

What's the Answer?

We are blessed to have testimonies of the gospel of Jesus Christ, but not everybody believes the same way we do. Here are some ways to answer your friends' questions about the gospel.

Why don't you play sports or go to birthday parties on Sundays?


Why don't you drink tea or coffee?

One of God's commandments is "remember the Sabbath day, to keep it holy." Instead of going to parties or sports games, I keep the Sabbath day holy by going to church, spending time with my family, and serving Heavenly Father and Jesus Christ.

Why can't you watch certain TV shows and movies or play certain video games?

What are some other questions your friends have? Talk with your parents about ways you can answer these questions.

I try to only watch and play things that make me feel good inside. Things with bad language, violence, and immodesty don't give me a good feeling, so I stay away from them.

An illustration of a playground scene. A large yellow slide is the central focus. A girl in a blue shirt is at the top of the slide, another girl in a white shirt with a pink star is climbing the stairs, and a boy in a white shirt is at the bottom. A boy in a pink shirt is talking to a boy in a white shirt who is coming down the slide. There are trees and a fence in the background.

Why don't you wear short skirts or shirts that have spaghetti straps?

When I dress modestly, I feel like I am respecting the body Heavenly Father gave me.

Being healthy is important to me. My church teaches me to not take coffee, tea, alcohol, or anything else that might hurt my body.

Why don't you swear?

I try to only say things that will make me and other people feel good. Swearing would make me feel bad about myself, and I'd make others feel bad too.

Tips for Answering Questions about the Church

Answering your friends' questions can help spread the gospel. You don't have to know everything—just remember these tips:

- People often have questions because they simply don't understand your beliefs. Don't feel like the person asking questions is challenging you.
- Let your friends know how living gospel principles makes you feel. This can help your friends better understand why you make the choices you do.

"Prepare for questions. . . Let your response be warm and joyful."²

Elder Russell M. Nelson of the Quorum of the Twelve Apostles

