



**By Elder
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Of the Quorum
of the Twelve
Apostles

*The members of
the Quorum 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.

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