



By President  
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# Happiness and Obedience

You are a child of God. God gives us commandments to bless us and bring us joy. Sometimes people pick which commandments they will keep and which ones they won't. Trying to obey *all* of God's commandments will:



Bless you with light and joy.



Help you be free from  
harmful habits.

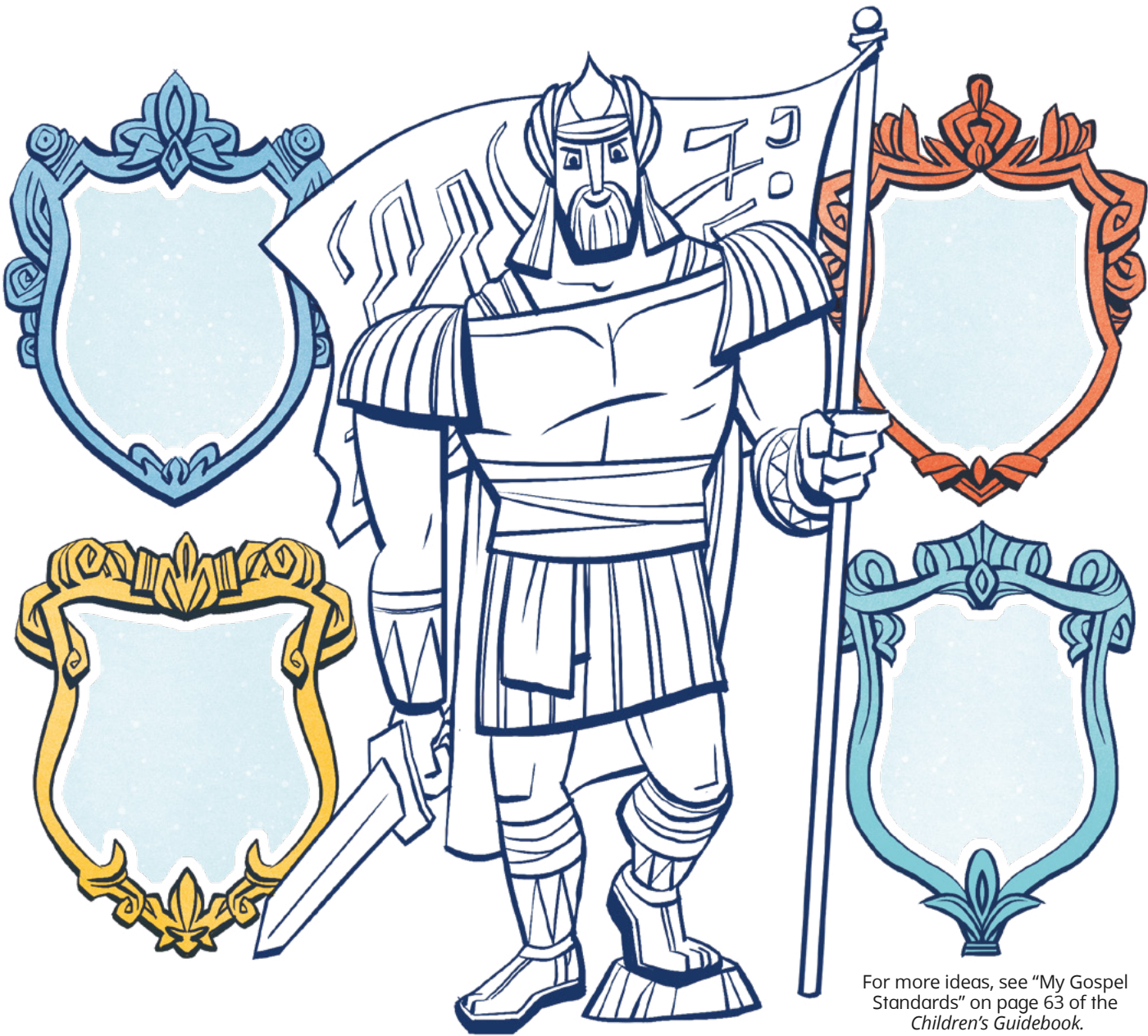


Protect your body.



Protect your spirit.

Remember, God and His angels are always there to help you. ●  
*Adapted from "Face the Future with Faith," Ensign or Liahona, May 2011, 34–36.*



For more ideas, see "My Gospel Standards" on page 63 of the *Children's Guidebook*.

## OUR GOSPEL SHIELDS

Captain Moroni gave the Nephites shields to help keep them safe. On each shield, write a gospel standard from the list below that can help you stay safe and strong.

- Listen to the Holy Ghost.
- Dress modestly.
- Be honest.
- Listen to good music.
- Treat people kindly.
- Watch good things.
- Keep the Sabbath day holy.
- Repent when you make a mistake.
- Don't swear or use crude words.
- Use the names of Heavenly Father and Jesus reverently.