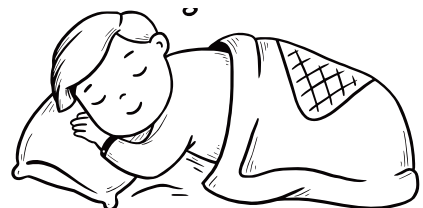
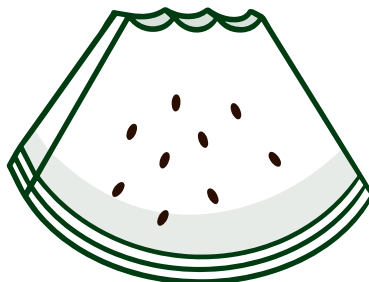
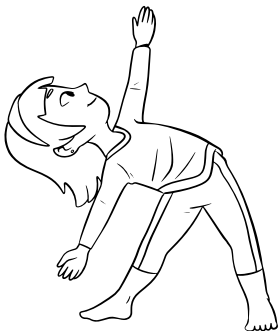


Pharisee

Religious leaders in Jesus' day. They studied God's law and knew it really well. They also dressed in fancy robes to make themselves stand out among the people.

In today's gospel we hear about how to be healthy both physically and spiritually.

What kind of things make us physically healthy? Draw a picture or write some ideas below!



We also hear about how to take care of our bodies spiritually.

How do we take care of our bodies spiritually? Draw a picture or write some ideas below!



A large rectangular box with rounded corners, intended for drawing or writing ideas.

Four sets of horizontal lines for writing, each consisting of a solid top line, a dashed middle line, and a solid bottom line.

It is true that filling our bodies with healthy food helps our bodies to be healthier. But it is also true that filling our hearts and minds with God's Holy Spirit and love helps our hearts be loving and our minds set on Christ.