

The New Era magazine is there for your teens—and for you. See how this month's issue can help you talk with them and teach them.

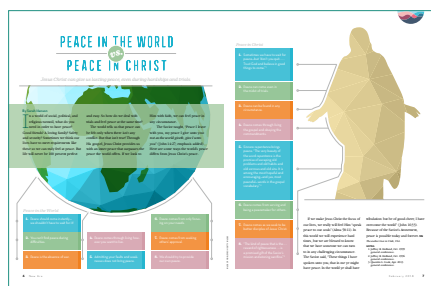


Finding Peace

Two articles in this month's *New Era* aim to help youth know how to find true and lasting peace in a world of turmoil:



A message from Elder M. Russell Ballard of the Quorum of the Twelve Apostles discussing the kind of inner peace we can find only through the Savior (page 2).



An article contrasting the world's understanding of peace with peace in Jesus Christ (page 6).

TRY THESE ACTIVITIES

Here are some activities in this month's *New Era*:

FHE Object Lesson

With a sponge, grape juice, and water, youth can teach a family home evening lesson about filling our lives with good to avoid soaking in too many worldly influences (page 8).

Form Your Own Positive Statements

Youth can use this activity to see how they can change the way they talk to themselves in order to better reach their potential. This is based on the article on page 31 by a performance psychology consultant for BYU Athletics (page 36).

TALK WITH THEM

Here are some questions you might ask:

- What's the difference between relaxing and finding inner peace?
- When you feel fear and anxiety, what helps you overcome those feelings?

TEACH THEM

In family home evening or other teaching settings, consider using something you saw in the *New Era*. For instance:

- Read Elder Ballard's message (page 2) and share how you have seen the Savior and His gospel bring peace to your life and the lives of others.
- Read the message by Elder Larry H. Wilson of the Seventy about the temple (page 20), and share what helped you prepare for temple ordinances.
- Read the message by President Thomas S. Monson called "A Prophet's Invitation: Study the Book of Mormon" (page 48), and share how you have been blessed by following President Monson's counsel to study the Book of Mormon every day.

SEND US YOUR SUGGESTIONS

How can the *New Era* better meet the needs of your youth? Do you have specific ideas for article topics, questions to be answered, or ways to help youth understand the gospel? Send your suggestions to newera@ldschurch.org.



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