

# INSIGHTS

from YOUNG ADULTS



*on the blessings of living the law of chastity*

“It has helped me **avoid a lot of the heartache** that many of my friends have suffered.”

—Ilse Marie Ahlström, Gothenburg, Sweden

“Freedom! Clear mind and conscience. **More focus on important things.**”

—Sicily Wilcock, Arizona, USA

“It gives me **more and more strength** to keep focusing on the gospel and Jesus Christ.”

—David Huang, Taiwan

“Peace of mind; **security** in my relationships.”

—Heidi Thorpe, Utah, USA

from CHURCH LEADERS

“We . . . are promised that, as we pursue the pathway of virtue, ‘the Holy Ghost shall be [our] constant companion’ (D&C 121:46). Thus, living the law of chastity invites some of the greatest blessings men and women can receive in mortality: appropriate spiritual confidence in the presence of family, friends, Church associates, and, ultimately, the Savior. Our innate longing to belong is fulfilled in righteousness as we walk in the light with hope.”

Elder David A. Bednar of the Quorum of the Twelve Apostles, “We Believe in Being Chaste,” *Ensign*, May 2013, 44.

## SHARE YOUR INSIGHTS

What do you do to be a **good steward of the earth** that Heavenly Father has created for us? (see 1 Nephi 17:36). Send us your response at [ensign.ChurchofJesusChrist.org](http://ensign.ChurchofJesusChrist.org) by Aug. 31, 2020.