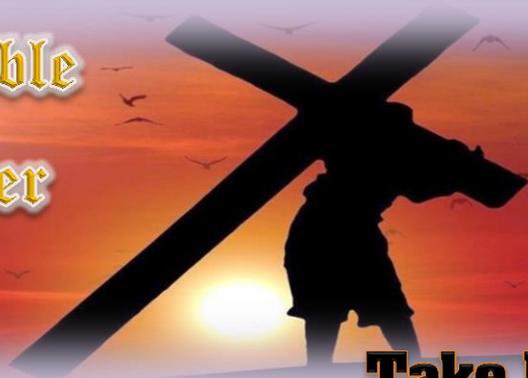


The Bible Banner



September 2022



Take Up Your Cross

During China's Boxer Rebellion of 1900, insurgents captured a mission station, blocked all the gates but one, and in front of that one gate placed a cross flat on the ground. Then the word was passed to those inside that any who trampled the cross underfoot would be permitted their freedom and life, but that any refusing would be shot. Terribly frightened, the first seven students trampled the cross under their feet and were allowed to go free. But the eighth student, a young girl, refused to commit the sacrilegious act. Kneeling beside the cross in prayer for strength, she arose and moved carefully around the cross, and went out to face the firing squad.

Strengthened by her example, every one of the remaining ninety-two students followed her to the firing squad.

To "take up your cross" means doing what is right, even when it's hard. *"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. 16:24

Tomato Basil Squares

Pita Pockets or Pizza Crust

4-5 Roma or Paste Tomatoes, sliced

1/4 cup nutritional yeast

1 lb. block tofu, mashed

1 tsp vegetable salt, or to taste

1 Tbsp basil

1 garlic clove, pressed

1 tsp onion powder

1/2 cup tofu mayonnaise/sour cream (silken tofu, oil, lemon juice, blended)

Slice tomatoes onto crust. Mix remaining ingredients together in a bowl. With a cookie scoop, place the topping over the tomatoes. Then spread topping out to cover tomatoes. Bake 15-20 minutes at 375°F (190°C). Serve warm.



Thin 'n' Crispy Unleavened Pizza Crust (makes 2 to 3 crusts)

4 cups ww flour (white whole wheat is best) 1 tsp salt

6 Tbsp oil

2 cups very warm water

Mix all dry ingredients together and add oil. Add water a little at a time, as needed, to make a kneadable mass. Press onto two oiled cookie sheets or 3 round pizza pans. Prick thoroughly with fork and bake at 350°F (175°C) until mostly cooked before adding toppings.

Remove from oven, add toppings and finish cooking until crisp.

PROFITABLE TRADITIONS

CULTIVATE UNDERSTANDING – Try teaching directly from the Bible. The amount of basic concepts contained in the word of God is proof of its inspiration. *"I have more understanding than all my teachers: for thy testimonies are my meditation."* Psalm 119:99

For example, teach government from the Bible – *"...and the government shall be upon his shoulder..."* Isaiah 9:6. In America, you will find 3 branches of government – judicial (the Supreme Court), legislative (Congress), and executive (President). God taught this concept first – in very simple language. *"For the LORD is our judge, the LORD is our lawgiver, the LORD is our king; he will save us."* Isaiah 33:22

Quotable Quotes

"Trials are medicines which our gracious and wise Physician prescribes because we need them; and He proportions the frequency and weight of them to what the case requires. Let us trust His skill and thank him for his prescription." — Isaac Newton

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



Editor's Note—Pseudo-Christian?

As I write, I sit under a flood watch although the sky is blue, the sun is shining. Sometimes what something is called and what something is in reality are two totally different things. The same is true in the spiritual world. Case in point, the description of Revelation 13:11, *“And I beheld another beast coming up out of the earth; and he had two horns like a lamb, and he spake as a dragon.”*

Since, by biblical definition, a beast represents a kingdom (Daniel 7:23), many students of prophecy, using time prophecies, etc., I believe



correctly label the beast with lamb-like horns as the United States and apostate Protestantism. Even a child can see the comparison of a beast with lamb-like horns that speaks like a dragon and a wolf in sheep's clothing. *“Beware of false prophets (Greek-pseudoprophētēs), which come to you in sheep's clothing, but inwardly they are ravening wolves. Matt. 7:15* This, by biblical definition, connects this beast with lamb-like horns also with the false prophet of Rev. 16:13, 19:20 and 20:10. But it goes a lot deeper than that.



The purpose of prophecy, as revealed in the Bible, is to cause a change in your character by Jesus living in your

heart. 2 Peter 1:19 states, *“We have also a more sure word of prophecy; whereunto ye do well that ye take heed, as unto a light that shineth in a dark place, until the day dawn, and the day star arise in your hearts;”* Indeed, 2 Timothy 3:16,17 reiterates, *“All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works.*

Thus, as Christians, we should not only look at the physical aspects of prophecy, but also the spiritual application to ourselves. Are we, like the false prophet, a pseudo-Christian, a religious imposter? *“Pseudo”* simply means *“not genuine; spurious or sham.”* In Symbolic

Universal Notation, the symbol for Christian is simply the symbol for “follow” and the symbol for “Jesus.” Jesus himself defined Christian. Consider Luke 9:23.

“And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me.”



This means if someone claims to be a Christian, but they do not “come after”

Christ by denying themselves, taking up the cross and following Jesus, that person is a pseudo-Christian. So what do these terms mean? Jesus' wording here is amazing and also self-defining. “Come after” defines “follow” and “deny self” parallels “take up cross.” We best see Jesus' self-denial displayed in the garden of Gethsemane described in Luke 22:41,42 *“And he [Jesus] was withdrawn from them about a stone's cast, and kneeled down, and prayed, Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done.”* Denying one's self is simply doing, not what we think or feel is best, but what God knows and tells us is best. This translates out into the littlest details of life. Do we put in our mouth what God says is best, or what we think is more stimulating or convenient? Do we wear what God says to wear, or do we wear what is fashionable and popular? Do we follow God's approved methods of recreation, or do we entertain ourselves with the world's books, the world's movies, the world's holidays, the world's amusement parks, etc.? Do we deny ourselves by returning tithes and offerings to further God's work, or do we rob God by keeping what is His? (See Malachi 3:8-11) It is interesting to know that, when in December of 1991 U. S. News and World Report reported on personal income Americans gave to charity the previous year, the poorest households gave 5.5% to charity while the wealthiest households gave only 2.9%. What is worse is that neither of these amounts are even a tenth of their income, even though the word tithe literally means tenth. According to these statistics, both rich and poor are robbing God. *“And all the tithe of the land... is the LORD'S: it is holy unto the LORD... And concerning the tithe ... the tenth shall be holy unto the LORD.”* Leviticus 27:30,32 And then there is time. Here the standard is even higher because God asks for no less than a seventh of our time. (Exodus 20:8-11) Do we take the time to worship God and also to be a help to others?

How we spend our time brings us to the rest of the verse about following Jesus, for if we would have the characteristics of a sheep and not of a wolf or a dragon, we must follow Jesus. *“My sheep hear my voice, and I know them, and they follow me:”* John 10:27

Some people are too busy (even doing apparently innocent things) and have no time to follow Jesus. We see this recorded in the gospel of Luke. *“And he said unto another, Follow me. But he said, Lord, suffer me first to go and bury my father.*

Jesus said unto him, Let the dead bury their dead: but go thou and preach the kingdom of God.

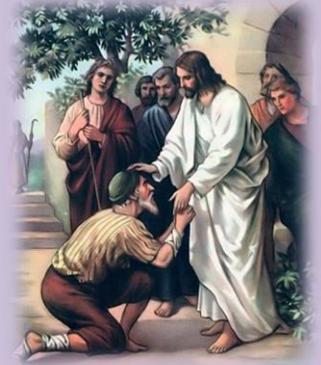
And another also said, Lord, I will follow thee; but let me first go bid them farewell, which are at home at my house.

And Jesus said unto him, No man, having put his hand to the plough, and looking back, is fit for the kingdom of God.” Luke 9:59-62

The act of following should be relatively simple. As children, we probably all used to play Follow-the-Leader. If the leader jumped over a log, you were supposed to jump over the log. If the leader turned right, you turned right. If the leader did a cartwheel, you were supposed to do a cartwheel. Thankfully, Jesus doesn't require cartwheels in following Him. One way we can "follow" Jesus today is in His word, and it is an interesting study to follow both the phrases "follow me" and "Jesus went" through the Bible and see where it leads you. Here I will share only a sampling.

The first place Jesus is recorded saying "follow me" is in Matt. 4:19 "*And he saith unto them, **Follow me**, and I will make you fishers of men.*" Those who follow Jesus will certainly be missionaries. The first and second place in the New Testament that we find the words "*Jesus went*" together tell us how to be "*fishers of men.*"

*"And **Jesus went** about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people." Matt.4:23
*"And **Jesus went** about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people." Matt.9:35*
 Indeed, those who follow Jesus will be teachers, preachers, and medical missionaries no matter what their "official" occupation is.*



"Many feel that it would be a great privilege to visit the scenes of Christ's life on earth, to walk where He trod, to look upon the lake beside which He loved to teach, and the hills and valleys on which His eyes so often rested. But we need not go to Nazareth, to Capernaum, or to Bethany, in order to walk in the steps of Jesus. We shall find His footprints beside the sick-bed, in the hovels of poverty, in the crowded alleys of the great city, and in every place where there are human hearts in need of consolation. In doing as Jesus did when on earth, we shall walk in His steps."--The Desire of Ages, p. 640.

Don't be a pseudo-Christian. Follow Jesus' instructions today. For He said, "*Whosoever will come after me, let him deny himself, and take up his cross, and follow me.*" Mark 8:34b



Prophetic News Notes – "Fashionable" Sin

An August 2022 report in Breitbart News states, "*The Episcopal Church passed a resolution in support of sex change attempts 'at all ages,' calling it a matter of 'religious liberty.'* Resolution D066, passed by the 80th General Convention, is titled '*Addressing restrictions on access to gender affirming care...*'



"The resolution specifically 'affirms that all Episcopalians should be able to partake in gender affirming care with no restriction on movement, autonomy, or timing.' The Episcopal Church also opposes laws that prohibit people, including children, from being medically assisted in their attempts to change their sex. What the Episcopal Church refers to as 'gender affirming care' includes medical interventions such as the use of puberty blockers and hormone replacement therapy, as well as surgeries that permanently damage fully functioning body parts, or that seek to change one's face shape."

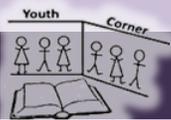
Point by point churches have strayed from testing all things by God's word until now Babylon with its sorceries has walked right in and been approved in many religious circles. The following are some Biblical principles that apply to the topic at hand. In Deuteronomy 22:5, we are directed, "*The woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment: for all that do so are abomination unto the LORD thy God.*" If a woman cannot wear that which pertaineth unto a man (and vice versa) without committing an abomination, a woman putting on a man's body, or a man putting on a woman's body is certainly prohibited. In addition, we are counseled, "*My son, fear thou the LORD and the king: and meddle not with them that are given to change: For their calamity shall rise suddenly; and who knoweth the ruin of them both?" Proverbs 24:21,22*

So how did this abomination march into the church? By little compromises on other points, by women wearing men's clothes and men wearing women's clothes. Also, by women wearing men's hairstyles, and men wearing women's hairstyles. For it is written, "*Doth not even nature itself teach you, that, if a man have long hair, it is a shame unto him? But if a woman have long hair, it is a glory to her: for her hair is given her for a covering.*" 1 Corinthians 11:14,15

But I believe it goes even deeper than that. Many are ready to point the finger at those who want to change genders, but they too are guilty of trying to change the way God made them. Many dye their hair, for example, even though Jesus is recorded in Matthew 5:36 saying, *“Neither shalt thou swear by thy head, because thou canst not make one hair white or black.”* It follows that if dyeing your hair does not actually change your hair color, neither can a person change their gender. You will be what God made you, and any attempt at changing who God made you is actually rebellion against God. *“For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry. Because thou hast rejected the word of the LORD, he hath also rejected thee from being king.”* 1 Samuel 15:23 Note the connection between witchcraft of rebellion here and Babylon’s deceiving sorceries (pharmakeia) in Revelation 18:23. Even in the news, we see this connection demonstrated. *“Breitbart News has documented several instances in which directors of transgender health clinics, some of which are associated with children’s hospitals, have received significant funding from the pharmaceutical companies that manufacture puberty blockers. Lupron, one of the drugs most commonly used as a puberty blocker, has been used to chemically castrate sex offenders. Meanwhile, puberty blocking drug Supprelin LA has been found to carry the risk of causing brain swelling and permanent vision loss according to the Food and Drug Administration.”*¹

The New Testament also strongly condemns these practices. In fact, some of the wording of 1 Corinthians 6:9,10 is quite interesting. Many sexual perversions are condemned and exposed here, as well as coveting or wanting what you don’t have (which would include gender). *“Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God.”* According to Webster’s 1828 Dictionary, the word effeminate comes from a latin word “[L. *effoeminatus*, from *effoeminor*, [meaning] *to grow or make womanish.*” So men made effeminate will not inherit the kingdom of God. The opposite would also be true, remember, women were not to wear that pertaining to a man. In other words, changing your gender is sin, and those who do so and are unrepentant will not go to heaven. Indeed, instead of excusing “fashionable” sins, it is the Christian’s duty to call sin by its right name, *“for that which is highly esteemed among men is abomination in the sight of God.”* Luke 16:15b

1-- <https://www.breitbart.com/social-justice/2022/08/10/episcopal-church-comes-support-sex-changes-all-ages/>



The Pencil

“The steps of a good man are ordered by the LORD: and he delighteth in his way. Though he fall, he shall not be utterly cast down: for the LORD upholdeth him with his hand.” Psalm 37:23,24

One evening a British Missionary, the Third Baron of Radstock, was speaking at a meeting in Woolwich, and afterwards nearly missed his train home. He had just time to jump in as the guard blew his whistle. But a young army officer had followed him to the platform and, running up to the carriage window, said to Baron Radstock, *“Sir, I heard you speak tonight, but tell me, how can a fellow keep straight?”*

The train began to move. Baron Radstock pulled a pencil from his pocket and laid it on the palm of his hand. *“Can that pencil stand upright?”*
“No,” said the young officer.

Baron Radstock grasped the pencil in his hand, and held it up in an upright position. *“Ah!”* said the young fellow, moving beside the train, *“but you are holding it now.”*

“Yes,” said Baron Radstock, *“And your life is like this pencil, helpless, but Christ is the hand that can hold you.”*

As the train rounded the curve and was lost to sight, the last thing the young officer saw was Baron Radstock’s outstretched hand holding that pencil upright.

Twenty-five years later the same officer met Baron Radstock in India, and told him that all those many years ago, on that railway platform, he had trusted his life to Christ, who had upheld him and kept him ever since.





Turmeric—A Kitchen Remedy for Pain (and more)

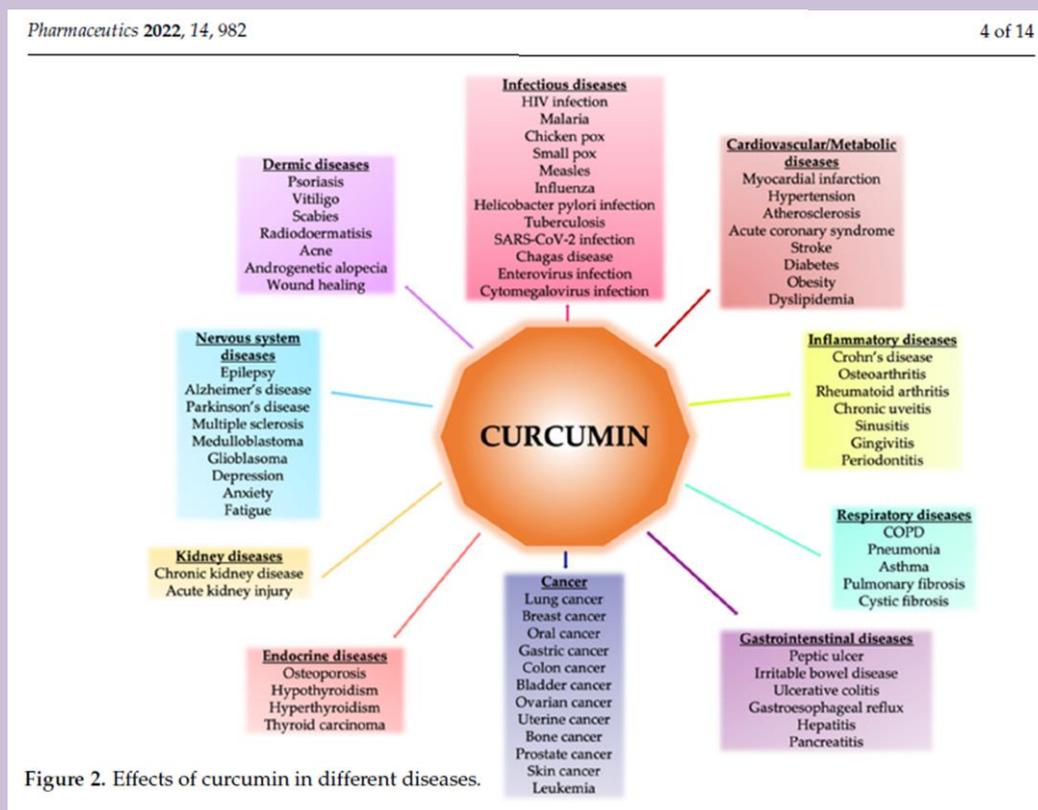
We have perhaps gotten more success reports about turmeric than any other remedy. Whether it's a toothache, joint pain, or even an injury causing pain, turmeric is one of our top remedies for pain. Because it is a food, it is available almost everywhere. Around the world, we have had people report to us how God blessed the use of turmeric for their knee pain, cancer pain (used with frankincense and hydrotherapy), various other pains, and even injuries sustained when falling from a horse. But turmeric's benefits don't end with just being a pain reliever.



Turmeric is a popular flavoring for foods, especially curry. It is made from a root sometimes called yellow ginger. *"Turmeric's main active component—curcumin—is what gives the spice its yellow color. Curcumin has anti-inflammatory properties, making it a potential treatment for a number of health conditions, including reduced pain and increased ease of movement in people with osteoarthritis. One study found that taking turmeric extract three times daily was comparable to taking a 1,200-milligram dose of ibuprofen daily for arthritis pain... In addition to its anti-inflammatory properties, research suggests that curcumin has many other health benefits. Among them are antioxidant, metabolic-regulating, antimicrobial, immune-modulating, mood-enhancing, neuroprotective and anti-cancer effects."*¹

Some of the documented anti-cancer effects, as well as additional benefits of turmeric are cited here. *"In various models, turmeric has been reported to exhibit activity against the development of skin cancer (Villaseñor, Simon, and Villanueva 2002), breast cancer (Deshpande, Ingle, and Maru 1998a), oral cancer (Azouine and Bhide 1992a), and stomach cancer (Azouine and Bhide 1992b). It prevents carcinogenesis at various steps, including inhibiting mutation (Polasa et al. 1991), detoxifying carcinogens (Thapliyal, Deshpande, and Maru 2001), decreasing cell proliferation, and inducing apoptosis [death] of tumor cells (Garg, Ingle, and Maru 2008)..... The use of turmeric as a spice and as a household remedy has been known to be safe for centuries. To date, no studies in either animals or humans have discovered any toxic effects associated with the use of turmeric (Lao et al. 2006), and it is clear that turmeric is not toxic even at very high doses.... The activities of turmeric include antibacterial, antiviral, anti-inflammatory, antitumor, antioxidant, antiseptic, cardioprotective [protects heart], hepatoprotective [protects liver], nephroprotective [protects kidneys], radioprotective [reduces some effects of radiation], and digestive activities."²*

While turmeric in its food form is non-toxic, please note that there have been negative side effects when man has extracted and concentrated the curcumin and also when turmeric is mixed with black pepper. *"Importantly, means of increasing the bioavailability of curcumin were developed using piperine (black pepper) or nanoparticle delivery methods to increase absorption. These high bioavailability forms of turmeric were subsequently linked to several cases of liver injury and mentioned as a possible cause of outbreaks of acute hepatitis with jaundice in Italy."*³ I recommend taking turmeric in its simple form, the way God made it, not the way man compounds it. The simple food form from the grocery store is less expensive, and because it contains other beneficial compounds besides curcumin, it is



a more effective remedy for some ailments. For example, *“Turmeric significantly attenuated [reduced severity of] food allergy symptoms (decreased rectal temperature and anaphylactic response) induced by OVA [the product injected in the mice to make an allergic reaction], but curcumin showed weak improvement. Turmeric also inhibited IgE, IgG1, and mMCP-1 levels increased by OVA. Turmeric reduced type 2 helper cell (Th2)-related cytokines and enhanced a Th1-related cytokine. Turmeric ameliorated OVA-induced food allergy by maintaining Th1/Th2 balance. Furthermore, turmeric [h]as confirmed anti-allergic effect through promoting Th1 responses on Th2-dominant immune responses in immunized mice.”*⁴ In much simpler words, turmeric works better for allergies than the isolated curcumin.

Turmeric has also been reported to improve memory in some dementia and Alzheimer’s patients.⁵ According to MedicalNewsToday, *“Researchers have found that a compound in turmeric — the spice that gives curry its golden color — could help to improve the mood and memory of older adults... Results revealed that the subjects who took curcumin twice daily demonstrated a 28 percent improvement in memory tests over the course of the study [18 months], while those who took the placebo showed no significant memory improvements.”*⁶ Also studies continue showing turmeric’s benefits on gastric health, including the inhibition of Helicobacter Pylori.⁷ It also lowers cholesterol and blood lipid levels.⁸ God has packaged so many benefits in turmeric that space does not allow to cover them all. (Consider this Swiss published chart⁹ on curcumin/turmeric on the previous page.)

We will close with the fact that turmeric’s use for mouth and gum diseases has been demonstrated again and again.⁹ One woman was told by her dentist that she need quite a few of her teeth pulled because of gum disease. She used turmeric in her mouth and the gums recovered and the teeth stabilized. That’s an herb to make you smile! Truly, as the Bible says, *“the earth which...bringeth forth herbs meet for them by whom it is dressed, receiveth blessing from God:”* Hebrews 6:7

1-- <https://medicalxpress.com/news/2020-11-ga-turmeric-breast-cancer-treatment.html> 2- <https://www.ncbi.nlm.nih.gov/books/NBK92752/>
 3- <https://www.ncbi.nlm.nih.gov/books/NBK548561/> 4- <https://pubmed.ncbi.nlm.nih.gov/26342520/> 5-- <https://nutritionfacts.org/video/treating-alzheimers-with-turmeric/>
 6-- <https://www.medicalnewstoday.com/articles/320732#Curcumin-may-have-cognitive-benefits>
 7-- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3731878/> <https://www.medicalnewstoday.com/articles/326809#Natural-ingredients-help-fight-the-superbug>
 8- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5637251/>
 9--https://www.researchgate.net/publication/360351327_Curcumin_as_a_Natural_Approach_of_Periodontal_Adjunctive_Treatment_and_Its_Immunological_Implications_A_Narrative_Review (screenshot)

Kids' Corner **God's Amazing Creatures**



Peregrine Falcons can be found on every continent except for Antarctica. The Peregrine Falcon builds its nest on cliffs as well as man-made structures.

This falcon mainly eats other birds, but Peregrine Falcons are the fastest bird in the world. During its spectacular hunting swoop from heights of over .62 miles (1 km), the Peregrine

Falcon may reach speeds of 200 mph (320 km/h) as it drops toward its prey. That is three times as fast as cars usually drive.

Isn't it amazing that God created these birds to fly so fast?

Read the Bible Stories about the children and Jesus. Match the footprints with an item from each story.