

## Agency and Accountability

**Our use of agency determines who we are and what we will be.**

Robert D. Hales, *Ensign*, May 2006, 8

With absolute certainty, choices of good and right lead to happiness and peace, while choices of sin and evil eventually lead to unhappiness, sorrow and misery.

Joseph B. Wirthlin, *Ensign*, November 1989, p.75

The very choices made by reason of agency limit one's agency in the future. You cannot exercise agency and escape accountability and responsibility for each choice.

Russell M. Nelson, *Ensign*, November 2003, 44

## Dating

**In a dating and courtship relationship, I would not have you spend five minutes with someone who belittles you, who is constantly critical of you, who is cruel at your expense and may even call it humor.**

Elder Jeffrey R. Holland, *New Era*, October 2003, p.6

**How foolish is the youth who feels that the Church is a fence around love to keep him out. Oh, youth, if you could know! The requirements of the Church are the highway to love and to happiness, with guardrails securely in place, with guideposts plainly marked, and with help along the way.**

President Boyd K. Packer, *New Era*, June 2004, 6

**One good yardstick as to whether a person might be the right one for you is this: in her [or his] presence, do you think your noblest thoughts, do you aspire to your finest deeds, do you wish you were better than you are?**

President Ezra Taft Benson, *Ensign*, May 1988, 51

## Dress and Appearance

**Modesty in dress is a quality of mind and heart, born of respect for oneself, one's fellowmen, and the Creator of us all.**

President N. Eldon Tanner, *The Friend*, June 1971, p.3

We can create a style of our own. ... *We must be different.* We need not do anything we do not wish to do. We can create our own style and standards. We can influence the patterns among our own people, and we can also help to develop proper community patterns.

President Spencer W. Kimball, "On My Honor," *Ensign*, Apr. 1979, 3

**Did you ever think that your body is holy? You are a child of God. Your body is His creation. ... How truly beautiful is a well-groomed young woman who is clean in body and mind. She is a daughter of God in whom her Eternal Father can take pride. How handsome is a young man who is well groomed. He is a son of God, deemed worthy of holding the holy priesthood of God.**

President Gordon B. Hinckley ("A Prophet's Counsel and Prayer for Youth," *Liahona*, Apr. 2001, 37)

## Education

**Get all the education you can. I repeat, I do not care what you want to be as long as it is honorable.... But whatever you are, take the opportunity to train for it and make the best of that opportunity. Now is the great day of preparation for each of you. If it means sacrifice, then sacrifice. That sacrifice will become the best investment you have ever made, for you will reap returns from it all the days of your life.**

President Gordon B. Hinckley, *Teachings* 171

Knowledge rises with us in the resurrection, and the limitations on our luggage then will not be limitations of volume but of kind.

Elder Neal A. Maxwell, "Taking Up the Cross", p. 252

## Entertainment and the Media

Whatever you read, listen to, or watch makes an impression on you... Don't be afraid to walk out of a movie, turn off a television set, or change a radio station if what's being presented does not meet your Heavenly Father's standards. In short, if you have any question about whether a particular movie, book, or other form of entertainment is appropriate, don't see it, don't read it, don't participate.

President Thomas S. Monson, Ensign, November 1990, p.46

**Communities have a responsibility to assist the family in promoting wholesome entertainment. What a community tolerates will become tomorrow's standard for today's youth.**

President Ezra Taft Benson, Ensign, November 1982, p.60

**Satan has made the television and film media among his most effective tools to destroy minds and souls.**

Elder Joseph B. Wirthlin, Ensign, November 1988, p.36

## Family

**The most important of the Lord's work you and I will ever do will be within the walls of our own homes.**

President Harold B. Lee, Stand Ye in Holy Places, 255

**No other success can compensate for failure in the home.**

President David O. McKay, CR, April 1935, 11

**What matters most is what lasts the longest, and our families are for eternity.**

Elder M. Russell Ballard, CR, October 2005, 46

## Friends

**Do you know how to recognize a true friend? A real friend loves us and protects us.**

**...a true friend makes it easier for us to live the Gospel by being around him.**

**...a true friend does not make us choose between his way and the Lord's way.**

Elder Robert D. Hales, Ensign, May 1990, p. 40

**Friends who hold us back spiritually are not true friends at all.**

Elder Neal A. Maxwell, Ensign, November 1992, p.66

The finest of friends must sometimes be stern sentinels, who will insist that we become what we have the power to become.

Elder Neal A. Maxwell, Insights to My Life, p. 199

## Gratitude

Thankfulness is measured by the number of words; gratitude is measured by the nature of our actions. President David O. McKay, CR, October 1955, p.4

**Gratitude creates the most wonderful feeling. It can resolve disputes. It can strengthen friendships. And it makes us better men and women.**

President Gordon B. Hinckley

## Honesty and Integrity

The foundation of a noble character is integrity.

President David O. McKay, CR, April 1964, p.6

Those who are honest are fair and truthful in their speech, straightforward in their dealings, free of deceit, and above stealing, misrepresentation, or any other fraudulent action. Honesty is of God and dishonesty of the devil; the devil was a liar from the beginning.

Elder Joseph B. Wirthlin, Ensign, May 1988, p.81

**Whether it be lying, or cheating, or robbery or deception; whether it is in the home, in business, in sports, or in the classroom; dishonesty is completely foreign to the teachings of Jesus.**

Elder Mark E. Petersen, *Ensign*, May 1982, p.15

## Language

Words are sacred and must be spoken with care, and by constraint of the spirit.

Elder Jeffrey R. Holland, *Ensign*, May 2007

To each of you I say, be clean in your language. There is so much filthy, sleazy talk these days. Failure to express yourself in language that is clean marks you as one whose vocabulary is extremely limited... A filthy mind expresses itself in filthy and profane language. A clean mind expresses itself in language that is positive and uplifting and in deeds that bring happiness to the heart.

President Gordon B. Hinckley, *Ensign*, November 2007

There is no need for any of us to use profanity. Realize that you are more powerful in expression without it.

President Boyd K. Packer, *New Era*, January 1976, 5

## Music and Dancing

Music is one of the most forceful instruments for governing the mind and spirit of man.

President Boyd K. Packer, *BYU Devotional*

It has been obvious for centuries that lyrics of the worst kind can be set to music that is innocent of itself.

President Boyd K. Packer, *Ensign*, January 1974, p.25

Why not go through your collection? Get rid of the worst of it. Keep just the best of it. Be selective in what you consume and in what you produce. It becomes a part of you.

President Boyd K. Packer, *Ensign*, January 1974, p.25

## Physical and Emotional Health

The healthy man, who takes care of his physical being, has strength and vitality. His temple is a fit place for his spirit to reside.

President David O. McKay, *Improvement Era*, April 1955, p.221

**The condition of the physical body can affect the spirit. That's why the Lord gave us the word of wisdom.**

President Ezra Taft Benson, *Ensign*, November 1974, p.66

There is a close relationship between physical health and spiritual development... When one's physical health is impaired by disobedience to God's eternal laws, spiritual development will also suffer.

Elder Delbert L. Stapley, CR, October 1967, p.74

## Repentance

**Christ is the Creator, the Healer. What He made, He can fix.**

President Boyd K. Packer, Ensign, May 2006, 28

If you are one who's been wandering off course, now is the time to return. You can, you know.

President Boyd K. Packer, Ensign, May 1996, 19

Sin is like cancer in the body. It will never heal itself. It will become progressively worse unless cured through the medicine of repentance. You can be made completely whole, new, purified, and clean every whit, through the miracle of repentance.

Elder Richard G. Scott, Ensign, May 1989, p.36

## Sabbath Day Observance

I remember when I was a child, living across the street from here and the boys would come over to our place on Sunday after Sunday School, and I was like the boys, I thought it would be lots of fun to play ball and to play other games. But I had a wonderful mother. She did not say, 'You cannot do it,' but she did say: 'Son, you will be happier if you do not do that.'

President George Albert Smith

How we observe the sabbath indicates our feelings toward our Father in Heaven.

Elder LeGrand R. Curtis, Ensign, Nov 1990, 13

## Service

God does notice us, and he watches over us. But it is usually through another person that he meets our needs.

President Spencer W. Kimball, Ensign, December 1974, p.5

**We must never ignore or pass the prompting of the Spirit to render service to one another.**

Elder M. Russell Ballard, *Ensign*, May 1990, p.8

The more we serve our fellowmen in appropriate ways, the more substance there is to our souls. We become more significant individuals as we serve others. We become more substantive as we serve others - indeed, it is easier to 'find' ourselves because there is so much more of us to find.

President Spencer W. Kimball, Ensign, December 1974, p.2

## Sexual Purity

Satan would have you believe that happiness comes only as you surrender to his enticements, but one only needs to look at the shattered lives of those who violate God's laws to know why Satan is called the Father of Lies.

President Ezra Taft Benson, Ensign, Nov 1977, p.31

**As to temptation, most of the time there is an obvious way to escape, but prevention - not being enticed in the first place - is more sure and is part of having sufficient faith.**

Elder Neal A. Maxwell, Not My will, But Thine; p. 75

I encourage you to speak up for moral standards in a world where filth, sleaze, pornography, and their evil brood are sweeping over us as a flood. In the first place, none of us can afford to be partakers of this rubbish. Not one of us, neither I nor any one of you, can become involved with such things as sleazy videotapes, suggestive television programs, debasing movies, sensual magazines, so-called "900 numbers," or the kind of filth that evidently can be picked up on the Internet. Avoid them like the plague, for they are a serious and deadly disease.

President Gordon B. Hinckley, BYU Speeches, September 17, 1996

## Tithes and Offerings

...the men and women who have been absolutely honest with God, who have paid their tithing, ... God has given them wisdom whereby they have been able to utilize the remaining nine-tenths, and it has been of greater value to them, and they have accomplished more with it than they would if they had not been honest with the Lord.

Heber J. Grant, CR, April 1912, p.30

**We can pay our tithing. This is not so much a matter of money as it is a matter of faith. I have yet to find a faithful tithe payer who cannot testify that in a very literal and wonderful way the windows of heaven have been opened and blessings have been poured out upon him or her.**

Gordon B. Hinckley, Ensign, November 1985, p.27

## Work and Self-Reliance

Our Heavenly Father loves us so completely that he has given us a commandment to work. This is one of the keys to eternal life. He knows that we will learn more, grow more, achieve more, serve more, and benefit more from a life of industry than from a life of ease.

President Howard W. Hunter

**The 'W' formula: Work will win when wishy-washy whishing won't.**

President Thomas S. Monson, CR., October 1973, p.97

**Working develops the capacity to work. One of the numerous rewards in girding ourselves to do hard things is in the creation of a capacity for doing of the still harder things.**

President Spencer W. Kimball, Teachings, 362