



Actions That Lead to Happiness

President Eyring teaches that “the happiness we want for our loved ones depends on their choices.”

You can read about the effect that choices can have from the examples of Nephi, Laman, and Lemuel. Laman and Lemuel murmured and didn’t want to keep the commandments (see 1 Nephi 2:12). As a result, they and their descendants were cursed and cut off from the Lord’s presence (see 2 Nephi 5:20–24). Nephi chose to obey the commandments (see 1 Nephi 3:7), and because of that, he and his people “lived after the manner of happiness” (2 Nephi 5:27).

You can choose to be righteous and be happy. But people around you will probably still make poor choices that lead to misery or discomfort. While those decisions are theirs to make, your example can influence their choices for good. How can your choices bring happiness to others? Discuss with your family different ways you can positively influence those around you and help them feel happiness.

CHILDREN

The Kindness Challenge

When Jesus visited the people in the Americas, He taught them to love each other and to be kind. What can you do to follow Jesus and love others? Here are some ideas. Check off each challenge as you go.



I can smile at someone who looks lonely.

I can _____



I can read or watch a conference talk about being kind.

I can hug someone who is sad.

I can _____



I can sing a Primary song for my family.



I can serve someone in secret.