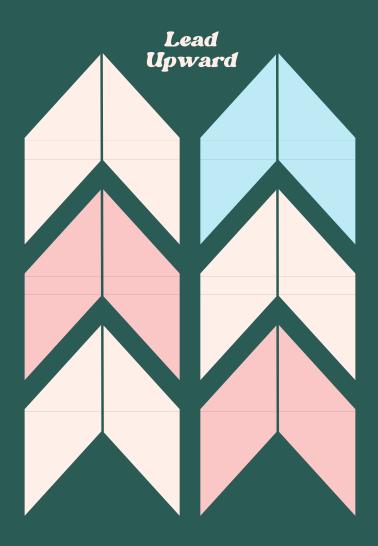


A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart.

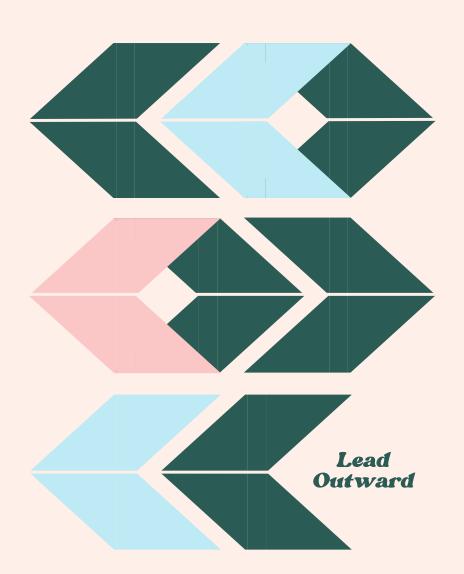
What you say flows from what is in your heart.



Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because he cares for you.

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.

And the God of all grace, who called you to His eternal glory in Christ, after you have suffered a little while, will Himself restore you and make you strong, firm and steadfast.



Do nothing out of selfish ambition or vain conceit.

Rather, in humility value others above
yourselves, not looking to your own interests but
each of you to the interests of the others.