



Uplifting Downloads

By Michelle D., age 12, Utah, USA



One Saturday morning I found myself glaring at the mess of clothes, trash, and toys littering my bedroom. I wanted to be outside, not cleaning my room. Sighing, I placed my headphones into my ears and started cleaning.

Soon I began to get tired of my same old songs. I talked to Mom, who suggested we put a few new songs on my MP3 player. I began thinking of favorite songs I wanted to add.

Then Dad reminded me of a website where I could download Church music for free: **youth.lds.org**. At first I wasn't too excited about the idea. I kept thinking instead about popular songs on the radio. Still, I was curious, so I decided to give these new songs a try.

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As I looked at the list, I found many songs labeled "Especially for Youth." I clicked on one. I loved it! I downloaded almost all of the EFY songs. Once we finished I went downstairs and began to clean. The EFY songs were upbeat, like the other songs I listened to, but they also had inspiring messages. The music picked me up and kept me moving beyond the time it took me to clean my room. All day long

I found myself working and helping people. I had found my working tool!

Since then I have used these songs in a lot of ways. I have used them for parties, cleaning, exercising, family home evening, and creative thinking. I'm still discovering new ways to use them. I am grateful for the songs on the Church youth website. ♦



FIVE FUN THINGS TO DO ONLINE!

1. Talk to Grandma and Grandpa or other family members through video chat.
2. Explore history, science, and other subjects.
3. Read stories, play games, and watch videos at **friend.lds.org**.
4. Create a family video. Ask a parent to help you share it with your family online.
5. Make a yummy treat from a recipe you find online.

Remember to ask a parent for permission when searching the Web or downloading apps or music.