

In His Steps

A missionary in India adopted a little orphan boy, who she named Yesuratnam (meaning "Jesus' jewel").

One evening when the boy was about six years old, at the family worship he prayed, "Dear Jesus, make me like You were when You were a boy six years old."

Do you wish to be like Jesus and follow in His footsteps?

Vanishing Kale Salad or Kale Chips



Tear the kale very small and then add a little olive oil, lemon juice and chicken seasoning. Add some sprinkles of not-Parmesan Cheese or Pumpkin Seed Parmesan, to taste. For Kale Chips, lay salad in a single layer on a cookie sheet and dehydrate at a low temperature until crunchy. Enjoy!

Not-Parmesan Cheese

½ cup nutritional yeast	½ cup sesame seeds
2 tsp garlic powder	1 tsp onion powder
2 tsp chicken- like seasoning	3 tsp lemon juice

Blend dry ingredients and then add lemon juice a little at a time until the right consistency. (It should still be somewhat crumbly.) Refrigerate in an airtight container.

Pumpkin Seed Parmesan

½ cup pumpkin seeds, raw	½ cup sesame seeds
3 tsp garlic powder	2 tsp onion powder
1 tsp salt	1 tsp organic sugar
	3 tsp lemon juice

Blend dry ingredients and then add lemon juice a little at a time until the right consistency. (It should still be somewhat crumbly.) Refrigerate in an airtight container.

Profitable Traditions

Cultivate Self-Denial A four-year-old girl was very interested in the missionaries who were visiting, raising funds to go overseas. She asked many questions about the mission project and saw the graph of how much money the missionaries had and still needed to be able to go to their future mission field. Running to her room, she brought out her little bank, with the help of her mother opened it, and dumped out her few coins, looked at them for a moment, and then handed them all to the missionary saying, "I want you to use this for the mission." The money wasn't much, only 4 dollars and two pennies, but it was all she had and she gladly gave it up to help the less fortunate learn the gospel.

A "Self-Denial Box" is a very profitable tradition. After buying necessary items like healthy food and durable clothing, family members may put their spare change that they have saved through self-denial into the box. They may practice self-denial by refraining from purchasing things that they may desire but are not necessary like candy, soft drinks, movies, make-up, etc.

QUOTABLE QUOTES

"Out of 100 men, one will read the Bible, the other 99 will read the Christian." -- D. L. Moody

The money in the box can then be used to feed the hungry, and give the gospel to the poor. This box works on the principle of gathering up the fragments. Little pennies, saved up and added together, create more funds for God's Work. "By much prayer, watching unto prayer,[and] self-denial, the true Christian lifts the cross of Christ and follows in His footsteps." {18MR 279.3}

SET FREE

"And ye shall know the truth, and the truth shall make you free." John 8:32

Once upon a time, according to an old, old story, there lived two rival kings in Africa. A battle commenced and the king of the East won. The king of the West was taken prisoner, but instead of killing him, the king of the East just chained him to a big heavy iron ball. He could walk wherever he wanted to, but everywhere he went he had to drag the iron ball. The captive king was so ashamed, but he couldn't do anything about it. Then one day, a European traveler saw the poor captive king dragging the heavy iron ball down the street. He heard the story and pitied the captive. But there was nothing the traveler could do, as the soldiers and police kept too close a watch on him. Finally, however he got permission to give the poor captive king a Bible. But the captive king just angrily threw the Bible on the floor in the corner of the room where he slept, and he never—even—looked—at—it!

One, two, three years went by. Then one day, the poor captive king was so discouraged that he finally decided reading the book would help him pass the time. He reached out his hand and picked it up. But say, there was something hard in the back cover! He pushed and pulled. It was a file! His key to freedom! "What a fool I've been," he moaned. "Here for three years this file has been here and if I had looked I could have found it three years ago."

Many today are chained to Satan by some bad habit. They are in the bondage of sin. The Bible says, *"His own iniquities shall take the wicked himself, and he shall be holden with the cords of his sins."* (Pro 5:22) But if we would just look in the Book, the

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Bible declares Jesus to be the Truth that sets us free. Acts 3:26 declares, *"God, having raised up his Son Jesus, sent him to bless you, in turning away every one of you from his iniquities."* And Paul reiterates, *"where the Spirit of the Lord is, there is liberty."* 2 Cor. 3:17

Jesus came to this earth *"to heal the brokenhearted, to preach deliverance to the captives", and "to set at liberty them that are bruised".* (Luke 4:18) And He commands His people to *"loose the bands of wickedness, to undo the heavy burdens...to let the oppressed go free" and to "break every yoke"* (Isaiah 58:6) The truths of the gospel have set many people free from idolatry, drugs, prostitution, pornography, alcoholism, homosexuality, and a multitude of other sins.

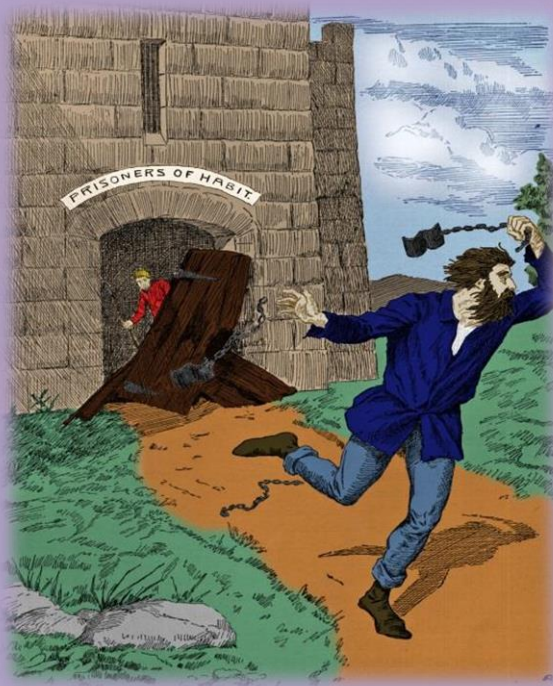
But some seem to desire the yoke of bondage. They turn again to the traditions of paganism. The apostle Paul describes this saying, *"But now, after that ye have known God, or rather are known of God, how turn ye again to the weak and beggarly elements, whereunto ye desire again to be in bondage? Ye observe days, and months, and times, and years. I am afraid of you, lest I have bestowed upon you labour in vain."* (Galatians 4:9-11)

Some refuse to look in the Book, lest it expose their sin. Others say by their actions, *"We will eat our own bread, and wear our own apparel: only let us be called by thy name [Christian], to take away our reproach."* (Isaiah 4:1) Many procrastinate, putting off until tomorrow what should be

done today.

Consider this saying of a man speaking to a thief who had stolen \$1,500 from his employer in the past year but now declared that he wanted to become a Christian. *"Now, look here, sir, I don't believe in sudden work; don't steal more than a thousand dollars this next year, and the next year not more than five hundred, and in the course of the next few years you will get so that you won't steal any. If your employer catches you, tell him you are being converted; and you will get so that you won't steal any by and by."*

This is obviously not God's way, and most of us wouldn't approve of such a method for overcoming stealing, yet how many of us allow for similar processes in other aspects of sin. Paul's words to the Galatians, *"Who hath bewitched you, that ye should not obey the truth?"* [Gal. 3:1] come sounding down along the line to our time. For the Bible declares that Jesus can both forgive us our sins **and** *"cleanse us from all unrighteousness."* (1 John 1:9) We are also counseled, *"Neither give place to the devil. Let him that stole steal no more...."* Eph 4:27, 28 The truth that John declares is *"If the Son therefore shall make you free, ye shall be free indeed."* (John 8:36) Oh, that we all would *"Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage."* (Galatians 5:1) Determine today, **"I can do all things through Christ which strengtheneth me."** (Philippians 4:13)



Swift Runner Health — Recovering of Sight to the Blind

I have worn glasses since the third grade. When I got my first pair of glasses, I remember seeing for the first time that trees actually had leaves on them even when seen from a distance. In fact, my eyesight was so bad that I could not function well without my glasses. But about 10 years ago, that began to change. My prescription at that time was 2.5 in my right eye and 3.00 in my left. Five years later I was surprised to learn that my prescription had improved to 2.00 and 2.5, and despite my unavoidable exposure to toxic pharmaceuticals in the past five years it improved again to a 1.75 and a 2.25. In fact, the eye doctor informed me that once your eyesight begins to reverse, it usually continues. When I asked him what might cause bad eyesight to reverse, he told me it could be attributed to a better diet or less stress. I asked if drinking enough water could possibly make a difference, since I knew I didn't drink near enough as a child. He seemed skeptical, saying we don't need to drink as much as they say. But when I pointed out that there is a lot of fluid involved in the eyes, he agreed that that was certainly so. Perhaps it was only coincidence, but later, in the next hour or so, I met him twice going to the drinking fountain and the bathroom.

Further research on the eyes shows that besides disease or an accident, several conditions may contribute to bad eyesight. They include diabetes, strokes, high blood pressure and poor circulation. Perhaps poor circulation is one reason why a few people I know with varying eye conditions have had improved vision from an eyebright herbal drop containing, among other things, cayenne pepper. The cayenne would obviously bring increased circulation to the eyes.



While at the eye clinic, I learned one more tidbit of information.

Repeatedly, an older client was told that she should have the retinal scan if she was taking medications known to damage the eye. It got me curious. What medications damage the eyes? Here is only a portion of what I found. According to an article written by an optometrist by the name of Dr. Grossman, drugs that cause glaucoma or optic nerve damage include: any drug that dilates your pupils, NSAIDs (non-steroidal anti-inflammatory drugs), hydrocortisones (even the topical variety), several cancer drugs, sulfa antibiotics, drugs for heartburn and ulcers including Ranitidine (Zantac), epinephrine, oral contraceptives, heart medications, and anti-malarial drugs, etc. Drugs that can cause or worsen cataracts include: NSAIDs (eg. aspirin, ibuprofen, Advil, etc.) antihistamines, antidepressants, tobacco, steroids and glucocorticoids, etc. He also points out that *“Oral antibiotics have been connected to detached retinas...”* (*“Oral Fluoroquinolones & the Risk of Retinal Detachment”*, April 4, 2012, JAMA). Many drugs also cause macular degeneration and photosensitivity. Are we blinding ourselves with the overuse of pharmaceuticals?

<http://www.naturaleyecare.com/FAQ/questions-about-drugs-by-vision-conditions.asp>

Many scientists say that the eye cannot regenerate itself, with the exception of the cornea, the transparent top layer that is constantly being renewed. Dr. Rob Hogan, president of the College of Optometrists says if this is damaged, it can recover in as little as 24 hours. But some Notre Dame biologists have become intrigued with the zebra fish that is also able to overcome retinal damage in less than a month. *“The ND biologists found that when the fish eye senses retinal damage, the Müller cells, which normally support cells within the eye, are triggered to divide and migrate to the retina, where they are transformed into photoreceptor cells, replacing the damaged ones.”* <http://magazine.nd.edu/news/31360-this-fish-may-save-your-eyesight/>

I believe that the same God that made the zebrafish also made people's eyes to be able to replace many of the old worn out cells with new ones. This is evidenced by several people I have met or heard of that have improved their eyesight with good nutrition. Some of them have been able to totally eliminate their need for glasses. I think of it like this—Your body puts together all the ingredients for a good eye. If something is missing in “the pantry” it has to improvise with something of lesser value—kind of like using white rice in your cooking when brown rice is not available. But if you will provide your body with the optimal ingredients it will be happy to replace deficient cells with optimal ones to make a better eye. As I think back to what I have changed in the last ten years that might have positively affected my eyes, three things top the list: A lot more leafy greens and orange veggies (as well as eliminating all dairy products), a focus on whole grains, and daily ground flaxseed. Science supports the idea that this may help the eyes.

Leafy Greens: *“Lutein is a nutrient found in kale, spinach, and turnip greens. It's also found in our retinas, so it's an important part of healthy vision. Eating carotenoids like lutein and zeaxanthin (yes, that's a mouthful!) provide you with great antioxidants and may help against age-related vision problems such as cataracts and macular degeneration.”* Some say they help

protect our eyes, almost like sunglasses!" <http://www.rebuildyourvision.com/eye-vitamins> Vitamin C provides antioxidants and "it can also help slow cataracts and provide needed eye vitamins for macular degeneration." <http://coopervision.com/eye-health-and-vision/eye-vitamins-vision>

Orange Veggies: Vitamin A may as well be called vitamin EYE. Vitamin A is essential to our eye health and vision. Our retinas need vitamin A to properly function and to produce the pigment rhodopsin. Vitamin A is so key to healthy eyes that poor night vision can actually be caused by a deficiency in this vitamin. Vitamin A is found in many orange vegetables like carrots, sweet potatoes, and pumpkin.

Whole Grains and Flaxseed: Vitamin E may serve as a great antioxidant and agent against cataracts and macular degeneration as well. You can find Vitamin E in whole grains and many nuts and seeds. Flaxseeds and walnuts have an extra bonus for the eyes. "The omega-3 fatty acids in these foods may protect against two leading causes of human blindness, a new study in mice has found. The results showed omega-3s help regulate blood vessel growth in our eyes. That means the fatty acids could help prevent eye diseases such as retinopathy, caused by an overgrowth of leaky blood vessels in the eyes, and age-related macular degeneration, caused by abnormal growth of blood vessels, said study researcher Dr. Lois Smith, an ophthalmologist at Children's Hospital Boston." <http://www.livescience.com/12801-omega-3s-protect-eye-diseases.html>

Praise God, for even today, "The LORD openeth the eyes of the blind" (Psalm 146:8) and Jesus is about the business of bringing "recovering of sight to the blind" (Luke 4:18). *We do not necessarily endorse all the opinions of those quoted for scientific purposes.

LITTLE RUNNER'S HEALTH TIP

Daniel's favorite color is orange. Orange vegetables, like carrots and sweet potatoes, help boys and girls to have healthy eyes.



Kids' Corner

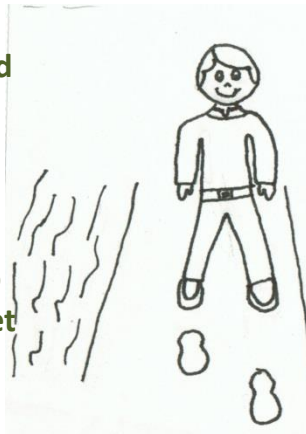
Bible Memory Verse

Psalms 91: 4, "He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler."

Written by D. Roberts age 12

Illustrated by D. Roberts age 10

Christian obeyed and carefully followed in his father's footprints. He didn't step into the creek and get his boots wet.



Carnal didn't want to follow his father's footprints. He disobeyed and went his own way, and fell into the creek. He was wet and very cold.

GOD'S AMAZING CREATURES

The chestnut-backed chickadee is mostly seen in the Pacific Northwest of the United States and western Canada, from southern Alaska to southwestern California. The chestnut-backed chickadee is a smaller chickadee. The chestnut-backed chickadee's food is largely insects, but they also visit bird feeders, including hummingbird feeders, and they especially love suet. Chestnut-backed



chickadees use lots of fur and hair to make their nests. The most common fur they use comes from deer, rabbits, and coyotes. The adult chickadees also make a layer of fur which is used to cover the eggs on the nest whenever they leave the nest. The adults want to make sure that they take good care of their eggs so that they will have chicks. Just like the adult chestnut-backed chickadees take care of the eggs and the chicks, Jesus takes care of you.

TURN AROUND

"The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised," Luke 4:18

One day a lady was passing a drinking saloon, just as the keeper was thrusting a young man into the street. The youth was quite young and pale, and his haggard face and wild eyes told that he was far down the road to ruin. With clenched fists, an oath, and threatening to be revenged of the man who had ill-used him, he did not see this lady as she stood near him. That is, he didn't see her until she laid her hand on his arm and with a gentle, loving voice asked him what was the matter.

His demeanor changed as though he had been struck with a blow. He quickly turned around, his face pale, and his body trembling. He surveyed the woman for a minute then breathed a sigh of relief. "I thought that was my mother's voice; it sounded strangely alike! But her voice has been hushed in death many years."

"Then you had a mother then, and she loved you," said the kind lady.

The young man burst into tears and sobbed, "Oh yes, I had an angel mother and she loved her boy! But since she died all the world has been against me, and I am lost to honor, lost to decency, and lost forever!"

"No, not lost forever, for God is merciful, and His pitying love can reach the chief of sinners," said the lady. More gentle words were spoken by the lady and then she went on her way. The young man followed her, took note of the house she entered, and wrote the name down. Then he went slowly away with an earnest look on his pale face.



Years passed and the lady forgot the incident. One day however, a stranger called at her house, and desired to speak with her. When she entered her parlor, a noble looking, well dressed man rose to meet her. With his hand extended, he informed her he had come many miles to thank her for the great service she had rendered him years before. The lady was puzzled and asked for an explanation, since she did not remember seeing him before.

"I have changed so much," he explained, "that you have forgotten, but though I only saw your face once, I am sure that I could have recognized it anywhere. And your voice, too, is so like my mother's." At these words the lady remembered.

"The earnest expression of 'No, not lost forever,'" he continued after a few tears were shed, "followed me wherever I went, and it always seemed that it was like the voice of my mother speaking to me. I repented of my sins and resolved to live in Jesus as my mother would have been pleased to have had me; and by the grace of God I have been enabled to resist temptation."

The few kind gentle words this lady spoke to this young man, accomplished for him something she had never imagined. Our words also have an effect on those we come in contact with, either for good or for evil. Why not today, decide to speak words that will heal those broken in heart.



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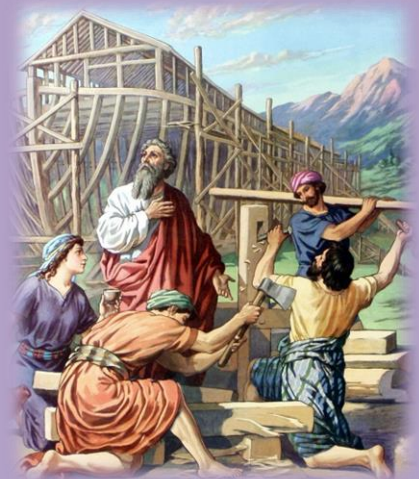
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STUDY TO SHOW THYSELF APPROVED – PRESENT TRUTH

Jesus was anointed to “*preach the acceptable year of the Lord.*”(Luke 4:18, 19) This was a “present truth” message, but have you ever wondered, what is the difference between truth and “present truth”?

1. The Bible commands us to “be _____ in present truth.” 2 Peter 1:12
2. Jesus said “Sanctify them through thy truth: thy _____ is truth.” John 17:17
Truth is based upon God’s word. Some truths are applicable in all ages, and therefore are *present* truth in every generation; others are of a special character, and are directly applicable to a particular generation. They are none the less important, however, because of this; for upon their acceptance or rejection depends the salvation or loss of the people of that generation.
3. What was Noah’s present truth message for his generation? “*And God said unto Noah, The end of all flesh is come before me; for the earth is filled with violence through them; and, behold, I will destroy them with the earth. Make thee an ark of gopher wood...*” Gen 6: 13, 14 Noah’s message could then be defined as, “*Come into the _____ and be saved.*”
4. How did Noah show faith in this message? “*By faith Noah, being warned of God of things not seen as yet, moved with fear, _____ to the saving of his house; by the which he condemned the world, and became heir of the righteousness which is by faith.*” Hebrews 11:7
5. How many believed Noah’s present truth message? “*when once the longsuffering of God waited in the days of Noah, while the ark was a preparing, wherein _____, that is, eight souls were saved by water.*” 1 Peter 3:20
6. What was the present truth message of John the Baptist? “*In those days came John the Baptist, preaching in the wilderness of Judaea, and saying, _____ ye: for the kingdom of heaven is at hand.*” Matt. 3:1,2
7. What is the special message for these last days that will be given by the faithful? “*Therefore be ye also ready: for in such an hour as ye think not the Son of man _____.* Who then is a faithful and wise servant, whom his lord hath made ruler over his household, to give them meat in due season? Blessed is that servant, whom his lord when he cometh shall find so doing.” Matt. 24:44-46
8. What will be the burden of the closing gospel message? “*Fear God, and give glory to him; for the _____ of his _____ is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters.... Babylon is fallen, is fallen, ... 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...*” Rev. 14:7-10
9. How are those described who accept this message? “*Here is the patience of the saints: here are they that _____ the _____ of God, and the faith of Jesus.*” Rev. 14:12
10. How earnestly is this work to be carried out? “*And the lord said unto the servant, Go out into the highways and hedges, and _____ them to come in, that my house may be filled.*” Luke 14:23



1. established 2. word 3. ark 4. prepared an ark 5. few 6. Repent 7. cometh 8. hour, judgment 9. keep, commandments 10. compel