

# What is a Saint? How can I be one?

Elder Quentin L. Cook of the Quorum of the Twelve Apostles shares some of his thoughts on this subject.



A Saint tries to do what the Savior did, keeps His commandments, is baptized and confirmed, and makes the temple a goal.

A Saint stays away from evil conduct and harmful pathways.

A Saint is kind to others and helps them.



If we follow the Savior, we will have the Spirit in our lives and feel the joy of being worthy Latter-day Saints.



A Saint loves God and his or her neighbors.

**A Saint loves the Savior  
and follows His teachings.**

