



Liahona, February 2012

**MESSAGES**

- 4 First Presidency Message: Exhort Them to Pray**  
By President Henry B. Eyring
- 7 Visiting Teaching Message: Guardians of the Hearth**

**FEATURE ARTICLES**

- 14 With Faith in God, I Am Never Alone**  
By Donna Hollenbeck  
*For the first time in many years, I felt alone. I had nowhere to turn for comfort except on my knees in prayer.*

**ON THE COVER**  
*The First Vision*, stained glass located in the Brigham City Third Ward meeting-house, Brigham City, Utah, USA.

- 16 “Is Not This the Fast That I Have Chosen?”**  
By Alexandria Schulte  
*On my mission I saw in the lives of the Aguilar family the blessings of fasting.*

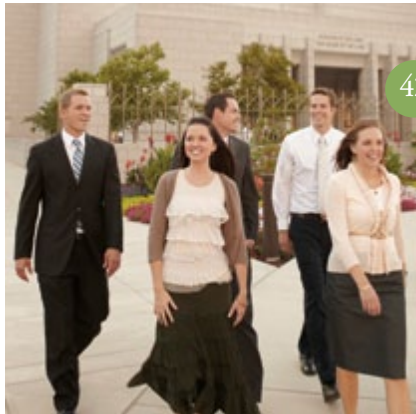
- 20 The Doctrine of the Father**  
By Elder Quentin L. Cook  
*God the Father is the Supreme Governor of the universe, the Power that gave us spiritual being, and the Author of the plan that gives us hope and potential.*

- 26 Hungry for the Word in Ecuador**  
By Joshua J. Perkey  
*How service, fellowship, and conversion help these members find joy.*

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By Danyelle Ferguson  
*Seven principles for helping Primary children who have cognitive disabilities.*

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By Scott Van Kampen



## 42 They Spoke to Us: This Is *Your* Work

By Julie B. Beck

*Today's young adults are uniquely suited to participate in temple and family history work.*

## 45 Gospel in My Life: My Family History Challenge

By Cristina Alvear



See if you can find the Liahona hidden in this issue. Hint: Daniel and Joseph know.

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## 46 Questions and Answers

*My parents are divorced. Sometimes I get advice from one of them that contradicts advice from the other. What do I do?*

## 48 The Tender Mercies of the Lord

By Elder David A. Bednar

*You can enjoy the Lord's tender mercies—spiritual gifts such as strength, protection, assurances, guidance, and loving-kindnesses.*

## 52 Our Father in Heaven

*What Latter-day Saints know about Heavenly Father is unique, and it makes all the difference to us.*

## 54 A Voice for High Standards

By Hilary Watkins Lemon

*Gerson Santos, a young man from Portugal, often finds himself in the spotlight and stands up for gospel standards.*

## 55 Our Space

## 56 Don't Be Swept Away

By Adam C. Olson

*The law of chastity is like a spiritual guardrail, says Saane, a young woman from Tonga.*

## 58 From the Mission Field: An Empty Font

By Siosaia Naeata Jr.



## 60 Special Witness: Who Is Heavenly Father?

By President Boyd K. Packer

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By Annie Beer

*Tips for turning off technology and tuning into other important activities.*

## 62 Our Page

## 63 Bright Idea

## 64 Bringing Primary Home: When We Choose the Right, We Are Blessed

## 66 A Prayer for Safety

By Sueli de Aquino

*I tried to swim back to the beach, but the tide had risen. I struggled to get out.*

## 68 Happy Valentine! Tine O. of Nairobi, Kenya

By Richard M. Romney

*Tine has taken upon herself the name of Jesus Christ and tries to live as He would.*

## 70 For Young Children

## 81 Book of Mormon Scripture Figures

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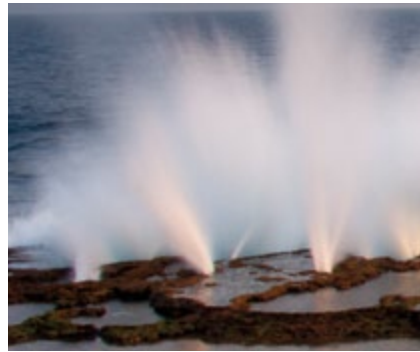
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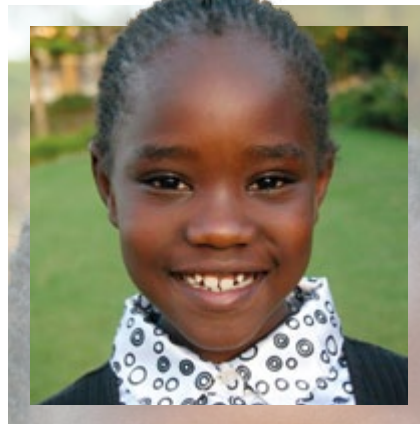
See page 32 for an article that provides  
several suggestions for teaching children  
with cognitive disabilities. The Church  
website [lds.org/disability](http://lds.org/disability) explains differ-  
ent types of disabilities and how to help  
those of all ages with disabilities.

Read about the faithful members of  
Ecuador's Orellana Branch (see page 26)  
and see more photos of them at [liahona.lds.org](http://liahona.lds.org).



## FOR YOUTH

Like the guardrails that keep people from  
being hit by waves, standards keep us  
safe, says Saane, a young woman from  
Tonga (see page 56). See more photos  
of her and the beautiful but dangerous  
blowholes at Mapu 'a Vaea at [liahona.lds.org](http://liahona.lds.org).



## FOR CHILDREN

Meet Tine from Kenya on page 68. See  
more photos of her and the wildlife in her  
country at [liahona.lds.org](http://liahona.lds.org).

## IN YOUR LANGUAGE

The *Liahona* and other Church materials  
are available in many languages at  
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