



The Bible Banner

August 2019



LET THERE BE LIGHT

Among the ancient Greeks, the runner that won the race was not the man who crossed the line in the shortest time, but the man who crossed it in the least time with his torch still burning.

Often we are so busy with life's activities that we are in danger of allowing the torch of our spiritual life to become extinguished.

Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. 1 Corinthians 9:24,25

LIGHT AND SIMPLE SALAD IDEAS

Broccoli Slaw



1 lb. bag broccoli slaw (For homemade-- slice only the inside, non-woody part of broccoli stalks or young broccoli stalks into small strips and add some carrot strips also for color.)

1 cup of sunflower seeds

1 red pepper, optional

1 cup green onions

Toss together and add dressing.

Dressing: ¼ cup lemon juice, ¼ cup olive oil, 2 Tbsp organic sugar
½ Tbsp beef style seasoning (below)

Beef Style Seasoning

½ cup salt

¼ cup nutritional yeast

½ cup sucanat

1 Tbsp organic cornstarch

½ Tbsp celery seed

½ Tbsp onion powder

½ Tbsp garlic powder

1 tsp roasted carob powder

Blend until powdery. For a no nutritional yeast variety--Use ¼ cup corn flour and increase onion powder to 1 ½ Tbsp.



Cantaloupe Raspberry Fruit Salad

The name pretty much says it all. Cut a ripe cantaloupe and mix with fresh-picked raspberries. Simple, but delicious! Pears and raspberries also make a nice combo.

Visit us here for more vegan recipes-- <http://www.swiftrunnerministries.com/vegan-recipes.php>

Quotable Quotes

**The Bible will keep you from sin,
or sin will keep you from the Bible. --Dwight L. Moody**

**We are told to let our light shine, and if it does, we
won't need to tell anybody it does. Lighthouses don't
fire cannons to call attention to their shining - they just
shine. --Dwight L. Moody**

PROFITABLE TRADITIONS

Cultivate Biblical Knowledge
What's in the Bag? - Have someone
collect a bagful of items earlier. To
play the game, pull out one item at a
time and see how many different
Bible stories you can come up with
for each object.



SO LET THE SUN SHINE IN

As my mother entered the room, the sound of singing awakened me gently to a new day and its necessary tasks. Light from the sun came streaming in as she briskly pulled aside the curtains. The words of her song matched the operation at hand.

"So let the sun shine in. Face it with a grin. Smilers never lose and frowners never win. So let the sun shine in. Face it with a grin. Open up your heart and let the sun shine in."

Great lessons of truth may be learned from the simple process of opening curtains. When you "let" the light shine in, you don't have to strain and force the light to shine. All you have to do is remove the obstructions, and the light is waiting to come in.



Likewise, Christ is waiting for us to have a relationship with Him, if we will only "let" Him in. He says, *"Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me. Rev 3:20"*

Jesus never forces His way into our lives. Instead, He patiently waits for us to open the door. Once we open the door, removing the obstructions, He will come in as assuredly as the light pours through the opened curtains.

Jesus is waiting to give us peace if we will only let Him in. *"And let the peace of God rule in your hearts..." Col. 3:15* Simply say, *"Lord, I believe; help thou mine unbelief." Mark 9:24*

The same is true if you would have godly wisdom, or you desire to subdue self; just open the curtains. God says, *"Let this mind be in you, which was also in Christ Jesus:" Philippians 2:5* God is waiting to speak to you through His word. Open your Bible to remove the obstructions and *"Let the word of Christ dwell in you richly in all wisdom...." Col. 3:16*

The process becomes so simple even a small child can do it. If you desire to represent Jesus, manifesting His spirit at all times and under all circumstances, *"Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." Matt. 5:16*

One of my favorite books puts it like this, *"Christ does not bid His followers strive to shine. He says, Let your light shine. If you have received the grace of God, the light is in you. Remove the obstructions, and the Lord's glory will be revealed. The light will shine forth to penetrate and dispel the darkness. You cannot help shining within the range of your influence."* {Christ's Object Lessons, pg. 420}

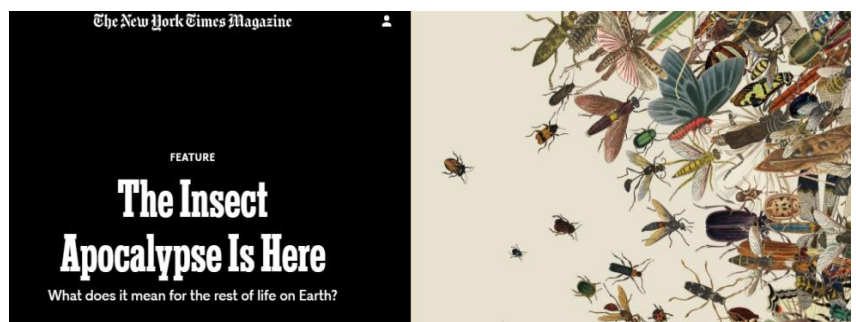
So today, open the curtains and "let" God in, and He will change you into His likeness.

Prophetic News Notes – Insects Dying Off at an Alarming Rate

*"Insects, which comprise two thirds of all terrestrial species, have been dying off at alarming rates, with disastrous impacts on food chains and habitats, researchers say."*¹

"The world's insects are hurtling down the path to extinction, threatening a 'catastrophic collapse of nature's ecosystems' according to the first global scientific review.

*"More than 40% of insect species are declining and a third are endangered, the analysis found. The rate of extinction is eight times faster than that of mammals, birds and reptiles. The total mass of insects is falling by a precipitous 2.5% a year, according to the best data available, suggesting they could vanish within a century."*²



German entomologists are sounding the alarm. For 3 decades they have been carefully trapping insects to measure the increase or decline of insect populations, and the results are sobering. *"To demonstrate the rapid decline, a lab technician holds up two bottles: one from 1994 contains 1,400 grammes of trapped insects, the newest one just 300 grammes.*

*'We only became aware of the seriousness of this decline in 2011, and every year since then we have seen it get worse,' says Sorg, the man who sounded the alarm."*¹

*"The German study found that, measured simply by weight, the overall abundance of flying insects in German nature reserves had decreased by 75 percent over just 27 years. If you looked at midsummer population peaks, the drop was 82 percent... Headlines around the world warned of an 'insect Armageddon.'"*³

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Most people think many bugs are just a nuisance, although some are admittedly beautiful, like butterflies. But the fact is *"Bugs are vital to the decomposition that keeps nutrients cycling, soil healthy, plants growing and ecosystems running... When asked to imagine what would happen if insects were to disappear completely, scientists find words like chaos, collapse, Armageddon."*²

One reason is the impact that loss of insects would have on other animal species. *"Studies of other, better-understood species ... suggest... that the insects associated with them might be declining, too. People who studied fish found that the fish had fewer mayflies to eat. Ornithologists kept finding that birds that rely on insects for food were in trouble: eight in 10 partridges gone from French farmlands..."*⁴ The lists go on and on. Even humans will be disastrously affected.

*"Marlowe Hood at AFP reports that the impacts on the ecosystem are already being felt. In Europe, over the past 30 years bird populations have declined by 400 million, likely a casualty of the huge decline in flying insects. But birds, lizards, bats and plants aren't the only species that will suffer if insects continue to decline. Hood reports that 75 of the top 115 global food crops depend on insect pollination."*⁵



The question we should be asking is "Why? Why are insects dying off at an alarming rate?"

*"The analysis, published in the journal Biological Conservation, says intensive agriculture is the main driver of the declines, particularly the heavy use of pesticides."*² Other admitted driving factors include pollution from industrial wastes and fertilizers as well as habitat loss by deforestation and urbanization. Buglife.org also suggests that pollution from cellphone signals and Wi-Fi may play a role. It states that *"credible risks to insect populations such as electromagnetic radiation remain under-researched and their risk unassessed."*⁶

We are living in the last moments of earth's history, and while we should do our part in eliminating pesticides and air pollution, and planting trees and wildflowers, the word of God suggests that in the last days there will be men who are destroying the earth. Rev. 11:18 states of our time that which is soon to come, *"And the nations were angry, and thy wrath is come, and the time of the dead, that they should be judged, and that thou shouldst give reward unto thy servants the prophets, and to the saints, and them that fear thy name, small and great; and shouldst destroy them which destroy the earth."* But God's Word also provides hope by stating, *"And when these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh."* Luke 21:28

- 1 -- https://phys.org/news/2019-07-insect-apocalypse-german-bug-watchers_amp 2-- <https://www.theguardian.com/environment/2019/feb/10/plummeting-insect-numbers-threaten-collapse-of-nature> 3- <https://www.nytimes.com/2018/11/27/magazine/insect-apocalypse.html>
 4-- <https://www.nytimes.com/2018/11/27/magazine/insect-apocalypse.html> 5-- www.smithsonianmag.com/smart-news/study-shows-global-insect-populations-have-crashed-last-decade-180971474/ 6 -- <https://www.buglife.org.uk/news-and-events/news/parliament-get-serious-about-insect-declines>



A LIGHT IN DARK PLACES

"The Gentiles, unto whom now I send thee, to open their eyes, and to turn them from darkness to light, and from the power of Satan unto God, that they may receive forgiveness of sins, and inheritance among them which are sanctified by faith that is in me." Acts 26:17b, 18

A young girl once consulted with her minister. "I cannot stick it out any longer. I am the only Christian in the factory where I work. I get nothing but taunts and sneers. It is more than I can stand. I am going to resign."

"Will you tell me," asked the minister, "where lights are placed?"

"What has that to do with it?" the young Christian asked him rather bluntly.

"Never mind," the minister replied. "Answer my question: Where are lights placed?"

"I suppose in dark places," she replied.

"Yes, and that is why you have been put in that factory where there is such spiritual darkness and where there is no other Christian to shine for the Lord."

The young Christian realized for the first time the opportunity that was hers. She felt she could not fail God by allowing her light to go out. She went back to the factory with renewed determination to let her light shine in that dark corner. Before long, she was the means of leading nine other girls to the Light.





A Snack a Day?

Truly, Good Health includes not only Good Nutrition, but Good Digestion, and Good Elimination. Often folks talk about the importance of good nutrition, but good nutrition will do nothing if your body is not able to properly digest the food. Many things affect good digestion, but today we will discuss only two; two that are based on timing related to eating or eating in due season. In Matt.24:45, Jesus asks, *"Who then is a faithful and wise servant, whom his Lord hath made ruler over his household, to give them food in due season?"* (1833 Webster's Bible) And Eccl. 3:1 states, *"To every thing there is a season, and a time to every purpose under the heaven."* After conducting extensive research, Dr. Lester Breslow, Dean of the School of Health at the University of California at Los Angeles, made a startling assertion: *"It is possible, by following seven basic health guidelines, to increase American life expectancy by eleven years."* Among the obvious: exercise, rest, eating a good breakfast, and avoidance of alcohol and tobacco, was hidden a surprising guideline. *"Avoid eating between meals."*¹

The book Proof Positive also has a list compiled and drawn from various studies. It states, *"Regular meals with no snacks is an element of a cancer protective lifestyle."*²

During the interdigestive phase, which begins only when the stomach and small intestine are completely empty, the stomach, instead of focusing on its contents, can relax and take care of itself.³



Imagine a mother doing a load of laundry to get much needed clothes ready for school tomorrow. But the children have been negligent to collect everything when she asked for it. Just as the washer reaches the spin cycle and is diligently slinging the water out of the clean clothes, Procrastination Polly finds her dress that is covered in mud from falling in a mud puddle. Before mother realizes what she is doing and can stop her, she lifts the lid and throws the soiled dress into the washer with the almost clean laundry. With a sigh, mother turns the dial back to start and again begins the load of laundry. But to no avail, because just as the laundry is finishing the spin cycle Tardy Tim throws in his very smelly socks and again mother has to begin the wash all over. This process continues to be repeated with Dilatory Dan and his sweat-drenched shirt is thrown in, and when Later Lola throws in her skirt that smells like wet dog. Each time, the washing process must begin all over again. By now, not only is mother getting tired, but the washer is starting to overheat from all the exertion without a rest. After all good mothers should be in bed, mother is found to finally be hanging out the clothes on the line and she has to forgo the nice relaxing Epsom salt bath she had been planning. Most of us feel a little sorry for the mother, but when we are constantly snacking, this is exactly how unkind we are to our stomach.

In the book Counsels on Diet and Foods we read, *"The stomach must have careful attention. It must not be kept in continual operation. Give this misused and much-abused organ some peace and quiet and rest. After the stomach has done its work for one meal, do not crowd more work upon it before it has had a chance to rest and before a sufficient supply of gastric juice is provided by nature to care for more food...In many cases the faintness that leads to a desire for food is felt because the digestive organs have been too severely taxed during the day. After disposing of one meal, the digestive organs need rest. At least five or six hours should intervene between the meals; and most persons who give the plan a trial, will find that two meals a day are better than three."*⁴

Later the book reiterates, *After the regular meal is eaten, the stomach should be allowed to rest for five hours. Not a particle of food should be introduced into the stomach till the next meal. In this interval the stomach will perform its work, and will then be in a condition to receive more food."*⁴

Though food digestion times vary somewhat, modern scientific studies with aid of an x-ray show the accuracy of this counsel. *"A study was run using several persons who were given a routine breakfast consisting of cereal and cream, bread, cooked fruit and an egg.*

*Their stomachs were x-rayed and found to be empty in four and one-half hours. A few days later the same persons were given the same type of breakfast and two hours later they were fed snacks, their emptying time was checked. The results are shown [on the chart]:...Many of the chemicals produced during partial digestion are toxic, such as aldehydes, alcohols, and esters. These cause an intoxication of the brain, liver, kidneys, and other delicate tissues."*⁵

| Normal Breakfast | [Snack] Two Hours Later | Result |
|------------------|--|--|
| Person No. 1 | Ice Cream Cone | Residue in the stomach after 6 hours |
| Person No. 2 | Peanut Butter Sandwich | Residue after 9 hours |
| Person No. 3 | Pumpkin Pie, glass of milk | Residue after 9 hours |
| Person No. 4 | Half slice of bread and butter repeated every one and one-half hour interval and no dinner | More than half his breakfast in stomach after 9 hours |
| Person No. 5 | Twice in the morning and twice in the afternoon a bit of chocolate candy | Thirteen and one-half hours later more than one-half the morning meal was still in the stomach |

Source: GOD'S PLAN Cookbook, pg. 203

Indeed, the infallible counsel of God's word rings

true. *"Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness!"* Eccl. 10:17

1—Lifestyle 2000, pg. 12 2—Proof Positive, Nedley, M.D., pg. 46, 47

3—You'll Rust Out Before You Wear Out, Bailey, M.D. pg. 32

4—Counsels on Diet and Foods, pg. 173, 14 and pg. 179.1

5—GOD'S PLAN Natural Foods Cookbook, pg. 203



STUDY TO SHOW THYSELF APPROVED—Lessons from Light

The first words of God recorded in the Bible are “Let there be Light”

Genesis 1:3 “And God said, Let there be light: and there was light.”

Spiritual Parallel—When God comes on the spiritual scene of our lives, there is light — the light of truth and the knowledge of Jesus Christ. 2 Cor. 4:6 “For God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ.”

Psalms 43:3 “O send out thy light and thy truth: let them lead me; let them bring me unto thy holy hill, and to thy tabernacles.”

Psalms 18:28 “For thou wilt light my candle: the LORD my God will enlighten my darkness.”

Isaiah 9:2 “The people that walked in darkness have seen a great light: they that dwell in the land of the shadow of death, upon them hath the light shined.”

God said that light was good, and He put a distinction between light and darkness.

Genesis 1:4,5 “And God saw the light, that it was good: and God divided the light from the darkness. And God called the light Day, and the darkness he called Night. And the evening and the morning were the first day.”

Spiritual Parallel – Where God is, there will be a decided distinction between truth and error.

Isaiah 8:20 “To the law and to the testimony: if they speak not according to this word, it is because there is no light in them.”

Isaiah 5:20 “Woe unto them that call evil good, and good evil; that put darkness for light, and light for darkness; that put bitter for sweet, and sweet for bitter!”

Romans 13:12 “The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armour of light.”



God is the Father of lights and He has no “gray areas” or shadow of turning --- James 1:17 “Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.”

1 John 1:5 “This then is the message which we have heard of him, and declare unto you, that God is light, and in him is no darkness at all.”

Spiritual Lesson—God’s children are to be children of light—separate and distinct from the darkness of error.

Eph. 5:8 “For ye were sometimes darkness, but now are ye light in the Lord: walk as children of light.”

1 Thess. 5:5 “Ye are all the children of light, and the children of the day: we are not of the night, nor of darkness.”

1 Peter 2:9 “But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light:”

2 Cor. 6:14 “Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness?”



The symbol of God’s covenant with the earth is a rainbow—light refracted and reflected by the refreshing drops of rain or water vapor-- Genesis 9:12-16 “And God said, This is the token of the covenant...I do set my bow in the cloud, and it shall be for a token of a covenant between me and the earth. And it shall come to pass, when I bring a cloud over the earth, that the bow shall be seen in the cloud: And I will remember my covenant, which is between me and you and every living creature of all flesh; and the waters shall no more become a flood to destroy all flesh. And the bow shall be in the cloud; and I will look upon it, that I may remember the everlasting covenant between God and every living creature of all flesh that is upon the earth.”

Ezekiel 1:28 “As the appearance of the bow that is in the cloud in the day of rain, so was the appearance of the brightness round about. This was the appearance of the likeness of the glory of the LORD. And when I saw it, I fell upon my face, and I heard a voice of one that spake.”

Spiritual Lesson-- Where you see the light of truth and doctrine as the rain you will find God’s covenant people.

Deut. 32:2 “My doctrine shall drop as the rain, my speech shall distil as the dew, as the small rain upon the tender herb, and as the showers upon the grass:”

Isaiah 28:12,13 “To whom he said, This is the rest wherewith ye may cause the weary to rest; and this is the refreshing.... But the word of the LORD was unto them precept upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little...”

John 3:21 “But he that doeth truth cometh to the light, that his deeds may be made manifest, that they are wrought in God.”

Prov. 4:18 “But the path of the just is as the shining light, that shineth more and more unto the perfect day.”

Rev. 14:12 “Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus.”

God's Amazing Creatures

Yellow-coated clusterwink snails live in Australia. Like most snails, they have a shell to protect them from danger. When the tide is out, these snails tend to gather together in wet places, hiding in cracks or under rocks. As soon as the tide comes in, they spread out

to eat tiny plants in the water called microalgae. The clusterwink snail shell is opaque, which means that you can't see through it. But it has a built-in home security system to help keep them safe. Yellow-coated clusterwink snails blend into the background until a crab or some other enemy comes near.

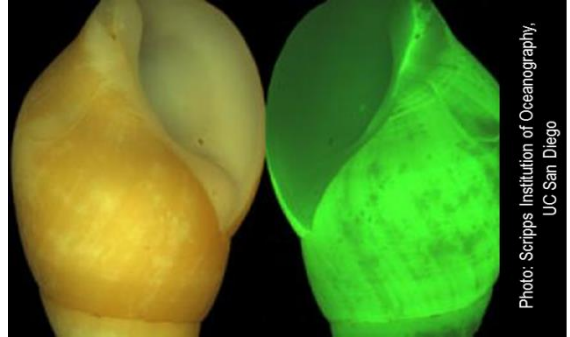
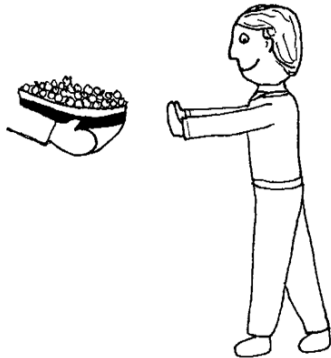


Photo: Scripps Institution of Oceanography, UC San Diego

Then, similar to motion-sensor security lights (the lights that you walk by and they turn on), the shell changes to a brilliant green glow. Isn't it amazing how God created the clusterwink snail to light up?



"Blessed art thou, O land, when... thy princes **eat in due season**, for strength, and not for drunkenness!"
Ecclesiastes 10:17



Christian was visiting his aunt and uncle. Quite a while after breakfast, but before lunch time, everybody decided to eat some grapes. They asked Christian if he wanted some, but Christian said, "No, thank you, I don't eat between meals." Christian made his stomach happy. His Mommy was happy too and she gave him some grapes for breakfast. Christian was happy he had waited for mealtime.

Carnal was visiting his aunt and uncle too. Everybody decided to eat some grapes, but it was between meals. They asked Carnal if he wanted some and Carnal decided to eat the grapes, even though it was in between meals. Carnal made his stomach upset and it told him by giving him a terrible stomachache. Carnal was so sick, he didn't feel like eating at lunch time. He wished he hadn't eaten the grapes between meals.



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