



By President  
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First Counselor in the  
First Presidency

# Keep Paddling!



Life is like being on a river. Our eternal goal, to return to our Heavenly Parents and live happily with Them forever, is upstream. We paddle toward this eternal goal by making good decisions. We do good things over and over again, like reading scriptures, praying, and going to church. We need to keep paddling every day by trying to do what's right.

Bad things in the world try to take us downstream, away from our goal. Alcohol, tobacco, drugs, pornography, and gambling are a few dangers we have been warned about.

It helps if we are part of a team that is paddling together, like a rowing crew. Who is on your rowing crew? Your family is on your rowing crew. Your Primary teachers and Church leaders are on your rowing crew too. You will be blessed by listening to them. Jesus Christ is helping your rowing crew.

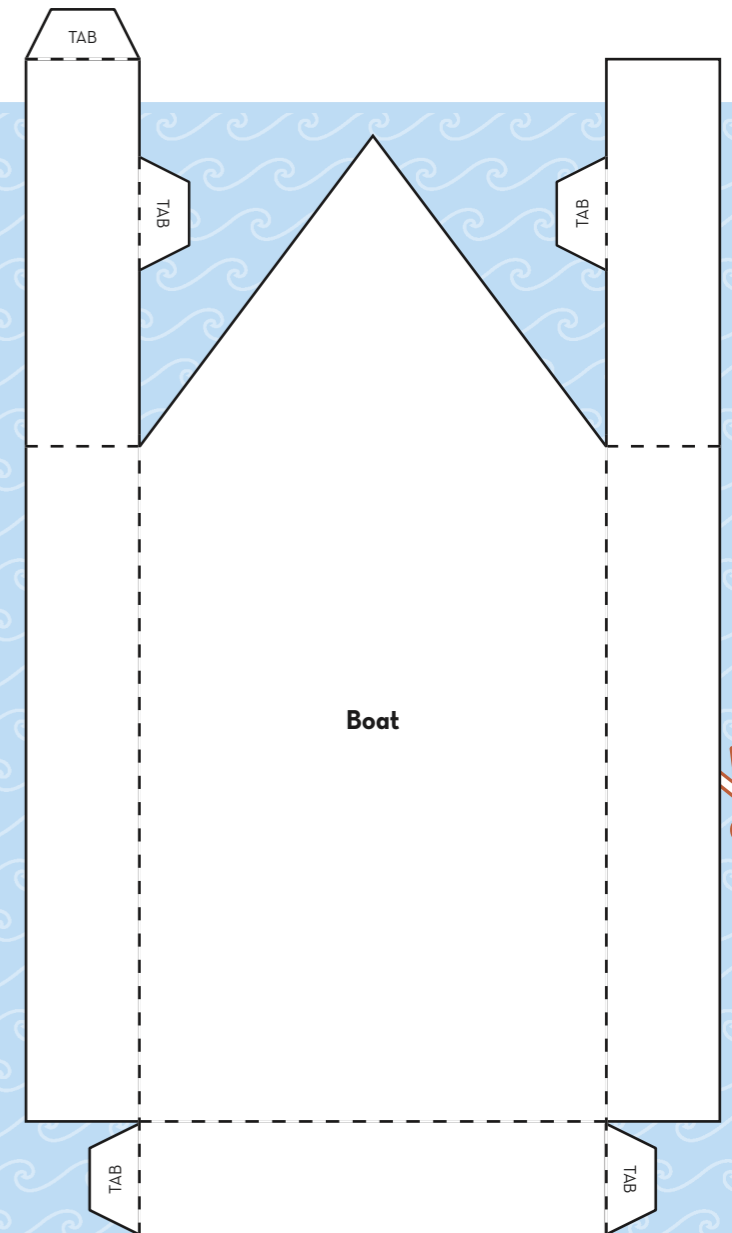
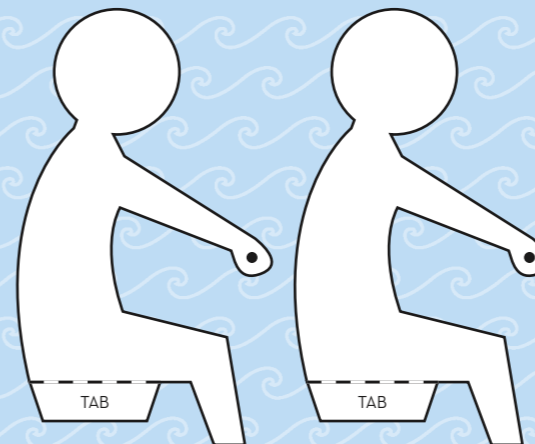
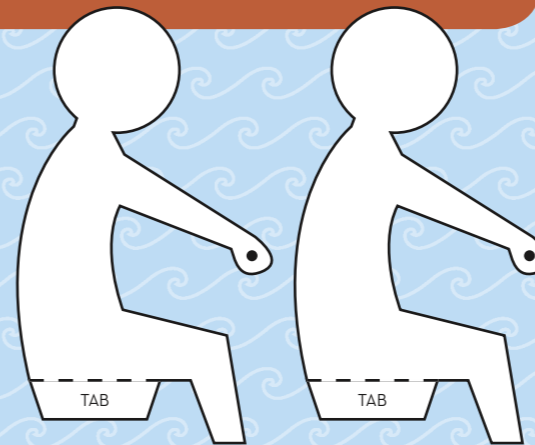
I have been blessed by the teachings of Jesus Christ. Jesus has given us His Atonement, His gospel, and His Church. I testify that this is true. Keep paddling! ●

*Adapted from "Small and Simple Things," Ensign, May 2018, 89–92, and "The Gospel in Our Lives," Ensign, May 2002, 33–35.*

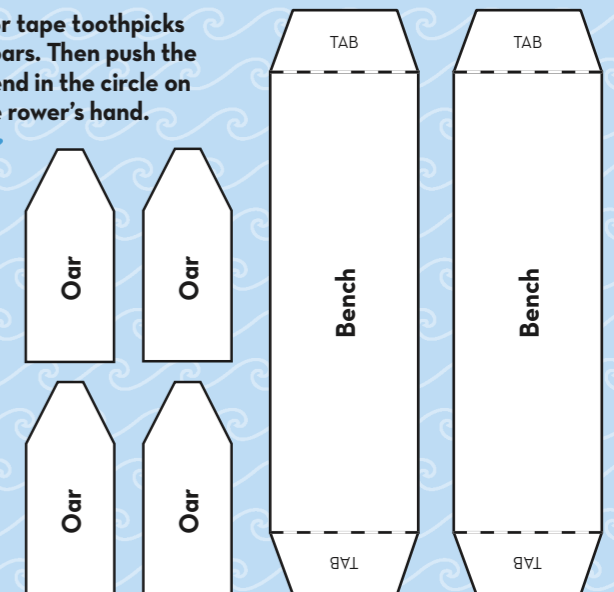
## YOUR Rowing Crew

President Oaks said each of us has a rowing crew. They are people who help us make good choices. Draw who is on your rowing crew. Then glue this page on heavy colored paper and cut out the pieces. Fold along the dashed lines, and glue or tape down the tabs.

**You are loved!**  
We are all cheering for you!



Glue or tape toothpicks to the oars. Then push the other end in the circle on the rower's hand.



ILLUSTRATIONS BY MARK ROBISON; BACKGROUND PATTERN BY GETTY IMAGES