



How can I stay free?

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The members of the Quorum of the Twelve Apostles are special witnesses of Jesus Christ.



God wants us to be free to make choices between good and evil.



Addictions to things like drugs and alcohol destroy good health and limit our freedom.



Too much time playing video games, playing sports, or watching TV can take up all of our free time.



It is important that we protect some of our free time for our family.

From "Lamentations of Jeremiah: Beware of Bondage," Ensign, Nov. 2013, 88–91.