



A certain minister of the gospel was once asked to explain the doctrine of election. Said he, "Brethren, it is this way: The Lord, He is always voting for man, and the devil, he is always voting against him; then the man himself votes and that breaks the tie."

"Wherefore the rather, brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall:" 2 Peter 1:10

Blueberry Mini Muffins

- 1/4 cup oil
- 1 cup sucanat, coconut sugar or cane juice crystals*
- 2/3 cup soy or nut milk
- 1/4 cup quick oats
- 1/2 tsp vanilla bean powder
- 1/8 tsp salt
- 1/2 cup small wild blueberries
- 1 c flour (1/2 cup ww, 1/2 cup unbleached OR 1 cup soft white wheat)

Preheat oven to 350 °F (175 °C) This step is important since the muffins are unleavened. The hot oven will slightly fluff them. Cream sugar and oil. Add milk and vanilla. Add quick oats, flour, and a pinch of salt. Fold in wild blueberries. Pour into oiled or silicone mini muffin pan. Bake at 350°F (175 °C) for 30 minutes or until well cooked and toothpick comes out clean. (Make sure the middle is done.) Yield: About 18 mini muffins or about 12 muffin tops

*Coconut sugar and sucanat will yield a darker muffin; cane juice crystals a lighter one. I think my favorite combination is 1/2 cup coconut sugar 1/2 cup cane juice crystals.



Quotable Quotes

This was how Susanna Wesley defined "sin" to her young son, John Wesley:

"If you would judge of the lawfulness or the unlawfulness of pleasure, then take this simple rule: Whatever weakens your reason, impairs the tenderness of your conscience, obscures your sense of God, and takes off the relish of spiritual things-- that to you is sin."

PROFITABLE TRADITIONS

Teach Bible Knowledge

Play the Bible Similarities Game. Have someone pick a similarity between several Bible characters. For example, "mothers".

Then without telling them what the similarity is, have them give hints like: It fits Hannah, but not Anna.

It fits Jochebed, but not Aaron.

It fits Noah's wife, but not Noah.

Depending on the difficulty of the similarity, you may have to give quite a number of hints. Especially for difficult ones, we have found it helpful to write the hints on a whiteboard. The goal is for the other people to figure out the similarity you picked from the Bible characters you list.



Oil Shortage

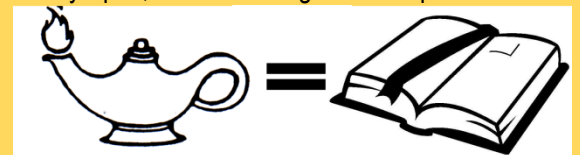
It was mud season again and so after slipping on my mud boots at the car, I began the three mile trek home across the mud. In the darkness, I was thankful for my little flashlight, for despite the fact that my husband had a very bright flashlight ahead of me, it was still quite difficult to navigate the deep ruts in the road. Over this part of the deeply rutted road, it was almost impossible to walk side by side, and so it worked best for everyone to have their own flashlight. As I walked, I realized that although it was small, my flashlight was what kept me from getting stuck or sliding and falling flat on my face in the mud. It was allowing me to see and avoid the worst spots. It seemed a little dim though, and so periodically I turned it off in the more easily navigable spots. But despite my battery saving, all too soon, my flashlight flickered and went out, leaving me in total darkness.

Thankfully, I had another flashlight in my backpack and a husband up ahead with one also—but the momentary darkness without “light” reminds me of a story Jesus told. Matthew 25 records, *“Then shall the kingdom of heaven be likened unto ten virgins, which took their lamps, and went forth to meet the bridegroom. And five of them were wise, and five were foolish. They that were foolish took their lamps, and took no oil with them: But the wise took oil in their vessels with their lamps. While the bridegroom tarried, they all slumbered and slept.*



And at midnight there was a cry made, Behold, the bridegroom cometh; go ye out to meet him. Then all those virgins arose, and trimmed their lamps. And the foolish said unto the wise, Give us of your oil; for our lamps are gone out [“going out” is an alternate translation printed in the margin of some Bibles]. But the wise answered, saying, Not so; lest there be not enough for us and you: but go ye rather to them that sell, and buy for yourselves. And while they went to buy, the bridegroom came; and they that were ready went in with him to the marriage: and the door was shut. Afterward came also the other virgins, saying, Lord, Lord, open to us. But he answered and said, Verily I say unto you, I know you not. Watch therefore, for ye know neither the day nor the hour wherein the Son of man cometh.”

The virgins’ experience illustrates the experience of the church (Jeremiah 6:2) that will live just before Christ’s [the bridegrooms’ – Isaiah 62:5] second coming. In fact, the virgins are those who are looking for the advent of Christ. In this troublous time period, like the worst of mud season, everyone needs their own lamp and oil. The lamp represents the word of God, for Psalm 119:105 declares, *“Thy word is a lamp unto my feet, and a light unto my path.”* The oil represents the Holy Spirit, for this is the golden oil spoken of in Zechariah 4. In verse 6, God declares—*“Not by might, nor by power, but by my spirit, saith the LORD of hosts.”*



For a while, both the wise and the foolish virgins look the same. They both have a name, a call, and a lamp. They are called virgins, meaning they profess a pure faith. But in the crisis, because the bridegroom tarries, a difference becomes apparent. The foolish have no oil. The question is: Why? Is not the Holy Spirit available to all those who ask for it? Luke 11:13 says, *“If ye then, being evil, know how to give good gifts unto your children: how much more shall your heavenly Father give the Holy Spirit to them that ask him?”*

Consider that the foolish virgins even *have* a lamp. They have a Bible. The Bible is a self-fueling lamp. Consider that John 6:63 says, *“...the words that I speak unto you, they are spirit, and they are life.”* Another writer expounds, *“God’s holy, educating Spirit is in His word. A light, a new and precious light, shines forth from every page. Truth is there revealed, and words and sentences are made bright and appropriate for the occasion, as the voice of God speaking to the soul.”* {COL 132.2}

So the foolish have actually done something to separate the Bible and the Holy Spirit. If we look in Prov. 21:20 we see there is a reason that the foolish don’t have oil. *“There is treasure to be desired and oil in the dwelling of the wise; but a foolish man spendeth it up.”* So the foolish are actually letting the qualities of the Holy Spirit go to waste. They have a form of godliness but deny the power thereof. (2 Timothy 3:5) They have a regard for the truth, they have advocated the truth, they are attracted to those who believe the truth; but they have not yielded themselves to the Holy Spirit’s working. Perhaps this is because when the Holy Spirit comes, Jesus said, *“He will reprove the world of sin...”* (John 16:8). The Holy Spirit also enables the wise to understand the trial process that they must pass through, thus preparing them for the crisis ahead. (Daniel 12:10) However, often reproof of sin is uncomfortable as are trials. But nonetheless, the truth must be applied. While a theoretical knowledge of the truth is essential, a knowledge of even the greatest truth will not save us; our knowledge must be practical. God’s people must not only know His will, but they must practice it also *“because God hath from the beginning chosen you to salvation through sanctification of the Spirit and belief of the truth.”* 2 Thess.2:13 God’s people must accept His Word as a power to change their life. They must read it *“not as the word of men, but as it is in truth, the word of God, which effectually worketh also in you that believe.”* 1Thess.2:13 I pray that you will choose to accept God’s Spirit, including His rebukes and chastenings, so you will have no shortage of oil in your lamp.

Prophetic News Notes

University Teacher suggests keeping Sunday as important for “Ecological Conversion”

Charles Camosy, a Catholic theologian and Jesuit Fordham University teacher, writing for Religion News Service, in an April 26, 2019 article, sided with and quoted from Pope Francis' Laudato Si' encyclical, declaring: *“In order for **laws** to bring about the necessary long-term effects, ‘the majority of the members of society must be **adequately motivated** to accept them, and personally transformed to respond’... a kind of ‘ecological conversion....”¹*

*“We must take on a ‘less is more,’ anti-consumerism approach to life that will lead us to transcend unhealthy anxieties caused by being trapped in consumer culture. **We must also celebrate rest, especially from buying and selling, by returning to a focus on keeping the sabbath.**”¹*

However, careful Bible students must take note that Pope Francis is not referring to Saturday, God's Biblical seventh-day Sabbath, but, as he admits, to the “first day” of the week, Sunday. In his encyclical letter Laudato Si', May 24, 2015, Pope Francis ties Sunday worship in with his calls for citizens to band together to deal with the climate change problem. *“Sunday, like the Jewish Sabbath, is meant to be a day which heals our relationships with God, with ourselves, with others and with the world. **Sunday** is the day of the Resurrection, **the “first day”** of the new creation... **It also proclaims “man's eternal rest in God”**”²*

It would appear that in their push of the “climate change agenda” that some have begun using the phrase “*defend human freedom*” as a key word for the call to Sunday worship. The Catholic News agency reporting on Pope Benedict's general audience in St. Peter's Square on June 6, 2012, stated that the pope declared: *“Sunday is the day of the Lord and of men and women, a day in which everyone must be able to be free, free for the family and free for God. **In defending Sunday we defend human freedom!**”³*

Connecting a day of worship with a political agenda, cloaked as freedom, should concern those who believe in separation of church and state as defined in the first amendment to the Bill of Rights, which states *“Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof...”⁴*

However, in March of 2018, we find President Trump using the same key words in a letter to Pope Francis. President Trump in describing how much he was honored by his valuable visit with Pope Francis stated, *“Our conversation underscored the enduring importance of moral leadership in the international community, and of our continued close cooperation as we work to advance peace and **defend human freedom around the world.**”⁵*



Is a coming National Sunday law a conspiracy theory as some sources, like Rationalwiki, state? Or will there be a resurgence of the Daniel 7:25 political power that *“shall speak great words against the most High, and shall wear out the saints of the most High, and **think to change times and laws...**”* There are still blue laws on the books from the 50th Congress Blair bill—for example, mail is still not delivered on Sunday. Could a law be coming in an underhanded manner as one Christian writer warned 130 years ago? *“**Plans of serious import** to the people of God are **advancing in an underhand manner** among the clergymen of various denominations, and the object of this **secret maneuvering** is to **win popular favor for the enforcement of Sunday sacredness.** If the people can be led to favor a Sunday law, then the clergy intend to exert their united influence to obtain a religious amendment to the Constitution, and compel the nation to keep Sunday.”⁶*

*“**The Sunday movement is now making its way in darkness.** The **leaders are concealing the true issue**, and many who unite in the movement do not themselves see whither the undercurrent is tending. Its professions are mild and apparently Christian, but when it shall speak it will reveal the spirit of the dragon.”⁷*

If it is only a conspiracy “theory”, why does writer Charles Camosy also state, *“This means that religious institutions must work to help people cultivate a spiritual foundation that makes ecological conversion possible. And anyone who cares about the existential threat of global climate change should do all they can to support religious institutions in this work.”¹*

Perhaps, we don't have long to wait to find out, for Camosy continues, *“Think 10 years isn't enough time for such dramatic changes to take hold? You underestimate the power of changing hearts to bring about life-changing legislation.”¹*

1-- <https://religionnews.com/2019/04/26/pope-francis-laudato-si-v-the-green-new-deal/>, 2- https://w2.vatican.va/content/dam/francesco/pdf/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si_en.pdf 3- www.catholicnews.com/services/englishnews/2012/sundays-must-be-a-day-of-rest-dedicated-to-god-family-pope-says.cfm
Original text: http://w2.vatican.va/content/benedict-xvi/en/audiences/2012/documents/hf_ben-xvi_aud_20120606.html

4-- <https://billofrightsinstitute.org/founding-documents/bill-of-rights/> 5-- <https://va.usembassy.gov/president-trumps-letter-holiness-pope-francis-fifth-anniversary-election-pontiff/>

6 -- RH, December 24, 1889

7- E White, Counsels to the Church, pg. 335

*For more information and history on the Sabbath visit <http://www.biblepicturepathways.com/resources/Sabbath%20PDF.pdf>



Keep the Light Burning

"Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." Matt. 5:16

On the coast of Norway is a lighthouse where a keeper lived with his two children. One day he went to the distant shore for provisions.

A storm arose, and he was unable to return. The time for lighting the lamp came, and Mary, the elder child, said to her little brother, *"We must light the lamp, Willie."*

"How can we?" asked Willie. *"We ain't big enough."* But the two children climbed the long, narrow stairs to the tower where the lamp was kept. Mary pulled up a chair and tried to reach the lamp in the great reflector; it was too high. Groping down the stairs, she ascended again with a small oil lamp in her hand. *"I can hold this up,"* she said to her little brother. She climbed on the chair again, but still the reflector was just beyond her reach.

"Get down," said Willie; *"I know what we can do."* She jumped down, and he stretched his little body across the chair. *"Stand on me,"* he said. And she stood on the little fellow as he lay across the chair. She raised the lamp high, and its light shone far out across the water. Holding it first with one hand, then with the other, to rest her little arms, she called down to her brother, *"Does it hurt you, Willie?"* *"Of course it hurts,"* he called back, *"but keep the light burning."* Are we keeping the light of God's love burning in

the world even though it hurts? Are we holding it up so that all nations may see its beams afar?—From the S.S. Banner.



MEASLES MANIA AND WHAT TO DO ABOUT IT

There is no doubt that measles outbreaks are making headlines. While mainstream media pushes

NBC using fake pics to convince you to get your vaccination.



vaccination as the answer, critics claim that news sources like NBC are using photo-shopped stock footage with measles added to add to the hysteria. So who is telling the truth? And what sources can we trust? The following are a few basic facts to help you know "what to do about it".



1. God's plan for "none of these diseases" of the Egyptians cited in Exodus 15:26 was not based on immunization, but on obeying God's health laws.
2. Although it is hard to tell from an archaeological perspective if the Egyptians had measles, some of the symptoms are listed in Bible records. Deut. 28:22 lists "fever" and "inflammation" while Deut. 28:27 lists "the botch of Egypt, ... with the scab, and with the itch..." This pretty much covers the symptoms of measles—high fever, cough, runny nose and a characteristic rash. <https://www.cdc.gov/measles/about/photos.html>
3. Sometimes, especially in immunosuppressed people, (those who have HIV, or are taking immunosuppressive drugs like chemotherapy or corticosteroids) measles can cause complications that may sometimes in turn lead to death—these include pneumonia, middle-ear infections, bronchitis and encephalitis (swelling of the brain). *"In developed countries, death occurs in one to two cases out of every 1,000 (0.1–0.2%). [73] In populations with high levels of malnutrition and a lack of adequate healthcare, mortality can be as high as 10%."*¹
4. Vaccination is less than 100% effective against measles, even if everyone has been vaccinated. For example, during a 1984



"outbreak" of 21 measles cases in Illinois: *"The outbreak involved 16 high school students, all of whom had histories of measles vaccination after 15 months of age documented in their school health records."* In fact, the school population had a documented immunization level of 100%.²

(Continued on pg. 5)

5. **The Best Defense is a Good Offense**—Boost your immune system. Get plenty of sunshine, rest, and fresh air and nutrition. Vitamin C boosting foods are always a good choice. Ginger, garlic, elderberry and elderflower are antiviral. If you know you've been exposed, boost your immune system with a cold mitten friction.
6. **If you still get the measles, try natural remedies. Boost your Vitamin A.** The Mayo Clinic states, "*Children with low levels of vitamin A are more likely to have a more severe case of measles. Giving vitamin A may lessen the severity of the measles. It's generally given as a large dose of 200,000 international units (IU) for children older than a year.*"³ That is at least 1 whole baked sweet potato in its skin, or a cup of boiled spinach or 1 cup of raw carrots daily.⁴

Also try these comfort measures: **Make sure you get rest, drink plenty of water** and herbal teas or fruit juice to replace fluids lost by fever and sweating. **Rest your eyes and protect them from bright light.** For the fever, "*simply sponge the child lightly with hot water or give a brief hot bath (100-104°F or 38-40°C) about one minute for each year of the child's age, to draw the blood to the skin for cooling. Repeat every two hours until the fever has finished.*"⁵ Adding finely **ground oatmeal or a small cup of baking soda to your bathwater** may help alleviate itching. **Recommended herbs include: Peppermint, chamomile, yarrow and ginger.**⁶

1 -- <https://en.wikipedia.org/wiki/Measles> 2-- <https://www.cdc.gov/mmwr/preview/mmwrhtml/00000359.htm>

3-- <https://www.mayoclinic.org/diseases-conditions/measles/diagnosis-treatment/drc-20374862>

4-- <https://ods.od.nih.gov/factsheets/vitamina-healthprofessional/> 5—Thrash, M.D., Home Remedies, pg. 58,118 6 --Kloss, *Back to Eden*, pg. 392,393



God's Amazing Creatures

Quokkas live in Australia. They weigh 5.5 to 11.0 lb, which is somewhere around what you were when you were born. They are about the size of a cat. Although they look rather like a very small kangaroo, the quokka can climb small trees and shrubs. However, they are marsupials and they do have a pouch like a kangaroo. Their baby is also called a joey. Quokka mothers can have 2 babies a year and up to 17 in her lifetime. Quokkas eat grasses and leaves. They use their front paws to eat. The quokka isn't very afraid of humans and it is common for quokkas to approach people closely. When we get to heaven the animals there won't be afraid of us either. I'm looking forward to heaven, aren't you?



Hey Kids, can you find the words for Psalm 119:105 in this word search?

*"Thy word is a lamp unto my feet,
and a light unto my path."*

A	N	D	O	Q	L	P	A	T	H
W	X	N	U	M	I	E	W	I	J
F	L	A	M	P	G	S	N	S	E
E	F	T	K	P	H	M	A	X	Y
E	D	U	H	V	T	R	A	L	B
T	W	H	J	Y	X	L	W	V	I
O	O	Z	A	S	L	F	U	Y	U
P	R	N	C	U	O	R	N	H	X
Q	D	P	V	M	E	W	T	L	S
M	Y	U	P	T	S	A	O	N	I



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www.swiftrunnerministries.com

Little Runner's Health Tip

Clara the Kitty Cat likes to sleep.
It helps her to stay healthy.
Boys and girls need to make sure they get plenty of sleep too, so that they don't get sick.





Study to Show Thyself Approved

Would you be found among those crucifying Christ? Study to find out.



Are you betraying Christ with a kiss?

WHAT HAPPENED: Luke 22:47,48 *And while he yet spake, behold a multitude, and he that was called Judas, one of the twelve, went before them, and drew near unto Jesus to kiss him. -But Jesus said unto him, Judas, betrayest thou the Son of man with a kiss?*

SPIRITUAL APPLICATION: Mark 7:6,7 *He [Jesus] answered and said unto them, 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. Matt. 23:3 All therefore whatsoever they bid you observe, that observe and do; but do not ye after their works: for **they say, and do not.***

Do you deny Christ, like Peter?

WHAT HAPPENED: Luke 22:55-61 *And when they had kindled a fire in the midst of the hall, and were set down together, Peter sat down among them. But a certain maid beheld him as he sat by the fire, and earnestly looked upon him, and said, This man was also with him. And he denied him, saying, Woman, I know him not. And after a little while another saw him, and said, Thou art also of them. And Peter said, Man, I am not. And about the space of one hour after another confidently affirmed, saying, Of a truth this fellow also was with him: for he is a Galilaean. And Peter said, Man, I know not what thou sayest. And immediately, while he yet spake, the cock crew. And the Lord turned, and looked upon Peter. And Peter remembered the word of the Lord, how he had said unto him, Before the cock crow, thou shalt deny me thrice. And Peter went out, and wept bitterly.*

SPIRITUAL APPLICATION: Titus 1:16 *They profess that they know God; but **in works they deny him**, being abominable, and disobedient, and unto every good work reprobate. Matt. 10:32,33 Whosoever therefore shall confess me before men, him will I confess also before my Father which is in heaven. But whosoever shall deny me before men, him will I also deny before my Father which is in heaven. —Not confessing is denying*

Are you willing to carry His Cross?

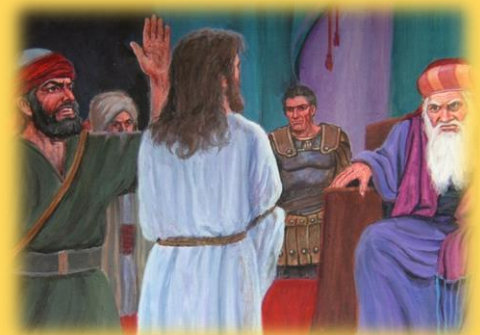
WHAT HAPPENED: Matt. 27:32 *And as they came out, they found a man of Cyrene, Simon by name: him they compelled to bear his cross.*

SPIRITUAL APPLICATION: Matt. 16:24 *Then said Jesus unto his disciples, If any man will come after me, **let him deny himself, and take up his cross**, and follow me. Matt. 10:38 And he that taketh not his cross, and followeth after me, is not worthy of me.*

Are you smiting the Savior?

WHAT HAPPENED: Isaiah 50:6 *I gave my back to the smiters, and my cheeks to them that plucked off the hair: I hid not my face from shame and spitting. John 18:22,23 And when he had thus spoken, one of the officers which stood by struck Jesus with the palm of his hand, saying, Answerest thou the high priest so? Jesus answered him, If I have spoken evil, bear witness of the evil: but if well, why smitest thou me? Matt. 26:67 Then did they spit in his face, and buffeted him; and others smote him with the palms of their hands...*

SPIRITUAL APPLICATION: Jeremiah 18:18 *Then said they, Come, and let us devise devices against Jeremiah; for the law shall not perish from the priest, nor counsel from the wise, nor the word from the prophet. **Come, and let us smite him with the tongue, and let us not give heed to any of his words.***



Do you choose Jesus or Barabbas—the sinful man?

WHAT HAPPENED: Matt. 27:16,17 *And they had then a notable prisoner, called Barabbas. [meaning—son of the father, partially of Chaldee origin meaning pride] Therefore when they were gathered together, Pilate said unto them, Whom will ye that I release unto you? Barabbas, or Jesus which is called Christ? Matt. 27:20 But the chief priests and elders persuaded the multitude that they should ask Barabbas, and destroy Jesus. Mark 15:7 And there was one named Barabbas, which lay bound with them that had made insurrection with him, who had committed murder in the insurrection. John 18:40 Then cried they all again, saying, Not this man, but Barabbas. Now Barabbas was a robber.*

SPIRITUAL APPLICATION: John 14:15 ***If ye love me, keep my commandments.** Titus 1:14 Not giving heed to Jewish fables, and commandments of men, that turn from the truth. 1 John 5:3 For this is the love of God, that we keep his commandments: and his commandments are not grievous.*