

**The Word of Wisdom helps me be healthy in body and spirit
(Doctrine and Covenants 89).**

Cut out the cards, mix them up, and place them face down. Turn over two cards at a time. If the pictures match, set the cards aside and say whether the things in the picture are good or bad for your body. If the cards don't match, turn them back over and try again. Discuss the blessings Heavenly Father will give us if we obey the Word of Wisdom (see verses 18–21).

