

# “How can I resist using bad language if I hear it almost all day every day?”

Here are four tips to help you avoid using bad language:

- Consider what you watch and listen to. Avoid those things that promote bad language.
- Try to find better and healthier ways to express yourself when tempted to use a bad word.
- Ask your friends and family to use clean language around you and give them the same courtesy.
- Make a choice to do what the Apostle Paul taught: “Let no corrupt communication proceed out of your mouth, but that which is good” (Ephesians 4:29).



## Don't Dwell on It

We can resist thinking about and using bad language by blocking it out of our minds.

When you hear someone using bad language, think of something else and try not to listen to their conversations. Memorize a good scripture or hymn you like so that you can have somewhere else to direct your thoughts.

*Trevor S., 15, Utah, USA*

## Make a Decision

When I tell people I don't use foul language, they are shocked. I tell them it's because I made a choice early on to not use bad language. As my friends find this out, they try to use different words and phrases to express their feelings. I feel better knowing my friends respect me. I know that by using clean language, I am opening myself to the Spirit.

*Rachel A., 16, Arizona, USA*

## Think before You Speak

It may be difficult, but there are at least three options: to not speak when we know we may be tempted to use bad words, to think before we speak, and to let the Holy Ghost help us control our tongues.

*Julio M., 17, Mexico*



### Be Careful with Your Language

We need to be careful with our language, because it can inflict

damage on ourselves or others. Something that I am working on is to read a couple of scriptures before I lift weights instead of listening to bad language. Listening to clean music and watching clean movies can help us control the way we speak.

*Jamison J., 17, Texas, USA*



### Think Positive

Replace the negative thoughts that are bringing the bad words into your mind with positive

thoughts. When you fill your mind with uplifting and optimistic thoughts, the bad words will be pushed away.

*Adelaide M., 16, Massachusetts, USA*

*Responses are intended for help and perspective, not as official pronouncements of Church doctrine.*



## How can I develop unshakeable faith and overcome doubt?

**Nephi once shared a key** to developing the kind of unshakeable faith he gained. In spite of weakness and trial, he said, “I know in whom I have trusted” (2 Nephi 4:19). We must know Jesus Christ and trust Him.

To know Jesus Christ means, among other things, to strive to learn of Him, follow His truths, listen to His prophets, keep His commandments, pray to the Father in His name, repent, make and keep covenants, and serve Him. As we do these things, we receive the Holy Ghost’s witness, as well as other blessings and gifts through the Spirit and the grace of Jesus Christ. This leads us to trust Jesus Christ and our Heavenly Father.

President Dallin H. Oaks, First Counselor in the First Presidency, has taught that “faith in the Lord Jesus Christ prepares you for whatever life brings” (“Faith in the Lord Jesus Christ,” Apr. 1994 general conference). When life brings the “fiery darts of the wicked” in the form of temptations, doubts, and trials, it is the “shield of faith”—faith in Jesus Christ—that will protect us and help us “quench all” of them (Ephesians 6:16).

### Tell Us What You Think

“How can I show charity to others and avoid being so quick to judge?”

**Send your answer and photo by October 15, 2018.**

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Responses may be edited for length or clarity.