



## Spit and Polish | Oct 17 & 21 | Rev. Brian Cook

### Colossians 3:16

Then Jesus said to the crowds and to his disciples, “The scribes and the Pharisees sit on Moses' seat, so do and observe whatever they tell you, but not the works they do. For they preach, but do not practice. They tie up heavy burdens, hard to bear, and lay them on people's shoulders, but they themselves are not willing to move them with their finger. They do all their deeds to be seen by others. For they make their phylacteries broad and their fringes long, and they love the place of honor at feasts and the best seats in the synagogues and greetings in the marketplaces and being called rabbi by others. But you are not to be called rabbi, for you have one teacher, and you are all brothers. And call no man your father on earth, for you have one Father, who is in heaven. Neither be called instructors, for you have one instructor, the Christ.

At the core of every human being is the desire to be ACCEPTED for who you are.

A filtered life does VIOLENCE to ourselves and others.

Our filtered life is a well-crafted shrine to our FALSE selves.

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