



How can I be spiritually protected?



Keep the commandments, pray for guidance, and attend church and partake of the sacrament each Sunday.



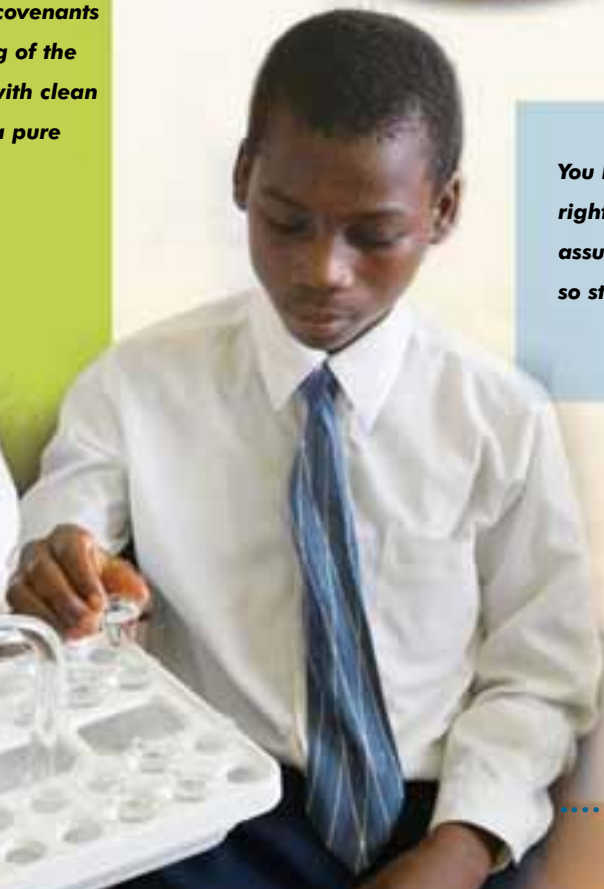
Elder Dallin H. Oaks of the Quorum of the Twelve Apostles shares some of his thoughts on this subject.

Hold fast to the scriptures, whose teachings protect us against evil.



Never do anything to drive away the Spirit.

Repent of your sins each week and renew your covenants by partaking of the sacrament with clean hands and a pure heart.



You have been taught righteousness and assured of its truth, so stay with it.



We must never take things into our bodies or do things with our bodies that drive away the Spirit of the Lord and leave us without our spiritual protection against deception.

From "Be Not Deceived," Ensign, Nov. 2004, 45-46.