



What should I do if I can't stop feeling sad all the time?

By Elder Jeffrey R. Holland

Quorum of the Twelve Apostles

The members of the Quorum of the Twelve Apostles are special witnesses of Jesus Christ.

Above all, know that your Heavenly Father loves you more than you can imagine.

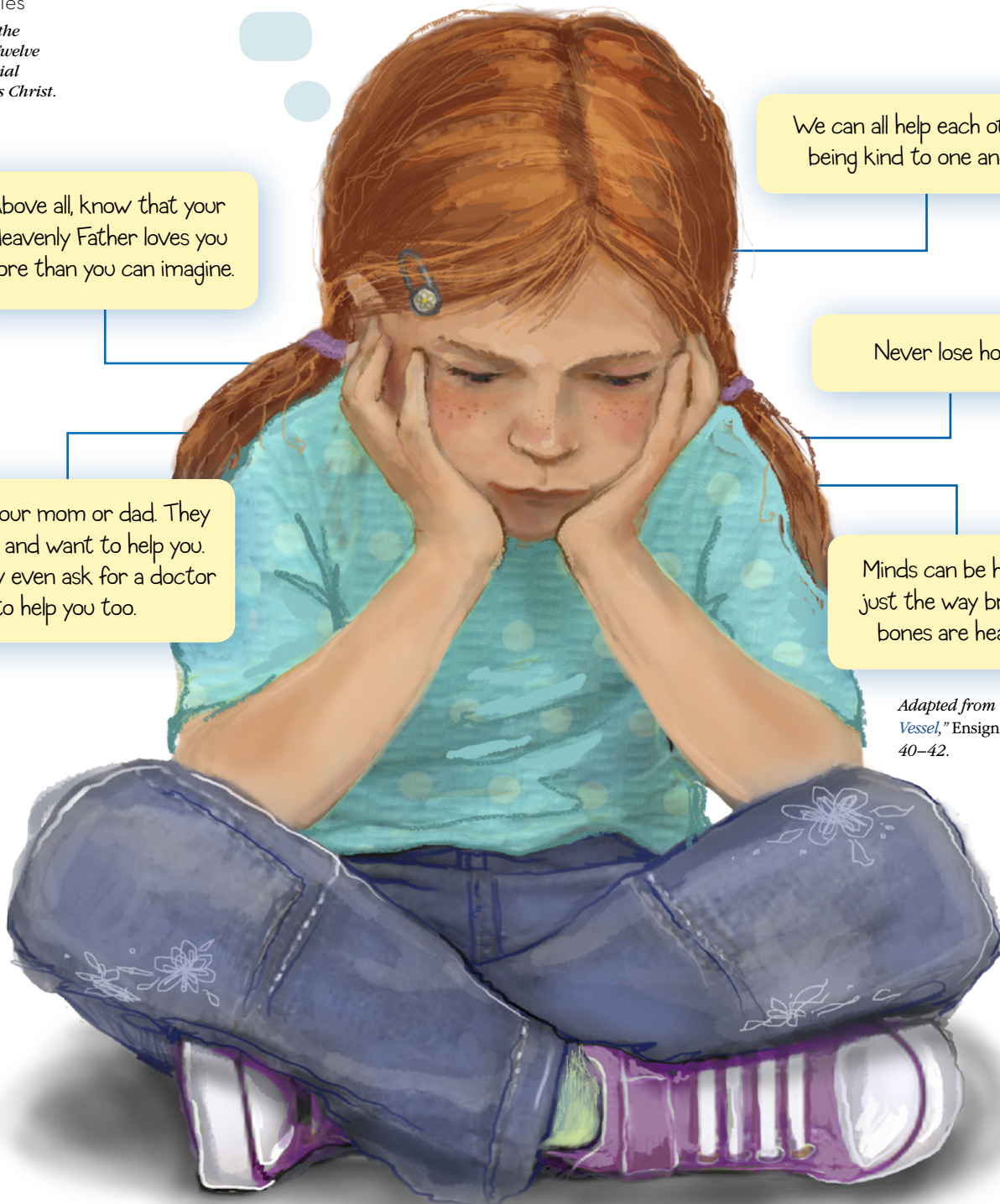
Talk to your mom or dad. They love you and want to help you. They may even ask for a doctor to help you too.

We can all help each other by being kind to one another.

Never lose hope.

Minds can be healed just the way broken bones are healed.

Adapted from "Like a Broken Vessel," Ensign, Nov. 2013, 40-42.



Turn to page 9 for more about Heavenly Father's love for us.

Don't Give Up!



When Elder Holland was a young dad, he moved across the country with his wife and two children to go to college.

They packed everything in their little car and started driving. After only 34 miles, the car broke down. Elder Holland looked under the car's hood, but he didn't know what was wrong. He walked three miles back to the nearest town to get help.

When he got there, a kind man gave him a ride back to his car. They drove Elder Holland's car very slowly back to a larger city to get it repaired.

The mechanic checked the car for two hours, but he couldn't find anything wrong. So Elder Holland and his family set off again. At exactly the same spot as last time, the car broke down again!

Elder Holland started the long walk for help again. The same kind man gave him a ride and helped bring the car back to the larger city. Elder Holland felt worried and discouraged.

Thirty years after this happened, Elder Holland drove by the same spot, this time in a car that worked. He

remembered how hard that time was for his family. He wished he could tell his younger self, "Don't give up, boy. Don't you quit. You keep walking. You keep trying. There is help and happiness ahead—a lot of it—30 years of it now, and still counting. You keep your chin up. It will be all right in the end. Trust God and believe in good things to come."

We all have times when we want to give up. But the gospel of Jesus Christ helps us know that things will always get better. ◆

Adapted from "An High Priest of Good Things to Come," Ensign, Nov. 1999, 36–38.

5 FACTS ABOUT ELDER HOLLAND

Born on December 3, 1940

The *R* in his name stands for Roy

Played lots of different sports

Was president of Brigham Young University

Became an Apostle in June 1994