



By Elder  
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Of the Quorum  
of the Twelve  
Apostles

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

# How can I stay free?



God wants us to be free to make choices between good and evil.



Addictions to things like drugs and alcohol destroy good health and limit our freedom.



Too much time playing video games, playing sports, or watching TV can take up all of our free time.



It is important that we protect some of our free time for our family.

*From "Lamentations of Jeremiah: Beware of Bondage," Ensign or Liahona, Nov. 2013, 88–91.*