



A little boy named Danny lived with his family in a trailer. One day someone asked him, "Don't you wish you had a real home?" Danny's reply was wise beyond his years. He said, "We have a real home. We just don't have a house to put it in."

Money can buy a house, but only God can make a home.

Nacho Chips

(A Replacement Picnic Food for the Young and Young at Heart)

1/4 tsp Pero (caffeine-free coffee substitute)	1 1/2 Tbsp tomato powder
1 Tbsp nutritional yeast	1/2 Tbsp paprika
1 Tbsp organic powdered sugar	1/2 Tbsp salt
1 Tbsp onion powder	
spray olive oil	

Fill one regular sized cookie sheet with Non-GMO corn chips to level with sides. Bake at 260°F until warmed. Mix seasonings in a large bowl. Remove chips from oven and spritz with olive oil. Mix chips in bowl until they are coated with seasonings. Re-spray with oil if necessary to get the seasonings to stick to the chips. For an even healthier variation, you may choose to use popcorn or make your own chips by baking tortillas. Enjoy!



QUOTABLE QUOTES



"God wants the home to be the happiest place on earth, the very symbol of the home in heaven."

—Selected

Profitable Traditions

Cultivate Family Worship Time—In Matt. 6:33 we find the promise *But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.* Worship should begin with the babe in its mother's arms. For little ones a worship box works well. Put special things for them to hold inside a pretty box. Then have them pick something to hold while you sing a hymn or scripture song about each item. Examples would include—Small Bible while singing *Give me the Bible*, or a picture of Jesus for *Jesus Loves Me*, Children of the World for *Jesus Loves the Little Children of the World*. Other items might include bells, a mirror, a toy trumpet, animals, angels, flowers. Children love things that make noise and move. And yes, children that young can tell the difference. Before my oldest daughter was even 3 months old, she would cry and be cranky all day if we didn't stop and take time for worship. For older school age children, singing at worship still adds interest. Taking turns reading Bible verses will help younger ones learn to read and older ones perfect their reading skills. I like to use the KJV for this since it is more poetic and it is simpler to follow along if everyone has the same version. One more idea is to get a recorder of some kind and make up tunes to go with scriptures you want to memorize. Record them so you can play them back until you learn them well.



"I like whatever Mommy fixes."

These words resound with happy memories as I think back to the days when my oldest son was still alive and was in the hospital being forced by the state to undergo chemotherapy. It was a trying time, and the nurse had just asked Trenton what he liked

to eat. With a long list of what we don't eat--fermented foods, caffeine, meat, dairy, etc. -- I held my breath to see what he would answer. As a thirteen year old, now under "control" of the state, he had the upper hand if he decided to rebel against a line of regulations his parents had "inflicted". But his words brought joy to my heart, "I like whatever Mommy fixes."

From the time he was a child "I had tried to follow the advice and promise of **Proverbs 22:6** *"Train up a child in the way he should go: and when he is old, he will not depart from it."*

I've never considered myself to be an exceptional parent, although I have had the experience of raising 4 children, one of whom has "finished his course and kept the faith", but through the years I have had the opportunity to observe children who have rebelled and those who have stayed true to the faith, and I have wondered "what makes the difference"? Many people discipline their children, and this is biblical, **Prov. 29:15** states the *"The rod and reproof give wisdom: but a child left to himself bringeth his mother to shame"*. and **Prov 23:13** reminds us to *"Withhold not correction from the child..."*, but most parents at least *claim* to "discipline" their children and the question still remains "What makes the difference?"

There are three specific things I have noted that seem to make a huge difference in the success rate. All of them fall under the word *train* in Prov. 22.

#1 Teach Children Why - When you train a plant on a trellis, you show it where you want it to go. If you are unreasonable and pull it too far it will break. The same is true of raising children. Besides teaching children to reason from cause to effect, (*Ex. If I eat all the cookies in the cookie jar I will get sick*), teach them "here a little, and there a little" as they can handle it, explaining

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why we do or don't do certain things. *"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."* Deut. 6:7 Teach them, first and foremost, that Jesus says *"If ye love me, keep my commandments."* John 14:15

#2 Don't Be a Hypocrite – If there is anything Jesus spoke pointedly against, it was hypocrites. Jesus said, *"Well hath Esaias prophesied of you hypocrites, as it is written,*

This people honoureth me with their lips, but their heart is far from me. Howbeit in vain do they worship me, teaching for doctrines the commandments of men." Mark 7:6,7 Children and youth are

particularly good at spotting hypocrites. Avoid making your own rules in place of God's. In other words, if it is a bad movie that children shouldn't watch, you shouldn't be watching it either. If caffeinated sodas are unhealthful for children, you shouldn't be drinking them either. Children can tell whether you are just acting out being a Christian, or whether that is your heart's desire. They will copy what they see, just as much or more than what you say.

#3 Provide a Replacement- This is probably the downfall I see most often. I owe to my mother and father, the fact that, growing up I never felt like I was missing out on the fun things of the world. My mother spent hours planning camping trips and nature hikes for us and other children in the church. My father used to make diamond trails* as an interesting Sabbath afternoon activity. This is a biblical principle, don't just *"Cease to do evil; Learn to do well,"* **Isaiah 1:16b,17a** When God told Adam and Eve not to eat from the Tree of Knowledge of Good and Evil there were plenty of good options they could eat. Paul wrote, *"Be not overcome of evil, but overcome evil with good."* **Romans 12:21** This quote says it well, *"It is the idle mind that is Satan's workshop. Let the mind be directed to high and holy ideals, let the life have a noble aim, an absorbing purpose, and evil finds little foothold."*—**Education**, pg. 190

Whatever evils must be eliminated, take the time (and it will take extra effort on the part of a parent) to give your children something better, because one day someone will ask them not only what they like to eat, but what their mind likes to feed on. If they have a healthier replacement for ice cream and pizza, and a replacement for worldly entertainment, they, like Trenton, won't be hungry for the things of this world, but would rather eat "whatever their Father in heaven has prepared" for them.





A Breakfast A Day

After conducting extensive research, Dr. Lester Breslow, Dean of the School of Health at the University of California at Los Angeles, made a startling assertion: *"It is possible, by the following seven basic health guidelines, to increase American life expectancy by eleven years."* Among the obvious, exercise, rest, and avoidance of alcohol and tobacco, was listed a more surprising guideline. *"Eat a good breakfast every day."* Lifestyle 2000, pg. 12

Eating breakfast can actually decrease your chance of having a heart attack. Most heart attacks occur between 7 am and noon. Eating breakfast actually can help the platelets, the blood clotting cells, to become less "sticky" and thus decrease the risk of morning heart attacks.

Unfortunately, the modern connotation of breakfast seems to be eating **fast** at a **break**neck speed while you run out the door to work. It has become the habit of many to eat very little for breakfast. In fact, most people get 70% of their calories after 5 pm. Statistics indicate that only one in twenty children have a substantial breakfast.

It is of interest, that studies have shown eating a good breakfast to be good for weight loss. Skipping it causes your resting metabolic rate to dip by up to 5% (adding up to 10 lbs. a year) **You'll Rust Out Before You Wear Out**, pg 16

A balanced breakfast should include whole grains, several servings of fruit (or vegetables, if you like to eat dinner for breakfast), some calcium rich foods (almonds, non-GMO soy, or sesame seeds) Eating breakfast has been shown to affect your attention span, aptitude, efficiency, and learning ability or memory. One study even found that men who ate breakfast and did not eat between meals had less than half the risk of death of men who skipped breakfast and snacked. **Proof Positive**, pg. 4



Oaty Bites recipe at biblepathwayssupply.com

No wonder King Solomon wrote, *"Blessed art thou, O land...when... thy princes eat in due season, for strength, and not for drunkenness!"* Ecclesiastes 10:17

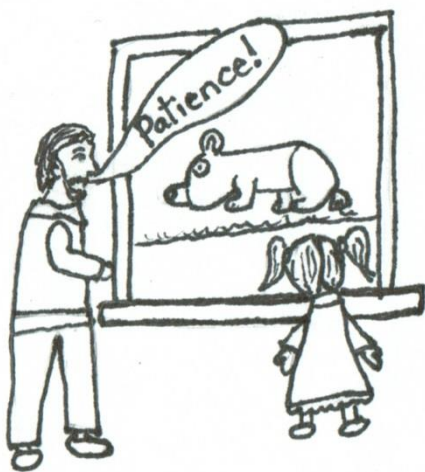


LITTLE RUNNER HEALTH TIP

Patty, the Pony eats oats for breakfast every day.
You should eat a good breakfast everyday too.



The Giant Panda lives in western China and Tibet. It is black and white. Giant Pandas are vegetarians because they eat bamboo and other grasses. When a baby panda is born, it is pink, blind and it has no teeth. It weighs only about as much as a bar of soap. The cub begins to crawl at 75 to 80 days. Mother pandas play with their cubs by rolling and wrestling with them. Just like the mother panda takes time for her cub, Jesus always has time for children like you.



Patience came quickly when her Father called. She got to see the baby bear before it ran away.



Because Passion didn't obey quickly when her Mother called, the cookies burnt in the oven. Passion was sad because now she didn't get any lemon cookies for supper.

Written by D. Roberts age 10 Illustrated by D. Roberts age 9

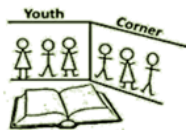
Memory Text

"Children, obey your parents in the Lord: for this is right." Ephesians 6:1

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Carried by Love

"Greater love hath no man than this, that a man lay down his life for his friends." John 15:13
An old story is told of a City that was besieged and captured. The lord who had captured the City, gave only the women freedom to leave the City, Carrying whatever they wanted, after which he would burn the City with all the men and children in it.

The women took counsel together, and not wanting to watch their husbands and children be slain, they decided that each woman would carry her husband and children out of the City. And as the story goes that is what they did. Each woman took her husband on her back and her children in her arms, and carried them outside the City.



According to the story when the lord who had captured the City saw this he spared the lives of everyone and set the City free. This is how true love works for the good of others. True love never has selfish motives. True love was illustrated beautifully when our Savior Jesus Christ came to earth, and died for his bride, the church. If you want to have good relationships, try using Jesus as your example. Remember; *"True love is a high and holy principle, altogether different in character from that love which is awakened by impulse and which suddenly dies when severely tested."*

{Letters to Young Lovers pg. 29}

Happy the Home

--Henry Ware

Happy the home when God is there,
And love fills every breast;
When one their wish, and one their prayer,
And one their heavenly rest.

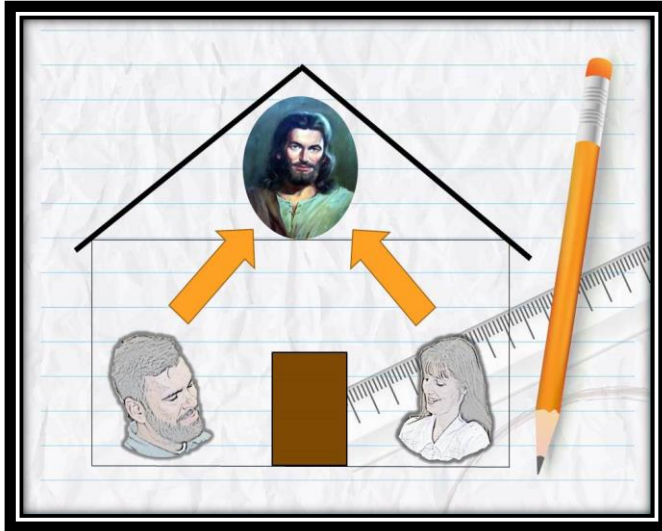
Happy the home where prayer is heard,
And praise is wont to rise;
Where parents love the Sacred Word,
And all its wisdom prize.

Happy the home where Jesus' name,
Is sweet to every ear;
Where children early lip His fame,
And parents hold Him dear.

Lord, let us in our homes agree
This blessed peace to gain;
Unite our hearts in love to thee,
And love to all will reign.



Study to Show Thyself Approved – A Biblical Basis for a Happy Marriage



Make God First. As we draw nearer to Jesus, we at the same time draw nearer to each other. **Psalm 127:1** Except the LORD build the house, they labour in vain that build it...

Continue the early attentions **Proverbs 26:20a** "Where no wood is, there the fire goeth out..."

Don't go to bed angry **Ephesians 4:26** "Be ye angry, and sin not: let not the sun go down upon your wrath:"

Try looking at things from the other's perspective **Philippians 2:3,4** "Let nothing be done through strife or vainglory; but in let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others."

Learn to be a good listener **James 1:19** "Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:"

If you can't say it nicely, be quiet. **Proverbs 15:1** "A soft answer turneth away wrath: but grievous words stir up "

When times get hard, write a letter to your spouse telling him/her what you appreciate about them. **1 Thessalonians 5:18** "In every thing give thanks: for this is the will of God in Christ Jesus concerning you."

Forgive past offenses. **Ephesians 4:32** "And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."

Little kindnesses go a long way, it's hard to be angry at the person rubbing your back. **Luke 6:38** "Give, and it shall be given unto you; good measure, pressed down, and , and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again."

Learn to be content. **Philippians 4:11b** "...I have learned, in whatsoever state I am, therewith to be content." **If your spouse has a bad habit of throwing his dirty socks on the floor, learn to appreciate your special job of picking them up each day. If you do this long enough, one day you may actually miss picking them up.**



Never give up. Even if you don't feel love, learn to love. **Mark 10:27b** "... With men it is impossible, but not with God: for with God all things are possible." Also **Philippians. 4:13**

Answers:

Shaken together

Anger

Lowliness of mind