

A time to smile? A fascinating study on the principle of the Golden Rule was conducted by Bernard Rimland, director of the Institute for Child Behavior Research. Rimland found that "The happiest people are those who help others." Each person involved in the study was asked to list ten people he knew best and to label them as happy or not happy. Then they were to go through the list again and label each one as selfish or unselfish, using the following definition of selfishness: "a stable tendency to devote one's time and resources to one's own interests and welfare--an unwillingness to inconvenience one's self for others." In categorizing the results, Rimland found that all of the people labeled happy were also labeled unselfish. He wrote that those "whose activities are devoted to bringing themselves happiness...are far less likely to be happy than those whose efforts are devoted to making others happy" Rimland concluded: "Do unto others as you would have them do unto you."*

As usual, the Bible had this prescription for happiness first. "Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets." Matt. 7:12 "He that keepeth the law, happy is he." Prov. 29:18b

*(Rimland, 'The Altruism Paradox,' Psychological Reports 51 [1982]: 521,522)

mock Worthington Chili

5- 6 cups kidney or pinto beans, precooked 2 tsp garlic powder

2 ½ cups soymilk

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2 1/ Then putritional years*

2 tsp onion powder 2 ½ Tbsp nutritional yeast*
1 Tbsp cumin 3 Tbsp lemon juice

½ cup flour 3 tsp salt (1 Tbsp)

4 tsp paprika 1/8 tsp cayenne (optional)

1 can tomato paste OR 4Tbsp tomato powder and $\frac{1}{2}$ cup water

2 cups burger delight

Mix together all ingredients except burger delight. Cook over medium heat on the stovetop until thickened. Add burger delight or your favorite plant-based burger and serve. (*You may replace this with extra onion powder)

Burger Delight (Repeated for your convenience, if you haven't gotten it before)

2 cups bulgur wheat, steel-cut oats, or quinoa (gluten-free) ½ medium onion, in pieces 2 Tbsp molasses or sucanat 1 qt. canned tomatoes OR 1 can tomato paste (6 oz.) and 3 cups water OR 4 Tbsp tomato powder and 3 ½ cups water

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2-3 garlic cloves 1 cup walnuts or sunflower seeds 1 Tbsp vegetable salt, or a scant Tbsp salt

Place the wheat or other grain in a sauce pan. Place the other ingredients in a blender and blend until smooth. Add to the wheat or other grain. Simmer approximately 20 minutes or until wheat kernels are soft and liquid is absorbed, stirring occasionally. On a cookie sheet, bake at 250-275°F for 45-60 minutes or until it is a loose burger-like consistency. Stir occasionally. Do not overcook. Remove from oven while still moist.

FREEZES WELL. I usually make a double batch and keep it on hand.

QUOTABLE QUOTES

"It is not lost time to wait upon God!" --Hudson Taylor
"There is more joy in Jesus in 24 hours than there is in the world in 365 days. I have tried them both."—R. A. Torrey

PROFITABLE TRADITIONS - TIME TO CULTIVATE AWARENESS

A Time to Eat!

On the floor, mark out a square close to the size of your feet --12inches (30cm) square. After making sure your surroundings are safe, try to march in place for one minute with your eyes closed. How well did you do? I did horrible. I was at least 4 squares away from where I started. Walking without seeing (seers) is like life without the prophetic word of God. Isaiah 29:10 says, "For the LORD...hath closed your eyes: the prophets and your rulers, the seers hath he covered." In Luke 6:39 Jesus tells the result. "And he spake a parable unto them, Can the blind lead the blind? shall they not both fall into the ditch?" Take time to read and share the prophetic word today.



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Or visit us at: www.swiftrunnerministries.com



COGNIZANT OF TIME?

Editor's Note and Study to Show Thyself Approved

"I'm sorry," the lady conducting the interview I was listening to interupted the long-winded commentary of the businessman, "I just want to make sure we are cognizant of the time." Business people know time is money and is of the essence. If you only have an hour to

Newton wrote, "Time, by mome

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interview someone, every minute must be spent in a profitable way. This reminds me of what John Newton wrote, "Time, by moments, steals away, First the hour, and then the day; Small the daily loss appears, Yet it soon amounts to years."

Indeed, time is important, and there is no time to lose. Ecclesiastes 8:5b declares, "A wise man's heart discerneth both time and judgment." How much more is this true for who are living in the time of the investigative judgment and who are supposed to be giving the judgment hour cry. (Revelation 14:7, Daniel 7:10, Revelation 20:12) Indeed, in 1 Corinthians 7:29a, Paul also states, "But this I say, brethren, the time is short...." Ephesian 5:15-17 also connects good time management with the wise as opposed

to foolish, expounding, "See then that ye walk circumspectly, not as fools, but <u>as wise, redeeming the time</u>, because the days are evil. Wherefore be ye not unwise, but understanding what the will of the Lord is." The word here translated "redeeming" means "to buy up or rescue from loss." In other words, we are to improve every opportunity to do God's will. It is certainly not God's will that we be idle. "Abundance of idleness" was one of the sins of Sodom. (Ezekiel 16:49) Think of the word idle in reference to a car. When a car is idling, it's not moving forward. Although God gave man the Sabbath for a day of rest, part of the same commandment, the fourth, says, "Six days shalt thou labour and do all thy work." Exodus 20:9 By studying the virtuous woman of Proverbs 31 "who worketh willingly with her hands" and 1 Thessalonians 4:11,12 which tells us to "do your own business, and to work with your own hands," we can see the God recognizes the value of good, honest, practical labor. In addition, 2 Thessalonian 3:10 follows with the strong injunction, "For even when we were with you, this we commanded you, that if any would not work, neither should he eat." There are to be no idlers in the Lord's vineyard. In fact, God has had some pretty stout words for those who are lazy. Jesus said, "He that is not with me is against me; and he that gathereth not with me scattereth abroad." Matthew 12:30 But the rebuke in the book of Judges is even stronger. "Curse ye Meroz, said the angel of the LORD, curse ye bitterly the inhabitants thereof; because they came not to the help of the LORD, to the help of the LORD against the mighty." Judges 5:23 They were not working, doing God's will, and redeeming the time.

So what is God's will that Ephesians 5:17 said we were to understand if we were not unwise (also known as foolish)? There are at least two definitions given in the Bible itself. One is 1 Thess. 4:3, which says, "For this is the will of God, even your sanctification, that ye should abstain from fornication:" You may pair this with John 17:17 "Sanctify them through thy truth: thy word is truth" and Ephesians 5:26 "That he might sanctify and cleanse it with the washing of water by the word." Our first order of the day should be to seek first the kingdom of God (Matt. 6:33) by spending time reading God's word and talking with Him in prayer.

Recently, I learned another way to redeem some time in the Word. Realizing that the scriptures are our only safeguard against the deceptions of the last days, I try to memorize some every chance I get. For me, scripture songs are the easiest way to do this. But finding one for every verse I want to memorize is a problem. One day, I saw some scripture memory tips on the website of a man that not only has large portions of the scriptures memorized but has read the New Testament cover-to-cover in 17 languages and the entire Bible cover-to-cover in 7 languages including Greek, Hebrew, and Latin. Anyway, my thought was, *Maybe I can learn something from this guy*. I did find it interesting that besides a scripture memory plan, he had a list of foods that helped memory and a list of foods that don't help with memorization. He said, "I cannot overemphasize the importance of diet when it comes to memorizing the Bible." His good foods included lots of fruits and vegetables, whole grains, legumes (beans), flaxseeds, and nuts. "His 'bad brain' list of things to avoid included, "alcohol, artificial food colorings, artificial sweeteners, colas, corn syrup, frostings, high-sugar 'drinks,' hydrogenated

fats, junk sugars, nicotine, overeating, and white bread." Anyway, just a side note there to remind us that redeeming the time includes healthful living (sunshine, daily exercise, etc.). But one of his memorization techniques involves chanting verses in your mind while performing everyday tasks. You split the verse up into small pieces, repeating each part around 100 times, or until you have that part memorized. I decided to try this. I was taking laundry off the line and folding it at the time and had just decided that I wanted to memorize James 3:17 which says, "But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy." I just opened my Bible and laid it on the bed glancing back at it for the next portion when I had a section memorized. See how easily the verse splits up with commas? Start with "But the wisdom that is from above is first pure." After you've



memorized that part, continue saying it, but add "then peaceable." I used to memorize this way, so that was not so much new. But I felt like memorizing while I was doing something with my hands actually helped me to memorize better, not to mention making folding laundry a lot more fun and profitable. I was excited that by the time I finished folding laundry, I had memorized the whole Bible text!

The second definition for the will of God comes from John 4:34. "Jesus saith unto them, My meat is to do the will of him that sent me, and to finish his work." Taking the gospel to the world, or missionary work, is God's will. "It is the privilege of every Christian not only to look for but to hasten the coming of our Lord Jesus Christ, (2 Peter 3:12, margin). Were all who profess His name bearing fruit to His glory, how quickly the whole world would be sown with the seed of the gospel. Quickly the last great harvest would be ripened, and Christ would come to gather the precious grain." {Christ's Object Lessons, pg. 69}

But many are not redeeming the time, instead they are distracted or discouraged. Recently, I received my own rebuke from God on the topic. After noting apostasies here and apostasies there, I cried and cried, and cried some more. After all, we are supposed to be sighing and crying for the abominations, right? (Ezekiel 9:4) But if it makes us so discouraged that we can't do missionary work ourselves, we are overdoing it. Jesus actually warned of something like this in the last days. He said, "Remember Lot's wife." Luke 17:32 Remember how, against the angels' counsel, Lot's wife looked back at the apostasy of her friends and family in Sodom, and it

kept her from moving forward? In fact, this action actually contributed to the apostasy of her two daughters who had made it out of Sodom. When instead of beholding the beauty of Jesus and those lovely, praiseworthy, and "of good report" Philippians 4:8 things we focus on the bad, it may be the death of us. If you know something is too heavy for you, in prayer, give it to Jesus, move on, and get to work. I often think of how Dallas' grandpa fought in World War II. He told how so many men died in the war, those left standing literally had to drive over them and move on. We are in a war, and the judgment deadline looms ahead. We must learn to gather warmth from the coldness of others, courage from their cowardice, and loyalty from their treason. The fact that others are not doing the work gives us all the MORE reason to redeem the time and spread the gospel to the world. Find

something you can do, and do it.

The Bridge Builder

By: Will Allen Dromgoole

An old man going a lone highway, Came, at the evening cold and gray, To a chasm vast and deep and wide Through which was flowing a sullen tide.

The old man crossed in the twilight dim,
The sullen stream had no fear for him;
But he turned when safe on the other side
And built a bridge to span the tide.

"Old man," said a fellow pilgrim near,
"You are wasting your strength with building here;
Your journey will end with the ending day,
You never again will pass this way;
You've crossed the chasm, deep and wide,
Why build this bridge at evening tide?"

The builder lifted his old gray head;
"Good friend, in the path I have come," he said,
"There followed after me today,
A youth whose feet must pass this way.
This chasm that has been as naught to me
To that fair-haired youth may a pitfall be;
He, too, must cross in the twilight dim;
Good friend, I am building this bridge for him!"

I love the poem The Bridge Builder (which I actually have, set to music). It shows the

importance of mission work to help others. How far have you come in your walk with God? Is there something you could do to make the path easier for someone behind you? Maybe you learned about "good brain food" and could teach others to cook. Maybe you gave up worldly media and could make creation-based videos. Maybe you learned the importance of good music and can produce Christian music or scripture songs to encourage others. Maybe you can learn another language and help others who speak that language learn of Jesus. Maybe you know how to read and can read the Bible to a blind person. Maybe you can make cards with Bible texts and send them to people in a nursing home to let them know Jesus loves them. Maybe you've learned natural remedies and lifestyle changes and can share them with someone who is sick. The Bible encourages, "And whatsoever ye do, do it heartily, as to the Lord, and not unto men;" Colossians 3:23

Speaking of hearty effort, we find that Thyatira, the church during the dark ages, was known for working heartily. Of them, the Son of God says, "I know thy works, and charity, and service, and faith, and thy patience, and thy works; and the last to be more than the first." Revelation 2:19 As we again enter a dark time in earth's history, some of us may have to do double duty (while being careful to balance physical labor with mental labor). In addition, sometimes, we may learn from our practical labor. For example, my online

"try-to-keep-food-on-the-table" transcription job has a place that keeps track of my effort toward accuracy. I can see at a glance whether I am improving or getting



Remember

Lot's Wife

more careless. What if God graded us on how we are utilizing our time? Are we doing better than we were five years ago? Are we redeeming the time, or are we idle? Would we be ranked as wise or foolish based on the use of our time? We must work now "while it is day: the night cometh, when no man can work." John 9:4b Martin Luther once said, "Show me where a man spends his time & money, and I'll show you his god." We can choose to spend time in idleness and vanity, worshipping the god of this world, OR we can spend it in practical labor, Bible study, and missionary effort, serving the God of Heaven with gladness. Indeed, "Our time belongs to God. Every moment is His, and we are under the most solemn obligation to improve it to His glory. Of no talent He has given will He require a more strict account than of our time." {Christ's Object Lessons, pg 342} Excuse me, are you cognizant of the time? It's time to "Walk in wisdom toward them that are without, redeeming the time." Colossians 4:5



The Nastiest Whole-food B-12 Supplement

Since I can't swallow pills, I've tasted a lot of nasty stuff: olive leaf as an antimicrobial/antiparasitic, yellow dock for anemia (low iron), kelp for iodine and micronutrients. But one tops them all in nastiness, Chlorella, a green microalgae supplement. And yet, I keep taking it, because it seems to help. Last year, I had hepatosplenomegaly. That's a big word for my spleen and liver were swollen. They were so swollen, I looked fully pregnant and the pain got worse over several days until it was so bad, I couldn't focus to do anything. Potential causes included things I didn't want to consider like cancer, congestive heart failure, and liver failure. Also there were some viral causes, but I had no other symptoms of those. And then there was a vitamin B-12 deficiency. About a year previous, I had quit using man-made vitamins and supplemented foods when I discoverd out I was allergic to most added citric acid because it (as well as some other vitamins) is usually made from black mold.¹ Trying to make sure I replaced any usually supplemented vitamins, I got some Chlorella to use as a B-12 supplement. (I was not real interested in other forms of B-12 after learning that, at least for animals, they sometimes use sewage sludge as a source of B-12.²) However, the Chlorella was so nasty, it just sat on my shelf. But now, with all my pain and swelling, I decided maybe I'd better take some. Suprisingly, after a couple meals choking down the nasty Chlorella, the hepatosplenomegaly disappeared. Now I can't guarantee that my problem was actually a B-12 deficiency.

but a study published in the Journal of Medical Food and on PubMed stated, "This exploratory open-label study was performed to determine if adding 9 g [about 1 ½ tsps] of Chlorella pyrenoidosa daily could help mitigate a vitamin B12 deficiency in vegetarians and vegans...The chlorella used for this study is a commercially available whole-food supplement, which is believed to contain the physiologically active form of the vitamin... the vitamin B12 in chlorella is bioavailable and such dietary supplementation is a natural way for vegetarians and vegans to get the vitamin B12 they need." Sounds good, although, still I have to admit, I try to avoid nasty Chlorella as much as possible. So sometimes we put a filleted piece of aloe vera in smoothies or eat nori for some extra B12, too.

However, B12 is only one benefit of Chlorella. There are lots of other health benefits. According to an article in Nutrients published by the NIH, "Chlorella supplementation to mammals, including humans, has been reported to exhibit various pharmacological activities, including immunomodulatory, antioxidant, antidiabetic, antihypertensive, and antihyperlipidemic activities. Meta-analysis on the effects of Chlorella supplementation on cardiovascular risk factors have suggested that it improves total cholesterol levels, low-density lipoprotein cholesterol levels, systolic blood pressure, diastolic blood pressure, and fasting blood glucose levels..." The article also states that Chlorella contains substantial amounts of all the essential amino acids for humans (isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, valine, and histidine). In addition, "Chlorella products contain all the vitamins required by humans, i.e., B1, B2, B6, B12, niacin, folate, biotin, pantothenic acid, C, D2, E, and K, and α- and β-carotenes. Chlorella products contain substantial amounts of vitamins D2 and B12, both of which are well known to be absent in plants." Several minerals are also available in Chlorella, incluiding iron and potassium. The article also states that Chlorella helps detoxify the body of dioxins (a toxic chemical), mercury and more. Frankly, Chlorella has enough benefits that it might just be worth choking down a little of its nastiness.

1-- https://www.chemicalsafetyfacts.org/chemicals/citric-acid/#:~:text=Does%20citric%20acid%20come%20from,also%20known%20as%20black%20mold_2- https://pubs.acs.org/doi/10.1021/jf60021a004 3-- https://pubmed.ncbi.nlm.nih.gov/26485478/ 4-- https://pmc.ncbi.nlm.nih.gov/articles/PMC7551956/



A Time Such as This Prophetic News Notes

"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 The prophetic labor pains of earth are coming faster and faster. The LA fires are said to be the costliest fires US history. In addition, several principles of the US Constitution are

World

Colombia agrees to take deported migrants after tariff showdown with Trump

Trump will maintain visa restrictions or Colombian officials, White House statement says

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being challenged. For example, the 14th amendment is being



blaze in U.S. history

challenged by the executive order to end birthright citizenship.² Also, around the world tariffs and economic restrictions are being used against countries to get them to conform. For example, a recent headline for CBC News read, "Colombia agrees to take

deported migrants after tariff showdown with Trump." Similar economic sanctions were imposed by the World Bank and others on Uganda in 2023 because of Uganda's anti-homosexual laws.

Judge blocks Trump's 'blatantly unconstitutional' executive order that aims to end birthright citizenship

Whether we agree or disagree with the content of either of these actions, it shows how easily and quickly economic sanctions in the world can move to a fulfillment of Revelation 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." Though Daniel 8:25a has already been prophetically fulfilled, we may expect the principles of it to be repeated by the image to the beast. "And through his policy also he shall cause craft [deceiving, fraud] to prosper in his hand; and he shall magnify himself in his heart, and by peace [security, prosperity] shall destroy many..."

In a time such as this, looking to the Bible for what we need to know is important. Recently, we were discussing the story of Judas betraying Jesus. Much of what happened at the crucifixion of Jesus will be repeated here at the end of time, so it is worth studying in depth. The dragon, of course, parallels Satan, and also, to lesser degree, pagan Rome (John 19:11). The corrupt Jewish leaders parallel the beast power. And by process of elimination, Judas parallels the false prophet. (Rev. 16:13) One thing I noted is the disciples had no idea that Judas would betray Jesus (John 13:21,22). Yet Jesus had known for a long time who would betray him (John 6:64). The guestion is, should the disciples have known? I believe the answer is yes. Jesus warned them back in John 6:70, 71 "Jesus"



answered them, Have not I chosen you twelve, and one of you is a devil? He spake of Judas Iscariot the son of Simon: for he it was that should betray him, being one of the twelve." Therefore, at the very least, they should have realized that one of them was a bad guy. But before Judas actually finished betraying Jesus, Jesus pointed Judas out clearly. Yet still the disciples did not seem to understand. John 13:26 -29 records that John asked who the betrayer was, saying, "Lord, who is it? Jesus answered, He it is, to whom I shall give a sop, when I have dipped it. And when he had dipped the sop, he gave it to Judas Iscariot, the son of Simon. And after the sop Satan entered into him. Then said Jesus unto him, That thou doest, do quickly. Now no man at the table knew for what intent he spake this unto him. For some of them thought, because Judas had the bag, that Jesus had said unto him, Buy those things that we have need of against the feast; or, that he should give something to the poor."

What can we learn from the story? The clue was the sop (bread dipped in unfermented wine.) This is the same as our clue today. Bread represents the word of God. (Matthew 4:4) And unleavened bread represents sincerity and truth. (1 Cor. 5:8) Wine represents doctrine. The wine of fornication is the doctrine of Babylon (Rev. 14:8, Rev. 17:2, Rev. 18:3) So unfermented wine represents that doctrine which sanctifies through truth. This is found in the word of God as John 17:17 says, "Sanctify them through thy truth: thy word is truth." No matter how you look at the deeper meaning in this story, whether you consider the words that came from Jesus' mouth, the Word [Jesus] that discerned the heart of Judas, the sop with the bread representing the word, or grape juice representing the doctrinal truth that comes from the word of God, we can see that the Scriptures provide the needed information. They will help us discern the betrayer and see past the false exteriors of wolves in sheep's clothing. "For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart." Hebrews 4:12 Indeed, the scriptures are our safeguard for such a time as this.

1-- https://www.bloomberg.com/news/newsletters/2025-01-09/the-costliest-fire-on-record-not-just-for-california https://www.washingtonpost.com/business/2025/01/09/los-angeles-wildfire-economic-losses/2-- https://www.cnn.com/2025/01/23/politics/birthright-citizenship-lawsuit-hearing-seattle/index.html 3-- https://www.cbc.ca/news/world/trump-colombia-migrant-repatriation-flights-1.7442038 4-- https://www.nbcnews.com/nbc-out/out-news/uganda-president-defiant-world-bank-suspends-funding-lobtg-law-rcna99206



Time for a New Heart

A certain prisoner, most cunning and brutal, was singularly repulsive even in comparison with other prisoners. He had been known for his daring and for the utter absence of all feeling when committing acts of violence. The chaplain had spoken to him several times but had not succeeded even in getting an answer. The man was sullenly set against all instruction. At last he expressed a desire for a certain book, but as it was not in the library the chaplain pointed to the Bible which was placed in his cell, saying, "Did you ever read that Book?" He gave no answer but looked at the good man as if he would kill him. The question was kindly repeated, with



"Mister," said the convict, "you would not ask me such a question if you knew who I am. What have I to do with a book of that sort?" The chaplain answered, "I know all about you and that's why I think the Bible is the book for you." "It would do me no good," he cried. "I am past all feeling." Doubling up his fist, he struck the iron door of the cell and said, "My heart is as hard as that iron; there is nothing in any book that will ever touch me."

the assurance that he would find it well worth reading.

"Well," said the chaplain, "you want a new heart. Did you ever read the covenant of grace?" To which the man answered sullenly by inquiring what he meant by such talk. His friend replied, "Listen to these words: 'A new heart also will I give you, and a new spirit will I put within you' "(Ezekiel 36:26). The words struck the man with amazement. He asked to have the passage found for him in the Bible. He read the words again and again; and when the chaplain came back to him the next day, the wild beast was tamed. "Oh, sir," he said, "I never dreamed of such a promise! I never believed it possible that God would speak in such a way to men. If He gives me a new heart, it will be a miracle of mercy; and yet I think He is going to work that miracle upon me, for the very hope of a new nature is beginning to touch me as I never was touched before."



God's Amazing Creatures

Answers for the 10 Egyptian Plagues: 1. River to blood, 2. Frogs, 3. Lice, 4. Flies, 5. Plague on Cattle, 6. Boils, 7. Hail, 8. Locusts, 9. Darkness, 10. Firstborn Die



The Guinea turaco lives in the lowland forests of West and Central Africa. With green shoulders, front, and head, and a deep blue-purple back and tail, this bird certainly looks unreal. Guinea turacos have a loud "cawr-cawr" call. They prefer climbing from branch to branch rather than flying. These birds feed on a variety of tropical fruits. Don't you want to see one of these birds God created? I do!

