

How well do you know the Catholic faith? Well, let's find out..."

My Mother always was saying "Take care of your health!" Could you tell me please: How important is your health?

- A) Health is not an important value. Nobody, even God, can force us to take care of our health.
- B) Health is the ultimate value. It is more important than salvation.
- C) Health is an important value, but not an absolute one. We should treat our God-given health gratefully and carefully, but not be obsessed with it.

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Does the Fifth Commandment talk about our own bodies. How should we treat our bodies?

- A) **The Fifth Commandment forbids also the use of violence against one's own body. Jesus expressly demands that we accept and love ourselves: "You shall love your neighbour as yourself" (Mt 22: 39). Self-destructive acts against one's own body are in most case psychological reactions to experiences of abandonment and a lack of love; hence they call first and foremost for our sincere and loving response. Within the context of organ donation, it must be made clear, however, that there is no human right to destroy one's own God-given body.**
- B) The Fifth Commandment doesn't talk about how we should treat our bodies.
- C) It is time for a beer.

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