

Lent Day 10, Care for Your Body



Welcome to Lent Day 10, Care for Your Body. Today we will look at self-denial and how that relates to caring for your body. As much as we can, we should strive to take care of our physical bodies as well as our spiritual selves. Chronic illness can make that

very difficult. Sometimes we have to accept what we can't change and work on what we can. Click below to read today's devotion.

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