



By President
Russell M.
Nelson

Happiness and Obedience

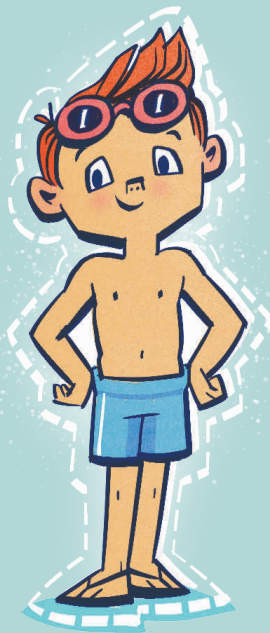
You are a child of God. God gives us commandments to bless us and bring us joy. Sometimes people pick which commandments they will keep and which ones they won't. Trying to obey all of God's commandments will:



Bless you with light and joy.



Help you be free from harmful habits.

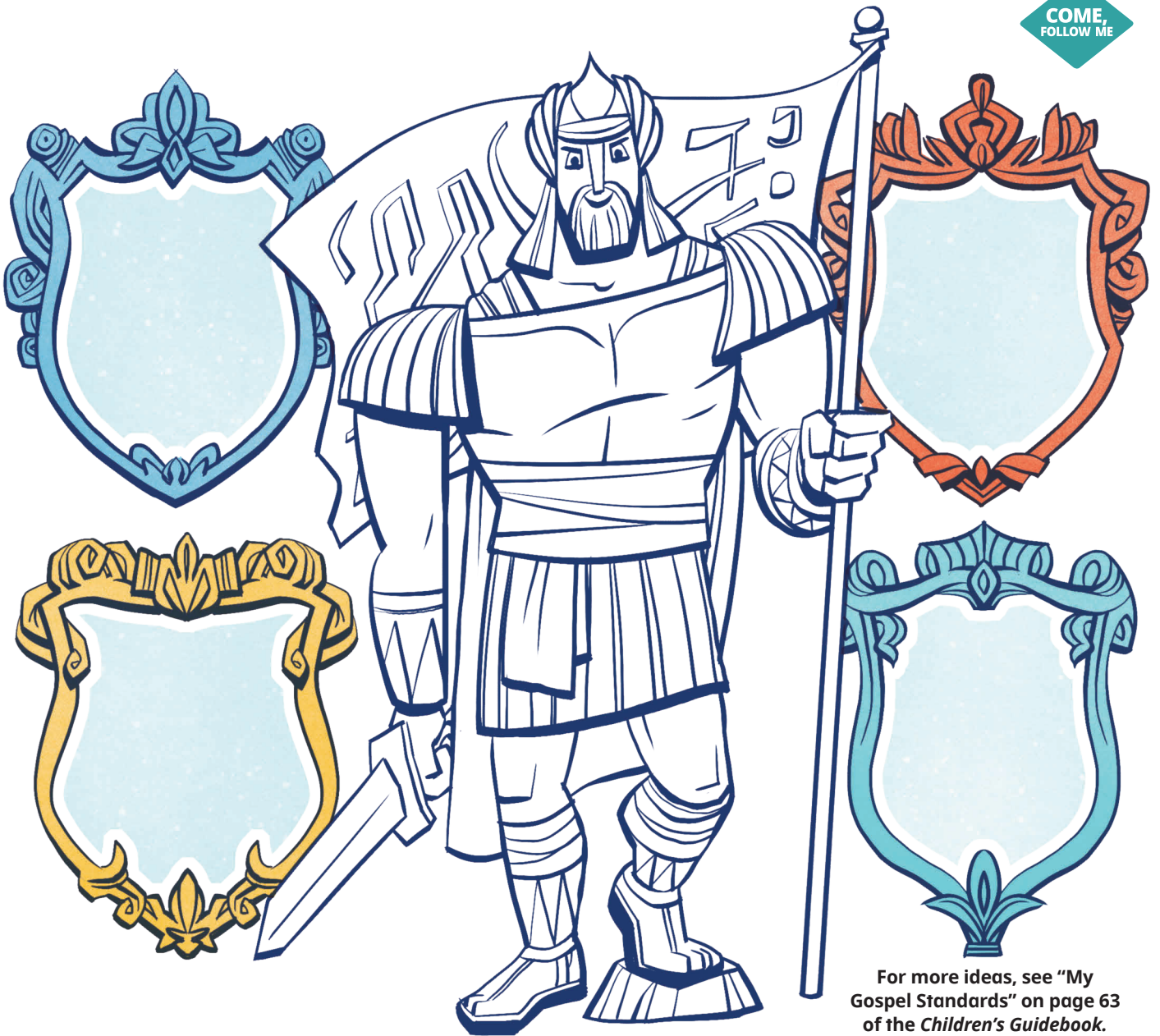


Protect your body.



Protect your spirit.

Remember, God and His angels are always there to help you. ●



For more ideas, see "My Gospel Standards" on page 63 of the *Children's Guidebook*.

OUR GOSPEL SHIELDS

Captain Moroni gave the Nephites shields to help keep them safe. On each shield, write a gospel standard from the list below that can help you stay safe and strong.

Listen to the Holy Ghost.

Dress modestly.

Be honest.

Repent when you make a mistake.

Listen to good music.

Treat people kindly.

Don't swear or use crude words.

Watch good things.

Keep the Sabbath day holy.

Use the names of Heavenly Father and Jesus reverently.

See *Come, Follow Me* for Alma 43–52.