Be Clean: A Clean Body, a Clear Mind

Janice Kapp Perry

My mind is calm, my course is clear, my destiny is sure.
My strength is as the strength of ten, because my heart is pure.

The Lord has revealed through holy scriptures my body is a temple.
If I remain wholesome and clean, beautiful blessings will follow.

A clean body, a clear mind, a spirit in tune with the Lord.
These are promises to all who follow the word and will of God.

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