



The Bible Banner

April 2018



Lord, I Believe, Help Thou My Unbelief

During the terrible days of the Blitz, a father, holding his small son by the hand, ran from a building that had been struck by a bomb. In the front yard was a shell hole. Seeking shelter as quickly as possible, the father jumped into the hole and held up his arms for his son to follow.

Terrified, yet hearing his father's voice telling him to jump, the boy replied, "I can't see you!"

The father, looking up against the sky tinted red by the burning buildings, called to the silhouette of his son, "But I can see you. Jump!"

The boy jumped, because he trusted his father.

The Christian faith enables us to face life or meet death, not because we can see, but with the certainty that we are seen; not that we know all the answers, but that we are known.

Haystacks

Stack/layer on your plate the following: Corn chips or rice, chili or pinto beans, nacho cheese or any vegan cheese, chopped tomatoes, lettuce, cucumber, black olives, sweet onions, homemade salsa and tofu sour cream or guacamole.

Nacho Cheese

- | | |
|---------------------------------------|----------------------------|
| 2 ½ cups (591.5mL) soy or almond milk | ½ cup (64g) flour |
| 1/3 cup (78mL) olive oil | 3 Tbsp (45mL) lemon juice |
| 2 tsp (8.5g) onion powder | 2 tsp (8.5g) garlic powder |
| 2 ½ Tbsp (32.5g) nutritional yeast | 4 tsp (17g) paprika |
| 1/8 tsp (0.5g) cayenne (optional) | ¾ tsp (3g) cumin |
| 2 tsp (8.5g) salt | |

Mix together and cook on the stovetop until slightly thickened but able to be drizzled. This is good on Haystacks, baked potatoes and broccoli. I've also been told this is good added to refried beans and salsa for a bean dip.



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QUOTABLE QUOTES-

"Faith does not operate in the realm of the possible. There is no glory for God in that which is humanly possible. Faith begins where man's power ends." - George Mueller

Profitable Traditions

Cultivate Bible Knowledge—In order to play Bible Twenty Questions one person picks out a person in the Bible. The others have to try to figure out who they picked by asking ONLY yes or no questions such as *"Is it a male? Are they in the Old Testament?"* Have someone keep track of the number of questions since you are only allowed twenty questions. Whoever guesses the correct person starts the next round of twenty questions.

Accidentally Lost?

With the baby stroller, I desperately raced up and down the sidewalks as quickly as I could and still appear calm. I had left my husband a few blocks back so that he could reclaim my daughter when she returned from a tour she had taken with some friends and I had gone ahead to get some pictures before it got dark-- thinking that my husband and daughter could just catch up with my son and I. But something had gone wrong, and somehow they had never caught up to me. So I raced back to find my husband where I had left him probably only thirty minutes before. But my heart sunk when I found that spot too was also void of his presence. Suddenly, the sight-seeing pleasures of the day lost their charm as I realized finding each other in this large many-acre park was like looking for a needle in a haystack. Still, hour after lonely hour I walked up and down the remaining stretches of sidewalk hoping that I would find him, but the search was fruitless. That brief separation and lack of adequate communication had proved to make us "accidentally lost" from each other for all the remaining portion of the day. It was not until the park was closing and we all congregated back at the vehicle that our family was finally happily reunited.



How equally easy it is today for us to become "accidentally lost" from God. As I look back on the events of the past week, I realized how easy it is to get caught up even in necessary things or "missionary" projects. But leaving God's side temporarily by missing worship, or even having a too abbreviated prayer life can leave one feeling empty for the rest of the day. I once read, *"Those who miss God in the morning will fail in finding Him the rest of the day."*

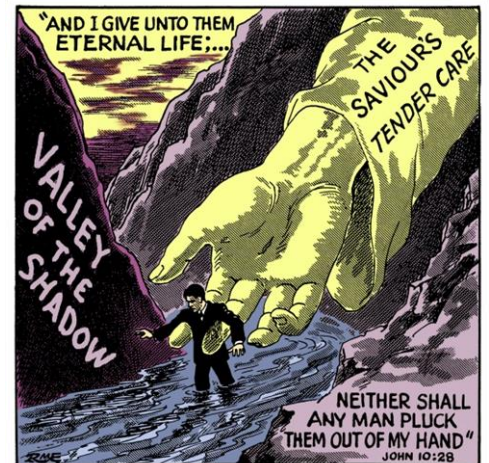
Last week, while I was in the slough of despond struggling just to keep afloat amidst many trials and tribulations, I realized again that once again a "brief separation and lack of adequate communication/prayer" had caused me to be "accidentally lost", this time in my walk with God. As my faith faltered, I experienced hour after lonely hour without hope. Even though at my lowest point, I wasn't blatantly rebellious and didn't fit the description of the *"the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, [that] shall have their part in the lake which burneth with fire and brimstone: which is the second death."* (Rev. 21:8) I also didn't fit the overcomer description of Rev 21:7 either. *"He that overcometh shall inherit all things; and I will be his God, and he shall be my son."* Instead, I was in the "accidentally lost" section between the two—*"But the fearful, and unbelieving... shall have their part in the lake which burneth with fire and brimstone."* (Rev. 21:8) Fearful and unbelieving could both be summed up in one word "faithless". *"And he [Jesus] saith unto them, Why are ye fearful, O ye of little faith?..."* Matt. 8:26

While God himself is faithful, He pities the human frailties of those who when in tough circumstances lose faith and may even temporarily want to just "give up". *"Like as a father pitieth his children, so the LORD pitieth them that fear him. For he knoweth our frame; he remembereth that we are dust."* Psalm 103:13,14

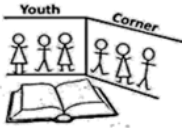
Consider the story of Elijah. Elijah had been strong for God on Mt. Carmel, apparently singly standing for truth against all the prophets of Baal. But when Elijah heard that Jezebel threatened to kill him, it seemed too much and he fled in terror. *"And when he saw that, he arose, and went for his life... But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers."* 1King 19:3, 4 The Lord, in his mercy, sent an angel to feed Elijah, and after forty days of letting him sleep or walk off his frustrations, *"behold, the word of the LORD came to him, and he said unto him, What doest thou here, Elijah?"* 1 Kings 19:9

When in time of discouragement, the faith of God's people fails, I believe, like my husband said to me, God says to them, *"I'm not letting you go that easy."* Consider the story of 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

Many, like Peter, are in the process of being "accidentally lost" and are fearful and unbelieving because they see the boisterous wind and are sinking beneath the waves. All they must do is cry out "Lord, save me." For the Bible records Jesus' instantaneous action to save, *"And immediately Jesus stretched forth his hand, and caught him, and said unto him, O thou of little faith, wherefore didst thou doubt?"* Matt. 14:30, 31



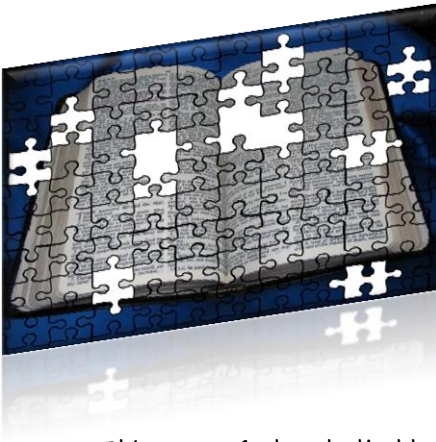
When you feel like you can't hold on anymore, remember Jesus' hand is stretched out to save, and is holding on to you, for He promises, *"And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand."* John 10:28



WHAT DO I BELIEVE?

"For the which cause I also suffer these things: nevertheless I am not ashamed: for I know whom I have believed, and am persuaded that he is able to keep that which I have committed unto him against that day." 2 Timothy 1:12

A minister received a phone call from a woman who asked him, "What do I believe?"



"What do you mean?" the minister asked, not sure he had heard her correctly. "I mean," she said, "what do I believe? You see, I've just come from a party where several people got into a discussion about their various beliefs. One woman was Jewish, and she told us what she believes as a Jew. Another was Roman Catholic, and she told us what Catholics believe. Somebody was a Christian Scientist, and he talked about what they believe. I was the only Protestant in the group, and, frankly, I didn't know what to say. What do I believe?"

It is very unfortunate that today many people are the same as this woman. They do not know what they believe. They hold certain beliefs because of what they were taught when children. But they have never taken the time to study out for themselves why they believe certain beliefs. When friends or acquaintances lead them in a different direction than what they held was right, they falter and give in to the pressure. They have nothing firm to stand upon because they never took the time to give their feet a firm foundation.

The challenge to all young and old is to know the reasons for their faith and values. Plant your feet on a plain "Thus saith the Lord." Don't allow others to determine your faith for you. Go straight to God and through a prayerful study of His Word learn what He says. But still more important than knowing the reasons for what you believe, is having a personal relationship with your Saviour. Don't depend on others to have it for you. Don't rest until you can with assurance say the same as Paul, "I know whom I have believed..."

ACCIDENTAL DEATH?



The dim light reveals a few small round objects and a desperate man who decides if he will survive the pain of his situation he must at least try. Carefully, he reads the instructions, following the directions of the experts closely so that there will be no mistakes and the objects will not backfire and kill him. What the man doesn't realize until too late is that "the experts" were wrong. Prescription pills and even over the counter (OTC) pills can, and very often do, backfire. Because of the addictive nature of many of the drugs themselves, people who never dreamt of abusing drugs find themselves addicted, and later, either succumb to the effects and pass away or have their lives destroyed and they and their families are left to pick up the pieces.

In fact, a January 2018 CBS news article entitled—"Accidental injury rises to third leading cause of death in the U.S." states that *"The increase was largely due to an uptick in fatal motor vehicle crashes and drug overdoses, particularly the ongoing opioid crisis. According to the NSC (National Safety Council), the opioid crisis claimed the lives of 37,814 people who overdosed on prescription opioid pain relievers, fentanyl and heroin in 2016."* <https://www.cbsnews.com/news/accidental-injury-cause-of-death-in-the-us-national-safety-council/>

A March news article reiterates, *"New numbers out Tuesday show America's opioid crisis is getting worse, not better. In 45 states, opioid overdoses rose 30 percent in a year...According to the CDC, overdoses kill about five people every hour across the U.S. with the victims totalling 5,400 more in 2016 than the soldiers who died during the entire Vietnam war."*

<https://www.cbsnews.com/news/report-finds-opioid-overdoses-up-30-percent-in-45-states/>



The statistics suggests that the “experts” handing out pharmaceuticals are really just legal drug dealers. Drugabuse.com informs us, *“Prescription drugs ... **still can be addictive when taken as prescribed.**”* But in actuality this is not what many doctors have been taught according to Thomas Frieden, Director, Centers for Disease Control. He explains: *“When I was in medical school, the one thing I was told was completely wrong. The one I was told was, if you give opiates to a patient who’s in pain, they will not get addicted. Completely wrong. Completely wrong. But a generation of doctors, a generation of us grew up being trained that these drugs aren’t risky. In fact, they are risky.”*

The truth is *“With one American dying every 19 minutes of a prescription drug overdose, the Centers for Disease Control have now referred to the number of people dying in the United States from prescription drugs as an epidemic. In fact, in 2009, more people died from prescription drug overdoses than in motor vehicle accidents, and more people die in the U.S. from prescription drug overdoses than from overdoses from heroin and cocaine combined.”* <http://michelandward.com/prescription-drug-overdose/>

The National Center on Addiction and Substance abuse warns, *“Commonly misused prescription drugs include barbiturates, benzodiazepines and sleep medications, opioid and morphine-based pain relievers, amphetamines, ADHD medications and DXM found in cough syrups.”* <https://www.centeronaddiction.org/addiction/commonly-misused-prescription-drugs>



The following is a list of the seven most addictive drugs you’re likely to come across. The first five on the list are opioid or time-released pain-killers – **Vicodin, OxyContin, Demerol, Percocet and Darvocet**. Darvocet also includes acetaminophen, which can damage the liver in excess, so it’s dangerous to take it in large doses over an extended period of time. Acetaminophen can even cause death if taken in too large a dose at one time. Number six, is **Ritalin** which is commonly prescribed to children, young adults, and adults to treat Attention Deficit Disorder (ADD). However, it also can be used as a substitute for cocaine.... This drug can cause increases or decreases in blood pressure and can even cause psychotic episodes when abused. And the seventh most addictive drug is **Amphetamines** which are often used by those who would like to stay awake

longer...These drugs cause euphoric effects similar to cocaine when taken incorrectly. <https://drugabuse.com/the-7-most-addictive-prescription-medications/>

Take a look at some of these frightening statistics about prescription drugs:

- 52 million people in the United States aged 12 or older have used prescription medications for nonmedical reasons at some point in their lifetime
- 1 million Americans have misused prescription drugs within the last month alone
- in 2010, enough prescription pain pills were prescribed to effectively medicate every adult in the country every 4 hours for a solid month
- every day in the United States, 2500 teenagers will abuse a prescription painkiller for the first time
- the most-abused prescription drugs fall into three categories – painkillers, tranquilizers, and stimulants
- by 2012, fatalities due to prescription opioids increased to nearly 17,000 deaths per year
- **in 2009, 1 million emergency-room visits – over 45% of all drug-related visits – were directly attributable to prescription drug abuse or misuse**
- opioid pain relievers account for more drug poisoning fatalities than any other drug, including cocaine and heroin
- by 2010, drug overdoses began to kill more Americans than motor vehicle accidents or firearms
- in spite of all of that, 35% of Americans believe that prescription medications are safer than illicit drugs

<https://www.ashwoodrecovery.com/blog/top-10-most-addictive-prescription-drugs/>

Not just prescription drugs are a cause of death, however. The Addiction Center.com warns, *“Abusing OTC drugs can lead to health problems including memory loss, kidney failure, heart problems and death. Some commonly abused OTC medications include: Cough medicines (Dextromethorphan, or DXM), Cold medicines (Pseudoephedrine), Motion sickness pills (Dimenhydrinate), Pain relievers (Acetaminophen)”* <https://www.addictioncenter.com/drugs/over-the-counter-drugs/>

Unfortunately, the drug problem is not just a problem with opioids; many other drugs also affect the mind. We must carefully consider what we put in our mouths and bodies. Neil Nedley, M.D., in his book *Proof Positive* lists the following as drugs that commonly affect the mind. *“Asthma medications—beta agonists, blood pressure medications—beta blockers, calcium channel blockers, centrally acting agents (Clonidine, Methyldopa, etc.), tranquilizers and sleeping pills—benzodiazepines antidepressants (Note: tricyclic antidepressants are also used for headaches, insomnia, etc.) Anti-ulcer pills—H2-blockers (Tagamet, Zantac), anti-inflammatory drugs—NSAIDS, pain relievers, narcotics, cold and allergy medication—antihistamines (also used for insomnia, etc.), decongestants (especially in children: e.g., pseudoephedrine as in Actifed.)”* (*Proof Positive*, p. 267, Figure 12)

So instead of taking dangerous, addictive or mind altering drugs, why not try God's Plan for restoring health? Turmeric, drinking enough water, and additional hydrotherapy treatments can eliminate many aches and pains. If you have a cough and can't sleep, try using a few drops of eucalyptus oil in a spoonful of honey before retiring for the night. For motion sickness, why not just take a little ginger? And during a cold, a contrast shower (alternating between hot and cold water) and a neti pot with a saline irrigation for your nose is a simple way to boost your immune system and clear the sinuses without chance of addiction or poisoning. When used, God's plan of simple remedies, simply prepared will help eliminate "accidental deaths" from one person at a time.

To learn more about the dangers of pharmaceuticals watch our documentary "Pharmakeia" here https://www.youtube.com/watch?v=5gDnDE_WpU8

Kids' Corner

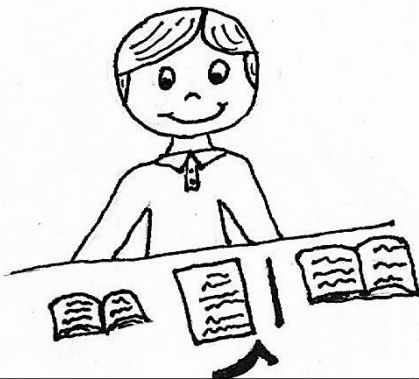
GOD'S AMAZING CREATURES



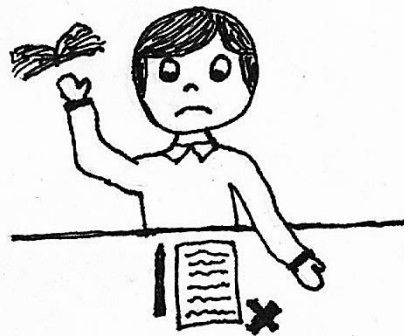
Donkeys are usually domesticated, which means that people have donkeys for pets or that the donkeys work on a farm. One wild variety of donkeys is the African wild donkey.

Although donkeys have a reputation for being stubborn, they appear to be quite intelligent, cautious, friendly, playful, and eager to learn. Donkeys are often used for garden or field work, as well as many other things. They are also used for people to ride on. When Jesus was a little boy, it is very possible that Jesus might have ridden on a donkey. When He grew up, the Bible tells us that Jesus rode on a donkey while the children waved palm branches and sang the Hosanna song. Aren't you thankful Jesus made the donkeys for us to enjoy?

"I can do all things through Christ which strengtheneth me." Philipians 4:13



Christian had a hard test to take at school, but he knew the Bible says, *"I can do all things through Christ who strengtheneth me."* So he studied hard and prayed for Jesus to help him. Christian passed the test and he was happy that he had trusted Jesus.



Carnal had a hard test to take at school too. But instead of studying hard and trusting Jesus to help him, he just pouted. When the test came he didn't know any of the answers and he didn't pass the test. Carnal was sad and he made Jesus sad too.



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Or visit us at: biblepicturepathways.com swiftrunnerministries.com



Study to Show Thyself Approved—Trust in Tribulation

Trust is a very easy topic to talk about. Many people have no problem placing their trust in God while they are financially successful, while they seem to be reaping many blessings, and while it appears that all is going well for them. But God doesn't just want us to trust Him in the "good times" only. When we pledge our faithfulness to our earthly spouse, we do it "for better or for worse" - Our heavenly "spouse" (God) wants that same loyalty - it is "for better or for worse". So He allows us to be tested on that issue, by allowing us to go through what seem to us to be severe trials, the "worse" - and He asks, "Are you still going to trust Me?" When it feels like everything around you is going wrong and still more wrong - God's still small voice asks, "Are you still going to trust Me?"

What was Job's level of "trust" in God during all his many severe trials? *Job 13:15 "Though he slay me, yet will I trust in Him..."*

What does Paul tell us about these kinds of tests and trials? *2 Cor. 4:8, 9 "We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed;" (See also 2 Cor. 12:9,10)*

What Biblical example do we have of what to do when we are having a hard time placing our faith and trust in God as we struggle against all the circumstances we see surrounding us? *Mark 9:24 "And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief."*

What is the result of learning more of the truth? *Heb. 10:32 "But call to remembrance the former days, in which, after ye were illuminated, ye endured a great fight of afflictions;" Luke 12:48 "For unto whomsoever much is given, of him shall be much required:..."* So as we learn more truth, the devil will hit us harder!

What are we promised for our struggling efforts? *Psalms 126:4-6 "Turn again our captivity, O LORD, as the streams in the south. They that sow in tears shall reap in joy. He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him."*

Is there anything in events or circumstances which could separate us from God? *Romans 8:35-39 "Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter. Nay, in all these things we are more than conquerors through him that loved us. For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord."*



As any soldier knows, there come points when, because of all the stress of the battle, the soldier becomes so weary that he thinks he just cannot take anymore. The temptation to drop his weapon and just sit down and die is almost overwhelming. Death begins to seem to him as the "easy" way out. What can we do to build our faith? *Romans 10:17 "So then faith cometh by hearing, and hearing by the word of God."*

What other Christian weapons do we need in this battle of Life?

Ephesians 6:11-18 "Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God: Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;"

But what does God promise to do for us soldiers as we struggle in this warfare? *Jeremiah 1:19 "And they shall fight against thee; but they shall not prevail against thee; for I am with thee, saith the LORD, to deliver thee."*

*"Faith comes by the word of God. Then grasp His promise, "Him that cometh to Me I will in no wise cast out." John 6:37. Cast yourself at His feet with the cry, "Lord, I believe; help Thou mine unbelief." **You can never perish while you do this--never.**" (DA 429)*