

How can I be a good example?

Let people know you are a committed Latter-day Saint.

If our lives are pure,  
the Spirit will guide us.

BE CONFIDENT ABOUT

AND LIVE YOUR BELIEFS.

IF WE KNOW THE DOCTRINES  
AND PRINCIPLES OF THE GOSPEL,  
WE CAN MAKE WISE DECISIONS.

*From "Lessons from the Old Testament: In the World but Not of the World," Ensign, Feb. 2006, 54–55.*



Elder Quentin L. Cook of the Quorum of the Twelve Apostles shares some of his thoughts on this subject.