

Special Witness



Elder David A. Bednar of the Quorum of the Twelve Apostles shares some thoughts on this subject.

HOW CAN THE GOSPEL HELP ME BE HAPPY?

The source and cause of true happiness are gospel truth and obedience to eternal law.

In this life we experience tenderness, love, kindness, happiness, sorrow, disappointment, pain, and even physical limitations in ways that prepare us to live again with our Father in Heaven. There are lessons we must learn and experiences we must have on earth.

Heavenly Father's plan of happiness is designed to provide direction for His children, to help them become happy, and to bring them safely home to Him.

Obedience to the principles of the gospel invites the constant companionship of the Holy Ghost. The Holy Ghost helps us to know, to understand, and to live the teachings of Jesus Christ.

For your happiness and protection, I invite you to study and live more diligently the Savior's gospel. We should not only live the gospel, but we should *love* living the gospel. As we do so, we will receive countless blessings, greater strength, and true happiness.

You know what is right and what is wrong, and you have the responsibility to learn for yourself "by study and also by faith" (D&C 88:118) the things you should and should not do.