



ANSWERS FROM AN APOSTLE

Why should we follow Jesus Christ?

**From Elder
Quentin L. Cook**

Of the Quorum of the
Twelve Apostles

*Jesus Christ is our
light and life.*

*When we follow Jesus, we
grow stronger and become
more like Him.*

*We should remember Him and
follow Him like sunflowers follow
the sun across the sky.*

*Following His light and
example will bring us joy,
happiness, and peace, even if
things around us are hard.*

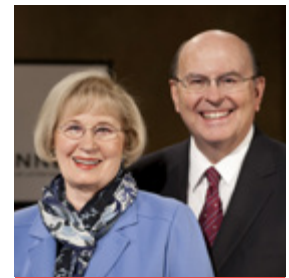


Adapted from "The Lord Is My Light," Ensign, May 2015, 62–66.

Meet Elder Quentin L. Cook

He was born on September 8, 1940.
He grew up in Logan, Utah, USA.

When he was 15 years old, he talked with his older brother about building a testimony of his own. He decided to go on a mission when he was old enough. Later he served in the British Mission.

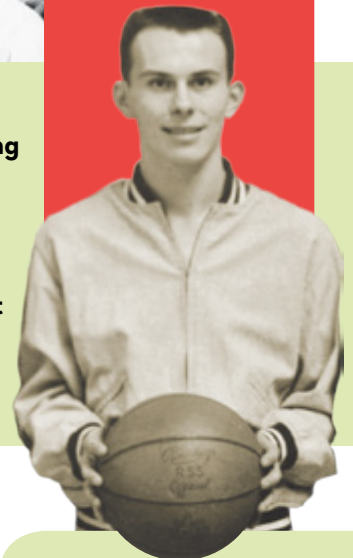


He and his wife, Mary Gaddie, were married in the Logan Utah Temple. They have three children.



He set a good example for a man he worked with by not drinking any alcohol at a party. The man could tell that Elder Cook was a Latter-day Saint because of his good choices.

He rescued a friend's boots during a fire drill when he was in first grade. Quentin said, "I didn't want his feet to be cold in the snow."



Quentin was a good athlete in high school. He played basketball, football, baseball, and ran with the track team.

WHAT IS AN APOSTLE?

When Jesus was on the earth, He called 12 men to be His special helpers and witnesses. They were called Apostles. He has called Apostles to be His special helpers and witnesses today. They testify of Jesus Christ to the whole world. Elder Cook is an Apostle.

