



## SHOWERS OF BLESSING

"Dot, dash, dash, dash, space, dot, dot, dot, dot, space, dot, dash, space, dash, space, dot, dot, dot, dot, space..." Slowly, Samuel Morse the inventor, tapped out the message in code. It was the first official test of a telegraph line between Washington DC and Baltimore.

At the Baltimore railroad station, Alfred Vail received the message and returned it to Washington. The waiting men heard the clicks of the receiver proclaim, "What hath God wrought!"

Later, speaking at a banquet given in his honor, Mr. Morse said, "If not a sparrow falls to the ground without a definite purpose in the plans of Infinite Wisdom, can the creation of an instrument so vitally affecting the interests of the whole human race have an origin less humble than the Father of every good and perfect gift.... In all humility, and in the sincerity of a grateful heart, I use the words of inspiration in ascribing honor and praise to him to whom first of all and most of all it is preeminently due. 'Not unto us, not unto us, but to God be all the glory'—not, what hath man, but, 'what hath God wrought!'" (Num. 23:23)

What blessings hath God wrought for you?

*To date, all of the commercially made carob chips I have found, contain both GMO corn and soy ingredients. Recently, someone even told me of their health problem that flared up after eating commercial carob chips. Here is a simple Non-GMO carob chip replacement that "melts in your mouth".*



### Homemade Carob Chips

$\frac{3}{4}$  cup roasted carob powder

$\frac{1}{4}$  cup sucanat, powdered fine

1 cup coconut oil

1 tsp pero, or other cereal coffee replacement

Place all ingredients in a double boiler. Warm until melted. Mix together well. Line a cookie sheet with parchment paper that has been oiled with coconut oil. Spread mixture on parchment paper. Allow to cool in the refrigerator. When hardened, remove from parchment and break into chips. You may also choose to just make carob drops with a spoon on the parchment. Store chips in a container in the fridge or freezer. I freeze these first when I use them in carob chip cookies and they seem to hold together quite well.

# TAKING THE TIME FOR A BLESSING

A year or so ago, we ventured into town on one particular Monday, intent on mailing a package overseas. We were so eager to get it mailed that we had made a special trip into town just to mail it. But alas, it was not to be! The post office was closed! A notice on the door read, "Closed, Martin Luther King, Jr. Day observed." We thought about begging and pleading, banging on the door, and suggesting that it would be more convenient for us (since we had driven a long way) if they changed the day the post office was closed to Friday or Sunday. But it would not have changed the fact that post offices all around the country were closed on *that* day. Alas, though our calendar doubtless recorded that it was a postal holiday, we had failed to remember to look at it. The day remained the same whether we were prepared or not.



God also has a day for no work, and he has told us in His word to "Remember" his holy day. The word "remember" in Exodus 20:8 means literally "to mark". In other words, "don't forget to mark this date on your calendar". The command reads, "Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it"-- Exodus 20:8-11.

We can see that God's holiday also is limited to a certain day of the week --the seventh. It, too, is unchangeable (Mal. 3:6, Heb. 13:8). It was blessed and sanctified at the Creation of the world to remind us that He is the Creator. Genesis 2:1-3 records, "*Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.*" God designated the Sabbath as the holy day for mankind. It is a gift from the loving hand of our Creator. "*And he said unto them, The sabbath was made for man, and not man for the sabbath:*"-- Mark 2:27.

A special blessing is promised for those who will keep God's holy day. "*If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it.*" Isaiah 58:13,14

I can remember this Sabbath blessing, even from childhood, since one of my favorite times was sundown worship on Friday evening ("*from even unto even, shall ye celebrate your sabbath.*" Lev. 23:32). The house was all clean and my mother had made ahead something special for us to eat on Sabbath. As God painted the sky with the sunset, the whole family would get together and sing hymns. When I was little, we began with "Sabbath is a happy day". As I grew older we sang "Don't forget the Sabbath...of all the week the brightest, of all the week the best." Each of us got to pick our favorite hymns. The Sabbath blessing as an adult has increased to include rest for the weary in a hectic fast-paced world. As Jesus said to his disciples of old, he says to us today—Come apart... and rest awhile (Mark 6:31). I'd like to spend some quality time with you. The Sabbath provides a "sanctuary in time" that our Creator may dwell among us (Ex. 25:8).

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
For in six days the LORD						7
made heaven and earth...						7
and rested the seventh day:						7
wherefore the LORD blessed						7
the sabbath day, and						7
hallowed it. Exodus 20:11						7

The Bible records Sabbath keeping was one of Jesus' customs too. *"And he came to Nazareth, where he had been brought up: and, as his custom was, he went into the synagogue on the sabbath day, and stood up for to read"* -- Luke 4:16. Even after Christ died and was resurrected, Paul continued this custom. *"And Paul, as his manner was, went in unto them, and three sabbath days reasoned with them out of the scriptures,"*--Acts 17:2 According to the scriptures, this blessing will continue through ceaseless ages even in the earth made new, *"And it shall come to pass, that from one new moon to another, and from one sabbath to another, shall all flesh come to worship before me, saith the LORD."*--Isaiah 66:23

Many people worldwide still observe God's holy day, for they know that it is a blessing and a special sign between God and His people (Ezk. 20:19,20). And though, unlike our post office experience, the Sabbath is a blessing, God has placed that blessing on a specific day of the week --the seventh day. Won't you **remember** to join in the blessing of the Sabbath this week as God's people around the world **remember** to worship the Creator of heaven, earth, AND the Sabbath. Won't you take the time for a blessing?

## \*\*\* The Blessing of Giving

*"I have shewed you all things, how that so labouring ye ought to support the weak, and to remember the words of the Lord Jesus, how he said, **It is more blessed to give than to receive.**"* Acts 20:35

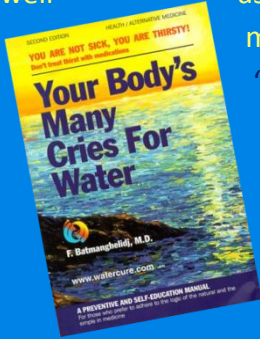
Many years ago a man, whom I will call Pilgrim, was traveling through the wintry landscape, trying to get to place of safety from the snowy drifts and icy cold that threatened to weave his deadly shroud. As he traveled on, the chill of the cold had nearly made him give up his struggle for life, as his vitality seemed to be chilled through and through. Just as Pilgrim was about to give up the struggle for life, the moans of a fellow traveler reached his ear. His sympathy was aroused, and he determined to rescue him. Pilgrim rubbed the freezing limbs of the unfortunate man, and with considerable effort raised him to his feet. The half- frozen man could not stand so Pilgrim bore him in his arms through the very snow drifts he thought he would never make it through. When Pilgrim had finally reached a place of safety, he realized that in helping his neighbor, he had saved his own life. In his earnest efforts to help someone else, he had quickened the blood that was freezing in his own veins, and warmed his own body.

Today many people are perishing in a cold sin-sick world of selfishness. They believe that in order to have happiness everyone must cater to them. They fail to realize that true happiness comes from helping others. In working for the salvation of other perishing souls in the world, many would find the blessed remedy that would warm and quicken their own spiritual lives. Will you pledge today to use your life for the salvation of your fellow men, women, youth, and children?



# A CUPFUL OF BLESSINGS

Inevitably, when people find out that you are interested in health, you get flooded with suggestions from well-meaning folks for this “new miracle nutraceutical” and that “unsurpassed, natural formulation”, etc., etc. All of which have one thing in common, \$\$\$\$. Yet, I am a firm believer that God’s remedies are simple, unpatentable, and generally free or low priced. Nothing fits this description quite as well



as water, and perhaps for this reason it is one of my favorite natural remedies. It is mentioned in Exodus 23:25 as one of heaven’s choicest blessings for removing sickness, “And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee.” It has certainly been that for me. Several years ago my husband and I read the book *Your Body’s Many Cries for Water*. This book made a huge impact on our lives. The author states that “Chronic and persistently increasing dehydration is the root cause of almost all currently encountered major diseases of the human body” and that “the ‘dry mouth’ is the very last sign of dehydration.” We learned that dehydration (lack of water) can manifest itself as

allergies, asthma, headaches, heartburn, high cholesterol, hypertension and back and joint pain. Histamines (causing allergies) and cholesterol (contributing to heart disease) are actually increased by the body to reduce the evaporation of water. Dehydration also increases your risk for diabetes, gall bladder disease, hypoglycemia, kidney stones, ulcers, rheumatoid arthritis, weight gain and even cancer.

On an personal note, I had been plagued with headaches off and on since I was a child, but when I learned to drink enough water they disappeared (with the exception of those occasionally caused by lack of sleep or chemicals). My husband had periodically experienced back pain so intense that it would cause him to be disabled, bent over double and unable to work for days. Yet, since he has learned to drink enough water he has never again missed a day of work from back pain. We also have personally witnessed the blessing of water for knee joint pain, heartburn, low blood pressure and other various ailments.



Here is how to figure out if you are drinking enough water.  **$Weight(lbs) \div 2.2 =$**  ***Number of ounces to drink per day.*** In other words, the heavier you are the more you have to drink. Perhaps some people would take this remedy more seriously if you called it “oral rehydration therapy,” but as for me and my house we are immensely thankful to God for the simplicity of the cupful of blessing called water.



## LITTLE RUNNER'S HEALTH TIP

Camille the Camel drinks LOTS of water. Boys and girls need to drink lots of water to keep their body healthy too.

# PROFITABLE TRADITIONS

~~Cultivate Sabbath a Delight~~ - Bible Verse Pictures- One of our favorite Sabbath afternoon activities is to have one person pick a Bible verse. For each word in it they draw (on a white board or chalkboard) a picture hint for each word. Hard to picture words many be indicated by a short or long blank line. The other family members have to try to guess which Bible verse it is. Here is a short example for Proverbs 17:22.



## Kid's Corner

Written by D. Roberts age 11

Illustrated by D. Roberts age 9



Patience remembered to pray and thank God for the blessing of good food. She made Jesus happy.



Passion complained about having to eat her vegetables. She made Jesus sad.

### Memory Text

**James 1:17**  
*"Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning."*

## God's Amazing Creatures

Rabbits live in meadows, woods, forests, grasslands, deserts and wetlands. The daddy rabbit is called a buck and the mommy is called a doe. Babies are called kits or kittens. Rabbit kittens are born with no fur at all. Rabbits reproduce quickly. Rabbits are most active at dawn and dusk. Rabbits can see almost all the way around them so that they can be aware of danger. Jesus also gave the rabbits the blessing of being able to sleep with their eyes open so that they can tell when danger is near. Jesus gave us Mommies and Daddies so that they can protect us from danger.

CC BY-SA 3.0 Mike Perry Wikimedia



# STUDY TO SHOW THYSELF APPROVED

## The Blessing of Salvation

Salvation is the greatest blessing offered to us by God. Webster's 1828 Dictionary gives the following definitions of the word blessing.

**"BLESSING, n.** Benediction; a wish of happiness pronounced; a prayer imploring happiness upon another.

**1.** A solemn prophetic benediction, in which happiness is desired, invoked or foretold. **2.** Any means of happiness; a gift, benefit or advantage; that which promotes temporal prosperity and welfare, or secures immortal felicity. ...**3.** Among the Jews, a present; a gift; ..."

1. Romans 6:23 tells us, "For the wages of sin is death; but the \_\_\_\_\_ of God is eternal life \_\_\_\_\_ Jesus Christ our Lord." Thus salvation is the gift or blessing of God.

2. In Deuteronomy blessing is equated to life. "I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose \_\_\_\_\_, that both thou and thy seed may live:" Deut. 30:19

3. Christ came to give us this blessing, this eternal life. He said, "The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have \_\_\_\_\_, and that they might have it more \_\_\_\_\_," John 10:10

4. It is our duty to accept this free gift, and have faith in Christ's ability to redeem us from sin. "For God so loved the world, that he gave his only begotten Son, that whosoever \_\_\_\_\_ in him should not perish, but have everlasting life." John 3:16

5. Christ's sacrifice offers us complete forgiveness from all our sins if we confess them. "If we \_\_\_\_\_ our sins, he is faithful and just to \_\_\_\_\_ us our sins, and to \_\_\_\_\_ us from all unrighteousness."  
1 John 1:9

6. Once we accept Christ as our Savior, we can show him how much we love him, by obeying his words. "If ye \_\_\_\_\_ me, keep my \_\_\_\_\_." John 14:15

Will you accept Christ as your Savior and serve him with your whole heart today?

Answers: 1. gift, through 2. life 3. life 4. abundantly 5. confess, forgive, cleanse 6. love, commandments

If you would like to begin receiving our monthly newsletter via e-mail; Please contact us at

[biblepathways@hotmail.com](mailto:biblepathways@hotmail.com)

Or visit us at: [biblepicturepathways.com](http://biblepicturepathways.com) [swiftrunnerministries.com](http://swiftrunnerministries.com)

