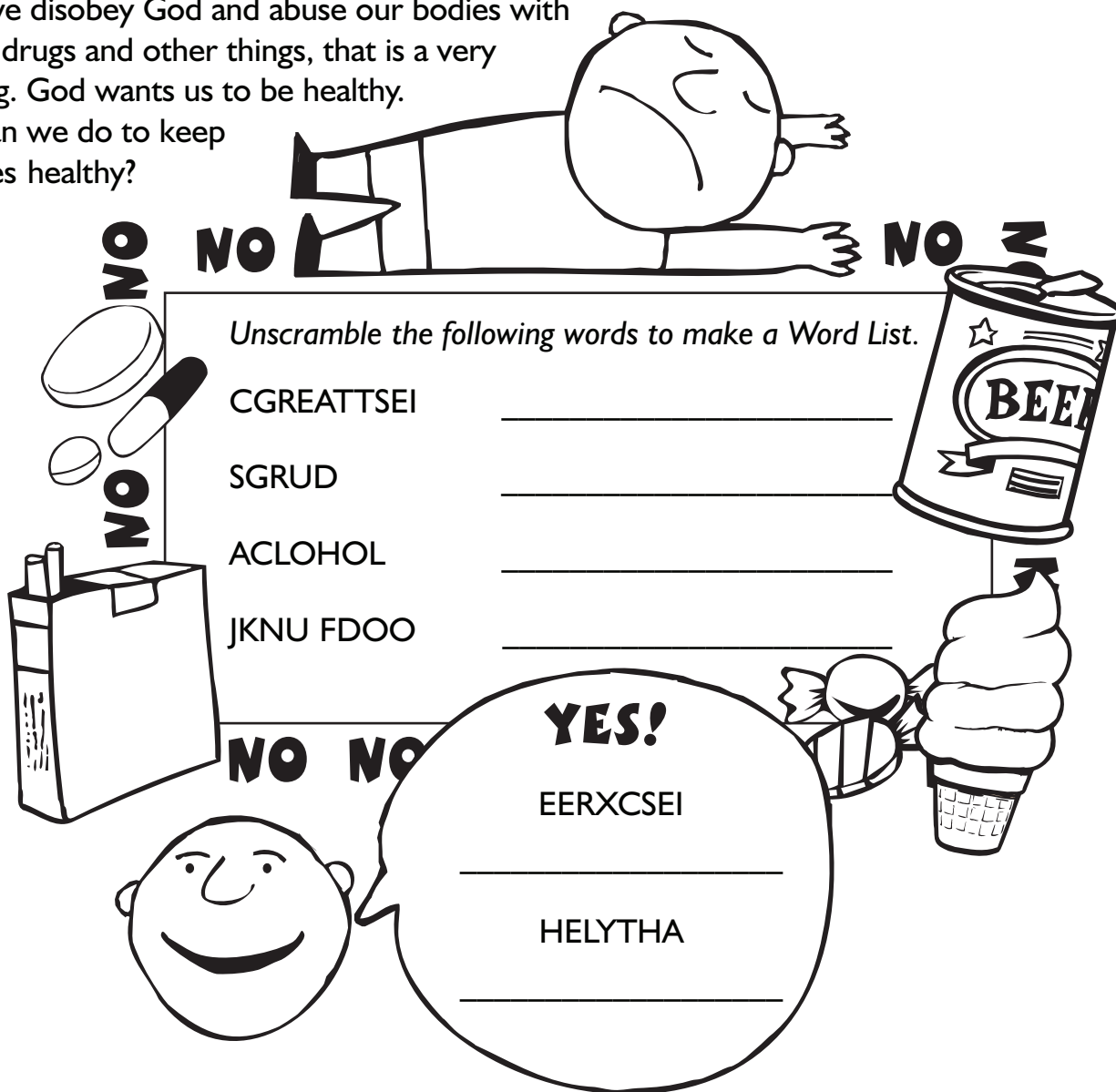


Saying No to Bad Habits

Name _____

When we disobey God and abuse our bodies with harmful drugs and other things, that is a very sad thing. God wants us to be healthy.

What can we do to keep ourselves healthy?



Unscramble the following words to make a Word List.

CGREATTSEI _____

SGRUD _____

ACLOHOL _____

JKNU FDOO _____

YES!

EERXCSEI _____

HELYTHA _____

Pray to God for help in saying No.
Use the Word List if you need help.

Say no to **D** _____ that are not prescribed by your doctor.

Say no to **C** _____.

Say no to **A** _____.

Limit **J** _____ **F** _____.

Say yes to **H** _____ habits. (rest, good foods, and cleanliness)

Get plenty of **E** _____.