

## The Closing of the Door?

by **BOB CASEY**, preacher  
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 70 Bond Street at Camp Avenue in West Irvine

According to **2 Timothy 3:1-5**, there should be no doubt in the minds of serious readers of the Bible that it will not be long before our Lord returns. In this passage it says that in the last days (closing of the door on the present age), that perilous (dangerous) times shall come. Then, it goes on to describe the thoughts, actions, and attitudes of men today. Notice, only "lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, Without natural affection," etc. I suggest a thorough reading of the rest of this text with great thoughtfulness, because at no time in our history have all these things been done at the same time.

But, today, for space sake, I want to isolate the thought, "disobedient to parents." Like the other things mentioned here, is that children are not honoring their parents as God has so ordered in **Exodus 20:12**. God has said, "Honour thy father and thy mother." There should be a large amount of affection given to parents who have given much of themselves to the rearing up of their children, which they certainly are entitled to. No one can, not owe their parents, especially if they have been brought up in the nurture and respect of the Lord.

For a considerable amount of time, parents stood, and still stand, as it were in the place of God, in their children. So, therefore, rebellion against their lawful commands has been considered as rebellion against God himself. These precepts include any injurious acts and cursings of any unkind words, now and then. This can include any unkind acts of respects and obedience.

How can one say they may respect their parents who may fall weak or ill, blind, if they do not hasten

quickly to their aid and do all one can to show the utmost of responsibility. So, just as God requires the parents to feed, nourish, support, instruct and defend their childhood when they were in a helpless state of infancy and young childhood, and this they did and continue to do as responsible parents. So, because of this, children when grown, are to do likewise to their parents. Have you ever read and contemplated **Ephesians 6:1-4** that says to "Honour thy father and mother; (which is the first commandment with promise;)" *That it may be well with thee, and thou mayest live long on the earth.* So, by these verses we may learn in some measure how important that this duty really is in the sight of God. **Deuteronomy 5:16** says, "and that it may go well with thee." So, we may conclude that it will not go well with those who disobey. Sadly, there is no doubt that many untimely deaths of many young parents or children are the judicial consequences of the results of a lack of respect to their elders. When deadly harm may come to those who have lived in a disrespectful attitude to children or parents, it has been heard to say, "I wish I had taken, or been taken, to church more often." Parents put forth more effort to educate their children in all useful, necessary knowledge so as not to bring them up in ignorance or idleness. As we do this, if we fail to honour them by bringing them up in the fear and knowledge of God, we have failed to give them the education they need the most. There is no more greater duty that a parent can do for their children. Just as, there is no greater respect that one can show to parents than to take heed unto the teachings of the Bible given and shown unto them by their parents. Do you have honour to your parents? Do you as a child honour their Godly teachings? Then this is what you will be found doing next Lord's Day, you will be sitting with them in a faithful church house! I hope that you will do this.

Attend with us at Cornerstone, next Lord's Day. Bible study, 9:45 a.m. Worship, 10:45 a.m. Call 1-859-369-4165. **Sincerely, Bob Casey.**

## Kitchen Diva Cook Up A Fall Feast!

by **ANGELA SHELF MEDEARIS**

It's important to include fruits and vegetables in your diet year-round to stay healthy and to ward off diseases, but serving fresh vegetables can be a bit challenging during the winter months. If you enjoy eating seasonally, there are still a good variety of delicious, flavorful vegetables available. Here are some of the superstar fruits and vegetables of the fall and winter months.

**Sweet Potatoes:** They have more nutrients than regular white potatoes and can replace white potatoes in some recipes. Sweet potatoes are loaded with beta-carotene (which the body makes into vitamin A), vitamin C, potassium, fiber, iron and vitamin B-6. Try them mashed, baked or as a dessert.

**Apples:** A traditional fall favorite, apples are easy to find in the supermarket, or you can pick your own at a nearby orchard. They're a quick, easy snack that can be paired with peanut butter or cheese for protein. Apples contain antioxidants, which may help protect against certain cancers and reduce levels of LDL, or bad cholesterol. Apples have vitamin C, vitamin K and fiber. Remember the old saying: "An apple a day keeps the doctor away."

**Broccoli:** This is one vegetable that can be eaten raw or cooked, hot or cold, by itself or with other foods. Broccoli can help prevent cancer and heart disease, while boosting the immune system. Nutrients in broccoli include vitamin C, vitamin A, vitamin B-6, iron, calcium, magnesium and vitamin E.

**Pumpkin:** It's a great source of potassium and beta carotene, a powerful antioxidant that is good for the eyes. Canned or prepared fresh, pumpkin can be made into a variety of soups, baked goods and desserts.

**Kiwi:** This fruit can be eaten alone (after peeling) or can be added to many different dishes, including soups, salads and desserts. Kiwi contains antioxidants, which can help protect the eyes, heart and colon, plus vitamin C, fiber, potassium, magnesium and vitamin E.

**Avocado:** While avocados contain healthy monounsaturated fat, even healthy fat is a dense source of energy, so it's important to eat them in moderation. Avocados also contain vitamin E, fiber, potassium, folate and vitamin C. They can be used on sandwiches or salads, or made into guacamole.

**Spinach:** Dark-green veggies contain lots of nutrients that a healthy body needs. Spinach is packed with vitamin A, vitamin K, iron, folate, magnesium, vitamin C, calcium, potassium, fiber and vitamin E. Spinach also has antioxidants and anti-cancer agents. Frozen or fresh spinach can be added to just about any meal. Try using it on pizza or lasagna, or use it instead of lettuce in a salad.

**Pears:** This fruit is a good source of fiber, antioxidants and vitamin C. Research suggests that regularly eating pears and other fruits may guard against macular degeneration. Pears seldom cause allergies and usually are safe for infants and small children.

**Green Beans:** They are high in vitamin K, which protects red blood cells and helps reduce the severity of asthma, osteoarthritis and rheumatoid arthritis. They also contain vitamin C, potassium, folate, iron and magnesium. Green beans can be served as a side dish or used in salads, soups or casseroles.

This recipe for Sweet Potato, Apple, Broccoli and Green Bean Bake uses these superstar fall vegetables in an interesting and delicious new way!

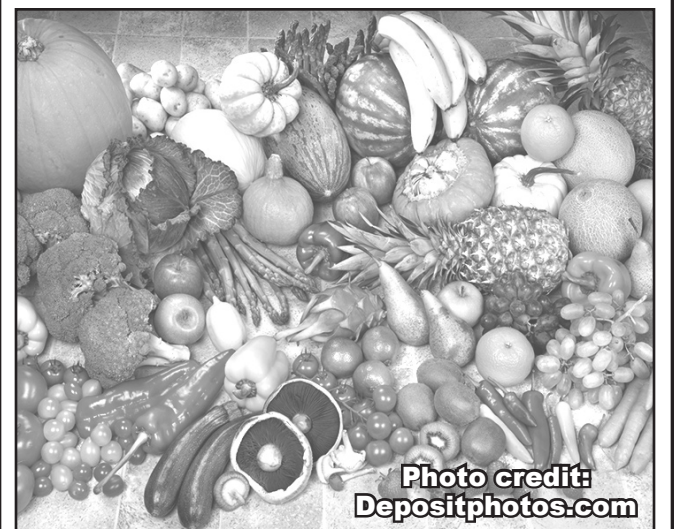


Photo credit: Depositphotos.com

### AUTUMN'S BOUNTY BAKE

- 1 large sweet potato, cut into 1/4 inch small cubes (1 1/4 cups)
- 4 large Granny Smith apples, cut into 1/4 inch small cubes
- 3-4 cups broccoli florets
- 2 cups green beans, trimmed
- 1 small red onion, chopped
- 2 cloves garlic, minced
- 1/4 cup raisins or cranberries
- 3 tablespoons chopped walnuts, pine nuts, pecans or nuts of choice, optional
- 1/3 cup olive oil
- 2 tablespoons dried Italian or poultry seasoning
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/4 teaspoon sugar

1. Heat oven to 375 F. Line a large, rimmed baking sheet with parchment paper or foil.

2. On the pan, combine the sweet potato, apples, broccoli, green beans, onion, garlic, raisins or cranberries, and walnuts. Drizzle with the oil, dried seasoning, salt, pepper and sugar; toss to coat. Spread the ingredients into one even layer on the pan. Cover with foil and bake for 20 minutes.

3. Remove pan from the oven, and remove the foil. Using a spatula, turn the ingredients over to brown on top, and place them, uncovered, back into the oven. Bake for another 5 minutes, as needed or until the sweet potatoes are soft.

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Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is [www.divapro.com](http://www.divapro.com). To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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## BIBLE TRIVIA

by Wilson Casey

1. Is the Book of 1 Peter in the Old or New Testament or neither?
2. In Matthew 13, what baking item does Jesus compare to the kingdom of heaven? Eggs, Milk, Salt, Yeast
3. According to Jeremiah, where does one go to find balm? Corinth, Joppa,

Derbe, Gilead  
 4. From Micah 7:19, where does God place forgiven sins? Depths of sea, Heathen hearts, Past the stars, Fiery pits  
 5. Who tested the will of the Lord with a fleece? Jehu, Gideon, Amos, Ahaziah  
 6. On which "Mount" did King Saul die? Sinai, Moriah, Pisgah, Gilboa

**Answers on bottom of Page 11**  
 Now available by Wilson Casey! 2017 Bible Trivia box calendar loaded with daily teasers from TouchPointPress.com



The day began with sunshine, blue skies and gentle breezes. The deep blue waters were calm and peaceful. A lovely new sailing vessel rocked slowly from side to side as the passengers walked around the deck. Each one had been personally met by the captain who greeted them with a smile, a handshake and the words, "Welcome aboard!" They felt confident with him as their commander.

Soon after the ship set sail a storm appeared on the horizon. Angry waves soon swept over the sides of the ship and the passengers were forced to go below where they were safe from the winds and waters. In fact, the captain was tied to the bridge so he would not be

swept overboard. The ship was no longer a place of serenity but of fear and worry. Finally, one of the passengers, overcoming his fear and anxiety, decided that he would climb from beneath the deck to see if the captain was still alive. He crawled up the stairs, opened the hatch and saw a sight that steadied his nerves and calmed his racing heart. Returning to the frightened passengers he shouted, "Everything's fine. I saw the face of the Captain, looked into his eyes and realized we were safe with him at the helm."

"In the morning," prayed the Psalmist, "my prayer comes before you." What a wise way to begin every day. If we go to the Lord before we are in a storm we can depend on His presence when we are engulfed by a storm. With His arms around us and His strength to sustain us, we will surely be able to face life's storms with confidence.

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## BIBLE WORD SEARCH

by Elie's Spiritual Treasures

COLOSSIANS 3:15

Let the **peace** of **Christ** rule in your **hearts**, **since** as **members** of **one** **body** you were **called** to **peace**. **And** be **thankful**.

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Find the **bolded/underlined** words in the diagram. They run in all directions — forward, backward, up, down and diagonally.

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## Peter and John Threatened, Released (Acts 4:18-22)

18 And they called them, and commanded them not to speak at all nor teach in the name of Jesus. 19 But Peter and John answered and said unto them, Whether it be right in the sight of God to hearken unto you more than unto God, judge ye. 20 For we cannot but speak the things which we have seen and heard. 21 So when they had further threatened them, they let them go, finding nothing how they might punish them, because of the people: for all men glorified God for that which was done. 22 For the man was above forty years old, on whom this miracle of healing was shewed.

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