



The Bible Banner

November 2022



I've Found a Friend in Jesus He's Everything to Me

George W. Truett, a well-known pastor, was invited to dinner in the home of a very wealthy man in Texas. After the meal, the host led him to a place where they could get a good view of the surrounding area.

Pointing to the oil wells punctuating the landscape, he boasted, "Twenty-five years ago I had nothing. Now, as far as you can see, it's all mine." Looking in the opposite direction at his sprawling fields of grain, he said, "That's all mine." Turning east toward huge herds of cattle, he bragged, "They're all mine." Then pointing to the west and a beautiful forest, he exclaimed, "That too is all mine."

He paused, expecting Dr. Truett to compliment him on his great success. Truett, however, placing one hand on the man's shoulder and pointing heavenward with the other, simply said, "How much do you have in that direction?"

The man hung his head and confessed, "I never thought of that."

"For what shall it profit a man, if he shall gain the whole world, and lose his own soul?" Mark 8:36

Strawberry Mango "C" Salad

This salad is so good it deserves a recipe, but so simple it really doesn't need one. 1¼ - 1½ cups will supply about the Recommended Daily Allowance of Vitamin C.

Just mix equal parts of sliced or diced mango and strawberries. A good mango should be slightly soft and smell like a mango near the stem even before peeling and cutting. Green, hard mangos will not supply the necessary flavor. But most mangos will ripen on the counter, and when it comes to mango flavor, patience is key. Frozen strawberries may be used out of season, but, as usual, fresh is best.



PROFITABLE TRADITIONS

CULTIVATE Worship of the Creator – Pick a nature item like leaves. See how many different kinds you can find.

Make crayon rubbings of them.

Notice the details.

Talk about how and why God made each one different.

"And out of the ground made the LORD God to grow every tree that is pleasant to the sight, and good for food..." Genesis 2:9



Quotable Quotes

"He who runs from God in the morning will scarcely find Him the rest of the day."

John Bunyan

If you would like to begin receiving our monthly newsletter via e-mail, please contact us at biblepathways@hotmail.com

Or visit us at: www.biblepicturepathways.com or www.swiftrunnerministries.com



Editor's Note— Learning to Wait

"Hurry up, Daddy! Hurry up! Hurry up, Daddy! Hurry up!" in a sing-song fashion chorused a car full of kids and their mother. When the kids were all little and we would go shopping together as a family, it wasn't always practice to unbuckle everybody's seat belts and car seats for something like a short stop at the bank. So I would stay in the car with the kids while Daddy ran in and conducted whatever business was necessary. If the business took longer than a couple of minutes though some of the little ones would start to grow restless. I had learned it was easy to turn the restlessness into song and often it would "tide" them over until Daddy returned.

Adults, generally, don't like waiting any more than children, and yet the Bible declares, "*Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus.*" Revelation 14:12 Strong's Concordance defines the word "patience" here as "*cheerful (or hopeful) endurance...patient continuance (waiting).*" And indeed, God has placed a special blessing on those who wait. For example, Daniel 12:12 states, "*Blessed is he that waiteth, and cometh to the thousand three hundred and five and thirty days.*" Since this prophecy points to 1843, prophetically speaking, it was to be an encouragement to the early advent believers who waited for Christ's second coming, first in 1843, and later still waited in 1844. They were keenly disappointed when Christ did not return in 1844, but realized that God's word was true and so sought for where their human understanding had failed. Today, advent believers around the world still wait for Christ's second return.

One of the early advent believers wrote of their experience, "*And though the believers could not explain their disappointment, they felt assured that God had led them in their past experience.*"

"Interwoven with prophecies which they had regarded as applying to the time of the second advent was instruction specially adapted to their state of uncertainty and suspense, and encouraging them to wait patiently in the faith that what was now dark to their understanding would in due time be made plain."

"Among these prophecies was that of Habakkuk 2:1-4: 'I will stand upon my watch, and set me upon the tower, and will watch to see what He will say unto me, and what I shall answer when I am reproved. And the Lord answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it. For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry. Behold, his soul which is lifted up is not upright in him: but the just shall live by his faith.'

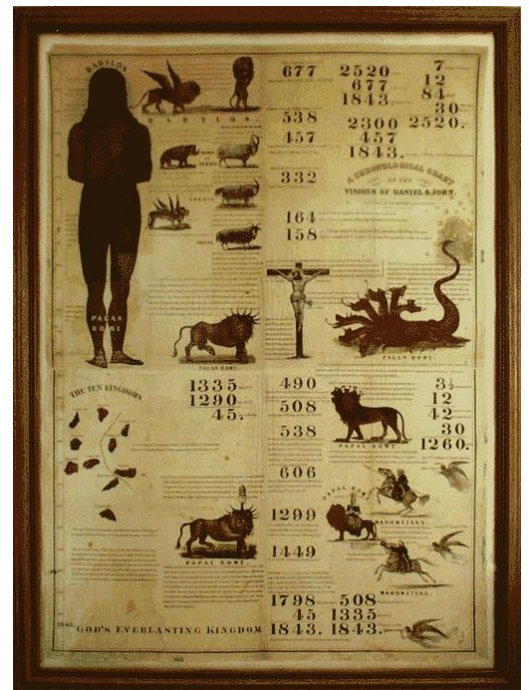
"As early as 1842 the direction given in this prophecy to 'write the vision, and make it plain upon tables, that he may run that readeth it,' had suggested to Charles Fitch the preparation of a prophetic chart to illustrate the visions of Daniel and the Revelation.

[See picture of what was called the "1843 chart"] The publication of this chart was

regarded as a fulfillment of the command given by Habakkuk. No one, however, then noticed that an apparent delay in the accomplishment of the vision--a tarrying time--is presented in the same prophecy. After the disappointment, this scripture appeared very significant: 'The vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry. . . . The just shall live by his faith.'" {Great Controversy pg. 391, 392}

However, while "waiting" specifically refers to the time of looking for the second advent, and certainly to the self-sacrificing spirit of those who gave their all to tell of Christ's soon return, there are applications to us, today also. For example, Psalm 25:5 says, "*Lead me in thy truth, and teach me: for thou art the God of my salvation; on thee do I wait all the day.*" This verse connects following with waiting. Try thinking of a waiting more like a "waiter" or a "waitress." By way of illustration, after I got married, I learned my husband loved nothing better than to have me "help" him with his work. However, I came to realize that often this meant just following him around while he was at work. In fact, sometimes I didn't feel very helpful as I would just stand and watch him work. As I waited I would talk to him while awaiting his direction to "hold this" or "hand me that." I believe this is what God wants, us to wait on Him. He doesn't actually need our help, but He loves to have us talk to Him while we stand by waiting for any special assignments He has for us to do. We see this type of special assignment in Acts 8:29 when "*the Spirit said unto Philip, Go near, and join thyself to this chariot.*" Also Revelation speaks positively about "*they which follow the Lamb whithersoever he goeth...*" Rev. 14:4 And, as we saw in Psalm 25:5, we may follow the Lamb by following God's truth and His teaching. And as we follow and wait, indeed, we will find, "*The LORD is good unto them that wait for him, to the soul that seeketh him.*" Lamentations 3:25

Next, let's look a little bit at what it looks like to "seek" Him.



One day, following a presentation, I was surprised when a woman came up and asked me to tell her what I did to spend time with God each day—what I did for worship, prayer, etc. She wanted to know what living like a Christian and waiting on the Lord was supposed to look like. This helped me to realize that there are many that want to *“follow the Lamb.”* They want to *“wait upon the Lord,”* but need a human example of what this looks like. I am convinced that more “mature” Christians hold nothing above anyone else, they have just learned to ask God for help with **everything**. Therefore I strive to begin every day with prayer. Since I am often tired when I wake up, I started praying for energy after reading this quotation one day. *“Christ lived a life of prayer. Daily beset by temptation, constantly opposed by the leaders of the people, He knew that He must strengthen His humanity by prayer. In order to be a blessing to men, He must commune with God, from Him obtaining energy, perseverance, steadfastness.”* {ST, April 26, 1905 par. 5} So now every day I pray for energy, perseverance and steadfastness. And indeed, it is promised that, *“they that wait upon the LORD shall renew their strength...”* *Isaiah 40:31* In addition, I have several other things for which I pray based on various scripture texts. I pray that I will be bold as a lion (Prov. 28:1), pure as a lily (Song of S. 2:2, Matt. 5:8), harmless as a dove (Matt. 10:16), have a perfect memory in spiritual things, that I will eat from the Table of the Lord so that I cannot eat from the table of devils (1 Corinthians 10:21), that I will be part of the wise that understand (Daniel 12:10), that I will heed the counsel of the true witness (Rev. 3:14), that I will be thankful—which is the will of God (1 Thess. 5:18), that I will keep the commandments of God and have the faith of Jesus (Rev. 14:12), that I will have the “law of kindness” in my mouth (Prov. 31:26) that I will perfectly reflect Christ’s character, and perfectly echo God’s words because *“Man’s words, if of any value, echo the words of God.”* (Counsels to Parents, Teachers and Students, pg. 423) Then there are the normal things one would pray about, I give thanks, ask forgiveness for my sins and pray for my friends, family, enemies and others. Obviously, there are many things you can pray about, these are just some that I chose for myself. God just wants to hear from you.

After praying, I take time to listen when God responds through His Word. This is one way to wait on the Lord for Psalm 130:5 says, *“I wait for the LORD, my soul doth wait, and in his word do I hope.”* Indeed, God’s word also anoints all our wounds gained in the Great Controversy Conflict with some leaves from the tree of life. I love combining these two quotes. *“After the entrance of sin, the heavenly Husbandman transplanted the tree of life to the Paradise above; but its branches hang over the wall to the lower world. Through the redemption purchased by the blood of Christ, we may still eat of its life-giving fruit.”* {7BC 989.1} And also, *“The Bible is a leaf from the tree of life, and by eating it, by receiving it into our minds, we shall grow strong to do the will of God.”* (R. and H., 1897, No. 18. {HL 45.5}) So, as I read the Bible, it affords me the “leaves from the tree of life” I need for my day, and it’s so encouraging to know that there is a piece of heaven that we can have down here just by reading or singing God’s word. There are so many different ways to read the Bible and study, but not wanting to miss anything that God has to say, I like to read it straight through, year after year. After I read my portion of “straight through” I begin any additional study often using E-sword to find related verses on a topic. I also take time to read a portion out of one of my favorite religious books (Desire of Ages, Thoughts from the Mount of Blessing, Christ’s Object Lessons, Healthful Living, The Great Controversy, etc.)

Throughout the day, I try to continue to *“wait on the Lord”* even while doing practical labor and mundane tasks. Asking what projects would God have me to accomplish today, praying for wisdom and help, asking God for His opinion on things. Of course, the Bible is like a compass—it will always point you in the right direction. Let God help you make all your decisions. Hosea 12:6 says, *“Therefore turn thou to thy God: keep mercy and judgment, and wait on thy God continually.”* Spend the day with Jesus. He will speak to you in His word and through nature. Here is how God cheered me up one day at Evensong with a heart-shaped pink cloud (we barely got a picture just as the cloud was dissipating). Truthfully, I’m still learning to wait. I’m certainly not a professional. But in the meantime, I gather the promises of God’s word, *“For evildoers shall be cut off: but those that wait upon the LORD, they shall inherit the earth.”* Psalm 37:9



Lost...

“For I the LORD thy God will hold thy right hand, saying unto thee, Fear not; I will help thee.”
Isaiah 41:13

On a dark and stormy night, a child was lost in the streets of a large city. A policeman found him crying in distress, and gathering enough from his story to locate the home, gave him directions after this manner. *“Just go down this street half a mile, turn and cross the big iron bridge, then turn to your right and follow the river down a little way, and you’ll see where you are.”*

The poor child, only half comprehending, chilled and bewildered by the storm, turned about blindly, when another voice spoke in a kindly tone,
"Just come with me."



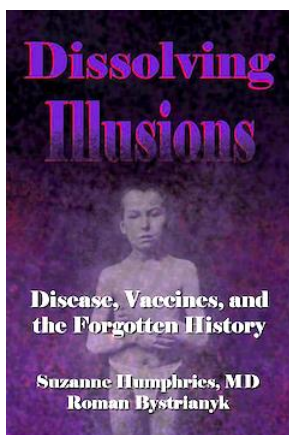
The little hand was clasped in a stronger one, the corner of a warm coat was thrown over the shoulders of the shivering child, and the way home was made easy. The first man had told the way; the second man became the way. This is exactly what Jesus Christ has been for us thereby making salvation possible even for the directionally challenged. *"Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me." John 14:6*



Prophetic News Notes and Swift Runner Health Malnutrition Vaccines or Improved Nutrition?



Frankly, I thought it was a joke when a pharmacological headline blared, *"Malnutrition vaccines for an imminent global food catastrophe."* You fix malnutrition, meaning bad nutrition, with good nutrition, not vaccines. But the article declares, *"Until now, vaccines and vaccine development activities have not featured prominently in food system security strengthening, but this approach offers promise. While averting an imminent food catastrophe may not be possible, there are options for accelerating malnutrition vaccines to reduce its impact."*¹



Many people theorize that vaccines are the cure-all that saved humanity from many dread diseases like diphtheria, pertussis, smallpox, polio, measles, etc. But if vaccines were the cure-all, where did scarlet fever go? And what about scurvy, that often killed more people than war and other diseases combined? There is another, I believe more accurate, history of disease. In her book, *Dissolving Illusions*, Dr. Suzanne Humphries makes a very convincing case that it was other factors, and not vaccines, that actually turned away the tide of disease. Among these are included proper sanitation, better living and working conditions, cleaner water, the move from infant formula or cow's milk back to breastfeeding, the removal of extensively used toxic chemicals (such as DDT, arsenic, and lead), convenient refrigeration, and increased nutrition.²

Even pro-vaccine sources agree that disease is still prominent today where bad living conditions still exist, *"Malnutrition contributes to an estimated 45% of deaths among children under 5 years of age in developing countries, predominantly due to infections."*³

A revealing statement in a PubMed.gov article declares, *"Vitamin A deficiency is a recognised risk factor for severe measles."*⁴ In short, the credit for healthier societies should actually go not to vaccines but to God's disease-protection plan, which includes good nutrition.

Indeed, the manifestation of disease is much worse in those with insufficient nutrition. This is because *"The efficiency of the cellular immune system is tied to the intake of dietary nutrients, including vitamin A, vitamin C, zinc, selenium, and protein rich in vitamin B. Poor nutrition leads to impaired cellular immune responses, which results in worse outcomes after measles infection or exposure."*⁵

But what is perhaps even more surprising is that pathogens themselves appear to become "meaner" in nutrient-deficient hosts. *"Nutrient deficiency is known to have a direct effect on the virulence of microorganisms. This means that a nutrient-deficient neighbor can actually influence your health. '...current work suggests that not only can the nutritional status of the host affect the immune response, but it can also affect the viral pathogen... a benign strain of coxsackievirus B3 became virulent and caused myocarditis in*

selenium—and vitamin E—deficient mice.... changed an avirulent virus into a virulent one [changed an inactive virus into one that is extremely active in doing injury]. Once these mutations occurred, even mice with normal nutriture developed disease from the mutated virus.' {699} This raises an interesting argument in terms of herd immunity. But for some reason, we never see nutrition being mentioned in media ads that warn of disease epidemics."⁶ This means, not only is it good for your spiritual health to share nutritious food with your neighbors, it is also good for your physical health, as well as theirs.

Dr. Suzanne Humphries documents how one simple vitamin has been historically shown to reduce and reverse the course of many diseases from pertussis (whooping cough) to paralysis from polio. In fact, *"A 1952 article published by Dr. McCormick described positive results using vitamin C for a number of infectious conditions."*

'The writer [Dr. McCormick] has previously reported spectacular results by this method in the treatment of tuberculosis, scarlet fever, pelvic infection, septicemia, etc. Concurrently, by this same method, Klenner has reported dramatic results in the treatment of virus diseases, including poliomyelitis, encephalitis, measles, herpes zoster, virus pneumonia, etc.'"⁷

Vitamin C is so effective that Dr. C. W. Jungeblut wrote in the 1930s, *"Vitamin C can truthfully be designated as the antitoxic and antiviral vitamin."*²

So let's just take a brief peek at Vitamin C. Every true remedy is a picture of Christ, and vitamin C is no exception. It is good for almost everything, and without it your body can do pretty much nothing. In fact, ultimately you will die from scurvy or other diseases without it.

Medical News Today states, *"Vitamin C is water soluble, and the body does not store it. To maintain adequate levels of vitamin C, people need to consume food that contains it every day. The body needs vitamin C for various functions. Here are some of them:*

- *It helps the body produce collagen, L-carnitine, and some neurotransmitters.*
- *As an antioxidant, it helps remove unwanted substances known as reactive oxidative species (ROS) from the body.*
 - *It helps the body absorb iron.*
 - *It boosts the immune system.*
 - *It enhances wound healing.*

*ROS are substances such as free radicals that result from natural bodily processes, exposure to pollution, and other factors. They can lead to oxidative stress, which can, in turn, cause cell damage."*⁸

If you are under a lot of stress or living in a toxic environment you will need additional vitamin C. Also, without vitamin C, your body literally becomes like a brick wall with nothing to cement it together. I like this description. *"Scurvy is a disease that results from a deficiency of dietary vitamin C, which is essential for the formation of healthy collagen. Collagen is the protein that forms connective tissue in skin, bones, and blood vessels and also gives support to internal organs. In scurvy, the body is not able to generate adequate collagen or extracellular matrix proteins that serve as mortar holding cells together. As a result, the body literally comes unglued and falls apart...."*

"scurvy... is a disease that comes on very gradually—the patient usually complaining at first of only a general weakness and apathy...."

"Note... the first symptoms of scurvy are apathy and weakness...Probably the most important action [of vitamin c] involves the part of vitamin C called ascorbic acid, which is essential for normal mitochondrial metabolism...."

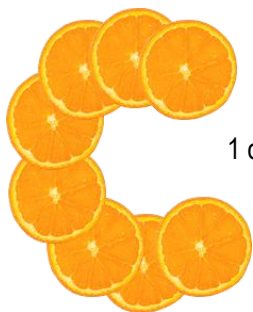
"Ascorbic acid is also necessary for transport of one of three types of substrates used for fuel. Proteins, sugars, and fats are used for energy production to generate ATP, which is the main energy source for the majority of cellular functions of the body. Without ATP, cell energy flatlines, and critical cell functions stop. The fats cannot get through the mitochondrial membrane without ascorbic acid because an essential molecule called carnitine, which shuttles the fat inside the mitochondria, is dependent upon ascorbic for its generation... Therefore, if there is scurvy, core metabolism shuts down, resulting in profound fatigue and fatty acid buildup elsewhere. This type of functional fatty acid deficiency manifests in the form of neurological disorders, cardiac disease, and muscle weakness. {730} The fatigue marks the beginning of a breakdown of the body. Without normal mitochondrial function, the immune system breaks down as do all the systems that maintain bone and flesh structure. The result is obvious—death."

*"The Recommended Dietary Allowance [RDA] levels for vitamin C do not prevent 'scurvy.' They merely keep you from dying from complete mitochondrial shutdown."*⁹



Photo 15-1: Infantile Scurvy: Ellen S. Five years old. The gums are swollen or beefy and hanging in tumorous masses. There are also blood tumors on the forehead. (1914)

Let me reinforce, especially if you feel tired, everybody needs to make sure they are getting at least the RDA of Vitamin C. Your body can do nothing properly without it. If you happen to eat mainly apples and bananas for fruit, and lettuce or sprouts with a little carrot for vegetables, you probably are not getting enough vitamin C. One apple, banana, or pear provides roughly 10-12% of the RDA for vitamin C. Romaine lettuce only about 2% in one cup. Carrot about 8% in one cup, raw (about 2 carrots). One cup fresh tomato ranks a little higher at 23%. You can see these supply small amounts of vitamin C, but all of them put together in one day still only supply about 45% of the RDA of vitamin C. This is not enough to maintain adequate vitamin C levels!



As mentioned before, daily vitamin C is essential. Yesterday's feast won't make up for today's famine. Therefore, I would recommend making sure you are eating at least one high source of vitamin C a day. Remember fresh is best for vitamin C content. Canning, cooking, drying, and even to some degree freezing can deplete vitamin C content. Here is a fairly simple list things each of which provides about 100% of the RDA for Vitamin C: 1 orange, 1 cup orange juice, 1 grapefruit, 1 medium red bell pepper, ¼ lb. kale (raw), 1 cup parsley, 1 cup strawberries, 1 cup papaya, 1/3 cup guava, ¾ cup kiwi, 1 ¼ cup fresh pineapple, 1 ¼ cup cantelope, 1 ½ cup mango, 1 cup brussel sprouts, 1 ¾ cup cabbage, 1 ¼ cup broccoli, ¼ of one pommelo and 1 ½ large lemons or 3 small lemons. Where available, acerola cherry is also an excellent option. So eat to your health for indeed, it is written, "Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness!" Eccl. 10:17

- 1- [https://www.cell.com/trends/pharmacological-sciences/fulltext/S0165-6147\(22\)00178-X](https://www.cell.com/trends/pharmacological-sciences/fulltext/S0165-6147(22)00178-X)
 2- A PDF of Dissolving Illusions is available here. <https://www.swiftrunministries.com/drug-and-vaccine-dangers.php> quote, pg. 305
 3- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4527386/> 4- <https://pubmed.ncbi.nlm.nih.gov/11869601/#:~:text=Vitamin%20A%20deficiency%20is%20a,A%20deficiency%20may%20be%20present>
 5- Adrienne Bendich, "Vitamins and Immunity," Journal of Nutrition, vol. 122, no. 3, March 1, 1992, p. 603. 6- Dissolving Illusions PDF, pg. 300 quotation from M. A. Beck and O. A. Levander, "Host Nutritional Status and Its Effect on a Viral Pathogen," The Journal of Infectious Diseases, vol. 182, suppl. 1, September 2000, S93-S96.
 7- Dissolving Illusions PDF, pg. 320 8- <https://www.medicalnewstoday.com/articles/219352#why-we-need-it> 9- Dissolving Illusions, pg. 308-309

Kids' Corner

God's Amazing Creatures



The pink fairy armadillo is the smallest kind of armadillo. It lives mostly by itself way down in the deserts of Argentina in South America. It comes out at night and can be found living in sandy plains, dunes, and scrubby grasslands. The pink armadillo can curl up using the armor on its back to protect its soft stomach. Despite the picture of somebody holding one here, these armadillos do not usually live long in captivity or as pets. But it will be fun to get to hold one when we get to heaven, won't it?

"But Jesus said, Suffer little children, and forbid them not, to come unto me: for of such is the kingdom of heaven." Matthew 19:14



**Jesus loves children all over the world.
Can you match each of the children below to their correct continent?**

