



# The Bible Banner



February 2021

## “Even at the Doors”

While on one of his expeditions to the Antarctic, Sir Ernest Shackleton was once compelled to leave some of his men on Elephant Island, with the intention of returning for them and carrying them back to England. But he was unavoidably delayed, and by the time he could go for them he found to his dismay that the sea had frozen over and his men were cut off. Three times he tried to reach them, but his efforts ended in failure.

Finally, in his last effort, he found a narrow channel through the ice.

Guiding his small ship back to the island, he was delighted to find his men, ready and waiting. Quickly, they scrambled aboard. No sooner had the ship cleared the island than the ice crashed together behind them. Contemplating their narrow escape, Sir Ernest inquired how it was that they were ready to get aboard so promptly. They replied, “We never gave up hope.” They told him that every morning their leader rolled up his sleeping bag, saying, “Get your things ready, boys, the boss may come today.”

In like manner, today Christians need to be “packed and ready to go!” For Jesus told us, “*So likewise ye, when ye shall see all these things* [the signs of the times], *know that it is near, even at the doors.*” Matt. 24:33

### Fruitful Nutrition

It's all about getting a healthy, ripe fruit—then, eating it in the right manner. Here are a few tips from our kitchen.

**Orange Slices**—As a child, I liked the taste of oranges, but hated the “pith” I couldn't seem to chew up. Slicing oranges like wagon wheels is one of the easiest ways that I have found to enjoy the taste while eliminating large chunks of unchewable “pith”.

**Pomegranates Pieces**—Many people avoid pomegranates because of the mess. The mess can be mostly eliminated by cutting only the outside skin and then ripping/dividing the rest by hand. Mmm!

**Watermelon “Candy”**—There is not really anything wrong with eating watermelon the normal way, but when dried, it makes an excellent “candy”. Reminds me a little of years ago when I tasted a Jolly Rancher Candy. Cut the watermelon into pieces as close to 1/4” thickness as you can. Place on lined dehydrator trays and dehydrate for 18-24 hours, or until watermelon jerky is sufficiently dry. Store in airtight container. Hide until desired use! 😊



### PROFITABLE TRADITIONS

**CULTIVATE FAMILY TOGETHERNESS**—Mealtimes make a wonderful time to bond as a family. To stimulate conversation, fill a jar with ice-breaker type questions written on small pieces of paper. Have the kids draw one out at your “family” meal. Good icebreaker questions are open-ended, meaning they don't have a right or wrong answer. In other words—anyone can answer the icebreaker question with confidence. Examples are: What is your favorite strange food combination? If you could go anywhere in the world, where would you go? What do you think is the most important characteristic of a true friend?

### Quotable Quotes

“Never be afraid to trust  
an **unknown future** to  
a **KNOWN GOD.**”

---Corrie Ten Boom.



## Signaling Signs

Editor's Note and Study to Show Thyself Approved



It pays to heed a warning. Argentinean race driver Juan Manuel Fangio discovered that after the opening lap of the 1950 Monaco Grand Prix. As he approached a dangerous bend for the second time, Fangio noticed a sign that something was wrong. The faces of the spectators, which he usually saw as a whitish blur as he drove by, were all turned away from him. *"If they are not looking at me,"* Fangio thought, *"they must be looking at something more interesting around the corner."* So he braked hard and carefully rounded the bend, where he saw that his split second assessment had been accurate. The road was blocked by a massive pileup.

Today, although the world sometimes seems a blur, it is actually reverberating with "signs" that something is wrong. Matthew 24 is playing out before our very eyes.

- ✓ There seems to be a plague of deceit. False prophets and false Christs also abound. (Matt. 24:4,5,11,23-26)
- ✓ There are wars and rumors of wars, kingdoms against kingdom, even rumblings of states (like Texas) seceding. (Matt. 24:6,7)
- ✓ There are famines, even in previously prosperous places. (Matt. 24:7)
- ✓ There is pestilence, now believed to be on a global scale. (Matt. 24:7)
- ✓ There are earthquakes adding to the devastation. (Matt. 24:7)
- ✓ The love of many is waxing cold. Many are offended even where there is no offense. Hatred and betrayal teem on every side. (vs. 10,12)
- ✓ Iniquity abounds. Abortion (murder) now tops the world's leading causes of death.<sup>1</sup>
- ✓ Christians, believers of truth, and those who think for themselves are being blocked, banned and persecuted and sometimes killed. (Matt. 24:9) Even *"Pope Francis has warned against the 'virus of radical individualism'."*<sup>2</sup>
- ✓ With the "Lady Gaga's" of the world, who like the profligate Goddess of Reason in the French Revolution are being exalted to places of respect in the political world,<sup>3</sup> along with their vulgar perversions, it is a woeful time to raise children. (Matt. 24:19)
- ✓ Troubles (seditions/riots) and perplexity continue to grow. (Mark 13:8; Luke 21:25) *"At the same time anarchy is seeking to sweep away all law, not only divine, but human. The centralizing of wealth and power; the vast combinations for the enriching of the few at the expense of the many; the combinations of the poorer classes for the defense of their interests and claims; the spirit of unrest, of riot and bloodshed; the world-wide dissemination of the same teachings that led to the French Revolution—all are tending to involve the whole world in a struggle similar to that which convulsed France."*<sup>4</sup>



✓ Although the gospel has gone to the nations of the world in the distant past (Col. 1:23)—it is my belief that this sign will be repeated with the additional light/warnings of the 3 Angels (Rev. 14:6-12, 18:1-5) and *"then shall the end come."* (Matt. 24:14) No one can know how soon it will be that all will have heard the gospel and the end will come. For example, I recently heard that the CIA found that if something "goes viral" on the internet, it can do in one week what it used to take 20 years to accomplish. Yet, I believe, even this will pale in comparison to when Divine power is combined with human missionary effort, spreading the truth like fire in the stubble. This sign could be completed in a VERY short time.

- ✓ Even the days are being shortened.<sup>5</sup> (Matt. 24:22)
- ✓ Abominations besiege the temple of truth on every hand. (Matt. 24:15)
- ✓ Nevertheless, people continue their daily routines-- eating, drinking, buying, selling, planting, building, marrying and giving in marriage-- with no thought of God, the judgment, and the end of the world. (Matt. 24:37-39, Luke 17:28-30)

Yet, Jesus told us to watch for when we see **all** the signs, *"Now learn a parable of the fig tree; When his branch is yet tender, and putteth forth leaves, ye know that summer is nigh: So likewise ye, when ye shall see ALL these things, know that it is near, even at the doors."* Matt. 24:32,33 Luke 21:28 reiterates and encourages, *"And when these things BEGIN to come to pass, then look up, and lift up your heads; for your redemption draweth nigh."* The signal signs are certainly **ALL** more than **beginning** to come to pass. *"Watch therefore: for ye know not what hour your Lord doth come."* Matt. 24:42

1--"Over 42 million abortions occurred in 2020, far surpassing the totals of people who perished as a result of the world's leading causes of death....By comparison, communicable diseases killed more than 13 million people worldwide in 2020. ... while nearly 5.1 million people and 2.5 million people succumbed to death as a result of smoking and alcohol, respectively. According to Johns Hopkins University, more than 1.8 million people worldwide died of coronavirus in 2020." <https://www.christianpost.com/news/m-babies-aborted-in-2020-surpassing-leading-causes-of-death.html> 2- <https://www.thetablet.co.uk/news/13698/pope-warns-against-virus-of-radical-individualism> 3-- Lady Gaga was escorted by a marine to sing the National Anthem for the Biden inauguration *"Lady Gaga is one of the most followed celebrities on social media... As a music artist and performer, she is known for her raunchy [vulgar and often sexually explicit] style and promotion of sexual perversion."* <https://www.churchpop.com/2016/05/10/lady-gaga-thanks-priest-beautiful-homily-eucharist-facebook/> 4-- Education, page 228.2 5- "Scientists around the world have noted that the Earth has been spinning on its axis faster lately—the fastest ever recorded." <https://phys.org/news/2021-01-earth-faster.html>  
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## Prophetic News Notes— Abomi-NATION

The Scriptures, in Revelation 13:11, warn of a power represented as a *“beast coming up out of the earth”* that has *“two horns like a lamb”* yet speaks *“as a dragon.”* This is a representation of a professedly Christian nation speaking like *“the dragon, that old serpent, which is the Devil, and Satan.”* (Revelation 20:2)

One way that Satan, and ultimately also his followers, speak is characterized in Isaiah 14:12-14 where God says, *“How art thou fallen from heaven, O Lucifer, son of the morning! how art thou cut down to the ground, which didst weaken the nations! For thou hast said in thine heart, I will ascend into heaven, **I will exalt my throne above the stars of God;** I will sit also upon the mount of the congregation, in the sides of the north. I will ascend above the heights of the clouds; **I will be like the most High.**”*



Sadly, we can see Satan trying to be like the most High God (Jehovah) in the words of the opening prayer of the 117<sup>th</sup> Congress in America.

The opening prayer which was given Sunday, January 3, 2021 by Representative Emanuel Cleaver (D-MO), an ordained United Methodist pastor, was an abomination and blasphemy. This was no old-fashioned Protestant prayer *“in Jesus’ name”* (John 14:13,14) as you might expect. Instead, Representative Cleaver ended the prayer (which he was obviously reading) with *“...We ask it in the name of the monotheistic God and Brahma and god known by many names by many different faiths. Amen, and awoman.”*<sup>3</sup>

Now, it is not just my opinion that this prayer is an abomination. God says so. Proverbs 28:9 reveals that *“He that turneth away his ear from hearing the law, even his prayer shall be abomination.”* The first and second commandment make clear that to be 99% Christian and 1% pagan is not acceptable to Jehovah God. *He is “a jealous God”.*

Claiming to worship Jehovah while worshipping Brahma [a Hindu god] or Allah [a monotheistic god, who has no Son] or other pagan gods is not acceptable. Exodus 34:14 reiterates, *“For thou shalt worship no other god: for the LORD, whose name is Jealous, is a jealous God:”* In Exodus 23:13, God makes clear His thoughts on mentioning the names of false gods with any level of respect. *“In all things that I have said unto you be circumspect: and make no mention of the name of other gods, neither let it be heard out of thy mouth.”*

Furthermore, although it is true that Amen means something like “so be it”, in Revelation 3:14, Jesus is called *“the Amen”*, so who is *“Amen, and awoman?”* Whether intended or not, this is sun worship. *“By whatever name or under whatever form the sun was worshiped, there was always a female divinity associated with it. Sometimes this female was the moon, sometimes the earth, sometimes the atmosphere, and at other times simply the female principle in nature. In other forms it was the idea of a male and female blended in one, as in the case of Baalim... With Osiris was associated Isis; with Baal, Ashtaroth or Astarte; with Bel, Mylitta...[etc.] Sometimes they were worshiped in the images of the male and female human figure...”*<sup>4</sup>

2 Kings 23:5 reveals that incense was often burnt to the sun god. The Bible likens prayer to incense. *“Let my prayer be set forth before thee as incense...”* Psalm 141:2 Consider this when God warns, *“And I will utter my judgments against them touching all their wickedness, who have forsaken me, and have burned incense unto other gods, and worshipped the works of their own hands.”* Jeremiah 1:16 In this one prayer we have seen just a little picture of apostate Protestantism embracing paganism and speaking blasphemous words like the beast of Revelation 13. Times may have changed, but God has not. Indeed, you will find out *“that which is highly esteemed among men is abomination in the sight of God.”* Luke 16:15 Could America be wearing out the divine patience?

*“Thus saith the LORD, Behold, I will bring evil upon this place, and upon the inhabitants thereof, even all the curses that are written in the book ... Because they have forsaken me, and have burned incense unto other gods, that they might provoke me to anger with all the works of their hands; therefore my wrath shall be poured out upon this place, and shall not be quenched.”* 2 Chronicles 34:24,25 The curses may be found in Leviticus 26 and Deuteronomy 28. And God’s people must echo, *“Please read the twenty-sixth chapter of Leviticus. This chapter is written for our admonition, upon whom the ends of the world are come.”*<sup>5</sup>

. With unerring accuracy, God still keeps account with the nations. God allows a period of probation; but it will be found a terrible thing to have worn out divine patience by national apostasy. The cup of iniquity in the USA and the world will soon be full. When divine patience is exhausted, the judgments of God are sure to follow. For although *“the LORD is slow to anger, and great in power”* He *“will not at all acquit the wicked...Who can stand before his indignation? and who can abide in the fierceness of his anger?”* Nahum 1:3a, 6a

For this and many other follies, God's Holy Spirit and His protection will soon be removed from this nation. How important it is then that we should make sure God knows He is welcome in our individual hearts. Repent, turn from abominations, and choose instead to follow the One-way path to heaven. For *"Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me. John 14:6*

- 1- Secret Teachings of all the Ages by Manley P. Hall, PDF pg. 584 2 -Screenshot-- <https://www.independent.co.uk/news/world/americas/us-politics/congress-prayer-cleaver-amen-awoman-b1781843.html> 3-- <https://chaplain.house.gov/archive/index.html?id=3203>  
4-- The Empires of the Bible, A.T. Jones, pg. 43 5—EW Unpublished {Lt34-1899}



## Wellness with Water

**DISCLAIMER:** The use or misuse of any information contained herein is at the sole risk and discretion of the user.

I am fascinated by this statement from a 19<sup>th</sup> century health reformer, *"We use water in the place of drugs."*<sup>1a</sup> As around the world, people lose jobs, and struggle to make ends meet, it would be well to consider just how many expensive pharmaceuticals could be replaced with simple, accessible, and inexpensive water. While water is only one of God's eight natural remedies, it has proven to be amazingly effective, even in some extreme cases of sickness. Here are a few conditions we have seen water work for.

**High Blood Pressure**—*"Julian Whitaker, M.D....says, 'Volumes of scientific research show that dietary changes can eliminate high blood pressure in most patients...Drink 15 glasses of water a day. Almost all blood pressure medications mimic the effect of increased water intake.' They usually do that by thinning the blood. Drink water and it will do it naturally."*<sup>1b</sup> The wonderful thing is water will raise your blood pressure if it is too low and lower it if it is too high.

**Boosting the Immune System**—Contrast showers are great for boosting the immune system! Just rotate 1 minute hot, 30 seconds cold. Repeat several times. Hot and cold compresses for the chest are good for chest congestion. There is even a doctor of physiology that has put together a hydrotherapy protocol (beginning with contrast showers) for COVID-19 here <https://www.hydro4covid.com/>.

In addition, here are a couple of water remedies from the past I have run across that I believe are worth remembering.

**Paralytic Poliomyelitis** – *"Elizabeth Kenny, or Sister Kenny, as nurses were called in Australia, came to the United States in 1940. Her methods of hot-pack applications [a moist piece of wool cloth], stretching, and muscle massage were unconventional and controversial, but eventually became part of standard care for polio."*<sup>2</sup>



Sister Kenny (right) applying hot packs, 1943

*"Kenny was an Australian nurse who as early as 1910 had reported treating polio cases in the bush back 'to normalcy.'"*<sup>3</sup>

*"Clinics using her treatment [called Kenny packs] sprang up throughout the United States, and she was showered with degrees and approval.... She claimed that over 85 percent of her more than 7,000 patients at Minneapolis recovered as against 13 percent treated in the more conservative manner..."*<sup>4</sup>

Here her first cases are described. *"In her autobiography Kenny wrote that she sought Dr. McDonnell's opinion. He wired back, '...treat them according to the symptoms as they present themselves'. Sensing that their muscles were tight, she did what mothers*

*around the world did: applied hot compresses made from woollen blankets to their legs. Kenny wrote that a little girl woke up very much relieved and said, 'Please, I want them rags that well my legs'. Several children recovered with no serious after effects."*<sup>5</sup>

Several years ago, I received a second-hand testimonial of someone who recovered from polio when nurses worked on him with this or a similar method. In addition, a 1964 Manual of Hydrotherapy and Massage we have in our library suggests that similar methods utilizing moist heat and massage were used for polio in sanitariums and hospitals from Florida to Loma Linda, California.<sup>6</sup>

**Accident**—*"A lady was passing by—one of our highest teachers in Battle Creek, and it was icy and she didn't know how to drive and neither did her husband, and the sleigh slipped and jerked the lines right out of their hands. 'Jump, jump,' said the husband, and she jumped and was caught right on the side of the sleigh and struck her head on the ice and **the blood poured out of her ears and nose and eyes and they thought it would be impossible to save her,** but we gathered her up and took her into the house. We said we will take care of her but it is a question of how long she can live. There must be no noise around anywhere. It may be possible we can save her life. The doctor was sent for and when he said, 'What are you doing?' We said, giving her a hot foot bath right under the bed clothes.*

*Well, he said, you know better than I, and he turned on his heel and walked off and that was the last we saw of the doctor. Well, we kept her for four weeks and we had all the roosters removed from the neighborhood and every bit of noise excluded. And we*

*succeeded in saving her life. Five years later in passing a woman who looked like this same teacher, when she saw me she grasped me in her arms and said, "You saved my life and the life of this child, the only child I have, and I feel so grateful...."*<sup>7</sup>

God's special blessing is upon water remedies for He promises *"And ye shall serve the LORD your God, and **he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee.**"* Exodus 23:25

For tutorials and more on water remedies visit our website at <http://www.swiftrunnerministries.com/video-tutorials.php>

1a-- {AUCR, July 28, 1899 par. 16} 1b-- (Natural Remedies Encyclopedia, 6th edition, pg. 430) 2-- <https://amhistory.si.edu/polio/howpolio/medworld2.htm>  
3-- <http://www.polioplace.org/people/sister-elizabeth-kenny> 4-- <https://biography.yourdictionary.com/elizabeth-kenny> 5-- [https://en.wikipedia.org/wiki/Elizabeth\\_Kenny](https://en.wikipedia.org/wiki/Elizabeth_Kenny) from Cohn, V.  
(1975) *Sister Kenny: The woman who challenged the doctors.* 6-- *Manual of Hydrotherapy and Massage*, pg. 84, 85, 135 7--EW Unpublished {Ms79a-1910}



## The King and the Hermit

The story is told of a king who did everything he could to make his kingdom the very best.

The people admired and loved him for his openness, honesty and justice. Every day at lunch time he would always go for a ride on his beautiful white stallion. He would ride all over his kingdom and become better acquainted with the people he ruled over.

One day on his journey he saw a hermit. This hermit lived all alone in a broken down, old house. The hermit was quite shocked to see the king visiting out where he lived and just stood before the king without saying a word.

The good king looked down and smiled at the hermit. The king said, "Hello, hermit, it sure is a nice day. I've been riding for some time now and I am quite thirsty. Do you know where I can find some water?" The hermit just stood there and didn't say anything. After some time the king smiled at the hermit and wished him a good day and left.

As the king left the hermit started to think to himself. "Whoa, today I saw the king! The king came and visited me. What if he comes back again? He would probably like some water. I need to fix my well, draw out some cool, fresh water and wash my cups." The hermit went to work right away because he did not know for sure when the king was coming back. When he was done, he was pleased with himself and watched every day for the king.

Soon the king came and the hermit was ready. The king arrived, riding on his beautiful white stallion and greeted the hermit. The king said he was thirsty and the hermit quickly ran into his house and brought out a clean cup with some cold water in it and gave it to the king. The king thanked the hermit and said, "Hermit, I have been riding for a while now and I am hungry. Do you know where I can get some food?"

The hermit wasn't ready for that question, so he stood quiet before the king. The king thanked the hermit for the water and went on his way. As he left, the hermit thought, "What if the king comes back again? I need to prepare him some food." The hermit looked at his garden. Then he looked at his house. He thought, "I must weed my garden, make some stew, clean up my kitchen, dining room, dishes and eating utensils." This took some time and a lot of hard work but the hermit didn't care because he was going to see the king and feed him.



When everything was ready the hermit was pleased with himself. Soon the king arrived and greeted the hermit. The king mentioned what a beautiful day it was and how he enjoyed his ride. Then he said he was thirsty and the hermit ran quickly inside his house. He brought out a clean cup filled with cold water. The king thanked the hermit and said it had been a long ride and he was hungry. The hermit invited the king inside his house. The hermit's living room and dining room were clean. On the wood stove there was a kettle with stew inside and on the table were clean bowls and spoons.

After a wonderful meal the king stretched and yawned and said, "Thank you for the delicious meal. I'm tired; do you know where I can rest?" The hermit wasn't ready for that question and was silent. Once again the king thanked him for his hospitality and left. Deep in his heart, the hermit knew the king would come back and he wanted to have a place for the king to rest.

To do this would mean he would have to clean the bedrooms and put clean bedding on his beds. He went to work and soon his bedrooms were nice and clean. The hermit was pleased with himself; after all, since he met the king he had fixed his well, cleaned his



cups, weeded and tended his garden, cleaned his kitchen and dining room, his bowls and eating utensils, and now the bedrooms. For the first time in his life, he was really happy and looked forward to another visit from his friend, the king.

Once again the king came to see the hermit. The king was thirsty and the hermit quickly brought him some water. The king was hungry and the hermit invited him in for some fresh stew. The king was tired so the hermit took him to his guest room and allowed the king to rest.

The king and the hermit enjoyed many visits together and inside the city where the king came from the hermit was not known as the hermit, rather he was known as a friend of the king.

Today, our heavenly King 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."* Revelation 3:20 Is your life in order? Are you ready to meet the King? Is He your friend?

## Kids' Corner

## God's Amazing Creatures

Echidnas are sometimes known as spiny anteaters, but they are not closely related to the true anteaters of the Americas. They are one of the only egg-laying mammals. Their diet consists of ants, termites, worms and insect larvae. Echidnas live in Australia and New Guinea. They do not tolerate extreme temperatures; they use caves and rock crevices to shelter from harsh weather conditions. Despite their appearance, echidnas are capable swimmers, and when swimming, they expose their snout and some of their spines. Aren't you thankful that God created so many animals for us to enjoy, including this cute little echidna?



<p>Patience worked until her room was very clean. She wanted to be ready for God's special 7<sup>th</sup>-day Sabbath. On Sabbath, Patience was dressed and ready to go to Sabbath School in record time. She made Jesus happy.</p>	<p>Passion was lazy. She didn't clean her room. She wasn't ready for God's special 7<sup>th</sup>-day Sabbath. On Sabbath morning, Passion couldn't find her shoes to wear to Sabbath School. It made her cranky. She made Jesus very sad.</p>

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