



MY MUSIC ESCAPE PLAN

While riding the bus on a school field trip, I was sitting in front of a girl who kept making rude comments and jokes that made me feel uncomfortable. My teachers and other students told her to stop, but she kept going. I didn't know what to do, so I decided to pull out my MP3 player and listen to some of my favorite music.

I turned it on shuffle and one of the first songs that came on was a song from youth.lds.org/music. I was about to skip over it when something inside told me that I should just listen to the music. I kept listening to

inspirational music for the next 20 minutes. The lyrics encouraged me to hold on, and they reminded me that I was a beloved daughter of Heavenly Father.

Later in the week my school held a dance. Even though they used the clean versions of popular dance songs, many people in my grade began screaming out the removed word in one particular song.

Once again I felt uncomfortable. The teachers were sitting nearby and didn't seem to notice. I looked down at my wrist. I saw my bracelet from

youth conference that said, "Stand ye in holy places, and be not moved (D&C 87:8)."

I knew that where I was standing wasn't a holy place, so I left until a new song came on.

I know that music can have a profound influence in our lives. I know that listening to the inspirational music on my MP3 player a couple days before had helped give me the courage I needed to leave the dance. These experiences helped me get much closer to my Heavenly Father. ■
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