie Pandemic” demonstrates the importance of being prepared in an entertaining way that people of all ages will enjoy. Readers follow Todd, Julie, and their dog Max as a strange new disease begins spreading, turning ordinary people into zombies.”²*

In the materials provided by the CDC, these “zombies” are characterized as people having *“slowed movements, slurred speech or violent behavior.”³*

A page called *Zombie Preparedness for Educators* states, “After the successful zombie preparedness campaign in 2011, an overwhelming number of educators requested zombie-themed preparedness activities for school-aged children. This website was created to help educators teach middle school aged children the basics of emergency preparedness and response using a fun, fictitious scenario.”⁴

Briefly, there are at least 3 problems with this of which Christians should take note.

1. **Horror/Violence is being used for “teaching” kids**—For example, according to Wikipedia, “Zombies ... are commonly portrayed as anthropophagous [man-eating] in nature... zombie films generally fall into the horror genre...”⁵

2. **Zombies are actually voo-doo and witchcraft; they are not totally fictitious.** One dictionary states a zombie is “a corpse said to be revived by witchcraft, especially in certain African and Caribbean religions.” Merriam-Webster says a zombie is “1a: a will-less and speechless human (as in voodoo belief and in fictional stories) held to have died and been supernaturally reanimated. b: the supernatural power that according to voodoo belief may enter into and reanimate a dead body.” Because your children, at the very least, will have friends discussing this, it would be well to make sure they understand what the Bible says is the true state of the dead. If you are interested, here is a link to one of our Sabbath School programs covering this topic on a kid’s level. <https://www.youtube.com/watch?v=r7uyzD3PvBU&ab>

3. **By mixing truth with fiction, people minds are being prepared for a major scare** that could potentially be used as a control tactic to remove even more freedoms than the coronavirus scare-demic. What would happen if drug-induced “zombies” were to start roaming the streets? Exactly what Luke 21:26 warns of -- “Men’s hearts failing them for fear, and for looking after those things which are coming on the earth...” It is time to heed Jesus’ words, “And fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell.” Matt. 10:28



<https://www.usatoday.com/story/news/nation/2021/03/05/zombie-apocalypse-cdc-useful-advice-any-emergency-pandemic/6920614002/>

2- <https://www.cdc.gov/cpr/zombie/novel.htm> 3- <https://www.cdc.gov/cpr/zombies/#/page/13>

4- <https://www.cdc.gov/cpr/zombie/educate.htm> 5- https://en.wikipedia.org/wiki/List_of_zombie_films

A Sweet Source for Vitamin A

As the world becomes more toxic and diseased, it is well to consider two important points of staying well. Isaiah 1:16-17 counsels us both to “*cease to do evil*” and to “*learn to do well...*” Often, even among those of us who eat plant-based foods, there is a focus on what we shouldn’t eat, but we forget to consider that we must take in adequate nutrition in order to be healthy. One of my favorite methods for nutrition is to consider a certain vitamin or mineral and then figure out what food is highest in that nutrient.

Today, we will be considering Vitamin A. “Vitamin A is a fat-soluble vitamin that also acts as a powerful antioxidant in the body. It plays a critical role in maintaining vision, neurological function, healthy skin and more. Like all antioxidants, it’s also involved in reducing inflammation through fighting free radical damage...Vitamin A plays an integral role in immune health and may be especially beneficial for warding off illness and infections. According to a review out of Baltimore, a deficiency in this key vitamin can weaken immunity and even alter the function of immune cells. It’s believed that vitamin A deficiency blocks the regeneration of the mucosal barriers, resulting in increased susceptibility of infections.”¹

As with many vitamins, vitamin A is best ingested the way God made it, rather than refined by man. The Merck Manual warns, “Vitamin A toxicity can be caused by ingesting high doses of vitamin A—acutely (usually accidentally by children) or chronically (eg, as megavitamin therapy or treatment for skin disorders).”² However, it is interesting to note that “Consuming large amounts of carotenoids (which the body converts to vitamin A) in food does not cause toxicity because carotenoids are converted to vitamin A very slowly.”³

“Orange-fleshed sweet potatoes are one of the richest natural sources of beta-carotene, a plant-based compound that is converted to vitamin A in your body... The intensity of the yellow or orange color of the sweet potato is directly linked to its beta carotene content.”⁴ (Note, in America, the brighter orange sweet potatoes are often marked as yams.) Other high sources of beta-carotene include carrots, pumpkin, and other orange varieties of squash.



"Beta-carotene is transformed into vitamin A in our livers, with every molecule of beta-carotene producing two molecules of Vitamin A." In addition, according to Food Data Central, "one cup (200 grams) of baked orange sweet potato with skin provides more than seven times the amount of beta-carotene that the average adult needs per day"⁵

Nutritionists at *"the CSPI [Center for Science in the Public Interest]* **ranked the sweet potato number one in nutrition of all vegetables.** *With a score of 184, the sweet potato outscored the next highest vegetable by more than 100 points. Points were given for content of dietary fiber, naturally occurring sugars and complex carbohydrates, protein, vitamins A and C, iron and calcium. Points were deducted for fat content (especially saturated fat), sodium, cholesterol, added refined sugars and caffeine. The higher the score, the more nutritious the food...*



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Sweet Potato Chips--Slice, toss with salt and olive oil. Bake in a single layer on parchment-lined cookie sheet for about 2 hours at 250°F (125° C) or until crunchy.

"Sweet potatoes are high in the following: beta-carotene, vitamin A, vitamin B6 and vitamin C; fiber, thiamine, niacin, potassium and copper. They are also a good source of protein, calcium, vitamin E,"⁶ and more.

Besides being highly nutritious, sweet potatoes are good for almost every part of the body. If you research them, you will find that they promote gut health, have some cancer-fighting properties, and reduce oxidative damage and cancer risk. They support healthy vision, prevent Vitamin A deficiency, improve blood sugar regulation, and enhance brain function and immune health.⁴ In addition, they help manage diabetes, help manage stress levels (via their magnesium content), relieve inflammation, can help guard against ulcers, improve hair and skin, boost bone health, and promote tissue repair.^{1, 5}

With a list of benefits like that, why not follow the counsel of Romans 12:21 *"Be not overcome of evil [or ill health], but overcome evil with good."* In this case, regularly eating a simple sweet potato is good step towards better health.

(See the recipe on pg. 1 and the pictures above for a few ways to "painlessly" get your family to eat sweet potatoes.)

- 1-- <https://draxe.com/nutrition/vitamin-a/> 2-- <https://www.merckmanuals.com/professional/nutritional-disorders/vitamin-deficiency-dependency-and-toxicity/vitamin-a-toxicity>
 3-- <https://www.merckmanuals.com/home/disorders-of-nutrition/vitamins/vitamin-a-excess> 4-- https://www.healthline.com/nutrition/sweet-potato-benefits#TOC_TITLE_HDR_7
 5-- <https://lcanadacarecenter.com/15-health-benefits-of-sweet-potatoes-according-to-science/> 6-- <http://www.foodreference.com/html/sweet-pot-nutrition.html>



DODGING DUTY

The story is told of a king who placed a heavy stone in the road and then hid to see who would remove it. As the morning passed, men of various classes came, but each just worked their way around the stone or took another route. Some of them loudly blamed the king for not keeping the highways clear, but all dodged the duty of getting it out of the way.

At last a poor peasant, on his way to town with his burden of vegetables for sale, came, laid down his load, and contemplating the stone, rolled it into the ditch." Then, turning around, he spied a purse which had lain right under the stone. He opened it and found it full of gold pieces with a note from the king, saying it was for the one who should remove the stone.



Living in the world today, sometimes God's way may seem inconvenient, problematic or even troublesome—a cross. Yet, under every cross our King has hidden a blessing. For Jesus said, *"If any man will come after me, let him deny himself, and take up his cross daily, and follow me. For whosoever will save his life shall lose it: but whosoever will lose his life for my sake, the same shall save it."* Luke 9:23, 24

We can turn back from a cross, or go around it, but we are eternal losers if we do. We cannot dodge the cross without dodging God's blessing, and we cannot refuse it without endangering our crown —

Remember, God is watching.

“Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him.” James 1:12

Kids' Corner

God's Amazing Creatures

The cassowary is a flightless bird that lives in Papua New Guinea, Indonesia, and Australia. Cassowaries eat mainly fruit, grass seeds, fungi, invertebrates (animals without a backbone) like snails and insects, and small vertebrates (animals with a backbone) like fish, frogs, and rodents.



The cassowary has three-toed feet with sharp claws, and a horn-like object on its head called a casque. Cassowaries are very cautious of humans, but if angered they can cause serious, even fatal, injuries to both dogs and people. The

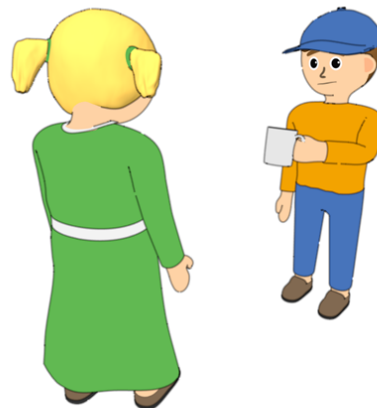
cassowary has often been labeled “the world's most dangerous bird.” But just think, back before sin, cassowaries weren't dangerous, and they will be gentle birds again in Heaven. Are you looking forward to Heaven?

*“Whatsoever
thy hand
findeth
to do,
do it with
thy might...”*

*Ecclesiastes
9:10*



Patience's job was to wash the dishes. She carefully scrubbed each cup to make sure the inside and outside were both clean. When her friend was given a drink out of one of the cups, it was nice and clean. Patience was happy she had been so careful.



Passion's job was to wash the dishes, too. But Passion was in a hurry to go play. She didn't make sure the outside and the inside of the cups were both clean. She was sad and embarrassed when her friend was given a drink out of one of the cups and it was still dirty on the inside. Passion wished she had been more careful.