



## Jesus is the Answer

*A few years ago, a group of salesmen were on their way home from a sales convention in Chicago. In their rush, with tickets and briefcases, one of these salesmen accidentally kicked over a table that held a display of apples. Apples flew everywhere. Without stopping or looking back, they all managed to reach the plane in time for their nearly missed boarding.*

*All except one. He told his buddies to go on without him and waved goodbye. Then he returned to the terminal where the apples were all over the terminal floor. He was glad he did.*

*The 16-year-old girl was totally blind! She was softly crying, tears running down her cheeks in frustration, and at the same time helplessly groping for her spilled produce as the crowd swirled about her, no one stopping to help her. The salesman knelt on the floor with her, gathered up the apples, put them back on the table and helped organize her display. As he did this, he noticed that many of them had become battered and bruised; these he set aside in another basket. When he had finished, he pulled out his wallet and said to the girl, "Here, please take this \$40 for the damage we did. Are you okay?" She nodded through her tears. He continued on with, "I hope we didn't spoil your day too badly."*

*As the salesman started to walk away, the bewildered blind girl called out to him, "Mister..." He paused and turned to look back into those blind eyes. She continued, "Are you Jesus?"*

*Do people see Jesus in you?*

### Travel/Party Mix

- 4 cups chex-like cereal
- 4 cups corn puffs-like cereal
- 6 cups cheerio-like cereal
- 2 cups nuts, optional

Stir in with seasonings and bake at 300°F until lightly browned.

(Note: a combination of any whole grain cereal\ nut combination totaling about 16 cups should work. Occasionally we have used homemade bread croutons or mini breadsticks, etc. as a replacement in this recipe.)

**Seasoning Mix-** 4 Tbsp coconut oil, melted      2 Tbsp lemon juice  
½ cup no-brag mock aminos OR 3 Tbsp Yeast Paste  
Sprinkle with 1 Tbsp onion powder.

### No Brag-Mock Aminos

(This is a concentrated seasoning, not a food by itself, and may be used in recipes to replace Bragg's Liquid Aminos, etc.)

- ¾ cup water
- 2 Tbsp sucanat
- ½ medium onion, chopped and caramelized in an oiled skillet
- 1 tsp carob powder
- 2 ¼ Tbsp lemon juice
- ¼ cup salt
- 1 ¼ Tbsp Roma or Pero
- ½ tsp celery seed
- 1 Tbsp onion powder
- 2 Tbsp sunflower seeds (the inside, not the shell)

Blend until smooth. Keep in a container in freezer. Due to the salt content, it will not freeze solid, and may be scooped out as needed.



*"When a man who is honestly mistaken hears the truth, he will either quit being mistaken or cease to be honest."—Richard J. Humpal, JD*

## CRUCIFYING CHRIST?

Have you ever stopped to ponder what it was that caused many of the house of Israel, God's chosen people, who read the scriptures, to crucify the Lamb of God, who died to take away the sins of the world? How could those, like the Pharisees and scribes, who "knew so much" be so far off course as to kill the Messiah himself? Are we also in danger of not recognizing Jesus and of crucifying Christ?

During his ministry, Jesus again and again warned of this delusion with the word BEWARE. Matthew 16:6 (See also Mark 8:15) records, *"Then Jesus said unto them, Take heed and beware of the leaven of the Pharisees and of the Sadducees."* Verse 12 goes on to explain that *"he bade them not beware of the leaven of bread, but of the doctrine of the Pharisees and of the Sadducees."*



So what was this doctrine? Luke 12:1 tells us *"... he began to say unto his disciples first of all, Beware ye of the leaven of the Pharisees, which is hypocrisy."* In the book of Mark, hypocrisy is further defined, as Jesus speaks to the Pharisees and scribes. *"He 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."* (Mark 7:6,7) The Pharisees were not open sinners, they sounded good in word, but their heart was unconverted. Jesus said of them, *"But all their works they do for to be seen of men: they make broad their phylacteries, and enlarge the borders of their garments, And love the uppermost rooms at feasts, and the chief seats in the synagogues, and greetings in the markets, and to be called of men, Rabbi, Rabbi."* Matt. 23:5-7 This definition is largely repeated also in Mark. *"And he said unto them in his doctrine, Beware of the scribes, which love to go in long clothing, and love salutations in the marketplaces, And the chief seats in the synagogues, and the uppermost rooms at feasts: Which devour widows' houses, and for a pretence make long prayers: these shall receive greater damnation."* Mark 12:38-40

According to this text, there was obviously a love for fancy clothing among the scribes and Pharisees. They "enlarge the borders of their garments" and "love to go in long clothing". Is it possible that part of the reason they rejected Jesus as the Messiah was because he didn't wear their chosen fashions? One of my favorite authors wrote, *"The Jews had refused to acknowledge Christ, whose garments, coarse and often travel-stained, covered a heart of divine love, rich with the inward adorning of a meek and quiet spirit. Their eyes, blinded by sin, refused to see, under the humble exterior, the Lord of life and glory, even though his power was revealed in works that no mere man could do. But they were ready to bow down and worship as a god the haughty king [Herod], whose splendid garments of silver and gold covered a corrupt, cruel heart."* {RH, May 4, 1911 par. 12} Do we do the same thing today? I once read about a little boy from a poor home, who was scheduled to sing for church on Sabbath. He put on his best pair of pants and a

clean polo shirt, but alas, when he got to church his mother was informed that he could not be on the platform dressed "like that", he needed a suit and tie in order to be allowed to sing. I challenge--Where is that found in the Bible?—if we are "teaching for doctrines the commandments of men"—BEWARE!! (See also James 2:1-6) Would we recognize Christ today if he didn't come in a suit and tie or wearing

Would we crucify  
Christ today?

our chosen approved fashion? Or would we also crucify Him, just as did the Jews?

But certainly man-made fashion laws are not all of which we need to beware. The same verses about the scribes and Pharisees reveal a love for fancy titles, *"loving salutations in the marketplaces" and to be called of men Rabbi, Rabbi*". Like John the Baptist, Jesus had not attended their theological seminaries. John 7:15 reveals this, *"And the Jews marvelled, saying, How knoweth this man letters, having never learned?"* Is it possible that the rejection of Christ was based, in part, on the fact that he hadn't attended the "proper" schools? You see, *Rabbi, simply means Master*. This becomes evident from the context where Jesus continues, *"But be not ye called Rabbi: for one is your Master, even Christ; and all ye are brethren. And call no man your father upon the earth: for one is your Father, which is in heaven. Neither be ye called masters: for one is your Master, even Christ. But he that is greatest among you shall be your servant."* Matt. 23:8-11 Is it possible, that the Jews rejected Jesus, the true Master of Divinity because he didn't have official paperwork to show He had a "master of divinity" degree? Would we do the same today? Are we guilty of

corrupting the simplicity that is in Christ, instead regarding man-made titles and counting initials behind a name? *"But I fear, lest by any means, as the serpent beguiled Eve through his subtilty, so your minds should be corrupted from the simplicity that is in Christ."* (2 Corinthians 11:3)

The list is extensive; many questions could be raised from these verses. Were Jesus' public prayers too short, as opposed to the long prayers of the scribes and Pharisees? (Matt. 23:14; Matt. 6:5,9-13) Did he sit down and work with the children instead of sitting in the chief seats of the synagogues? (Mark 10:14; Matt. 18:2-5; Matt. 21:15,16) Are these and more reasons why He was rejected and crucified? The simplicity of Christ's life of godliness stood as a living rebuke to the endless rules and man-made regulations and traditions of the Pharisees. *"Jesus had violated the traditions of the rabbis, and disregarded their authority, and they would not believe."* {DA 211.2} In short, Jesus was rejected because man's ideas and traditions were placed where a "thus saith the Lord" should have been. He was rejected because His pointed rebukes hurt the pride of the leaders. For His disciples came unto him saying, *"Knowest thou that the Pharisees were offended, after they heard this saying?"* (Matt.15:12) He was rejected because He was a medical missionary and not a mercenary. Luke records the reaction of the scribes and Pharisees to the cleansing of the temple. *"And he [Jesus] went into the temple, and began to cast out them that sold therein, and them that bought; Saying unto them, It is written, My house is the house of prayer: but ye have made it a den of thieves. And he taught daily in the temple. But the chief priests and the scribes and the chief of the people sought to destroy him,"* Luke 19:45-47 (Matt. 12:10)

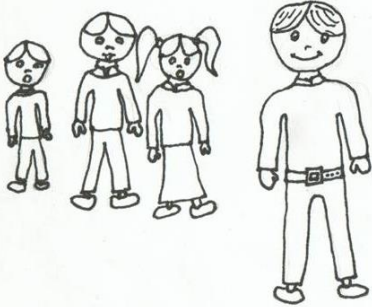
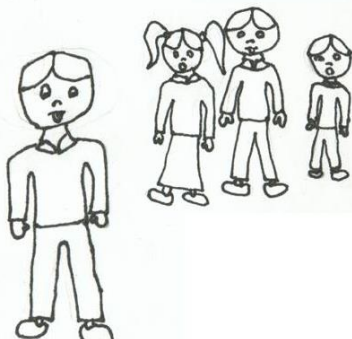
And so the question remains, would we crucify Christ today if he came in the clothing of a common man, with no higher education or degrees? Would our pride get in the way, if our apostasy were rebuked with the words of truth from God's word? Would our selfishness and money-loving cause us to reject Him because it might mean living without all the modern conveniences? Would we be too busy celebrating man-made holidays, keeping up with the fashions of the day, and carrying out and watching the empty traditions of men on TV to notice our Savior? Do we put man's words where God's Word should be? Are we too guilty of "teaching for doctrines the commandments of men"? It is well that we should heed the words of Paul to the Colossians, *"Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ."* (Colossians 2:8)

## Kids' Corner

Written by D. Roberts age 12

Illustrated by D. Roberts age 10

## GOD'S AMAZING CREATURES

	
<p>When the boys and girls made fun of Christian he smiled anyway, because he knew Jesus loved him and was his best friend.</p>	<p>When the other children made fun of Carnal he stuck out his tongue and called them names. He was very unhappy. It made Jesus sad too.</p>

The leaf insect is an insect that looks like a walking leaf. They live in South Asia through Southeast Asia to Australia. Leaf insects are camouflaged to take on the appearance of leaves. They do this so that their enemies often are not able to tell them apart from real leaves. Also by looking like leaves they can get food easier, because other insects come to them thinking that they are just a leaf. Just like the leaf insects look like leaves,

sometimes Satan tries to trick us into sinning by looking like a friend, but no

matter how

something looks, if it

is wrong, we need to

turn away from it and

follow and obey Jesus.





## If Jesus Came to Your House

If Jesus came to your house to spend a day or two--  
If he came unexpectedly, I wonder what you'd do.  
Oh, I know you'd give your nicest room to such an honored guest,  
And all the food you'd serve Him would be the very best,  
And you would keep assuring Him you're glad to have him there--  
That serving Him in your home is a joy beyond compare.  
But--when you saw Him coming, would you meet Him at the door  
With arms outstretched in welcome to your heavenly visitor?  
Or would you have to change your clothes before you let Him in,  
Or hide some magazines and put the Bible where they'd been?  
Would you turn off the radio and hope he hadn't heard,  
And wish you hadn't uttered the last, loud and hasty word?  
Would you hide your worldly books and put some hymnbooks out?  
Could you let Jesus walk right in, or would you rush about?  
And I wonder if the Saviour spent a day or two with you,  
Would you go right on doing the things you always do?  
Would you keep right on saying the things you always say?  
Would life for you continue as it does from day to day?

Would your family conversation keep up its usual pace?  
And would you find it hard each meal to say a table grace?  
Would you sing the songs you always sing and read the books you read  
And let Him know the things on which your mind and spirit feed?  
Would you take Jesus with you every where you'd planned to go,  
Or would you maybe change your plans for just a day or so?

Would you be glad to have Him meet your very closest friends,  
Or would you hope they'd stay away until His visit ends?  
Would you be glad to have Him stay forever on and on,  
Or would you sigh in great relief when He at last was gone?  
It might be interesting to know the things that you would do  
If Jesus Christ, in person, came to spend some time with you.  
---Lois Blanchard



## Profitable Traditions—Cultivate Bible Truth

Since October 31 is the day that Martin Luther nailed the 95 Theses to the church door, we celebrate Reformation Night as a replacement for Halloween. We sing reformation songs like A Mighty Fortress and Faith of our Fathers. One of the children's favorite parts of the evening is playing "court". During the evening different ones are "captured" and put on the stand to defend various doctrinal beliefs such as creation, the state of the dead, the Sabbath, etc. using the Bible (which is provided) and the Bible only. We vary the difficulty of the questions to the ability of the child. This is an excellent way to review "proof texts" for Bible truths. Some years we focus on the Waldensians and since they memorized large portions of scripture we conduct a Bible Verse "Bee" to see how many scriptures we can recite from memory.



*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](http://biblepicturepathways.com) [swiftrunnerministries.com](http://swiftrunnerministries.com)*

## *The Least of These*

The choir was in trouble. The anthem the choir director had picked contained a part that none of the boys could sing; it was just too high. The choir director was about to give the piece up, when the boys suggested another boy who didn't come to church. He could sing so well that the birds would answer him, the boys said.

Next practice the new boy named Brick was there. After hearing him sing a song, the choir director had him try the anthem. The organist played the tune through for him to hear, then Brick sung: "Inasamuch, inasmuch, inasmuch as ye have done it unto the least of these, ye have done it unto Me." Sure enough, Brick could reach the notes, so Brick was given that part in the choir. For the first week of practice Brick focused mainly on the music and hardly knew what words he was singing, but then he began to think about the words. One day as Brick walked home he asked one of the other boys what it meant, but the other boy didn't know.

The other boy's mother told them where to find it in the Bible, and the two read it together.

"That's some Jesus you have!" Brick said. "He must love this world a whole lot to say that when we help some little old thing down here, He counts it as service to Him."

As Brick continued home by himself, a little sparrow landed in his path. Instantly Brick picked up a stone, and would have killed the little bird, but the words flashed through his mind, "Inasmuch as ye have done it unto the least of these, ye have done it unto Me."

Dropping the stone Brick thought, *I nearly killed it—I nearly stoned Jesus. But I didn't hit the sparrow.... 'The least of these'—that doesn't mean the important guys; it's the little ones no one cares about.*

Looking at the sparrow, which had flown to a nearby post, Brick said, "You don't know it, but you're my least Number One!" From then on Brick helped many "least" until he had counted 12 of them.

On the day of the performance he put on a second-hand suit his mother had found, brushed every spot of lint from it, and washed his hands well. He must not neglect his appearance when he would be singing in front of the whole church. After preparing his appearance he set out for the church.

When he reached the main road he stopped suddenly. There, lying, in the middle of the road was a little puppy whimpering and panting. With eyes full of suffering it looked up at him. Brick knelt beside it and cradled its head.

Just then a doctor who lived nearby came up and agreed to take care of the puppy (who had a broken leg and dislocated shoulder), and Brick hurried on to church.

When he arrived the boys were waiting for their turn on the program. He explained what had happened, and that he was glad that he'd made it in time. But the choir director was not so happy. He saw Brick's suit was covered in mud and informed Brick that he could not sing in front of the church with mud splatters on his suit.

Brick looked at the director's suit, his mud splattered suit, and then to a picture of Jesus on the wall. "Then it's a lie," he said with disappointment.

"What's a lie?"

"Why the anthem, the verse and the whole business. There couldn't be anything more 'leaster' than that little dog. And if I've got to lose my place because I got some mud on my clothes helping it out of its pain, it's all a lie about it being the same as if I'd helped Jesus. And if that verse isn't true the rest of them aren't either. I don't want anything to do with such a make-believe Book as your Bible."

"Why Brick," said the choir director. "Believe the verse, Brick, believe it! I am the one who was wrong. Never let any man say or do anything that makes you doubt that God's own Word is true. Never, never!" With tears in his eyes, the director knelt down and began wiping the mud from the boy with his own spotless handkerchief.

As the boys moved into their places, the director stepped to the microphone. "One of our boys, on his way here this morning, found a little dog lying hurt in the road. He stopped to minister to it. Although he collected some mud in the process, he is willing to sing his part. I pray you will see him just as his Master does."

The song started and Brick sang, "Inasamuch, inasmuch, inasmuch as ye have done it unto the least of these, ye have done it unto Me." (Matthew 25:40)



# Overcoming a Diabetes Epidemic- Part 1

There should be no doubt in any thinking person's mind that diabetes has reached more than epidemic proportions. In 2010, there were estimated to be 79 million pre-diabetics and 25.8 million diabetics just in the US—this is 1/3 of the population.

[www.cdc.gov/diabetes/pubs/pdf/ndfs\\_2011.pdf](http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf) Further statistics from the Centers for Disease Control compiled by an Naturopathic Doctor show that in 2005, diabetes is recorded to have caused 638 deaths, 65 cases of blindness, 487 kidney dialysis and 219 amputations---PER DAY! ("Diabetes—the Silent Killer" The Co-op Country Roundup, Vol 14, Issue 3) Other complications of diabetes include kidney disease, atherosclerosis, neuropathy (loss of nerve function) and a predisposition to infections.

Despite medical interventions for diabetes, the World Health Organization statistics state that, *"An estimated 30 million people world-wide had diabetes in 1985. By 1995, this number had shot up to 135 million. The latest WHO estimate (for the number of people with diabetes, world-wide, in 2000) is 177 million. This will increase to at least 300 million by 2025. The number of deaths attributed to diabetes was previously estimated at just over 800,000. However, it has long been known that the number of deaths related to diabetes is considerably underestimated. A more plausible figure is likely to be around 4 million deaths per year related to the presence of the disorder. This is about 9% of the global total."* <http://www.who.int/mediacentre/factsheets/fs236/en/>

There are 2 basic types of diabetes. Diabetes mellitus is the most common, while diabetes insipidus is a rare metabolic disorder.

Diabetes mellitus results from a defect in the production of insulin by the pancreas.

Without insulin, the body cannot utilize glucose (blood sugar), its principal energy source. As a result, the level of glucose circulating in the blood is high (high blood sugar--hyperglycemia) and the level of glucose absorbed by the body tissues is low.

Diabetes mellitus is divided into two categories: Type 1 diabetes, called insulin-dependent or juvenile diabetes and type 2 diabetes, or non-insulin dependent diabetes.

Type 1 diabetes is associated with the destruction of the beta cells in the pancreas.



*"Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases;"* Psalm 103:2,3 The Bible states here, that God has a plan for healing every disease. Of course, diabetes is no exception.

## Overcoming Type 2 Diabetes

Since "Death" is 3/5 "eat," changing the diet is always a good place to start. We need to eat more fiber and consume more complex carbohydrates. This means avoiding refined flour; instead using whole grains in the diet. Simply replacing white breads with whole grain breads, white pasta with whole grain pasta and white rice with brown rice, while at the same time increasing vegetable intake, can make a significant impact on the health. *"By prescribing diet and exercise, James Anderson, M.D. of Lexington, Kentucky, and colleagues stopped{supplementary} insulin completely in two-thirds of their lean diabetic patients, and reduced the amount of insulin in the other third...On a high-CHO{carbohydrate}\Fiber diet, plus exercise, 80% on insulin won't need any. The 20% who do can reduce their dosage by 80%."* <http://www.ucheepines.org/diabetes-revolutionary-treatment/> This is good news!

*"Type 2 diabetes, can usually be controlled by dietary modification and exercise.... Eat a high complex carbohydrate diet, low-fat, high fiber diet including plenty of raw fruits and vegetables as well as fresh vegetable juices. This reduces the need for insulin and also lowers the levels of fats in the blood. Fiber helps to reduce blood sugar surges."* Prescription for Nutritional Healing by Balch, MD, and Balch, Certified Nutritional Consultant, pg 232

**Exercise also plays a crucial role in controlling diabetes** and lowering blood sugar. Exercise enhances the sensitivity of the tissues to insulin, increasing the number of insulin receptors. It also helps decrease body fat, thus making people more sensitive to insulin. It promotes the metabolism of glucose, using up calories that have been added by food intake. To maintain the beneficial effects of exercise the person must be committed to regular exercise at least five times a week. This can be accomplished simply by brisk walking in the morning and evening. Walk for at least 40 minutes in a day to manage your diabetes effectively.

Perhaps the 8 doctors (Fresh air, exercise, water, rest, temperance, nutrition, golden sunshine, and trust in Divine Power) aren't so outdated after all. If all would employ them, we could overcome the Diabetes Epidemic.

For a sneak peek at part 2--Hope for Type 1 diabetics, please visit [swiftrunnerministries.com](http://swiftrunnerministries.com)



**Ellie Elephant eats whole grains and plants. It helps her to be healthy. Eating whole grain bread, brown rice, and lots of vegetables helps boys and girls to be healthy too.**