



Forgive Them

When the first missionaries came to Alberta, Canada, they were savagely opposed by a young chief of the Cree Indians named Maskepetoon. But he responded to the gospel and accepted Christ. Shortly afterward, a member of the Blackfoot tribe killed his father. Maskepetoon rode into the village where the murderer lived and demanded that he be brought before him. Confronting the guilty man, he said, "You killed my father, so now you must be my father. You shall ride my best horse and wear my best clothes." In utter amazement and remorse his enemy exclaimed, "My son, now you have killed me!" He meant, of course, that the hate in his own heart had been completely erased by the forgiveness and kindness of the Indian chief.

Sneaky Bars

1 cup each kind of nuts- cashews, brazil nuts, almonds, pumpkin seeds (You may create your own combination)

1 cup peanut butter

1 cup honey

¾ to 1 cup carob powder (I like the roasted variety)

Chop nuts into chip sizes, and add peanut butter and honey. Add carob powder until stiff and "half the bowl" sticks to the spoon.

Spread onto a freezable pan lined with saran wrap. Use a wet spatula to smooth the top. Freeze. When ready to eat, pull saran wrap out so you can cut the bars into squares on a cutting board. Here's the link for a demo for these bars from one of our little runners.

www.swiftrunnerministries.com/little-runners-cooking-corner.php



PROFITABLE TRADITIONS

Cultivate forgiveness -We call this time of year Seasons of Jubilee (referring back to the Jubilee in the OT, when in the "fiftieth year" things went back to the original, including the freeing of slaves, **Lev. 25:10**). We focus on loving our enemies and each of us is to do something special for someone outside our family who had been mean or unkind to us. Reinforcing the principle in **Prov. 25:21, 22** "If thine enemy be hungry, give him bread to eat; and if he be thirsty, give him water to drink: For thou shalt heap coals of fire upon his head, and the LORD shall reward thee." The results through the years have been amazing! We also have a daisy vespers, singing songs of forgiveness and family, and expressing our sentiments and giving a paper daisy to persons in our household we have appreciated throughout the year. An extra special treat is reading stories on the subject of forgiveness.

Quotable Quotes



"The best way to destroy an enemy is to make him a friend."

"To sin by silence when they should protest makes cowards of men."

"Be sure you put your feet in the right place, then stand firm." — Abraham Lincoln

ARE YOU A GOOD SOLDIER?



During the Civil War, William Scott was in Company K of the Third Vermont Regiment in the Union Army. He was only 18 years old. One night he volunteered to go on guard duty in the place of a sick comrade. Unfortunately, the next day his own turn came to be on guard duty that night. The next morning a relief guard found him asleep at his post. He was court-martialed, found guilty, and condemned to be shot within 24 hours. His comrades felt terrible. His captain said it was his fault, that he should have known better than to let a soldier do all-night guard duty two nights in a row. They knew there was only one who could help—Abraham Lincoln, and to Lincoln they went. The captain told the story. Lincoln understood. His heart was moved with mercy. As he thought of all the possible complications, he said “I’ll have to do it myself, and I’ll have to do it today.”



The story is told of how he went down to the camp and had a long talk with William Scott. He finally said, “William, you are not going to be shot. I am going to send you back to your regiment. But how are you going to pay my bill?” The lad hardly knew what to answer. Then putting his hand on William’s shoulder, the president said, “William, if from this day you will do your duty, so that if you suddenly came to the time to die, you could look me in the face and say, ‘I have kept my promise; I have done my duty as a soldier,’ then my bill will be paid.”

We too, have all been found sleeping at our post as watchman on the walls of Zion. We are condemned to death and our only hope is in Jesus and his mercy and forgiveness. Are we soldiers worthy of the name of Christian? Paul wrote to Timothy telling him the characteristics of a good soldier, *“Thou therefore endure hardness, as a good soldier of Jesus Christ. No man that warreth entangleth himself with the affairs of this life; that he may*

please him who hath chosen him to be a soldier.” 2 Tim. 2:3,4

If you worked for your employer as you work for God, how long would you keep your job?

We are to focus on our duty as a soldier. We are to keep ourselves separate from the practices of this world. This is the duty that God himself calls us to. *“Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with*

darkness? ... Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you, And will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty”. 2 Cor. 6:14, 17-18

The Bible also tells us that as watchmen, we have another duty to our comrades who may be “sin-sick”. We are to warn them from the error of their ways. *“Son of man, I have made thee a watchman unto the house of Israel: therefore hear the word at my mouth, and give them warning from me. When I say unto the wicked, Thou shalt surely die; and thou givest him not warning, nor speakest to warn the wicked from his wicked way, to save his life; the same wicked man shall die in his iniquity; but his blood will I require at thine hand. Yet if thou warn the wicked, and he turn not from his wickedness, nor from his wicked way, he shall die in his iniquity; but thou hast delivered thy soul.” Ezekiel 3:17-19*

If you worked for your employer as you work for God, how long would you keep your job? As you were dying could you say, *“I have fought a good fight, I have finished my course, I have kept the faith: Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love his appearing.” 2 Timothy 4:7,8* Are you a worthy soldier?



THE CHOCOLATE DRUG STORE

Renowned botanist Carolus Linnaeus named the chocolate tree as Theobroma which in English literally means “food of the gods’.” And during the travels of Spanish explorer, Hernando Cortez, the Aztec natives offered him some ‘chocolat’ and informed him that the beans from the drink were derived from heaven and every sip of ‘chocolat’ infused wisdom and knowledge among the people. But if it is really a blessing from heaven, why is it often called Devil’s food?

“Chocolate isn’t really A DRUG, it’s the whole drugstore sort of wrapped up all in one.” This statement in a speech by Neil Barnard, M.D., should make us wonder if this is a food we should be eating. As its scientific name hints, besides containing caffeine, chocolate contains a compound we know as theobromine, another stimulant causing a “high” followed by depression. Dr. Barnard adds that it also contains phenylethylamine, an amphetamine-like compound.

“Researchers checked whether any of the fats (which are plentiful) in chocolate mimic the chemical structure of psychoactive drugs. As it turns out, chocolate contains compounds similar to those in marijuana.”

You’ll Rust Out Before You Wear Out, Royce K. Bailey, M.D., pg. 19.

“From the Johns Hopkins Departments of Psychiatry and Behavioral Sciences comes the report that caffeine produces many behavioral effects similar to those of cocaine and amphetamines. Caffeine increased cocaine-seeking behavior measurably. This infers that caffeine can be a gateway to stronger drugs. Unfortunately, caffeine is the most common drug habit in the United States.” **(The Journal of Health and Healing, pg. 10)**

“Chocolate isn’t really A DRUG, it’s the whole drugstore sort of wrapped up all in one.”

We also find that besides mental effects, chocolate has other negative effects. Due to the fact that fermentation is essential to develop the chocolate

flavor, workers cut the bean pods from the cacao tree and pile them in the yard to ferment for three to eight days. During this process it attracts insects, rodents, and dogs. One lady in Borneo reports that “mangy dogs urinate all over them.” This may be the reason for many of the allergies to chocolate. Even the US Dept. of Health, Education and Welfare, acknowledges chocolate’s contamination from “insects, rodents, and other natural contaminants”. Possibly even more worrisome, is the fact that chocolate appears to contribute to cancer. Methylxanthines, included in chocolate as caffeine and theobromine are linked to increased cell growth in certain glandular tissues-especially the breast and prostate. In fact, women are advised to discontinue the use of coffee, teas, colas, chocolates and all other forms of methylxanthines as a breast cancer control measure.



<http://www.ncbi.nlm.nih.gov/pubmed/8280834>, <http://www.ucheepines.org/chocolate-vs-carob>

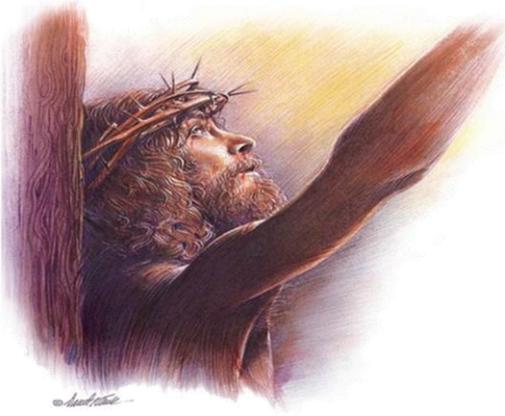
Fortunately, God has not left us without something better. The Carob tree produces a long pod which, when ground into powder makes a wonderful replacement for chocolate. It contains no caffeine or methylxanthines. It is also high in pectin, useful in treating diarrhea, and recent studies indicate it may be helpful in lowering your cholesterol level. It nourishes the body, and is a high source of potassium, calcium and magnesium. “Bless the LORD, O my soul...Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle’s”. **Psalm 103:1a, 5**

LITTLE RUNNER HEALTH TIP

Peekaboo, my playful puppy, knows carob is better for her than chocolate. It’s better for you too!



Father Forgive Them



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“How many times must I forgive?” Peter asked the Savior of men;

“I think that seven times should suffice, (that is quite plenty of sin).”

But Jesus answered, “Seventy times seven, Let forgiveness here begin.

It matters not what happened before; forgive, and forgive again.”

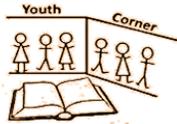
I looked to the Savior for the answer that haunts the heart of man.

“Must I forgive the man who did that? I’m not sure that I can.”

But with Christ’s story the power comes to forgive the worst of sin

For He spread his arms on Calvary’s cross, and said “Father, forgive them.”

—S. Roberts 2014



“I’LL PAY YOUR FINE”

For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord. Romans 6:23

Some people believe that Christ did away with the law at the cross, but Jesus said that he came to fulfil the law, not to destroy it. (*Matt. 5:17, 18*) An old story of two brothers illustrates what really happened, when Jesus died on the cross to pay the price for transgressors.

The older brother was a judge, and the younger was brought to court as a criminal, a transgressor. The evidence very clearly proved that the brother was guilty, and everyone wondered if the judge would do his duty in such a case. The judge looked at his younger brother very sternly and pronounced him guilty. Then to the surprise of everyone he declared that his brother would have to pay the maximum fine.

But immediately after he had imposed such a great fine, he left the bench, threw his arms around his brother, and said to him. “I had to do it because you are guilty. I know you cannot pay the fine, but I will pay it for you.”

That is just what Jesus did; He paid the fine for sinful humanity. He did not say we could sin without a punishment, but for those that repent and turn from their sin, he took the punishment for us. Will you turn away from your sin today, so that the blood of Christ can cover you?



Kid's Corner

God's Incredible Creatures



Image cc. Carl Malamud

A glass frog is a “see-through” or transparent frog. Because they are small, glass frogs are easily caught by their enemies. The main enemies of glass frogs are snakes, mammals and large birds. The body of a glass frog is usually bright green or olive green in color. It can be covered with black, white, blue or green spots. The belly of a glass frog is covered with translucent skin so that you can see inside the frog and see some of its organs. Unlike the glass frog,

people can't see inside of us. But Jesus can see inside of us. He knows whether or not our heart and mind are clean. Ask Jesus today to help you keep your heart and mind clean.

Bible Memory Verse

Ephesians 4:32

And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.



Christian's little brother broke his favorite toy car. His brother said "I'm sorry". Christian forgave him and the boys had fun playing together all day.



Carnal's little brother broke his special toy boat. His brother said "I'm sorry". But Carnal just pouted and splashed water all over him. Carnal was unhappy all day.

STUDY TO SHOW THYSELF APPROVED



1. In the Lord's Prayer, that Jesus taught his disciples to pray, the concept of forgiveness is laid out simply. **Matt. 6:12** "And forgive us our debts, _____ our debtors."

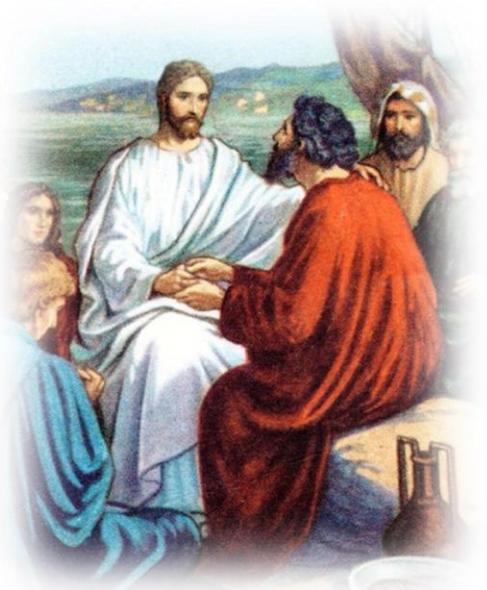
2. The rabbis limited the exercise of forgiveness to three offenses. Peter, thinking to extend the number, had come to Christ with the question, "How oft shall my brother sin against me, and I forgive him? till seven times?" Christ taught that we are never to become weary of forgiving. **Matt. 18:22** "Jesus saith unto him, I say not unto thee, Until seven times: but, Until _____."

3. Jesus again states, "Take heed to yourselves: If thy brother trespass against thee, rebuke him; and if he repent, forgive him. And if he trespass against thee seven times in a day, and seven times in a day turn again to thee, saying, I repent; _____." **Luke 17:3,4**

4. The real test comes when people don't seem to deserve forgiveness. **Matt. 5:44** "But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and _____ for them which despitefully use you, and persecute you;"

We must pray that we will develop the character of Christ and forgive even our enemies even as Christ did while he was hanging on the cross (**Luke 23:34**).

5. We must ever keep in mind that the way in which we forgive others is closely connected with how God will forgive us. **Matt. 6:14, 15** "For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father _____."



Answers 1-as we forgive 2-seventy times seven 3-thou shalt forgive him 4-pray 5-forgive your trespasses

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