



President
Thomas S. Monson

VIDEOS AND QUOTES

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BE FAITHFUL, BE AN EXAMPLE

Keep the Commandments

“My message to you . . . is straightforward. It is this: *keep the commandments*.

“God’s commandments are not given to frustrate us or to become obstacles to our happiness. Just the opposite is true. He who created us and who loves us perfectly knows just how we need to live our lives in order to obtain the greatest happiness possible. . . .

“Although there is no time in our lives when we are exempt from temptation, you . . . are at an age when you may be particularly vulnerable. Teenage years are often years of insecurity, of feeling as though you don’t measure up, of trying to find your place with your peers, and of trying to fit in. You may be tempted to lower your standards and

to follow the crowd in order to be accepted by those you desire to have as friends. Please be strong, and be alert to *anything* that would rob you of the blessings of eternity. The choices you make here and now are forever important. . . .

“I plead with you to avoid anything that will deprive you of your happiness here in mortality and eternal life in the world to come. With his deceptions and lies, the adversary will lead you down a slippery slope to your destruction if you allow him to do so. You will likely be on that slippery slope before you even realize that there is no way to stop. . . . The adversary knows us, and he knows the temptations which will be difficult for us to ignore. How vital it is that

we exercise constant vigilance in order to avoid giving in to such lies and temptations.

“Great courage will be required as we remain faithful and true amid the ever-increasing pressures. . . .

“ . . . We will need to nurture strong testimonies by studying the scriptures and by praying and by pondering the truths of the gospel of Jesus Christ. When firmly planted, our testimonies of the gospel, of the Savior, and of our Heavenly Father will influence all that we do. . . .

“ . . . May we keep the commandments! Wonderful and glorious are the rewards which are in store for us if we do.”

Be an Example and a Light

“We become examples of the believers by living the gospel of Jesus Christ in word, in conversation, in charity, in spirit, in faith, and in purity [see 1 Timothy 4:12]. As we do so, our lights will shine for others to see. . . .

“The Apostle Paul lists six attributes of a believer, attributes that will allow our lights to shine. Let us look at each one.

“I mention the first two attributes together—being an example in word and

in conversation. The words we use can lift and inspire, or they can harm and demean. . . . Let us speak to others with love and respect. . . .

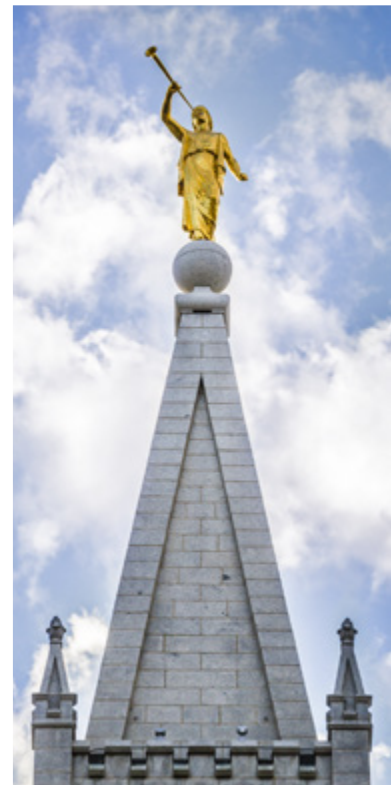
“The next attribute . . . is charity, which has been defined as ‘the pure love of Christ’ [Moroni 7:47]. I am confident there are within our sphere of influence those who are lonely, those who are ill, and those who feel discouraged. Ours is the opportunity to help them and to lift their spirits. The Savior brought hope to the hopeless and strength to the weak. . . . Throughout His ministry He reached out in charity to any in need. As we emulate His example, we will bless lives, including our own.

“Next, we are to be an example in spirit. To me that means we strive to have in our lives kindness, gratitude, forgiveness, and goodwill. . . .

“To be an example of faith means that we trust in the Lord and in His word. It means that we possess and that we nourish the beliefs that will guide our thoughts and our actions. . . . In order to gain and to keep the faith we need, it is essential that we read and study and ponder the scriptures. Communication with our Heavenly Father through prayer is vital. . . .

“Finally, we are to be pure, which means that we are clean in body, mind, and spirit. We know that our body is a temple, to be treated with reverence and respect. Our minds should be filled with uplifting and ennobling thoughts and kept free from those things which will pollute. In order to have the Holy Ghost as our constant companion, we must be worthy. . . .

“ . . . As we follow the example of the Savior, ours will be the opportunity to be a light in the lives of others.”



“I am so grateful for our living prophet, President Thomas S. Monson. I love him and pray for him daily. I know that if we follow his teachings we will always stay safe and be protected.”

Kameron G., 12, Kansas, USA

“I loved feeling God’s love through His servants! I loved President Monson’s talk about being a light and how we all need to be a light for others and others, in turn, can be lights for us.”

Anna T., 17, Virginia, USA

