

## I think before I make choices that affect my health

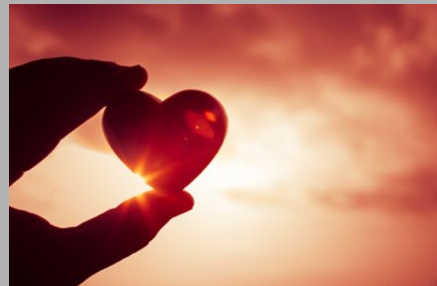
This week we are remembering that God wants us to choose how to be the best person we can be.



*Every day we make choices. Sometimes good choices and sometimes choices we wish we had not made.*

Your mission this week is to make the right choices.

Think, would Jesus want you to make that choice?



In his gospel, Matthew tells us that Jesus says we must love God with all our heart, all our soul and all our mind. Then he tells us we must love other people as much as we love ourselves.