

Robert Moffat, missionary to South Africa, told of a certain African man who came to him one day saying that the New Testament, which the missionary had given him a week before, had spoiled his dog. The man said that his dog had been a very good hunting dog, but that he had torn the Testament to pieces, and eaten it up, and now he was quite spoiled.

"Never mind," said Dr. Moffat, "I will give you another Testament."

"Oh!" said the man, "It is not that that troubles me. I do not mind the dog spoiling the book, for I could buy another, but the book has spoiled the dog."

"How is that?" inquired the missionary; and the man replied, "The dog will be of no use to me now, because he has eaten the Word of God, and that will make him love his enemies, so that he will be of no good for hunting."

The man supposed that not even a dog could receive the New Testament without being sweetened in temper thereby; that is, in truth, what ought to be the case with all who feed upon the gospel of Christ. Indeed, when a man has received the truth as it is in Jesus, there ought to be a great change in him, and he ought never to be of any use to his old master [Satan] again.

"Therefore if any man be in Christ [the Word], he is a new creature: old things are passed away; behold, all things are become new." 2 Corinthians 5:17

Favorite Summer Fruit Salad

Combine canned or fresh pineapple, pears (optional), and peaches or mango. Add fresh bananas and fresh or frozen strawberries and blueberries. You may also like to add fresh grapes or kiwi when available. This is, of course, a very versatile recipe and you can just use whatever you have on hand to make a variety of colors. But you will find the pineapple juice does help to keep the bananas from turning brown too fast. When we have an agape* feast, we usually try to have one of these that is all the colors of the rainbow to remind us of God's covenant with mankind (Genesis 9:16). This is a tasty way to remember God's promises.

*a Greek word that means Christ-like love; compare Jude 12



QUOTABLE QUOTES

"When we allow ourselves to believe that any part of the Bible is the word of men, then we weaken our faith in God's word and fight against Him to our own injury."--The Religious Herald

Share this quote with the link below https://www.youtube.com/shorts/sl8RCPYcSl0

PROFITABLE TRADITIONS - CULTIVATE HAPPINESS

Look at the birds! "Behold the fowls of the air..." Matthew 6:26
Birds can teach us so many lessons. A little song I've heard says, "Birds
Don't Worry, They Sing." This is so true. I've seen birds have all their
babies killed by a snake. They may "cry" for little bit, but, after a few
hours or the next day, they are out singing again.

Attracting birds to your house to watch is as easy as food. Many songbirds like black sunflower seeds. You can attract hummingbirds by putting holes in the lid of a shallow container accented with red. The hummingbirds stick their tongues in the holes to drink the nectar. You can make your own hummingbird food by dissolving ½ cup white sugar in 1 cup of water. Bring it to a boil and let it cool. Then fill your feeder and look at birds God made for us to enjoy!

Learn more about birds at "A Birder's Paradise" on YouTube at https://www.youtube.com/channel/UCq1qDrNk8klfW9flcRVdWtq



A Way of Escape

Harry Houdini, the famed escape artist, issued a challenge wherever he went. He claimed he could be locked in any jail cell in the country and set himself free quickly and easily. Always he kept his promise, but one time something went wrong.
Houdini entered the jail in his street clothes; the heavy, metal doors clanged shut behind him. He took from his belt a concealed piece of metal, strong and flexible. He set to work immediately, but something seemed to be unusual about this lock. For 30 minutes he worked and got nowhere. An hour passed, and still he had not opened the door. By now he was bathed in sweat and panting in exasperation, but he still could not pick the lock. Finally, after laboring for two hours, Harry Houdini collapsed in frustration and failure against the door he could not unlock. But when he fell against the door, it swung open! It had never been locked at all! But in his mind it was locked and that was all it took to keep him from opening the door and walking out of the jail cell.

Today, Christians sometimes feel that they are trapped by Satan's temptations. Even more experienced Christians sometimes feel locked in worry by circumstances outside of their control. But the truth is, to those who abide in Christ, the door is unlocked. Jesus says, "Behold, I have set before thee an open door, and no man can shut it..." Revelation 3:8 Recently, as I was struggling with foreboding circumstances, I recognized that this lesson is reiterated in 1 Corinthians 10:13. "There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it." The Christian cannot be locked in by circumstances, because God always makes a way to escape. As I contemplated this concept, I thought, it is nice to know I have a way to escape, but how does this exactly play out in life? What is the way of escape? John 14:6 immediately came to mind, "Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me." Trying to figure out exactly how Jesus provides a way of escape from my troubles, my mind called up comforting images of a child hiding behind a mother's skirt and a father holding a child high above the reach of a barking dog. For days, I pondered this concept, and how I could use the "way of escape" when needed. Then one day during worship, I was reminded, "Thy way, O God, is in the sanctuary: who is so great a God as our God?" Psalm 77:13 And indeed, we are told, "For in the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide me...." Psalm 27:5

There are so many lessons in the sanctuary, teaching God's way of escape, I cannot cover them all. But ultimately almost everything in the sanctuary represents Christ-- the Lamb of God, the bread of life, the light of the world, etc. So it is evident that all day long we must be "Looking unto Jesus the author and finisher of our faith..." Heb.12:2 Likewise, the gate, the only way to get into God's sanctuary, is through Jesus. Jesus said "I am the door: by me if any man enter in, he shall be saved..." John 10:9 Give your burdens to Jesus. He promises when we come to Him, He will give us rest. (Matt. 11:28-30) If your yoke seems too heavy, quit trying to carry God's part too. Indeed, "Surely he hath borne our griefs, and carried our sorrows." (Isaiah 53:4) As previously noted, Jesus is the door. Jesus also said, "I am the way, the truth, and the life..." John 14:6 so we can line up the way, the truth and the life with the three doors of the sanctuary. God's way of escape is connected to truth and life. And we recognize if we reject Jesus we are outside of God's sanctuary. The same is true of truth. If we presumptuously reject truth, we turn around and walk out of the sanctuary of God's kingdom. Luke 9:62



expounds, "And Jesus said unto him, No man, having put his hand to the plough, and looking back, is fit for the kingdom of God." So keep in mind that we must daily accept every facet of God's way in the sanctuary in order to have the benefit of God's way of escape. Almost like the children's game "Chutes and Ladders," doing the opposite of God's way will send us out onto Satan's ground

and the "way which seemeth right unto a man, but the end thereof are the ways of death." Proverbs 14:12 But let's go back to the gate of the court, on a practical level, how does one get in? The Bible has the answer, "Enter into his gates with thanksgiving, and into his courts with praise..." Psalm 100:4 When we praise and give thanks to God for His goodness it allows us to enter His way of escape.

In 2 Chronicles 20:21, 22, we see the people sang and God won the battle for them. "And when he [Jehoshaphat] had consulted with the people, he appointed singers unto the LORD, and that should praise the beauty of holiness, as they went out before the army, and to say, Praise the LORD; for his mercy endureth for ever. And when they began to sing and to praise, the LORD set ambushments against the children of Ammon, Moab, and mount Seir, which were come against Judah; and they were smitten." On the contrary, if we complain and are not thankful for God's blessings, it puts us out onto the devil's ground. Indeed, "When we talk discouragement and gloom, Satan listens with fiendish joy; for it pleases him to know that he has brought you into his bondage." RH, Feb 27, 1913 {2MCP 494.2} Numbers 11:1 says, "And when the people complained, it displeased the LORD..." Don't be discouraged by the enormous task set before you, sing and be thankful and watch God win the rest of the battle for you.

Moving forward in the sanctuary, as, at the altar, we deny self and take up our cross and follow Jesus (Matt. 16:24), and at the laver (made from mirrors) check for whether we are reflecting God's character in the divine mirror of God's law (2 Cor. 3:18, Exodus 38:8); when we eat at the table of showbread,* taking refuge in the promises of God (2 Peter 1:4), and at the altar of incense incorporate "all prayer" for a close relationship with Jesus (Eph. 6:18, Psalm 141:2); when we learn the blessing of brightening the corner where we are like the candlestick (Matt. 5:14-16), we will find it is thus that we may hide behind the robe of Christ's righteousness (Is.61:10), the white linen border of the sanctuary (Ex. 27:9). Here we always find "a way of escape" amidst the stresses of this world. The wedding garment is freely given, all we must do is accept it and put it on. Therefore, "I will greatly rejoice in the LORD, my soul shall be joyful in my God; for he hath clothed me with the garments of salvation, he hath covered me with the robe of righteousness, as a bridegroom decketh himself with ornaments, and as a bride adorneth herself with her jewels." Isaiah 61:10 Praise God, there is always "a way to escape."

*The table is a good example of the multiple layers represented in the sanctuary. If we eat from the table of the LORD, we **cannot** eat from the table of devils, for we are told, "Ye cannot be partakers of the Lord's table, and of the table of devils." 1 Corinthians 10:21b Also David, showing how God can feed His people despite the dangers of "wolves," wrote, "Thou preparest a table before me in the presence of mine enemies..." Psalm 23:5.



The Bible--Ancient Book or Sword and Safeguard? Prophetic News Notes and Study to Show Thyself Approved

In the Garden of Eden, the Serpent's first snare for Eve was, "Yea, hath God said..?" (Genesis 3:1) These words were calculated to cast doubt on the authority of God's word. Throughout the centuries of time, many critics of God's word have followed in the trail of the serpent, and modern society is no exception. For example, Jonathan Blake, Archbishop of a very liberal Open Episcopal Church in Greater London and England (a member of the World Council of Churches¹) recently released a TikTok video² making the ridiculous claim that "Christ says 'Keep away from the Bible.'"³ On the contrary, the Christ of the Bible said, "Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of me." John 5:39 In addition, of the written word in His day, Christ said, "For had ye believed Moses, ye would have believed me: for he wrote of me. But if ye believe not his writings, how shall ye believe my



words?" John 5:46, 47 The truth, Christ, and the Bible always go together. But in the video, Blake goes on to claim that the Bible is just a "historical account of various events and people's thoughts about them." And that "such writing should not be regarded as accurate always or right and rarely God's word..." Again, the Bible directly exposes this error, saying of itself, "All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, throughly furnished unto all good works." 2 Timothy 3:16,17 The Bible is not just the thoughts of men, it is inspired of God. In fact, we find in the book of Peter, "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: Knowing this first, that no prophecy of the scripture is of any private interpretation. For the prophecy came not in old time by the will of man: but holy men of God spake as they were moved by the Holy Ghost." 2 Peter 1:19-21

In Blake's short TikTok video, he also alleges that "Christians have made the Bible into a weapon..." While some may misuse it, in truth, the Bible, also called the Sword of the Spirit (Eph. 6:17), is the Christian's only offensive weapon, and like a sword, truth does sometimes cut. In a world full of ecumenism (which might better be called unity in error) God calls for separation from error. While the Christ of the Bible brought unity in truth, He taught division/separation from error. John wrote of Jesus, "So there was a division among the people because of him." John 7:43 This is why Jesus was hated, He did not subscribe to unity in error. He stated, "Suppose ye that I am come to give peace on earth? I tell you, Nay; but rather division:" Luke 12:51 Matthew explains this was because of the" sword." Jesus said, "Think not that I am come to send peace on earth: I came not to send peace, but a sword." Matthew 10:34 Indeed, by exposing error, the word, the Sword, can make those in sin quite uncomfortable. "For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart." Hebrews 4:12

The scriptures impart to the sincere reader discernment to help us beware of the devil's lies, and this is why the devil tries every available means to get us to lay down our Bibles. Sadly, Blake repeats the devil's lies saying that "God has no need to communicate through an ancient book..." Instead, Blake asserts that "God speaks today..." in a different way. Like the wily foe getting a soldier to put down his sword, Blake suggests we should just "put the Bible down and listen to those shining with light...from every faith..."3 These words of men (or devils), Blake erroneously claims are God's Word for today. No wonder in Matthew 24, Jesus warned us of false Christs that are not the Christ of the Bible. Jesus said, "Take heed that no man deceive you. For many shall come in my name, saying, I am Christ [the Word]; and shall deceive many." (Matthew 24:4b, 5) The prophet Isaiah also warned, "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them." Isaiah 8:20 And Paul admonished in 1 Corinthians 14:32 "And the spirits of the prophets are subject to the prophets." This means any future revelations of truth will perfectly harmonize with the words of Scripture and the Christ of the Bible. In fact, "The people of God are directed to the Scriptures as their safeguard against the influence of false teachers and the delusive power of spirits of darkness. Satan employs every possible device to prevent men from obtaining a knowledge of the Bible; for its plain utterances reveal his deceptions. At every revival of God's work the prince of evil is aroused to more intense activity; he is now putting forth his utmost efforts for a final struggle against Christ and His followers. The last great delusion is soon to open before us. Antichrist is to perform his marvelous works in our sight. So closely will the counterfeit resemble the true that it will be impossible to distinguish between them except by the Holy Scriptures. By their testimony every statement and every miracle must be tested." {GC 593.1}

And as we "prove all things" (1 Thess. 5:21), we find that the Bible reveals that God's word is for all time. The Psalmist wrote, "For ever, O LORD, thy word is settled in heaven." Psalm 119:89 Later, he reiterated, "Concerning thy testimonies, I have known of old that thou hast founded them for ever." Psalm 119: 152 Isaiah 40:8 also affirms, "The grass withereth, the flower fadeth: but the word of our God shall stand for ever." In the New Testament, Peter reaffirms that the God's word is forever, saying, "Being born again, not of corruptible seed, but of incorruptible, by the word of God, which liveth and abideth for ever. For all flesh is as grass, and all the glory of man as the flower of grass. The grass withereth, and the flower thereof falleth away: But the word of the Lord endureth for ever. And this is the word which by the gospel is preached unto you." 1 Peter 1:23-25 Indeed, instead of being just an ancient book, we are told the Bible is especially for the last generation. "Now all these things happened unto them for ensamples: and they are written for our admonition, upon whom the ends of the world are come." 1 Corinthians 10:11 Now is no time to lay our sword down, but instead we should hold onto the scriptures, our safeguard, and "earnestly contend for the faith which was once delivered unto the saints." Jude 3a

1- https://www.openepiscopalchurch.org/contact/contact.html 2- https://www.tikkok.com/@archbishopjonathanblake/video/7305319837193030945
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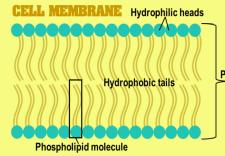


The Physiology of What to Eat



It seems like each year there are more and more proposed miracle diets that suggest themselves to the public: high carb, low carb, high protein, low protein, high fat, no fat, salt-free, etc. Since we find diets at both extremes of the spectrum, how can a person wade through all these diets and choose the right one? Of course, God's word is infallible. And we can see His recommendation of bread (Psalm 104:15), fruit and seeds (Genesis 1:29), vegetables (Genesis 3:18), salt (Luke 14:34), and healthy fats like olive oil (1 Kings 17:11, 16). In the book of Daniel, we also found the "miracle diet" that God blessed to make Daniel and his three friends healthier and more intelligent. It was a plant-based diet with their main drink being water (Daniel 1:8,12, 15, 20). Fermented wine and other such things that could cloud the mind were removed. 1 Certainly, we can be thankful for the truths of God's word.

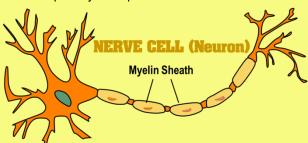
In addition, nature, God's other book, also exposes the counterfeit diets of the world. Those who understand the physiology of the body seldom follow the newest fad diets. They understand that water and nutrition are essential to every single cell of the human body. They understand that just like a car needs gas, your body needs the fuel of carbohydrates in order to run well. "Your body breaks down carbohydrates into glucose. Glucose, or blood sugar, is the main source of energy for your body's cells, tissues, and organs." Not surprisingly, whole grain bread and other whole grains are a good source of carbohydrates to fuel the body. Fruit adds additional vitamins with its gift of carbohydrates. If you don't eat carbohydrates, the body improvises by burning fat or protein (muscle wasting). However, this keeps the body in constant "survival mode" and since your liver especially has to work overtime, it isn't recommended.



Proteins and healthy fats are needed for other things in the body, however. Many different nutrients are used in the cell. For example, the "skin" of the cell or cell membrane is made of phospholipids, a phosphate attached to lipids. Lipids are fats. The phosphate heads are hydrophilic meaning they love water (think Philadelphia meaning love of a brother—Rev. 3:7). The lipid tails are hydrophobic, meaning they repel or do not mix well with water. You can watch this concept if you pour oil and water into a clear glass; they do not mix easily. Obviously, for the cell to work properly you need water, phosphorus, and healthy fats just for your cells to hold together and be hydrated. Not

surprisingly, most foods contain phosphorus. Protein-rich foods like the "pulse" or legumes/beans of Daniel's diet, as well as nuts (like almonds) are some of the highest plant sources of phosphorus. Speaking of proteins, "Amino acids are protein's building blocks. Your body needs 20 of them to help it function properly, as well as build and repair itself." Growing children, pregnant women, and people trying to heal injuries or those who exercise their muscles a lot especially need protein.

Also, as you can see in the cell, even though fat has gotten a bad name in modern society, fats are also needed to have healthy cells. Healthy fats may be found in olives, avocado, coconut, nuts, seeds, and soy. Healthy fats probably also played into the mental acuity of Daniel and his three friends since "The human brain is nearly 60 percent fat." In fact, the myelin sheath on your nerve cells is made mostly out of fat. If this is missing, it is like electrical wires with no insulation short-circuiting your brain. And "we've learned in recent years that fatty acids are among the most crucial molecules



that determine your brain's integrity and ability to perform."⁴ The body can make some fats (like cholesterol) so it is not essential to eat them. But the EFA's (essential fatty acids) must come from food. "Linoleic acid (LA), an omega-6 fatty acid, and α-linolenic acid (ALA), an omega-3 fatty acid, are considered essential fatty acids because they cannot be synthesized by humans." Most people get enough omega-6, but need to make a decided effort to get omega-3 ALA. Some good sources of omega-3 ALA are flaxseed oil, chia seeds, walnuts, and ground flaxseed. High sources of omega-6 LA are sunflower seeds, pecans, and Brazil nuts. ⁶

Many minerals like the sodium, potassium, calcium, and magnesium are also needed by the body in order to facilitate the chemical reactions and movement in the cells and muscles, etc. But we'll have to discuss those another time. Just remember, if you give your body the right nutrition and the right conditions, under God's supervision, it can and will heal itself. And when we understand the physiology of what to eat, we better understand how we can "eat...for strength, and not for drunkenness!" Eccl. 10:17

1-You can read more of "Daniel's Miracle Diet" here https://www.biblepicturepathways.com/daniels-miracle-diet.php 2- https://www.biblepicturepathways.com/daniels-miracle-diet.php 2- https://medlineplus.gov/carbohydrates.html 3- https://medlineplus.gov/carbohydrates.html 3- https://www.biblepicturepathways.com/daniels-miracle-diet.php 2- https://medlineplus.gov/carbohydrates.html 3- https://www.biblepicturepathways.com/daniels-miracle-diet.php 2- https://www.biblepicturepathways.com/daniels-miracle-diet.php 2- https://www.biblepicturepathways.com/daniels-miracle-diet.php 2- https://medlineplus.gov/carbohydrates.html 3- https://www.biblepicturepathways.com/daniels-miracle-diet.php 3- <a href="https://www.biblepictu

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The Stranger

"Take the helmet of salvation, and the sword of the Sprit, which is the word of God." Ephesians 6:17 In a thousand ways, the Word of God has protected those who love and obey it, and it also has helped them to be victorious in the spiritual battles over evil.

But the following story, taken from an old devotional book, is one of my favorites.

A certain Sabbath-keeper named Paul worked as a colporteur selling Bibles and portions of Scripture door-to-door. One week, he was working in a little town some distance from the city where he lived. It had been a hard week, and, on the last day, he became very nervous as he realized that there was a tall stranger watching him every time he came out of a house. His sly glances filled Paul with uneasiness. As last it was time to take a bus to the station where he would catch a train for home. He would be glad to get away from this man who seemed to be shadowing him. The bus came. Paul got on. But the stranger got on too! Paul got off at the station, and he didn't see the tall stranger get off. He felt relieved, and when the train came in he got

aboard and found a small compartment all to himself. He was about to lie down for a rest when the door to the side passage opened and in came that same tall stranger!

"Do you carry much money with you?" he asked.
"No," said Paul, "but why do you ask?"
"Have you got five hundred lire?"
"No, but who are you?'
"Are you armed?"

Paul hesitated, then said, "Yes. Are you?"

"Yes. Here's mine," said the man, pulling out a wicked-looking pistol. "Now show me yours."

Paul reached into his breifcase and took out his Bible. "There's mine," he said.

"You're crazy," said the man. "That's not a gun: that's a book."

"It shoots better than yours," said Paul. "Your gun can only can only shoot the man it is pointing at, but this book is certain death to every wicked man who will listen to its words. I've shot at least six wicked men that I know of with this book."

"How do you shoot with a book?"

"Put your gun away and I will show you." The man put his gun away, and Paul opened his Bible and read a verse here and there as he told the wonderful story how sin came into the world, and how Jesus, the Son of God, came to save men, and has gone to prepare a place in heaven for all who believe.

"Tell me more. Tell me quickly. My station is the next stop," said the man. And Paul told of the new earth where there would be no more sin or sorrow or death. The train stopped. The stranger grasped Paul warmly by the hand, and as he stood up to leave he said, "No one will know what your gun saved me from tonight!"

The Word of God is indeed the sword of the Spirit. Be sure you are always armed with it. (Make God First, pg. 366)

Kids' Corner

God's Amazing Creatures



Photo credit: Tsarli at English Wikipedia- - Creative Commons Attribution-Share Alike 3.0

The Japanese spider crab (Macrocheira kaempferi) is a species of marine or sea crab and is the biggest one that lives in the waters around Japan. The Japanese name for this species is taka-ashi-

Paul wrote letters to me. He talked about

how my mother and grandmother taught

me from the Bible scroll when I was little.

 $(2 T_{-})$

1:5, 3:15)

gani, (Japanese: たかあしがに), literally translating to "tall legs crab."

The name is fitting since the Japanese spider crab has the greatest leg span of any known arthropod,* reaching up to 3.7 meters or 12.1 feet from claw to claw. The body may grow to 40 centimeters or 16 inches in shell or carapace width and the whole crab can weigh up to



19 kg (42 lb). The Japanese crab's carapace or shell stays the same size once the crab becomes an adult, but the legs keep growing. The Japanese spider crab is also one of the longest-lived crabs, living as long as 100 years! The crab is orange with white spots along the legs. The Japanese spider crab is reported by people to have a gentle disposition despite its ferocious appearance. This is a good lesson for boys and girls. Sometimes we may see someone who dosen't look as

pretty on the outside, but if we will get to know them, we will find that Jesus has made them gentle and kind on the inside. I'm glad Jesus made the Japanese spider crab, aren't you?

*Arthropod--The animal family group that includes spiders, crabs, lobsters, insects, and more.

| rance. This is a good lesson for boys and girls. Somet | imes we may see someone who dosen't look as |
|---|---|
| Children in the Bible Who am I? Read the clues be | elow and see if you can remember who each child is. |
| I babysat my baby brother when he was floating on the river in a basket. | When I was a boy, I took care of sheep. I also liked to play my harp. |
| (Exodus 2:3,4,10; Num. 26:59 | 2) (1 Samuel 17:15;16:23) |
| I became king of Judah when I was only eight years old. I helped to repair the temple. | My brothers were jealous of the coat of many colors that my father gave me (Genesis 37:3,4) |
| When I was very young, my mother brought me to Shiloh to help Priest Eli. God spoke to me one night. | was born in a stable and laid in a manger. |
| (1 Samuel 1:20,24; 3:10) | (Luke 2: 7,16,21) |

My hairy brother and I were twins.

He sold his birthright to me for lentils.

(Genesis 27:11; 25:34)