

The Bible Banner



“Fear Thou Not” Isaiah 41:10

The story is told of a church school class who were memorizing Psalm 23. Little Thomas couldn't get beyond the first verse. On the big day he stepped up to the microphone, grinned at the audience and announced, 'The Lord is my Shepherd... and that's all I know!' – Friends, that's all we need to know sometimes! For the Psalm continues, *“Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me...”* Psalm 23:4

Brazil-Nut Gravy

2 ½ cups water (halved)* 2/3 cup Brazil nuts*
1 ¼ Tbsp nutritional yeast 1 Tbsp onion powder
1 ½ Tbsp No Brag Mock Aminos** 3 Tbsp cornstarch
2 tsp beef-like seasoning** ½ tsp salt

Blend all ingredients except half of water. Bring water to a boil and add blended ingredients. Cook on medium heat until it comes to a boil, stirring often.

*I often replace the Brazil nuts with blended garbanzos OR ½ cup walnuts, ¼ cup cashews (although the walnuts turn the gravy to a strange purple color)

**Recipes available here: <https://www.swiftrunnerministries.com/recipes--seasonings-notmeats-scratch.php>



QUOTABLE QUOTES

“I have never known more than fifteen minutes of anxiety or fear. Whenever I feel fearful emotions overtaking me, I just close my eyes and thank God that He is still on the throne reigning over everything and I take comfort in His control over the affairs of my life.”— John Wesley

PROFITABLE TRADITIONS CULTIVATE MENTAL HEALTH

Create an Emotional Emergency Kit. *“A prudent man foreseeth the evil, and hideth himself...”* Proverbs 22:3
Whether your Emotional Emergency Kit is digital or physical is up to you. But include songs, inspiring stories, Bible promises, or suggestions of other things that you know have been particularly encouraging to you in the past. Here are a few ideas that I have used. Isaiah 26:3, 4 and 2 Timothy 1:7
A song to remind me that God rules
<https://www.youtube.com/watch?v=8ZOycliNiTk>
A song to remind me not to fear and that God is my helper
<https://www.youtube.com/watch?v=73QCDag9dYY>
A song to remind me God's love is big enough
<https://www.youtube.com/watch?v=qbsuEUVctjE>



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Fearless

Editor's Note and Study to Show Thyself Approved

The story is told of the ship that was trapped in a severe storm at sea. All were preparing to abandon ship, all except one young lady who was calmly playing with her dolls. When asked if she were not afraid, she calmly replied, "No, because my father is the captain."



Today, when every wind of doctrine is blowing and the storms of life seem to trap us, let us learn to keep our eyes turned heavenward and say, "I am not afraid because the Captain is my Father!"

In the Bible, God reminds us over 100 times to "Fear not" or "Be not afraid." As I face challenges in the world, two of my "fear not" favorites are those of Isaiah 41 because of their additional promise of help. "Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness... For I the LORD thy God will hold thy right hand, saying unto thee, Fear not; I will help thee." Isaiah 41:10, 13

In addition, one day I read this quotation from an old Youth's Instructor that I also try to remember when I am wrestling with difficult Bible questions. It says, "Those who know Jesus Christ as their personal Saviour have the privilege of being educated and trained in a higher school than that of men, and of being tutored under higher wisdom than that of finite beings. They may come under the tutorship of the greatest Teacher the world ever knew. [See John 16:13] and partake of the same knowledge that he gave to Daniel. Those who are humble in heart, those who feel their need of higher wisdom, and do not rely upon their own finite judgment, but search earnestly to know the will of God, may draw from the source of all knowledge, and obtain grace, prudence, discretion, and judgment. They will realize the fulfilment of the assurance of God's word: 'The entrance of thy words giveth light; it giveth understanding unto the simple.' Those who are meek and lowly in heart, will learn of Christ, and find rest unto their souls." {YI, September 19, 1895 par. 1}

This is an amazing thought, that Christ himself will be our personal tutor. When praying, I have often claimed the promise that God will help me and be my own personal tutor. At times, it seemed like He was just standing there waiting for me to give up struggling on my own and ask for help. It always reminds me of Christian in Pilgrim's Progress when he fell into the Slough of Despond. He calls for help and one by the name of "Help" shows up. Often like Christian, we struggle and struggle, but trusting in man/ourselves only sinks us deeper in the muck. We try too hard when faith is so simple, we look above it. Paul warns, "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." 2 Cor. 11:3 Sometimes, the theologian and scholar in us would do well to learn more like a child. Jesus did say, "Verily I say unto you, Whosoever shall not receive the kingdom of God as a little child, he shall not enter therein." Mark 10:15

Consider the following story of a little girl who was only about eight years old (and presumably lived in the mission field). Her mother had just tucked her into bed, said their prayers, kissed her good night, turned off the light, and closed the door when suddenly the little girl saw this beautiful white being of light standing in front of her.

Calling the girl by name, this beautiful-looking angel said, "I'm an angel sent from God."

Now even though the little girl had been raised in a Christian home, she was afraid, and she looked at that angel and she said, "You're not from God." And the angel said, "Well, how do you know that?"

"Because," answered the little girl, "every place in the Bible where an angel appeared and the people were afraid-- the angel said, 'Fear not.' I'm afraid. And you didn't say 'fear not.' You can't be from God."

Then suddenly, the angel turned into this hideous-looking monster that swooped down on the little girl and said, "Would you rather me be looking like this?" Then, apparently, rebuked by God, the being vanished away into the darkness.

I love how in this story the simplicity of the Bible story helped a little girl to discern an evil angel. For after endorsing the "simplicity in Christ," Paul continued, "For such are false apostles, deceitful workers, transforming themselves into the apostles of Christ. And no marvel; for Satan himself is transformed into an angel of light." 2 Corinthians 11:13,14 Yet biblical simplicity is plenty to expose them.

It also shows the one main difference between Babylon and the Kingdom of God. Babylon consists of trust and exaltation of man, man's wisdom, man's abilities, man's traditions; "let us build us a city and a tower...let us make us a name" or "Is not this great Babylon, that I have built for the house of the kingdom by the might of my power, and for the honour of my majesty?" Genesis 11:4, Daniel 4:30 But God calls man out of Babylon's worship of man to Christ's Kingdom consisting of trust and exaltation of God's way, God's wisdom, God's abilities, God's law. Only the foolish remain in Babylon. (Rev. 18:4) As Bob Jones, Sr., once said, "A man is a fool who leans on the arm of flesh when he can be supported by the arm of Omnipotence." Why be fearful when, with Jesus by your side, you can be faithfully fearless?

Church and State, Separated or United?

Study to Show Thyself Approved

We are seeing much agitation in the world today about the connection between church and state.

The wise will study to see what the Bible actually says about the topic.

“(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)” 2 Corinthians 10:4



Did Christ place a separation between the state and His kingdom?

“And Jesus answering said unto them, Render to Caesar the things that are Caesar's, and to God the things that are God's. And they marvelled at him.” Mark 12:17

“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



“The purpose of separation of church and state is to keep forever from

these shores the ceaseless strife that has soaked the soil of Europe with blood for centuries.” James Madison

What happened historically when secular governments began to make religious laws, uniting church and state?

“Then Nebuchadnezzar spake, and said, Blessed be the God of Shadrach, Meshach, and Abednego...Therefore I make a decree, That every people, nation, and language, which speak any thing amiss against the God of Shadrach, Meshach, and Abednego, shall be cut in pieces, and their houses shall be made a dunghill...” Daniel 3:28,29

“Then these men assembled, and found Daniel praying and making supplication before his God. Then they came near, and spake before the king concerning the king's decree; Hast thou not signed a decree, that every man that shall ask a petition of any God or man within thirty days, save of thee, O king, shall be cast into the den of lions? The king answered and said, The thing is true, according to the law of the Medes and Persians, which altereth not.” Daniel 6:11, 12

In prophetic Babylon, are church and state separated or united?

Keep in mind in Bible prophecy a woman represents a church (Eph. 5:23, Jer. 6:2) and both kings and beasts represent kingdoms or the state (Daniel 7:17,23).

“And there came one of the seven angels which had the seven vials, and talked with me, saying unto me, Come hither; I will shew unto thee the judgment of the great whore that sitteth upon many waters: With whom the kings of the earth have committed fornication, and the inhabitants of the earth have been made drunk with the wine of her fornication. So he carried me away in the spirit into the wilderness: and I saw a woman sit upon a scarlet coloured beast, full of names of blasphemy, having seven heads and ten horns. And the woman was arrayed in purple and scarlet colour, and decked with gold and precious stones and pearls, having a golden cup in her hand full of abominations and filthiness of her fornication: And upon her forehead was a name written, MYSTERY, BABYLON THE GREAT, THE MOTHER OF HARLOTS AND ABOMINATIONS OF THE EARTH... And the woman which thou sawest is that great city, which reigneth over the kings of the earth.” Revelation 17:1-5,18

“And after these things I saw another angel come down from heaven, having great power; and the earth was lightened with his glory. And he cried mightily with a strong voice, saying, Babylon the great is fallen, is fallen, and is become the habitation of devils, and the hold of every foul spirit, and a cage of every unclean and hateful bird. For all nations have drunk of the wine of the wrath of her fornication, and the kings of the earth have committed fornication with her, and the merchants of the earth are waxed rich through the abundance of her delicacies. And I heard another voice from heaven, saying, Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues.” Rev. 18:1-4

Does the third angel of Revelation 14 warn against being part of a coming connection between the church (worship) and state (beast)?

“And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, The same shall drink of the wine of the wrath of God, ... and they have no rest day nor night, who worship the beast and his image, and whosoever receiveth the mark of his name.” Revelation 14:9-11

What does Revelation 13 predict will be the sad result of this unbiblical union?

“And he had power to give life unto the image of the beast, that the image of the beast should both speak, and cause that as many as would not worship the image of the beast should be killed.” Revelation 13:15



Pandemic of Fear

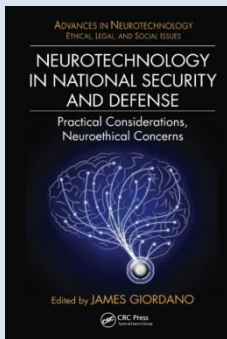
Prophetic News Notes and Swift Runner Health



If you read your Bible, you find that fear can be dangerous to your physical, mental, and spiritual health. The last-day prediction found in Luke 21:26 is of, *“Men’s hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken.”* And indeed, acute stress can provoke changes in the heart that may lead to death, say Drs. Marilyn S. Cebelin of Cleveland and Charles S. Hirsch of Cincinnati. In one study,¹ the two doctors identified 15 cases in which people died after a physical assault although the injuries alone would not have been enough to kill them (they had no internal injuries caused by the assault). Eleven of the fifteen cases showed a type of heart-cell death called myofibrillar degeneration similar to a reaction in experimental animals who are helpless to anticipate or avoid danger. This evidences that fear physically kills.



Fear also ruins any mental advantages. In Old Testament times, God did not allow the fearful in the army of Israel. Deuteronomy 20:8 expounds, *“And the officers shall speak further unto the people, and they shall say, What man is there that is fearful and fainthearted? let him go and return unto his house, lest his brethren’s heart faint as well as his heart.”* Today, in neuroscience and technology world, this concept has been affirmed. In a presentation titled “The Brain is the Battlefield of the Future,”



Dr. James Giordano, professor of neurology and biochemistry at Georgetown University and editor of the book Neurotechnology in National Security and Defense briefed the military of the effect of using *“neuro-microbials with high neuro-psychiatric symptom clusters for public panic.”* He described the psychological effect of fear from just publicizing online that you released a ‘bug’ in a public place or large city, and then, for example, posting online *“I did it, yes. I’m that dangerous G-group that you should all be afraid of...I’ve let these buggies go all over the country. And your early warning signs are agitation, anxiety, worry, sleeplessness, stomach problems, heart problems.”* He explains how even if only a small group of people actually received any biologic agent, the fear effect is massive. Giordano continues, *“How many people would I have to affect? We modeled it, somewhere between 12 and 240. What would be the effect? Hang on folks! Within 41 to 45 days we would crash the US public health system. Crash it, and so doing I render the US infrastructure vulnerable.”*² This model evidences the mental effects of a pandemic of fear.

But the Bible also makes clear that the fearful do not succeed spiritually either. One reason for this is that people that are scared make bad decisions. *“But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death.”* Revelation 21:8 Heed the warning, and if you are fearful, make getting to know God a priority because only by a close relationship with God can you overcome fear.

The Bible validates the mind’s effect on the body stating, *“For as he thinketh in his heart, so is he...”* Proverbs 23:7 In addition, many of us have heard it said for years that *“Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here.”*³ Now neurobiologists are corroborating this. Cognitive neurobiologist Caroline Leaf, Ph.D., specializes in healing emotional traumas and physical diseases through “brain detoxing.” Leaf states that *“Research shows that around 87% of illnesses can be attributed to our thought life, and approximately 13% to diet, genetics and environment. Studies conclusively link more chronic diseases (also known as lifestyle diseases) to an epidemic of toxic emotions in our culture. These toxic emotions can cause migraines, hypertension, strokes, cancer, skin problems, diabetes, infections, and allergies, just to name a few.”*⁴ The diet/mind health connection is somewhat hard to separate since what we eat or drink affects how we think (that’s why drunk driving is against the law), but what we think also determines what we put into our mouths. However, it is an inarguable fact that our mental health is seriously affecting our physical health. Because of this, those that seek to help others overcome physical disease must also learn to overcome mental health problems. Leaf also states, *“Toxic stressors are activated by fear. So fear is the root of all stress. Research shows that fear, all on its own, triggers more than 1,400 known physical and chemical responses and activates more than 30 different hormones.”*⁴

Since these chemical responses from toxic emotions like fear can negatively affect our digestive system, heart, immune system, et cetera, we must learn to think better. 2 Corinthians 10:4, 5 rightly expounds, *“(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;”*

In accordance with the Bible here and in Philippians 4:8, Dr. Leaf, explains how we actually can filter our thoughts. As things we see or hear stimulate the brain, we may choose to eliminate those that are toxic and replace them with better ones. A prime example is

demonstrated by forgiveness instead of hate. This allows the brain to remove the toxic “thorns” in the brain formed from hating and creates new pathways of forgiveness in the brain making it easier to forgive the next time. *“The good news is we can change those pathways within four days and create new ones within twenty-one days! In fact as soon as you are conscious of the [reformed] memory, it will start changing physically in your brain”*⁵

One neat way to filter your thoughts is hinted at in Ecclesiastes 10:2. It states, *“A wise man’s heart is at his right hand; but a fool’s heart at his left.”* If you parallel the heart, in this instance to the physiology of the brain, you find that *“The brain builds a double memory of every thought, one on the left side of the brain and one on the right. The left brain’s perspective on information processes it detail to big picture, while the right side processes it big picture to detail.”*⁴ Often, if we will simply zoom out and look at the big picture, considering things like “In five years will this matter?” or “Is anything eternal at stake?” our problems dissolve away into insignificance.

Replacement is also important. Dr. Leaf states, *“There are only two types of emotions, each with their own anatomy and physiology: love and fear. All other emotions are variations of these. Out of the love branch come emotions of joy, trust, caring, peace, contentment, patience, kindness, gentleness, etc. Fear-based emotions include bitterness, anger, hatred, rage, anxiety, guilt, shame, inadequacy, depression, confusion, etc.”*⁵ Love then is the replacement for fear. 1 John 4:18 states, *“There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.”*

Dr. Daniel Amen, a worldly leading scientist on the brain, explains how negative thoughts in the brain release bad chemicals that cause physical reactions making you feel bad but positive thought release positive chemicals. He suggests the following two questions to ask habitually for getting rid of negative thoughts. He says, *“Ask yourself, ‘Is it true? Is it absolutely true?’”*⁶ I can’t help but notice, these questions echo the filter of Philippians 4:8 *“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.”* Don’t give in to a pandemic of fear; for your health, claim the promise today, *“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”* 2 Timothy 1:7

1-- <https://pubmed.ncbi.nlm.nih.gov/7399504/> 2--“The Brain is the Battlefield of the Future” <https://www.youtube.com/watch?v=N02SK9yd60s> Quote at minutes 33 and 35
3- *Healthful Living*, pg. 230 4- *Who Switched Off My Brain?*, 2007 edition, Pg. 4,17 5- *Who Switched Off My Brain?*, 2009 edition, Pg. 46, 87

6-- *The ADHD Doctor: “I’ve Scanned 250,000 Brains”* https://www.youtube.com/watch?v=vcTZ_t-aiUJ Quote at 42-44minutes (Warning-contains some adult discussions)



The Dot

As a minister was addressing a group of men, he took a large piece of paper and made a black dot in the center of it with a marking pen. Then he held the paper up before the group and asked them what they saw.



One person quickly replied, “I see a black mark.”

“Right,” the preacher replied.

“What else do you see?” Complete silence prevailed.

“Don’t you see anything other than the dot?” he asked.

A chorus of no’s came from the audience.

“I’m really surprised,” the speaker commented. “You have completely overlooked the most important thing of all—the sheet of paper.”

Then he made the application. He said that in life we are often distracted by small, dot-like disappointments or painful experiences, and we are prone to forget the innumerable blessings we receive from the hand of the Lord. But like the sheet of paper, the good things are far more important than the adversities that monopolize our attention. Indeed, the Bible reminds us *“the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.”* Romans 8:18 Yes, rather than concentrating on the trials of life, we should fix our attention upon its blessings. Let us say with the psalmist, *“Bless the LORD, O my soul, and forget not all his beneficts:”* Psalm 103:2

God's Amazing Creatures



The viceroy is a bright orange butterfly that lives in North America. Viceroy caterpillars eat the leaves of willow trees, poplar trees, and cottonwood trees. The viceroy butterfly looks so much like the monarch butterfly that it can be mistaken for one, even though it is smaller. Viceroy's similar coloring to monarch butterflies makes predatory birds not want to eat them because monarch butterflies are not edible to birds. So So, unless a bird has never tried to eat a monarch, it thinks viceroy's are the same.

Isn't it interesting and amazing how God created viceroy butterflies to be protected?

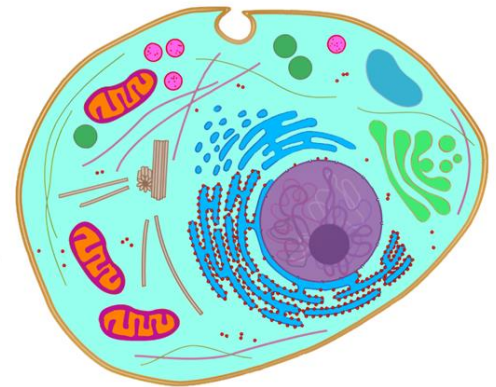
God made our bodies very special. The Bible says,

"I will praise thee; for I am fearfully and wonderfully made..." Psalm 139:14

Your body is made up of little parts called cells. God made each cell so tiny, you cannot see it unless you look at it through a microscope. But each cell is almost like a whole little city full of busy activity.

To keep your cell city healthy, it needs good air, water, food, freedom from poison, and the cell's trash to be removed.

See if you can find each part of the cell and match it to the part of the city it is like?



The microtubules are like the roads that allow things to go back and forth throughout the cell.



The mitochondria is like the power house for the cell. It makes the power for the whole little cell city.



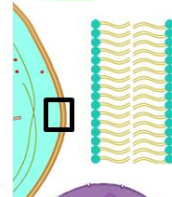
The endoplasmic reticulum (ER) is like a factory that makes things and puts things together in the cell.



The Golgi apparatus is like a cell warehouse where things are sorted, fixed, packaged, and mailed out.



The cell membrane or "skin" is like a double wall of soldiers standing around the cell city to protect it and keep the "bad things" out while they allow the good things in.



The nucleus is like the command center of each little cell city. The DNA in the nucleus is the law that God put in each of our cells.

