

## **Commentary on the Gospel for Thu, Mar 24th 2011**

Life or death, the choice is simple. Or is it? Why do so many of the things that attract us limit our freedom, trapping us in addictions that damage our health and prevent us fulfilling the potential and dreams we have? Food, Alcohol, Television, The internet, Sex and Drugs! We only have one life, our time is limited. How do your choices affect the quality of your life? Do you experience a freedom that brings you a sense of wholeness and wellbeing or do you find yourself trapped in patterns of behaviour that you struggle to change? Behaviours, that despite the 'New Year's resolutions', and your 'best of will', continue to persist lowering your self confidence and undermine your identity as a Child of God.

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