



**Bible Explorations, Inc.**  
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# Bible Explorations Newsletter

September 2022 Issue

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## FALL IS COMING!



Where did the summer go? It's almost fall! And you know what that means: the Feast of Tabernacles! But first, we will have Trumpets on September 27, Day of Atonement on October 6, and then Feast of Tabernacles from October 11 through 18, 2022.

We are getting the speakers lined up again! The meeting will be held on zoom, and of course, will be live on the website, Roku and YouTube.

As many already know, Bible Explorations had to sell the Terra Bella property. However, that is not stopping us from continuing this great ministry as before. One day soon, we are hoping to be able to return to in-person camp meetings, here in Nevada! Keep us in prayer, God is in control of this. I see Him working in this, too. It may not be exactly the same as Terra Bella, but we will be able to gather together.

Maybe for our Spring Passover/ULB?

If you would like to share a presentation via zoom, either for the camp meetings or even our weekly SS and/or Church, please send an email and let us know what you have. ([Info@BibleExplorations.com](mailto:Info@BibleExplorations.com)) We look forward to hearing from you!

Thank you for your continued prayers and support! God IS in control!! He is coming for us soon and we MUST be ready and share His Word with others. That is what led Elder John to start this ministry, and we are not going to stop. The word will continue to be spread!

## SECRET THINGS...

“The secret things belong unto the Lord our God: but those things which are revealed belong unto us and to our children forever.” [Deuteronomy 29:29](#). The revelation of Himself that God has given in His word is for our study. This we may seek to understand. But beyond this we are not to penetrate. The highest intellect may tax itself until it is wearied out in conjectures regarding the nature of God, but the effort will be fruitless. This problem has not been given us to solve. No human mind can comprehend God. None are to indulge in speculation regarding His nature. Here, silence is eloquence. The Omniscient One is above discussion.

Even the angels were not permitted to share the counsels between the Father and the Son when the plan of salvation was laid. And human beings are not to intrude into the secrets of the Most High. We are

as ignorant of God as little children; but, as little children, we may love and obey Him. Instead of speculating in regard to His nature or His prerogatives, let us give heed to the words He has spoken.

Neither by searching the recesses of the earth, nor in vain endeavors to penetrate the mysteries of God's being, is wisdom found. It is found, rather, in humbly receiving the revelation that He has been pleased to give, and in conforming the life to His will.

Men of the greatest intellect cannot understand the mysteries of Jehovah as revealed in nature. Divine inspiration asks many questions which the most profound scholar cannot answer. These questions were not asked that we might answer them, but to call our attention to the deep mysteries of God and to teach us that our wisdom is limited; that in the surroundings of our daily life there are many things beyond the comprehension of finite beings.

Skeptics refuse to believe in God because they cannot comprehend the infinite power by which He reveals Himself. But God is to be acknowledged as much from what He does not reveal of Himself, as from that which is open to our limited comprehension. Both in divine revelation and in nature, God has given mysteries to command our faith. This must be so. We may be ever searching, ever inquiring, ever learning, and yet there is an infinity beyond....

Man cannot by searching find out God. Let none seek with presumptuous hand to lift the veil that conceals His glory. "Unsearchable are His judgments, and His ways past finding out." [Romans 11:33](#). It is a proof of His mercy that there is the hiding of His power; for to lift the veil that conceals the divine presence is death. No mortal mind can penetrate the secrecy in which the Mighty One dwells and works. Only that which He sees fit to reveal can we comprehend of Him. Reason must acknowledge an authority superior to itself. Heart and intellect must bow to the great I AM. [MH 429.3-438.5](#), [Job 1:7-9; 28:12-28](#), [Is 40:12-28](#)

### ANOTHER HEALTH NUGGET

By Lorraine Howerton



Are you a person who has adopted health reform into your life but are still experiencing health problems? There are many people eating a "plant-based" diet who

still do not feel well. It is possible that the underlying cause is Leaky Gut Syndrome.

#### Intestinal Permeability

A possible cause of leaky gut is increased intestinal permeability or intestinal hyperpermeability.

That could happen when tight junctions in the gut, which control what passes through the lining of the small intestine, don't work properly. That could let substances leak into the bloodstream.

People with celiac disease and Crohn's disease experience this. "Molecules can get across in some cases, such as Crohn's, but we don't know all the causes," Lee says (Linda A. Lee, MD, a gastroenterologist and director of the Johns Hopkins Integrative Medicine and Digestive Center.) Whether hyperpermeability is more of a contributing factor or a consequence is unclear. *WebMD Leaky Gut Syndrome: What is it?* - Matt McMillen

Some possible causes for leaky gut include one or more of the following:

- Genetic predisposition
- Stress
- Environmental toxins such as glyphosate herbicide and other chemicals introduced into the environment
- Diet

Symptoms of possible gut permeability include but are not limited to:

- A burning feeling of ulceration in your gut.
- Painful indigestion from the loss of intestinal mucosa.
- Diarrhea
- Gas and bloating from fermentation by overgrown bacteria in your gut.
- Low energy from the reduced ability to draw energy from your food.
- Diagnosed autoimmune condition.
- Food sensitivities.

Most people who think they may have a leaky gut have certain common gastrointestinal symptoms, such as abdominal pain, food sensitivities, bloating and indigestion. These types of symptoms are common and may have many possible explanations, and many of them may injure your intestinal lining. You don't have to have a leaky gut to experience those effects. Clevelandclinic.org *Leaky Gut Syndrome*

Whether you have leaky gut or not, if you are experiencing problems with digestion, energy, food sensitivities, sleep, or focus – diet and lifestyle changes to reduce stress could help.

Some simple suggestions include, but are not limited to:

- Cut out gluten for a couple months. Gluten aggravates gut permeability.
- Eat foods that are more easily digestible until symptoms reside, such as: pseudo-grains like buckwheat, quinoa, amaranth; instead of wheat, oats, rice, soy, corn. Also, substitute sunflower and pumpkin seeds in place of nuts. Coconut milk is a good alternative to dairy and nut milks. These foods can be incorporated back into your diet once symptoms disappear – unless you have a diagnosed food allergy, in that case you don't want to reincorporate that food into your diet.
- Soak all legumes, grains, and seeds 12-24 hours, changing the water once or twice, before cooking or eating raw. In the case of seeds, dehydrate the seeds after soaking. Soaking removes much of the lectin, a naturally occurring protein that may play a role in protecting the plant from insects and other herbivores. Too much lectin can irritate the lining of our digestive tract. Cooking removes some of the lectin, however soaking before cooking removes even more. Soaking then sprouting the grains and seeds optimizes their nutrition (all legumes and grains should be cooked thoroughly).
- Cut out refined and overly processed foods for a while such as condiments, vinegar, oils,

sugar, pre-packaged foods, chips, canned foods, etc. Refined and overly processed foods are truly not a part of our health reform message. The idea is to eat a *whole food* plant-based diet.

- Drink water between meals and not while you're eating. Drinking water or other fluids with a meal dilutes stomach acid, which stops the digestive process until the stomach can rid itself of the fluid. Drinking water between meals helps the mucosa of the gut lining function properly during digestion. Staying properly hydrated throughout the day will eliminate the feeling of thirst and the need to drink while eating.
- It is important not to snack between meals to give your stomach a chance to rest. Wait five hours between meals before you eat again. Eating twice a day is optimal for most people, but if you need to eat three meals a day, make the last meal of the day your lightest meal, like fruit, at least three hours before going to bed. This gives your stomach a chance to rest and heal overnight and will give you better sleep.
- Chew your food thoroughly and do not overeat. Chewing your food thoroughly is easier for your overall digestion and allows your body to optimize the nutrition in the food. Overeating distends the stomach and can paralyze peristalsis action setting up fermentation in the gut, all of which aggravates gut permeability and is a major cause of dyspepsia.



The restoration of health can be a trying journey, but I believe if we take that first step of faith, God will bless our efforts and continue to guide us where we need to be.

Why is our health so important?



**The Health to Be Guarded**—Since the mind and the soul find expression through the body, both mental and spiritual vigor are in great degree dependent upon physical strength and activity; whatever promotes physical health, promotes the development of a strong mind and a well-balanced character. Without health, no one can as distinctly understand or as completely fulfill his obligations to himself, to his fellow beings, or to his Creator. Therefore, the health should be as faithfully guarded as the character. A knowledge of physiology and hygiene should be the basis of all educational effort. Education 195.1

### **STORY OF REDEMPTION - CREATION**

By Ellen G. White

The Father and the Son engaged in the mighty, wondrous work they had contemplated—of creating the world. The earth came forth from the hand of the Creator exceedingly beautiful. There were mountains and hills and plains; and interspersed among them were rivers and bodies of water. The earth was not one extensive plain, but the monotony of the scenery was broken by hills and mountains, not high and ragged as they now are, but regular and beautiful in shape. The bare, high rocks were never seen upon them, but lay beneath the surface, answering as bones to the earth. The waters were regularly dispersed. The hills, mountains, and very beautiful plains were adorned with plants and flowers and tall, majestic trees of every description, which were many times larger and much more beautiful than trees now are. The air was pure and healthful, and the earth seemed like a noble palace. Angels beheld and rejoiced at the wonderful and beautiful works of God.

After the earth was created, and the beasts upon it, the Father and Son carried out their purpose, which was designed before the fall of Satan, to make man in their own image. They had wrought together in the creation of the earth and every living thing upon it. And now God said to His Son, “Let us make man in our image.” As Adam came forth from the hand of his Creator he was of noble height and of beautiful symmetry. He was more than twice as tall as men now living upon the earth and was well proportioned. His features were perfect and beautiful. His complexion was neither white nor sallow, but ruddy, glowing with the rich tint of health. Eve was not quite as tall as Adam. Her head reached a little above his shoulders. She, too, was noble, perfect in symmetry, and very beautiful.

This sinless pair wore no artificial garments. They were clothed with a covering of light and glory, such as the angels wear. While they lived in obedience to God, this circle of light enshrouded them. Although everything God had made was in the perfection of beauty, and there seemed nothing wanting upon the earth which God had created to make Adam and Eve happy, yet He manifested His great love to them by planting a garden especially for them. A portion of their time was to be occupied in the happy employment of dressing the garden, and a portion in receiving the visits of angels, listening to their instruction, and in happy meditation. Their labor was not wearisome but pleasant and invigorating. This beautiful garden was to be their home.

In this garden the Lord placed trees of every variety for usefulness and beauty. There were trees laden with luxuriant fruit, of rich fragrance, beautiful to the eye, and pleasant to the taste, designed of God to be food for the holy pair. There were the lovely vines which grew upright, laden with their burden of fruit, unlike anything man has seen since the fall. The fruit was very large and of different colors; some nearly black, some purple, red, pink, and light green. This beautiful and luxuriant growth of fruit upon the branches of the vine was called grapes. They did not trail upon the ground, although not supported by trellises, but the weight of the fruit bowed them down. It was the happy labor of Adam and Eve to form beautiful bowers from the branches of the vine and train them, forming dwellings of nature's beautiful, living trees and foliage, laden with fragrant fruit.



The earth was clothed with beautiful verdure, while myriads of fragrant flowers of every variety and hue sprang up in rich profusion around them. Everything was tastefully and gloriously arranged. In the midst of the garden stood the tree of life, the glory of which surpassed all other trees. Its fruit looked like apples

of gold and silver and was to perpetuate immortality. The leaves contained healing properties.

Very happy were the holy pair in Eden. Unlimited control was given them over every living thing. The lion and the lamb sported peacefully and harmlessly around them or slumbered at their feet. Birds of every variety of color and plumage flitted among the trees and flowers and about Adam and Eve, while their mellow-toned music echoed among the trees in sweet accord to the praises of their Creator.

Adam and Eve were charmed with the beauties of their Eden home. They were delighted with the little songsters around them, wearing their bright yet graceful plumage, and warbling forth their happy, cheerful music. The holy pair united with them and raised their voices in harmonious songs of love, praise, and adoration to the Father and His dear Son for the tokens of love which surrounded them. They recognized the order and harmony of creation, which spoke of wisdom and knowledge that were infinite. Some new beauty and additional glory of their Eden home they were continually discovering, which filled their hearts with deeper love and brought from their lips expressions of gratitude and reverence to their Creator. [SR 20.1-22.3](#)

What a beautiful description this is! All the ugliness of the world we see today! The wars, violence, sickness, death...but soon, very soon we will see this beauty again! Won't that be wonderful? I so want to be ready, don't you?

### **OUR WORLD IN CHAOS**

(E.G. White & Elder VanDenburgh)

Is our heavenly Father sending a message with all of this chaos? Is He letting us know what will transpire in the cities if sincere repentance is not forthcoming?

"In the night I was, I thought, in a room but not in my own house. I was in a city, where I knew not, and I heard explosion after explosion. I rose up quickly in bed, and saw from my window large balls of fire. Jetting out were sparks, in the form of arrows, and buildings were being consumed, and in a very few minutes the entire block of buildings was falling and the screeching and mournful groans came distinctly to my ears. I cried out, in my raised position, to learn what was happening: Where am I? And where are our family circle? Then I awoke. But I could not tell

where I was for I was in another place than home. I said, Oh Lord, where am I and what shall I do?

It was a voice that spoke, 'Be not afraid. Nothing shall harm you.' I was instructed that destruction hath gone forth upon cities. The word of the Lord will be



fulfilled. Isaiah 29:19-24 was repeated. I dared not move, not knowing where I was. I cried unto the Lord, What does it mean? These representations of destruction were repeated. Where am I? 'In scenes I have represented that which will be; but warn My people to cease from putting their trust in men who are not obedient to my warnings and who despise My reproof, for the day of the Lord is right upon the world when evidence shall be made sure. Those who have followed the voices that would turn things upside down will themselves be turned where they cannot see, but will be as blind men.'

These words were given me from Isaiah 30: 'Now go, write it before them in a table, and note it in a book, that it may be for the time to come for ever and ever: That this is a rebellious people, lying children, children that will not hear the law of the Lord: Which say to the seers, See not; and to the prophets, Prophesy not unto us right things, speak unto us smooth things, prophesy deceits.' [Isaiah 30:8-15 quoted.] As instructed that light had been given me and that I had written under special light the Lord had imparted."--Ms. 126, 1906. (Diary, August 23, 27, 1906.)

### **A FULLER KNOWLEDGE OF GOD**

(Maranatha, by E.G. White)

*This is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent.* [John 17:3](#).

Only by knowing God here can we prepare to meet Him at His coming... But many of those who profess to believe in Christ do not know God. They have only a surface religion. They do not love God; they do not study His character; therefore, they do not know how

to trust, how to look and live. They do not know what restful love is, or what it means to walk by faith.... They fail of understanding that it is their duty to receive, in order that they may enrich others.

The world by wisdom knows not God. Many have talked eloquently about Him, but their reasoning brings men no nearer to Him, because they themselves are not in vital connection with Him. Professing themselves to be wise, they become fools. Their knowledge of God is imperfect.<sup>14</sup>[The Review and Herald, February 3, 1903.](#)

We cannot by searching find out God, but He has revealed Himself in His Son, who is the brightness of the Father's glory and the express image of His person. If we desire a knowledge of God we must be Christlike.... Living a pure life through faith in Christ as a personal Saviour will bring to the believer a clearer, higher conception of God.<sup>15</sup>[That I May Know Him, 9.](#)

Christ is a perfect revelation of God. "No man hath seen God at any time," He says; "the only begotten Son, which is in the bosom of the Father, he hath declared him." Only by knowing Christ can we know God. And as we behold Him, we shall be changed into His image, prepared to meet Him at His coming....

Now is the time to prepare for the coming of our Lord. Readiness to meet Him cannot be attained in a moment's time. Preparatory to that solemn scene there must be vigilant waiting and watching, combined with earnest work. So, God's children glorify Him. Amid the busy scenes of life their voices will be heard speaking words of encouragement, hope, and faith. All they have and are is consecrated to the Master's service. Thus, they prepare to meet their Lord; and when He comes, they will say, with joy, "This is our God; we have waited for him, and he will save us.... We will be glad and rejoice in his salvation."<sup>16</sup>[The Review and Herald, February 3, 1903](#)

When you read the above writings, what do you think? Are you working for Him? Are you busy with the worldly things? We need to pray continuously to our Father. Keep the Father and His only begotten Son in your mind and heart always. Prepare for that great day. Don't wait until it's too late. What a sad day that will be for those who wait too long. You want to be on the right side. He is our Protector.



Trust Him and have faith in Him, always! Ask Him to help you spread His message. Ask Him to help you find people to share with, to be an example

to, to be a light in a dark world. Help people who are feeling so lost. He is coming and there is hope for all people. Help share that hope! Pray for strength every day. Pray for faith. He is there waiting and listening! We are His children and He loves us. Let us return that love!

## TESTIMONY

Bible Explorations has been such a blessing. I'm not aware of any other ministry with such a broad range of topics presented by speakers from around the globe. John VanDenburgh is constantly seeking 'new light' in this ministry, but never neglecting history and the pillars of our faith. **David Baxter**

David has spoken at the retreats and is numbered among our most dedicated weekly speakers here at BE. His life and caring ministry have been vital to us all and I thank him for his words along with those of others. (John V.)

The above was from Dave Baxter and Elder John a few years ago. We are so thankful for Dave's continued help and support of this ministry. He is always willing to go out of his way to help others, too. It seems every week I'm asking him for help with something. And he has yet to say no.

The ministry still remains the same and we continue to have speakers from all over that we are so grateful for and feel blessed to have with us. Because of you, we are happy to be able to have Roku and YouTube and Zoom. These help us have more speakers each week and every feast! Thank you all for being part of the Bible Explorations' family. There are so many, (Abel, Keith, Christian, Ed & Linda, Lorraine, Paul & Millie, Lem, Ted, Clinton, Kimber, Wayne, Karren, Hein, Wendy, Cheri, and of course, Chris!) I know there are many more too. You are ALL very much appreciated!

We continue to receive calls and emails, even after moving from Terra Bella, from folk who are new to Bible Explorations, or some who have followed us



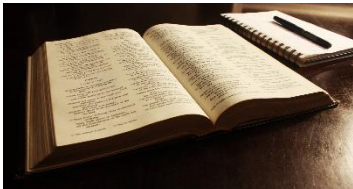
quietly for years and are just letting us know now. Some are asking for books or have questions. So many it is just proof that God is with us. This is His ministry, and we will continue until He says enough!

## GOD'S WORD A TREASURE HOUSE

By Ellen G. White

The Bible is of the highest value because it is the word of the living God. Of all the books in the world it is the most deserving of study and attention, for it is eternal wisdom. The Bible is a history that tells us of the creation of the world and opens to us past centuries. Without it we should have been left to conjecture and fable in regard to the occurrences of the remote past. It reveals to us the Creator of the heavens and the earth, with the universe that He has brought into being, and it sheds a glorious light over the world to come.

The Bible is a field where are concealed heavenly treasures, and they will remain hidden until, by diligent mining, they are discovered and brought to light. The Bible is a casket containing jewels of inestimable value, which should be so presented as to be seen in their intrinsic luster. But the beauty and excellence of these diamonds of truth are not discerned by the natural eye. The lovely things of the material world are not seen until the sun, dispelling the darkness, floods them with its light. And so with the treasures of God's word; they are not appreciated until they are revealed by the Sun of Righteousness.



The Bible contains a simple and complete system of theology and philosophy. It is the book that makes us wise unto salvation. It tells us of the love of God as shown in the plan of redemption, imparting the knowledge essential for all students--the knowledge of Christ. . . .

God has not only revealed to us the doctrine of the atonement, holding out the hope of eternal life, but His words are the manna from heaven for the soul to feed upon and receive spiritual strength. The Bible is the great standard of right and wrong, clearly defining sin and holiness. Its living principles, running through our lives like threads of gold, are our only safeguard in trial and temptation.

The Holy Scriptures were the essential study in the schools of the prophets, and they should hold the first place in every educational system, for the foundation of all right education is a knowledge of God. Used as a textbook in our schools, the Bible will do for mind and morals what cannot be done by books of science and philosophy. As a book to discipline and strengthen the intellect, to ennoble, purify, and refine the character, it is without a rival.

God cares for us as intelligent beings, and He has given us His word as a lamp to our feet and a light to our path. Its teachings have a vital bearing upon our prosperity in all the relations of life. Even in our temporal affairs it will be a wiser guide than any other counselor. Its divine instruction points the only way to true success. There is no social position, no phase of human experience, for which the study of the Bible is not an essential preparation.

**Written May 16, 1896, and published in *Counsels to Parents, Teachers, and Students*, pp. 421, 422.**

## THE INFALLIBLE WORD OF GOD

The Bible, and the Bible alone, is to be our creed, the sole bond of union; all who bow to this Holy Word will be in harmony. Our own views and ideas must not control our efforts. Man is fallible, but God's Word is infallible. *Selected Messages*, bk. 1, p. 416.

The word of God is infallible; accept it as it reads; look with confidence to God; trust him to qualify you for his service. *Advent Review*, Feb. 11, 1896.

Man's word fails; and he who takes the assertions of man as his dependence may well tremble; for he will one day be a shipwrecked vessel. But God's word is infallible, and endures forever. Christ declares, "Verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled." God's word will endure through the ceaseless ages of eternity. God lives and reigns. *Advent Review*, Feb. 6, 1900.

Praise God, we have a divine road to heaven. We need not depend upon the conjectures and opinions of men, but upon the infallible decision of the word of God. The word of the infinite God is true, and cannot be distorted to suit men's pleasure, or be turned aside to suit the inclinations of the unsanctified soul. No man can safely judge the word of the Supreme Ruler of the universe. *Signs of the Times*, Aug. 21, 1893.

God's Word is full of precious promises and helpful counsel. It is infallible; for God can not err. It has help for every circumstance and condition of life, and God looks on with sadness when His children turn from it to human aid. *Signs of the Times*, June 26, 1901.

Then let every man read, study, and search the Scriptures for himself and take nothing as infallible but the Word that you can see for yourself, after much prayer and searching in an humble, teachable spirit. *The Ellen G. White 1888 Materials*, p. 835.

The following is an excerpt of Arthur Daniells' remarks at Ellen White's funeral on July 24, 1915, remarks which should resonate with all Bible-believing Christians today:

"No Christian teacher in this generation, no religious reformer in any preceding age, has placed a higher value upon the Bible. In all her writings it is represented as the book of all books, the supreme and all-sufficient guide for the whole human family. Not a trace of 'higher criticism,' 'new thought,' nor skeptical, destructive philosophy can be found in any of her writings. Those who still believe that the Bible is the inspired, infallible word of the living God will value most highly the positive, uncompromising support given this view in the writings of Mrs. White."—*Life Sketches*, 1915 ed., p. 471, 472.

## VEGAN RECIPE CORNER!

### RAW CASHEW CHEESE (dip)

Easy Cashew cheese. Not all are alike, but if you hang in these circles, you probably already have the recipe. (Chris and Sarah Hall)

- 1 large red bell pepper, roughly chopped.
- 2 cups raw cashews.
- 1 cup nutritional yeast.
- 2 tablespoons apple cider vinegar.
- 1 clove garlic, optional.
- 1 teaspoon salt.

Just throw all in the VitaMix, and voila, dip!

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These two below come from a cookbook Hein de Wit has in South Africa!

### FALAFELS

- 1 can chickpeas (drained)
- 1 onion finely chopped
- 3 cloves minced garlic

- ½ cup fresh parsley
- 2 tablespoons coriander powder
- 2 teaspoons cumin
- Pinch of clove powder
- 1/3 teaspoon cayenne pepper
- ½ cup breadcrumbs
- 1 teaspoon salt
- 1 tablespoon olive oil
- ¼ teaspoon bicarbonate of soda
- 1 tablespoon lemon juice

1. Preheat oven to 350 degrees.
2. Place the drained chickpeas and parsley in a food processor.
3. Add all other ingredients, pulse to combine.
4. Chill mixture for 30 minutes.
5. Shape into small balls.
6. Place in a slightly oiled oven tray.
7. Bake for 20 minutes, turn once.

### LENTIL BALLS

- 2 cups cooked lentils
- 1 cup cooked grain (rice, millet, etc)
- 1 onion finely chopped
- 250 g mushrooms finely chopped
- 3 tablespoons flour (chickpea, cake flour, etc)
- ½ teaspoon oregano
- 2 tablespoons ground coriander
- ½ teaspoon ground clove
- ½ teaspoon paprika
- 1/3 teaspoon ginger
- ½ teaspoon salt

Sauté the onion till golden brown  
Add mushrooms and fry till soft  
Add all seasoning to onion mix  
Mix all ingredients  
Form into balls or patties  
Bake in oven at 350 degrees  
5 minutes on each side  
(Makes about 40)

### He IS Coming Soon! Let's Be Ready!

Be sure to watch us via internet! Just type "bible explorations" in the search bar or go to our website [www.BibleExplorations.com](http://www.BibleExplorations.com) and look on the right side for links, and also on the tabs at the top for newsletters, calendar, etc.

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