

Video Presentation

A video shown during the general Young Women meeting featured counsel from President Thomas S. Monson—as well as comments from a group of young women and their leader about an experience they had learning to seek and receive the Lord’s guidance.

Sister Clayton

Last summer our young women had a burning question. They wanted to know what the official position of the Church was relative to swimsuits. Rather than give them an answer that we were inclined to give them ourselves, we determined that we’d be wiser, as their leaders, to turn them to the Source. They could ask; they could find out for themselves and have a process and an understanding of how it feels and how it works to seek and to get information from heaven personally so that they could replicate that process later in their lives.

First Young Woman

When we first started out, I just thought, “Well, OK. It’s just another assignment to take home and study on.”

Second Young Woman

This experience helped me come closer to Heavenly Father.

First Young Woman

It’ll help me too when I am older with my own daughters.

Third Young Woman

As soon as I started really searching for the answer, it came really quickly.

Sister Clayton

As we looked at this from a doctrinal point of view, there was no more fundamental source than the scriptures.

Third Young Woman

At first I really tried to find the answer in the scriptures, and it didn’t seem to be there.

First Young Woman

But as I got deeper in the subject, I felt myself wanting to learn more and find out more.

Third Young Woman

I kept on finding all these scriptures about modesty, like a virtuous woman is modest, and at first, that didn’t make sense to me. And then prayer—I was kind of expecting specific answers through prayer, and I wasn’t getting them. And then as I realized, after I got my answer, prayer just brought the Spirit and the scriptures did have the answer all along, that [modesty] was more of an attitude.

Second Young Woman

I’ve gotten some answers, but they weren’t very specific, of course, because I always have to do my part and learn for myself.

Third Young Woman

And I was expecting to be told, “This is what you can wear. This is



what you can't wear." I didn't want it to be like [it is] because then it was my choice and I didn't have the exact rules. But I actually am really grateful now that that is the answer that I got because I think that's much more applicable to all the girls around the world.

First Young Woman

I just felt myself becoming closer to my Heavenly Father, and my heart just grew, and especially with these girls, finding out everything that they went through to find their answers just made my heart swell for all of them; I have so much love for all of them.

Sister Clayton

As we engaged in this process together and shared our hearts and received inspiration and felt the effect of the Spirit, we became something different. They learned that Heavenly Father cares about what they care about. They learned that He loves them. They learned that whatever they ask, He'll listen and He'll answer.

Third Young Woman

I think that through this process I've kind of realized that getting answers is not just a once-in-a-lifetime thing, that it's something I can use all the time. And in order to get those answers, I have to be steadfast in saying my prayers and in reading my scriptures and continuously keep that Spirit with me.

First Young Woman

I can pray to Him whenever I need to, and He is there for me, no matter what. He is always by me, and He is always helping me through every situation.

Second Young Woman

Whenever I feel sad or whenever I need help, I can always ask Him.

First Young Woman

I know who I am, and I know what I stand for, and I know how I feel when I wear the right kind of clothing. And I know that if I dress modestly that I can be closer to

my Heavenly Father and closer to the Spirit.

Third Young Woman

It's an amazing realization when you look back through my journal and find out that almost every day I've had prayers answered and my questions answered through the Lord.

President Thomas S. Monson

We can find truth in the scriptures, the teachings of the prophets, the instructions from our parents, and the inspiration that comes to us as we bend our knees and seek the help of God.

Sometimes the best answers that young people can get to the questions of life are found when they are upon their knees calling upon our Heavenly Father.

And I testify that if they will remember that the Lord is mindful of them and will answer their prayers, they will be able to meet every challenge that comes to them. ■