

Hear, O Israel: The LORD is  
our God, the LORD alone.  
You shall love the LORD your  
God with all your heart, and  
with all your soul, and with  
all your might.  
Deuteronomy 6:4-5

**MORE**

*Cut the left  
strip off of  
this paper to  
make the  
vertical  
"pillar" of  
your cross.  
Then, write  
on the pillar  
of the cross  
all the  
emotions,  
experiences,  
physical  
mental  
spiritual  
THINGS,  
that you  
want to have  
LESS of in  
your life.*