



The Bible Banner

November 2016



What Hath God Wrought--Thankfulness for a Basket Full of Blessings

"Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name." Psalm 100:4

Corrie ten Boom and her sister Betsie were placed in a concentration camp during World War 2. One day they were transferred to Barracks 28 and discovered the beds were full of fleas. They didn't see how they could live in such a filthy place, much less thank God for it. But then Betsie read 1 Thessalonians 5:18, "In every thing give thanks..."

"Don't you see," she said. "We must thank God for everything about this place."

"Must we thank the Lord even for the fleas?" asked Corrie.

"Yes, even for the fleas."

Later they learned that because of the fleas the guards would not enter the room. This gave the sisters freedom to read their Bibles and witness that they would not have had if it had not been for the fleas.

Are you thankful in everything, even those things that seem bad?

Ladybug Apple

(To encourage kids to eat apples)

You will need:

Apple

Peanut Honey Butter

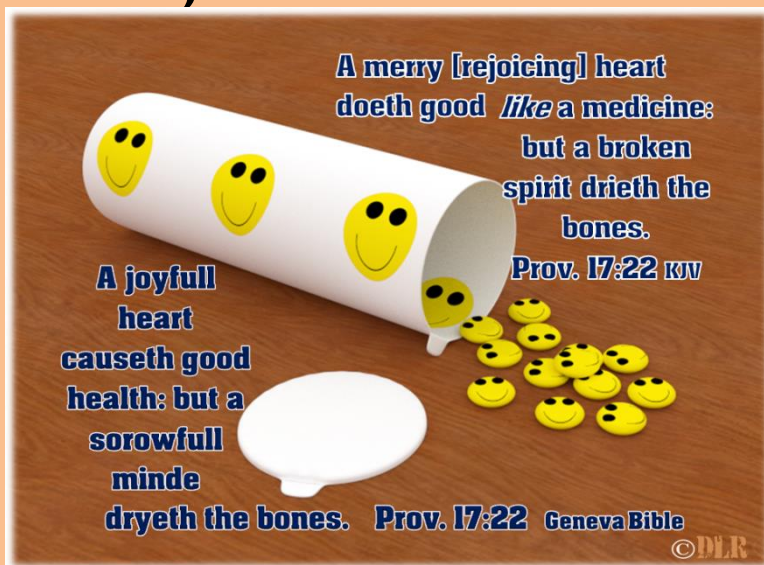
Pitted Dates

Raisins

First make the Peanut Honey Butter by mixing peanut butter and honey to desired sweetness. Then core an apple and cut it in half. Use the peanut honey butter as "glue" to stick on a date for the ladybug's head and raisins for the ladybug's spots. Leftover peanut honey butter makes an excellent apple dip.



Scripture Snapshots



Note: The Geneva Bible is an English Bible pre-dating the King James Version

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

biblepathways@hotmail.com

Or visit us at:

biblepicturepathways.com

swiftrunnerministries.com



What Hath God Wrought

Deut. 28:2,3 *"And all these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of the LORD thy God. Blessed shalt thou be in the city, and blessed shalt thou be in the field."*

From the time I was a child I have been untrusting of mankind in general. That is perhaps not really a bad thing since Jer.17:5 declares, *"Thus saith the LORD; Cursed be the man that trusteth in man, and maketh flesh his arm, and whose heart departeth from the LORD."* But though I hate to admit it, sometimes I seemed to trust in myself more than I trusted God. I was a double checker and I

Sometimes I think
God just stands by,
patiently waiting for
us to ask for help.

always had a plan A, plan B, and plan C. Perhaps many of us are guilty of this. I would pray for something I knew was "according to His will" and then continue to worry about it—in essence checking up on God to see if He had done His job, as if He were a child supposed to clean his room. Now, it is well to make sure we have done our part, for *"God does not work miracles where he has provided means by which the work may be accomplished."* {RH, July 17, 1888 par. 3} But where man has no power, there God willingly takes over. Man removed the stone and unwrapped Lazarus, but it was divine power that raised him to life. We may obey and "march around the walls of Jericho" so to speak, but it is divine power that causes them to fall.

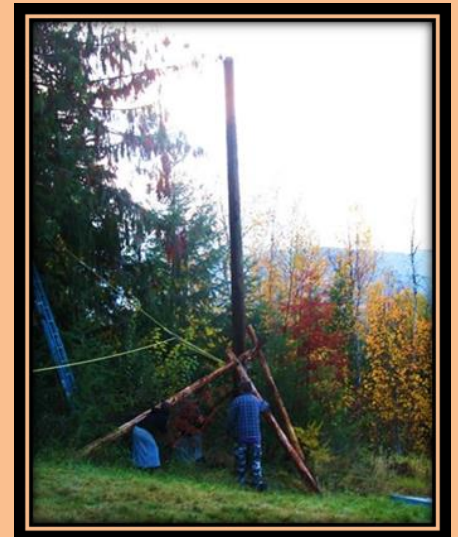
Sometimes I think God just stands by, patiently waiting for us to ask for help. Isaiah 41:13 says, *"For I the LORD thy God will hold thy right hand, saying unto thee, Fear not; I will help thee."* And God is faithful-- if we will just remember to ask. *"And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him."* 1 John 5:14,15

On one particular occasion, I actually put forth the effort to trust and to ask God for help. We were having a meeting in town and had invited quite a number of people to attend. Later, we found out that the room we had scheduled for the meeting had a limit of 41 people according to the fire marshal and that the room had even fewer chairs than that. I was sure we had invited more people than 41, but how could I un-invite people? I decided this was out of my scope and asked God to just make sure the people who were supposed to be there showed up and please to deal with the seating problem. And God was faithful. The morning of the presentation we took 3 folding chairs. It turned out that we had a total of 37 chairs, and God worked it out that EXACTLY 37 people showed up. I was humbled at God's exactness. Why didn't I trust more often?

On another occasion, our family needed to erect a 33 foot telephone pole on our property— financial restraints required that this be erected by hand with no heavy equipment. I felt that this was definitely out of my scope. I was sure somebody was going to die during this operation using one man, 3 females, and 1 boy to lift a pole (so heavy that it took several of us to roll it -- it was about 16 in. in diameter at the bottom) to a 90 degree angle, into the upright position to slide it in the pre-dug (by hand) hole. Trying to enlist some heavenly help, my daughter and I had a special prayer asking for protection. Then we commenced working on the project while I tried to refrain from fainting until after we were finished. Several hours later, with one "come-along", one pulley, lots of chains, ropes and two A-frames (that were themselves built out of miniature trees) the pole was dangling in the air. My husband, being the only man, was doing more than double duty, and every time the legs of the A-frame had to be adjusted, he had to move it. (Made out of two 8 - inch diameter trees -- both about 13 feet long, it was too heavy for any of the rest of us to move.) As he struggled to adjust the heavy A-frame on



a not too level lawn, he tripped, causing him to sit down rather quickly. (We were all holding other positions and could not help or the telephone pole would fall.) When he tripped we all held our breath just waiting for the A-frame to fall. And fall it did, right onto my husband's head. "Bonk!" We all heard the sound. Sure he would have a concussion or something, we were all relieved when he reached over and threw two rubber tire stops out of his way and got up to move the A-frame again. Later, after the pole was successfully set, my husband felt his head but was surprised to find that there was not even a goose-egg or a bruise where the A-frame had hit. Since it had to have fallen at least 9 or 10 feet before hitting his head, we are sure that the angels slowed its fall only allowing it enough fall to make the "bonk" sound. Praise the Lord! He has not forsaken His children! It reminds me of the statement in Num. 23:23 *"Surely there is no enchantment against Jacob, neither is there any divination against Israel: according to this time it shall be said of Jacob and of Israel, What hath God wrought!"* As we look at that pole standing today, with thankfulness we say "Truly, What hath God Wrought!" for we couldn't have done it without Him.



GOD'S AMAZING CREATURES



One day, while my mother was hanging up the laundry, a hummingbird flew to our porch and then just fell down next to the laundry. We had read that when a hummingbird does not drink nectar for a long time, they may run out of energy. Gently, my older brother, Trenton, picked up the hummingbird and carried her to some flowers so she could drink the nectar. We were delighted when, after she had drunk enough nectar to give her some energy, she flew off. We named her Ruby. For several years after that, in the spring and summer Ruby would come right up outside our living room window, look in, and hover as if to say thank you. If a hummingbird can remember to say thank you, why can't you?

Christian was sorry he had lost his temper and yelled at his little sister. He asked Jesus and his little sister to forgive him. Christian was thankful that Jesus died on the cross for us so that Jesus can forgive us when we are sorry for our sins.



Carnal yelled at his little sister too, but he didn't say he was sorry to his sister or to Jesus. It made Jesus sad that Carnal wasn't sorry for being so mean.

Memory Text:

John 3:16 "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."

Special Thanks

Special Thanks to our readers who keep us "on our toes"--- *"I read every issue, every page and for the first time, you made a mistake in the latest Bible Banner. In the study (page 5) question #3, you put that it was Job 23:1, when it is actually Job 23:10. Also in question #7 the blank is for the word crown, not tried. You are doing a great work. Keep it up."*

Note: Due to time restraints and internet difficulties last month our proofreading step was skipped. We apologize for the mistakes. **Special Thanks** to the retired pastor who volunteers his time to proofread our newsletter each month and has obviously kept us from "goofing" too often.

Special Thanks to all who pray for, or financially support our ministry.

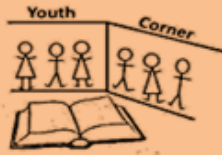
PROFITABLE TRADITIONS

Cultivate Thankfulness—

A creative way to help children think of things that they are thankful for is to cut a basket and fruit out of colored paper. Have each of them pick several fruits they like.



And then have them write something that they are thankful for on each fruit. Display them on the wall or refrigerator to remind them of the basketful of blessings that God gives to us each day.



Oatmeal Miracle

"Blessed shall be thy basket and thy store. The LORD shall command the blessing upon thee in thy storehouses, and in all that thou settest thine hand unto; and he shall bless thee in the land which the LORD thy God giveth thee." Deuteronomy 28:5, 8

Have you ever wondered if God still performs miracles as he did in the days of Elijah, when meal miraculously appeared in the barrel of meal, and oil in the cruse?

At one point, we were running low on oats in the containers in our pantry. We order them in bulk on the internet, and it is not as simple as going down to a grocery store and buying them. We needed enough money to place a large enough order, and we did not have that amount. Now running low on oats is not a very good thing in our house. My father's favorite food is granola, and he likes to eat it at almost every meal. Granola's main ingredient is oats and so no oats means no granola, which means a very disappointed father.

My mother started to make granola one day, and told my father he needed to ration his granola because she only had enough oats in the container to make one more batch after the current one. Then we would be totally out of oats. We have four containers but three were already empty. A week or two later (we still had not made an order), she went to make the last batch, and to her surprise, there were more oats in the container, enough for another batch. She thought it was strange, but passed it off, as she must have misjudged the previous time. She told my father that the next batch really would be the last batch of granola until we could order some more oats. Now at this point, there was a small amount of oats in only one container. Sometime in the next week or so, I also looked in the oat container; and sure enough, we were almost out.

Finally, my mother went to make the last batch of granola, or so she thought. But this time, not only were there oats in one container, there were oats in two of the others, so instead of having oats in only 1 container, we now had some in three! Now we really knew that God must have been placing extra oats in our containers and we thanked God for His wonderful care in providing for our needs.

God does perform miracles just as in the days of Elijah, and if you ever need it, He will provide for your needs too. Think of all the little miracles He does every day for you. Every breath you breathe, every time your heart beats, it is a miracle and a blessing from God. Do not forget to tell Him thank you for supplying your needs.



A THANKFUL HEART

*'Twill give us peace from day to day,
Add strength to strength, while in the way
Which leads from earth to Heaven above,
That home of everlasting love.*

*It points the soul when bowed with care,
To that eternal temple where
A living Saviour intercedes,
A loving Father grants its needs.*

*Oh, why should we not thankful be
For what we have, for certainly,
The ills of life are as a dream,
Things are not always what they seem.*

*How oft the case that blessings come,
And without notice one by one
Go by, yet fail the soul to bless,
Just for the want of
thankfulness.*

*Then let us truly
thankful be,
For that we have, and
cheerfully
Praise with the heart
when once we know
The hand from which
our blessings flow.
D. H. Lamson*





Measuring the Health of an Apple

“O give thanks unto the LORD; for he is good... Who giveth food to all flesh: for his mercy endureth forever.” Ps. 136:1a, 25

There are so many varieties of apples in a variety of colors —green, red and yellow, that almost anyone can find one to suit their palate. Perhaps this is one reason that Solomon compared Jesus, our “beloved” to an apple tree. *“As the apple tree among the trees of the wood, so is my beloved among the sons. I sat down under his shadow with great delight, and his fruit was sweet to my taste.”* Song of Solomon 2:3

The apple has been called the “king of fruits” and for good reason. It is multipurpose since it can be juiced, dried, canned, sauced, cooked and, of course, eaten fresh from the tree or root cellar. Since there are summer, winter and fall varieties, apples can be had fresh year around. The book *Counsels on Diets and Foods* even states *“If you can get apples, you are in a good condition as far as fruit is concerned, if you have nothing else.... Apples are superior to any fruit for a standby that grows... Applesauce, put up in glass, is wholesome and palatable.... dried fruits, such as ...apples... can be used as staple articles of diet much more freely than is customary, with the best results to the health and vigor of all classes of workers.”* (Pg. 312, 311)



Apples certainly measure up quite well when tested for their potential health benefits. *“The health benefits of apple include improved digestion, prevention of stomach disorders, gallstones, constipation, liver disorders, anemia, diabetes, heart disease, rheumatism, eye disorders, a variety of cancers, and gout.... The long list of health benefits attributed to apples is due to the wealth of vitamins, minerals, nutrients, and organic compounds that are found in them. These important nutritional elements include vitamin C, vitamin K, vitamin B6, and riboflavin, as well as minerals like potassium, copper, manganese, and magnesium... [They are] packed with phytonutrients and flavonoids like quercetin, epicatechin, phloridzin, and various other polyphenolic*

compounds.” <https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-apple.html>

Apples are good for virtually every part of the body from the brain to the liver and gallbladder. However, research has shown that *“most of the fiber and antioxidants are in the peel”* <http://www.medicalnewstoday.com/articles/267290.php?page=2> and *“almost half of an apple's vitamin C content is just under the skin, so it's a good idea to eat apples with their skins.”* Unfortunately, *“results analyzed by the Environmental Working Group showed that 98 percent of conventional apples had pesticide residue on their peels.”* <http://www.livescience.com/44686-apple-nutrition-facts.html> In fact, last time I checked-- apples were close to the top of the “dirty dozen” list. Due to the high levels of pesticides on conventional apples I suggest buying organic or growing your own where possible. If not, wash them well and eat anyway because the EWG also states *“the health benefits of a diet rich in fruits...outweigh the risks of pesticide exposure.”* Here are a few reasons why.

The brain—*“A study published in the Journal of Food Science in 2008 suggested that eating apples may have benefit for your neurological health. The researchers found that including apples in your daily diet may protect neuron cells against oxidative stress-induced neurotoxicity and may play an important role in reducing the risk of neurodegenerative disorders such as Alzheimer's disease.”* <http://www.medicalnewstoday.com/articles/267290.php>

The Heart—*“A group of researchers at The Florida State University stated that apples are a “miracle fruit”. They found that older women who ate apples everyday had 23% less bad cholesterol (LDL) and 4% more good cholesterol (HDL) after just six months.”* <http://www.medicalnewstoday.com/articles/267290.php?page=2>

Digestion—The *Herb Bible* states that *“Apples are good for digestion. Depending on how they are used they can relieve both diarrhea and constipation.”* (pg. 41)

The Liver and Gallbladder – The *Natural Remedies Encyclopedia* includes apple juice in a liver flush that may also be used for *“flushing out gallstones, after first softening them.”* It suggests, *“Go on a liver flush. This is done by drinking apple juice alone for 3 days, followed by drinking a cup of olive oil and a cup of lemon juice.”* (Natural Remedies Encyclopedia, 4th edition page 361) A friend told me she and her husband had followed this procedure several times, as well as a similar one for kidney stones. She assured me it worked well and was very excited that it had saved her thousands of dollars because she was able to use it instead of an expensive surgical procedure. {continued on next page}

When you actually take the time to measure the health benefits of an apple, maybe the old Welsh proverb "An apple a day keeps the doctor away" isn't so far from the truth after all.



LITTLE RUNNER'S HEALTH TIP

Henry the Horse likes to eat apples. Apples are good for boys and girls too. The vitamin C in apples will help you not to get sick.

STUDY TO SHEW THYSELF APPROVED----THANKS GIVING

1. _____ is one way that the scriptures suggest is a good way to offer thanksgiving to God.

Psalm 147:7 "Sing unto the LORD with thanksgiving; sing praise upon the harp unto our God:"

Psalm 69:30 "I will praise the name of God with a song, and will magnify him with thanksgiving."

2. Our _____ should contain thanksgiving to God.

Colossians 4:2 "Continue in prayer, and watch in the same with thanksgiving;" Philipians 4:6 "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God."

"According to the apostle's words just quoted, no prayer should be offered without thanksgiving; but this does not mean simply thanksgiving for something received in the past. It means thanksgiving for the blessings asked for in the prayer; the giving of thanks for them even before they have been received.... Take an illustration of our application of this scripture. Here is a poor man who is in great need of food for his family. After suffering the pangs of hunger for some time he goes to a wealthy farmer who is noted for his generosity, and makes known his want. The man responds at once to this appeal for help, and says to his poor neighbor, "I will give you a sack of flour which stands in my store-house. Take this key, and go and help yourself." Now what would be the first impulse of that poor man?-Why, it would be to thank his benefactor. What for?-For the flour. But he has not received any yet. No; but his confidence in the man's word leads him to believe that the flour is his, and he thanks him first, and then goes and gets it.

Surely the Christian should express no less confidence in the promise of God that he delights to give good things to his children, and will grant grace to help in time of need; and when he has once made his request should accompany that request with thanksgiving that God is so liberal. This is an evidence of faith, with which alone God is pleased..." {July 1, 1889 Signs of the Times}

3. Another way to give thanks to God is to tell _____ the wonderful things He has done.

1 Chronicles 16:8 "Give thanks unto the LORD, call upon his name, make known his deeds among the people." Psalm 35:18 "I will give thee thanks in the great congregation: I will praise thee among much people."

Note: This combination of praise and thanksgiving allows God to work miracles in our behalf. See Acts 16:25, 26 "And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them. And suddenly there was a great earthquake, so that the foundations of the prison were shaken: and immediately all the doors were opened, and every one's bands were loosed."

4. Does Jesus notice when we are not thankful? _____

Read Luke 17:12-19 (Luke 17:16 -18 "And fell down on his face at his feet, giving him thanks: and he was a Samaritan. And Jesus answering said, Were there not ten cleansed? but where are the nine? There are not found that returned to give glory to God, save this stranger.)"

Name several things for which the Bible says we should give thanks to God.

5. _____ 1 Corinthians 15:57 "But thanks be to God, which giveth us the victory through our Lord Jesus Christ." 2 Corinthians 2:14 "Now thanks be unto God, which always causeth us to triumph in Christ..."

6. _____ 1 Chronicles 16:34 "O give thanks unto the LORD; for he is good; for his mercy endureth for ever." See also Psalm 100:5

7. _____ and _____ John 11:41 "... And Jesus lifted up his eyes, and said, Father, I thank thee that thou hast heard me." See also Daniel 2:23

8. _____ 1 Thessalonians 5:18 "In every thing give thanks: for this is the will of God in Christ Jesus concerning you."



Answers: 1. Singing or music 2. prayers 3. others 4. Yes 5. Salvation 6. His goodness and mercy 7. Hearing our prayers and giving wisdom 8. Everything