


# The Word of Wisdom

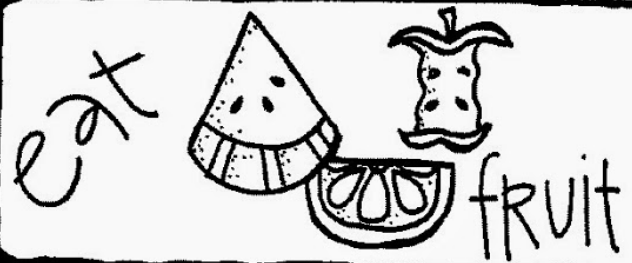
That the children may live long and be beautiful and strong 

for health and strength and daily food we praise thy name, O LORD.

Doctrine and Covenants 89

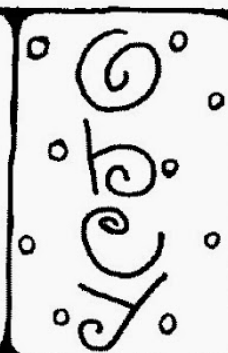
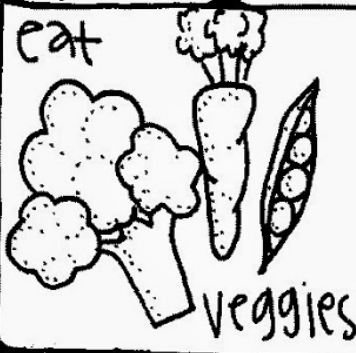


Heavenly father gave us the word of wisdom because He  loves us!



and say "NO!" to things bad for us

BE LIKE DANIEL



EXERCISE

drink



Pure water

eat meat sparingly 

PRAY