

My friend asked me why it matters if I keep the commandments. I'm not sure what to say.

-Wondering in Washington



## Dear Wondering,

That's a good question. A lot of people think commandments just get in the way of having fun. But has your friend ever flown in an airplane? How do you think he or she would feel about flying with a pilot who didn't follow the rules of aviation? What about riding on a bus with a driver who didn't stop at red lights?

Heavenly Father's commandments are His loving way of helping us stay safe and return to Him.

He tells us not to smoke or use drugs so our bodies can stay healthy.

He tells us to be honest so others can trust us.

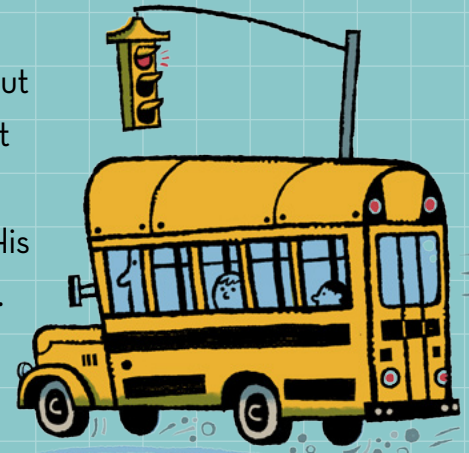
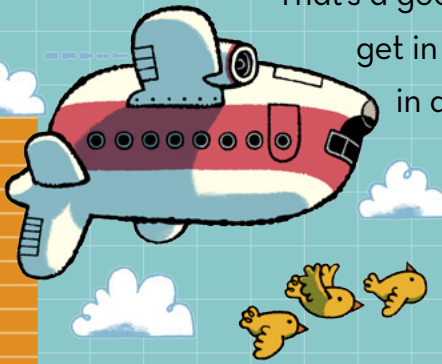
He tells us to keep the Sabbath day holy so we can keep our spirits strong and rest our bodies and minds.

When you think about it, every commandment is like a love letter from our Heavenly Father. Each one says, "I love you. I want you to be safe and happy. And I want you to come back to Me."

You can read about why Heavenly Father gives us commandments in [Moses 1:39](#).

Thanks for writing!

The Friend



## WHAT'S ON YOUR MIND?

Do you have a question about the gospel, growing up, or getting a testimony? Email us at [friend@ldschurch.org](mailto:friend@ldschurch.org) and put "What's on Your Mind?" in the subject line. Be sure to include the permission statement on page 39. We're excited to hear from you!