



The Bible Banner

August 2016



Invitation

Someone once wrote and asked Emily Post, the etiquette expert of another generation, "What is the correct procedure when one is invited to the White House but has a previous engagement?"

Replied Post, *"An invitation to dine at the White House is a command, and it automatically cancels any other engagement."* (Today In The Word, November, 1989, p.7)

We have been invited to a heavenly wedding feast. It should automatically cancel any other engagement. "And the Spirit and the bride say, Come. And let him that heareth say, Come. And let him that is athirst come. And whosoever will, let him take the water of life freely." Rev 22:17

Dried Fruit Roll (Good source of iron)

- | | |
|----------------------|-------------------|
| 1 cup dried apricots | ½ cup raisins |
| ½ cup dates | ½ cup coconut |
| ½ cup nuts | ½ cup dried apple |

Grind dried fruits in food grinder. Mix with other ingredients. Form into a roll and roll in coconut.

Refrigerate overnight. Slice.



Profitable Traditions



Cultivate Bible Knowledge – Play the Bible Alphabet Game---To play, choose a category, like Bible men, Bible animals, Bible cities, or Bible foods. Next go through the Bible and write down at least one name for each letter. See how far you can get. For example; A is for Abel, B is for Balaam, etc. You can play this by yourself. If you have more than one person playing, you can each write down 4 or 5 names for each letter. After a reasonable amount of time compare notes and cross out all the ones that you have that are the same. See how many you have left.

Each round you play see if you can have more names that are not crossed out.

QUOTABLE QUOTES

"Christ was treated as we deserve, that we might be treated as He deserves. He was condemned for our sins, in which He had no share, that we might be justified by His righteousness, in which we had no share. He suffered the death which was ours, that we might receive the life which was His. 'With His stripes we are healed.'" {The Desire of Ages pg. 25}

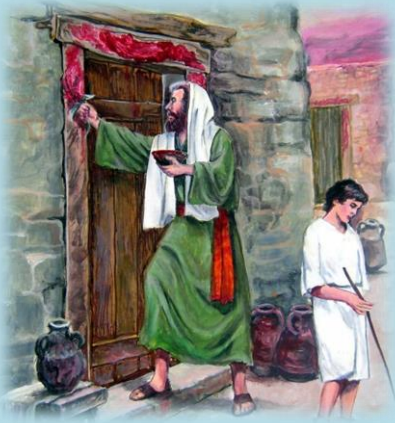
I Will Receive You

I was sorry, even before the words finished coming off my tongue. Though I had been startled by a loud noise, remorse instead of fear now raged through my body, and I longed to rewind time. How could I have said those words? Though she often took God's name in vain herself, my friend looked at me in total shock. It was that day that I learned the truth of the saying, "Show me your company, and I will show you your character." Because my friend frequently took God's name in vain, the bad habit had become mine, despite my opposition to it. Many people fail to realize how much both their character and their reputation are affected by their choice of friends and associates. By beholding we become changed.



Perhaps this is why there is a condition to the promise of God saying, "I will receive you." Like Martin Luther rightly said, "We are saved by faith alone, but the faith that saves is never alone." And God declares his conditions in 2 Corinthians 6:17. He says, "Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you." The context tells us we are to come out from among idolaters, unbelievers, and infidels. One of my favorite authors wrote, *"The true Christian will not choose the company of the unconverted. If Christ is formed within, the hope of glory, we cannot enjoy the malarious spiritual atmosphere which surrounds the souls of the irreligious. . . ."* {Our High Calling 258.2}

Genesis 3:15 declares that there is to be enmity [the opposite of friendship] between the seed of the woman (God's church) and the seed of the serpent (Satan). Psalms 97:10 reiterates, *"Ye that love the LORD, hate evil..."* James 4:4 makes the distinction even clearer, *"Ye adulterers and adulteresses, know ye not that the friendship of the world is enmity with God? whosoever therefore will be a friend of the world is the enemy of God."*



If we do not have a hatred for sin, we are an enemy of God. The truth of this statement is evident. *"Vice seen too oft, familiar with her face, we first endure, then pity, then embrace."* If the evil of the world is not painful to us, we need to run to our Bibles and behold the character of Jesus a little more. Otherwise we will soon be found doing the evil acts ourselves.

Those of us who are parents are not only responsible for keeping ourselves separate, but also for our children. We may learn tremendous lessons from the children of Israel when they were called out of Egypt (a symbol of the world). *"Before the last terrible judgment came upon the Egyptians in the death of the first-born, God commanded His people to gather their children into their own homes. The doorpost of every house was marked with blood, and within the protection assured by this token all were to abide. So today parents who love and fear God are to keep their children under "the bond of the covenant" --within the protection of those sacred influences made possible through Christ's redeeming blood."* {Ministry of Healing 403.3}

We must teach our children to have conviction to be separate, fueled by a love for Christ. I like the way Susanna Wesley defined "sin" to her young son, John Wesley: *"If you would judge of the lawfulness or the unlawfulness of pleasure, then take this simple rule: Whatever weakens your reason, impairs the tenderness of your conscience, obscures your sense of God, and takes off the relish of spiritual things--that to you is sin."* Oh, that we would apply this to our own lives before it is forever too late. For God calls today *"Depart from evil, and do good; and dwell for evermore."* Psalm 37:27

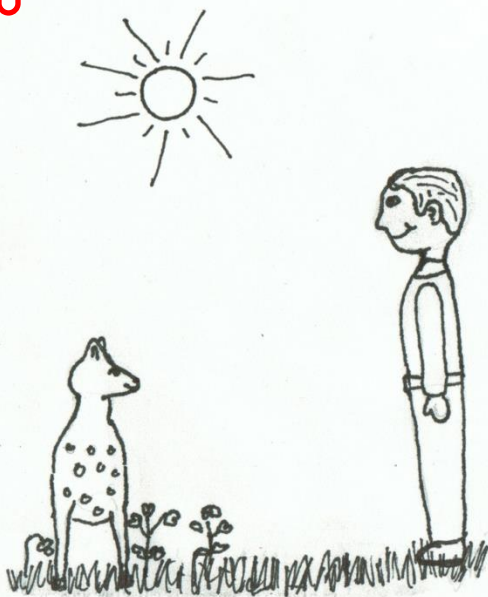
GOD'S AMAZING CREATURES

The American Badger lives in the Western United States. They live in underground burrows or dens. The American Badger swims and even dives under the water. This carnivore (meaning that it eats meat) often walks by its abandoned dens since small mammals often use them. Badgers feed on small burrowing mammals, especially ground squirrels, pocket gophers, rats, and mice. The badger loves rattlesnake meat and is unharmed by snake venom unless the snake strikes its nose. The badger has few natural enemies, but if attacked, the badger will back itself into a den and fight the enemy. If no den is around, it digs one, showering dirt in the face of its attacker. A badger can dig so fast that it can outpace a person digging with a shovel. I am sure many attackers finally give up and leave. Jesus tells us to resist Satan, and he will flee from us too. We get rid of Satan, not by throwing dirt like the badger, but by praying for help from Jesus.

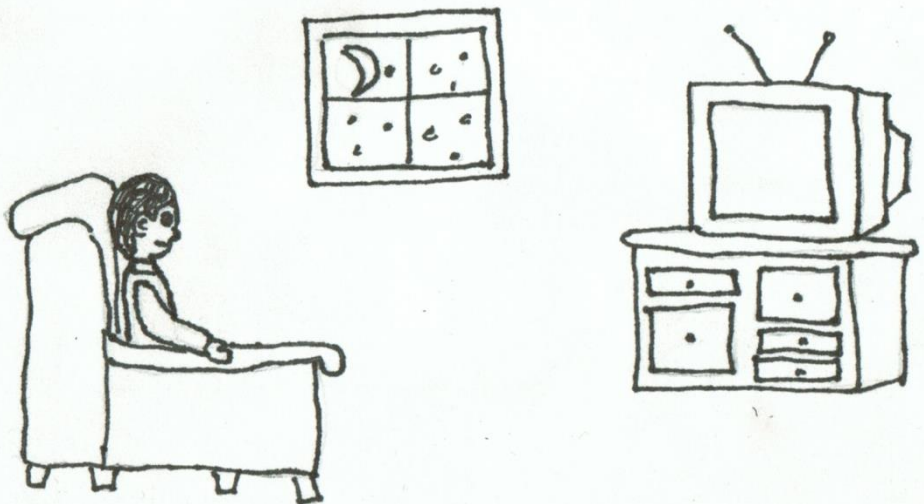


Memory Text

Psalm 55:17 "Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice."



Christian woke up in the morning with the sun peeking through his window. After saying his prayers and helping to set the table for breakfast, he went outside to hunt for nature treasures. He got to see a tiny spotted fawn. He was glad he went outside to find the things Jesus made for him to enjoy.



Carnal woke up grouchy because he had stayed up late the night before watching TV. When the sun peeked in his window he hid his head under the covers and went back to sleep. He was late for breakfast and he missed getting to see the cute baby bunnies that hopped through the yard.

BABY SHOWER

Many of us have probably attended a baby shower, and either given or (if you happened to be the mother) received gifts for the new baby. Good, helpful gifts are a blessing when they are given. The greatest gift that can be given is eternal life, which is offered as a free gift to mankind by Jesus Christ, but next to this spiritual gift, physical life and health may be the greatest. (3 John 2).

In few cases can one make so great an impact on another human life, by giving the gift of health, as a mother can when she is pregnant. Her lifestyle at this point can often decide the physical destiny of her child. As a childbirth education student, I have had the opportunity to interview both mothers and birth professionals, and have heard repeatedly how nutrition can play a major role in the success or failure of a pregnancy and birth.

One of my favorite health writers made this statement about pregnancy. *“Great changes are going on in her system. It requires a greater amount of blood, and therefore an increase of food of the most nourishing quality to convert into blood. Unless she has an abundant supply of nutritious food, she cannot retain her physical strength, and her offspring is robbed of vitality. ... If the mother is deprived of an abundance of wholesome, nutritious food, she will lack in the quantity and quality of blood. Her circulation will be poor, and her child will lack in the very same things. ... The prosperity of mother and child depends much upon good, warm clothing, and a supply of nourishing food.”* {Counsels on Health 76.3}



It is for these reasons as well as many more that it would be worthwhile to take a quick look at some of the necessary nutrients needed during pregnancy. Even if you are not pregnant, it is important to learn about these nutrients so you can help pregnant women who need nutritional information. Below is a list of five of the most important nutrients and why they are needed as well as some food sources high in them. There is much more that can be said about the nutrition of pregnant women but we cannot cover all of it in this short article.

IRON—Iron is probably the most important mineral for a pregnant woman to insure she eats. Iron is an important part of red blood cell development. The red blood cells are important for carrying oxygen to the baby. It is also necessary in the formation of the tissues of both the baby and placenta. It also helps to prevent postpartum hemorrhage (abnormal bleeding after birth), the most common cause of death among mothers in developing nations. Pregnant women need twice the amount of iron that non-pregnant women need. Foods high in iron include raisins, dates, dried apricots, dried figs, blackstrap molasses and dark leafy green vegetables. Tea, coffee, and dairy milk decrease iron absorption in the body, so avoid them when trying to eat iron rich foods. Vitamin C increases iron absorption from foods, so including acerola cherries, orange juice, citrus fruits, red bell peppers, or strawberries with your iron-rich foods can be extremely helpful.

FOLIC ACID—Folic Acid is a vitamin that is extremely important for mothers to eat. TAKE NOTE, ALL WOMEN WHO ARE NOT CURRENTLY PREGNANT. Folic acid is just as important to eat BEFORE conception as well as through the first trimester. Eating foods high in folic acid is commonly known to reduce the risk of neural tube defects(defects of the brain and spine) in the baby, such as spina bifida. Deficiency of folic acid can lead to these defects. Some foods high in folic acid include dark green leafy vegetables, lentils, pumpkin seeds, whole grains, beans, sunflower seeds and peas.

IODINE—Iodine is important for good thyroid function. One of the foods that is highest in iodine is seaweed. If this is unavailable, iodized salt is also a good source of iodine. Among other things, a pregnant mother's diet that is deficient in iodine can lead to neonatal hypothyroidism (also called cretinism), symptoms of which can include a short height in the child, mental problems, and even sometimes the inability to hear or speak.

VITAMIN A—This vitamin helps to prevent bladder and kidney infections that may occur in pregnancy. Vitamin A helps the healthy development of cells and tissues as well as of the heart, ears, eyes, teeth, bones and the skin, and is vital

to healthy embryonic development. Foods high in vitamin A include: carrots, squash, pumpkin, sweet potatoes, yams, mango, papaya, apricots, nectarines, tomatoes, and green leafy vegetables.

CALCIUM—The mineral calcium is necessary for the formation of the baby's bones and teeth, as well as maintaining the health of the mother's bones, teeth, and nervous system. It is also an aid in blood coagulation. Foods high in calcium include: kale, sesame tahini, almonds, green leafy vegetables, figs, tofu, sweet potatoes and broccoli. Vitamin D assists the absorption of calcium into the body. One of the easiest ways to get Vitamin D is from moderate exposure to the sun. Eat well for a shower of health for your baby!

Little Runner's Health Tip

Laura Lamb likes to eat green grass. Green leafy vegetables like spinach or kale have calcium in them and are good for boys and girls to eat.



A Once in a Lifetime Invitation

"HOMELESS INVITED TO EXPENSIVE CATERED DINNER" characterized the headlines that day.

A California bride had broken off her engagement and cancelled the wedding, but not before her parents had scheduled and paid an expensive catering company for the reception dinner. I don't know what the dinner was supposed to include, but the bride's parents had apparently paid thousands upon thousands of dollars for this reception, that was now cancelled. They were in quite a predicament. Instead of just cancelling and completely losing their money the ingenious parents decided to help others who might also be having a hard time. Before the time of the canceled wedding reception dinner rolled around an invitation was sent out to the homeless of their city. They were all invited to come to a free catered dinner feast. I sure it seemed too good to be true to many of the homeless. It was certainly a once in a lifetime invitation.

This story seemed almost a modern rendition of a parable Jesus told found in Luke 14:16-23. "A certain man made a great supper, and bade many: And sent his servant at supper time to say to them that were bidden, Come; for all things are now ready."

In the Biblical story, instead of a bride cancelling, all the guests make excuses.

"The first said unto him, I have bought a piece of ground, and I must needs go and see it: I pray thee have me excused."

And another said, I have bought five yoke of oxen, and I go to prove them: I pray thee have me excused."

And another said, I have married a wife, and therefore I cannot come."

As you may imagine, the man who sent out the invitations was not very happy with these excuses, for none of them were even really reasons. My mother used to say, "An excuse is just the skin of a reason, stuffed with a lie." And these excuses were certainly no exception. The oxen and the land could have been tended to another time and the newly married man could have brought his wife with him.

"So that servant came, and shewed his lord these things. Then the master of the house being angry said to his servant, Go out quickly into the streets and lanes of the city, and bring in hither the poor, and the maimed, and the halt, and the blind."

And the servant said, Lord, it is done as thou hast commanded, and yet there is room."

And the lord said unto the servant, Go out into the highways and hedges, and compel them to come in, that my house may be filled. For I say unto you, That none of those men which were bidden shall taste of my supper."

It is here that we stand in the stream of time. Many of the "Christians" invited to the feast have better things to do than "eat" the food that God has prepared for them in the Bible. They make every excuse that they don't have time for Bible study and the kingdom of heaven. So here at the end of time, Jesus is calling the "misfits" in society to come and learn of Him. He identifies with the poor and homeless for the Bible records that *"the Son of man hath not where to lay his head."* (Matt. 8:20) He identifies with the middle-eastern refugees, for he was once a middle-eastern refugee himself, fleeing from the wrath of Herod. (Matt. 2:13-18) He identifies with those of "questionable birth" for the circumstances of his birth were also brought into question by men who did not understand the virgin birth. (Matt. 1:18) Jesus identifies with those in pain and physical discomfort brought on by sin for it is written, *"Himself took our infirmities, and bare our sicknesses."* Matt. 8:17

He's invited you to a feast of unsurpassing delight. It's a once in a lifetime invitation. He says, *"O taste and see that the LORD is good..."* Psalm 34:8



STUDY TO SHOW THYSELF APPROVED

What Jesus Is to These (Those who accept the invitation)

To the artist He is the One Altogether Lovely. (Song of Solomon 5:16)
To the architect He is the Chief Corner Stone. (Eph. 2:20, 1 Peter 2:6)
To the astronomer He is the Morning Star (Rev. 22:16)
To the baker He is the Living Bread. (John 6:51)
To the banker He is the Hidden Treasure. (Isaiah 33:6, Matt. 13:44)
To the biologist He is the Life. (John 14:6)
To the builder He is the Sure Foundation. (Isaiah 28:16)
To the doctor He is the Great Physician. (Exodus 15:26, Ps. 103:2, 3)
To the educator He is the Great Teacher. (John 3:2)
To the farmer He is the Lord of the Harvest. (Matt. 9:38, Luke 10:2)
To the florist He is the Rose of Sharon and the Lily of the Valley. (Song of Solomon 2:1)
To the geologist He is the Rock of Ages. (Deut. 32:4, Psalm 18:2)
To the herdsman He is the Good Shepherd. (Isaiah 40:11, Psalm 23:1, Psalm 80:1)
To the horticulturist He is the True Vine. (John 15:1)
To the jurist He is the Righteous Judge, the Judge of all men. (2 Timothy 4:8, 2 Timothy 4:1, 8, Hebrews 12:23)
To the lawyer He is the Counselor, the Lawgiver, the Advocate. (Isaiah 9:6, Isaiah 33:22, 1 John 2:1)



To the merchant He is the Pearl of Great Price. (Matt. 13:45, 46)



To the musician He is the Song of Songs (Psalm 118:14, Isaiah 12:2)
To the newspaper man He is the Good Tidings of Great Joy. (Luke 2:10, 11)
To the philanthropist He is the unspeakable Gift. (2 Cor. 9:15)
To the philosopher He is the Wisdom of God. (1 Cor. 1:24)
To the preacher He is the Word of God. (John 1:1, 14)
To the sculptor He is the Living Stone. (1 Peter 2:4)
To the seaman He is the Light of the World. (John 1:9, John 8:12, John 12:46)
To the servant He is the Good Master. (Matt. 19:16, Mark 10:17)
To the statesman He is the Desire of All Nations. (Haggai 2:7)
To the student He is the Incarnate Truth. (John 14:6)
To the theologian He is the Author and Finisher of Our Faith. (Heb. 12:2)
To the traveler He is the New and Living Way. (Heb. 10:20, John 14:6)
To the toiler He is the Giver of Rest. (Ex. 33:14, Matt. 11:28)

To the sinner He is the Lamb of God that taketh away the sin of the world. (John 1:29)

To the Christian He is the Son of the Living God, the Saviour, the Redeemer and Lord. (Matt. 16:16, Isaiah 43:11, Isaiah 49:26, Phil. 3:20—Selected and Revised

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