



By Elder
Quentin L. Cook
 Of the Quorum of the
 Twelve Apostles

HOW TO FIND REAL PEACE

The heavenly aspiration of good people everywhere has and always will be for peace in the world. We must never give up on achieving this goal. But, President Joseph F. Smith (1838–1918) taught, “There never can come to the world that spirit of peace and love . . . until mankind will receive God’s truth and God’s message . . . , and acknowledge his power and authority which is divine.”

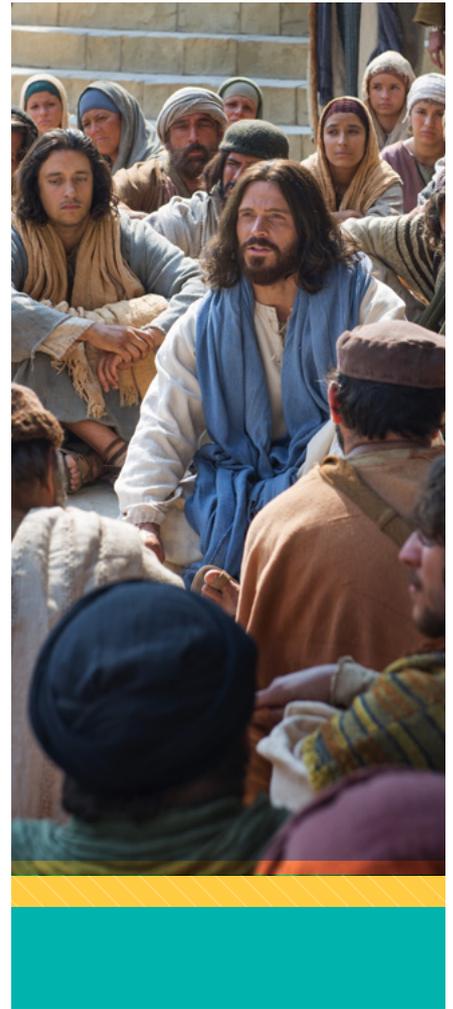
We earnestly hope and pray for universal peace, but it is as individuals and families that we achieve the kind of peace that is the promised **reward of righteousness**. This peace is a promised gift of the Savior’s mission and atoning sacrifice.

Peace is not just safety or lack of war, violence, conflict, and contention. Peace comes from **knowing that the Savior knows who we are and knows that we have faith in Him, love Him, and keep His commandments**, even and especially amid life’s devastating trials and tragedies (see D&C 121:7–8).

“Where can I turn for peace? Where is my solace when other sources cease to make me whole?” (“Where Can I Turn for Peace?” *Hymns*, no. 129). **The answer is the Savior**, who is the source and author of peace. He is the “Prince of Peace” (Isaiah 9:6).

Humbling ourselves before God, **praying** always, **repenting** of sins, entering the waters of **baptism** with a **broken heart** and **contrite spirit**, and **becoming true disciples** of Jesus Christ are profound examples of the righteousness that is rewarded by abiding peace.

The Church is a refuge where followers of Christ attain peace. Some young people in the world say they are spiritual but not religious. Feeling spiritual is a good first step. However, it is in the Church that we are **fellowshipped, taught, and nourished by the good word** of God. More importantly, it is priesthood authority in the Church that provides for **sacred ordinances**



and covenants that bind families together and qualify each of us to return to God the Father and Jesus Christ in the celestial kingdom. These ordinances bring peace because they are covenants with the Lord.

Temples are where many of these sacred ordinances occur and are also a source of peaceful refuge from the world. Those who **visit temple** grounds or participate in temple open houses also feel this peace.

The Savior is the source of true peace. Even with the trials of life, because of the Savior’s Atonement and His grace, righteous living will be rewarded with personal peace (see John 14:26–27; 16:33). ■

From an April 2013 general conference address.