



Two little boys were playing together one afternoon. They had not been playing long when the larger boy took advantage of his weaker playmate. Georgie, the smaller one, too proud to complain, withdrew some distance and sat by himself, manfully winking back the ready tears. After a short time, the larger boy grew tired of his solitary play and called, "Say, Georgie, come back. I'm sorry." Georgie, warned by previous experience, did not respond to the invitation at once, "Yes," he replied cautiously, "But what kind of sorry? The kind so you won't do it again?" This reminds me of the scripture that says, *"My little children, let us not love in word, neither in tongue; but in deed and in truth" 1 John 3:18*

Profitable Traditions - - **Cultivate Bible Knowledge**

Need some simple, plain truth?

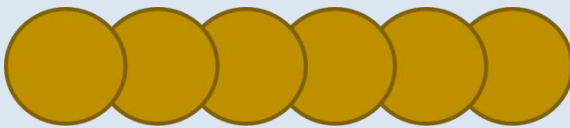
The eternal destiny of all mankind will one day be determined by what easy-to-read Bible text that, in the King James Version, forms a 19-word sentence composed of all one syllable words?
Answer below.

Bread Roses/Rose Rolls

"Give us this day our daily bread." Matthew 6:11

A little creativity can add variety to your favorite bread recipe.

Recently, I made bread roses with a portion of our regular bread dough. Here is how to make them. Pull off six large marble-sized balls of dough. Press them each into a circle shape. Then place them in an overlapping line, as pictured. Gently, but fairly snugly, roll the dough up from the right to the left.



Next cut the roll in half and place each half in an oiled muffin tin with the cut, flat side down and the flower side up. Allow to rise. Then bake until lightly browned and brush with oil. Happy baking!

If needed, you can find few bread recipes here. <https://www.swiftrunnerministries.com/recipes--breads-chips-crackers.php>



QUOTABLE QUOTES

***"What, then, must I do? Simple.
Start with God,
stay with God,
and finish with God."
—John Wesley***

Profitable Traditions - - **Cultivate Bible Knowledge**

Answer to -- Need some simple, plain truth?

The eternal destiny of all mankind will one day be determined by what Bible text that forms, in the King James Version, a 19-word sentence, composed of all one syllable words?

"He that hath the Son hath life; and he that hath not the Son of God hath not life." 1 John 5:12



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Or visit us at: www.biblepicturepathways.com or www.swiftrunnerministries.com



A Prevention Plan

Editor's Note & Study to Show Thyself Approved

A heavy rain had been falling as a man drove down a lonely road. As he rounded a curve, he saw an old farmer surveying the ruins of his barn. The driver stopped his car and asked what had happened.

"Roof fell in," said the farmer. "Leaked so long it finally just rotted through."

"Why in the world didn't you fix it before it got that bad?" asked the stranger.

"Well, sir," replied the farmer, "it just seemed I never did get around to it. When the weather was good, there weren't no need for it, and when it rained, it was too wet to work on!"

This story might seem funny, but its concept all too often plays out in society. We procrastinate about fixing things instead of practicing prevention. Indeed, it is said, *"an ounce (gram) of prevention is worth a pound (kilogram) of cure,"* meaning a small amount of effort today may save a large amount of effort later. For example, taking time to keep the family from falling apart will save a lot of time and heartache in the future.

Yet how often it is neglected.

As in the health world we need to get to the root cause of the disease, so in the spiritual world we must get to the root cause of the problems in families and churches. Proverbs 26:20 states that *"Where no wood is, there the fire goeth out..."* Those of us who live in a cold climate with wood heat know that it takes regular determined effort to keep the fire going or the whole house grows cold. This means each member of the family taking time for personal worship time with God and also the family taking time for worship each day with God. But sadly, having family worship is not common even among Christians.

The best family worship study I could find was among Adventists. A Global Membership Survey in 2023 found that, *"17.8% of members never had family worship; 7.6% less than once a month; 8.6%... 'once or a few times a month,' 8.8% said about once a week; 16.9% more than once a week; and 40.2% daily or more than once a day."*

Though the Adventists' 40% who have daily family worship might seem low, it is still significantly higher than the 5% among Christians in general. An article in the Influence Magazine (of the Pentecostal religion) states, *"Family worship is rare in Christian homes today. In the family conferences I do at churches, I regularly ask the attendees how many of them grew up in a home that practiced some sort of family worship or family devotions. The response is consistent: 10 to 15 percent of adult Christians in our churches today experienced family worship when they were growing up. In a scientific survey, George Barna found that 'fewer than one-twentieth of church households ever worship God outside of a church service or have any type of regular Bible study or devotional time together during a typical week.'"*² That means less than 5% of Christians have regular family worship time!

Christians definitely need to prioritize having family worship together. In Genesis 18:19, Abraham was commended by God for his diligence in this matter. *"For I know him, [said God,] that he will command his children and his household after him, and they shall keep the way of the LORD, to do justice and judgment; that the LORD may bring upon Abraham that which he hath spoken of him."*

Isaiah 38:19b also enjoins a time of religious instruction, saying, *"The father to the children shall make known thy truth."*

But let's make this practical. Some people who want to have family worship may wonder, "What should family worship look like? What do we do?" Here are four basic ideas that the Bible gives us with suggestions of ways to implement them.



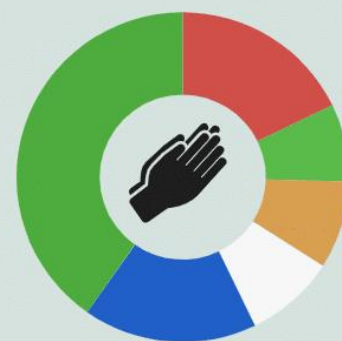
SING TOGETHER

Psalm 118:15 says, *"The voice of rejoicing [including singing] and salvation is in the tabernacles [tents/dwellings] of the righteous: the right hand of the LORD doeth valiantly."* Colossians 3:16 commands, *"Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord."* One wonderful thing about singing is it reaches a broad spectrum of ages from the very young to the very old. Even a newborn can appreciate being sung to. Here are a few ideas.

A Worship Box--In the [December 2017 Bible Banner](#)³, we described the wonderful idea of having a worship box (pictured) with things for little ones to hold while they sing songs about those items.³

How often do SDAs have family worship?

GCMS 2023



■ Never (17.82%)
 ■ Less than Once a Month (7.61%)
 ■ Once or a Few Times a Month (8.61%)
 ■ About Once a Week (8.81%)
 ■ More Than Once a Week (16.92%)
 ■ Daily or More Than Once a Day (40.24%)

Scripture Songs-- Psalm 119:54 says, *"Thy statutes have been my songs in the house of my pilgrimage."* Besides the use of hymns, scripture songs are a wonderful way that many youth appreciate to incorporate music into worship time. Currently, in our home, we sing scripture songs at morning worship and hymns in the evening. Making cards with words and pictures for songs can also make this more enjoyable for young children. I once had a three-year-old learn the words to "Look for the Waymarks" in this way. You can find this song and some other songs, free to download and print, on our [Sabbath School helps page](#).⁴

You never know when singing together may help keep the family's "barn roof" from caving in. Furtados School of Music states, *"Science now shows that singing in a group can offer even more powerful emotional, social, and physical benefits. In fact, group singing has been found to release higher levels of oxytocin, the hormone responsible for bonding, trust, and reducing stress..."*⁵ In other words, even at a physiological level, singing songs about Jesus at family worship helps to keep your family bonded together.



PRAY TOGETHER

Most of us have heard the saying that *"The family that prays together stays together."* Indeed, 2 Chronicles 7:14 promises, *"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land."* And Matthew 18:20 adds, *"For where two or three are gathered together in my name, there am I in the midst of them."* I need not give a long exposition about prayer, for what is most important is not fancy words or correct formula, but a sincere heart that is seeking God. But here are a few of ways we included our children in prayer.

Ask for prayer requests or thanksgivings to include. Keep track of answered prayers.

Have a sentence prayer where each person in the family adds a sentence and then squeezes the hand of the next person in the circle.

Echo Prayers-- Have young children learn to pray by repeating every few words after you. Example: Parent: "Dear Jesus," Child echos: "Dear Jesus" Parent: "Thank you for the food." Child echoes: "Thank you for the food." To avoid frustrating the child, remember to break up long sentences that are more than 5-7 words into shorter pieces.

Repeat the Lord's Prayer together in unison--This teaches Christ's model prayer which includes everything you might miss.

READ the BIBLE TOGETHER

According to 2 Timothy 3:15, Bible reading begins "from a child." The word child here can also be translated infant or even an unborn child so it includes very young children. It says, *"And that from a child thou hast known the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus."*

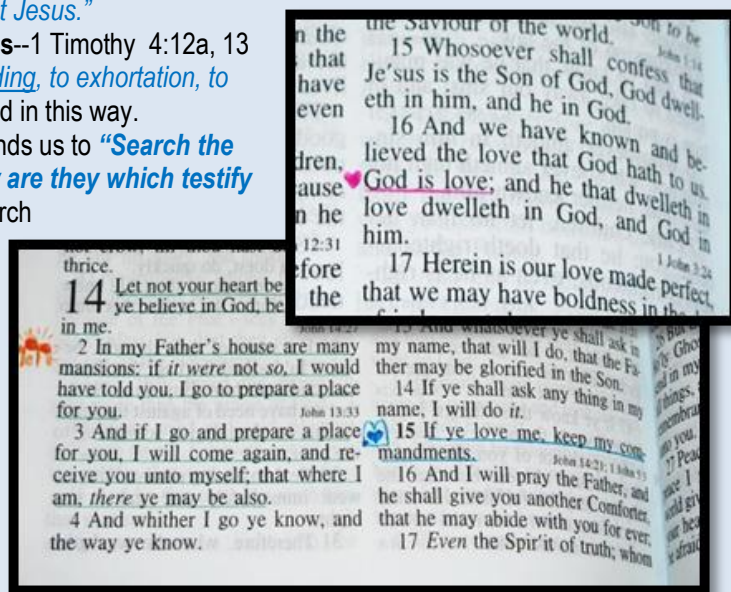
Encourage Participation by taking turns reading Bible verses--1 Timothy 4:12a, 13 says, *"Let no man despise thy youth.... give attendance to reading, to exhortation, to doctrine."* One of my daughters actually learned to read in this way.

Search for Hidden Treasure-- In John 5:39, the Bible commands us to *"Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of me."* Here is one of my favorite ways to teach children to search

for "Hidden Treasure" in the Bible. The idea originated when I was "fostering" two little girls who couldn't read (3 and 5 years old). I wanted to teach them to learn to love the Bible itself. I tried marking texts for them to point to. No success. I tried doing it in different colors, a little better, but still not as good of a response as I was looking for. Finally, in the margin beside the marked verses, I placed a small symbol telling what the verse was about. (Pictured to the right.) It was a winner! Now the girls loved looking for "hidden treasure" in their Bibles. Soon they learned which symbol went with which verse and loved to find verses to be read at worship time.

Study the Bible Together--The Bible tells us to *"Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth."* 2 Timothy 2:15 This may be done through **Topical Studies, Doctrinal Studies, Themed Studies (Example--The Armor of God), Prophecy Studies, etc.** We often let the kids pick which kind of study they preferred. We also taught them how to use a concordance so that they could find out what God says about different topics.

Bible Memorization-- Memorizing Bible texts also helps the family stay together for it is written, *"Thy word have I hid in mine heart, that I might not sin against thee."* Psalm 119:11 You can find some [memorization techniques on our website here](#).⁶



TIME for INSTRUCTION and DISCUSSION

In Deuteronomy 6:5-7, the Bible records the command to parents to take time to teach spiritual things to their children. This is part of loving God with all our heart. *"And thou shalt love the LORD thy God with all thine heart, and with all thy soul, and with all thy might. And these words, which I command thee this day, shall be in thine heart: And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up."* Here are a few ways to incorporate instruction and discussion into worship time.

Utilize Questions and Answers Exodus 13:14 says, *"And it shall be when thy son asketh thee in time to come, saying, What is this? that thou shalt say unto him, By strength of hand the LORD brought us out from Egypt, from the house of bondage:"* Let the kids come up with questions and then discuss answers from the Bible. Within the realm of what is appropriate, it is helpful to tailor your worship time to your children's learning styles.

Nature--Use nature to teach children about the Creator. Ecclesiastes 12:1 says, *"Remember now thy Creator in the days of thy youth.."* Example: Read the Parable of The Pearl of Great Price and study about pearls and how they form, etc.

Discuss Practical Life Applications-- Proverbs 20:11 tells us, *"Even a child is known by his doings, whether his work be pure, and whether it be right."* Example: How can we show from the Bible that we should not watch bad things on TV? Psalm 101:3, Romans 1:29-32

Character-building Stories-- *Pilgrim's Progress* and some of the character-building stories [here](#) make wonderful discussion starters.

Problem-based instruction (PBI)-- Because people remember it better, God sometimes uses problem-based learning. Psalm 119:71 says, *"It is good for me that I have been afflicted; that I might learn thy statutes."* When we get sick, we should search out the cause and determine which health law we, or occasionally others (as by second-hand smoke) have broken. Many youth enjoy problem-based learning. A worship example would be: Martin Luther had a problem with Rome's practices. Rome didn't like Luther's writings either. How were they different, and who matches the Bible, Rome or Luther?

Success in the family will translate out to success in the church. When we have family worship by combining singing, prayer, Bible reading, and discussions like this, it makes clear why Charles Spurgeon said, *"I believe that the bulwark of Protestantism against Popery is family worship."* Why not start having family worship today?

For more worship ideas visit us at <https://www.biblepicturepathways.com/family-worship-ideas.php>

- 1- Screenshot GCMS-- <https://www.adventistresearch.info/small-groups-and-family-worship/> 2- <https://influencemagazine.com/practice/family-worship--the-heart-of-the-christian-home>
3- <https://www.biblepicturepathways.com/resources/December%202017.pdf> 4- <https://www.biblepicturepathways.com/sabbath-school-helps.php>
5- <https://furladoschoolofmusic.com/blog/why-group-singing-release-oxytocin-more-than-solo-singing/> 6- <https://www.biblepicturepathways.com/Bible-Memorization-Tools.php>
7- <https://lightindarkness.site/character-building-stories/>



"The Grocery List Phenomenon"

"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well." Psalm 139:14 There are many ways that the body demonstrates the truth of this scripture: angiogenesis (growing bypasses around blockages), having plan A, B, and C, to keep us alive, your heart working basically non-stop, tiny cells as complex as cities, etc. But the one we'll talk about today is what I'll call the body's "Grocery List Phenomenon" which we'll call GLP for short.

I've never read a study on this concept, only experienced it repeatedly. The first encounter I remember with this GLP was years ago when our son had c-difficile (diarrhea) and craved carob. He craved it so much that it was out of the ordinary, and so I gave him some carob powder (probably mixed in rice milk or something). Later we found out that carob powder is indeed a good remedy for diarrhea. "Grocery List Phenomenon" is my name for the concept that, if you have eaten something healthy before, God programmed your body to request the substance when the body's "pantry" is running low. Of course, if you eat junk food, or crave something addictive and bad for you like alcohol, caffeine or vinegar that is a different story. Having said that, we met some folks who told us years before they had been on a salt-free diet. The only exception they made for salt was pickles. Some of them didn't even like pickles that well, but they began craving pickles. Later they learned that salt is essential to your body, and they believe they craved the pickles because their body needed salt. As a side-note here, too little salt in your diet can, by itself, cause low blood sodium or hyponatremia which may be demonstrated by altered mental states varying from hallucinations and panic attacks to a prolonged fixed blank stare.¹

Another time we experienced GLP and the body craving what it needed, we had a patient with PCOS. When we would make homemade butter, they ate it like it was going out of style, every time. Since we ate coconut oil and olive oil several other ways, I began wondering what was in the butter that they didn't eat anywhere else. Finally, we narrowed it down to lecithin. Later in researching we found one of the primary natural treatments for PCOS is myo-inositol, amazingly, found in high concentrations in lecithin. The body's Grocery List Phenomenon was right again!

(Continued on pg. 6)





Sunday Rest Proposal -- Prophetic News Notes

A January 8, 2025 Special Report from the Heritage Foundation entitled *"Saving America by Saving the Family..."* contains a section entitled, **"Support for a Uniform Day of Rest."** It states, *"As zoning laws allow a community to determine where one can operate certain businesses, 'blue laws' reflect the local judgments as to when one can operate certain businesses. In the case of McGowan v. Maryland (1961), the Supreme Court held by an eight-to-one vote that Sunday-closings laws that include the purpose of providing a uniform day of rest are constitutional and can accommodate the fact that the majority of people who take a day of rest for religious reasons do so on Sundays...Though greatly diminished, blue laws persist in some form in close to 28 states...By restoring a common rhythm of rest and reflection, community rest laws could help to reverse the trend toward 'spiritual homelessness' [hauntingly interesting wording] and foster the social habits necessary for communities to cohere and flourish."*¹

This updated rest-day proposal is void of the disclaimer given last year for people whose religions worship on other day. In July of 2025, we reported on Jonathan Berry and Project 2025,² citing that the Heritage Foundation said *"Congress should encourage communal rest by amending the Fair Labor Standards Act (FLSA) to require that workers be paid time and a half for hours worked on the Sabbath. That day would default to Sunday, except for employers with a sincere religious observance of a Sabbath at a different time (e.g., Friday sundown to Saturday sundown); the obligation would transfer to that period instead."*³

Some Seventh-day Sabbath keepers in the North American Division have apparently taken note of this "troubling" progression in the Heritage Foundation's Sunday Rest Proposal. Part of their response is as follows. *"Seventh-day Adventists believe all people have been created in God's image with the freedom to worship according to the dictates of their conscience. For more than 160 years, the Church has forcefully advocated against any form of Sunday law...This new proposal for a 'uniform day of rest' is irreconcilable with America's rich heritage of protecting the religious freedom of all its citizens, regardless of their religious beliefs or nonbelief. It represents a dangerous desire to use state power to advance religious objectives. Restricting commercial activities on Sunday also raises serious practical concerns for members of those faiths that do not worship on Sunday, including Seventh-day Adventists and Orthodox Jews."*

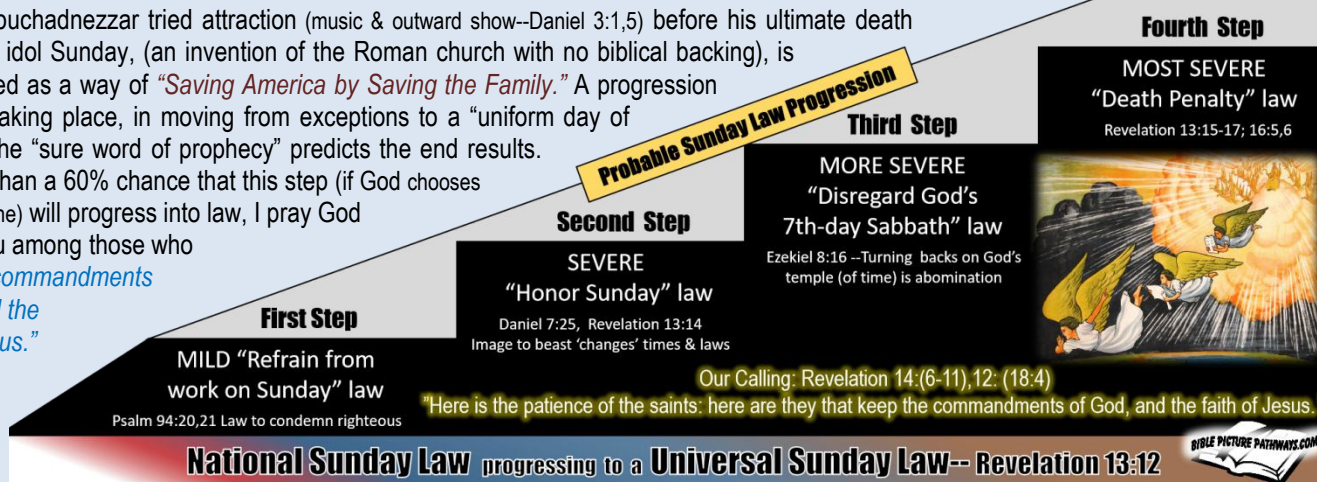


*"Sunday laws run counter to the First Amendment to the U.S. Constitution, which preserves religious freedom for all Americans by requiring the government to remain neutral between different religious faiths. Our church leaders in the North American Division and the union conferences will continue to uphold the banner of truth and religious liberty, firmly opposing this proposal and any similar measures."*⁴

Since here at Bible Picture Pathways, we are also seventh-day Sabbath keepers, we were interested to see how likely something proposed by the Heritage Foundation was to become law in the United States. According to U.S. Department of State, *"The Heritage Foundation is a non-profit public policy research institute...Heritage's mission is to formulate and promote conservative public policies...Heritage is the most broadly supported public policy research institute in the country."*⁵ An article from the Chicago-Sun Times was even more revealing. It stated, *"When former President Ronald Reagan took office in 1981, for example, the Heritage Foundation had a ready-made conservative agenda for the new administration. By the end of his first term, Reagan executed more than 60% of the think tank's policy recommendations. When Trump took office in 2016, Heritage was ready with friendly staffers and a handy policy agenda, called the Blueprint for Reorganization. By the end of Trump's first year in office, Heritage boasted that he 'had embraced 64% of our 321 recommendations'..."*⁶

Just as Nebuchadnezzar tried attraction (music & outward show—Daniel 3:1,5) before his ultimate death decree, the idol Sunday, (an invention of the Roman church with no biblical backing), is being exalted as a way of *"Saving America by Saving the Family."* A progression is already taking place, in moving from exceptions to a "uniform day of worship." The "sure word of prophecy" predicts the end results. With more than a 60% chance that this step (if God chooses not to intervene) will progress into law, I pray God will find you among those who

"keep the commandments of God and the faith of Jesus."
Revelation 14:12



1--pg. 38,39 <https://www.heritage.org/sites/default/files/2026-01/SR323.pdf>

2--<https://www.biblepicturepathways.com/resources/July%202025.pdf>

3--https://web.archive.org/web/20231116113522/https://thf-media.s3.amazonaws.com/project2025/2025_MandateForLeadership_FULL.pdf

4--<https://www.nadadventist.org/news/sunday-rest-proposal-raises-troubling-religious-liberty-concerns/>

5-- <https://2001-2009.state.gov/p/io/unesco/members/49774.html#:~:text=The%20Heritage%20Foundation%20is%20a,the%20Bureau%20of%20Public%20Affairs.>

6--<https://chicago.suntimes.com/other-views/2024/07/18/project-2025-heritage-foundations-history-conservative-advocacy-zachary-albert-the-conversation#>

Grocery List Phenomenon, continued

With GLP, sometimes your body may actually scream for what is missing in the pantry. This is called pain. Dr. Batmanghelidj states, *"Pain not caused by infection or injury means water shortage in the area of pain registered. Pain is a crisis call of the body for water that is needed."*¹² More than 90% of the time we have found this to be true, but occasionally magnesium or sleep are needed too.

The list could go on of things we've had somebody crave when they needed a nutrient or their body demonstrated its need of a certain nutrient. Skin problems often including bumps on the back of the upper arms may cause your body to ask for vitamin A via something like sweet potatoes. Low energy may result in your body craving kiwi, citrus fruit, or red bell pepper and God's form of Vitamin C (man-made forms may not work). If you eat a wide variety of healthy food, the body will learn to call for the nutrients it needs.

And if the body has a healthy grocery list, the wise will heed the body's Grocery List Phenomenon.

1-- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5534696/> 2--ABC of Asthma, Allergies, and Lupus by F. Batmanghelidj, M.D., pg. 17



Counting the Cost

"Then said Jesus unto his disciples, If any man will come after me, let him deny himself, and take up his cross, and follow me." Matthew 16:24

Are you concerned about the sacrifices you may be called upon to make in serving Christ?

Two young men were talking about this very thing. One of them said, *"I cannot tell you all that the Lord Jesus is to me, or what He has done for me.*

I do wish you would enlist in His army."

"I'm thinking about it," answered the other young man, "but it means giving up several things--in fact, I am counting the cost."

A Christian officer, just passing, heard the last remark, and laying his hand on the shoulder of the young soldier said, *"Young man, you talk of counting the cost of following Christ, but have you ever counted the cost of not following Him?"*



God's Amazing Creations

Exodus 15:27
MALP



"The righteous shall flourish like the palm tree: he shall grow like a cedar in Lebanon." Psalm 92:12

Using the Bible texts, can you unscramble the names of the Bible trees below?

Proverbs 27:18
GIF



Song of Solomon 2:3
EPLAP



Ezra 3:7
DRAEC



Jeremiah 1:11
MALDON



1 Kings 6:33
LIOVE



Joshua 24:26
KOA

