



KEEPING
divine
COMMANDMENTS
BRINGS
BLESSINGS.
every time!

Elder Russell M. Nelson
 Of the Quorum of the Twelve Apostles
 April 2014 general conference

Keeping the Commandments

You'll be studying about commandments in your Sunday classes this month. As you study and discuss commandments, you may ponder these questions: Why does Heavenly Father give us commandments? How have I been blessed by obeying? How can I help others obey?

To find answers to these questions, see the Agency and Accountability section of *For the Strength of Youth* or read these and other talks on obedience from the most recent general conference: lds.org/go/faithNE9, lds.org/go/urgentNE9, and lds.org/go/addictionNE9.

Give yourself an easy reminder to prepare for your Sunday lessons on commandments. Just place these cards in your scriptures, locker, or bedroom. You can also download or share them online at lds.org/go/cardsNE9.

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REPENTANCE
 OF ANY VIOLATION OF
[Christ's] law
 AND
COMMANDMENTS
 IS BOTH
POSSIBLE and URGENT.

Elder D. Todd Christofferson
 Of the Quorum of the Twelve Apostles
 April 2014 general conference

— THE BEST —
DEFENSE
AGAINST
ADDICTION
 IS **NEVER** TO
START.

President Dieter F. Uchtdorf
 Second Counselor in the First Presidency
 April 2014 general conference



Blessings Every Time

Elder Russell M. Nelson has reminded you that obedience *always* brings blessings. Knowing this can make it easier to choose to do the right thing in any situation, whether it's keeping the Word of Wisdom or obeying the commandment to share the gospel.

Sometimes blessings are immediate, and sometimes we don't recognize them for a while.

Can you think of times when you've been immediately blessed for keeping the commandments? How about times you've been blessed in ways that weren't immediately apparent? Write down some of each.

The Best Defense

Addiction to drugs, alcohol, and other substances is a sad and avoidable path to personal imprisonment and, sometimes, death. President Dieter F. Uchtdorf has reminded you that it'll be a lot easier on you if you never start. It's just not worth the risk to try something "just once" or to be anything but 100% committed to 100% obedience to the Word of Wisdom.

Here are a few resources that can help you stay 100% committed:

- Doctrine and Covenants 89
- The "Physical and Emotional Health" section of *For the Strength of Youth* (pages 25-27)
- President Boyd K. Packer, President of the Quorum of the Twelve Apostles, "The Word of Wisdom: The Principle and the Promises," *Ensign*, May 1996, 17-19.
- Elder Adrián Ochoa of the Seventy, "Be Strong, Be Healthy, Be Smart," *New Era*, Oct. 2013, 42-43.

Of course, the same principle of 100% commitment applies to other addictions like "pornography, ... gambling, food, work, the Internet, or virtual reality," as President Uchtdorf taught. What will you do today to commit "never to start"?

Repentance: Possible and Urgent

The scriptures contain many teachings and stories about how repentance is both possible and urgently needed for all people. Think about your favorite scriptural teachings and stories, or look in the Topical Guide and Bible Dictionary under the heading "Repentance" for some scriptures to read, and then write the ones that impressed you the most and why.
