

# The Word of Wisdom

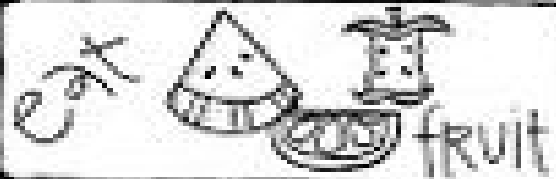
That the children may live long and be healthy and strong

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

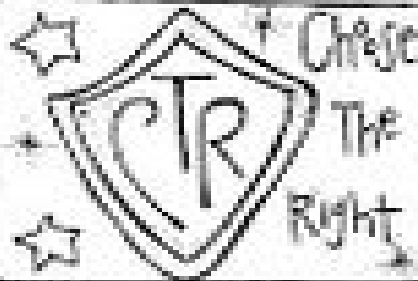
Doctrine and Covenants 89



Heavenly father  
Give us the  
Word of  
Wisdom  
because we  
love you



fruit  
and say  
"NO!" to  
things bad  
for us



exercise



Pure water

eat meat sparingly

PRAY