

THE **New Era**

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By Elder
Richard G. Scott
Of the Quorum of the
Twelve Apostles



HOW CAN WE MAKE THE MOST OF TEMPLE ATTENDANCE?

Each member of The Church of Jesus Christ of Latter-day Saints is blessed to live in a time when the Lord has inspired His prophets to provide significantly increased accessibility to the holy temples.

Because I love you, I am going to speak to you heart to heart, without mincing words. I have seen that many times individuals have made great sacrifices to go to a distant temple. But when a temple is built close by, within a short time, many do not visit it regularly. I have a suggestion: When a temple is conveniently nearby, small things may interrupt your plans to go to the temple. Set specific goals, considering your circumstances, of when you can and will participate in temple ordinances. Then do not allow anything to interfere with that plan. This pattern will guarantee that those who live in the shadow of a temple will be as blessed as are those who plan far ahead and make a long trip to the temple.

I encourage you to establish your own goal of how frequently

you will avail yourself of the ordinances offered in our operating temples. What is there that is more important than attending and participating in the ordinances of the temple? What activity could have a greater impact and provide more joy and profound happiness than worshipping in the temple?

Now I share some additional suggestions of how to gain more benefit from temple attendance.

- Understand the doctrine related to temple ordinances, especially the significance of the Atonement of Jesus Christ.¹
- While participating in temple ordinances, consider your relationship to Jesus Christ and His relationship to our Heavenly Father. This simple act will lead to greater understanding of the supernal nature of the temple ordinances.
- Always prayerfully express gratitude for the incomparable blessings that flow from temple ordinances. Live each day so as to give evidence to Father in

Heaven and His Beloved Son of how very much those blessings mean to you.

- Schedule regular visits to the temple.
- Leave sufficient time to be unhurried within the temple walls.
- Remove your watch when you enter a house of the Lord.
- Listen carefully to the presentation of each element of the ordinance with an open mind and heart.
- Be mindful of the individual for whom you are performing the vicarious ordinance. At times pray that he or she will recognize the vital importance of the ordinances and be worthy or prepare to be worthy to benefit from them.

Sometimes when I hear a choir during a temple dedicatory service, I experience a feeling so sublime that it elevates my heart and mind. I close my eyes, and more than once, in my mind, I have seen an inverted cone of individuals beginning at the temple and rising upward. I have



PHOTO ILLUSTRATION BY DEREK ISRAEISEN

felt that they represent many spirits waiting for the vicarious work to be done for them in that sanctuary, rejoicing because finally there is a place that can free them from the chains that hold them back in their eternal progress. In order to achieve this end, you will need to do the vicarious work. You will need to identify your ancestors. The new FamilySearch program makes the

effort easier than before. It is necessary to identify those ancestors, qualify them, and come to the house of the Lord to perform the ordinances they are longing to receive.

What a joy it is to be able to participate in the work of a temple! **NE**

From an April 2009 general conference address.

NOTE

1. Studying sections 88, 109, 131, and 132 of the Doctrine and Covenants would be a good place to begin.

What activity could have a greater impact and provide more joy and profound happiness than worshipping in the temple?

GETTING READY

TO GO TO THE TEMPLE

*What you need to know
before going to the temple to
do baptisms for the dead.*

Who can be baptized for the dead?

Any baptized member of the Church who is at least 12 years old

may qualify to be baptized for the dead. Young men must hold the Aaronic Priesthood. Most important, everyone who enters the house of the Lord must be worthy. You and your bishop or one of his counselors will determine your worthiness in an interview.

How do I get a recommend to do baptisms?

If the youth in your ward or branch are going to the temple together, everyone may be included on a “limited-use recommend” to do baptisms for the dead for just that one visit as a group. Or you may get an individual recommend, which allows you to return to the temple with adult supervision whenever you like. These recommends are obtained from the bishop or one of his counselors after you complete a worthiness interview, and they expire one year from the date they are issued.

Can I go to the temple on my own to do baptisms for the dead?

Anyone with an individual temple recommend and adult supervision can participate in baptisms for the dead. However, most temples prefer that you make an appointment. Before you go, call the temple you are planning to attend, and ask for the baptistry. Someone there can tell you whether or not you need to make an appointment.



What should I take with me when I go to the temple?

All temples provide the baptismal clothing and a towel; you do not have to bring these items with you. If you have an individual temple recommend, be sure to bring it with you. You can ask your parents or leaders or call the temple to ask what else you should bring to the temple.

LEAVE YOUR CARES BEHIND

“Upon entering the temple, you exchange your street clothing for the white clothing of the temple. This change of clothing takes place in the dressing room, where each individual is provided with a locker and a dressing space that is completely private. In the temple the ideal of modesty is carefully maintained. As you put your clothing in the locker, you leave your cares and concerns and distractions there with them. You step out of this private little dressing area dressed in white, and you feel a oneness and a sense of equality, for all around you are similarly dressed.”

President Boyd K. Packer, President of the Quorum of the Twelve Apostles, “The Holy Temple,” *Ensign*, Oct. 2010, 32.

What should I wear to the temple?

If the Lord invited you to His home, what would you wear? Would you go with messy hair or a casual shirt? Going to the temple is an invitation into the Lord’s house. You should dress in modest, clean, conservative clothing, like you’re going to sacrament meeting.

Is wearing jewelry or nail polish OK?

It is a good idea to wear as little jewelry as possible, since most of it needs to be taken off when you are baptized. You should not wear anything that would detract from the spirit of the temple by drawing attention to you.

There is no official policy on wearing nail polish, but if your nail polish might detract from the Spirit, then consider going without it.

Do I have to bring my own family names to the temple?

You will often see others at the temple with pink- or blue-colored cards with names on them. These are the names of those who have died and need temple work done for them. You are not required to bring your own names, but it is wonderful when you do. (You can learn how to prepare names for the temple at lds.org/fhy.) Sometimes the temple will have family name cards for people you may be baptized for that others have submitted.

How should I prepare while on my way to the temple?

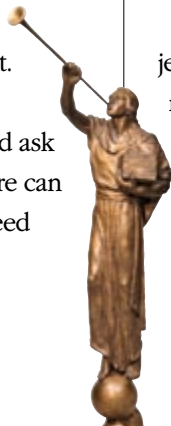
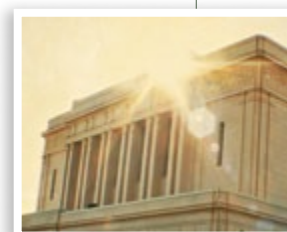
It’s wise to treat the time you are going to the temple as if it were the Sabbath. Listen to uplifting music, read scriptures alone or with your group, sing hymns, pray, or think uplifting thoughts. Do whatever will help you feel the Spirit.

While you are waiting in the temple, you can observe the baptisms and think about those you are going to be baptized for. Pray and think. Enjoy the peace of the temple.

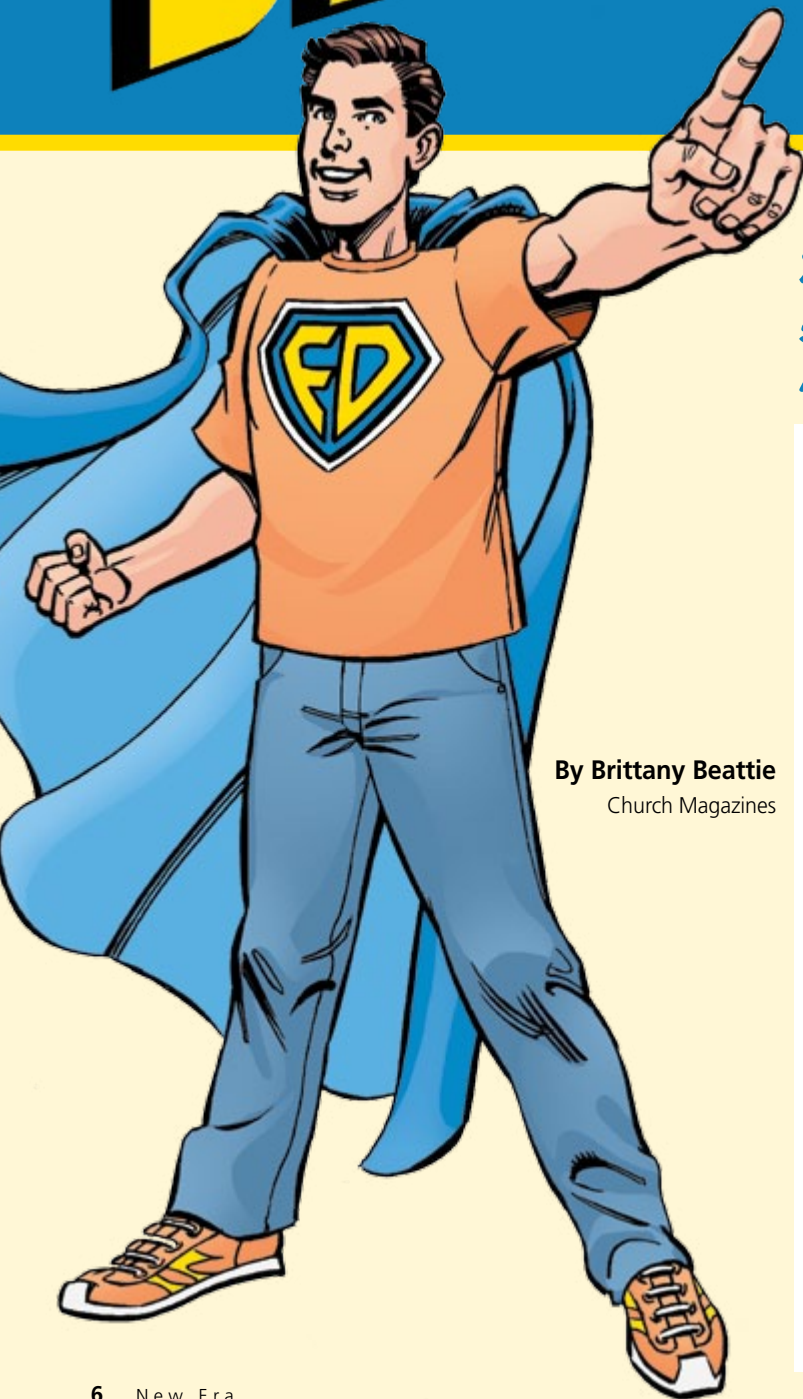
The baptistry may provide scriptures and Church magazines for you to read.

How will I know where to go and what to do?

Don’t worry. There are plenty of temple workers to help you. They are there to help make your experience at the temple one of peace and enjoyment. **NE**



BE A DEFENDER OF THE FAMILY



*YOU CAN HELP CHANGE THE WORLD BY
STANDING UP FOR WHAT PROPHETS
HAVE TAUGHT ABOUT THE FAMILY.*

By Brittany Beattie
Church Magazines

Did you know that you can help change the world during your teenage years? You have the power within you to stand up for eternal truths that are being attacked in one of Satan's biggest battles. How can you do it? You can make a huge difference by being a defender of the family and letting those around you know that "the family is ordained of God. It is the most important unit in time and in eternity" (*Administering the Church* [2010], 2).

"Because of the importance of the family to the eternal plan of happiness, Satan makes a major effort to destroy the sanctity of the family, demean the importance of the role of men and women, encourage moral uncleanness and violations of the sacred law of chastity, and to discourage parents from placing the bearing and rearing of children as one of their highest priorities" (Elder Robert D. Hales of the Quorum of the Twelve Apostles, "The Eternal Family," *Ensign*, Nov. 1996, 65).

You can help counter the destructive forces of Satan by standing up for the family through your actions and in your conversations at home, in the community, and even online. Here are several ways you can defend the family every day.

FAMILY DEFENDER PUTS FAMILY FIRST BY ATTENDING HIS BROTHER'S MUSIC RECITAL.



FAMILY DEFENDER STRENGTHENS HIS FAMILY BY HELPING HIS SISTER WITH THE DISHES.

1. Put family time first. With so many sporting events, parties, school functions, and other activities in your schedule, it's easy to say, "I'll spend time with my family later—when things slow down." But you'll soon find that life will never slow down, so it's important to give high priority to family activities now. Don't underestimate the way you can defend the family unit just by participating in *your* family unit.

For example, be on the front row at your brother's music recital. Read the family newsletter your mother wrote. Be excited about the family home evening lesson your sister planned. Listen to and use kind words with your family members. See how close you grow as you support one another in your interests.

The First Presidency has taught: "We counsel parents and children to give highest priority to family prayer, family home evening, gospel study and instruction, and wholesome family activities. However worthy and appropriate other demands or activities may be, they must not be permitted to displace the divinely-appointed

duties that only parents and families can adequately perform" (First Presidency letter, Feb. 11, 1999).

2. Strengthen your family members.

Look for ways to make life easier for your siblings and parents. Find something they need help with and do it, such as giving a hug to a brother who had a hard day at school or helping your sister when it's her turn to do the dishes. When you support one another in your needs, your family will grow stronger as one. Remember that family happiness is a team effort.

Elder Robert D. Hales said we need to "understand that we are each an important and integral part of a family and the highest blessings can be received only within an eternal family. . . . Being one in a family carries a great responsibility of caring, loving, lifting, and strengthening each member of the family so that all can righteously endure to the end in mortality and dwell together throughout eternity. . . . The eternal nature of an individual becomes the eternal nature of the family" ("The Eternal Family," *Ensign*, Nov. 1996, 65).

KEY DOCTRINES ABOUT THE FAMILY

Be prepared to defend the truth about eternal families by knowing and living the important doctrines taught in "The Family: A Proclamation to the World" (*Ensign*, Nov. 1995, 102):

- Marriage between a man and woman is ordained of God and essential to His plan.
- The family is ordained of God and central to His plan for His children.
- Families can be eternal through temple ordinances and covenants.
- God has commanded husbands and wives to have children.
- Powers of procreation are to be reserved for marriage.
- Children are entitled to birth within the bonds of matrimony.
- Family life is happiest when founded upon Christ's teachings.
- Fathers are to preside, provide, and protect.*
- Mothers are primarily responsible for the nurture of their children.*
- Fathers and mothers are to help one another as equal partners.
- We will be accountable before God for how we fulfill our family responsibilities.
- The disintegration of the family will bring calamity to individuals, communities, and nations.

* Disability, death, or other circumstances may necessitate individual adaptation.



HELP FROM THE POWERS OF HEAVEN

“As we read what the proclamation tells us about the family, we can expect—in

fact, we must expect—impressions to come to our minds as to what we are to do. And we can be confident it is possible for us to do according to those impressions. . . .

“ . . . We can start now to ‘promote those measures designed to maintain and strengthen the family’ [‘The Family: A Proclamation to the World,’ *Ensign*, Nov. 1995, 102]. I pray that we will. I pray that you will ask, ‘Father, how can I prepare?’ Tell [Him] how much you want what He desires to give you. You will receive impressions, and if you act on them, I promise you the help of the powers of heaven.”

President Henry B. Eyring, First Counselor in the First Presidency, “The Family,” *Ensign*, Feb. 1998, 10, 18.

3. Be an example of good family life. Let your friends know about successes your family shares. You could talk with them about something fun your family did together over the weekend. Tell them about your brother’s winning goal or your sister’s high score on the test you helped her study for. Don’t say anything bad about your parents or siblings, but focus just on the good things your family does—in both face-to-face and online conversations.

Do your part to make your home a holy place where others can feel the Spirit (see D&C 88:119) and where they can see what God’s plan for families is all about. Consider inviting friends over when your family spends time together so they can see the joy of family friendships.

4. Stand up for the family in your conversations. When conversations come up in school, work, and other activities—or even in text messages, e-mails, social networking sites, or online articles—where truths about the family are attacked, have the courage to defend the doctrines

about Heavenly Father’s plan for families (see the sidebar on page 7 for key teachings from “The Family: A Proclamation to the World”). The world continues to attack these eternal doctrines, and it’s up to you to be a voice of truth. The Spirit will help you know what to say.

5. Beware of how the media defines families. Much in the media today does not support God’s definition of marriage and families. It might endorse or glorify alternatives to wholesome family life that are contrary to God’s plan. The counsel in *For the Strength of Youth* can apply to teachings about the family: “Satan uses media to deceive you by making what is wrong and evil look normal, humorous, or exciting. He tries to mislead you into thinking that breaking God’s commandments is acceptable and has no negative consequences for you or others. . . . Have the courage to walk out of a movie, change your music, or turn off a computer, television, or mobile device if what you see or hear drives away the Spirit” ([2011], 11).



FAMILY DEFENDER IS AN EXAMPLE OF GOOD FAMILY LIFE BY SHARING HIS FAMILY’S SUCCESSES.



FAMILY DEFENDER STANDS UP FOR THE FAMILY IN HIS CONVERSATIONS ON THE PHONE AND IN PERSON.



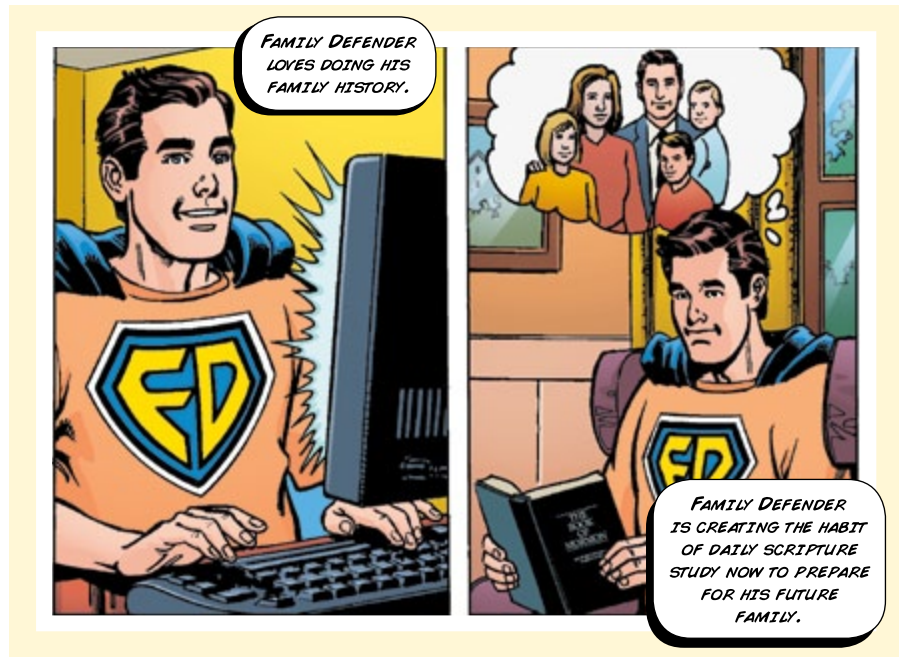
FAMILY DEFENDER DOESN'T LET MOVIES INFLUENCE HIS IDEAS OF THE FAMILY.

When you choose media that support the principles of an eternal family, it will be easier to strengthen the family and also prepare for a future temple marriage.

6. Do temple work. Many of your ancestors have not received the essential ordinances that seal them together as families. Remember that defending the family isn't just about the families on the earth today, but it's also about *all* families. With new.familysearch.org, it's easy to prepare names for temple work to help deceased family members receive the sealing ordinances. (You can watch video tutorials about FamilySearch at lds.org/fhy or talk with the family history specialist in your ward or stake.)

7. Develop habits today that you want in your future family. Even if you don't come from a strong family, you can make *your* future family strong as you prepare for and worthily marry in the temple and seek to raise a righteous family of your own. Think about the types of things you want to do in your future family, and start those habits today. For example, even if your family doesn't have daily scripture study, you can study the scriptures on your own each day. By forming that habit now, it will be easy to hold family scripture study when you get married.

You can also defend the family by deciding now that when you are older you will marry in the temple and then strive to have children and raise them in righteousness. We have been counseled: "All members, even if they . . . are without family in the Church, should strive for the ideal of



EVEN IF YOU DON'T COME FROM A STRONG FAMILY, YOU CAN MAKE YOUR FUTURE FAMILY STRONG AS YOU PREPARE FOR AND WORTHILY MARRY IN THE TEMPLE AND SEEK TO RAISE A RIGHTEOUS FAMILY OF YOUR OWN.

living in an eternal family. This means preparing to become worthy spouses and loving fathers or mothers" (*Administering the Church*, 4).

Sister Julie B. Beck, Relief Society general president, has said to the young members of the Church, "This generation will be called upon to defend the doctrine of the family as never before" ("Teaching the Doctrine of the Family," *Ensign*, March 2011, 17). When you do this and live as a defender of the family, you can change your future and your family's future and also be a part of a generation that can change the future of the world as you protect the family together. Even if you don't see immediate results, your actions will be an influence for good in supporting Heavenly Father's plan for eternal families. **NE**



IT'S YOUR TURN

How will you prepare to be a family defender? Consider writing some goals in your journal and then jotting down your experiences as you work on those goals.



Getting the Most out of General Conference

Here are some tips to try before, during, and after conference.



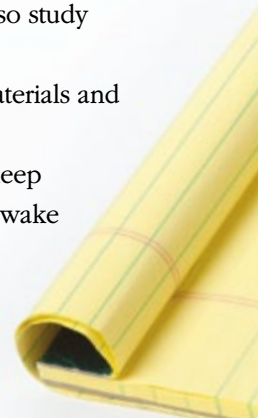
Before Conference

- Make conference more personal by reviewing the names and faces of the General Authorities so you'll recognize them and be ready to hear their messages. (You can find the photos in conference issues of the *Ensign* and at [lds.org/go/321](https://www.lds.org/go/321).)

- Make a list of questions or concerns you would like help with. Ponder and pray about your list, asking to receive guidance during conference. You could also study related scriptures.

- Have note-taking materials and your scriptures ready.

- Get a good night's sleep so you can be alert and awake for general conference.





During Conference

• Attend, watch, or listen to all the sessions of conference. Focus just on conference rather than trying to do other activities at the same time.

• Listen carefully and intently. Be especially ready to receive answers to your questions—whether your answers come from talks, prayers, songs, or promptings from the Spirit.

• If you decide to take notes, keep them short and simple so you can pay close attention to the speaker and

to the Spirit. Consider writing down what the Spirit teaches you or some specific things we are counseled to do, not just the exact words of the conference speakers.

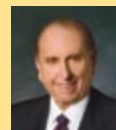
• Sing the congregational hymns, even if you watch or listen to conference at home.

After Conference

• Pray to give thanks for the counsel and inspiration you received.

• Study the conference talks again. They are posted in text, audio, and

STUDY, PONDER, AND APPLY



“Remember that the messages we have heard during . . . conference will be printed in the May [and November] issues of the *Ensign* and *Liahona* magazines. I urge you to study the messages, to ponder their teachings, and then to apply them in your life.”

President Thomas S. Monson, “A Word at Closing,” *Ensign*, May 2010, 113.



video formats at conference.lds.org within days after conference. Study the messages on your own or with your family and friends. If you are unable to listen to all sessions of conference, be sure to study what you missed.

• Use your notes to help set personal goals to act on what you’ve learned or what you’ve been prompted to do.

• Follow the prophets by obeying their counsel. **NE**



Conference Videos for Youth

Did you know that youth.lds.org posts short conference video clips meant specifically for the lives of youth? Find them at youth.lds.org by clicking on “From Church Leaders.”

PHOTOGRAPHS BY JOSIE CHAVEZ AND ISTOCK/STELLA KITTS



By Raymond B. Johnson

Bail Out!

*Knowing the right thing to do is not enough—
you have to act on what you believe.*

When I was in the Air Force, the operations manual for the F-4 Phantom II fighter jet had a warning in bold print:

“IF THE AIRCRAFT BECOMES UNCONTROLLABLE BELOW 10,000 FEET, BAIL OUT!”

Each pilot was required to memorize this important warning. Indeed, on every flight day, a superior officer could ask for a “bold print” emergency procedure such as this, and any pilot who could not recite it exactly was suspended from flying until it could be repeated perfectly.

Not only was this warning to “bail out” developed by designers, aeronautical engineers, and the Air Force, but its importance had been confirmed by decades of pilots who lost their lives because they did not follow the crucial warning.

The Need to Abandon the Aircraft

It can be hard for a pilot to abandon an aircraft—especially when the “uncontrollable” flight results from one’s own piloting mistake. Pilots often try to correct their error by attempting to fly the airplane out of the problem.

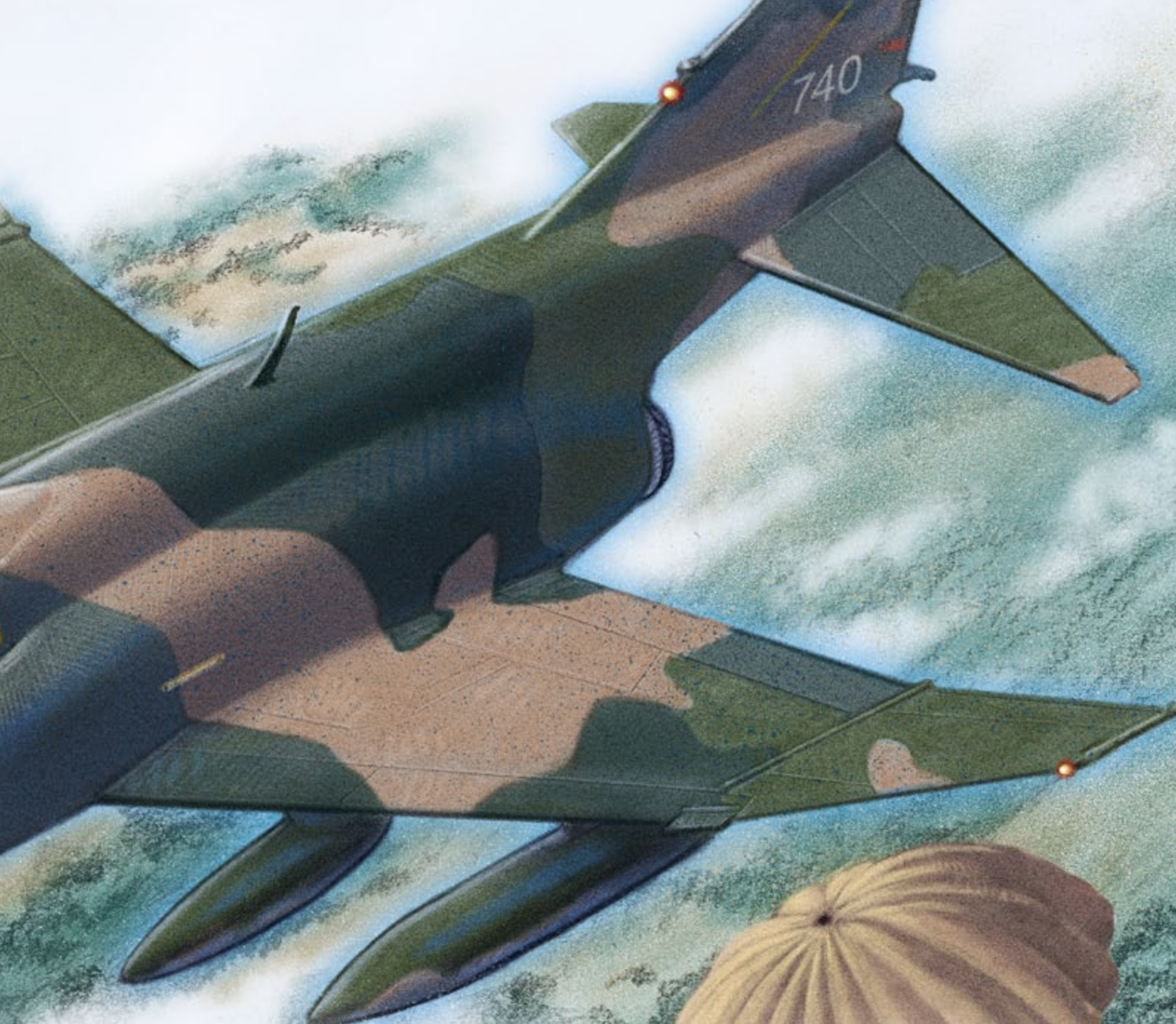
In addition, bailing out is an extremely traumatic

experience that no one looks forward to. The pilot is shot out of the cockpit (sometimes even right through the glass canopy) with such force that it contorts the body with 12–14 Gs of gravitational force and accelerates the pilot to an unknown landing that might include rocks, trees, or water. This situation, however, is much more desirable than riding the uncontrollable piece of metal into the ground at any speed.

This is because gravity is the law—not just a good idea—and is not optional. There is a pilot proverb that states, “In the ongoing battle between objects going



ILLUSTRATIONS BY ROGER MOLTZKUS



hundreds of miles per hour and the ground going zero miles per hour, the ground has yet to lose.”

The same could be said when applying gospel principles, or laws, to our spiritual lives. We cannot change eternal principles—we can only obey them to find safety and joy.

My Friend’s Tragedy

I had a good friend who failed to follow the warning in bold print to bail out. There is no doubt he understood the bold print and was well instructed on it. He graduated from the United States Air Force Academy. He graduated near the top of his class in pilot training. He spent years

WAYS TO RECEIVE THE WARNINGS

Like fighter pilots, you will face many difficult situations. Be prepared to remain spiritually safe by listening to the voices of warning given in and for these latter days. You’ll learn about these warnings in many ways, including:

- Personal revelation.
- Scripture study.
- General conference.
- Family home evenings.
- Sunday lessons and discussions.
- Seminary.
- *For the Strength of Youth*.
- Counsel from your parents and leaders.



We show the strength of our beliefs when we act correctly in tough or uncertain situations that require us to apply the knowledge we have gained.

studying correct knowledge and training to fly aircraft.

And yet, he simply didn't *believe* what he knew to be true. If he really believed the bold print stating, "If the aircraft becomes uncontrollable below 10,000 feet, bail out!" then he certainly would have pulled the yellow "Eject" handle and bailed out of the uncontrollable and doomed aircraft.

Perfect and Unchanging Laws

Like the bold warnings, which are more than just a good idea, the principles of the gospel are unchallengeable and unchanging. We ignore them at our peril. Gospel principles are not patterned after the pretenses, vain hopes, adages, fables, or best guesses of men. Instead, they are eternal laws.

We must have faith enough to follow the counsel given to us by prophets in both modern and ancient days. The first step is to gain knowledge. The Doctrine and Covenants tells us, "It is impossible for a man to be saved in ignorance" (D&C 131:6), so each of us must understand the value of acquiring knowledge and then take the necessary action to gain it. We must learn the bold print of gospel principles.

And we must also see that knowledge alone can't protect us. Our knowledge must move us to act on the correct principles. We show the strength of our beliefs when we act correctly in tough or uncertain situations that require

us to apply the knowledge we have gained. Faith that is strong enough to lead us to correct action is the basis of progress and salvation.

Safety in Bailing Out

Unlike my friend who did not heed the direction to bail out, on another occasion one of my other fellow pilots did. He had made a mistake and glanced off the top of a mountain on a low-altitude bombing run. Although his F-4 Phantom II jet was destroyed, this pilot had pulled the yellow handle and bailed out while careening through the air, and he lived. Belief strong enough to apply his knowledge had saved this pilot.

While a man cannot be saved in ignorance, he also cannot be saved without applying properly and timely the knowledge he has gained.

King Benjamin said, "If you *believe* all these things see that you *do* them" (Mosiah 4:10; italics added).

Never trade luck, foolish traditions, adages, or worldly views for obedience to the correct principles that will save you. **NE**



THE EXERCISE OF FAITH

"Faith in the power of obedience to the commandments of God will forge strength of character available to you in times of urgent need. Such character is not developed in moments of great challenge or temptation. That is when it is intended to be used. Your exercise of faith in true principles builds character; fortified character expands your capacity to exercise more faith. As a result, your capacity and confidence to conquer the trials of life is enhanced."

Elder Richard G. Scott of the Quorum of the Twelve Apostles, "The Transforming Power of Faith and Character," *Ensign*, Nov. 2010, 43.

Amos 3:7

This verse teaches us about the essential role of prophets.



The Lord God

“Because our Father loves his children, he will not leave us to guess about what matters most in this life concerning where our attention could bring happiness or our indifference could bring sadness. Sometimes he will tell a person such things directly, by inspiration. But he will, in addition, tell us these important matters through his servants. . . . He does this so that even those who cannot feel inspiration can know, if they will only listen, that they have been told the truth and been warned.”

President Henry B. Eyring, First Counselor in the First Presidency, “The Family,” *Ensign*, Feb. 1998, 10.

He Revealeth

How does the Lord communicate with His prophets? There are many ways, including:

- Inspiration through the Holy Ghost (see 2 Peter 1:21).
- Visions and dreams (see Numbers 12:6; 1 Nephi 8:2).
- Visitations by heavenly beings (see Joseph Smith—History 1:16–17; D&C 110:8).



His Servants the Prophets

“Repeatedly the scriptures declare that the Lord gives His commandments to the children of men through living prophets. No committee, assembly, or any other authority has the right to dictate to Him doctrine that is contrary to His law. God’s eternal blessings are contingent upon our obedience and adherence to the word of the Lord that is revealed to us through His holy prophets.”

Elder L. Tom Perry of the Quorum of the Twelve Apostles, “We Believe All That God Has Revealed,” *Ensign*, Nov. 2003, 88.

His Secret

The original Hebrew word used in the Bible for *secret* literally means “counsel,” so it has to do with the Lord’s plans or intentions.

city, and the people of the land? shall there be evil in a city, and the LORD hath not done it? 7 Surely the LORD GOD will do nothing, but he ^brevealeth his ^csecret unto his servants the ^d“prophets.” 8 The lion hath roared, who will not fear? the LORD GOD hath spoken, who can but ^e“prophesy”?

What have living prophets and apostles asked us to do recently? Review the latest general conference (see conference.lds.org) and consider writing in your journal the things you feel prompted to do as a result of what the Lord’s servants have said.



Editors’ note: This page is not meant to be a comprehensive explanation of the selected scripture verse, only a starting point for your own study.

“How do I get over feelings of loneliness?”

Overcoming feelings of loneliness may seem impossible, but you *can* overcome them. Remember that even Jesus Christ suffered loneliness when He was in the Garden of Gethsemane (see Matthew 26, Mark 14, and Luke 22). He knows how you feel.

When you feel lonely, remember how many people love you and care about you. Know that you are a son or daughter of Heavenly Father and that Jesus Christ and the Holy Ghost will help you. Try looking for the good in your life, even writing it down. Remember that your family can comfort and support you. Church leaders and teachers are all there for you. And the young women or young men in your ward and good friends can be of great comfort in times of loneliness.

Immerse yourself in service. President Gordon B. Hinckley (1910–2008) said, “I believe that for most of us the best medicine for loneliness is work, service in behalf of others” (“Women of the Church,” *Ensign*, Nov. 1996, 68). Go to the temple if possible, find ways to serve your family, serve others—they may feel as lonely as you. Every good thing you do for someone else will relieve the loneliness you feel.

And always remember to pray. Christ has said, “I will not leave you comfortless: I will come to you” (John 14:18). Pray for help to overcome your feelings of loneliness. You can have the constant companionship of the Holy Ghost, and as you live worthily, He can be with you and bring you the comfort and divine love of Jesus Christ and Heavenly Father. **NE**

Turn to the Savior



When I feel lonely, I try to turn my thoughts toward the Savior. Christ, who was Himself “despised and rejected of men” (Mosiah 14:3), knows what it is like to be lonely.

Not only this, but He knows us—you and me—perfectly. He knows what we need, and I know that as we strive to keep the commandments, we will be blessed and strengthened in our trials.

Carrie O., 17, California, USA

Think about His Hands



I too have felt alone much like you. In 1 Nephi 21:15–16 it says, “Yea, they may forget, yet will I not forget thee, O house of Israel. Behold, I have graven thee upon the palms

of my hands; thy walls are continually before me.”

These verses bring me comfort each time I begin to feel alone and feel as if I have no one to turn to. In them, Christ is explaining that He knows everyone personally and will always remember us. You are engraved in His hand, and He thinks about you always.

Jonathan H., 18, Arizona, USA

Pray for the Holy Ghost

At times I have feelings of loneliness, but the assuring words of the Savior that He will never leave us alone and that He will never leave us comfortless are genuine assurances. He has given us a constant companion—the Holy Ghost—to be with us whenever we are worthy of His companionship. Pray for the Spirit and He will comfort you.

Tafadzwa M., 23, Zimbabwe

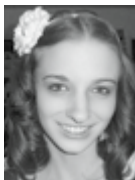
Be in the World and Not of It



I have found myself feeling lonely at times, but I try to remember that the Lord is always with us and will be with us even during life's trials. I find that saying a long and sincere prayer, telling Heavenly Father how I feel, and asking for comfort brings great joy and relief.

Meredith B., 15, Queensland, Australia

Know That You Are a Child of God



It is common to feel loneliness in the world we live in today. Satan wants us to feel like no one is there and no one cares.

I pray, read the scriptures, and ask for priesthood blessings to comfort me. God loves us so much. He never wants us to forget that we are His sons and daughters.

Ginnia S., 19, Utah, USA

Remember You Are Never Alone



You are never alone. Pray to Heavenly Father for the Spirit to comfort you. Read the scriptures and count your blessings. Be

with your family and get to know them—you'll thank yourself later.

Keilan F., 16, California, USA

Turn to Others

Whenever you feel lonely, pray to Heavenly Father and ask for comfort. Also talk to your parents and tell them how you feel so they can help you. It is also good to keep a strong relationship with Heavenly Father, family, and friends. Then you know somebody will always be there for you.

Erika W., 12, Utah, USA

Think Positively



When I feel lonely, I ask myself, "Have I prayed and read my scriptures today?" If I have not, I do that right away. I know that

Heavenly Father can and will help me if I ask. I pray to Heavenly Father to help me not feel so lonely. I count my blessings and try to think positively. Also, I find that when I serve others with all my heart, I am really not alone and I can make a difference in other peoples' lives. I feel that I have a purpose in life and that I am never alone when I am on the Lord's side.

Anna P., 14, Ohio, USA

Make Friends with Your Parents



I handled this feeling of loneliness by first turning my heart to God. I spent more time reading scriptures and praying in order

to have a better relationship with the Lord. As I did this, I was blessed to have a better friendship with my parents. I needed God's guidance to open my eyes, and the lonely feelings disappeared as I got closer to others and my Savior.

Hillary O., 17, Arizona, USA

Start a New Friendship

I would suggest you go and talk to someone and say a prayer to go along with it. It could be someone you know or someone you've never met before. Try to learn more about the person—try to be a friend. Also, give the person a chance to get to know you, and it might help him or her as well.

Andrew P., 13, Utah, USA

Responses are intended for help and perspective, not as official pronouncements of Church doctrine.



TURN TO HEAVENLY FATHER

"In order to be tested, we must sometimes face challenges and difficulties. . . . We feel

abandoned, heartbroken, alone. If you find yourself in such a situation, I plead with you to turn to our Heavenly Father in faith. He will lift you and guide you. He will not always take your afflictions from you, but He will comfort and lead you with love through whatever storm you face."

President Thomas S. Monson, "Looking Back and Moving Forward," *Ensign*, May 2008, 90.

NEXT QUESTION

"My older brother isn't active. When I invite him to church or ask him not to swear, he gets upset. How do I let him know that I want him to come back to church because I care?"

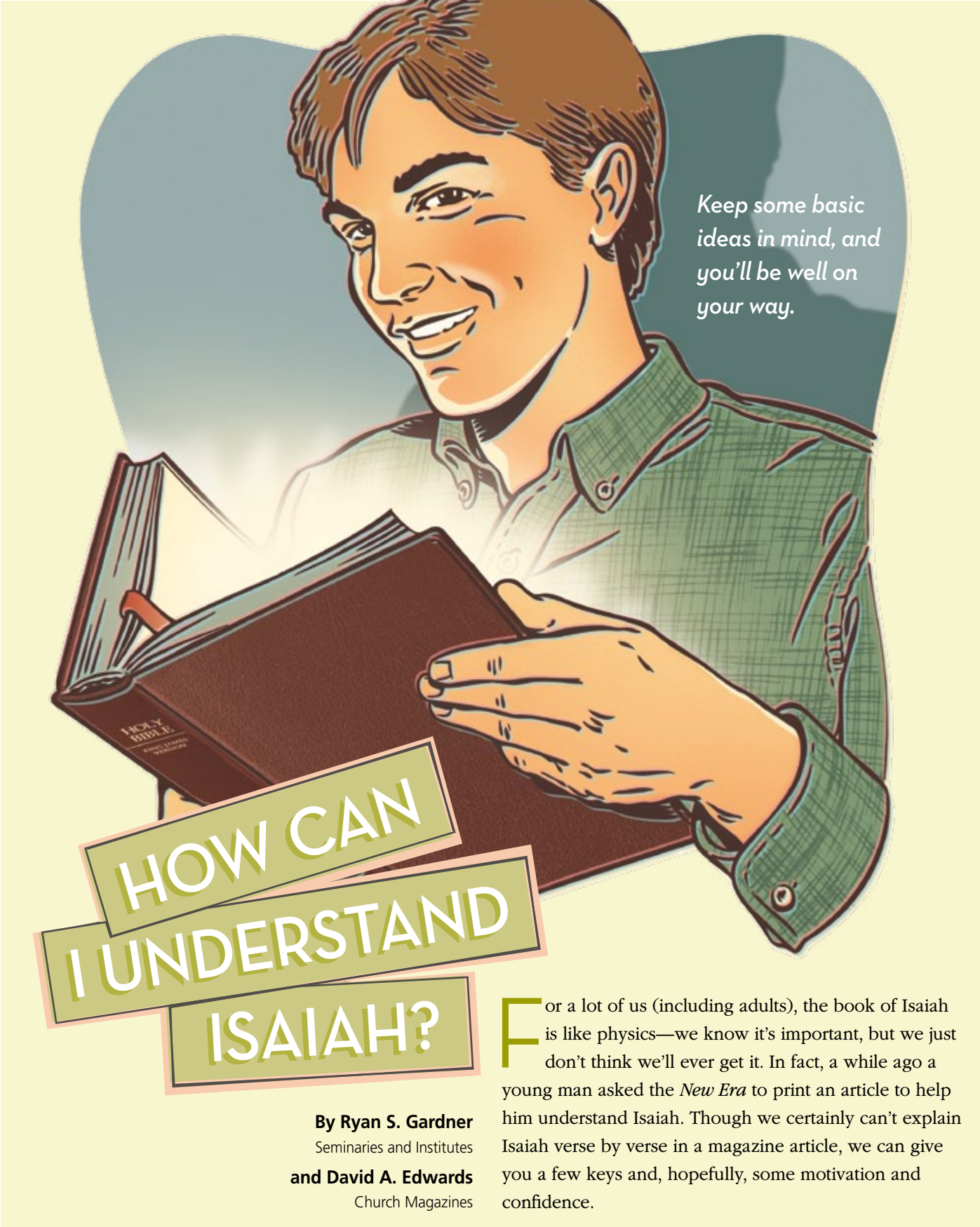
Send your answer and photo by April 15, 2012.

Go to newera.lds.org, click "Submit Material," and then select "Questions and Answers."

You can also write to us at newera@ldschurch.org

or
New Era, Q&A, invite brother
50 E. North Temple St., Rm. 2420
Salt Lake City, UT 84150-0024, USA

Responses may be edited for length or clarity.



Keep some basic ideas in mind, and you'll be well on your way.

HOW CAN I UNDERSTAND ISAIAH?

By Ryan S. Gardner
Seminaries and Institutes
and David A. Edwards
Church Magazines

For a lot of us (including adults), the book of Isaiah is like physics—we know it's important, but we just don't think we'll ever get it. In fact, a while ago a young man asked the *New Era* to print an article to help him understand Isaiah. Though we certainly can't explain Isaiah verse by verse in a magazine article, we can give you a few keys and, hopefully, some motivation and confidence.

GREAT REASONS TO STUDY ISAIAH

What can motivate you to put in the effort to study Isaiah? Consider these reasons:

- **Isaiah's words are for everyone.** The Savior said that the words of Isaiah were for all the house of Israel as well as the Gentiles (see 3 Nephi 23:2)—they're for everyone!

- **You can gain greater faith in Jesus Christ.** The prophet Nephi wrote that the words of Isaiah will “more fully persuade [you] to believe in the Lord [your] Redeemer” (1 Nephi 19:23).

- **You can gain greater hope.** Nephi told his brothers to read Isaiah's words “that [they] may have hope” (1 Nephi 19:24). In a world full of bad news and pessimism, this is a great promise.

- **The Savior commanded us to.** No Old Testament prophet was quoted by the Savior more often than Isaiah. And during His visit to the Nephites, the Savior commanded them to “search [the words of Isaiah] diligently; for great are the words of Isaiah” (3 Nephi 23:1). There could be no better endorsement.

FIVE KEYS FOR STUDYING ISAIAH

Now, to help you have some confidence as you study, here are five basic keys to focus on that can help you understand Isaiah's writings.

1. Realize you already know a lot.

If you know the basics of Heavenly Father's plan, you're a long way toward understanding Isaiah. Also, all of the things you do regularly to learn about the gospel (Sunday meetings, seminary, family home evening, personal study, prayer) help you in studying Isaiah, because those basic teachings are woven throughout Isaiah's writings—premortal life, the role of Jesus Christ, and the importance of faith, repentance, obedience,

Use What You Know:

“He will swallow up death in victory” (Isaiah 25:8).

How does your knowledge about Christ's Resurrection affect your reading of Isaiah's words?

“How art thou fallen from heaven, O Lucifer, son of the morning!” (Isaiah 14:12).

How does your knowledge of premortal life, the council in heaven, and Satan's rebellion affect how you read this scripture?

and keeping covenants. Plus, according to Nephi, living in the latter days (when Isaiah's prophecies have already been or are being fulfilled) makes you more likely to understand Isaiah (see 2 Nephi 25:7–8).

READING TIPS If you're having trouble just understanding the words or the way things are phrased in Isaiah, try these tips:

- **Take your time.** There's no need to rush. Scripture study is not a race. Take the time you need to understand what Isaiah wrote.
- **Read it aloud.** Doing this can help you get a feel for the language and style of what you're reading.
- **Look it up.** If you don't understand a word or phrase, look it up in the dictionary, or, if there's a footnote by the word, read the footnote. Often you will find words or phrases explained or rephrased there. (Look for these kinds of footnotes: HEB [Hebrew], IE [in other words], OR [or], JST [Joseph Smith Translation].)
- **Add the quotation marks.** Try imagining quotation marks before and after each statement so that you can keep track of which words go with which speaker, whether it's Isaiah, the Lord, or someone else.
- **Look for repetition.** Isaiah teaches the same principles over and over in different ways, so keep track of these principles and spot the repeats.
- **Pay attention in English class.** Isaiah's style is highly poetic, so learn about poetry—particularly metaphor and imagery—and get a sense for how Isaiah uses it.
- **Ask for help.** Parents, Church leaders, or a seminary teacher could probably help you if you're struggling.

2. Know Isaiah's main topics.

Isaiah covers three main topics:

- **Jesus Christ**—His birth, His mission, His Atonement, and His Second Coming, which ushers in the Millennium
- **The last days**, particularly the Restoration, the coming forth of the Book of Mormon, the gathering of Israel, and the establishment of Zion
- **Events of Isaiah's day**, such as wars; the wickedness, apostasy, scattering, and captivity of Israel; and Assyria's and Babylon's fall (see the map on page 21).



3. Take advantage of the words of latter-day scriptures and prophets.

Modern revelation from God has shed light on Isaiah's writings. For instance, one of your best resources for understanding Isaiah is the Book of Mormon. Nephi in particular explained what the major topics of Isaiah's prophecies were, as well as what things will help us better understand Isaiah.

See the Savior in Isaiah:

"Surely he hath borne our griefs, and carried our sorrows. . . . He was wounded for our transgressions, . . . and with his stripes we are healed" (Isaiah 53:4-5).

What aspects of the Savior's atoning sacrifice does Isaiah highlight here?

Find signs of the times:

"The Lord shall set his hand again the second time to recover the remnant of his people. . . . And he shall set up an ensign for the nations" (Isaiah 11:11-12).

How does the image of an ensign (a flag flown high) describe how the Lord will set up His Church to gather Israel in the latter days?

Learn ancient history and modern lessons:

"I will punish the fruit of the stout heart of the king of Assyria, and the glory of his high looks" (Isaiah 10:12).

What can Isaiah's description of the fall of Assyria help us learn to avoid?

Get help from modern scriptures:

"I, Nephi, write more of the words of Isaiah, for my soul delighteth in his words. . . . Behold, my soul delighteth in proving unto my people the truth of the coming of Christ" (2 Nephi 11:2, 4).

How does Nephi's statement help you understand one of the major themes of Isaiah's writings?

Doctrine and Covenants 113 explains several verses in Isaiah 52 and Isaiah 11, saying that these verses relate to the restoration of the gospel in the last days, specifically the calling of the Prophet Joseph Smith, the restoration of the priesthood, and the gathering of Israel.

What does Doctrine and Covenants 113 teach you about how Isaiah's prophecies relate to our day?

MOVE FORWARD

"Most teenagers readily understand the narrative of the Book of Mormon. . . . [But] the prophecies of the Old Testament prophet Isaiah . . . loom as a barrier. . . . You, too, may be tempted to stop there, but do not do it! . . . The Book of Mormon, another testament of Jesus Christ, will verify the Old and the New Testaments. . . . The Lord had a purpose in preserving the prophecies of Isaiah in the Book of Mormon."

President Boyd K. Packer, President of the Quorum of the Twelve Apostles, "The Things of My Soul," *Ensign*, May 1986, 61.

ISAIAH IN SONG

After the Psalms and Alma, no book of scripture has more references in our hymnbook than Isaiah. His beautiful language and visions of the last days inspired many lyrics, including "High on the Mountain Top" (*Hymns*, no. 5; see Isaiah 2:2-3; 5:26) and "How Firm a Foundation" (*Hymns*, no. 85; see Isaiah 41:10; 43:2-5). You may also know that Isaiah's words make up much of the text in Handel's *Messiah*.



GET TO KNOW ISAIAH'S WORLD BY FINDING OUT MORE ABOUT SOME OF THE THE PEOPLE AND PLACES HE MENTIONED.

1 Assyria (Nineveh)—Powerful and expanding empire in Isaiah's day. Conquered and ruled by terror. Destroyed the northern kingdom of Israel and scattered the ten tribes. Under leadership of **Sennacherib**, they also besieged Jerusalem during Hezekiah's rule in Judah.

2 Israel (Ephraim)—Northern kingdom of ten tribes, wicked and idolatrous in Isaiah's day. Led by **Pekah**. Together with Syria, attacked Judah but were turned back. United with Syria in an unsuccessful revolt against Assyria. Then carried away captive by the Assyrians and scattered, becoming the "lost ten tribes."

3 Syria (Damascus)—Collection of kingdoms northeast of Israel. Grew weaker as Assyria grew stronger. Combined with northern kingdom of Israel and attacked Judah during the reign of Ahaz. Later, after a failed revolt against Assyria, Damascus was destroyed.

4 Egypt—Powerful force in the region. Rival of Assyria. For many years the policy of the kings of Judah was to be allied with Egypt against Assyria. However,

Isaiah opposed this alliance, warning against relying on Egypt and saying the Lord would deliver Judah against the Assyrians, which He did (see Isaiah 30–31; 36–37).

5 Babylon—Capitol of Babylonia, a rival and subject of Assyria during Isaiah's day. Isaiah prophesied of its future—that it would rise to power, conquer Judah, destroy Jerusalem and the temple, take captives from Judah back to Babylon, and eventually fall. In Isaiah, it is often a metaphor for the world and its wickedness.

6 Judah (Jerusalem)—Southern kingdom, where Isaiah lived. During reign of King **Ahaz**, attacked by Syria and Israel. In Isaiah's day, subject to Assyria, which threatened to destroy it. Miraculously spared. Enjoyed relative prosperity under King **Hezekiah**, who was righteous and took advice from Isaiah.

7 Persia—A great empire that conquered Babylon. Almost 200 years beforehand, Isaiah prophesied that King **Cyrus** of Persia would let the captive Jews in Babylon return to Jerusalem and rebuild the temple (see Isaiah 44:28; 45:1, 13; Ezra 1).

4. Get to know Isaiah's world.

Nephi said Isaiah was difficult for his people to understand because they didn't know two things: (1) "the manner of prophesying among the Jews" and (2) "the regions round about" Jerusalem (2 Nephi 25:1, 6).

• **"The manner of prophesying among the Jews."** This phrase has to do with language and style. "A major difficulty in understanding the book of Isaiah is his extensive use of symbolism, as well as his prophetic foresight and literary style; these take many local themes (which begin in his own day) and extend them to a latter-day fulfillment or application. Consequently, some prophecies are probably fulfilled more than one time and/or have more than one application" (Bible Dictionary, "Isaiah").

• **"The regions round about" Jerusalem.** Isaiah refers to many places by name, so it makes sense that knowing the geography of the area would help you understand his writings.

Learn how he prophesied:

In a vision, Isaiah feels the weight of his sins and prays to be made clean. An angel flies toward him with a hot coal, lays it on his mouth, and says, "Thine iniquity is taken away, and thy sin purged" (see Isaiah 6:6–7).

How does this event symbolize the process of becoming clean from sin? (See 2 Nephi 31:17.)

Read the heading to Isaiah 10.

How does this chapter apply to both Isaiah's day and the last days?

Get the lay of the land:

Look at the map on this page, and read Isaiah 7:1–2.

What was the kingdom of Judah up against politically?

ADDITIONAL HELPS

Here are some additional resources from the Church that can help you understand Isaiah:

- *Old Testament Student Study Guide, 2nd ed.* (seminary study guide, 2002), pages 138–55; available online at seminary.lds.org/old-testament.
- *Book of Mormon Student Study Guide* (seminary study guide, 2000), pages 44–53; available online at seminary.lds.org/book-of-mormon.
- *Old Testament Student Manual: 1 Kings–Malachi*, 3rd ed. (institute manual, 2003), pages 137–210; available online at institute.lds.org/courses.
- *Book of Mormon Student Manual*, (institute manual, 2009), pages 72–100; available online at institute.lds.org/courses.

5. Commit to study by the Spirit.

Nephi said that “the words of Isaiah . . . are plain unto all those that are filled with the spirit of prophecy” (2 Nephi 25:4). As the Apostle John learned, “The testimony of Jesus is the spirit of prophecy” (Revelation 19:10). So Nephi is saying, in other words, that Isaiah is easier for people to understand if they have a testimony of Christ. Deepen that testimony and you’ll deepen your understanding of Isaiah.

As you study by the Spirit, you will feel the truth of the Savior’s words: “Great are the words of Isaiah.” **NE**

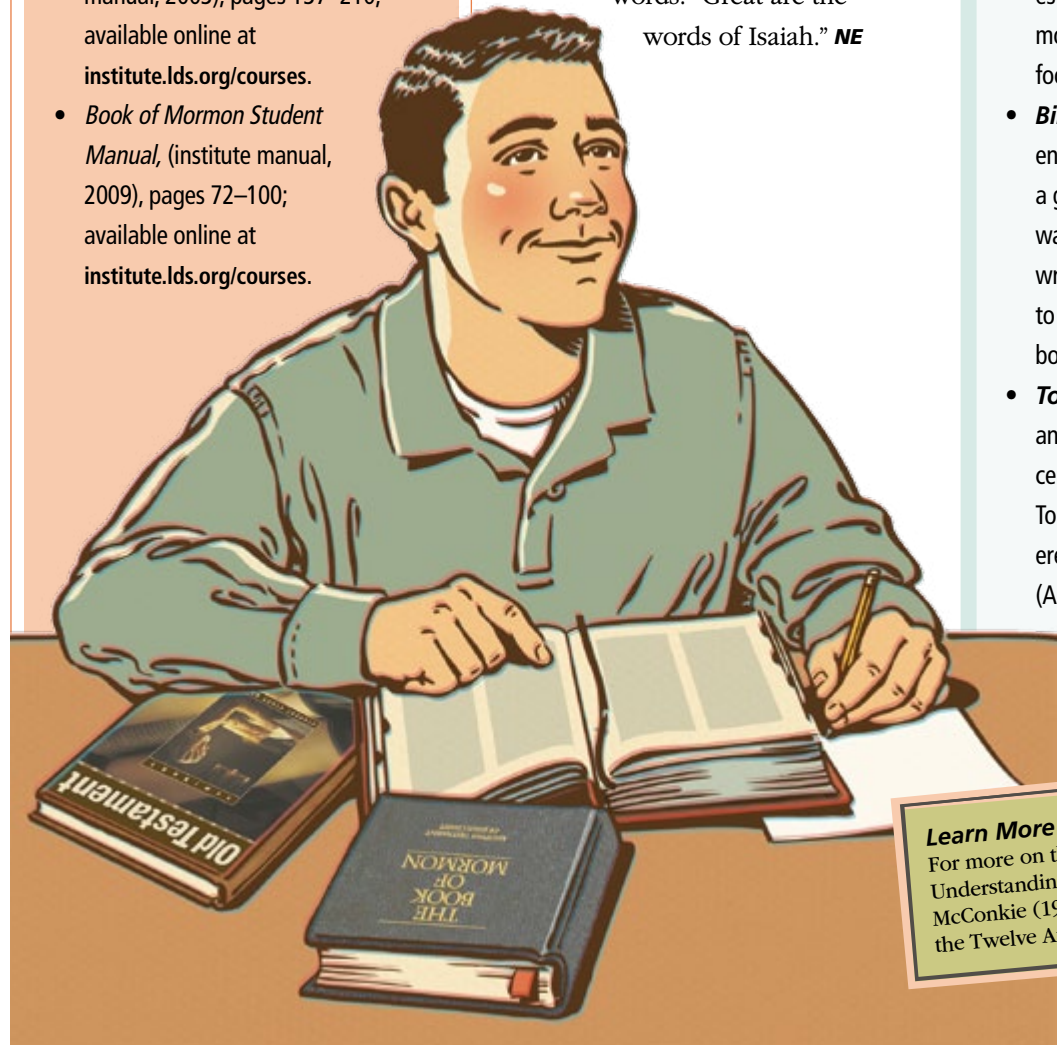
HELPS IN THE SCRIPTURES

The LDS edition of the scriptures contains several resources that can help you as you study Isaiah:

- **Chapter headings.** If you read the chapter headings first, you’ll get a good overview of the book of Isaiah, as well as clues to some of the meanings of his prophecies.
- **Footnotes.** Whenever you read something you don’t understand, that strikes you as unusual or interesting, or that you want to know more about, look to see if there is a footnote for it.
- **Bible Dictionary.** The “Isaiah” entry in the Bible Dictionary gives a good explanation of who Isaiah was, what the major themes of his writings were, and what we need to bear in mind as we read his book.
- **Topical Guide.** One way to get an idea of what Isaiah said about a certain topic is to look it up in the Topical Guide and then scan for references to Isaiah under that topic. (A good place to start might be the various topics related to Jesus Christ.)

Learn More

For more on this topic, read “Ten Keys to Understanding Isaiah,” by Elder Bruce R. McConkie (1915–1985) of the Quorum of the Twelve Apostles at go.lds.org/322.



By Stephanie Gudmundsson

MY EVERY DAY TESTIMONY

My testimony comes from living the gospel day by day and not from one miracle moment.

When I was growing up, I always looked for a miracle moment to prove to myself

I had a testimony. I would hear story after story about miraculous moments when people learned without a doubt the gospel is true. The stories ranged from standing up to temptation or danger, to leading hundreds of people to the Church through small and simple acts, to times when the scriptures would flip open to answer life's dilemmas. My favorite stories were about someone headed home at night, bypassing a danger unknown to them until the next day. I heard stories about miraculous healings or angels protecting people. I could hardly wait until it was my turn to have such a moment. I expected to see angels and lights that would tell me I had a testimony of the Church.

My parents taught me to pray, go to church, read the scriptures, dress modestly, live a clean life free from worldly influences, and trust in the Lord. I had the confidence to live right.

I just wanted to be able to prove I had a testimony and have someone notice me for it.

In family home evenings or in Sunday School, we would practice lines that would help us stand up to peer pressure. I couldn't wait to use these lines. For example, I imagined hanging out with my friends. Someone would pull out some alcohol and pass it around. The beer can would be handed to me, and all eyes would be looking in my direction. The pressure would mount. I would stand up and say, "No! I am a Mormon, and I don't drink!" All the kids would be in awe. No amount of their persuasion would convince me. Soon the party would disperse, and someone special in the crowd would tell me I had impressed him so much with my firm stance that he wanted to learn more about my church. Angels would sing praises, and I would be filled with light.

It never happened. No one ever tempted me like that. They seemed to already know my standards by the way I lived. To my disappointment, my "glory moment" never came to pass.

But now I know that having a testimony does not have to come from angels appearing. My testimony comes from living the gospel day by day, feeling the witness of the Holy Ghost, and enjoying the simple blessings that come from obedience.

I know who I am. I know God loves me. I know the Savior atoned for my sins. This is my testimony. Knowing this brings me peace of mind.

I can't say I have had a miraculous moment when I knew the Church was true, but I am happy to know I *do* have a testimony. So, until that moment when angels appear to me, I am going to be satisfied with living a pretty normal life with the simple blessing of knowing the gospel is true. **NE**



The

POWER of MUSIC

This young woman from Hawaii understands the influence that music can have on a person's soul.



By Mindy Raye Friedman

Church Magazines

For the *Strength of Youth* declares, “Music can enrich your life” ([2011], 22). Marissa R., 17, of Hawaii, definitely agrees with this.

“Music is so important because it expresses everything that words cannot,” she says. “It definitely provides the perfect outlet that I need through any situation.”

Marissa loves to sing and dance and has been doing both her whole life. She’s been able to participate in many programs and was even selected to represent Hawaii in a national honor choir.

“Now I’m at a point where I want music to be in my life forever,” Marissa says. “I also want to influence other people with music.”

Starting a Glee Club

Her desire to influence others is one of the reasons Marissa started a glee club at her school. “I had really been longing for years to create a club where people who loved music and loved singing and dancing could get together and put together something really great,” she says.

So she got all the approvals and went through the process of creating the club.

“Now, our glee club has done several performances,” Marissa says. “We love to explore music of all genres. Usually the kids get to select songs and submit them, and the whole club votes on them. We do country, pop, rock, oldies, and mainstream hits. It’s a lot of fun.”

Choosing Good Music

Because Marissa is so involved in music, she knows that it can have an influence for good or bad.

“Everything has an influence on your soul, and if it drives away the Spirit, then you need to be careful,” she says. “It can seep into your mind like a poison without your even knowing it, because that’s how influential music is.”

Being selective about song choices is a big deal for Marissa because she likes to collect music. She screens her new music and often goes through her music library, and if a particular song drives away the Spirit, then she deletes it.

“If I know inside that it’s not making me feel wholesome, I need to be sure to delete it because keeping one song in your library is not worth losing the Spirit,” she says. “It may seem like a pain, but it’s worth it.”

Growing Closer to Heavenly Father

Marissa also knows that music can be an influence for bringing her closer to the Spirit.

“Music helps me gain a greater relationship with my Heavenly Father in so many ways,” she says. “A lot of times my mind is working at the speed of light and it’s very hard to slow down and pause and realize that the important thing is that I need to develop my relationship with Heavenly Father. One thing that always puts me back in that mindset and puts everything in perspective is music. Spiritual music always calms me down and brings me closer to the Spirit, thus leaving me to be able to develop a greater relationship with my Heavenly Father.” **NE**



Video and Music Downloads

Watch a video about Marissa at lds.org/go/323. You can also download an MP3 of her singing “Nearer, My God, to Thee” on youth.lds.org (click on “Music”).

STANDARDS FOR MUSIC

“Music can enrich your life. It can edify and inspire you and help you draw closer to Heavenly Father. Music has a profound effect on your mind, spirit, and behavior.

“Choose carefully the music you listen to. Pay attention to how you feel when you are listening. Some music can carry evil and destructive messages. Do not listen to music that encourages immorality or glorifies violence through its lyrics, beat, or intensity. Do not listen to music that uses vulgar or offensive language or promotes evil practices. Such music can dull your spiritual sensitivity.”

For the Strength of Youth (2011), 22.





You never know when you'll need greater spiritual power, so do what it takes to make sure your spiritual batteries are fully charged.



By Elder Allan F. Packer
Of the Seventy

During the weekend of the April 2011 general conference, we had a major snowstorm in the Salt Lake City area on Saturday night. When my wife and I got up Sunday morning, we had 10 to 12 inches of snow in our yard, and the power was out. I thought I'd turn on a generator we had for emergencies.

When I tried to start the generator, the battery was dead. Later I found that there was a circuit that had drained energy from the battery. Although the generator had a charger to help keep the battery fully charged, someone had bumped the cord, so we ended up getting ready for general conference without any electricity.

Thinking back on that experience, I see that the generator and the battery are like our spirituality. Our spiritual batteries need to be charged all the time.

Charge Your Spiritual Battery

If a battery is left unattended, its electrical current will drain, and over time it will lose

its charge. We've got to continue to charge it at a level that is higher than the drain of energy from the battery. If we're in an environment that we can't totally control, where our spiritual battery is being drained, then it's important that we do something to recharge our spiritual batteries. Otherwise, there will come a time when we really need the power of faith, the priesthood, or revelation, and we won't have it. We can continually charge our batteries through our prayers, our personal study, gospel conversations, attending seminary, and in our classes on Sunday.

Start Charging in Your Youth

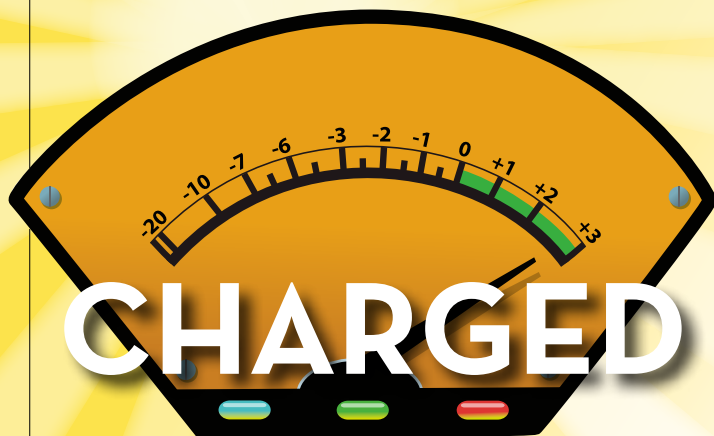
As a boy of about 10, I didn't feel like my prayers were really being answered. Finally I had enough courage to ask my father about it, and he explained that prayer was like a parachute that a pilot puts on when he flies an airplane. He doesn't go up expecting to need to jump out of his airplane and use his parachute, but he puts it on every time so that when it's really needed, he has it.

Keep Your Spiritual Batteries



CHARGED





That was enough to help me in my young mind to continue my prayers and charge my spiritual battery. Also, as I watched my father use his priesthood, I gained courage and faith that I could someday do similar things. As time went on, I had experiences that taught me this principle was true. It has been important to continually charge that battery.

In later years I worked as an engineer installing robotic systems for many companies. There was one project I worked on for a long time. Some of the people I worked with didn't always use good language, but they were my customers, and I had to work with them. I tried, in little ways, to improve their language.

I went back to that company years later, and while the manager was giving me a tour, someone came up to him and spouted a long sentence of expletives about a problem they were having. The manager didn't respond to the question being asked but introduced me and said, "Now, he doesn't stand for that kind of language, and we will not use that when he's here." I had no idea of the influence I had had all those years earlier. I didn't need to defend my standards; the manager stood up for me.

By trying to keep our spiritual batteries charged and being good examples, we will have far more influence than we realize. It all starts by keeping that battery charged along the way—reading the scriptures, saying our prayers, being around good people, and living the gospel.

Do Something—That's the Key to a Steady Charge

Moroni 10:3 states, speaking of the Book of Mormon,

"When ye shall read these things, . . . ponder it in your hearts." When you follow that pattern, you can ask and get an answer and "know the truth of *all* things," not just about the Book of Mormon (Moroni 10:5; italics added). We should pray and study, and then we can learn and know that these things are true. Doctrine and Covenants 9:8 says that to get answers to prayer, you must "study it out in your mind"—make a decision, and then pray for a confirmation. There's an emphasis in the scriptures on continually doing, studying, and learning in order to be able to get inspiration. It's a way of keeping that battery charged and being in a position where we can ask and know if the decision we've made is right.

I remember as a youth that I wasn't quite as sure of spiritual things. I know that sometimes our youth haven't had a lot of the experiences that older people have had, so they may find it difficult when they hear experiences of healings or receiving inspiration to do something. But the principles are true; your position on the path to develop these skills is just beginning. Those experiences will come to you in the future. Just keep your batteries charged so that you can be ready to receive and understand them when they come.

In my youth I did not fully understand these principles. Over time I gained understanding by doing things such as accepting and fulfilling assignments, attending seminary and Church meetings, serving my family and others, serving a mission, and keeping the commandments. I gained a testimony that these principles were true. You will develop your own testimony as you have your own experiences.

A battery can't charge itself. For the battery on my generator, I had to buy a charger, connect it, and keep checking it. Keeping a battery charged isn't something you can do just once and forget about it.

Since that experience I had at April general conference, I've been consistent in making sure the charger is plugged in and that the battery is staying charged. That's the kind of discipline we all need for our testimonies—we need to work on them consistently. And in the doing comes the blessing of having your batteries charged. **NE**

MORMONAD

TAKE CARE OF
**YOUR
TEMPLE**



Healthy choices make a healthy you.
(See D&C 89.)



These teens have learned that the gospel provides strength during times of change.

When LIFE'S Always Changing

You will experience a lot of changes during your teen years. But you can always rely on a constant source of strength: the gospel and its teachings.

For example, Sarah J. has lived on three continents, learned a new language, and figured out how to navigate through a foreign city with friends, all while still in high school. And she's not the only one. The *New Era* asked teens whose parents work in the diplomatic corps or the military, which means they move often, what they've learned about the strength the gospel brings in adapting to new places, making friends, and staying close to family members who are away.

Adjusting to New Situations

These teens agree that one of the challenges they face is frequently moving to new places and meeting new people. But with the help of family and of gospel teachings, they have learned to enjoy the experiences.

Sarah, 18, says that keeping an open mind is important. "As soon as my family and I know where we are going, I try to find out about our new ward and the interesting things about our new location," she says.

Tianna, 15, and Bronson E., 13, live in Italy with their family. While they miss their extended family and friends and find it challenging to go to school where a different language is spoken, they appreciate learning about another culture—which is one way they try to strengthen their education (see *For the Strength of Youth* [2011], 9–10). Tianna says, "I go to a linguistic high school and am studying five languages."

Aaron, 16, and Anna A., 14, who are currently in Thailand, have often lived in places where they were the only Church members at their school and the only English-speaking youth in their branch. At school they try to find good friends from other religions (see *For the Strength of Youth*, 16). They also try

to speak some of the new language and are patient as their friends practice speaking English with them. Anna says, "It's hard to not



understand everything being said, so I like to play sports because it's fun and it doesn't matter if we don't speak the same language."

Bryce R. "As long as you're trying to make friends and be nice to everyone, people will naturally want to be around you," says Bryce R., 14, of Virginia. "Be outgoing and willing to try new things, go to Mutual activities, and say hello to others. It also helps to get involved in your quorum or class, which are full of camaraderie and almost instant friendships."

Making New Friends

Attending new wards helps these young men and women appreciate the fellowship of ward members and the worldwide Church. And they understand how you can play a big



role in the lives of similar youth. Several youth in Germany know how it feels to be the new kid, and they say including others is important. "It can be

Giuliana G. hard to adapt, but if one person will be your friend, it feels like a load of bricks is taken off your back," says Giuliana G., 16. "If you ever want to make a new person's day, make him or her feel welcome."

There are many ways to help people feel welcome. Hailey S., 17, says, "Smile. Ask them their names and where they came from. When you talk to people and make them feel included, they will be more social, and you never know—they could become your best friends." Spencer G., 19, adds, "Ask them about their interests, and introduce them to all the young men and young women."

Joshua S., 15, in Japan, learned to follow the Spirit and talk to people he meets. "I trust that the Lord will lead me to people who will

WAYS TO BEFRIEND OTHERS

You can strengthen others who are going through change by being a good friend to them:

"One friend set the example for me. He asked questions and showed me around the area, pointing out all of the cool, fun places to see."—Britton H., North Carolina

"Don't make cliques. Talk to new friends and include them in your activities."—Brytt B., Utah

"If there are new people, I try to sit next to them to make them feel more welcome."—Amy H., Maryland

"Talk to new people about where they lived before, what their interests are, and what classes they take in school."—Taylor S., Germany





WAYS TO GET THROUGH HARD TIMES

The gospel can help you adapt to change:

“Being optimistic and friendly helps me have a positive attitude toward the new place I move to, and with that, friends come.”—Ashley M., Germany

“I trust in the Lord to guide and comfort me. I work hard to maintain daily scripture study and prayer. During deployments I also help out more at home and try to be a peacemaker.”—Joshua S., Japan

“We take it one day at a time. Some days are better than others, but as a family we get through it. I pray a lot and try to attend all Church activities and meetings.”—James B., Texas

“Everyone steps up to keep the household running. We stick together to overcome the challenges.”—Zac C., Germany



Mia L.

be good friends. Because of this I have been able to share the gospel and be a good example to my friends,” he says.

Mia, 18, and Lynn L., 16, in Indiana, have moved every two or three years while growing up. They’ve learned a lot during these moves: “We know how it feels to be new to an area, so we look for those who may not be sure of themselves because they are new. Making an effort to fit into a new place is a lot of work. Sometimes we open our arms a little wider and host a party to get to know people.” Mia and Lynn know that their best friends are their family



Lynn L.

members. “We travel a lot to see each other, and family traditions keep us close.”

Dealing with Long Distances

One of the hardest challenges for youth comes when a parent is away for an extended period of time because of work,



“Relocation is hard, but it’s fun to see new sites and homes. I am glad to have the Young Women program; it seems like you make friends faster at church.”—Makayla T., Tennessee



Emily S.

deployment, or divorce. But these teens know that relying on each other and their families gives them strength, and gospel teachings help them feel peace, even during difficult times.

Emily S., 17, in Germany, explains that in a military ward people often move in and out, but they become close as a ward family. “We know we can count on the ward family for help,” she says.

Haley G., 18, in Germany, adds, “There are a lot of people in the ward who have been through moves too, so we depend on each other and talk about our stress and worries.”

“Deployments have helped me gain a lot of responsibility; my mom relies on me to help out with chores that my dad usually does and to be a good example to my younger brother,” says Lucion D., 18, in Texas. “My dad gave each of us a journal to write some of the daily things that happen so he can read about what we are doing and see things from our point of view.”



Cole R.

Thanks to modern technology, family members can keep in touch with each other, even across long distances. Cole R., 16, says, “My dad still gives me advice, congratulations, and sometimes a rebuke. When my younger brother and I were advancing in the priesthood, our extended family gathered at our home. My dad was on the computer, watching via video chat. He asked family members to say the prayers. It was a powerful witness that even though we are thousands of miles apart, he is still the patriarch of our home and we are still a family.”

Maddie R., 13, in Virginia, has a “Dad’s box,” where she keeps her father’s letters and pictures. She e-mails him regularly so he doesn’t feel left out. “My dad used to ask me to go on bike rides with him, but I usually said no and didn’t think much about it. But

now I would give almost anything to spend time with him,” she says. “I just want people to not take their parents for granted. You never know what will happen. Sometimes my dad is gone for a short time, sometimes he’s gone for a long time, and sometime,” she pauses for a moment, thinking, “it might just be for the rest of my life.”

Cole says, “One of the greatest blessings of the gospel of Jesus Christ is the peace that it brings. Like some of my friends, I could restlessly wonder every night whether I will see my father again. But thanks to the comfort that the plan of salvation brings, I don’t have to worry. I can sleep soundly, knowing that no matter what happens, I will see my dad again. I am so grateful that with the help of my Father in Heaven, I can make it through trying times and know that our family will emerge stronger and closer to Him.” **NE**

WAYS TO STAY CLOSE TO LOVED ONES FROM A DISTANCE

Even if family members live far away, you can do several things to help keep your family close:

“My siblings and I send my dad journal entries. It helps him feel more connected to us. He gives us a father’s blessing when he leaves, and my mom writes down the main points so we can refer to them when times are rough.”—Tianna E., Italy

“We make paper chains with as many links as days that my dad is gone. At first the chain seems so long, but we get excited as it gets shorter and shorter.”—Zac C., Germany

“Instead of thinking about my dad leaving, I think about the next time we will see each other and the things we will do.”—Bronson E., Italy

“We send letters and keep in touch through video chat, so we can talk with him.”—Jacob W., Germany

“Moving around so much and being exposed to different points of view has tested everything I thought I knew, but it has also helped strengthen my testimony of Jesus Christ and of the Church.”

—Amanda B., Texas



TO THE POINT

Is there **a limit on repenting?**
If I have to ask forgiveness for the same thing over and over, will I reach a limit at some point?

There are two things to remember here: (1) God's mercy is indeed infinite, and (2) true repentance means forsaking your sins.

On the one hand, because of the infinite Atonement of Jesus Christ, repentance is available to everyone, even those who have made the same mistakes many times. As the prophet Alma said,

“Behold, [the Lord God] sendeth an invitation unto all men, for the arms of mercy are extended towards them, and he saith: Repent, and I will receive you” (Alma 5:33).

On the other hand, the Prophet Joseph Smith taught, “Repentance is a thing that cannot be trifled with every day. Daily transgression and daily repentance is not that which is pleasing in the sight of God” (*Teachings of Presidents of the Church: Joseph Smith* [2007], 73).

So what is the key to repentance? As the Lord revealed to Joseph Smith, “By this ye may know if a man repenteth of his sins—behold, he will confess them and forsake them” (D&C 58:43). And as Alma taught, “Whosoever repenteth shall find mercy; and he that findeth



Do animals have spirits? What happens to them after they die?

mercy *and endureth to the end* the same shall be saved” (Alma 32:13; emphasis added).

In other words, you must confess and forsake your sins and try to be faithful until the end of your life. If you are having trouble overcoming a particular sin, don’t give up on yourself in the mistaken belief that there’s a limit to sincere repentance. Seek help from your parents and your bishop or branch president. Their love, support, and counsel can help you as you strive to remove sin from your life and draw closer to Heavenly Father and Jesus Christ. **NE**

Can nonmembers take the sacrament?

As you know, the bread and water of the sacrament are meant for Church members so we can renew our baptismal covenants. However, we should not do anything during sacrament meeting to prevent nonmembers from partaking of the sacrament.

It’s good to invite non-member friends and family to

church, and we want them to feel welcome and comfortable in our meetings. It would be helpful to prepare them for sacrament meeting by explaining the purpose of the sacrament and what will happen during the meeting. If they ask whether they should take the sacrament, simply tell them that they may choose to do so but that it is intended for Church members, who are renewing their baptismal covenants.

As Elder Dallin H. Oaks of the Quorum of the Twelve Apostles has said, “The ordinance of the sacrament makes the sacrament meeting the most sacred and important meeting in the Church” (“Sacrament Meeting and the Sacrament,” *Ensign*, Nov. 2008, 17). We should help nonmembers understand this important ordinance, ensuring that they also feel comfortable at our meetings. **NE**

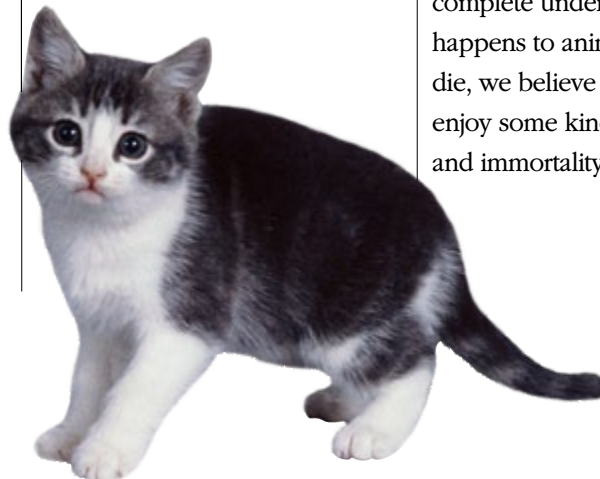
Yes, animals have spirits (see D&C 77:2–3). Of course, there is a major difference between animals’ spirits and our spirits—we are begotten sons and daughters of Heavenly Father, and they are not.

And according to the Prophet Joseph Smith, there are at least some animals in heaven. He said:

“John saw curious looking beasts in heaven; . . . actually there, giving glory to God. . . . (See Rev. 5:13.) . . .

“I suppose John saw beings there of a thousand forms, that had been saved from ten thousand times ten thousand earths like this,—strange beasts of which we have no conception: all might be seen in heaven. John learned that God glorified Himself by saving all that His hands had made, whether beasts, fowls, fishes or men; and He will glorify Himself with them” (in *History of the Church*, 5:343).

So, although we don’t have a complete understanding of what happens to animals after they die, we believe that they will enjoy some kind of salvation and immortality. **NE**



TRUE JOY

Whom could I share the gospel with? I had just the person in mind.

“**A**nd if it so be that you should . . . bring, save it be one soul unto me, how great shall be your joy with him in the kingdom of my Father!” (D&C 18:15).

As my bishop read this verse, my heart jumped. I could see myself at the baptism of someone I had introduced to the gospel. My friend would be so happy, and everyone would know that my friend was going to be baptized because of me. My joy would be great.

Angela’s name instantly came to mind. She was my best friend, and she needed the gospel. I was certain that hearing the gospel and knowing she was a daughter of God would help answer her questions and build her up.

The next day I asked, “Hey, Ang, my church is having a barbecue on Saturday. Would you like to go?”

“Sure,” she responded, “that sounds like fun.”

She attended, and over the months, I continued to invite her to every Church activity I could think of. After every activity I would ask her, “So, Ang, what do you think?” This led to discussions about eternal principles. I

was happy. Any day I would be able to reap the blessings Heavenly Father had promised.

On a winter night just before Christmas, Angela and I decided to take a walk around the Washington D.C. Temple. The Holy Ghost encompassed us as we walked, and I knew she could feel something.

“So how do you feel?” I asked.

“I feel like I want to be baptized. . . . Wait,” she cautioned when she saw the excitement in my face. “I can’t be baptized now, and I can’t have the missionaries come and visit me. My parents would never allow it. But will you teach me everything you know?”

Taken back, I answered humbly, “Yes, I’ll try to teach you everything I know.”

Later that night I thought about the promise I had made. Everything I knew? But what if I didn’t know enough? Was my testimony strong enough? Did I really know the gospel was true?

I decided I would start the very next day to learn everything I could about the gospel, to gain a real testimony of its truthfulness.

With vigor I started reading the scriptures every night. My prayers became more heartfelt as I pleaded for both Angela

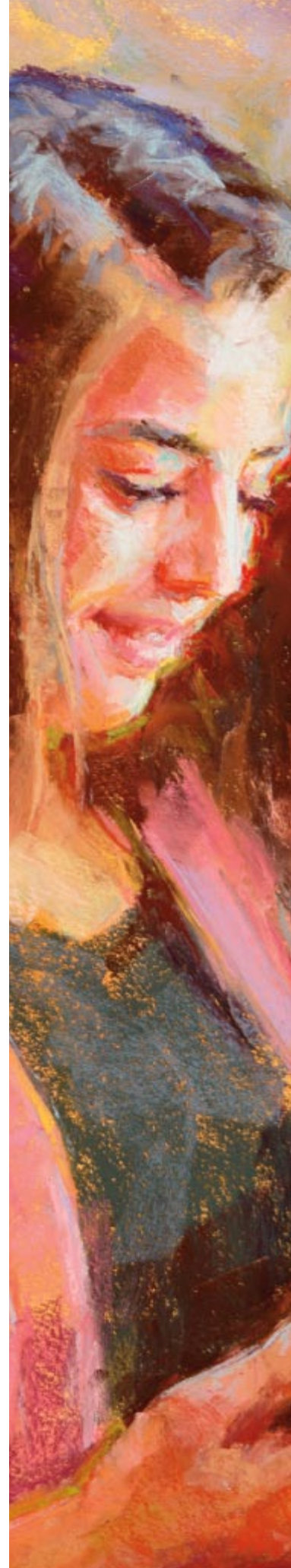


ILLUSTRATION BY JULIE ROGERS



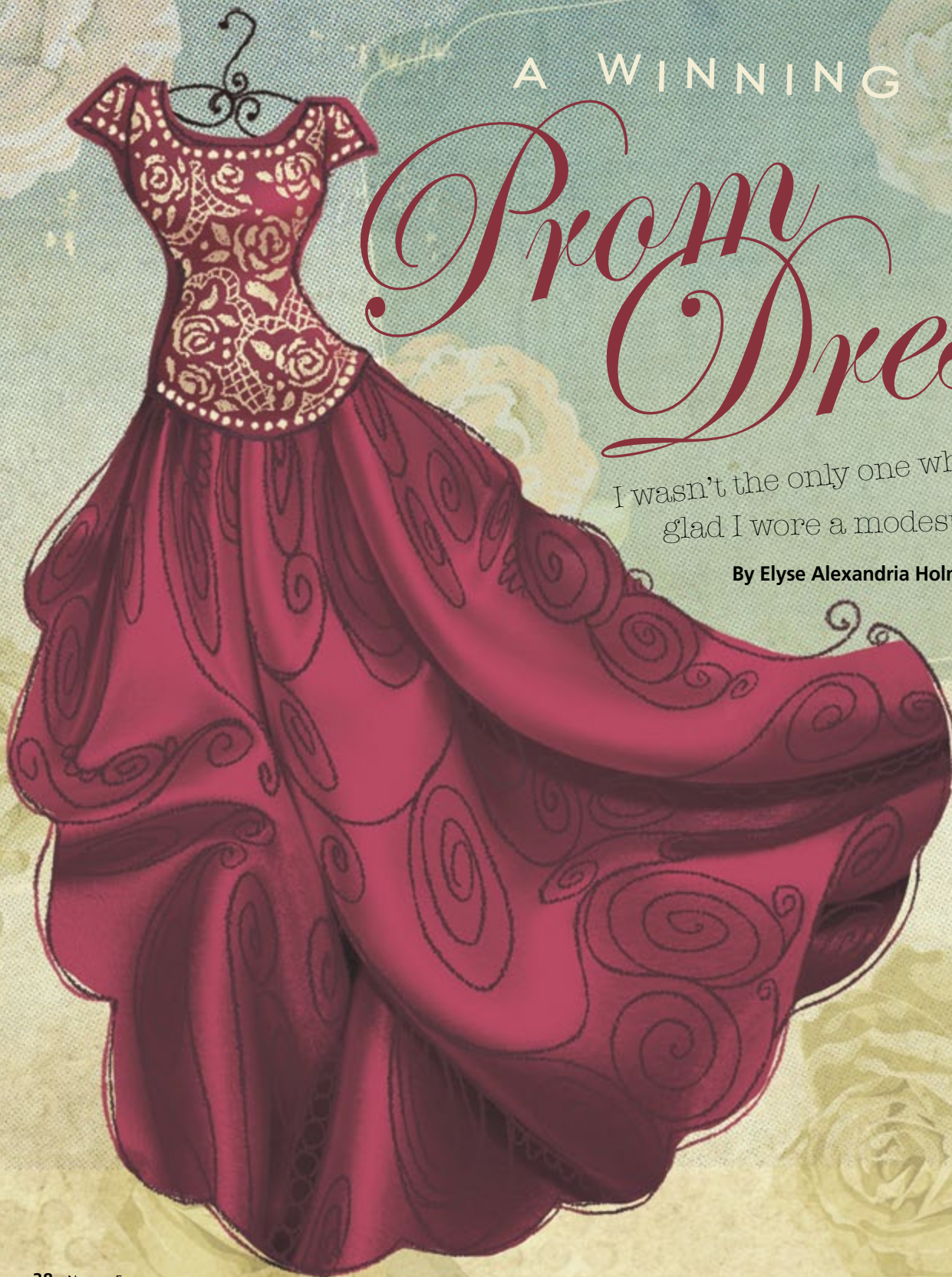
and me to know the gospel was true.

Slowly the results came. In our discussions I was sometimes led by the Spirit to say things that I hadn't thought of until that moment. My testimony grew stronger as I bore it. The scriptures became real to me.

My parents were there to help me. They were a valuable resource, and I learned to love and appreciate them more.

Five years later Angela still isn't a member of the Church. If I judged myself according to my eighth-grade expectations, I failed. I did not sit at a baptism and receive the "joy" of everyone's praise as the one who had brought a friend to the gospel. However, my expectations have changed. I have brought my own soul closer to God. Even if Angela never joins the Church, the studying and teaching I did were not in vain. She learned more about the gospel, and sharing it with her converted me. And it helped me to be more effective in sharing it with others.

The joy promised in the Doctrine and Covenants does not mean worldly praise. My joy is great because I know my Savior better and have gained a strong testimony of His gospel. **NE**



A WINNING

Prom Dress

I wasn't the only one who was glad I wore a modest dress.

By Elyse Alexandria Holmes

“You win.”

I had just come out of the elevator with my date. It was my high school senior prom—the day I had been looking forward to for months. The dinner and accompanying dance were held on the top floor of a local hotel in my hometown in upstate New York. Balloon arches and a long, red carpet led the way into the ballroom where the dance was being held.

“Excuse me?” I asked, looking around for the source of the voice. It was my science teacher, Mr. Keenan.

“You win,” he repeated.

Laughing, I asked him what it was I had won.

“You have the most beautiful dress I have ever seen,” he responded. “I want that dress for my daughters when they go to prom.”

“Oh, I’m sure he tells every girl that,” I thought, smiling.

Continuing, he said, “I don’t know if you’ve noticed yet, but not many of the dresses I’ve seen so far tonight cover very much.”

I was a little taken aback by his comment. It was obvious that my dress was modest, but I didn’t think that others would comment. I thanked him and continued into the dance.

Later in the evening, my date and I went to the photographer for pictures. When it was our turn to pose, the

photographer looked at me and said, “Wow, what a gorgeous dress.”

“I’m sure you tell every girl that her dress is gorgeous,” I said, voicing my earlier thoughts.

“Oh no,” his voice was serious. “I *rarely* tell a girl her dress is gorgeous.”

Rewind eight months to the previous fall. I knew my senior prom was going to be at the end of that school year, and in my excitement I started searching for a prom dress in September.

My friends and I spent several Saturdays shopping at local stores and trying on their selection of formal dresses. But in my hometown, finding a formal dress that went to at least the knees, wasn’t cut too low in the front or back, had sleeves, *and* was cute was like trying to find a needle in a haystack.

I could have rationalized wearing an immodest dress—it was just one night, only immodest dresses were available, and all of my friends would be wearing them. But I felt uncomfortable just trying them on, and I knew I would be uncomfortable the whole night of prom if I did wear one.

I started looking harder. I knew it would be difficult to find something in local stores, so I turned to the Internet. It took a bit of searching, but after a while, I found the dress of my dreams.

It was a little more expensive than the immodest dresses I had tried on, and I had to get a job to pay for it. But when I received it in the mail and tried it on, it fit perfectly and I felt comfortable. I knew I had made the right decision.

When I walked into prom that night, I never once felt uncomfortable. And I was grateful that I had chosen to stay modest. As my teacher said, I had won. **NE**

SHOW RESPECT BY DRESSING MODESTLY

“Styles in clothing change; fads come and go; but if the dress styles are immodest, it is important that our young women avoid them. When you dress modestly, you show respect for your Heavenly Father and for yourself. At this time, when dress fashions are styled after the skimpy clothing some of the current movie and music idols are wearing, it may be difficult to find modest apparel in clothing stores. However, it is possible, and it is important. The Apostle Paul declared: ‘Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? . . . The temple of God is holy, which temple ye are’ (1 Corinthians 3:16–17). You know the truth; live it.”

President Thomas S. Monson, “Be Thou an Example,” *Ensign*, May 2005, 114–15.



Making It Modest

See how other young women found a creative way to wear modest prom dresses in the *Mormon Messages for Youth* video “195 Dresses” at lds.org/go/324.



WHY I AM SERVING A MISSION

Missionary work is great! One of the reasons I decided to serve a mission is because of a missionary assigned to my branch at home. One time I asked him, “Elder, why did you serve a mission and leave your work and family?”

He answered, “Brother, there are two reasons I went on a mission. First, I love God. Second, I love the people who have not yet heard about the gospel of Jesus Christ.” (See Mosiah 28:3.)

Because of that missionary, I am now serving a mission.

Elder Perez, Philippines
Baguio Mission



AN INSPIRING SCRIPTURE

Whenever my mother wants to give us an inspiring message from the scriptures, she quotes Alma 37:37. She has shared it so many times that when she begins to read it, we say it with her because we have it memorized.

I often wondered why she keeps sharing that with us—yes, we know already that we have to pray and be thankful in our daily lives. But what touched my heart most was when I finally realized that my mom just wants us to never forget that Heavenly Father and Jesus Christ are always watching over us.

Every time I’m in the midst of trials and tribulation, I never forget to read that scripture. I always remember how loving Heavenly Father and Jesus Christ are. I need to be thankful for all my blessings. I will always remember how my mom changed my perspective

on praying and being thankful even in trials.

Hannah M.,
Philippines



THE TEMPLE, TESTIMONY, AND SOCIAL MEDIA

I took this photo of the London England Temple when my family went there with my brother as he received his endowment before going on a mission. I was so proud to see my brother go to the temple.

As they were in the temple, I walked around the peaceful grounds, focusing on Heavenly Father. You don’t necessarily have to be inside the temple to feel close to the Lord. I reflected on how beautiful the Lord’s house is and how I can’t wait to one day receive the blessings of the temple.

Seeing the joy on my brother’s face as he came out of the temple was a testimony-strengthening experience. I felt of his love for the Savior and could tell that temple blessings are like no others.

This picture reminds me of this special day and helps me focus on doing what’s right. I hung it in my bedroom so I can be constantly reminded of the importance of living worthy to one day enter the Lord’s house and receive my own endowment.

I uploaded the photo onto my Facebook page, and I have received so much positive feedback from others. It has even generated opportunities to tell people about the gospel.

Emily M., England



PHOTO ILLUSTRATIONS BY WEIDEN C. ANDERSEN AND MATT REIER

GENERAL YOUNG WOMEN MEETING

The Young Women general presidency, under the direction of the First Presidency, invites all young women ages 12 to 18, their mothers, and Young Women leaders to attend the General Young Women Meeting on Saturday, March 24, 2012.

The theme for the broadcast is “arise and shine forth, that thy light may be a standard for the nations” (Doctrine and Covenants 115:5).

The meeting will originate from the Conference Center in Salt Lake City, Utah. The live meeting will be broadcast by satellite to meetinghouses worldwide and on the Internet at broadcast.lds.org.

LIVE BROADCAST	REBROADCAST
8 P.M. EASTERN TIME	10 P.M. EASTERN TIME
7 P.M. CENTRAL TIME	9 P.M. CENTRAL TIME
6 P.M. MOUNTAIN TIME	8 P.M. MOUNTAIN TIME
5 P.M. PACIFIC TIME	7 P.M. PACIFIC TIME



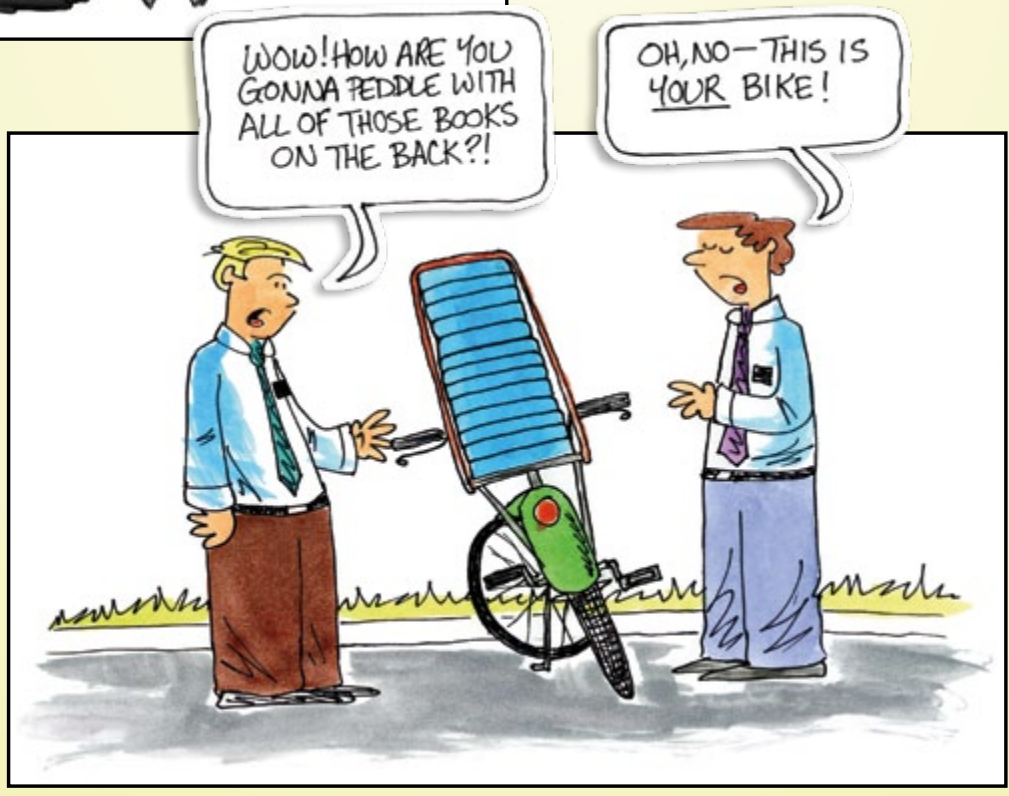
KEVIN BECKSTROM



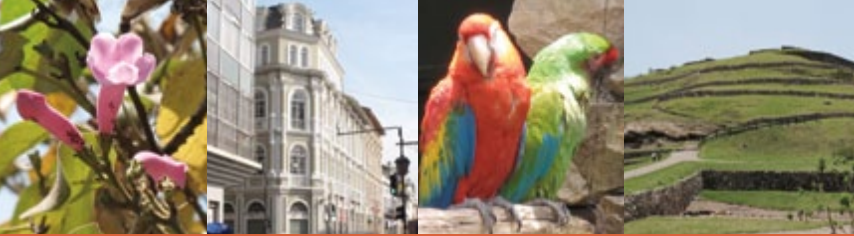
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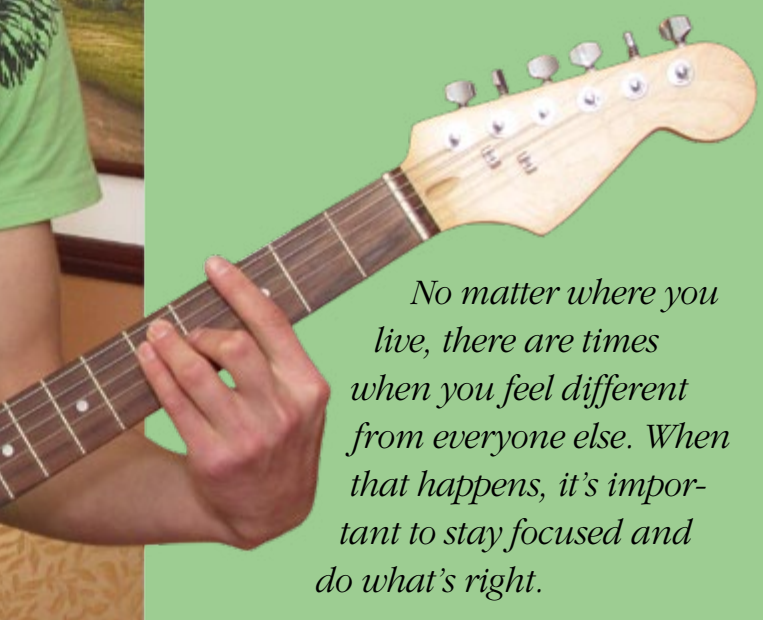


RYAN STOKER



ALONE BUT **NOT ALONE**

By **Joshua J. Perkey**
Church Magazines



No matter where you live, there are times when you feel different from everyone else. When that happens, it's important to stay focused and do what's right.

Juan C., an 18-year-old from Cuenca, Ecuador, knows what it's like to be different. He's one of only a handful of members of The Church of Jesus Christ of Latter-day Saints in a city of around 500,000 people, and the pressures to give in to temptation are pretty high. But Juan knows that there is a source of strength greater than any temptation.



Developing Focus

Juan's parents taught him as a child to follow standards that bless his life. These helped him grow and develop his talents. "Since I was little, I set goals in Primary and Young Men to learn instruments," he explains. "I play the violin, flute, piano, and now the guitar. I like the guitar most of all."

Juan also set personal fitness goals based on *Fulfilling My Duty to God*. Over the years he has studied taekwon do, swimming, and gymnastics, and he was even on his school's running team.

"I love to learn. That's why I always took the challenge to learn a new instrument or sport, to learn something more," he says.

These goals also supported a larger objective. "Everything I've done, all that I have studied, all the physical preparation, all the goals I've set—everything has been with the object of going on a mission," he explains. "And going on a mission is just part of another goal: to be sealed in the temple and become a good husband."

Learning to Say No

Even with such deep focus, Juan knows that it's not easy to stay on target. A few years ago he gained a lot of strength from older young men in his ward. But most of them have moved or have started attending elders quorum, leaving Juan with

few Church friends to support him when things got hard. During those times, Juan sought strength from his parents and siblings—and from his Heavenly Father.

"You feel a little alone sometimes because you have different standards, a different way of living, of treating other people, of seeking different things in life. But the truth is," Juan adds confidently, "you are never alone. We always have prayer, and we can always draw closer to our Heavenly Father. I have always prayed to have the strength to do what's right, to have the courage to stand up to my friends when they do things that aren't right.

"And you know what?" he continues. "Sometimes my friends have told me they admire my example and the strength I have to say no."

Standing Firm

Some of the temptations that Juan faced were easy to reject. He could easily say no when a friend would invite him to drink alcohol. That was a clear violation of the commandments.

"But there are times when the temptations are more subtle," Juan explains. "As it says in the scriptures, sometimes it's disguised [see Matthew 7:15]. The temptations can appear as though they are nothing bad because they don't appear to break a specific commandment. That's when you have to pray to be aware of what's going

on so that you don't get confused. The Spirit has helped me understand this many times when something is wrong or when people are trying to get me to do bad things."

As Juan prepares for his mission, he has made some new friends in the Church who support him.

"I'm an example for other youth now, and this has been a blessing for me," he says. "It helps me understand that the effort to be strong, to be faithful, is worth it." **NE**



Top: Juan with his family. Above: One of the four rivers that flow through Cuenca.

GREAT SHOT

With 10 seconds left on the clock, Skylar, playing for the Panthers basketball team, dribbled the basketball and shot a two-point buzzer shot. The



crowd went wild as both schools cheered for Skylar. The final score was Panthers 69 and High Flyers 75.

Skylar is in the special-education class at my high school and has always loved basketball. I first met him in one of my seminary classes, and I have always admired him.

Skylar joined the basketball team, and in one game against our rival team, he was put in for the last few seconds. Ever since our high school was built, we have been rivals with the High Flyers, but as the ball landed in Skylar's hands, every member from the opposing basketball team backed off and let him take the shot.

The ball flew through the air, and *swish!* Skylar made the last shot of the game. Both schools rose to their feet and cheered for Skylar. It was amazing how both schools came together to applaud his effort even though his team didn't win.

We all have our different trials and obstacles that hold us back, and we all need people to support us and cheer us on. Matthew 25:40 says, "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me."

If we are willing to look past the differences of others as the crowd did for Skylar, we can start to see each other as the Savior sees us.

"Jesus walked away from none. He gave his love to ev'ryone. So I will! I will!" ("I'll Walk with You," *Children's Songbook*, 141). **NE**
Makenzie S., Utah, USA

AN HONEST GRADE

One day in chemistry class, our teacher passed back a test we had taken so we could look over our grades and ask any questions. I wasn't very good at chemistry, and this test was proof. It was not a good grade, and I was very discouraged.

As the teacher went over the test for the class, I realized he had marked as correct a question I had actually missed. I showed it to my friend, Gary, who said, "Lucky—you got a higher grade."

I told Gary I was going to show it to the teacher. He told me I was going to lower my grade by being honest and that it was a stupid idea. I went up anyway. My teacher fixed the mistake, and my grade was lowered.

A few months later, we got another test back. As the teacher went over it, Gary raised his hand.

He told the teacher that he had made a mistake on his test, a mistake that if fixed would lower his grade. Gary took the test up to the teacher, and his test grade was lowered. As Gary walked back to his seat, he winked at me. I knew he had learned from my example. **NE**

Kylie H., California, USA

LITTLE BY LITTLE

When I was about 14 or 15, I had a hard time believing the Church was true, even though I'd been a member all my life. Although my firm testimony of the Church didn't come until later, here is how I decided that the Church was good and that I should keep going.

One day I prayed about whether or not the Church was true. I was expecting some great experience like hearing a voice or feeling a physical sensation in my body or something similar to assure me it was. Nothing came. I struggled greatly with this.

Then one Sunday, I was at church and started thinking about all of the great people I knew in the Church. I thought about how I felt when I was at church—a peaceful feeling, like I was at ease. I felt the Spirit during this meeting when I was thinking about these things.

This is when my first little bit of testimony started, and I knew that the Church was a good thing and that I should keep going. As I continued going to church, I started forming an even stronger testimony, little by little. **NE**
Levi H., Wyoming, USA

Scoring a
TOUCHDOWN
with
SERVICE



Serving others showed these two boys the true meaning of happiness—and helped prepare them for their missions.

Like most high school football teams, the players at Show Low High School attend a preseason warm-up camp. Theirs is held at a nearby camp called Camp Tatiyee. Here the Show Low team practices football skills with the camp participants. But there is something special about Camp Tatiyee—all of the participants are adults with developmental disabilities.

Two Latter-day Saint team members at Show Low, Josh W. and Rathen R., have discovered true happiness by serving the camp participants.

Josh: When we first went to Camp Tatiyee, we were all a little uncomfortable. As we were introduced, it was amazing to see how happy the participants were. I remember thinking to myself, “How can they be so happy when they have serious disabilities and other challenges?” But they were genuinely happy to see us. We played football, softball, and kickball, and we even arm wrestled with them. I learned pretty quickly that the camp participants have a special purpose in life.

I’m sure that as a missionary, I will find myself in uncomfortable circumstances. This experience has helped prepare me to not fear those situations on my mission when that time comes.

Our football team visits Camp Tatiyee each year as an act of service, but I believe the camp participants are also serving us by their examples. I have learned that if you really



want to be happy, then you forget about yourself and serve someone else.

Rathen: Going to Camp Tatiyee gave me the chance to reflect on the many gifts I have been given from my Heavenly Father. I had never really thought about how blessed we truly are in our lives. The men and women at Camp Tatiyee were great examples to me of how to take on the challenges of life and truly love it.

In preparing for my mission, this experience has helped me see what is truly important—to be happy and positive about every opportunity, even in the midst of trials. We can all learn from our trials if we face them with a good attitude and a smile on our face.

*Reaching out to anyone can be difficult or uncomfortable, especially in unfamiliar circumstances. But Josh and Rathen saw the men and women at this camp as sons and daughters of God. They learned that service doesn’t just benefit the person being served, but it also benefits the person doing the service. **NE***

—As told to Elyse Alexandria Holmes

WHAT WILL YOU DO?

You can serve in so many ways. Today, consider praying for an opportunity to serve someone around you, and then listen for promptings of the Spirit and be on the lookout to see who could use your help (see John 13:34–35).

Far left: Rathen (left) and Josh (right) share a love for football and service. Below: The Show Low football team gathers with Camp Tatiyee participants after playing football with them.



HOW TO DARE GREAT THINGS



By Elaine S. Dalton

Young Women general president

HOW HAVE YOU APPLIED THIS?

“The first time I passed the sacrament, I was nervous because I had never done something like that before. But I’m glad I tried it, because it makes me feel good. I know that I’m serving others when I do it.”

Kaydn B.

“This year I was asked to help youth with disabilities. At first I was scared because I didn’t know what to expect. But it’s probably one of the most spiritual things I’ve done.”

Cassidy B.

“When I was 14, I was called as the ward chorister. It was very frightening for me. But I had the support of my ward, and now I am all the better for it.”

Brittany P.

These are your days. You have been reserved to be here on the earth now. Your gifts and talents and your preparation now will help you to accomplish your divine mission—and each of us has one. Each of you came to the earth with gifts to help you accomplish your part. Dare great things!

What will this require of each of us?

1. Dream Big

What seems impossible is often possible! Believe in yourselves. Believe in not only who and what you are now but in what you have the power to become.

- Take every opportunity you can to draw strength and inspiration by attending the temple.
- Seek learning not only by study but also by faith.
- Work hard to achieve your dreams.
- Don’t let discouragement or mistakes delay you.
- Push yourselves.
- Move beyond the limitations set by ordinary men.

Don’t let the low standards and expectations of the world and others cause you to aim beneath your nobility and ability—dream big! What I know and have learned is that anything worth doing is not easy and that we can do anything that is not easy if we believe.

2. Move out of Our Comfort Zones

We must be willing to change, to make transitions, to repent. From everything I read in the scriptures, I don’t think the Lord likes us to be in a comfort zone. He repeatedly takes his choicest servants out of their comfort zones and challenges them by their circumstances, their trials, and their opportunities to become more and to do more.

In order to do this, we must be willing to

move out of our comfort zones—to change. And that change can happen today.

3. Go Forward with Full Confidence Relying on the Strength of the Lord

Did you know that the word *confidence* is derived from the Latin words *con* and *fideo* which means *with faith*. Confidence requires faith and purity. If you have a testimony of Jesus Christ, and His restored Gospel, you will be able to make any of life’s transitions.

When you make a transition, you are never alone. Our Heavenly Father knows exactly where you are, and He will be with you. As you make some transitions, and they’re difficult, you can pray to Him. He will even send His angels to be with you. He will lead you to a place better than you can comprehend. **NE**

From “Dare Great Things” (Brigham Young University–Idaho devotional, Oct. 11, 2011), byui.edu.

Share Your Experiences

Share *your* experiences in applying this principle and read the experiences of other youth by going to lds.org/go/325.



Heritage

By Jenica Jessen

My body is the work of a thousand Danish Vikings
whose blood throbs in my veins,
whose sunlight shines through my hair.

My grandfather gave me stature,
and my aunt (on the other side),
eyes

like hers,

blue until adolescence and
then slowly turning emerald.

I speak with my mother's
mother's mouth.

And though one bloodline blurred my sight,
and the other gave me weight,

I have the heart

of my brothers

and the brain

of my sisters

I proudly possess a set of good bones.

There's power in my arms,

my legs,

my back, from

the farmers and fighters who walk in my past,

who built me from pieces,

whose hair and height and

heart I will pass on.

WHAT'S ONLINE



More on the Temple

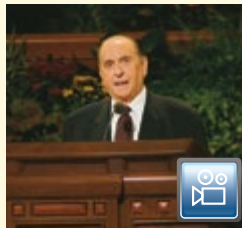
You can read about preparing to go to the temple to do baptisms and confirmations for the dead on pages 2 and 4 in this issue. Be sure to also check out two videos about the temple. At [lds.org/go/326](https://www.lds.org/go/326), you can see a *Mormon Messages for Youth* video about how two youth in El Salvador are praying for and helping their parents return to Church activity so they can be sealed in their new temple. And at [lds.org/go/327](https://www.lds.org/go/327), you'll see a short video with an invitation from President Thomas S. Monson about attending the temple as youth.



Focus on the Family



As a Latter-day Saint, you have a responsibility to stand up for the doctrines about the family. Read the article on page 6 in this issue, and then be sure to study "The Family: A Proclamation to the World," which you'll find online at [lds.org/family/proclamation](https://www.lds.org/family/proclamation).



Video Highlights from General Conference

As we prepare for another general conference in April, it's a great time to review the messages given at our last conference. You can watch video highlights with short clips of some conference messages on [youth.lds.org](https://www.youth.lds.org)—just click on "From Church Leaders."

