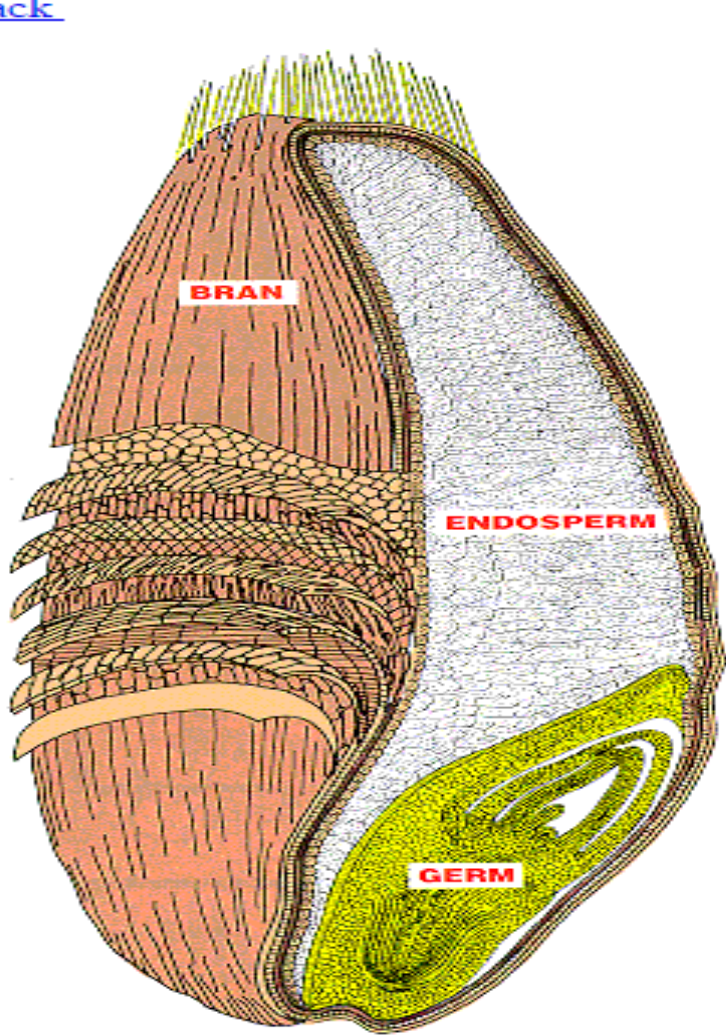


A black and white photograph of a crowded public transit station, possibly a subway or train platform. The scene is filled with people of various ages and ethnicities, some standing and some walking. In the background, there are signs, including one that says "Saída" (Exit) and another with the number "1504". A large, teal-colored circular graphic with a stylized, broken ring design is overlaid on the center of the image. The text "White vs Wholewheat" is written in a bold, white, sans-serif font across the center, with "{Theo Potgieter}" in a smaller font below it.

# White vs Wholewheat

{Theo Potgieter}



There are 3 parts to a wheat kernel (sometimes called a wheat berry):

- 1) The **BRAN** is the hard outer covering of the wheat kernel, high in fiber & nutrients.
- 2) The **GERM** is the nutrient-rich embryo that will sprout and grow into a new wheat plant.
- 3) The **ENDOSPERM** is the biggest part (83%), the "insides" of the kernel - mostly starch.

\*\*\*\*\*

Diets rich in "whole grain" foods and other plant foods low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and certain cancers.

### **WHITE FLOUR**

is made from the endosperm only  
= NOT a whole grain

### **WHOLE WHEAT FLOUR**

combines all 3 parts of the wheat berry  
= a whole grain

A photograph of a busy street market with a large teal circular overlay. The text is overlaid on the left side of the image. The background shows a crowd of people walking, with signs for 'Sarda' and '1504' visible. The overall scene is a bustling outdoor market.

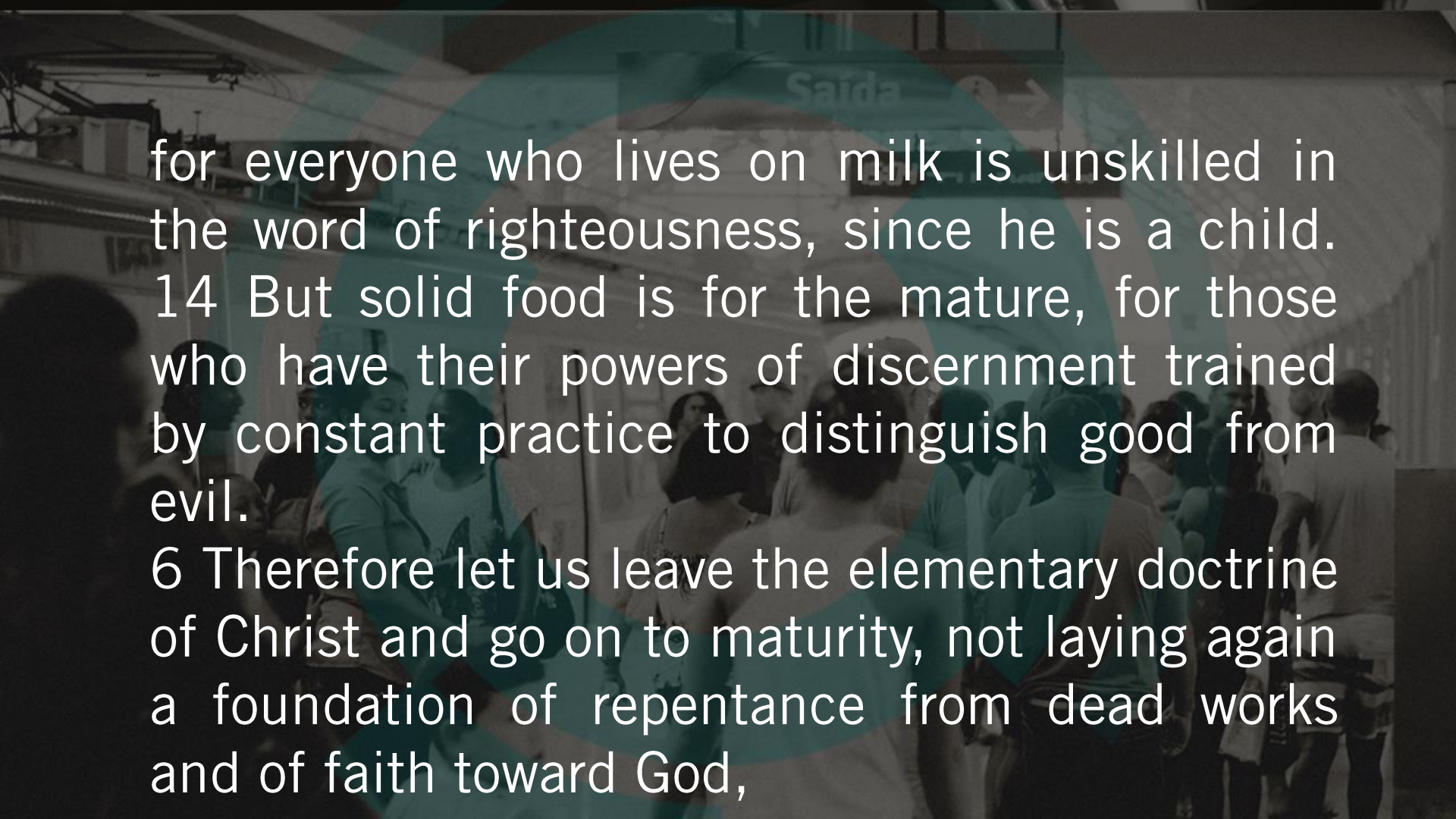
**Fibre assist digestive system**  
**Lowers blood sugar**  
**Vitamins**

A background image showing a crowd of people at what appears to be a market or festival. The scene is slightly blurred and has a dark, muted color palette. A large, semi-transparent teal circle is overlaid on the center of the image. In the background, there are signs, including one that says "Sarda" and another that says "ESM".

# Struggle to Mature

Heb 5:11 – 6:

About this we have much to say, and it is hard to explain, since you have become dull of hearing. 12 For though by this time you ought to be teachers, you need someone to teach you again the basic principles of the oracles of God. You need milk, not solid

A background image showing a crowd of people at what appears to be a market or public gathering. A large green umbrella is prominent in the center, partially obscuring the people behind it. The scene is slightly blurred, suggesting a candid moment in a busy environment.

for everyone who lives on milk is unskilled in the word of righteousness, since he is a child. 14 But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil.

6 Therefore let us leave the elementary doctrine of Christ and go on to maturity, not laying again a foundation of repentance from dead works and of faith toward God,

A background image showing a crowd of people at what appears to be a market or festival. The scene is slightly blurred and has a teal circular overlay in the center. In the background, there are signs, one of which says "Sarda".

# Struggle to Persevere & Conquer

Judges 8:4

Then Gideon and the 300 men who were with him came to the Jordan and crossed over, weary yet pursuing.

# Prophetically Irrelevant or Disobedient

1 Chron 12:32

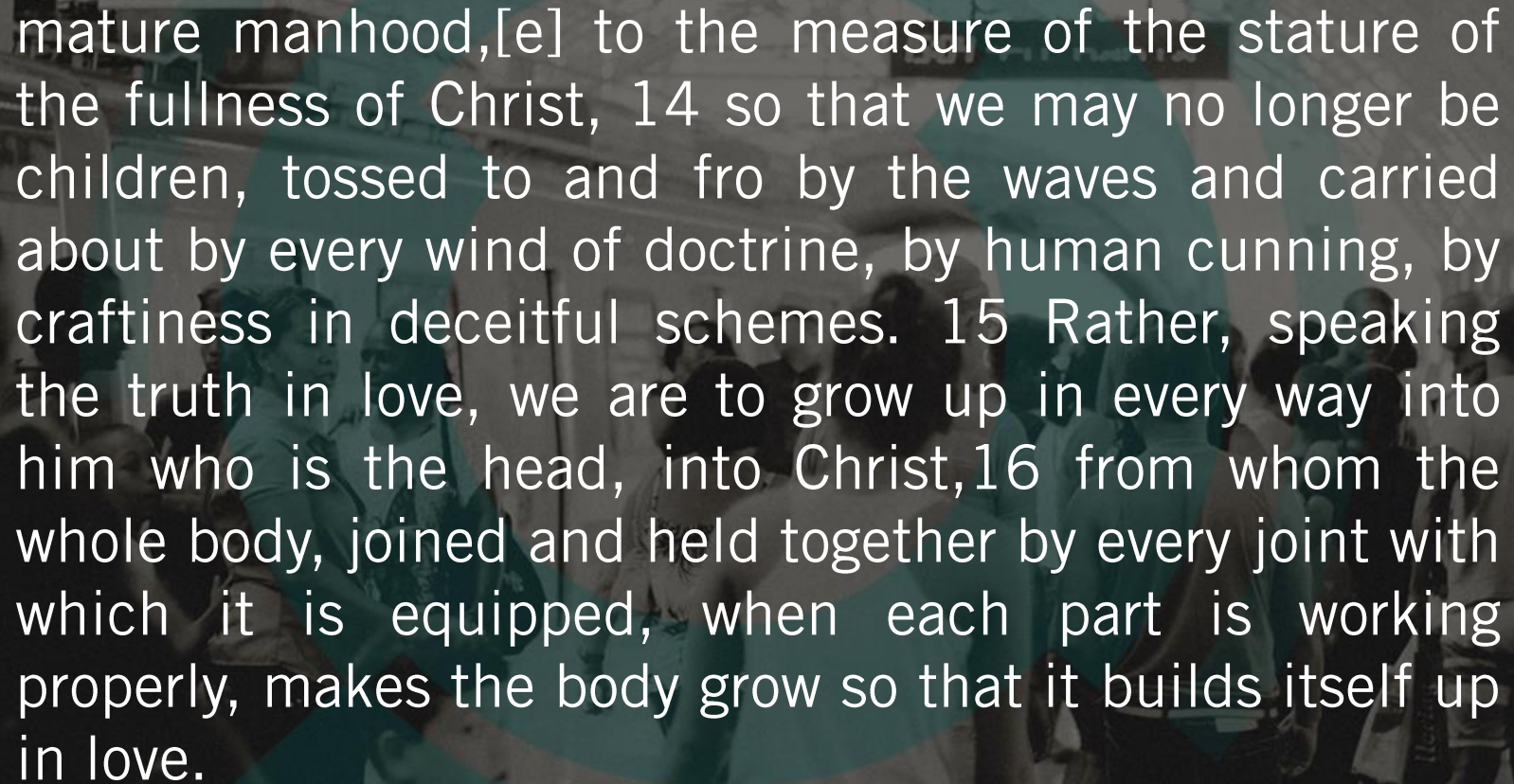
32 Of the tribe of Issachar, men who understood the times, with knowledge of what Israel should do, two hundred chiefs; and all their relatives were at their command;

# Runs to sources vs Tapping into The Source

Eph 4:10

He who descended is the one who also ascended far above all the heavens, that he might fill all things.) 11 And he gave the apostles, the prophets, the evangelists, the shepherds[c] and teachers,[d] 12 to equip the saints for the work of ministry, for building up the body of Christ, 13 until we all attain to the unity of the faith and of the knowledge of the Son of God, to



A group of people, mostly children and young adults, are holding hands in a circle. The image is overlaid with a large, semi-transparent teal circle. The text is white and centered over the teal circle. The background is slightly blurred, showing an outdoor setting with buildings and utility poles.

mature manhood,[e] to the measure of the stature of the fullness of Christ, 14 so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. 15 Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ,16 from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

A photograph of a busy city street with a large crowd of people walking. A semi-transparent teal circle is overlaid on the center of the image. The text is white and positioned over the circle and the background.

# Runs to sources vs Tapping into The Source

John 10:10

The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.