Ways to Respect Life

Every day you have numerous opportunities to show respect for God's work of creation in yourself and in other people. Respecting life means protecting oneself and others from harm, but it also means valuing life in everyday ways. The following chart lists some ways people sometimes do not show enough respect for what God has created. For each action on the left, describe an alternate action that shows a greater respect for life.

Taking Life for Granted	Valuing Life
Ignoring or neglecting a person who is developmentally or physically disabled	
Using negative self-talk, such as, "I'm so stupid. I hate myself!"	
Encouraging someone to terminate an unplanned pregnancy	
Neglecting an elderly person who needs care	
Not showing compassion to a person who is suffering	
Smoking	
Practicing bad eating habits—either eating unhealthy foods or routinely undereating to be thin	
Driving while under the influence of alcohol	
War that endangers the lives of civilians	