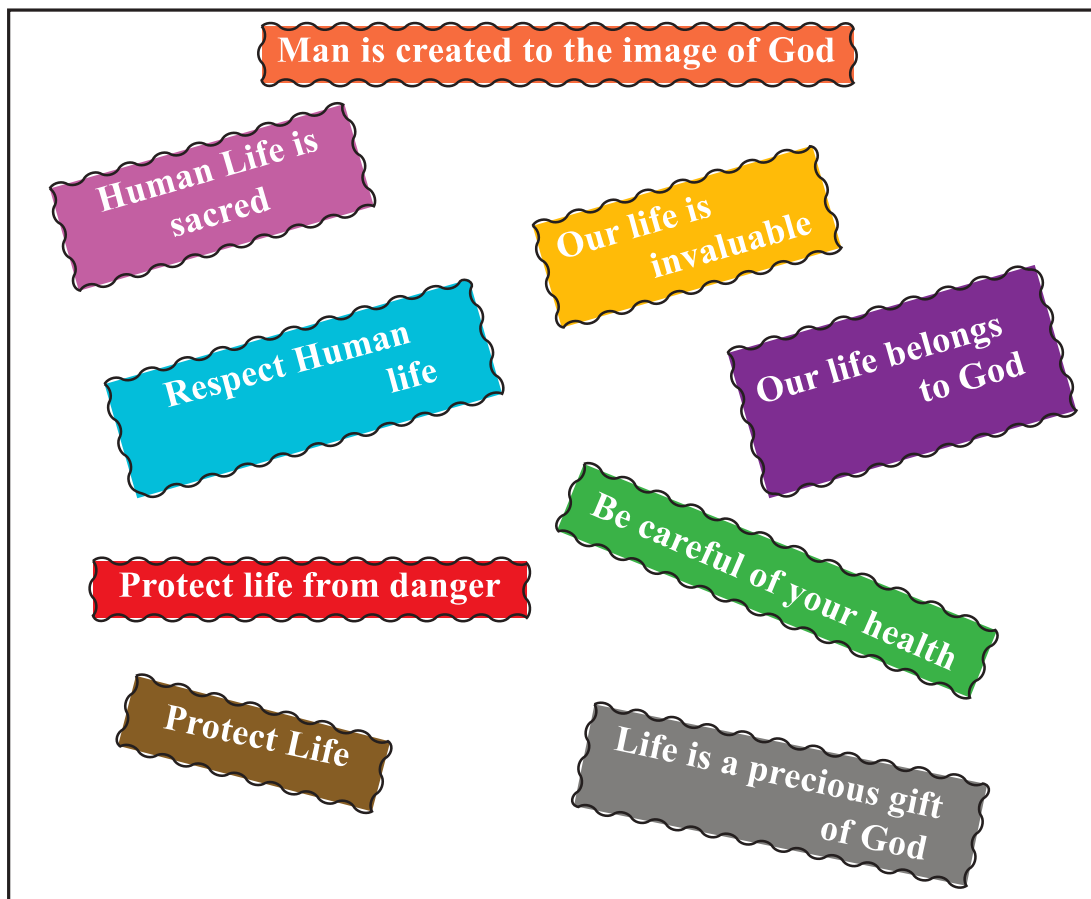


## Protect One's life



Think of the above headlines.

Life is invaluable. It is a gift of God. Each person is born of parents as a result of divine mercy. Our life belongs to God.

One, who is alive today,  
may die tomorrow.  
No one can prolong his life by his  
own effort.

Human life is sacred because from its beginning it involves the creative action of God and it remains forever in a special relationship with the Creator, who is its sole end. God alone is the Lord of life from its beginning until its end: no one can under any circumstance claim for himself the right directly to destroy an innocent human being.

(CCC 2258)

“Our lives are Temples of the Holy Spirit.” Therefore, we must take care to live a life in keeping with its sacredness. We must live a life, pleasing to God and we must be careful about our health. It is because our life is a gift and it belongs to God.

Since it belongs to God, we must pay a just attention to it.

The use of drugs inflicts very grave damage on human health and life. Their use, except on strictly therapeutic grounds, is a grave offense. Clandestine production of and trafficking in drugs are scandalous practices. They constitute direct co-operation in evil, since they encourage people to practices gravely contrary to the moral law.

(CCC 2291)

Because of liquor and smoke, one gets sick. Diseases, such as cancer is a result of them.

Life is a gift of God  
Let us use our talents in the service of people.

## Suicide

Everyone is responsible for his life before God who has given it to him. It is God who remains the sovereign Master of life. We are obliged to accept life gratefully and preserve it for his honor and the salvation of our souls. We are stewards, not owners, of the life God has entrusted to us. It is not ours to dispose of.

(CCC 2280)

If one tries to commit suicide, it is an effort to grab a right of God. It is a mortal sin.

The one who gave me life is God. My life depends on him. So let us pray to Him so that He may protect my life.

Since life is a gift of God, it is our duty to take medicine when we get ill and to be careful of our health. We must be careful when we eat and drink, because sicknesses are a result of wrong habits of eating. If one eats food with too much of sugar, salt or fat, he may get sicknesses, such as blood pressure, diabetics, heart attacks and he may die soon. We have to protect the precious life, given by God. We need exercise for our body. If we maintain our health, we can protect the life, given by God.

### Activity



1. Write an article to a Catholic Newspaper on the topic, "Life is a precious gift of God."
2. Write five things that help you to protect your life.



### **For Life**

Respect and protect the precious life, given by God.