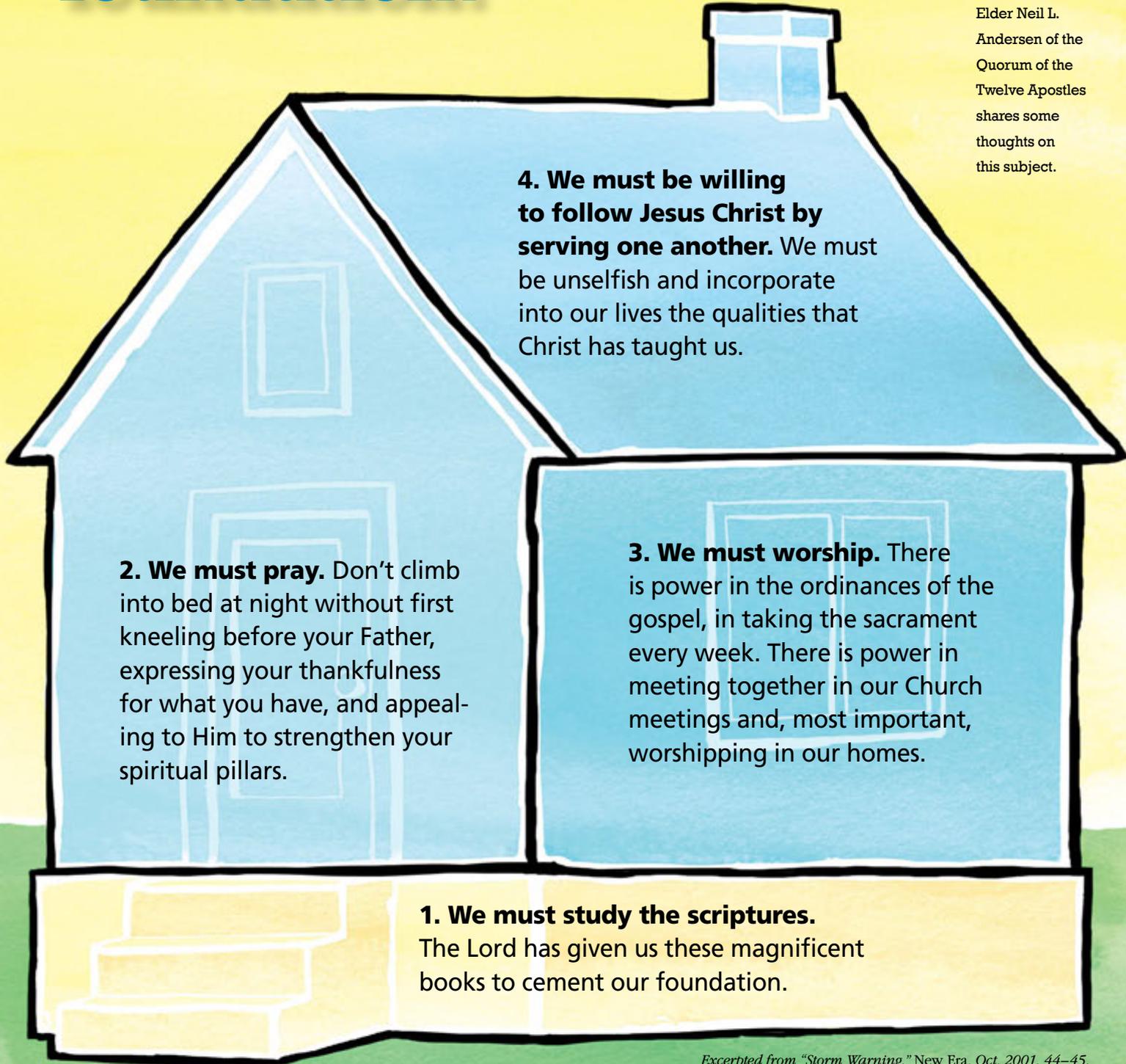




Elder Neil L. Andersen of the Quorum of the Twelve Apostles shares some thoughts on this subject.

# How do I build a spiritual foundation?



**4. We must be willing to follow Jesus Christ by serving one another.** We must be unselfish and incorporate into our lives the qualities that Christ has taught us.

**2. We must pray.** Don't climb into bed at night without first kneeling before your Father, expressing your thankfulness for what you have, and appealing to Him to strengthen your spiritual pillars.

**3. We must worship.** There is power in the ordinances of the gospel, in taking the sacrament every week. There is power in meeting together in our Church meetings and, most important, worshipping in our homes.

**1. We must study the scriptures.** The Lord has given us these magnificent books to cement our foundation.

*Excerpted from "Storm Warning," New Era, Oct. 2001, 44–45.*