



Someone once wrote and asked Emily Post, the etiquette expert of another generation, "What is the correct procedure when one is invited to the White House but has a previous engagement?"

Replied Post, "An invitation to dine at the White House is a command, and it automatically cancels any other engagement." (Today In The Word, November, 1989, p.7)

Likewise, when God has made His will clear by the testimony of His Word, His command automatically overrides any words and traditions of man. Isaiah 8:20 states, *"To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."*

Tofu Walnut Balls

1 cup bread crumbs 1 (14 oz./396 g) block tofu, mashed
 1 cup oats (quick works best) 1 large onion, chopped
 1 cup walnuts, chopped ½ c gluten or bean flour
 2 Tbsp yeast paste (or mock aminos) 2 tsp salt
 1 tsp paprika 1 tsp Italian seasoning
 Mix ingredients. Let sit a few minutes. Make into balls and place on cookie sheet. Bake for 45 min. to 1 hour. Place in glass dish and cover in special sauce. Bake at 350°F (177°C) until bubbly.

Special Sauce:

1 can (6 oz/170 g) tomato paste 1 tsp salt 1 Tbsp onion powder
 2 Tbsp lemon juice 1/3 cup olive or coconut oil 1 cup water
 ½ cup sucanat (or coconut sugar)
 Mix and bring to a boil on the stovetop. Pour over meatballs.



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QUOTABLE QUOTES

If people were true to the first commandment, obedience to the remaining nine would follow naturally. It is because they are unsound in this that they break the others. (D.L. Moody)



An Accidental Lesson?

"Honk the horn!" my wife shouted from the back seat as the black truck continued backing toward us. The car horn, and the crunch of bending metal blended in the stress of the moment, until thankfully, the offending truck stopped its backward course into the left side of the vehicle we were driving. A man got out and came over toward our vehicle, *"It was my fault,"* he stated honestly. *"I was watching that other car and I didn't see you. Is everybody OK? I will take full responsibility and give you my insurance information."*

Frankly, I was pleasantly surprised by the man's honesty and although we had only bought the car a little over a week ago, I was not worried about the dent, because from the very beginning we knew this was God's car. He had "opened prison doors" to place it in our care. Since it was God's car, I knew he could have easily prevented the accident by one word or touch of His mighty hand, so He must have a reason for allowing the accident. Perhaps this was a divine appointment or an object lesson was on its way....

As I got out, going to take pictures and assess the damage, my son-in-law began selecting an interesting assortment of literature to give to the man—2 DVDs "Invisible Danger", a "Bible Study Pathways" and a little book "The Forgotten Commandment". After we had exchanged information, I handed the literature to the man saying, *"I figure if God allowed all this maybe there is a reason for it, so I'd like to give you these."* To which he replied, still immensely apologetic, *"Yes, maybe there is a reason we 'bumped into each other,' literally."* A little more cautiously, on both our parts, at that, we parted ways and continued on our journey.

Now, I have to tell you that the details of the accident made an immense impression on my mind. Here's why. The color of God's car that He was letting us drive was "Bluestone metallic" and previous to the accident we had talked about how that was a good representation of the movement of those who "keep the commandments of God and have the faith of Jesus." (Rev. 14:12; metal shield of faith--Eph. 6:16; God's law written on stone and represented by blue--Num. 15:38-40, Ex. 24:10-12) Interestingly enough, the car had just hit 144,000 miles as we were traveling through the Sapphire Mountains on the way to our destination.



The man who hit us, although honest in heart and living up to the light he had, was in darkness (a black truck) and his actions though sincere, were tending in the wrong direction. Despite his purity of motive, the effect of "breaking the law" was an undesirable dent in God's car. Furthermore, though he did not see where his action was tending, that action could have caused the death of my daughter who was in the seat closest to the point of impact if it had not been for the car horn—"the trumpet giving a certain sound." (1 Cor. 14:18) It is the duty of the watchman to blow the trumpet, sound the alarm, and warn the people of their transgression. (Ez. 33:3-6). Isaiah 58:1 commands, *"Cry aloud, spare not, lift up thy voice like a trumpet, and shew my people their transgression, and the house of Jacob their sins."*

Many today are like that man. Though they may be kind, considerate and honest-in-heart, still they are yet in darkness, and unknowingly they are breaking God's law, which unchecked will result in bloodshed and loss of life. But God has placed His people as watchmen. If we do not "sound the alarm", God holds **us** accountable for their sin. Ezekiel 3:17, 18 explains, *"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."*

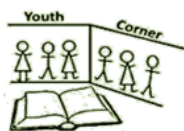
However, when they are warned, like this man, the honest-in-heart will change their ways. As he freely offered his insurance information, and even called and reported the accident to the insurance company so they could pay for the damage to be fixed, likewise, the conscientious will not only be sorry for their sin, but, like Zacchaeus, will make restitution for any damages they have caused. (Luke 19:8) Even though we had to get the car repaired, the man was so considerate that by the time we parted ways with him, we actually felt sorry for him and wished we could keep from raising his insurance rates. And this is how Jesus feels about us.

Romans 6:23 states, *"For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord."* And Ezekiel 33:14-16 further explains, *"Again, when I say unto the wicked, Thou shalt surely die; if he turn from his sin, and do that which is lawful and right; If the wicked restore the pledge, give again that he had robbed, walk in the statutes of life, without committing iniquity; he shall surely live, he shall not die. None of his sins that he hath committed shall be mentioned unto him: he hath done that which is lawful and right; he shall surely live."*

However, if the man had denied hitting us, refused to give us his insurance information, and maybe even blamed the accident on us or someone else, how the story might have been different. Likewise, *"If we say that we have no sin, we deceive ourselves, and the truth is not in us...If we say that we have not sinned, we make him a liar, and his word is not in us."* (1 John 1:8, 10) What if the man had denied the cause/effect relationship that hitting the car produced the dent and he had instead continued ramming us with his truck? We would not really have felt sorry for him. In like manner, Hebrews 10:26,27 says, *"For if we sin wilfully after that we have received the knowledge of the truth, there remaineth no more sacrifice for sins, But a certain fearful looking for of judgment and fiery indignation, which shall devour the adversaries"*. But *"If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."* 1 John 1:9

God's law is immutable, and although, like God himself, it cannot be changed, it is not God's desire that the wicked who break His law be lost, but that they turn from their wickedness. Ezekiel 33:11 says, *"As I live, saith the Lord GOD, I have no pleasure in the death of the wicked; but that the wicked turn from his way and live: turn ye, turn ye from your evil ways; for why will ye die, O house of Israel?"*

Praise God for His mercy toward us, let us not misuse it. For, *"Who is a God like unto thee, that pardoneth iniquity, and passeth by the transgression of the remnant of his heritage? he retaineth not his anger for ever, because he delighteth in mercy. He will turn again, he will have compassion upon us; he will subdue our iniquities; and thou wilt cast all their sins into the depths of the sea."* Micah 7:18, 19



AN EAR TO HEAR

Contributed by "Light in Darkness" of Namibia (liginduisternis.com)

"He that hath ears to hear, let him hear." Matthew 11:15

Many people today hear the word of God as it is preached in the pulpit, watched on a DVD, or read in the Bible. But is there more to hearing the Word than just simply hearing it? A story about a missionary translator reveals what else hearing the Word could involve.

A missionary translator was trying to translate the New Testament into his people's native tongue. However, he was struggling with finding a native word for the word obedience. The language did not contain one and obedience was a virtue seldom practiced among the native people. One day as he returned home from the village he whistled for his dog and it came running to him at full speed. An old native, seeing the dog quickly obey his master, remarked in the native tongue with admiration, "Your dog is all ear." Immediately the missionary knew he had his word for obedience, "all ear."



We can learn an important lesson from this story. Instead of just hearing the Word of God spoken, we should put its principles into practice in our lives. When God through the Bible tells us something, let us be "all ear" and obey what He says. Remember the wise man represents those that both **hear** and **do**. *"Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock:"* (Matthew 7:24)

Will you be "all ear" for God?



TREATING A MYSTERY DISEASE

"I just don't feel good anymore."

"I don't even have half the energy I used to have."

It seems wherever I go, I find people who realize something is wrong with their health, but they don't really know what is causing their problem. As much as we would like to recognize the cause of every health problem we have, sometimes it is really hard to figure out both the cause and the label for the disease that is making us feel bad. In situations like these, it is useful to recognize the truth of this statement *"The good physician treats the disease; the great physician treats the patient who has the disease."* (Sir William Osler--a Canadian physician and one of the four founding professors of Johns Hopkins Hospital)

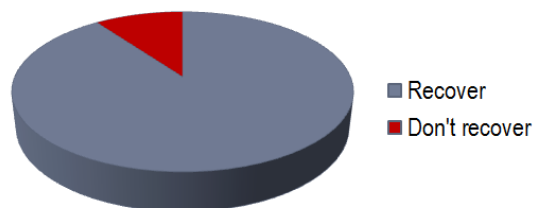
When you actually think about it rationally, *"A 'diseased' condition develops when we fail to maintain health; it is the absence of health. Disease is not always some entity which drives out and overcomes health. The true science of conquering disease is to do so by restoring the health rather than to expect to restore the health by conquering the disease."* (Julius Gilbert White in "Abundant Health")

Here are a few tactics I have often found helpful in restoring health for the patient who has "a mystery disease". They are simple things you can do at home. **First and foremost, reinforce all the health principles you know.** I often sing a little children's song I learned a long time ago, and it reminds me of the 8 natural remedies. *"Fresh air and exercise, water and rest, temperance, and diet, golden sunshine and trust in God's Word are sure to work if you try it."* (You may learn this song here www.swiftrunministries.com/little-runners.php).

The book Medical Ministry states, *"If the sick and suffering will do only as well as they know in regard to living out the right principles of health reform perseveringly, then they will in nine cases out of ten recover from their ailments."* (Medical Ministry, pg. 224)

This is huge, did you catch that? **Just by following the health principles we know, 90% of all ailments will be eliminated.**

RESULTS if the Sick Persevere in all the Health Principles they Know



In addition, I have found it useful when I'm not sure what the disease is to do these things. Often they have reversed the problem without us knowing the cause. Since they are natural, none of them will hurt you, no matter what the disease.

- **Pour in nutrition**
- **Pour on water**
- **Absorb toxins and renew liver**
- **Avoid these things**

The following is a very brief synopsis of how to implement these four things. **Pour in nutrition** via juicing or raw foods. Especially helpful are high doses of vitamin C from acerola, lemon, or whatever is available as well as lots of dark

green leafy vegetables. Also Omega-3 via daily flaxseed or flaxseed oil is important for many brain and nerve disorders, etc.

Pour on water -Concentrate on making sure you are drinking enough water for your body weight. Divide your weight by 2 and this is the number of ounces you need to drink daily. (Or weight (kgs) ÷ 7= Number of glasses (250ml) to drink per day.) Almost every disease from back pain, to headaches, to asthma and high blood pressure can be caused simply by lack of water.

Absorb toxins and Renew Liver – It doesn't take much to soak your feet in clay water, and take charcoal internally. One fourth cup of cilantro a day for 2 weeks will help your body to expel heavy metals like mercury into the blood stream. Make sure you take some charcoal or internal clay 3 times a day to absorb the heavy metals that will be released into the blood stream. This will carry them out of the body. You may also easily help to renew your liver by taking milk thistle seed and drinking lemon water.

Avoid these things: -all animal products (incl. dairy and eggs)

-fermented foods and beverages (pickles, vinegar, alcohol, etc.)

-drugs--caffeine, nicotine, theobromine (coffee, tea, tobacco, soft drinks, chocolate)

(also consider pharmaceuticals' side effects)

-refined, processed foods (white bread, white flour, pasta, white rice, white sugar)

-packaged/boxed processed foods (food colorings, additives, chemicals, GMOs, etc.)

-harmful spices/fiery seasonings & condiments (nutmeg, mustard, black/white pepper, baking soda/powder).

Some poison blood and/or irritate delicate stomach lining; others hinder digestion.

-eating between meals, as this places a huge burden upon the digestive organs

-drinking too much liquid with meals, as this slows and hinders digestion

-Try a media fast: go camping in a remote location (your problem could be a reaction to radio frequencies from cell phones, wifi, etc.)



If you faithfully implement these things, it is my wish that you might be among those who realize what simple methods eliminate disease. *"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."* 3 John 2



Study to Shew Thyself Approved—Last Day Tactics of the Devil

1. What does Rev. 12:9 say that Satan's purpose is in the last days? _____ *"And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world..."*
2. How do John 8:44 and 2 Thess. 2:9 both suggest the devil will accomplish this end? _____ *"Ye are of your father the devil... there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it." "Even him, whose coming is after the working of Satan with all power and signs and lying wonders..."*
Consider, if the devil has used a tactic effectively in the past, he will undoubtedly use it again in the last days.
3. What tactic did the serpent use to tempt Eve in the Garden of Eden before he actually lied? _____ *"Now the serpent was more subtil than any beast of the field which the LORD God had made. And he said unto the woman, Yea, hath God said, ..." Gen. 3:1*
4. What topic did Satan's first lie concern? _____ Gen. 3:4 *"And the serpent said unto the woman, Ye shall not surely die:"*

Still today, Satan perpetuates this lie on many unsuspecting Christians. They believe that at death, instead of actually dying, a person goes immediately to heaven or to hell. Consider the fact that this lie about death contradicts some of the plainest statements in God's Word. Romans 6:23 *"For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord."* Psalm 115:17 *"The dead praise not the LORD, neither any that go down into silence.;"* Eccl. 9:10 *"Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest."* Job 7:9-10 *"As the cloud is consumed and vanisheth away: so he that goeth down to the grave shall come up no more. He shall return no more to his house, neither shall his place know him any more."* Eccl. 9:5,6 *"For the living know that they shall die: but the dead know not any thing, neither have they any more a reward; for the memory of them is forgotten. Also their love, and their hatred, and their envy, is now perished; neither have they any more a portion for ever in any thing that is done under the sun"*



5. In Eden, what did Satan say would happen instead of death? _____ Genesis 3:5 *"For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil."*
Likewise at the end of time, many will believe that instead of dying, the dead actually have reached a higher sphere of knowledge. Like Saul, they may even try to get information by speaking to the dead through those who claim to have "familiar spirits". (1 Samuel 28:3, 7-16) But God's Word specifically forbids this. Lev 19:31 *"Regard not them that have familiar spirits, neither seek after wizards, to be defiled by them: I am the LORD your God."* Lev. 20:6 *"And the soul that turneth after such as have familiar spirits, and after wizards, to go a whoring after them, I will even set my face against that soul, and will cut him off from among his people."*
According to Webster's 1828 dictionary, this is called necromancy. ***"NECROMANCY, n. [Gr. Dead, and divination.] The art of revealing future events by means of a pretended communication with the dead. This imposture is prohibited. Deu. 18."***
6. What does the Bible say concerning necromancers? _____ Deut. 18:10-12 *"There shall not be found among you any one that maketh his son or his daughter to pass through the fire, or that useth divination, or an observer of times, or an enchanter, or a witch, or a charmer, or a consulter with familiar spirits, or a wizard, or a necromancer. For all that do these things are an abomination unto the LORD: and because of these abominations the LORD thy God doth drive them out from before thee."*
7. Since the Bible is very clear that the dead have nothing to do with the earth after they die, who are necromancers actually communicating with? _____ 1Tim. 4:1 *"Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils;"* Rev. 16:14 *"For they are the spirits of devils, working miracles, which go forth unto the kings of the earth and of the whole world..."* 2 Cor. 11:13,14 *"For such are false apostles, deceitful workers, transforming themselves into the apostles of Christ. And no marvel; for Satan himself is transformed into an angel of light."* Col. 2:18 *"Let no man beguile you of your reward in a voluntary humility and worshipping of angels, intruding into those things which he hath not seen, vainly puffed up by his fleshly mind,"*
8. Instead of communicating with evil spirits what should the Christians watchwords be? _____ Isaiah 8:19,20 *"And when they shall say unto you, Seek unto them that have familiar spirits, and unto wizards that peep, and that mutter: should not a people seek unto their God? for the living to the dead? To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."*
(Answers on Page 6)

GOD'S AMAZING CREATURES

One day, my family and I were traveling through Yellowstone National Park, which is a nature park in North America. As we were driving, we saw a grizzly bear next to the road. People think that grizzly bears are mean and eat meat,



but this one was just peacefully eating grass. On the third day of our trip to Yellowstone, we also saw a black bear. But this black bear was not black, it was brown. It is called a black bear- brown phase. This bear was also eating grass and dandelions. Watching the bears reminds me of a Bible verse about how animals will be friendly in heaven and when Jesus makes the earth all new. It says, *"The wolf also shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf and the young lion and the fatling together; and a little child shall lead them. And the cow and the bear shall feed; their young ones shall lie down together: and the lion shall eat straw like the ox."* Isaiah 11:6, 7

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| <p>Patience found a wallet with some money in it on a hiking trail. Soon she saw a man looking for his wallet. Patience knew what God said about finding lost things. She knew the Bible says, <i>"If...thy brother seek after it, thou shalt restore it to him again."</i> (Deut. 22:2) So Patience gave the wallet and money back to the man. Patience made Jesus happy and the man was very happy to get his wallet back too.</p> | <p>At the park, Passion found a small coin purse that a little girl had dropped. It had money in it. The little girl told her it was hers, but Passion was naughty and just said, "Finders keepers, losers weepers." Passion didn't want to give the purse to the little girl. It made the little girl cry and Passion got in trouble and had to leave the park early. Passion was sad that she had to leave without swinging. Jesus was sad that Passion was selfish too.</p> |

Answers to page 5: 1. To deceive the world 2. by lying & lying wonders 3. "Yea, hath God said?"--casting doubt upon the command/word of God 4. death 5. Ye shall be as gods, knowing good and evil. 6. They are an abomination and are not to be found among you. 7. Satan's evil angels. 8. To the law and to the testimony: if they speak not according to this word, it is because there is no light in them.