

# Article of Faith 13



“We believe in being honest, true, **chaste**, benevolent, virtuous, and in doing good to all men; indeed, we may say that we follow the admonition of Paul—We believe all things, we hope all things, we have endured many things, and hope to be able to **endure** all things. If there is anything virtuous, lovely, or of good report or praiseworthy, we seek after these things.”

Members of The Church of Jesus Christ of Latter-day Saints try to choose the right and invite good things into their lives. This means we choose good friends and take part in wholesome and fun activities. We serve other people and we keep ourselves **chaste**, or clean. We tell the truth and build our faith in Jesus Christ. Choosing the right can be hard sometimes, but we work hard to **endure**, or continue on through tough times.



## Articles of Faith in Action



There was a very popular book series I started reading. At first I liked it, but then it started getting scary and yucky. I felt uncomfortable. I did not feel the Holy Ghost. As I started the second book, it was the same and getting worse.

I talked with my mom about Article of Faith 13. These books weren't like the article of faith, and I want to live like it says. Finally I stopped reading the books. I felt a lot better right away. I want to feel like that all the time, and I know I can if I use Article of Faith 13 as my guide.

**Brooke B., age 10, Utah, USA**

## Memorization Tip

Joseph Smith wrote **13** Articles of Faith. Article of Faith **13** is the final one and the longest. It tells us how to be good examples of Jesus Christ.

## This Month's CHALLENGES



Memorize Article of Faith 13.



Make a list of praiseworthy things you would like to seek after. You could learn a musical instrument, join a club or team, make a friend, read a conference talk, or visit a museum.



Think about what you read and watch. Is there anything you should change?



I challenge myself to ...

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