



The Bible Banner

January 2025

BIBLE PICTURE PATHWAYS.COM

What saith the Scripture?... *Romans 4:3a*

A miner once said to a preacher, "I'd like to be a Christian, but I can't receive what you said tonight." "Why not?" asked the preacher. "Well, I'd give anything to believe that God would forgive my sins, but I can't believe He'll forgive me if I just turn to Him. It's too cheap." The preacher looked at him and said, "Have you been working today?" Surprised, the man replied, "Yes, I was down in the pit as usual. Why?" "How did you get out of the pit?" "The way I usually do. I got into the cage and was pulled to the top." "How much did you pay to come out of the pit?" The miner looked at the preacher in astonishment. "Pay? Of course, I didn't pay anything." "Well," said the preacher, "weren't you afraid to trust yourself to that cage? Wasn't it too cheap?" "Oh, no," he said; "it was cheap for me, but it cost the company a lot of money to sink that shaft." Then the implication of what he had said struck him, and he saw that though he could have salvation without money and without price, it had cost the infinite God a great price to rescue lost men. Indeed, the scripture says, *"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."* John 3:16

Chickpea Omelet

Red lentil cheddar, grated—[July 2024 Bible Banner](https://www.swiftrunnerministries.com/recipes--dressings-dips-and-cheeses.php) or <https://www.swiftrunnerministries.com/recipes--dressings-dips-and-cheeses.php>

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|---------------------------|-------------------------|
| ½ cup chickpea flour | about ¾ cup water |
| 1 Tbsp chia seed | 1 Tbsp flaxseed meal |
| 1 Tbsp nutritional yeast* | ¾ - 1 tsp black salt ** |
| ½ tsp smoked paprika | ¼ tsp turmeric |
| ½ Tbsp tapioca flour | 1 tsp onion powder |

Mix together ingredients except lentil cheddar in a bowl. Fry in a pan on the stovetop into a small pancake shape. Cook until almost done. Then flip "pancake" over and sprinkle half with the grated lentil cheddar. Immediately, flip the other half circle over the top. These are done when the "cheese" melts enough to hold them together, or



until desired brown. I have sometimes also made these folded over without the filling.

*May be replaced with a little extra onion powder and powdered pumpkin seeds

**Black salt has a distinct "eggy" sulfur flavor. You may replace this with plain salt, but some of the flavor will be lost.

QUOTABLE QUOTES

"If I had a brother who had been murdered, what would you think of me if I... daily consorted with the assassin who drove the dagger into my brother's heart; surely I too must be an accomplice in the crime. SIN MURDERED CHRIST; WILL YOU BE A FRIEND TO IT? Sin pierced the heart of the Incarnate God; can you love it?" —Charles Spurgeon

PROFITABLE TRADITIONS - CULTIVATE PRODUCTIVITY

Jesus ended the parable of the unjust steward by saying *"for the children of this world are in their generation wiser than the children of light."* Luke 16:8 Many organizations of the world use a SWOT analysis to identify their internal strengths and weaknesses and their external opportunities and threats. What if Christians did the same thing utilizing Bible texts for analyzing and improving their Christian walk, church, or family togetherness? **Strengths** are what you do well and can build upon. (1 Chr. 16:11; 26:8? or Ps. 8:2? or Prov. 14:4?) **Weaknesses** are internal barriers that are keeping you from success. (Matt. 26:41, Rom. 14:1) **Opportunities** are external forces you can act and benefit upon. (Eph. 6:16, Is. 41:13) **Threats** are external forces or barriers that may prevent you from reaching your objectives. (Luke 12:1, 1 Peter 5:8) *"The LORD said...What is that in thine hand?..."* Ex. 4:2



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Keeping Pace with Present Truth

Editor's Note and Study to Show Thyselves Approved

"Noah, you are an odd, straight-laced extremist! You are too particular; people have been living in houses for hundreds of years. And now you say it is not safe. You are crazy! Even Enoch lived in a house, and he was pure enough that God took him to heaven. Saying that there is no other way to be saved, that everyone has to come into a boat that is not even near water is utterly ridiculous. Why don't you quit being so independent minded and listen to the educated theologians and scientists like the rest of us? It has never rained, it never will rain..." But, as it turned out, what was "safe" in Noah's day was different than that which had been in the past. All those who didn't heed present truth, *"the flood came, and took them all away; so shall also the coming of the Son of man be... But as the days of Noe were, so shall also the coming of the Son of man be."* Matthew 24:39, 37



Just because something was allowed in the past, even among God's people, does not mean it is okay for today. Time and place must be considered. For example, why did God allow polygamy? Or why did He allow men to freely divorce their wives in Moses' day, but now most Bible-believing churches teach that these are wrong? Sometimes it was because the people could not handle all the truth at once. Jesus told His disciples, *"I have yet many things to say unto you, but ye cannot bear them now."* John 16:12 Also, *"He [Jesus] saith unto them, Moses because of the hardness of your hearts suffered you to put away your wives: but from the beginning it was not so."* Matthew 19:8 Note that it was Moses, a true prophet of God that allowed this, yet Jesus pointed the people to a higher standard for their day. The principle He here taught is: To find the standard for God's will, such as on marriage between one man and one woman, we must go back to the beginning. Likewise, to find God's recommended diet for man, we must go back to the beginning. To find God's chosen day of worship, we must go back to the beginning, etc. In between, there may have been *"times of... ignorance"* that *"God winked at; but now [He] commandeth all men every where to repent:"* Acts 17:30

Today, those who desire to be among the 144,000 are called to a higher standard. *"And they sung as it were a new song before the throne, and before the four beasts, and the elders: and no man could learn that song but the hundred and forty and four thousand, which were redeemed from the earth. These are they which were not defiled with women; for they are virgins. These are they which follow the Lamb whithersoever he goeth. These were redeemed from among men, being the firstfruits unto God and to the Lamb. And in their mouth was found no guile: for they are without fault before the throne of God."* (Rev. 14:3-5) Notice, the 144,000 do not blindly just do what their churches (represented as women) teach, they are virgins, signifying they have pure doctrine. They worship God in both sincerity AND truth for they follow the Lamb, the Truth. And they have no guile (deceit/lies) in their mouth. For us, here at the end of time, the 3 angels' messages of Revelation 14 are present truth. The contrast is drawn between those who *"Fear God... and worship"* the Creator (1st angel, Rev. 14:7) and those who worship *"the beast and his image"* (3rd angel, Rev. 14:9). The contest is simply between the vain worship of those who teach for doctrine the commandments of men (Matthew 15:9) and the true worship of those who *"keep the commandments of God, and the faith of Jesus"* Rev. 14:12. In Daniel, we find the beast power (specifically the ruling power during the Dark Ages) will *"speak great words against the most High... and think to change times and laws..."* Daniel 7:25.

Now a time involving worship is called a holy day or holiday. So a large part of this deception will be over the beast making a day of worship that is contrary to God's law. Since Exodus 20:8-11 points out God's day as the seventh-day Sabbath, the beast power *"thinks"* to change this and institutes instead a pagan day of worship devoted to the sun. Sadly, according to most research, the vast majority of Christians, around 95% or more, attend church on Sunday rather than on the seventh-day Sabbath of the Bible. Sincere in spirit though they may be, Jesus said, *"But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him. God is a Spirit: and they that worship him must worship him in spirit and in truth."* John 4:23,24 It is not enough to worship God only in sincerity of spirit, if we are true worshippers of God, we must also worship Him in truth.

So how do we serve God in sincerity AND truth? Joshua wrote, *"Now therefore fear the LORD, and serve him in sincerity and in truth: and put away the gods which your fathers served on the other side of the flood, and in Egypt; and serve ye the LORD."* Joshua 24:14 Moses also expounded, *"Take heed to thyself that thou be not snared by following them, after that they be destroyed from before thee; and that thou enquire not after their gods, saying, How did these nations serve their gods? even so will I do likewise. Thou shalt not do so unto the LORD thy God: for every abomination to the LORD, which he hateth, have they done unto their gods; for even their sons and their daughters they have burnt in the fire to their gods. What thing soever I command you, observe to do it: **thou shalt not add thereto, nor diminish from it.**"* Deuteronomy 12:30-32 God's command here is not to ADD TO or DIMINISH FROM how He tells us to worship Him. To do something just because it is customary, when it adds to or subtracts from God's command, is an abomination. *"And he [Jesus] said unto them, Ye are they which justify yourselves before men; but God knoweth your hearts: for that which is highly esteemed among men is abomination in the sight of God."* Luke 16:15

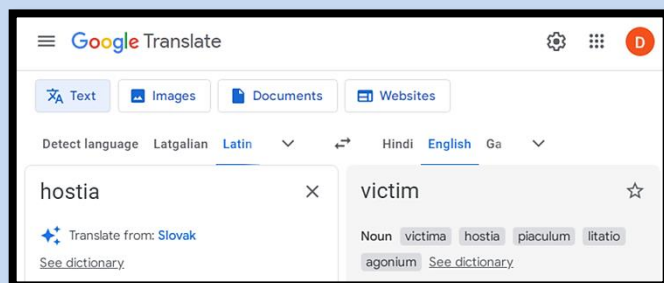
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While Sunday worship both adds to and diminishes from God's command for worship on the seventh-day Sabbath, it is not the only time that adds. The beast power would try to change "times" plural, remember. And there are other holidays, interestingly called sabats in pagan practices. One former witch writes, *"At the end of that spiritually troubled decade, I was miraculously saved by the power of Jesus Christ and His saving blood. I was also delivered from every evil spirit that lived in me and was set free. However, as I began to attend fundamental Christian churches, I realized that even there witchcraft had left its mark. Pagan holidays and sabats were celebrated as 'Christian holidays.'"*¹. One might think this former witch was just making it up, but God describes the abominations of paganism in His church in Ezekiel chapter 8. *"Then said he unto me, Hast thou seen this, O son of man? turn thee yet again, and thou shalt see greater abominations than these. And he brought me into the inner court of the LORD'S house, and, behold, at the door of the temple of the LORD, between the porch and the altar, were about five and twenty men, with their backs toward the temple of the LORD, and their faces toward the east; and they worshipped the sun toward the east."* Ezekiel 8:15,16 Here men in God's church are turning their backs on Him and worshipping the sun. They have turned their backs on God's temple of truth and succumbed to a lie. They have turned their back on God's temple of time, the seventh-day Sabbath, and are Sunday worshippers.

But what abomination did God show Ezekiel before this abomination? *"He said also unto me, Turn thee yet again, and thou shalt see greater abominations that they do. Then he brought me to the door of the gate of the LORD'S house which was toward the north; and, behold, there sat women weeping for Tammuz."* Ezekiel 8:13,14 Here we find the worship of Tammuz, the deified son of Nimrod who built Babel. (Genesis 10:8-10) "Weeping for Tammuz" refers to an ancient practice, particularly associated with the summer solstice, where people, mainly women, would mourn the death of the Mesopotamian fertility and sun god Tammuz, symbolizing the decline of nature as the sun begins to diminish its power at the peak of summer. Here was an idolatrous holiday blatantly celebrated in God's church. Opposite the summer solstice described (with links to Lent & Easter), we find the winter solstice or Yule celebrated December 21 to 25. *"'Yule' is the Chaldee name for an 'infant' or 'little child,' and as the 25th of December was called by our Pagan Anglo-Saxon ancestors, 'Yule-day,' or the 'Child's day,' long before they came in contact with Christianity, that sufficiently proves its real character. Far and wide, in the realms of Paganism, was this birth-day observed."*² Despite God's warnings to *"Learn not the way of the heathen"* because *"the customs of the people are vain"* (Jeremiah 10:2-4), this celebration of the birth of Tammuz and all the other pagan "son" gods was "baptized" and brought into the church. History records on March 7, 321, Roman Emperor Constantine I issued a civil decree making Sunday a day of rest from labor. By 336 AD, despite scriptural silence on the date of Jesus' birth, the emperor Constantine also merged the pagan and Christian festivals to establish December 25th as the date when Christians celebrate Christ's birth.

This means besides the lies surrounding Santa, chimneys, reindeer, etc., this season is based on the lie that Christ was born on December 25. Christ was NOT, and COULD NOT have been born on December 25. In fact, it was too cold that time of the year for the shepherds to have been in the fields at night. And if you think this lie isn't still perpetuating in mainstream churches, pay attention to some of the hymns sung surrounding this holiday like "In the Bleak Midwinter." I have talked to friends and read over many comments online of persons who don't feel that they can attend church for 4-6 weeks a year because of the paganism connected with this December holiday. Some try to navigate the landmine-strewn holiday gatherings only to find that the pagan traditions are so mixed in, it is impossible to safely steer around them. What does Jesus have to do with Santa or the Grinch? How does a mother explain to her children that, "No, we don't give people stuffed stockings (connected to Santa) even though all the church folk are doing it"? History tells us that the Puritans would not celebrate December 25. In fact, Protestant England even outlawed the holiday celebration for a while. But it is the blasphemous holiday name that bothers me the most. The name itself tells the origin of the holiday's authority is from man and not God. According to the National Catholic Register, *"The word 'Christmas' comes from the Old English phrase Christes maesse ('Christ's Mass')—that is the Mass celebrated in honor of Christ's birth."*³ This may not bother those who are Catholic, but

Protestants do not usually celebrate mass, since mass is where a wafer "host" is said to turn into the real body and blood of Christ. But it gets worse. In a pamphlet exposing Christ-Mass, the ex-witch states, *"The word 'Mass' does mean 'death sacrifice', and to cement that fact, we will consider the definition of the inventors of the religious application of the word 'Mass.' I am looking at page 537 of the Catholic Encyclopedia, which says, 'In the Christian law, the supreme sacrifice is that of the Mass.' It goes on to say, 'The supreme act of worship consists essentially in an offering of a worthy victim to God, the offering made by a proper person, as a priest, the*



destruction of the victim.' Please note carefully the word, 'victim' of the Mass. The Latin word for victim is 'Hostia' from which the word 'host' is derived. The Mass, by definition of those who coined the word, is a sacrifice involving a victim. There is no other meaning for the word 'Mass' or 'Christ-Mass.'⁴ How can Christians who understand this wish people to have a Merry time re-crucifying Christ, called by Rome a "supreme act of worship"? If the beast's mouth is full of blasphemy (Rev.13:6), when we further his blasphemous words like Christ-Mass, will we be classed with those who *"wondered after the beast"* Rev. 13:3? When we sing the songs containing this blasphemous word, are we really glorifying God? When we choose what to do, we must consider context. For example, in Sabbath School, I use sticks with ribbons the different colors of the rainbow to wave while we sing, "God Made the Beautiful Rainbow" in the

context of Noah and the ark. They are perfectly innocent in Sabbath School, but if I had a child wave the same rainbow flag in the next "Pride" parade, it would be sinful. The three Hebrew worthies found tying their shoes or bowing "to God" while in front of an image to be



an unacceptable option. Perhaps they realized they might cause others to stumble into paganism by indecisive or Aaron-like pacifying actions. Remember, *"It is good neither to eat flesh, nor to drink wine, nor any thing whereby thy brother stumbleth, or is offended, or is made weak."* Romans 14:21 Speaking of Aaron, the story of the golden calf makes clear that simply saying pagan worship is a feast to the LORD is not enough. *"And he [Aaron] received them at their hand, and fashioned it with a graving tool, after he had made it a molten calf: and they said, These be thy gods, O Israel, which brought thee up out of the land of Egypt. And when Aaron saw it, he built an altar before it; and Aaron made proclamation, and said, To morrow is a feast to the LORD. And they rose up early on the morrow, and offered burnt offerings, and brought peace offerings; and the people sat down to eat and to drink, and rose up to play."* Exodus 32:4-6

One thing I've learned over the years is, if it doesn't have a practical purpose like food, clothing, transportation, or tools, consider carefully where a practice came from before adopting it. Joining in pagan traditions is what caused the Israelites to stumble at the borders of the Promised Land. *"They joined themselves also unto Baalpeor, and ate the sacrifices [mass?] of the dead [victim?]. Thus they provoked him [God] to anger with their inventions: and the plague brake in upon them."* Psalm 106:28, 29 How pure our worship of God is, matters to our Father in heaven. James reminds us *"the wisdom that is from above is first pure..."* James 3:17a Also we find that God's judgment on idolatry is stern. Those who take part in the abominations in Ezekiel 9:6 are ordered slain by God. The vain worship of those around the golden calf was punished with death, *"three thousand men"* were slain that day (Exodus 32:27, 28). And again at the border of the Promised Land many were slain who were caught up in the pagan festivities at Baalpeor (Numbers 25:1-5). One writer expounds, *"But from their youth up they have been educated to the popular idea that the appointed holidays must be treated with respect and be observed. From the light that the Lord has given me, these days have no more influence for good than would the worship of heathen deities: for this is really nothing less. These days are Satan's special harvest seasons."*⁵

According to Paul, Christians who adhere to pagan holidays are in bondage. He wrote, *"Howbeit then, when ye knew not God, ye did service unto them which by nature are no gods. But now, after that ye have known God, or rather are known of God, how turn ye again to the weak and beggarly elements, whereunto ye desire again to be in bondage? Ye observe days, and months, and times, and years. I am afraid of you, lest I have bestowed upon you labour in vain."* Galatians 4:8-11 Thankfully, knowing the truth has set our family free (John 8:32). Instead of celebrating mass once a year, we celebrate Christ year round. Like our Father in heaven, we give gifts throughout the year whenever they are needed. An occasional Sabbath-appropriate gift on Sabbath is a great way to help children look forward to and delight in the God-commanded holy day. When the kids were little, we devised other innocent replacements to reinforce that God's way is better. Our website and our daughter's [Holidays Exposed](#)⁶ share a few other ideas and info I cannot cover here.

Remember with regards to worship, what God asks for makes all the difference. Consider the story of Cain and Abel. *"And in process of time it came to pass, that Cain brought of the fruit of the ground an offering unto the LORD. And Abel, he also brought of the firstlings of his flock and of the fat thereof. And the LORD had respect unto Abel and to his offering: But unto Cain and to his offering he had not respect. And Cain was very wroth.... And the LORD said unto Cain, Why art thou wroth? and why is thy countenance fallen? If thou doest well, shalt thou not be accepted? and if thou doest not well, sin lieth at the door..."* Genesis 4:3-7 While to worship Jesus Christ is good, we must do so only as Truth, not by adding to or subtracting from God's commands and thus believing a lie. Jesus says, *"But in vain they do worship me, teaching for doctrines the commandments of men."* Matt 15:9 Remember God's directions, and don't miss the "boat" by rejecting present truth. As if reflecting upon the truths of Proverbs 4:18, an old hymn states, *"New occasions teach new duties, Time makes ancient good uncouth; They must upward still and onward, Who would keep abreast of truth."*⁷

1-- <http://www.lasttrumpetministries.org/tracts/tract7.html> Harry Potter? What Does God Have To Say? 2-- The Two Babylons by A. Hislop, PDF pg. 62

3-- <https://www.ncregister.com/blog/christmas-xmas-and-yuletide-5-things-to-know-and-share> 4-- www.lasttrumpetministries.org/tracts/tract4.html The True Meaning Of Christ-

Mass. 5-- Fundamentals of Education, pg 320 6-- <https://www.biblepicturepathways.com/holidays-exposed.php> 7-- [Once to Every Man and Nation](#) by James Russell Lowell



Simple Solutions for Disease X

Prophetic News Notes and Swift Runner Health



"And great earthquakes shall be in divers places, and famines, and pestilences..." Luke 21:11 NPR states, *"They're calling it Disease X. It's a mysterious illness circulating in a remote part of the Democratic Republic of Congo. Current figures: over 400 cases, including 31 deaths... Note: WHO also revised downward the death toll, which had originally been cited as 79 but now stands at 31 deaths..."*

International health authorities are monitoring...

*"The most frequent symptoms that were noted: fever, headache, cough and sometimes difficulties to breathe," he [Dr. Dieudonné Mwamba] said. More than half the cases are in children under 5."*¹

The article goes on to say how we need to find out what the disease is. *“Is it an infectious disease? Is it a non-infectious disease? If we talk about infection diseases, is this a viral infection? Is it a bacterial infection? Is it a fungal infection? Is it a parasitic infection? There are so many things we don’t know,”* says Dr. Jean Kaseya, director general of Africa CDC. *‘We want to know very quickly, what is this disease? The world is wondering.’”*¹ I would like to propose that no matter what the disease is, the answer to the problem is contained in the article itself. *“Mwamba said the part of the country impacted by the disease has a lot of malnutrition — around 40% — and that can make people particularly ‘vulnerable’ to diseases. According to the WHO, all severe cases of this undiagnosed disease were in people who were severely malnourished.”*¹

Jesus, the great medical missionary, would say, *“Give ye them to eat.”* Mark 6:37 Indeed, *“The most prevalent cause of immunodeficiency worldwide is severe malnutrition, which affects as much as 50% of the population in some impoverished communities. The consequent abnormalities of the immune system affect both the innate [1st responders who fight off unknown invaders] and adaptive [specialized workers who target recognized invaders] immunity.”*² A study published by “Frontiers in Immunology” showed how much this can decrease the adaptive immunity. It states that *“Both total T cell and CD4+ T cell numbers from spleens of [48-hour] fasted mice were decreased by 40–50% compared to fed control animals... Malnourished children had decreased CD4+ and CD8+ T cell numbers in whole blood compared to well-nourished children.”*³ (CD4 are helper T cells, a type of white blood cell that play a critical role in the immune system. CD8 are cytotoxic T cells that are programmed to kill cells that are infected with viruses or bacteria, or that are damaged/ cancerous.) Malnourished children also had decreased T cells and B cells. If a 48-hour fast in mice lowered immunity by 50%, running a body’s immune system under chronic malnutrition conditions would be much like driving your car with no gas! It doesn’t work! No wonder people are sick and dying.



Obviously, I can’t feed all the malnourished in the world, but here are a few immune-boosting tips that might help, or help someone help.

INVEST IN NUTRITION when trading for or buying food. Here is a list of top superfoods.

Vitamin C is absolutely necessary for immune health. Citrus, mango, kiwi, pineapple, strawberries, and cantaloupe are high in vitamin C. For the poor, a good idea is to invest in a **lemon tree** and/or a **mini-bell pepper plant**. In warm localities these could grow year around and could even be potted & set on both sides of a front door. (Literally 2 seeds, some dirt, and a 5 gallon bucket could get you started.)

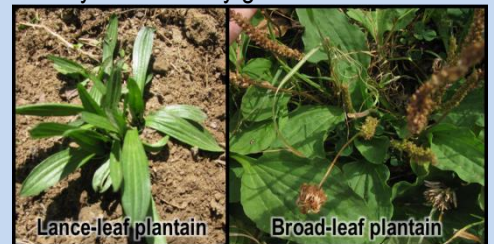
- Sweet Potato** -- An orange vegetable with immune-boosting vitamin A as well as many other vitamins and minerals like calcium.
- Kale or Brussel Sprouts** – Nutritious, green vegetables containing vitamins C, A, and K (for blood to clot properly) & calcium and iron.
- Lentils** – A power-packed protein source containing B vitamins, iron, magnesium, potassium, and immune-boosting folate & zinc.
- Brazil nuts and sunflower seeds** contain immune-boosting vitamin E, zinc, and selenium.

- Eat Whole Grains**— *“Oats are a nutritious whole grain and contain several immunomodulating nutrients.”*⁴ Barley, too.
- Chia & flaxseed** -- Both contain omega-3s & chia has double magnesium. Healthy fats boost immune function & are anti-inflammatory.
- Nutritive Teas and Vegetable juicing**—If you have someone so malnourished that they cannot properly digest food, put them on nutritive teas (red clover, red raspberry, and nettle) and fiber-removed vegetable juices (green leafy veggies and carrots, etc.) until they can properly digest. For sick babies, of course, hold them and also give them mother’s milk on demand. It is their immune booster.

INVEST IN FREE IMMUNE BOOSTERS

- Sunshine and Fresh Air**—Contains immune-boosting vitamin D (sunshine) and immune-boosting negative ions (fresh air).
- Water**—Drink to your health. 8-plus glasses a day often keeps disease away. Drink more than normal if you think you might get sick.
- Temperance**— It costs nothing NOT to buy alcohol, cigarettes, coffee, black tea, etc. Don’t binge eat dessert, the more you eat at once, the more it neutralizes your immune system. Just a soda, a candy bar & a piece of pie & your immune system is down for 5 hrs.
- Exercise and plenty of sleep**— Exercise oxygenates the blood and sleep rejuvenates the body. You’ll surely get sick without them.

Hit it hard with the first snuffle. Don’t wait until you’re really sick. If you feel like you might get sick eat raw garlic, drink onion juice from a baked onion, make ginger tea, take contrast showers or a hot bath. Take a nap. Try a cold-mitten friction to boost your white blood cell count. Eat cooked elderberries. Gargle warm salt water. Take acerola or black current powder for extra vitamin C, take oregano oil, or eat an organic lemon, seeds, skin, and all. Eat fresh pineapple. And don’t forget **plantain leaves are excellent for respiratory issues.** (I truthfully think, I would be dead today without plantain tea. One time, it was the only thing I could get down, and it soothed when nothing else did.) Fresh plantain leaf is best, but dried or frozen may be used if fresh is not available. (More on plantain here <https://www.swiftrunnerministries.com/resources/July%202016.pdf>)



And **Trust in God**—God made our body to deal with disease. If we will simply supply it with what it needs, it will get right to work fighting for us. And the blessing of using GOD’S PLAN instead of men’s is, frequently, the remedy for many diseases is the same.

1- <https://www.npr.org/sections/goats-and-soda/2024/12/05/g-s1-37002/disease-x-democratic-republic-congo>

2- <https://www.scielo.br/j/vatitd/a/QF8cJsh7MjgRNx9qd8Svqyp/#:~:text=A%20condition%20that%20results%20from,the%20innate%20and%20adaptive%20immunity>.

3- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5968375/#:~:text=In%20contrast%20to%20the%20effects,discussed%20in%20further%20detail%20below>.

4- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8063794/>



A Cold Winter?

"For we dare not make ourselves of the number, or compare ourselves with some that commend themselves: but they measuring themselves by themselves, and comparing themselves among themselves, are not wise." 2 Corinthians 10:12 Consider the following allegory...

As the onset of winter approached some Native American Indians approached their tribal chief and asked him to forecast whether the winter would be mild or cold. The chief had really no idea and so, to be on the safe side, he told them that they must stockpile plenty of firewood. In the meantime, the chief called the National Weather Center for advice.

"It is certain to be a cold winter," they told him. The chief, fearing the worst, instructed his people to collect more wood. Two weeks later he phoned the weather center again for an update, and again he was told, "It will most certainly be a cold winter." By now the chief was getting really worried and so he instructed his people to collect even more firewood. Another two weeks passed and the chief again telephoned the weather center for an update.

"The weather is really mild," said the chief. "What makes you so sure that we can expect a cold winter?"

The weather expert replied, "Sir, we know because the locals are collecting firewood like crazy!"

Likewise, Babylonian confusion reigns until we learn to measure ourselves by the truths of the Bible and Jesus Christ, the Pattern, instead of by what others are doing.



Kids' Corner

God's Amazing Creatures

Picture from Wikipedia, Bernard DUPONT
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The Borneo pygmy elephant, or just the Borneo elephant, lives on the island of Borneo, located in Indonesia and Malaysia. Borneo elephants are distinctly smaller than the mainland Asian elephant, which is why some call them "pygmy." But despite their smaller size, they are still the largest mammal on the island of Borneo. Borneo elephants also tend to have longer tails than regular Asian elephants. Like all elephants, Borneo elephants are herbivores (plant-eaters) and feed on grasses, leaves, bark, and fruits.

Little is known about these interesting creatures, but one thing is for sure - God created them for us to enjoy.

Look up the Bible texts below and see if you can figure out what God wants each part of your body to be doing.

