

# Word of Wisdom Promises

Words and music by Jeanne P. Lawler

1. When mo - ther goes to shop for food, She choos - es care - ful -

ly. The Word of Wis - dom is her guide To build good health in

Chorus: <sup>3</sup>  
me. When I eat fruits and vege - ta - bles and bread from wheat, How

strong and health - y I will be. If we have meat I'll eat it on - ly

spar - ing - ly, Then strong and health - y I will be.

2. There're lots of things that I should do  
To take good care of me.  
The Word of Wisdom promises  
The best of health for me.  
Chorus.

3. I thank my Heavenly Father for  
The food He's given me,  
And for the Word of Wisdom  
And my mother teaching me.  
Chorus.