

A photograph of two young children, likely twins, wearing white long-sleeved shirts. They are standing in front of a window with white curtains. The child on the left is seen from the back, looking towards the other child. The child on the right is looking back at the first child, with their hands held up as if pointing or gesturing. The scene is brightly lit, suggesting a window with natural light.

TAKE A GOOD LOOK AT YOURSELF

I TIMOTHY 4:12-16

A photograph of two young children, likely twins, wearing white long-sleeved shirts. They are standing in front of a window with white curtains. The child on the left is seen from the back, looking towards the other child. The child on the right is looking down at their hands, which are touching. The background is bright and slightly out of focus.

“Let no one despise your youth”(v. 12)

For You are my hope, O Lord GOD; *You are* my trust from my youth.” Ps.71:5

“Remember now your Creator in the days of your **youth,**”
Ecclesiastes 12:1

A photograph of two young children, likely twins, wearing white long-sleeved shirts. They are standing and facing each other, with their hands touching as if playing or communicating. The background is a light-colored, possibly white, wall or curtain. The image is overlaid with several text elements.

Live a Christ-like life

IN SPEECH

IN LOVE

IN SPIRIT

IN PURITY

IN FAITH

IN CONDUCT

PAY ATTENTION

TO READING

TO EXHORTATION

TO DOCTRINE



A photograph of two young children, likely twins, wearing white long-sleeved shirts. They are standing and looking at each other. The child on the left is seen from the back, while the child on the right is facing forward. They appear to be in a brightly lit room, possibly near a window. The text is overlaid on the image.

**RESULTS OF PAYING ATTENTION AND
TAKING A GOOD LOOK AT YOURSELF**

MEDITATE ON THESE THINGS

GIVE YOURSELF ENTIRELY TO THEM

YOU WILL SAVE YOURSELF

YOU WILL SAVE THOSE WHO HEAR YOU