



We can be prepared for the changes that will come in life when we...

1. **follow the prophet** -
“We can get direction all along our way, if we heed the prophets—follow what they say”

2. **keep an eternal perspective** - mortality is a time of testing

3. **have faith in Christ** - know that He will lead and guide us.

4. **be of good cheer** - laughter and a good sense of humor can soften the bumps along life’s journey.

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