

MY CHOICE - MY PROMISE

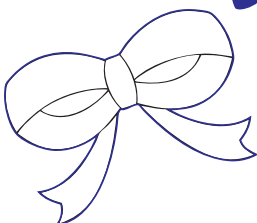
I have the freedom to choose.
I can choose to live my life according to God's Word.
I can choose to be temperate.
Because of Jesus' resurrection power, I have God's strength
to keep my promise and live according to my choice.



Start at the arrow and use every third letter or symbol until you have used them all and write them in the lines below. You will find out what temperance means.

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*"I promise, with God's help,
to abstain from alcohol,
tobacco and
all other harmful drugs."*



Signed: Date: / /