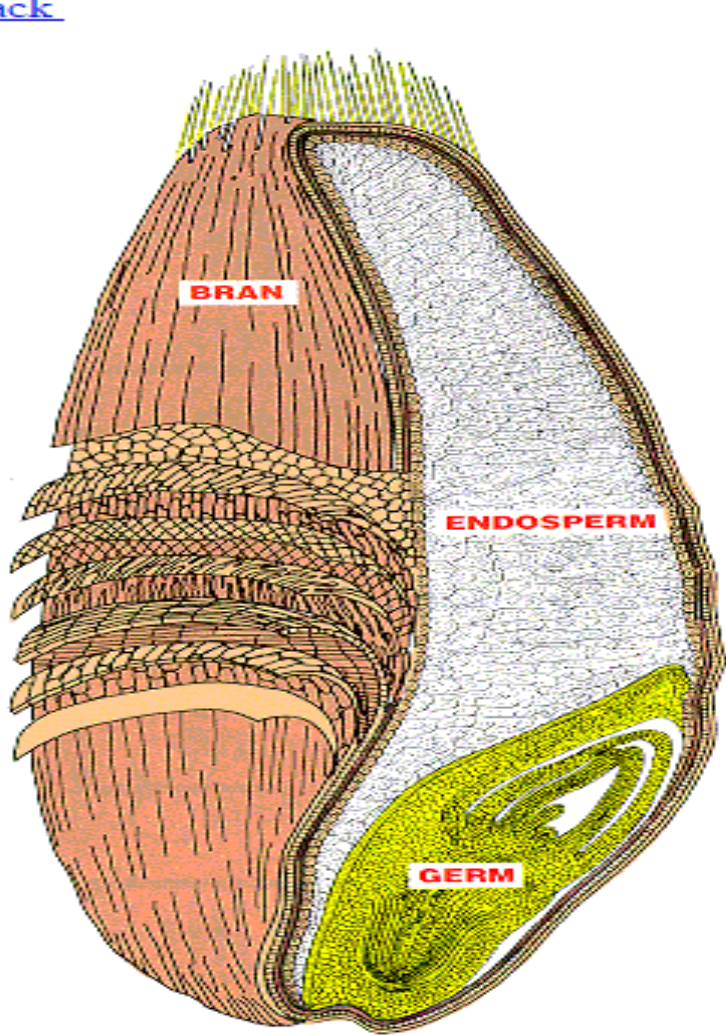


A black and white photograph of a crowded train station. The scene is filled with people walking in various directions. In the background, there are signs, including one that says "Saida" and another with "15:04". A large teal circular graphic with a stylized 'C' shape is overlaid on the image. The text "Wit of Volgraan" and "{Theo Potgieter}" is centered within the teal circle.

Wit of Volgraan
{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

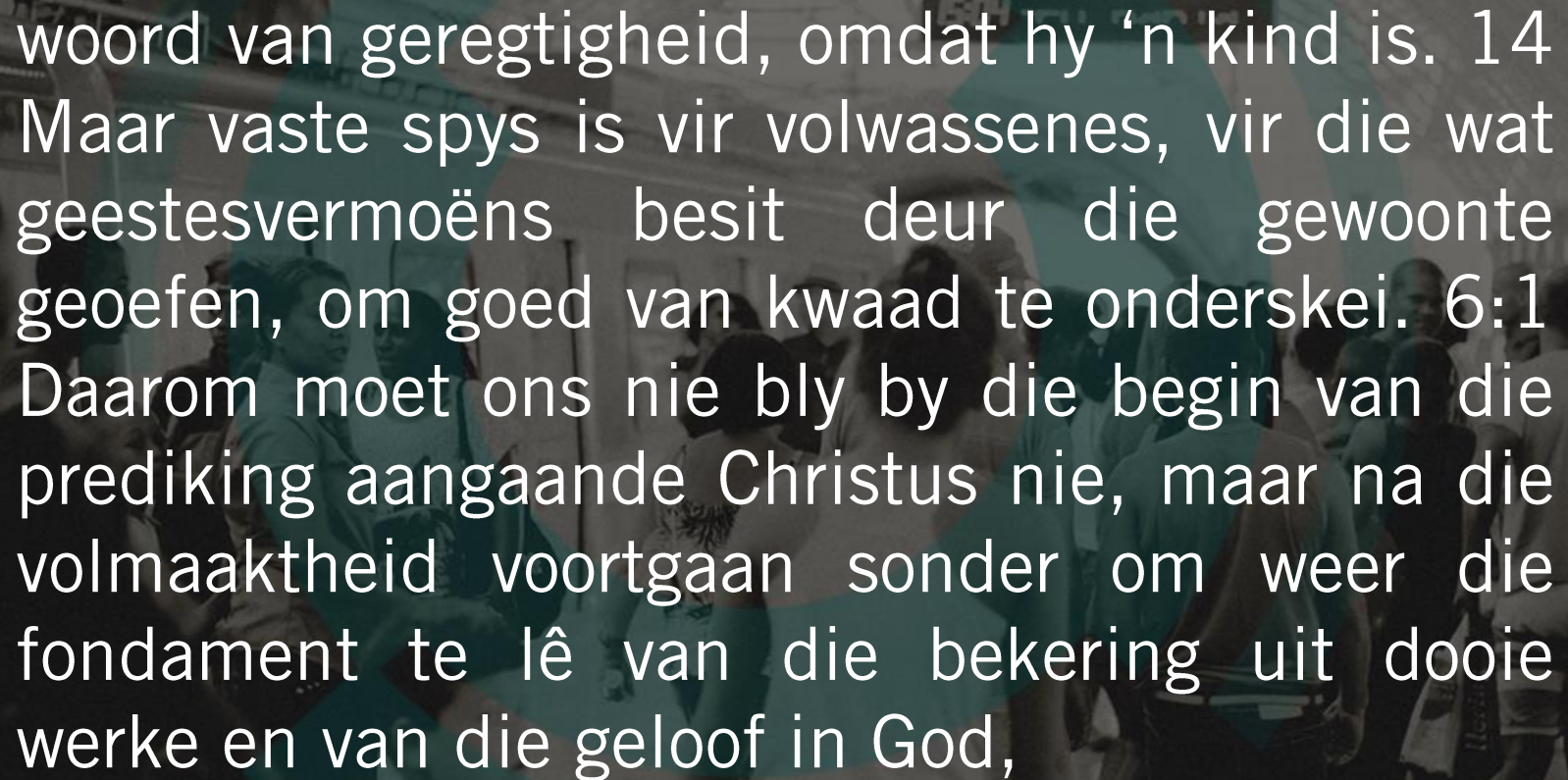
A photograph of a busy street scene, likely a market, with a large crowd of people walking. The image is overlaid with a semi-transparent teal circular graphic. The text is positioned on the left side of the image, overlaid on the teal graphic.

Vesels help met vertering
Verlaag bloed suiker
Vitamines

Sukkel om Volwassenheid te bereik

Heb 5:11 – 6:

waaroor ons veel te sê het wat swaar is om te verklaar, omdat julle traag geword het om te hoor. 12 Want hoewel julle vanweë die tyd leraars behoort te wees, het julle weer nodig dat 'n mens julle die eerste beginsels van die woorde van God moet leer, en julle het weer behoefte aan melk en nie aan vaste spys nie. 13 Want elkeen wat melk gebruik, is onervare in die

A crowd of people is gathered outdoors, possibly at a church event or festival. In the background, a large, colorful umbrella with a rainbow pattern is visible. The scene is slightly dimly lit, suggesting an overcast day or shaded area. The text is overlaid on the image in a white, sans-serif font.

woord van geregtigheid, omdat hy 'n kind is. 14
Maar vaste spys is vir volwassenes, vir die wat
geestesvermoëns besit deur die gewoonte
ge oefen, om goed van kwaad te onderskei. 6:1
Daarom moet ons nie bly by die begin van die
prediking aangaande Christus nie, maar na die
volmaaktheid voortgaan sonder om weer die
fondament te lê van die bekering uit dooie
werke en van die geloof in God,

Sukkel om deur te voer en te oowin

Rigters 8:4

En Gídeon het gekom by die Jordaan, en hy en die drie honderd man wat by hom was, het oorgetrek, moeg en besig om te agtervolg.

Profeties irrelevant & ongehoorsaam

1 Kron12:32

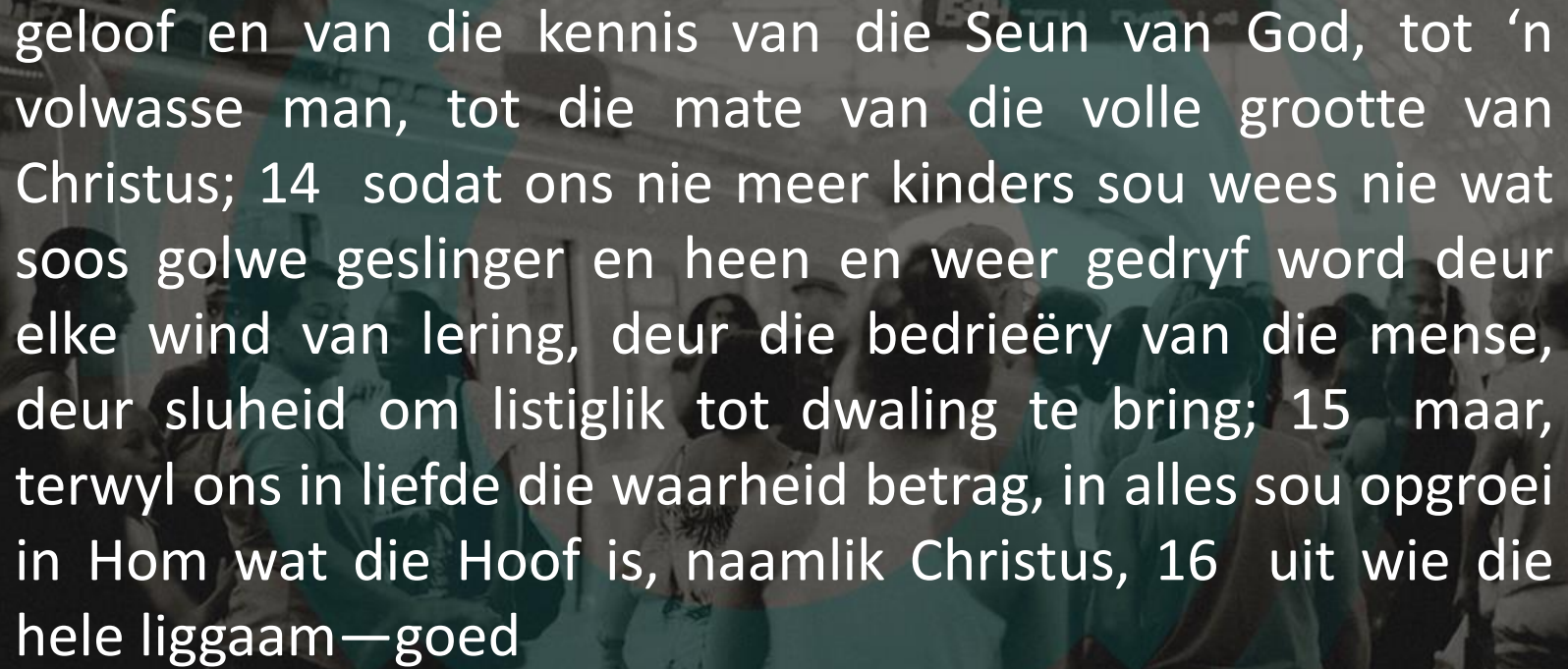
en van die seuns van Issaskar, met kundige insig wat die tye betref, om te weet wat Israel moes doen; hulle hoofde was twee honderd, en al hulle broers onder hulle bevel;

A crowd of people is walking through a large, colorful archway. The archway is made of many small, overlapping circles in various colors like blue, green, and purple. The people are seen from behind, walking away from the camera. In the background, there are buildings and signs, including one that says 'Sarda' and another that says '504'.

Hardloop na ander bronne instede van Die Bron

Ef 4:10

Hy wat neergedaal het, is dieselfde as Hy wat opgevaar het bokant al die hemele, sodat Hy alles tot volheid kan bring. 11 En Hy het gegee sommige as apostels, ander as profete, ander as evangeliste, ander as herders en leraars, 12 om die heiliges toe te rus vir hulle dienswerk, tot opbouing van die liggaam van Christus, 13 totdat ons almal kom tot die eenheid van die

A crowd of people is gathered at an outdoor event, possibly a festival or market. In the background, a banner with the word "Sarda" is visible. A large, semi-transparent teal circle is overlaid on the image, centered behind the text. The text is white and reads: geloof en van die kennis van die Seun van God, tot 'n volwasse man, tot die mate van die volle grootte van Christus; 14 sodat ons nie meer kinders sou wees nie wat soos golwe geslinger en heen en weer gedryf word deur elke wind van lering, deur die bedrieëry van die mense, deur sluheid om listiglik tot dwaling te bring; 15 maar, terwyl ons in liefde die waarheid betrag, in alles sou opgroei in Hom wat die Hoof is, naamlik Christus, 16 uit wie die hele liggaam—goed

A crowd of people is gathered at an outdoor event, possibly a market or festival. The scene is dimly lit, suggesting dusk or dawn. A large, semi-transparent teal circle is overlaid on the center of the image. In the background, a sign with the word "Sarda" is visible. The overall atmosphere is busy and social.

saamgevoeg en saamverbind deur die
ondersteuning wat elke lid gee volgens
die werking van elke afsonderlike deel in
sy mate—die groei van die liggaam
bevorder vir sy eie opbouing in liefde.

A photograph of a busy outdoor market or festival. A large teal circle is overlaid on the center of the image. The background shows a crowd of people, some looking towards the camera and others looking away. There are signs in the background, including one that says "Sarda" and another that says "ESQ".

Hardloop na ander bronne instede van Die Bron

Joh 10:10

Die dief kom net om te steel en te slag en te verwoes. Ek het gekom, dat hulle lewe en oorvloed kan hê.