



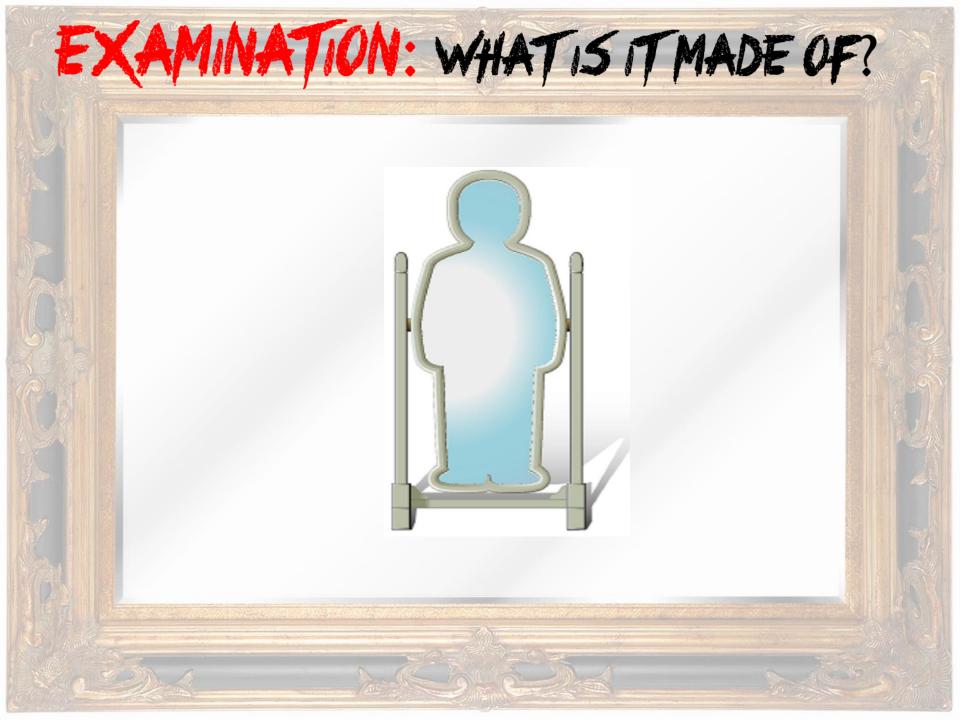
EXAMINATION: WHAT IS IT MADE OF?

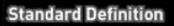


Cholesterol Sodium	Less than Less than	300mg 2,400mg	300mg 2,400mg
Total Carbohydrate Dietary Fiber		300g 25g	375g
Diesary Piber		209	30g

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, May contain Barley Flour, Enzymes, Ascorbic Acid), Whole Wheat Flour, Rolled Oats, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Soybean Oil, Sugar, Yellow Commeal, Wheat Bran, Oat Bran, Brown Rice Flour, Salt, Buttermilk. Made on equipment shared with eggs, tree nuts and soy.

Dist. & Sold Exclusively By: Trader Joe's, Monrovia, CA 9101





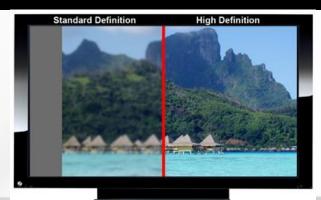


High Definition



Each strand of hair and individual eyelash is captured in clear, distinct detail.











2 Corinthians 10:12 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.



Matthew 7:3-5 And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye? Or how wilt thou say to thy brother, Let me pull out the mote out of thine eye; and, behold, a beam *is* in thine own eye? Thou hypocrite, first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the

mote out of thy brother's eye.

"A Pharisee is hard on others and easy on himself, but a spiritual man is easy on others and hard on himself ." - **A.W. Tozer**

Luke 18:10-12 Two men went up into the temple to pray; the one a Pharisee, and the other a publican. The Pharisee stood and prayed thus with himself, God, I thank thee, that I am not as other men *are*, extortioners, unjust, adulterers, or even as this publican. I fast twice in the week, I give tithes of all that I possess.

"While you may in charity assume that a Christian brother acts from pure motives, you dare not **assume** that your own heart is upright. You must be more charitable to others than you are to yourself. You have no access to a fellow Christian's heart. No ability to test his inward devotion to the Lord, which is the all-important matter in using things indifferent. But you can scrutinize your own heart. You can examine your inner man to detect your own motives and aims for every act."

Walter J. Chantry The Shadow of the Cross – Studies in Self-Denial, 1981, p. 41, Banner of Truth, Carlisle, PA



REMEMBER WHAT YOU LOOK LIKE

James 1:21-24 Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls. But be ye doers of the word, and not hearers only, deceiving your own selves. For if any be a hearer of the word, and not a doer, he is like unto a man beholding his natural face in a glass: For he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was.



1.) YOU DON'T TRUST THE MIRROR





2.) YOU HAVE A PROBLEM TO FIX









THE WORD OF GOD IS OUR SPIRITUAL MIRROR

Philippians 4:11-13 Not that I speak in respect of want: for I have learned, in I can do all things an through Christ here an be full and to be hungry, both to abound and to suffer need. I can do all things through Christ which strengtheneth me.

THE WORD OF GOD IS OUR SPIRITUAL MIRROR

2 Corinthians 5:17 Therefore if any man *be* in Christ, *he is* a new creature: old things are passed away; behold, all

things are become new. **IANNADENEW** concerning the former conversation the

old man, which is corrupt according to the deceitful lusts; And be renewed in the spirit of your mind; And that ye put on the new man, which after God is created in righteousness and true holiness. THE WORD OF GOD IS OUR SPIRITUAL MIRROR 1 Peter 1:18-19 Forasmuch as ye know that ye were not redeemed with corruptible th AM REDEEMED by tradition from your fathers; But with the precious blood of Christ, as of a lamb without blemish and without spot:









1 Corinthians 11:23-25 For I have received of the Lord that which also I delivered unto you, That the Lord Jesus the same night in which he was betrayed took bread: And when he had given thanks, he brake it, and said, Take, eat: this is my body, which is broken for you: this do in remembrance of me. After the same manner also he took the cup, when he had supped, saying, This cup is the new testament in my blood: this do ye, as oft as ye drink it, in remembrance of me.

1 Corinthians 11:26-28 For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till he come. Wherefore whosoever shall eat this bread, and drink this cup of the Lord, unworthily, shall be guilty of the body and blood of the Lord. But let a man examine himself, and so let him eat of that bread, and drink of that cup.

1 Corinthians 11:29-32 For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body. For this cause many are weak and sickly among you, and many sleep. For if we would judge ourselves, we should not be judged. But when we are judged, we are chastened of the Lord, that we should not be condemned with the world.

2 Corinthians 13:4-5 For though he was crucified through weakness, yet he liveth by the power of God. For we also are weak in him, but we shall live with him by the power of God toward you. Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is **in you**, except ye be reprobates?

Ephesians 4:11-13 And he gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers; For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ: Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ:

Ephesians 4:14-15 That we *henceforth* be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive; But speaking the truth in love, may grow up into him in all things, which is the head, even Christ:

Galatians 5:22-25 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law. And they that are Christ's have crucified the flesh with the affections and lusts. If we live in the Spirit, let us also walk in the Spirit.

1 Corinthians 13:1-4 Though I speak with the tongues of men and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal. And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity, I am nothing. And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not charity, it profiteth me nothing. Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up,

1 Corinthians 13:5-8 Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; Rejoiceth not in iniquity, but rejoiceth in the truth; Beareth all things, believeth all things, hopeth all things, endureth all things. Charity never faileth: but whether there be prophecies, they shall fail; whether there be tongues, they shall cease; whether there be knowledge, it shall vanish away.

Hebrews 12:1-3 Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds.

Hebrews 12:4-6 Ye have not yet resisted unto blood, striving against sin. And ye have forgotten the exhortation which speaketh unto you as unto children, My son, despise not thou the chastening of the Lord, nor faint when thou art rebuked of him: For whom the Lord loveth he chasteneth, and scourgeth every son whom he receiveth.

Philippians 4:6-7 Be careful (anxious) for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the **peace** of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Romans 15:1-2 We then that are strong ought to bear the infirmities of the weak, and not to please ourselves. Let every one of us please *his* neighbour for *his* good to edification.

Luke 21:19 In your patience possess ye your souls.

Ephesians 4:31-32 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Psalm 33:4-5 For the word of the LORD *is* right; and all his works are done in truth. He loveth righteousness and judgment: the earth is full of the goodness of the LORD.

Philippians 1:6 Being confident of this very thing, that he which hath begun a good work in you will perform *it* until the day of Jesus Christ:

Hebrews 13:5 Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.

Matthew 5:22-24 But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: and whosoever shall say to his brother, Raca, shall be in danger of the council: but whosoever shall say, Thou fool, shall be in danger of hell fire. Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.

Ephesians 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath:

1 John 2:15-17 Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever.



THE WORD OF GOD IS OUR SPIRI MIRROR Yes, you are cleansed from sin! You are redeemed! You are a new creation! You are God's people! You were bought at a very expensive price because you are valuable to God!





THE WORD OF GOD IS OUR SPIRITUAL MIRROR

In His Service, Kenneth M. Hoeck Truth On The Web Ministries & Church of God Woodstock, II – WWW.TOTW.ORG



THANK YOU!

THANK YOU!

HAPPY FEAST!

"It is not my aim to introduce doubts and fears into your mind; no, but I do hope self-examination may help to drive them away. It is not security, but false security, which we would kill; not confidence, but false confidence, which we would overthrow; not peace, but false peace, which we would destroy." [C.H. Spurgeon, Morning and Evening, Evening – December 18, 2000 (paraphrased).]

THANK YOU!

HAPPY FEAST!

THANK VOIII