



The Bible Banner

January 2016



BE YE ALSO READY

Some years ago in Burnley in Lancashire, a woman told her husband, who had always kept aloof from things religious, about a man whom they both knew very well, and who had just died very suddenly. The man remarked, "What a terrible thing to be called away like that without any chance of getting ready!" And the woman could not help replying: "Without any chance of getting ready! Why, he has had fifty-four years of chances!"

What are you doing with your chance to get ready?

WINTER FRUIT SALAD

(Amounts of all ingredients are approximate as fruit sizes vary greatly.)



- 1 or 2 Apples, chunked
- 1 can pineapple, chunked with juice, or use fresh pineapple
- 2 or 3 oranges, carefully sectioned or mandarin oranges
- A handful of raisins or dried cranberries
- Shredded coconut or coconut chips, as desired
- Broken walnuts, optional

Put in oranges and pineapple with juice first; it will keep the apples from turning brown as fast. Then cut in apple chunks and add remaining ingredients. Stir gently.

PROFITABLE TRADITIONS

Cultivate Bible Knowledge -Play the "Bible Mystery Pattern" Game

Form at least 2 teams, ideally of at least 2 players. Each team decides on a Bible pattern to use (ex. books that start with J, books that end in S, New Testament books, poetic books, 4 gospels, etc.) The other team will try to figure out the mystery pattern. One team begins. Each person on the team quotes (ideally from memory, but you may use a Bible, if necessary) reference (name of book with chapter and verse) and then recites the verse. Then the person next to the first one, if on the same team, gives another Bible reference and recites that verse, following the same pattern. But if the person next to the first one is on another team, he recites a verse that he thinks will match the pattern. Someone on the first team then tells him whether or not he is correct. Continue in a circle until each person on the other teams has guessed the first team's Bible Mystery Pattern. Then the second team, using the same procedure and the pattern it has chosen, gives Bible references and recites verses until everyone on the other teams guesses that pattern. Then the third team takes its turn. etc.

Quotable Quotes

"We profess to be strangers and pilgrims, seeking after a country of our own, yet we settle down in the most un-stranger-like fashion, exactly as if we were quite at home and meant to stay as long as we could. I don't wonder apostolic miracles have died. Apostolic living certainly has."

Amy Carmichael





Desperate to be Blind?

Recently, I read a horrendous news caption -- **Woman Desperate to Be Blind had Drain Cleaner Poured in Eyes, Now Happier than Ever.** Unfortunately, this is not the first article I have seen of a person who purports to have a "Body Integrity Identity Disorder" (defined as a condition where able-bodied people believe they are meant to be disabled). Stories telling how people have actually followed out "the desires of their heart" and hurt or maimed themselves are becoming more and more common. As Christians, we certainly cannot condone behavior that desecrates the body temple. 1 Cor.3:16, 17 states plainly, *Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.* Sadly, the world today has become so confused that harming your own body is just considered "a disorder." This particular story told of a woman fulfilling her lifelong wish of becoming blind. The article states that *"In 2006, Shuping found a psychologist who was willing to help her become blind. The psychologist began putting numbing drops in her eyes, followed by a couple of drops of drain cleaner... It took about half a year for the damage to take effect."* <http://fox17online.com/2015/10/01/woman-desperate-to-be-blind-had-drain-cleaner-poured-in-eyes-now-happier-than-ever/>

To most people, purposefully blinding yourself is crazy. Yet, if we think a little bit deeper, there are many people today who desire to be spiritually blinded. They do not want to see the light of truth. They say things like "Don't tell me the truth on that subject, 'cause I don't want to be held accountable to God for it." Or "I haven't studied out that topic to see what God says, because if I knew then I would have to follow it." or "I haven't watched that presentation because I knew if I did I would be convinced that what I am doing was wrong." The god of this world has blinded their minds (2 Cor 4:4) *"lest the light of the glorious gospel of Christ... should shine unto them."* Yet the Biblical requirement is *"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) And Christ commanded us to *"Search the scriptures..."* (John 5:39)

A look into the history of the children of Israel, as God led them out of Egypt, defines God's position on this topic. *"A special signal was first given by the trumpeters to call the attention of the people; then all were to be attentive, and obey the certain sound of the trumpets. There was no confusion of sound in the voices of the trumpets, therefore there was no excuse for confusion in movements. The head officer of each company gave definite directions in regard to the*



"They had the same opportunities to obtain the knowledge imparted as others of the people had, therefore their sin of not knowing, not understanding, was as great in the sight of God as if they had heard and then transgressed."

movements they were required to make, and none who gave attention were left in ignorance of what they were to do. If any failed to comply with the requirements given by the Lord to Moses, and by Moses to the people, they were punished with death. It would be no excuse to plead that they knew not the nature of these requirements; for they would only prove themselves willingly ignorant, and would receive the just punishment for their transgression. If they did not know the will of God concerning them, it was their own fault. They had the same opportunities to obtain the knowledge imparted as others of the people had, therefore their sin of not knowing, not understanding, was as great in the sight of God as if they had heard and then transgressed." {Gospel Workers, 1892 Ed. pg 158 OR 1T651}

The Bible contrasts for us the actions of the wicked with the actions of God's true followers. 2 Chronicles 12:14 states, *"And he [Rehoboam] did evil, because he prepared not his heart to seek the LORD;"* while the Bible states of Ezra that he *"had prepared his heart to seek the law of the LORD, and to do it, and to teach in Israel statutes and judgments."* (Ezra 7:10) It is our duty as Christians to consider or seek how we can best glorify God in what we eat and drink, what we listen to and watch, what we wear and say---consider God's will in everything we do (1 Cor. 10:31). I like the way this writer put it. *"Those who have an opportunity to hear the truth, and yet take no pains to hear or understand it, thinking that if they do not hear, they will not be accountable, will be judged guilty before God the same as if they had heard and rejected. There will be no excuse for those who choose to go in error when they might understand what is truth. In His sufferings and death Jesus has made atonement for all sins of ignorance, but there is no provision made for willful blindness. . . ." (RH April 25, 1893)* May God help us to overcome willful blindness. Instead, determine today to learn of Jesus, our Pattern, and inquire at every step, *"Is this the way of the Lord?"*



JUST A DRINK?

SWIFT RUNNER HEALTH TIP

"And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares." Luke 21:34

One of the most obvious causes of drunkenness is alcoholic beverages. One man summed it up like this. *"Men...put an enemy in their mouths to steal away their brains."* Science demonstrates that alcohol is indeed frontal lobe assailant. Since the frontal lobe of the brain is the seat of reasoning, judgment, intellect and the will, drinking alcohol will distort these important functions. According to the

National Highway Traffic Safety Administration "on average, two in three people will be involved in a drunk driving crash in their lifetime." In 2012, 3.3 million deaths, or 5.9 percent of all global deaths (7.6 percent for men and 4.0 percent for women), were attributable to alcohol consumption, yet we still hear that "moderate" amounts of alcohol are healthy for the heart.

God's word declares, *"Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder."* Prov.

23:31, 32 Would you pick up a rattlesnake that might bite you? It is estimated that up to 15 percent of those who use alcohol will at some point become either problem drinkers or alcoholics. Alcohol even "in moderation" is an immune suppressant. It takes only 2 drinks to reduce antibody production by two-thirds. Alcohol also increases cancer risk. Other side effects, with even as little as one drink per week include high blood pressure, stroke, heart problems, elevated triglycerides, low blood sugar, vitamin and mineral deficiency, osteoporosis, gout, anemia, chronic fatigue, etc. **Even in small amounts, alcohol affects**

virtually every organ system in the body. As little as 1 ½ ounces a day can lead to cirrhosis of the liver.

One of the saddest side effects of alcohol is that it often affects not only the alcohol drinker but their children in the form of fetal alcohol syndrome (FAS), alcohol-related birth defects (ARBD), and alcohol-related neurodevelopmental disorders (ARND). Research shows that there is no safe level of alcohol use during pregnancy; even a very small amount can have negative effects on the developing fetus. For this reason, health care providers recommend that women avoid drinking alcohol and eating foods or taking medications that may contain alcohol, such as certain cough syrups, if there is a chance they might be pregnant.

Besides affecting the rest of our bodies, alcohol, as we have already stated, affects our brains. World renowned neurologist, Dr. Cyril Courville, studied the data from 40,000 brain specimens and confirmed the most common cause of brain atrophy (shrinkage or weakening) is alcohol. In another study, MRI scans among alcoholics revealed a striking amount of loss of frontal lobe gray matter (where the bodies of the brain nerve cells are concentrated). PET scans showed a lower glucose metabolism indicative of less frontal lobe activity.



The frontal lobe effects were not confined to heavy alcohol users. Researchers found a measurable decrease in abstract thinking among 1,300 men and women who were social drinkers (drinking as little as 1 alcoholic beverage per week). Even with these low levels of use, assessments of mental function showed impairment. But the study showed the more the alcohol, the less the ability to think abstractly. These changes could not be explained by intoxication because all assessments were done at least 24 hours after the last consumption of alcohol.

With all this negative evidence, why is it that some say that wine is good for the heart? In a study on dogs given "moderate" amounts of alcohol, they tested the theory that wine makes blood platelets less sticky, reducing arterial blood clots. Red wine did increase blood flow, but white wine did not and pure unfermented grape juice had the same positive effects as red wine (without side effects).

Some also claim that alcohol elevates the HDL (good) cholesterol. Is this true? A Tufts University Diet and Nutrition letter put this in perspective saying, *"While alcohol boosts HDL cholesterol levels, exercising and losing weight raise them even more."* Perhaps an interesting side note is that pesticide ingestion also raises HDL, but you don't see people encouraging its use for this benefit. You must look at the bigger picture. Though alcohol may seem to have both good and evil, like the fruit on the tree of knowledge of good and evil, the risks far outweigh any potential benefits. Listen instead to the warnings found in the word of God, *"Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise."* Prov. 20:1

Sources: www.nichd.nih.gov/news/resources/spotlight/Pages/062712-alcohol-drug-related-birth-defects.aspx and Proof Positive pg. 267,268,426,432,444,445; Guilt-free Gourmet pg. 333-336 and <http://www.madd.org/statistics/?referrer=https://www.google.com/> and <http://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/alcohol-facts-and-statistics>

LITTLE RUNNER'S HEALTH TIP

Paula the Puppy doesn't drink alcohol because it is bad for her. But she likes to drink water. Alcohol is bad for boys and girls too. But they can drink lots of water every day.



He Will Soon Be Here



"And, behold, I come quickly; and my reward is with me, to give every man according as his work shall be." Revelation 22:12

"My fiancée will be home from his civil post in India in two months," Ruth, beaming with joy, informed her aunt. As the aunt contemplated her overjoyed niece, she began to think about how much more joy, Christians, looking for the Bridegroom Jesus to come, should have.

One day during her visit, the aunt, noticing much more absence of Ruth than formerly, sought her out in her room. There she found her at a table covered in books. Ruth was diligently reading a large book and carefully taking down notes about it. When questioned as to what she was doing, Ruth stated that knowing her fiancée to be an intelligent man, and not wanting him to find her ignorant, she had determined to study history for 2 hours every day. In addition, she was also working with French and German since her fiancée had spoken about going to the European continent after the wedding. Despite her intense study, Ruth's eyes twinkled with joy. As the days passed and her aunt continued to observe her niece, she continued to muse about how Christians should behave in light of Christ's soon coming. Ruth's actions demonstrated how it should regulate our entire lives, our present aims and occupations, and our views concerning the possessions, privations, joys, and sorrows of this life.



Later an invitation, to an entertainment given by a new couple in the neighborhood, was given to the family. Carriage space was limited, and Ruth cheerfully volunteered to give the others her seat, stating that it would be a great pity, if she should hinder someone else from going, for it was of *"more consequence the others should make acquaintance with these people, as I am so soon going away"*.

It seemed that to Ruth everything was regarded only as it was important to her fiancée and their new life together. On one occasion, a shopping trip was planned, yet when asked what she wanted, Ruth contentedly replied, *"Nothing."* Trinkets seemed unimportant when her fiancée would soon be there.

Ruth's aunt is not the only one that can learn lessons from Ruth's experience. Ask yourself, am I so excited about Christ's soon coming that everything else pales in comparison? Am I daily preparing for His soon return, with a cheerful, hopeful heart? Is Jesus everything to me?

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STUDY TO SHEW THYSELF APPROVED—THE SOON RETURN OF CHRIST

1. What does the Bible say scoffers will be saying in the last days about the return of Christ? *Knowing this first, that there shall come in the last days scoffers, walking after their own lusts, And saying, Where is the promise of his coming? for since the fathers fell asleep, all things continue as they were from the beginning of the creation. 2 Peter 3:3,4*
2. What did Paul warn would come upon people saying "peace and safety"? *For when they shall say, Peace and safety; then sudden destruction cometh upon them, as travail upon a woman with child; and they shall not escape. 1 Thessalonian 5:3*
3. Jesus warned that the coming of the Son of Man would be like the days of who? *But as the days of Noe were, so shall also the coming of the Son of man be. For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noe entered into the ark, And knew not until the flood came, and took them all away; so shall also the coming of the Son of man be. Matt. 24:37-39*
4. What additional description of the time period before the flood is given in Genesis? *And GOD saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually. Gen. 6:5*
5. In the Book of Revelation we are told that the third woe cometh quickly (Rev. 11:14), where is the word "woe" next mentioned? *Therefore rejoice, ye heavens, and ye that dwell in them. Woe to the inhabitants of the earth and of the sea! for the devil is come down unto you, having great wrath, because he knoweth that he hath but a short time. Rev. 12:12* To whom does John give warning in this prophecy? Note: Webster's 1828 dictionary defines inhabitants as—"*A dweller; one who dwells or resides permanently in a place, or who has a fixed residence, as distinguished from an occasional lodger or visitor; as the inhabitant of a house or cottage;... brute animals are inhabitants of the regions to which their natures are adapted.*" So while the warning is obviously given to the people who will understand, the woe falls on the inhabitants of earth and sea.
6. What description does the Bible give of prophecy? *We have also a more sure word of prophecy; whereunto ye do well that ye take heed, as unto a light that shineth in a dark place, until the day dawn, and the day star arise in your hearts 2 Peter 1:19*
7. Just as prophecy has declared, today the land and sea is surely filled with woe. Every year we hear of more and more strange "die-offs" of large groups of the animal kingdom.
 - Thousands of dead starfish wash up in Westerland, Germany (Jan. 10)
 - 16.5 TONS of fish 'die suddenly' in Lake Maninjau, Indonesia. (Feb. 4)
 - Over 9,000 birds are dead, avian flu outbreak in Bauchi State, Nigeria. (Mar. 5)
 - 1,450 Sea lion pups have washed ashore ill and dying - 'possibly 10,000 have died' in California, America. (Jan.-Mar.7) • 1.2 Million birds dead due to avian flu, 'scientists puzzled', in Midwest America. (Apr. 11) • 600,000 birds killed due to avian flu in Belize. (May 8)
 - Over 127,000 antelope dead in a 'sudden die off' in Northern Kazakhstan. (Jun. 4) • 3000 TONS of fish died in a lake in Castanhao, Brazil. (Jul. 2) • 4 dead humpback whales found washed up in British Columbia, Canada. (Aug. 13)
 - Thousands of fish dying in Broad River in North Carolina. (Aug. 19) • Hundreds of thousands of dead fish wash up, 'a mystery', on beaches in Devon, England. (Sept. 1) • Hundreds of white-tailed deer dying due to disease in Spokane, Washington. (Sept. 15)
 - Hundreds of dead walruses found on a beach near Point Lay in Alaska, America. (Sept. 28)
 - Millions of dead fish wash up on beaches in Tamaulipas, Mexico. (Oct. 27)
 - 337 dead whales found in the largest stranding known to date, in Patagonia region, Chile. (Nov. 20)



And that was just a few of the more than 800 of these die-offs in this year alone! They are called mass mortality events (MME) and according to a group of researchers from the University of San Diego, UC Berkeley and Yale as reported by CBS news— records "*revealed that not only are these events becoming more frequent, they're also increasing in magnitude*" as well.

(<http://www.cbsnews.com/news/mass-animal-deaths-on-the-rise-worldwide/>) In their study, published in the January 27, 2015 edition of the Proceedings of the National Academy of Sciences, they state, "*Our analysis of published animal MMEs indicates that the magnitude of MMEs has been undergoing taxon-specific shifts and that MMEs associated with multiple stressors and disease, which are associated with the largest MME magnitudes, are increasing in frequency.*"

8. In response to the obvious signs of the times, what is our duty as Christians? *"Therefore be ye also ready; for in such an hour as ye think not the Son of man cometh."* Mat 24:44 What is God's promise for us? *"Lift up your eyes to the heavens, and look upon the earth beneath: for the heavens shall vanish away like smoke, and the earth shall wax old like a garment, and they that dwell therein shall die in like manner: but my salvation shall be for ever, and my righteousness shall not be abolished."* Isaiah 51:6
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Kid's Corner

Written by: D. Roberts age 12 Illustrated by: D. Roberts age 10

God's Amazing Creatures

Red- Tailed Chipmunk

The red-tailed chipmunk lives in North Idaho, West Montana, North Eastern Washington, and South Eastern British Columbia.

This little creature is adorable. The red-tailed chipmunks sometimes play tag, chasing one another. The chipmunks must store up food for the winter, so they go out of their burrow (a hole in the ground) searching for nuts and seeds. Chipmunks can sometimes be seen at birdfeeders that provide them with black sunflower seed. Just like the chipmunks must get ready for the coming winter, Jesus says that we need to get ready for Him to come and take us to heaven.



MEMORY TEXT: *"Be ye therefore ready also: for the Son of man cometh at an hour when ye think not." Luke 12:40*

Patience wanted to be ready for Jesus to come. She liked to sing scriptures to help her remember her favorite Bible verses. It made Jesus happy. It made Patience happy too.



Passion didn't want to sing scripture songs. She wanted to sing silly songs all the time instead. It made Jesus sad. Do you think Passion will be ready for Jesus when he comes?

