



# The Bible Banner



December 2024

## "Wise as Serpents, Harmless as Doves"

Matt. 10:16

John Wesley once had for a fellow passenger in a coach an officer who was intelligent and agreeable in conversation; but there was one serious drawback--his profanity. When they changed vehicles, Wesley took the officer aside, and after expressing the pleasure he had enjoyed in his company, said he had a great favor to ask him. The young officer replied,

*"I will take great pleasure in obliging you for I am sure you will not make an unreasonable request."*

*"Then," said Wesley, "as we have to travel together some distance I beg that, if I should so forget myself and swear, you will kindly reprove me."*

The officer immediately saw the motive, felt the force of the request and smiling said, *"None but Mr. Wesley could have conceived a reproof in such a manner."*

Indeed, Wesley's tactful reproof worked very effectively. This is a wonderful example of Christ's counsel in Matthew 10:16.

*"Behold, I send you forth as sheep in the midst of wolves: be ye therefore wise as serpents, and harmless as doves."*

### Spelt or Wheat Pancakes

2 cups spelt or whole wheat flour  
2 cups soymilk\* or nutmilk +  
1 Tbsp olive oil, light

1 tsp salt  
2 Tbsp honey

Mix ingredients together with a wire whip. Pour onto hot griddle on the stovetop. (I usually use a preheated iron skillet that has been coated in a little light olive oil. By flipping these halfway through, bake each pancake until it is golden brown on each side. (Bubbles will form on the top when the pancake is ready to flip).

+Sometimes I have to thin batter with a little more milk or water as I go. It should be pourable. Yield: 8-10 pancakes.



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\*Always use organic soymilk and soy products, if possible. Non-organic soy products are likely to be genetically modified (GMO), and non-organic soy products are often processed with hexane. Hexane is a byproduct of gasoline refining. It is a neurotoxin. It is prohibited in organic soy. For more information, visit the Cornucopia institute here. <https://www.cornucopia.org/research/hexane-soy/#:~:text=Hexane%20is%20a%20byproduct%20of,soy%20oil%20and%20protein%20ingredients.>

### QUOTABLE QUOTES

***"A great many people are trying to make peace, but that has already been done. God has not left it for us to do; all we have to do is to enter into it." --Dwight L. Moody***

***"Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee." Isaiah 26:3***

***"These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world."***

**John 16:33**

### PROFITABLE TRADITIONS



#### Cultivate Scripture Knowledge

Play the Alphabet Scripture game.



From memory (or you can play this open Book) go through the alphabet in order and try to come up with a scripture text that begins with each letter. For example, "A" could be

*"And be ye kind one to another..." Ephesians 4:32*

In the the King James Version there are verses for every letter except X. For X, you may improvise with the word EXcept or EXalt. There are at least two verses for Q, as well as a couple verses that begin with Z.

We've listed a couple of hints for Q and Z below.

Q=Psalms 143:11, 1 Thess. 5:19, Z=Psalms 97:8, Isaiah 1:27



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## Nature Speaks—Lessons from a Snake, a Dove, and a Chickadee

Editor's Note and Study to Show Thyself Approved



"Now, I don't have a problem with nonpoisonous snakes," I informed the garter snake that was up on the porch again. Surprisingly, the snake raised his head and cocked it to the side as if listening to me. "But," I continued, "You are not allowed to be up here on the porch. I won't bother you if you are in the yard or the flower bed, but if you keep coming up on the porch, I will have to use harsher methods to keep you away. Even though I am generally nice to you garter snakes, you are NOT allowed to be on the porch," I ended firmly. The amazing conclusion to this story is that the snake slithered off "obediently," and in the years since has never come back up on the porch. Perhaps snake history had warned him that talking to a woman caused the downfall of snakes, I don't know. I might completely write it off as a coincidence, if it were not for Jesus' admonition in

Matthew 10:16 telling us to be wise as serpents. Jesus said, "*Behold, I send you forth as sheep in the midst of wolves: be ye therefore wise as serpents, and harmless as doves.*" With all the negative connections in scriptures referring to the Devil as a serpent, why didn't Jesus say 'wise as a dolphin' or some other intelligent creature? Snakes do use infrared, so they can "see" and discern between hot and cold. They also can "hear" vibrations and "smell" for food, mates, or predators. I also found information stating that "*Through behavioral experiments and observations, researchers have discovered that snakes exhibit intelligence in various ways. For example, studies have demonstrated their ability to recognize specific objects, remember locations, and exhibit advanced problem-solving skills.*

Furthermore, research has revealed that snakes possess a level of cognitive flexibility, enabling them to adapt their behavior in response to changing circumstances. Their ability to make decisions based on past experiences suggests a complex cognitive process at work."<sup>1</sup> Indeed, there are some lessons beneficial for humans, one: learning from our past experiences, and two: learning to adapt to changing circumstance could also be useful.

But Jesus didn't just tell us to be wise as serpents, but also to be harmless as doves. Other than recognizing that they are birds, I don't have much personal insight into doves. However, according to *Birds and Blooms*, doves are seed eaters who mate for life, exhibit good co-parenting skills, and have a soft, calming, comforting, cooing call.<sup>2</sup> Their call is mentioned by Solomon saying "*the voice of the turtle [dove] is heard in our land.*" Song of Solomon 2:12 Again, there are many lessons to be learned in how we relate to our families and others. But the dove is not the only bird we can learn from. For Job 12:7 says, "*But ask now the beasts, and they shall teach thee; and the fowls of the air, and they shall tell thee:*"

And indeed, I have learned a few lessons from our neighborhood chickadees. Our daughter Diana took the time to train some of the birds to come to her hand for food, and the rest of us have reaped the benefits in also being able to feed the birds. Here are a few lessons we have noted. When the chickadees take seeds from your hand, before they fly away, they test the seed first. They will actually discard and throw to the side empty or broken seeds. Luke 8:11 declares, "*Now the parable is this: The seed is the word of God.*" In Matthew 13:25, we find that there are also counterfeit weed seeds sown sometimes. "*But while men slept, his enemy came and sowed tares among the wheat, and went his way.*" As Christians, we might learn from the chickadees to test what we eat/read, etc., for we are called to "*Prove all things; hold fast that which is good.*" 1 Thessalonians 5:21 Only by comparing things with the truth can we discern error. Isaiah 8:20 admonishes, "*To the law and to the testimony; if they speak not according to this word, it is because there is no light in them.*"

Sometimes the chickadees would come for a bite to eat when we'd go for a walk in the forest. But soon we noticed, if it was near dark or sometimes even a very overcast day, they wouldn't venture down into the darkness of the forest. Apparently, chickadees go to bed about half an hour before sunset. But also one of their enemies is the owls, a night hunter. The concept of avoiding darkness and its dangers reminded me of a couple of Bible texts. "*Ye are all the children of light, and the children of the day: we are not of the night, nor of darkness.*" 1 Thessalonians 5:5 Christians are also counseled, "*And have no fellowship with the unfruitful works of darkness, but rather reprove them.*" Ephesians 5:11 An old devotional book lays this concept out plainly, "*Between the associations of the followers of Christ for Christian recreation, and worldly gatherings for pleasure and amusement, will exist a marked contrast... The true Christian will not desire to enter any place of amusement or engage in any diversion upon which he cannot ask the blessing of God. He will not be found at the theater, the billiard hall, or the bowling saloon. He will not unite with the gay [meaning merry] waltzes or indulge in any other bewitching pleasure that will banish Christ from the mind. To those who plead for these diversions we answer, We cannot indulge in them in the name of Jesus of Nazareth. . . . No Christian would wish to meet death in such a place. No one would wish to be found there when Christ shall come. If we venture on Satan's ground we have no assurance of protection from his power.*"<sup>3</sup> Like the



chickadees, "*So far as in us lies, we should close every avenue by which the tempter may find access to us.*"<sup>3</sup>

Like good watchmen, chickadees regularly warn each other of danger with their "chick-a-dee" call. The more "dees" at the end of the call, the greater the danger. Christians also are to be watchmen; in fact, we will be held accountable for those we could have warned, but chose not to out of fear or neglect.

In Ezekiel 33:6, God says, *“But if the watchman see the sword come, and blow not the trumpet, and the people be not warned; if the sword come, and take any person from among them, he is taken away in his iniquity; but his blood will I require at the watchman’s hand.”* Recently, a similar situation played out in “chickadee town.” A couple of chickadees were sitting in a bush surrounded by a low fence when, without warning, a sharp-shinned hawk swooped out of nowhere with his talons spread, ready to snatch one of them and make them lunch. Apparently, the chickadee watchman was too busy to notice the hawk and give warning. However, thankfully, because of the protection of both the fence and the branches of the hedge, the hawk had to veer away without his desired chickadee lunch. In the Bible, birds are compared to people. Lamentations 3:52 says, *“Mine enemies chased me sore, like a bird, without cause.”* God’s law is like the hedge of protection around us. Psalm 91:4b declares, *“His truth shall be thy shield and buckler.”* And Proverbs 13:14 reiterates, *“The law of the wise is a fountain of life, to depart from the snares of death.”* Much like the fence around the chickadees had spaces in it so big it did not impede the chickadees’ movements at all, God’s law is the *“perfect law of liberty.”* James 1:25, 2:12 His commandments are not grievous (1 John 5:3), they simply provide for our happiness. God’s law provides us with safety from the *“unclean and hateful”* birds of Babylon that would hurt us. (Rev. 18:2) If we will heed it, God’s word will protect us from false prophets, from cults, from corruptions, from deceptions, and ultimately from the mark of the beast. Nature’s testimony rings out and God’s word echoes back, *“Wherefore...To day if ye will hear his voice, Harden not your hearts...”* Hebrews 3:7,8a

1--<https://reptileinquirer.com/understanding-snake-memory-do-they-remember/> 2-- <https://www.birdsandblooms.com/birding/attracting-birds/10-surprising-facts-about-mourning-doves/?srsltid=AfmBOorK85VlsUN1TQa7p75RO6ECwOthqUaNHvJywO3YFBzTGlqWVGH5> 3--The Faith I Live By, pg. 238

 **The Hedge of God’s Law vs. the Worship, Mark, and Number of the Beast**  
Study to Show Thyself Approved

The third angel’s message makes clear the contrast between the worship of the beast and worship of God in keeping His commandments. *“And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, The same shall drink of the wine of the wrath of God...and they have no rest day nor night, who worship the beast and his image, and whosoever receiveth the mark of his name. Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus.”* Revelation 14:9-12 Let us consider the 10 commandments compared to characteristics of the beast and his followers. (We recognize there are sincere people in the beast’s system. In Rev.18:4 they are called out.)

God’s Commandments and the Character of His people. (Rev. 14:12) Exodus 20	The Character of the Babylonian/Beast System Revelation 13,17,18 (Psalm 49:20)
<p><b>Based on God’s Word</b> Exodus 20:1 <b>And God spake all these words, saying,</b></p> <p>Exodus 20:2 <b>I am the LORD thy God, which have brought thee out of the land of Egypt, out of the house of bondage.</b></p> <p>Vs. 3 <b>Thou shalt have no other gods before me.</b></p>	<p><b>Based on Man’s Word</b> Rev. 13:18 Here is wisdom. Let him that hath understanding count the number of the beast: for <u>it is the number of a man</u>; and his number is Six hundred threescore and six. Rev. 13:10 He that leadeth into <u>captivity</u> shall go into captivity... Rev. 18:13 ...<u>slaves</u>, and souls of men</p>
<p>Exodus 20:4-6 <b>Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth: Thou shalt not bow down thyself to them, nor serve them: for I the LORD thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me; And shewing mercy unto thousands of them that love me, and keep my commandments.</b></p>	<p>Rev. 13:4 <b>And they worshipped the dragon which gave power unto the beast: and they worshipped the beast, saying, Who is like unto the beast? who is able to make war with him?</b></p> <p>Rev. 13:14,15 <b>And deceiveth them that dwell on the earth by the means of those miracles which he had power to do in the sight of the beast; saying to them that dwell on the earth, that they should make an image to the beast, which had the wound by a sword, and did live. And he had power to give life unto the image of the beast, that the image of the beast should both speak, and cause that as many as would not worship the image of the beast should be killed.</b></p>
<p>Exodus 20:7 <b>Thou shalt not take the name of the LORD thy God in vain; for the LORD will not hold him guiltless that taketh his name in vain.</b></p> <p>Hebrews 4:14 Seeing then that we have a <u>great high priest</u>, that is passed into the heavens, <u>Jesus the Son of God</u>, let us hold fast our profession.</p>	<p>Shows mercy to those who break God’s commandments. Rev. 13:5,6 <b>And there was given unto him a mouth speaking great things and blasphemies... And he opened his mouth in blasphemy against God, to blaspheme his name, and his tabernacle, and them that dwell in heaven. An example of this is, according to CatholicCulture.org,<sup>1</sup> the word <i>pontiff</i> means <i>high priest</i>. This means <i>Supreme Pontiff</i>, a title used for the pope, means the same as <i>Chief/Great High Priest</i>, a name for Jesus.</b></p>
<p>Exodus 20:8-11 <b>Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter,</b></p>	<p>Rev. 13:5b, 6 <b>“And power was given to him to continue forty and two months.* And he opened his mouth in blasphemy against God, to blaspheme...his tabernacle [temple]...”</b> According to Daniel 7:25 <b>“He shall speak great words against the most High,</b></p>

thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.

Exodus 31:13,17 Verily my sabbaths ye shall keep: for it is a sign between me and you throughout your generations... It is a sign... for in six days the LORD made heaven and earth, and on the seventh day he rested, and was refreshed.

**Exodus 20:12 Honour thy father and thy mother: that thy days may be long upon the land which the LORD thy God giveth thee.** Matt. 23:9 And call no man your father upon the earth: for one is your Father, which is in heaven.  
Matt. 6:9 After this manner therefore pray ye: Our Father which art in heaven, Hallowed [to make Holy] be thy name.

**Exodus 20:13 Thou shalt not kill.**

**Exodus 20:14 Thou shalt not commit adultery.**

**Exo 20:15 Thou shalt not steal.**

**Psalms 11:4 The LORD is in his holy temple, the LORD'S throne is in heaven:**

**Exodus 20:16 Thou shalt not bear false witness against thy neighbour.**

Proverbs 14:5 A faithful witness will not lie: but a false witness will utter lies.

Proverbs 12:17 He that speaketh truth sheweth forth righteousness: but a false witness deceit.

**Exodus 20:17 Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's.**

1- <https://www.catholicculture.org/culture/library/dictionary/index.cfm?id=35630&randomterm=false>

2- <https://catholicstraightanswers.com/what-does-the-term-holy-see-mean/>

and shall... think to change times and laws: and they shall be given into his hand until a time and times and the dividing of time.\* This blasphemes God's Word/Law, the Temple of Truth and also the Sabbath, God's Temple of Time. The beast power sets up a counterfeit day of worship, the pagan day of the sun.

*"Sunday...is purely a creation of the Catholic Church."*

American Catholic Quarterly Review (January 1883) *"The church is above the Bible, and this transference of sabbath observance is proof positive of that fact."* (The Catholic Record of London, Ontario, Sept. 1, 1923).

Rev. 13:6 And he opened his mouth in blasphemy against God, to blaspheme his name... and them that dwell in heaven.

Rev. 13:1 And I... saw a beast... and upon his heads the name of blasphemy. While the name Pope, derived from the word Papa, is a hint of the name father, the title of "Holy Father," used for anyone other than God, our Father, is blatant blasphemy.

Rev. 13:7,15 And it was given unto him to make war with the saints...And that the image of the beast should...cause that as many as would not worship the image of the beast should be killed...

Rev.17:3b I saw a woman sit upon a scarlet coloured beast.

Revelation 14:8b Babylon is fallen, is fallen.. because she made all nations drink of the wine of the wrath of her fornication.

Rev 13:2 And the beast which I saw... the dragon gave him his power, and his seat [Greek—thronos], and great authority.

According to CatholicStraightAnswers.com<sup>2</sup> *"The term Holy See comes from the Latin Sancta Sedes, meaning 'Holy Chair...'"* Claiming to have the holy throne or chair would be "stealing" the identity that belongs only to God. [Ezk. 28:2]

Vs.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. (acted deceit) Vs.13,14 And he doeth great wonders, so that he maketh fire come down from heaven on the earth in the sight of men, And deceiveth them that dwell on the earth by the means of those miracles which he had power to do in the sight of the beast...

Everyone's ability to buy and sell things will be controlled by the beasts' system. Rev 13:17 And that no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name.



## A Deacon's Notebook

Carl and Sam were at odds with each other. They could not even remember the initial cause of friction...but their hostility had festered through the years. A deeply concerned deacon prayed that God would use him as a peacemaker.

He called on Carl. "What do you think of Sam?" he asked.

"He's the sorriest guy in town!"

"But," countered the deacon, "You have to admit that he's a hard-working man."

"No one can deny that," said Carl. "I've never known a person who worked harder."

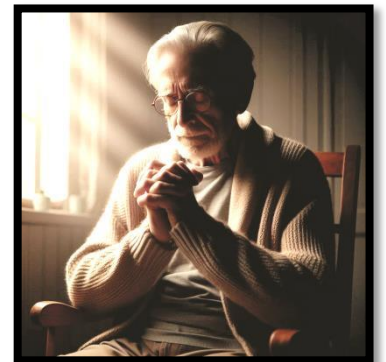
Next the deacon visited Sam. "Do you know what Carl said about you?"

"No, but I can imagine his lies," he responded angrily.

"This may surprise you," said the deacon, "but he said he's never known a harder worker."

"He said that?" Sam was stunned.

"What do you think of Carl?" asked the deacon.





"It is no secret that I have absolutely no use for him."

"But you must admit he's honest in business," said the deacon.

"There's no getting around that," said Sam. "In business he's a man you can trust."

Later the deacon met Carl again. "Do you know what Sam said about you? He claims you're absolutely trustworthy in business, that you are scrupulously honest."

"Well, how 'bout that," reacted Carl with a smile.

Soon the peacemaking deacon noticed Sam and Carl would cautiously nod in a friendly sort of way.

Before long they were shaking hands, talking, even visiting in each other's homes. Today they are best of friends.

Many people, even church folk, seem to delight in promoting a fight by carrying news of ill will. Take note of this page from a deacon's peacemaking notebook. It's a worthy example to follow.

Remember *"Blessed are the peacemakers: for they shall be called the children of God."* Matthew 5:9



## Prophetic News Notes -- Aliens or Demons?

Amidst wars and rumors of wars around the world, there is also almost a "peace and safety" message based in-part on the new President-elect in America. Whether God will continue to hold back the four winds (of Rev. 7:1) we do not know, but we do know the Bible says, *"For when they shall say, Peace and safety; then sudden destruction cometh upon them, as travail upon a woman with child; and they shall not escape."* 1 Thessalonians 5:3 COVID should have taught all of us how the world can change overnight when there is a fear factor. I believe, the threat of "aliens" could certainly provide that fear factor again (See [October 2022 Bible Banner](#) for past "alien" info). Leviticus 19:31 says, *"Regard not them that have familiar spirits, neither seek after wizards, to be defiled by them: I am the LORD*

*your God."* The following quotation gives an interesting perspective on familiar spirits and aliens. *"In the days of the Hebrews there was a class of people who claimed, as do the spiritualists of today, to hold communication with the dead. But the 'familiar spirits,' as these visitants from other worlds were called, are declared by the Bible to be 'the spirits of devils.' (Compare Numbers 25:1-3; Psalm 106:28; 1 Corinthians 10:20; Revelation 16:14.) The work of dealing with familiar spirits was pronounced an abomination to the Lord, and was solemnly forbidden under penalty of death. Leviticus 19:31; 20:27."* Revelation 16:14 connects these "visitants from other worlds" to last day events, saying, *"For they are the spirits of devils, working miracles, which go forth unto the kings of the earth and of the whole world, to gather them to the battle of that great day of God Almighty."* Rev 16:14



'Alien Bodies Becoming More Provocative': Stunning Revelations By Fmr DOD Official At UAP Hearing



Recently, Congress had a UAP Hearing discussing Unidentified Anomalous Phenomenon, the modern term for UFOs. Evidence submitted says UAPs seem to be interacting and maybe even targeting military establishments. Luis Elizondo, a former US Department of Defense official testified, *"Certainly there seems to be some indication that they are being provocative meaning that they are, in some cases, literally splitting aircraft formations right down the middle...Even if there was a 2% chance that there was some hostile intent here, that is 2% higher than we really can accept."*<sup>2</sup> Elizondo also testified about these UAPs, *"I think it is safe to presume here that they are being intelligently controlled because they in some cases seem to anticipate our maneuvers."*<sup>3</sup> He also stated, *"The human body can withstand about 9 G-forces before you suffer negative biological consequences, black outs, and, ultimately, red outs, and even death. [By] Comparison, our best technology...can perform about 17 or 18 G-forces before you start having structural failure where the structure of the aircraft begins to disintegrate while you're flying. The vehicles we are talking about [UAPs] are performing in excess of 1000, 2000, 3000 Gs."*<sup>3</sup> In short, the UAP actions reported are humanly impossible, so, Christians, don't get too comfortable. If these "aliens/demons" were deemed hostile, or even friendly with higher knowledge to teach humans, the whole world scene could change very quickly. But remember any messages must be tested by the Bible. *"And when they shall say unto you, Seek unto them that have familiar spirits and unto wizards that peep, and that mutter: should not a people seek unto their God? for the living to the dead? To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."* Isaiah 8:19, 20

1-- {Great Controversy 556.2} 2-- Screenshot, [https://www.youtube.com/watch?v=cuSucs-bp\\_8](https://www.youtube.com/watch?v=cuSucs-bp_8) 3-- Sorry, bad word in this source -- <https://www.youtube.com/watch?v=HDhEZTT-RWE>



## A Different Kind of "Apple a Day"



It has been said, *"An apple a day keeps the doctor away."* However, Proverbs 25:11 speaks of a different kind of apple saying, *"A word fitly spoken is like apples of gold in pictures of silver."* Could the apples of a word fitly spoken also be good for health? We find Proverbs 12:18 declares, *"There is that speaketh like the piercings of a sword: but the tongue of the wise is health."* Recently, while researching, I read about an interesting "tongue of the wise" study that was done in Zimbabwe. It did yield health. The study *"addresses the shortage of psychosocial help"*<sup>1</sup> coupled with an *"abundance of mental health issues."*<sup>1</sup>

The University of Chicago website states that in order to curb Zimbabwe's high mental health crisis, *"They took the grandmothers in their community and they taught them cognitive behavioral therapy. [CBT helps people identify and change negative thought patterns, set goals, and problem-solve.] They set them on benches around the community so that they could support the individuals who were having mental health challenges. They ran a proper randomized control trial and showed that that intervention was just as good as what was being delivered by the psychiatrist."*<sup>2</sup>

ALJAZEERA News War on Gaza Trump 2.0 Opinion Sport

## How counsellor-grandmothers of Zimbabwe are averting a mental health crisis



Frankly, some people are lonely, and just need a listening ear. We are counseled in the book of James, *"Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath."* James 1:19 In addition, words of encouragement and knowing somebody cares can make a huge difference in people's mindset. In fact, the Bible says, *"Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof."* Proverbs 18:21 Consider the content and the effect of the Wonderful Counselor's words to the woman at the well who had had five husbands (John 4). Here Jesus had a personal interview with someone who was likely having a mental health crisis; in a few words, He turned her thoughts heavenward. Words that acknowledge you are listening like, "I hear what you're saying," or "You think so" are also helpful. They show you are listening without necessarily having to agree with what is said. Just being available to talk when it is needed is important. AP News explained how the "counselors" in the experiment were made available. *"The approach involves setting up benches in quiet, discreet corners of community clinics and in some churches, poor neighborhoods and at a university. An older woman with basic training in problem-solving therapy patiently sits there, ready to listen and engage in a one-on-one conversation."*<sup>3</sup> Isaiah 50:4 promises, *"The Lord GOD hath given me the tongue of the learned, that I should know how to speak a word in season to him that is weary... he wakeneth mine ear to hear as the learned."* Find somebody to listen to, point them to practical answers and, ultimately, to Jesus, and you might just improve their mental health in the process. For, indeed, the Bible makes clear that, *"A wholesome tongue is a tree of life..."* Proverbs 15:4

- 1- Screenshot <https://www.aljazeera.com/features/2024/1/10/how-counsellor-grandmothers-of-zimbabwe-are-averting-a-mental-health-crisis#:~:text=The%20rise%20of%20the%20grandmothers&text=So%20Chibanda%20worked%20with%20the,%2Dbased%20problem%2Dsolving%20therapy.>
- 2- <https://news.uchicago.edu/unlocking-secrets-superagers-emily-rogalski>
- 3- <https://apnews.com/article/mental-health-zimbabwe-park-bench-grandmothers-0a3611a7b800aa3628bd3abe53a131cb>

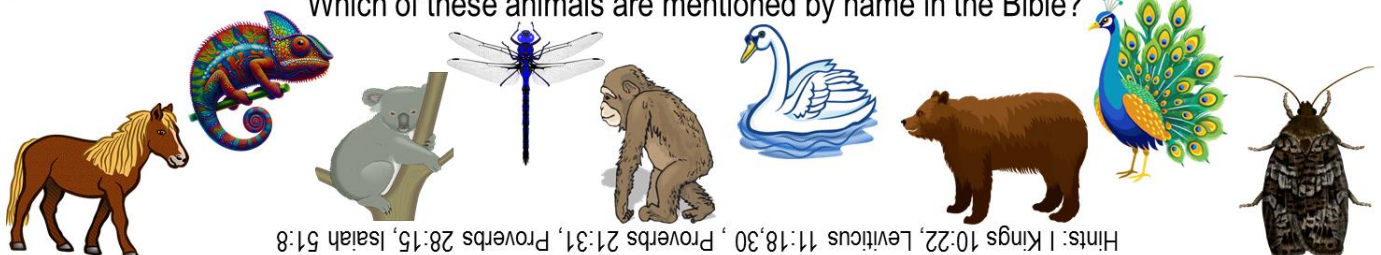
## Kids' Corner God's Amazing Creations

There are two species of kudu, greater and lesser. [Pictured: Greater Kudu] Greater kudus are larger and have fewer white stripes on their body and lesser kudus are smaller with more stripes on their body and white patches on the neck. Kudus live in Africa. After giving birth, mothers leave their young hidden for 4 to 5 weeks, but by 3 or 4 months the baby is with her constantly. Kudus eat the leaves from a variety of plants. In dry seasons, they eat wild watermelons and other fruit for the liquid in them. Isn't it neat how God created them to adapt when there is less water around by eating fruit?



I am God, even thy God... For every beast of the forest is mine, and the cattle upon a thousand hills. I know all the fowls of the mountains: and the wild beasts of the field are mine." Psalm 50:7b,10,11

Which of these animals are mentioned by name in the Bible?



Hints: Kings 10:22, Leviticus 11:18,30, Proverbs 21:31, Proverbs 28:15, Isaiah 51:8