



Alfredo Valdez #H37100 Death Row, San Quentin Prison, CA 94974

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**“Jesus can crack your habit”**

There was a time in my life that I had been abused and messed up on drugs with no way out. From the core of my soul I cried out for God to “PLEASE HELP ME”, and he did— **But How?...**

Now what happened is that a long time ago, God sent his only son Jesus for us. Jesus died on the cross to save us from our sins.

Today because of Jesus I no longer need to use drugs or feel the pain of abuse. I know that God is real and that he cares about you and me.

**Do you want Jesus?**

If you are tired of being hurt, lonely, angry, or just being just plain ‘ole messed up, Jesus is right there, ready to help you out - all you have to do is ask him!

**Here’s how...**

Say this prayer with me:

“Jesus, I’m tired of living like this. Please come into my heart and live with me. Forgive me of my sins, take away all this pain that is in my heart and give me your everlasting peace and joy.

**Read the Bible • Jesus is the answer**

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