How can I stay safe and happy in life?

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The members of the Quorum of the Twelve Apostles are special witnesses of Jesus Christ.

Traveling through life can be like floating through river rapids. To stay safe on the rapids, follow these three rules:

1. **STAY IN THE BOAT.**
   Staying in the boat is like staying faithful to the gospel of Jesus Christ.

2. **WEAR A LIFE JACKET.**
   The scriptures and the words of the living prophets are like a spiritual life jacket.

3. **HOLD ON WITH BOTH HANDS.**
   When we follow the scriptures and prophets, we will be safe and happy.

Adapted from "Stay in the Boat and Hold On!" Ensign, Nov. 2014, 89–92.