

## **Respecting Ourselves**

In Genesis 1:27 we are reminded that we are all made in the image and likeness of God. Like a piece of art work. We need to care for and respect our own life and body by caring for our health, eating properly, exercising, using medicine wisely, acting safely, not abusing alcohol, tobacco or drugs.

[\*\*Taking Care of our Bodies\*\*](#) for materials to discuss ways to respect our bodies.