



Special Witness

By Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles

The members of the Quorum of the Twelve Apostles are special witnesses of Jesus Christ.

With so many bad things around, **how can I keep good thoughts in my mind?**

If a TV show is bad, turn it off.
If a movie is crude, walk out.



Above all, start by staying away from people, things, and places that will harm you.



Replace bad thoughts with happy memories; picture the faces of those who love you.



Pray always. Ask for angels to help you.



Be where the Spirit of the Lord is. Make sure that includes your own home or room. Carefully choose the kind of art, music, and books you keep there.