



By Elder Quentin L. Cook
Of the Quorum of the Twelve Apostles
The members of the Twelve Apostles are special witnesses of Jesus Christ.

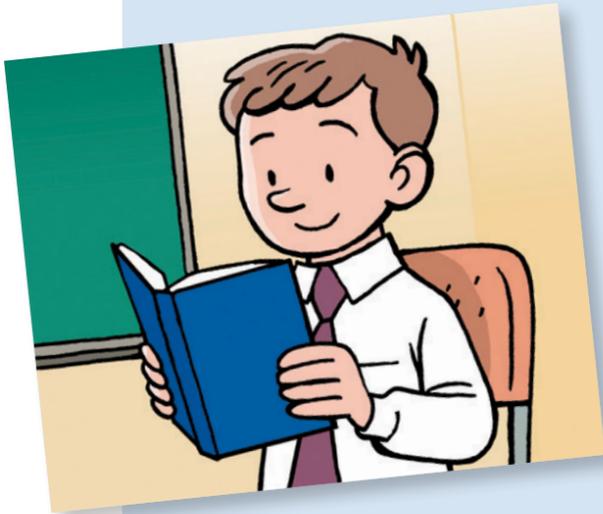
How can I stay free?



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.



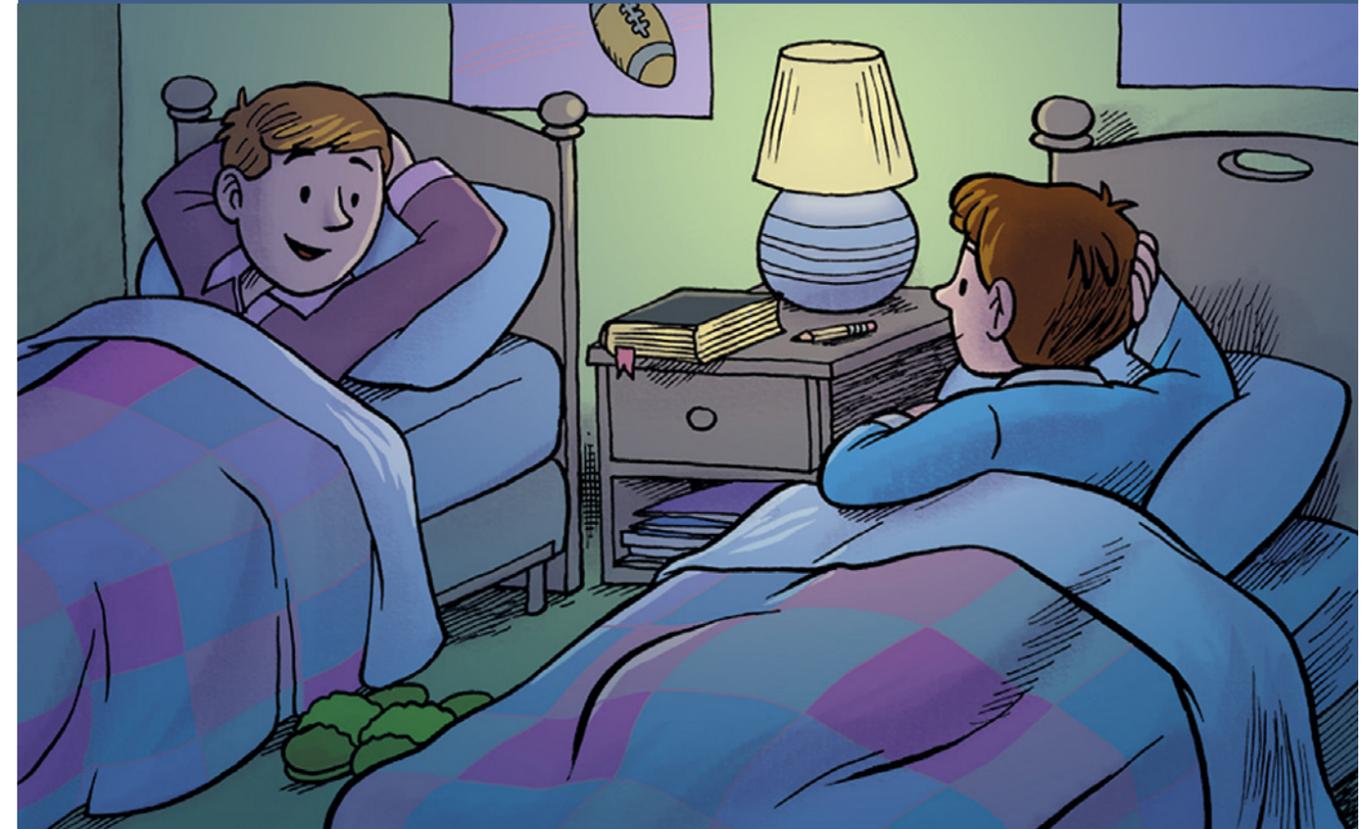
It is important that we protect some of our free time for our family.

ILLUSTRATIONS BY ADAM KOFORD

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

A story from Elder Cook's life.

Making Choices



When Elder Quentin L. Cook was 15 years old, he had a talk with his big brother, Joe. Joe was trying to decide if he should go to medical school instead of going on a mission. They talked long into the night. They talked about the gospel. They talked about testimonies. They talked about serving a mission.

Joe knew that going to medical school and becoming a doctor was a good way to help people. But he also knew that Jesus Christ truly lived, that Joseph Smith was really a prophet, and that the Book of Mormon was really true. So he knew that going on a mission first would be a better choice. Quentin learned that night that his brother Joe had a strong testimony.

Quentin decided that he wanted to have a testimony too. After they finished talking that night, Quentin went to another room to pray. He had always had a testimony of Jesus Christ. And he believed that Joseph Smith was

a prophet. He believed the Book of Mormon and the Church were true. But he wanted a spiritual witness from the Holy Ghost. As he prayed, a powerful witness came to him that swept away any doubts he had forever.

Now Elder Cook relies on that strong testimony to help him with every choice he needs to make. ♦

5 FACTS ABOUT ELDER COOK

Born on September 8, 1940

The L stands for LaMar

Played basketball, football, and baseball in high school

Served a mission to the British Mission

Became an Apostle in October 2007