



# START HERE!



Our bodies are amazing! Have you ever wondered how they work? What keeps us alive, makes us think, or laugh? Why do our bodies get sick or stop working? Did you know there is one specialist Doctor who is very interested in you? He wants to make sure you're healthy and in good shape. Read on and find out if you're as fit as you thought...

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## 'DOCTOR, DOCTOR, I FEEL LIKE A PAIR OF CURTAINS'



How many  
corny 'Doctor  
doctor' jokes  
have you heard?  
You know the  
kind...



'Doctor, doctor, I feel like a snooker ball'...  
'Well, get to the end of the queue!' or  
'Doctor, doctor, people keep ignoring me'...  
'Next!'



Oh dear...bad jokes about doctors seem to be  
endless, but how would you feel if your doctor  
really said those things? The fact is that doctors  
are there to help us get better when we are sick.  
They are able to deal with all kinds of situations.  
Doctors do their very best to help us.

Can you imagine what it would be like if doctors  
just told you to go home and pull yourself  
together? Things go wrong with people all the  
time, and it's then that we are glad to have  
doctors.

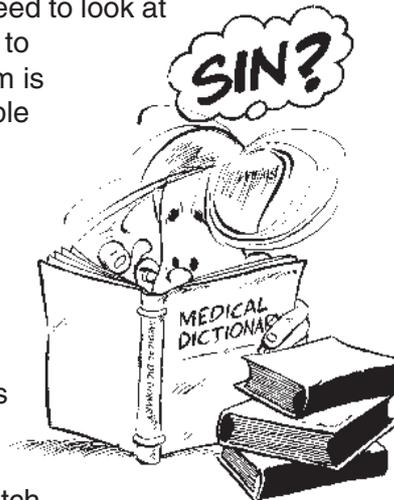




## - YOU CAN'T PULL YOURSELF TOGETHER

In a book called the Bible, we are told that something has gone wrong with every single person in the whole world. It's not really a disease, but it's very serious and it works in people's minds and bodies, just like an illness.

You won't find this 'illness' described in any medical book, in fact you won't even find the word, but you just need to look at the world around us to see that this problem is everywhere. The Bible calls it, 'sin', a teeny little word that has a big meaning for all of us.



In the same way as an illness shows itself in what doctors call symptoms, (like when your face gets spotty if you catch Chicken Pox!) so the Bible tells us about the symptoms of this worldwide epidemic! You can't always see sin in the same way as you might see the result of a broken arm or a swollen ankle...it affects us in a very different way.





Sin touches every part of us, our body, our mind and our feelings. It affects how we behave, our attitude to other people and even our attitude to God himself. Sin is such a nasty thing that it is the only thing about us that God hates.

The good news is that God loves people, but he sees how sin affects you and is willing to do whatever is necessary to get rid of it! He is like a great doctor who is willing to work with people who need cured...he hates the problem, but he loves the person. The symptoms can be

seen in every single person. It seems to be more serious in some people, but every one has got them, and everyone is in need of help.



Here are some of the symptoms of sin that the Bible mentions... do you have any?





There are even more, but you can see that all of us do some of these things from time to time. The fact is that we can't just pull ourselves together, we need help!



- SYMPTOMS OF SIN**
- greed
  - lies
  - stealing
  - violence
  - treating others badly...
  - selfishness
  - not caring for people...
  - being ungrateful
  - hatred
  - gossiping...

The Bible tells us that God knew all about this problem and decided to do something about it. His plan was incredible, and involved God coming into this world as a man -

he was called Jesus.

He wants to help and he can help, no matter how badly sin has damaged you.

