



THE

PSALM 33  
Praise for God's Goodness

**R**OYCE in the Lord, O ye righteous: for praise is comely for the upright.  
Praise the Lord with harp, sing unto him  
in psalm, and an instrument of ten  
strings.  
Sing unto him a new song: play skillfully  
with a loud noise.  
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.

God's Power

By the word of the Lord were the heavens  
made: and all the host of them by the breath of  
his mouth.  
He gathereth the waters of the sea together  
as an heap: he layeth up the depth in store:  
all the earth is full of his riches.  
The mountains are brought forth by his  
power: and the hills are raised up by his  
strength.  
He sendeth the snow like wool: he scattereth  
the hoar like down.  
He maketh the ice like glass: he flieth the  
snow like wool.  
He sendeth forth the wind: and the snow  
driveth: he maketh the ice like glass.  
He sendeth forth the wind: and the snow  
driveth: he maketh the ice like glass.

I sought the Lord, and he heard my  
cry, and delivered me from all my fears.  
They looked into him, and were amazed,  
and their faces were not ashamed.  
This poor man cried, and the Lord heard  
him, and saved him out of all his troubles.  
The angel of the Lord encampeth  
about them that see him, and delivereth  
them from all dangers.

Fear the Lord

O fear the Lord, ye his saints: for ye  
have not sought him, ye his saints, ye  
that love him: ye have not sought him,  
ye that love him.  
The young lions do lack, and seek him  
any good thing.  
Come, ye children, hearken unto me,  
for ye shall have peace.  
For the fear of the Lord is the beginning  
of wisdom: ye shall hate evil, ye shall  
speak truth, ye shall love mercy and  
lowliness.  
The fear of the Lord is the beginning  
of wisdom: ye shall hate evil, ye shall  
speak truth, ye shall love mercy and  
lowliness.

Rescue My Soul

**R**ESCUE my soul from their destruction, O Lord, and  
my life from the hand of the wicked.  
For mine enemies are multiplied: they have  
gathered themselves together against me,  
and they have not feared thy name, O Lord.  
I have said, My destruction is at hand,  
for mine enemies are multiplied: they have  
gathered themselves together against me,  
and they have not feared thy name, O Lord.  
I have said, My destruction is at hand,  
for mine enemies are multiplied: they have  
gathered themselves together against me,  
and they have not feared thy name, O Lord.

PSALM 37

Trust in the Lord

**T**RUST in the Lord, and keep his commandments:  
that thou mayest prosper, and  
thy hope be fulfilled.  
Be not angry against the Lord, for he  
is gracious and merciful.  
Be not angry against the Lord, for he  
is gracious and merciful.  
Be not angry against the Lord, for he  
is gracious and merciful.  
Be not angry against the Lord, for he  
is gracious and merciful.

For he shall soon be cut down like the  
green herb.  
Trust in the Lord, and do good, so shalt  
thou prosper, and thy hope shall be fulfilled.  
Be not angry against the Lord, for he  
is gracious and merciful.  
Be not angry against the Lord, for he  
is gracious and merciful.



Polaroid Spectra System  
WE TAKE YOUR PICTURES SERIOUSLY

3:51

Eyewitness  
NEWS  
4.5.6.8.10





John

- I am the bread of life (John 6:35)
- I am the light of the world (John 8:12)
- I am the gate (John 10:7)
- I am the good shepherd (John 10:11, 14)
- I am the resurrection and the life (John 11:25)
- I am the way, the truth and the life. (John 14:6)
- I am the true vine. (John 15:1)



And God said to Moses, “I AM WHO I AM”; and He said, “This is what you shall say to the sons of Israel: ‘I AM has sent me to you.’”

Exodus 3:14

Jesus said to them, “Truly, truly I say to you, before Abraham was born, I am.”

John 8:58

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“Do not let your heart be troubled; believe in God, believe also in Me.

John 14:1

In My Father's house are many rooms; if that were not so, I would have told you, because I am going there to prepare a place for you. And if I go and prepare a place for you, I am coming again and will take you to Myself, so that where I am, there you also will be.

John 14:2-3

And you know the way where I am going.” Thomas \*said to Him, “Lord, we do not know where You are going; how do we know the way?”

John 14:4-5

Jesus \*said to him, “I am the way, and the truth, and the life; no one comes to the Father except through Me.

John 14:6

“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.

Matthew 7:13-14



And I will make enemies  
Of you and the woman,  
And of your offspring and her  
Descendant;  
He shall bruise you on the head,  
And you shall bruise Him on the heel.”

Genesis 3:15

And there is salvation in no one else; for there is no other name under heaven that has been given among mankind by which we must be saved.”

Acts 4:12

Therefore, brothers and sisters, since we have confidence to enter the holy place by the blood of Jesus, by a new and living way which He inaugurated for us through the veil, that is, through His flesh,

Hebrews 10:19-20

Jesus \*said to him, “I am the way, and the truth, and the life; no one comes to the Father except through Me.

John 14:6

causes of blindness for those over age 60.

## Short-Term Effects of Caffeine

Caffeine increases blood pressure and blood sugar. There is also a link between coffee and eye pressure, with this sensation briefly following a high dose of caffeine for some people. Other short-term effects include:

- Blurred vision
- Eye spasms (myokymia)
- Burning eyes
- Tingling eyes

Contact us

Though these symptoms are not



## WHY DRINKING COFFEE IS GOOD FOR YOUR EYES

FRI, NOVEMBER 8, 2019

An antioxidant found in coffee, called chlorogenic acid (or CLA), could help keep eyes healthy. That's according to a joint study out of South Korea and the US, which concluded that this powerful antioxidant can play a role in preventing age-related eye diseases and the degeneration of eyesight.

When conducting the research, scientists looked at the impact of chlorogenic acid or CLA, a strong antioxidant that has been shown to prevent retinal degeneration in mice.

Because the one who is blessed on the earth  
Will be blessed by the God of truth;  
And the one who swears an oath on the earth  
Will swear by the God of truth;  
Because the former troubles are forgotten,  
And because they are hidden from My sight!

Isaiah 65:16

“I believe in Christianity as I believe that the sun has risen: not only because I see it, but because by it I see everything else.”

C. S. Lewis

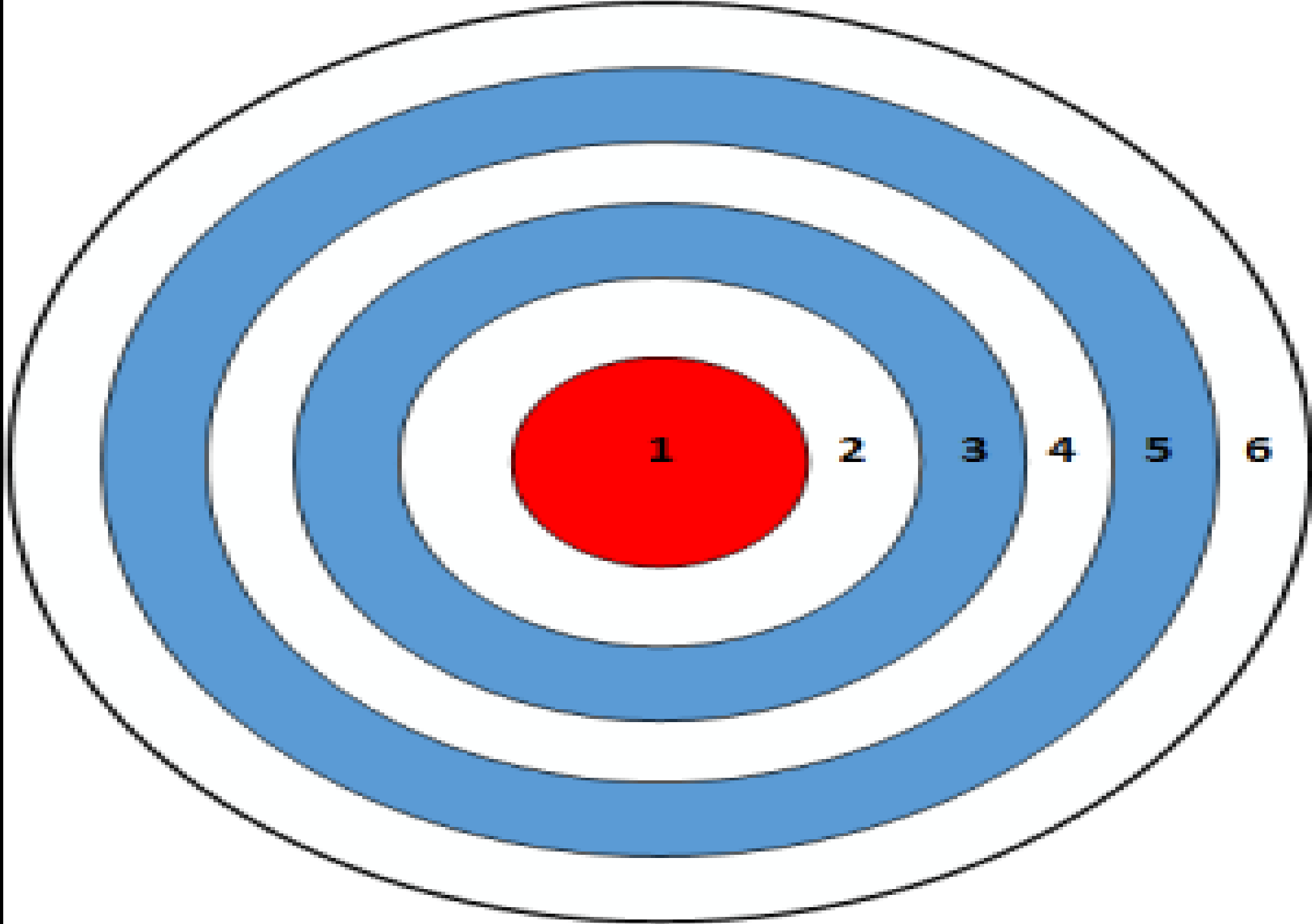
Jesus \*said to him, “I am the way, and the truth, and the life; no one comes to the Father except through Me.

John 14:6



All things came into being through Him, and apart from Him nothing came into being that has come into being. In Him was life, and the life was the Light of men.

John 1:3-4



saying, “Father, if You are willing,  
remove this cup from Me; yet  
not My will, but Yours be done.”

Luke 22:42

That whosoever believeth in  
him should not perish, but  
have eternal life.

John 3:15

Jesus \*said to him, “I am the way, and the truth, and the life; no one comes to the Father except through Me.

John 14:6

- I am the bread of life (John 6:35)
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