

# Liahona



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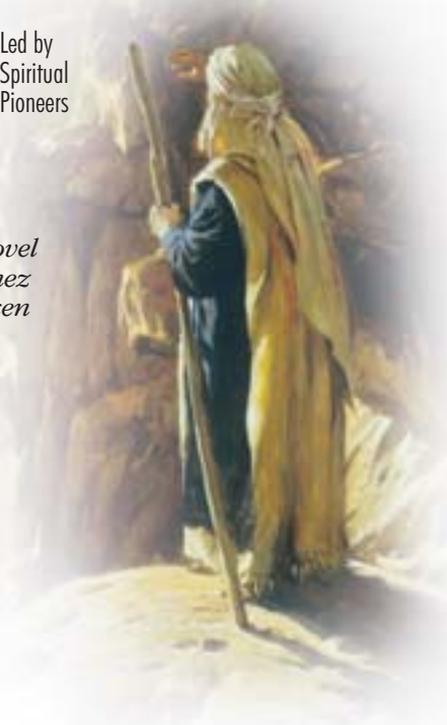
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Spiritual  
Pioneers

### ON THE COVER

Photography by Adam C. Olson.

### THE FRIEND COVER

Photograph by R. Val Johnson.



## FAMILY HOME EVENING IDEAS

*These ideas can help you use  
the Liahona to enhance  
your teaching in the  
classroom as well as  
in the home.*

**"The Gift of the Holy Ghost:  
What Every Member  
Should Know,"** p. 18:

Draw some pictures of familiar  
objects or write some common  
phrases on pieces of paper, and  
fold each one in half. Show one  
half, and have family members  
guess what's on the other half.  
Read the Prophet Joseph Smith's  
quotes in this article, and discuss

why baptism by water only is  
incomplete. Assign sections of the  
article to family members, and  
have them explain what their  
sections teach about the  
Holy Ghost.

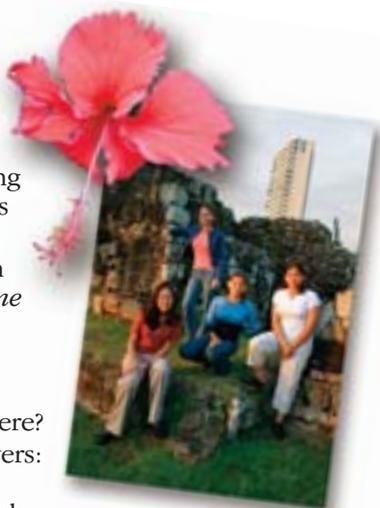
**"Surfing the No-  
Swim Zone,"** p. 26:

Make several warning flags out  
of paper. After reviewing the story,  
have family members write stan-  
dards on the flags. Ideas could  
come from the scriptures, general  
conference, *For the Strength of  
Youth*, or local leaders. Display the  
flags around your home.



## FOR YOUTH

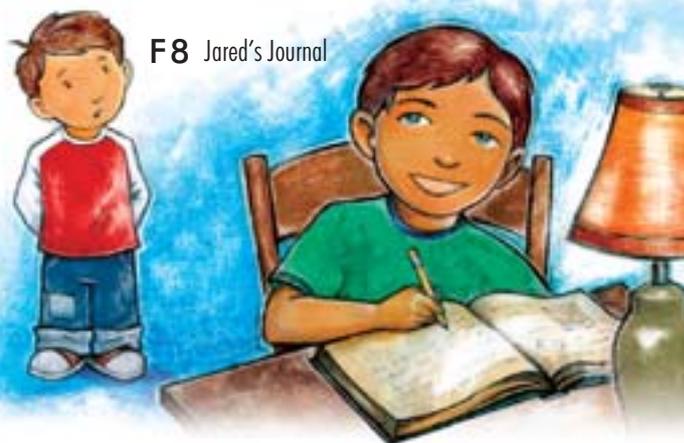
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- F14 Making Friends: Brave in the Gospel—Eduardo, Mariana, and Marcella Douardo of Recife, Brazil



F8 Jared's Journal



As you look for the CTR ring hidden in this issue, remember to always say your prayers.

**"In the Service of the Lord,"** p. 34: Write down different Church callings on slips of paper, and pass them out to family members. Ask them to tell one way they could be of service in that calling. Relate Brother Dai Endo's story, and testify that "it is not where you serve but how" that is important. Read the last section of the article, and challenge family members to follow its principles.

**"Faith in Every Footstep,"** p. F2: Trace a set of footprints on paper, and write "Faith in Every Footstep" on each one. Relate how Brother

Giles exercised faith throughout his life. Write between the footprints possible trials we may have, and ask family members to share how they could use faith to face these challenges.

**"Jared's Journal,"** p. F8: Have family members bring their journals to family home evening, or pass out papers to those who do not have journals. Read aloud the story. Ask family members to either write or draw pictures about their day as Aaron and Jared did. Testify of the importance of keeping a journal.

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# Led by Spiritual Pioneers

**BY PRESIDENT THOMAS S. MONSON**  
 First Counselor in the First Presidency

**T**his summer we mark 159 years since the pioneers, under the inspired leadership of Brigham Young, entered the valley of the Great Salt Lake and proclaimed: “This is the right place. Drive on.”<sup>1</sup>

Often we honor the great leaders and followers on this historic journey, but I wish to call attention to other “pioneers” who preceded that trek. In doing so I pause and ponder the dictionary definition of the word *pioneer*: “One who goes before to prepare or open up the way for others to follow.”<sup>2</sup>

Let us turn back the clock of time and journey to other places, that we might review several who I feel meet the high standard of the word *pioneer*.

Such a one was Moses.

Raised in Pharaoh’s court and learned in all the wisdom of the Egyptians, he became mighty in words and deeds. One cannot separate Moses, the great lawgiver, from the tablets of stone provided him by God and on which were written the Ten Commandments. They were binding then—they are binding now.



Moses endured constant frustration as some of his trusted followers returned to their previous ways. Though he was disappointed in their actions, yet he loved them and led them, even the children of Israel, from their Egyptian bondage. Certainly Moses qualifies as a pioneer.

Another who qualifies is Ruth, who forsook her people, her kindred, and her country in order to accompany her mother-in-law, Naomi—worshipping Jehovah in His land and adopting the ways of His people. How very important was Ruth’s obedience to Naomi and the resulting marriage to Boaz by which Ruth—the foreigner and a Moabite convert—became a great-grandmother of David and therefore an ancestress of Jesus Christ.

The book of the Holy Bible that bears her name contains language poetic in style, reflective of her spirit of determination and courage. “And Ruth said, Intreat me not to leave thee, or to return from following after thee: for whither thou goest, I will go; and where thou lodgest, I will lodge: thy people shall be my people, and thy God my God:



*Moses endured constant frustration as some of his trusted followers returned to their previous ways. Though he was disappointed in their actions, yet he loved them and led them from their Egyptian bondage. Certainly Moses qualifies as a pioneer.*

LEFT: THE LORD SHEWED HIM ALL THE LAND. BY WALTER BANE. COURTESY OF MUSEUM OF CHURCH HISTORY AND ART. RIGHT: RUTH AND NAOMI. BY JUDITH MEHR. PHOTOGRAPH BY BUSATH PHOTOGRAPHY

“Where thou diest, will I die, and there will I be buried: the Lord do so to me, and more also, if ought but death part thee and me.”<sup>3</sup>

Yes, Ruth, precious Ruth, was a pioneer.

Other faithful women also qualify, such as Mary, the mother of Jesus; Mary Magdalene; Esther; and Elisabeth. Let us not overlook Abraham, Isaac, and Jacob, nor fail to include Isaiah, Jeremiah, Ezekiel, and some from a later period.

#### **One Who Went Before**

We remember John the Baptist. His clothing was simple, his life spartan, his message brief: faith, repentance, baptism by immersion, and the bestowal of the Holy Ghost by an authority greater than that possessed by himself. He declared: “I am not the Christ, but . . . I am sent before him.”<sup>4</sup> “I indeed baptize you with water; but one mightier than I cometh . . . : he shall baptize you with the Holy Ghost and with fire.”<sup>5</sup>

The river Jordan marked the historic meeting place when Jesus came down from Galilee to be baptized of John. At first John pleaded with the Master: “I have need to be baptized of thee, and comest thou to me?”<sup>6</sup> Came the response: “It becometh us to fulfil all righteousness. . . . And Jesus, when he was baptized, went up straightway out of the water: and, lo, the heavens were opened unto him, and he saw the Spirit of God descending like a dove, and lighting upon him: And lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased.”<sup>7</sup>

John freely declared and taught, “Behold the Lamb of God, which taketh away the sin of the world.”<sup>8</sup>

Of John, the Lord declared, “Among them that are born of women there hath not risen a greater than John the Baptist.”<sup>9</sup>

Like so many other pioneers through the annals of history, John wore the martyr’s crown.

#### **The Savior’s Apostles**

Many who were pioneers in spirit and action were called by Jesus to be His Apostles. Much could be told of each.

Peter was among the first of Jesus’s disciples. Peter the fisherman, in response to a divine call, laid aside his nets and hearkened to the Master’s declaration: Come “follow me, and I will make you [a fisher] of men.”<sup>10</sup> I never think of Peter without admiring his testimony of the Lord: “Thou art the Christ, the Son of the living God.”<sup>11</sup>



***John pleaded with the Master: “I have need to be baptized of thee, and comest thou to me?” Came the response: “It becometh us to fulfil all righteousness.”***

John the Beloved is the only one of the Twelve recorded as being at the Crucifixion of Christ. From the cruel cross Jesus uttered the magnificent charge to John, referring to His mother, Mary: “Behold thy mother,”<sup>12</sup> and to Mary, “Behold thy son.”<sup>13</sup>

The Apostles went before, showing others the way to follow. They were pioneers.

History records, however, that most men did not come unto Christ, nor did they follow the way He taught. Crucified was the Lord, slain were most of the Apostles, rejected was the truth. The bright sunlight

of enlightenment slipped away, and the lengthening shadows of a black night enshrouded the earth.

Generations before, Isaiah had prophesied, “Darkness shall cover the earth, and gross darkness the people.”<sup>14</sup> Amos had foretold of a famine in the land: “Not a famine of bread, nor a thirst for water, but of hearing the words of the Lord.”<sup>15</sup> The dark ages of history seemed never to end. Would no heavenly messengers make their appearance?

#### **Looking for the Light**

In due time honest men with yearning hearts, at the peril of their very lives, attempted to establish points of reference, that they might find the true way. The day of the Reformation was dawning, but the path ahead was difficult. Persecutions would be severe, personal sacrifice overwhelming, and the cost beyond calculation. The reformers

were pioneers, blazing wilderness trails in a desperate search for those lost points of reference that they felt would lead mankind back to the truth Jesus taught.

Wycliffe, Luther, Hus, Zwingli, Knox, Calvin, and Tyndale all pioneered during the period of the Reformation. Significant was the declaration of Tyndale to his critics: "I will cause a boy that driveth the plough shall know more of the scripture than thou doest."<sup>16</sup>

Such were the teachings and lives of the great reformers. Their deeds were heroic, their contributions many, their sacrifices great—but they did not restore the gospel of Jesus Christ.

Of the reformers, one could ask: "Was their sacrifice in vain? Was their struggle futile?" I answer with a reasoned no. The Holy Bible was now within the grasp of the people. Each person could better find his or her way. Oh, if only all could read and all could understand! But some could read, and others could hear, and all had access to God through prayer.

The long-awaited day of restoration did indeed come. Let us review that significant event in the history of the world by recalling the testimony of the plowboy who

**P**eter the fisherman, in response to a divine call, laid aside his nets and hearkened to the Master's declaration: Come "follow me, and I will make you [a fisher] of men."



**J**airus came to the Master, saying, “My little daughter lieth at the point of death: I pray thee, come and lay thy hands on her, that she may be healed; and she shall live.”

became a prophet, the witness who was there—even Joseph Smith.

#### **The Morning Breaks**

Describing his experience, Joseph said: “I was one day reading the Epistle of James, first chapter and fifth verse, which reads: *If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.*”<sup>17</sup>

“At length I came to the conclusion that I must either remain in darkness and confusion, or else I must

do as James directs, that is, ask of God. . . .

“ . . . I retired to the woods to make the attempt. It was on the morning of a beautiful, clear day, early in the spring of eighteen hundred and twenty. . . .

“ . . . I kneeled down and began to offer up the desires of my heart to God. . . .

“ . . . I saw a pillar of light exactly over my head, above the brightness of the sun, which descended gradually until it fell upon me. . . .

“ . . . When the light rested upon me I saw two Personages, whose brightness and glory defy all description, standing above me in the air. One of them spake unto me, calling me by name and said, pointing to the other— *This is My Beloved Son. Hear Him!*”<sup>18</sup>

The Father and the Son, Jesus Christ, had appeared to Joseph Smith. The morning of the dispensation of the fulness of times had come, dispelling the darkness of the long generations of spiritual night.



Volumes have been written concerning the life and accomplishments of Joseph Smith, but perhaps a highlight or two will suffice: He was visited by the angel Moroni. He translated, from the precious plates to which he was directed, the Book of Mormon, with its new witness of Christ to all the world. He was the instrument in the hands of the Lord through whom came mighty revelations pertaining to the establishment of The Church of Jesus Christ of Latter-day Saints. In the course of his ministry he was visited by John the Baptist, Moses, Elijah, Peter, James, and John, that the Restoration of all things might be accomplished. He endured persecution; he suffered grievously, as did his followers. He trusted in God. He was true to his prophetic calling. He commenced a marvelous missionary effort to the entire world, which today brings light and truth to the souls of mankind. At length Joseph Smith died the martyr's death, as did his brother Hyrum.

Joseph Smith was a pioneer indeed.

### One Who Changed the World

Turning the pages of scriptural history from beginning to end, we learn of the ultimate pioneer—even Jesus Christ. His birth was foretold by the prophets of old; His entry upon the stage of life was announced by an angel. His life and His ministry have transformed the world.

With the birth of the babe in Bethlehem, there emerged a great endowment, a power stronger than weapons, a wealth more lasting than the coins of Caesar. This child was to be the King of kings and Lord of lords, the Promised Messiah, even Jesus Christ, the Son of God. Born in a stable, cradled in a manger, He came forth from heaven to live on earth as mortal man and to establish the kingdom of God. During His earthly ministry, He taught men the higher law. His glorious

gospel reshaped the thinking of the world. He blessed the sick. He caused the lame to walk, the blind to see, the deaf to hear. He even raised the dead to life.

One sentence from the book of Acts speaks volumes: Jesus “went about doing good, . . . for God was with him.”<sup>19</sup>



***In the garden known as Gethsemane, where His suffering was so great that blood came from His pores, He pleaded as He prayed, “Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done.”***

He taught us to pray: “Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven.”<sup>20</sup>

In the garden known as Gethsemane, where His suffering was so great that blood came from His pores, He pleaded as He prayed, “Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done.”<sup>21</sup>

He taught us to serve: “Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me.”<sup>22</sup>

He taught us to forgive: “I, the Lord, will forgive whom I will forgive, but of you it is required to forgive all men.”<sup>23</sup>

He taught us to love: “Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.

“This is the first and great commandment.

“And the second is like unto it, Thou shalt love thy neighbour as thyself.”<sup>24</sup>

Like the true pioneer He was, He invited, “Come, follow me.”<sup>25</sup>

Let us turn to Capernaum. There Jairus, a ruler of the synagogue, came to the Master, saying, “My little daughter lieth at the point of death: I pray thee, come and lay thy hands on her, that she may be healed; and she shall live.”<sup>26</sup> Then came the news from the ruler's house: “Thy daughter is dead.”<sup>27</sup>

Christ responded, “Be not afraid, only believe.”<sup>28</sup> He came to the house, passed by the mourners, and said to them: “Why make ye this ado, and weep? the damsel is not dead, but sleepeth. And they laughed him to scorn,”<sup>29</sup> knowing that she was dead. “He . . . put them all out. . . . And he

took [her] by the hand, and said unto her, . . . Damsel, I say unto thee, arise. . . . And straightway the damsel arose, and walked; . . . and they were astonished.”<sup>30</sup>

### The First to Rise

It is emotionally draining for me to recount the events leading up to the Crucifixion of the Master. I cringe when I read of Pilate responding to cries of the throng: “Crucify him, crucify him.”<sup>31</sup> Pilate “took water, and washed his hands before the multitude, saying, I am innocent of the blood of this just person: see ye to it.”<sup>32</sup> Jesus was mocked. He was spit upon and a crown of thorns placed upon His

head. He was given vinegar to drink. They crucified Him.

His body was placed in a borrowed tomb, but no tomb could hold the body of the Lord. On the morning of the third day came the welcome message to Mary Magdalene, to Mary the mother of James, and to other women who were with them as they came to the tomb, saw the large entrance stone rolled away, and noted the tomb was empty. Two angels said to the weeping women: “Why seek ye the living among the dead? He is not here, but is risen.”<sup>33</sup>

Yes, the Lord had indeed risen. He appeared to Mary; He was seen by Cephas, or Peter, then by His brethren of the Twelve. He was seen by Joseph Smith and Sidney Rigdon, who declared: “This is the testimony, last of all, which we give of him: That he lives! For we saw him, even on the right hand of God.”<sup>34</sup>

Our Mediator, our Redeemer, our Brother, our Advocate with the Father died for our sins and the sins of all mankind. The Atonement of Jesus Christ is the foreordained but voluntary act of the Only Begotten Son of God. He offered His life as a redeeming ransom for us all.

His mission, His ministry among men, His teachings of truth, His acts of mercy, His unwavering love for us prompt our gratitude and warm our hearts. Jesus Christ, Savior of the world—even the Son of God—was and is the ultimate pioneer, for He has gone before, showing all others the way to follow. May we ever follow Him. ■

## IDEAS FOR HOME TEACHERS

After prayerfully studying this message, share it using a method that encourages the participation of those you teach. Following are some examples:

1. Ask family members to define *pioneer*. Read the article’s definition of the word. Share some of President Monson’s examples to show how pioneers have prepared the way for us spiritually. Ask family members to share examples of those who have led the way for them. Discuss how we can preserve the spirit of pioneering and lead the way for others. Share an example of a “pioneer” who has been important in your life.

2. Show pictures of the pioneers listed in the article. Let family members take turns choosing a picture and explaining how the person they have chosen was a pioneer. Ask how we can show gratitude for the legacy of these spiritual pioneers. Bear testimony of the Savior as “the ultimate pioneer.”

3. Lead the family on a short walk. Stop at different points, and relate examples of pioneers described by President Monson. Read the definition of a pioneer, and invite someone to lead the way back home. Invite the family to strive to be pioneers.

### NOTES

1. Quoted in Wilford Woodruff, “Celebration of Pioneers’ Day,” *The Utah Pioneers* (1880), 23.
2. *Oxford English Dictionary* (1971), “Pioneer,” 2182.
3. Ruth 1:16–17.
4. John 3:28.
5. Luke 3:16.
6. Matthew 3:14.
7. Matthew 3:15–17.
8. John 1:29.
9. Matthew 11:11.
10. Matthew 4:19.
11. Matthew 16:16.
12. John 19:27.
13. John 19:26.
14. Isaiah 60:2.
15. Amos 8:11.
16. Quoted in S. Michael Wilcox, *Fire in the Bones: William Tyndale—Martyr, Father of the English Bible* (2004), 47.
17. Joseph Smith—History 1:11.
18. Joseph Smith—History 1:13–17.
19. Acts 10:38.
20. Matthew 6:9–10.
21. Luke 22:42.
22. Matthew 25:40.
23. D&C 64:10.
24. Matthew 22:37–39.
25. Luke 18:22.
26. Mark 5:23.
27. Mark 5:35.
28. Mark 5:36.
29. Mark 5:39–40.
30. Mark 5:40–42.
31. Luke 23:21.
32. Matthew 27:24.
33. Luke 24:5–6.
34. D&C 76:22–23.

# “My Name Is Paul Koelliker Too”

BY ELDER PAUL E. KOELLIKER  
Of the Seventy

Several years ago my wife and I visited Switzerland hoping to learn more about our family history. When we arrived in the town of Glarus, about 30 minutes from Lake Zurich, we found that our hotel reservation had been lost. The hotel clerk felt very bad for us, and he tried to find another place for us to stay. After making several unsuccessful phone calls, he said, “Oh, wait a minute. There’s one other small hotel not too far away. The owner has been in the United States. I’ll call there and see if he’s back yet.” So he did. We learned that the owner had just returned that day, and his hotel was completely empty.

The little hotel was right at the base of the Alps, on the shore of a beautiful lake. During a pleasant dinner, the proprietor said, “I know a Paul Koelliker. He lives in Glarus.” The next

thing I knew, our new friend was on the phone talking to Paul Koelliker in Glarus. The man on the other end asked him if I was from Salt Lake City. When I replied that I was, he said, “I’ve met that man before.”



*The Lord will help us as we seek our ancestors if we listen to the promptings of the Spirit.*

And then the memory came back to me. Twenty-five years earlier I was sitting at my desk at the Church Office Building in Salt Lake when my phone rang. Speaking English in a heavy German accent, the caller said, “My name is Paul Koelliker. I see in the phone book your name is Paul Koelliker. I’d like to meet you.” I went with my father and my grandfather to meet him, and we had a nice visit. He gave me some names of our ancestors, but we were unable to connect them to our family line, and we hadn’t seen each other again until my trip to Switzerland.

Early the next morning we went to his office. Not only does this Paul Koelliker live in Glarus, but he is the head of the archives for the canton of Glarus. When I told him we were trying to find our family roots, he said, “I think I can help you.” He took us into the archive and showed us books organized by family.

He said, “I can’t let you photocopy any of this; you’ll just have to write it by hand.” So for the next seven hours, we wrote as fast as we could.

We returned from our trip to Switzerland with the names of hundreds of our ancestors and later completed their temple work. We knew there were many more names waiting in the archive at Glarus. Our family feels the spiritual urging that those names are waiting for us. I know the Lord will help us find our ancestors if we will just act on the promptings of the Spirit. ■

# The Purpose of Life



*A continuing series examining doctrines unique to The Church of Jesus Christ of Latter-day Saints.*

**W**e cannot understand the purpose of this mortal life—why we are here—unless we first understand who we are, where we came from, and what our eternal destiny is. These truths, found in the scriptures and restored through the Prophet Joseph Smith, teach us that we are literal spirit children of God, that we lived with Him in a premortal existence, and that we have within us the seeds of godhood, the potential to become like Him. This was our great desire in the premortal world, and to achieve this desire we understood that we would

need to leave His presence, obtain physical bodies, learn to walk by faith, and through the Atonement of Jesus Christ become “submissive, meek, humble, patient, [and] full of love” (Mosiah 3:19).

#### **Physical Bodies**

“Adam fell that men might be,” Lehi declared, “and men are, that they might have joy” (2 Nephi 2:25). But we cannot achieve the eternal joy our Heavenly Father experiences unless we also possess glorified, resurrected physical bodies. “The elements are eternal,” the Lord instructed, “and spirit and element, inseparably connected, receive a fulness of joy; and when separated, man cannot receive a fulness of joy” (D&C 93:33–34).

All who come to this earth and obtain mortal bodies will be resurrected, but the glory and joy of eternal life in God's presence are reserved for those "who overcome by faith" (D&C 76:53) in the Lord Jesus Christ. "We came to this earth that we might have a body," the Prophet Joseph Smith taught, "and present it pure before God in the celestial kingdom."<sup>1</sup>

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles explained further: "We believe that the purpose of mortal life is to acquire a physical body and, through the atonement of Jesus Christ and by obedience to the laws and ordinances of the gospel, to qualify for the glorified, resurrected celestial state that is called exaltation or eternal life."<sup>2</sup>

### Faith, Not Sight

In our premortal life we were in God's presence. We walked by sight. But in this life, as the Apostle Paul reminds us, "we walk by faith, not by sight" (2 Corinthians 5:7). The scriptures teach us that "faith is . . . the evidence of things *not seen*" (Hebrews 11:1; emphasis added), and "if ye have faith ye hope for things which are not seen, which are true" (Alma 32:21). Walking by sight restricts our ability to develop and exercise faith.

"Without faith it is impossible to please [God]" (Hebrews 11:6). Without faith in Jesus Christ we cannot be saved. While we lived in God's presence, we were able to acquire and exercise a certain degree of faith, but we needed to leave His presence and have a veil drawn across our memory so we could develop the quality of faith necessary for us to lay claim upon eternal life.

Moroni expands upon the idea that "faith is things which are hoped for and not seen," explaining that God withholds sure knowledge from us until our faith has been tried: "Dispute not because ye see not, for ye receive no witness until after the trial of your faith" (Ether 12:6). To have our faith tried, then, is another major part of our purpose in leaving God's presence and coming to earth.



**T***o pass the mortal test we must repent of our sins, receive essential ordinances, make and keep covenants with God, and endure in righteousness to the end.*

### "We Will Prove Them"

The Pearl of Great Price gives an account of Abraham's vision of the premortal existence. Speaking to the spirits "who were with him" in the premortal world, Jesus Christ said, "We will make an earth whereon these may dwell; and we will prove them herewith, to see if they will do all things whatsoever the Lord their God shall command them" (Abraham 3:24–25). This life, then, becomes a proving ground, "a probationary state" (Alma 12:24), a time to show that we can lay hold upon the powers of Christ's Atonement and become sanctified, as He is.

This test of our faith determines whether or not we will "do all things what-

soever the Lord [our] God shall command [us]." To pass the mortal test we must repent of our sins, receive essential ordinances, make and keep covenants with God, and endure in righteousness to the end. But the Lord is concerned not only with what we do in this life; He cares deeply about what we are and become. "The Lord requireth the heart and a willing mind" (D&C 64:34). He also requires each of us to become "a saint through the atonement of Christ the Lord" and become "as a child, submissive, meek, humble, patient, full of love, willing to submit to all things which the Lord seeth fit to inflict upon him" (Mosiah 3:19). He expects us to come unto Him and experience a "mighty change . . . in our hearts, that we have no more disposition to do evil, but to do good continually" (Mosiah 5:2).

The true test of mortality is to see if we will accept the Savior wholeheartedly, apply His atoning blood in our lives, do "all we can do" (2 Nephi 25:23) to keep His commandments, and, finally, through His grace be made perfect in Him (see Moroni 10:32). ■

#### NOTES

1. *History of the Church*, 6:50.
2. "Apostasy and Restoration," *Ensign*, May 1995, 86.

# Making Progress

# Personal in Panama



**Opposite page: In the past 335 years, the progress Panama City has made from stone to steel is impressive. But the progress made by young women like Beatriz Martinez, Mayka Moreno, Andrea Navas, and Melissa Bethancourt (left to right) through the Personal Progress program is inspiring.**

*These young women have learned how to improve their lives through Personal Progress.*

**BY ADAM C. OLSON**  
Church Magazines

In 1671 pirates left the city of Old Panama in smoldering ruins. Today, from its crumbling walls, Melissa Bethancourt can point out the towering skyscrapers and sweeping cityscape of modern Panama City. The city's progress over the past 335 years is impressive.

But the progress Melissa has made in the past six years is inspired. And it's a change that more and more young women are making happen all around the world thanks to Personal Progress.

"I always thought the worst of myself," says Melissa, 17, who is about to complete the Young Women program in the Cincuentenario Ward, Panama City Panama Stake. "But the

Personal Progress program has helped me realize that I *am* worth something."

According to Melissa: "It doesn't matter who you are or where you are, these experiences can help you become a better person. This program is inspired for us. The world changes, temptations and challenges change, and this program is for our time to help us progress to meet today's challenges."

## **Stretching toward Heaven**

Still standing among the ruins of Old Panama is La Catedral (the Cathedral). Built of stone, its tower still stands about four stories tall. It was likely one of the more imposing structures of the old port city. Since the times of Old Panama, Panama City's skyline has changed dramatically. Skyscrapers earn their name, towering over La Catedral.

That kind of progress is also reflected in the lives of the young women in the Church in Panama. Personal Progress is helping them see that just as the high-rises reach into the





***Just as Panama City has stretched upward over what it was originally (inset), Latter-day Saint young women like Mayka and Minerva Moreno (top to bottom) are using Personal Progress to stretch themselves.***

sky, understanding who they are and living the Young Women values can help them stretch toward heaven.

“Personal Progress hasn’t taught me only about the Church,” says 16-year-old Andrea Navas of the Cincuentenario Ward. “It has helped me realize who I am, that we’re daughters of God.”

Secure in that knowledge, these young women are more comfortable trying new things because they aren’t worried about what others will think if they try and fail. Knowing their value in God’s eyes also helps them reach out to others.

That knowledge motivated Andrea to write a thank-you note to a sister missionary serving in her ward who helped teach her to play the piano. It motivated Melissa to spend time at a local care facility for older people, talking with them and doing things for them that they can no longer do for themselves. And it gave Mayka Moreno of the Marcasa Ward the

courage to teach a school friend about the plan of salvation.

“We are of infinite worth,” says Mayka.

“The soul is great in the sight of God. Personal Progress has changed the way I look at myself and others. Sometimes we judge others as not as good, but God loves each of us.”

#### **A New Foundation**

After Old Panama burned down, the people of Panama chose a location a few miles away that was easier to defend and started building their city from scratch. It probably wasn’t easy, but the results soar above Old Panama’s ruins.

Mayka and Minerva Moreno’s personal progress has followed a similar course. When the sisters joined the Church, Mayka was the age of the Beehive girls, and Minerva was only a few months away from entering the Young Women program. They were essentially starting from scratch in the

gospel without the benefit of a foundation built in Primary. Now, several years later, they look back at what Personal Progress did for them as new converts.

“We didn’t get to go through Primary,” Mayka says. “Personal Progress helped me to understand the doctrines of the gospel. It strengthened my testimony a lot about Christ’s Atonement and other things I didn’t understand.”

“I’ve learned so much more about the gospel and about Joseph Smith,” says Minerva. “I’ve been able to figure out what are the lies some say about the Church and what is the truth.”

Their mother, Justa, has noticed their progress as well. “I’ve seen a great change in them,” says Justa. “It’s been complete, 100 percent, but for the good—in their daily lives, their behavior, their friends, in school.”

“I have learned so many things,” Mayka says. “I’m not the same person I was. I’m better.”

### **Making Progress Personal**

Mayka’s friends who have grown up as members of the Church believe the program has changed their own lives too.

“Sometimes we grow up in the Church but without the testimony our



parents have,” says Melissa. “But Personal Progress and the value of faith, specifically, have helped me develop and strengthen my own testimony.”

Each of these Panamanian young women agrees that Personal Progress has strengthened her testimony and changed her life for the better. They believe it can do the same for any young woman who gives it a chance.

“For something to change your life, it has to be personal,” says Beatriz Martinez of the Bella Vista Ward. She believes the program is inspired because it can be adapted to everyone. “It’s for all of us,” she says.

“The Lord wants us to be better, shine brighter. He wants us to develop our talents, to be a light on the hill,” says Mayka. “That’s why we have this program.”

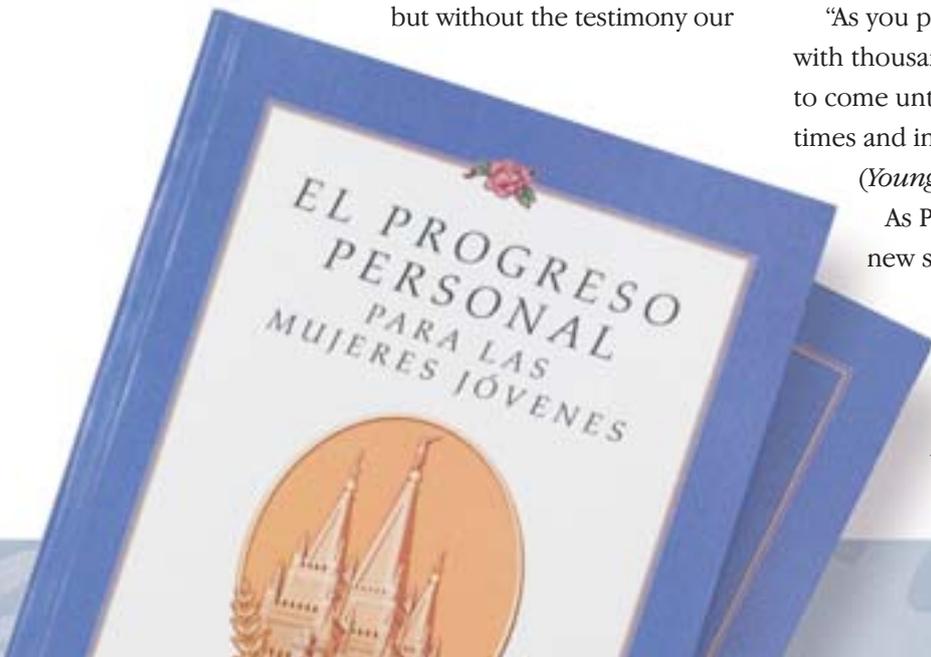
The First Presidency has said:

“You are a beloved daughter of Heavenly Father. . . . Your loving Heavenly Father has blessed you with talents and abilities that will help you fulfill your divine mission. Through personal prayer, scripture study, obedience to the commandments, and service to others, you can develop these gifts. . . .

“As you participate in Personal Progress, you join with thousands of other young women who are striving to come unto Christ and ‘stand as witnesses of God at all times and in all things, and in all places’ (Mosiah 18:9)”

(*Young Women Personal Progress* [2001], 1).

As Panama City continues its progress, adding new skyscrapers to its skyline, young women who make Personal Progress personal will continue to develop their talents and stand out as examples, helping others grow with them as they come unto Christ. ■



# Duty to God

## Building Spiritual Strongholds

BY ADAM C. OLSON  
Church Magazines

**M**ichael Diaz looks past the long barrel of a heavy cannon and scans the choppy waters of Portobelo, Panama. If an attack on the stronghold and the gold it guarded were to come by sea, the attacking ships would have to survive heavy fire from more than a dozen cannons, and their sailors would have to get past soldiers manning two waterfront forts, including the one where Michael stands. Past battles were fierce and frightening.

Fortunately for Michael, no such battles have taken place in more than 250 years.

A lot has changed since then. But as he paces along the thick stone walls of the ruins, Michael, 15, isn't thinking about cell phones, the Internet, or men walking on the moon. He and his friends from the Colón Panama Stake are talking about the changes they have seen in themselves thanks to the Duty to God program.

"I've learned a lot," Michael says. The others nod in agreement. "I have more faith in

myself. I don't have to depend spiritually on others so much. I have the courage to talk to others about the Church."

### Building to Last

Built to be strong, the forts stood guard over Portobelo for more than 100 years, and their remains still stand today.

The strength of the Duty to God program, according to these young men, is found in setting and completing goals. Their goals are helping them build spiritual strongholds that will help

them stand against whatever they will have to face in life.

"You live in a day of great challenges," said the First Presidency. "You can strengthen yourself, building faith and testimony, living the gospel while you learn it and share it" (*Aaronic Priesthood: Fulfilling Our Duty to God* [2001], 4).

Aldo Cardenas of the Puerto Pilon Ward recalls a recent goal to organize a family home evening with his father's help. "My dad gave me the theme of the priesthood and how



*Young men who set and complete meaningful Duty to God goals are building themselves strongholds of faith, according to these young men, pictured at the remains of sixteenth-century forts. Right: Michael and Isaac Diaz. Opposite page: Michael, Isaac, and their friends Narciso Garay and Aldo Cardenas.*



important it is to our family. I learned a lot about the priesthood. It's a great blessing to us and others through us."

He's grateful for the way the program works. "Having to follow through with the goals has helped me to be more responsible," he says.

Narcisso Garay, 17, of the Barriada Kuna Ward decided to set a goal to read the Book of Mormon every day. "My parents suggested that I read the other scriptures too. Now I've almost finished the New Testament. At first I thought it was boring, but now I've seen what Jesus suffered for us, and I know that we can return to Him."

Michael's older brother Isaac says completing the goals he has set in the program has strengthened him spiritually. When Isaac was a teacher, he was the only active member in his quorum. Duty to God has not only helped him; it has also provided opportunities for him to get the three quorum members who didn't attend regularly to come to some activities, and one of them has attended church.

"I tried to visit the others and invite them to come to church," Isaac says. "*That* was my duty to God."

#### **No Longer Afraid**

Perched on top of a long-unused cannon, Michael can easily imagine defending the fort against the fierce attack of an enemy. But as he looks out to sea, he talks about strengthening himself against a different kind of attack—one without cannons and gunpowder.

"My friends at school sometimes make fun of me for belonging to the 'church of Mormon,'" he says as the sun sets on Portobelo. But he's not afraid to tell them, "I belong to The Church of Jesus Christ of Latter-day Saints." ■



# THE GIFT OF THE HOLY GHOST

*What Every Member Should Know*



*There are two parts to baptism—baptism by water and baptism by fire or the Holy Ghost. If you separate the two, it is but half a baptism.*

**BY PRESIDENT BOYD K. PACKER**

Acting President  
of the Quorum of the Twelve Apostles

**M**y purpose is to teach you through doctrine and scripture why it is that we do things as we do. I will give some direction and suggestions as to how we can do things better in order that each member of the Church will be thoroughly converted and never will fall away.

Joseph Smith said: “You might as well baptize a bag of sand as a man, if not done in view of the remission of sins and getting of the Holy Ghost. Baptism by water is but half a baptism, and is good for nothing without the other half—that is, the baptism of the Holy Ghost” (*History of the Church*, 5:499).

To prepare people for baptism without teaching about the gift of the Holy Ghost is like a sacrament meeting where only the bread is blessed and passed. They would receive but half.

We will discuss linking baptism in an absolutely tight relationship to confirmation and the conferring of the gift of the Holy Ghost.

## **Confirmation and Conferring the Gift of the Holy Ghost**

Confirmation has two parts: to confirm as a member of the Church and then to confer the gift of the Holy Ghost. The priesthood holder

performing that ordinance “bestows the gift of the Holy Ghost by saying, ‘Receive the Holy Ghost’ ” (*Family Guidebook* [pamphlet, 2001], 20).

There are two examples of the visible manifestation of the Holy Ghost I know of in the scriptures. The first was when the Lord was baptized:

“And Jesus, when he was baptized, went up straightway out of the water: and, lo, the heavens were opened unto him, and he saw the Spirit of God descending like a dove, and lighting upon him” (Matthew 3:16; see also 1 Nephi 11:27; 2 Nephi 31:8; D&C 93:15).

The other example came on the day of Pentecost. The Apostles had no doubt been ordained, but the Lord had now left them. They wondered what to do. They remembered He told them to stay in Jerusalem, and so they obeyed. And then it happened. They were in a house, and there was “a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting.

“And there appeared unto them cloven tongues like as of fire, and it sat upon each of them.

“And they were all filled with the Holy Ghost” (Acts 2:2–4). Then they were authorized; they were prepared.

Then they could move about in the ministry that the Lord had called and commissioned them to do.

In the Doctrine and Covenants that pattern was repeated when the Lord said:

“Thou didst baptize by water unto repentance, but they received not the Holy Ghost;

“But now I give unto thee a commandment, that thou shalt baptize by water, and they shall receive the Holy Ghost by the laying on of the hands, even as the apostles of old” (D&C 35:5–6).

When Paul went to Ephesus he found 12 men who had been baptized, but they had not yet received the Holy Ghost. They said to Paul, “We have not so much as heard whether there be any Holy Ghost” (Acts 19:2).

What happened next is significant. Paul had them baptized again. Then he conferred upon them, by the laying on of hands, the gift of the Holy Ghost (see Acts 19:2–7).

Remember the fourth article of faith: “The first principles and ordinances of the Gospel are: first, Faith in the Lord Jesus Christ; second, Repentance; third, Baptism by immersion for the remission of sins; fourth, Laying on of hands for the gift of the Holy Ghost.”

When parents are teaching their children and when missionaries are teaching investigators, preparing them for baptism by water,

they must also think of the gift of the Holy Ghost—baptism by fire. Think of it as one sentence. First comes the baptism of water and then the baptism of fire.

Someone may ask the missionaries, “How are things going?” or “Are you teaching anyone?”

The missionaries automatically answer, “Yes, we have a family preparing for baptism and confirmation, *for receiving the Holy Ghost.*”

Or a father and mother might say to a child, “When you are eight years old, you will be ready to be baptized and *receive the Holy Ghost.*”

**A**t Ephesus, Paul found 12 men who had been baptized but had not received the Holy Ghost. He had them baptized again. Then he conferred upon them the gift of the Holy Ghost.



I repeat, *to be baptized* and *to receive the Holy Ghost*—link those two together.

All I say is evident and outlined in section 20 of the Doctrine and Covenants (see vv. 41–43, 45, 68).

There are also some other references where this message is affirmed (see Acts 8:12, 14–17; D&C 33:11, 15; 36:2; 39:23; 49:13–14; 55:1; 68:25; 76:51–52; Articles of Faith 1:4).

Joseph Smith said, “The baptism of water, without the baptism of fire and the Holy Ghost attending it, is of no use; they are necessarily and inseparably connected” (*History of the Church*, 6:316).

#### **Baptism of Fire**

I want to talk to you about the baptism of fire and the Holy Ghost. I also want to talk to you about angels.

“When they were all baptized and had come up out of the water, the Holy Ghost did fall upon them, and they were filled with the Holy Ghost and with fire” (3 Nephi 19:13).

An excerpt from another verse teaches that this will come “if it so be that ye believe in Christ, and are baptized, first with water, then with fire and with the Holy Ghost, following the example of our Savior” (Mormon 7:10).

Again, there are *two* parts to baptism—baptism by water and baptism by fire or the Holy Ghost. If you separate the two, as the Prophet Joseph Smith said, it is but half a baptism.

#### **Communication from the Holy Ghost**

How does the Holy Ghost communicate?

There is an example in 1 Nephi chapter 17 where Laman and Lemuel had been brutal to Nephi. They, in fact, had tried to take his life. In due course he said to them: “Ye are swift to do iniquity but slow to remember the Lord your God. Ye have seen an angel, and he spake unto you; yea, ye have heard his voice from time to time; and he hath spoken unto you in a *still small voice*, but ye were past *feeling*, that ye could not *feel* his words” (1 Nephi 17:45; emphasis added).

That communication seldom comes audibly. Most of the time it comes through your *feelings*, as it did in this case.

Another example: The Lord taught this principle to

Joseph Smith and Oliver Cowdery: “You must study it out in your mind [work, study]; then you must ask me if it be right, and if it is right I will cause that your bosom shall burn within you [the fire, burn]; therefore, you shall *feel* that it is right” (D&C 9:8; emphasis added). This applies to all of us.



***“The baptism of water, without the baptism of fire and the Holy Ghost attending it, is of no use; they are necessarily and inseparably connected.”***

**—Joseph Smith**

#### **Speaking with the Tongue of Angels**

“Wherefore, my beloved brethren, I know that if ye shall follow the Son, with full purpose of heart, acting no hypocrisy and no deception before God, but with real intent, repenting of your sins, witnessing unto the Father that ye are willing to take upon you the name of Christ, by baptism—yea, by following your Lord and your Savior down into the water, according to his word, behold, then shall ye receive the Holy Ghost; yea, then cometh the baptism of fire and of the Holy Ghost.” Now this important

principle: “And *then can ye speak with the tongue of angels*, and shout praises unto the Holy One of Israel.

“But, behold, my beloved brethren, thus came the voice of the Son unto me, saying: After ye have repented of your sins, and witnessed unto the Father that ye are willing to keep my commandments, by the baptism of water, and have received the baptism of fire [that is the conferring] of the Holy Ghost, [ye] can speak with a new tongue, yea, even with the tongue of angels” (2 Nephi 31:13–14; emphasis added).

Nephi explains clearly what happens after baptism and confirmation and the reception of the Holy Ghost: “Wherefore, do the things which I have told you I have seen that your Lord and your Redeemer should do; for, for this cause have they been shown unto me, that ye might know the gate by which ye should enter. For the gate by which ye should enter is repentance and baptism by water [which is a symbolic witness of repentance]; and then

cometh [the promise of cleansing for] a remission of your sins by fire and by the Holy Ghost” (2 Nephi 31:17).

We sometimes speak of baptism for the remission of sins. The remission, if you will read the scriptures carefully, comes through the baptism of fire and of the Holy Ghost.

“And now, behold, my beloved brethren, I suppose that ye ponder somewhat in your hearts concerning that which ye should do after ye have entered in by the way.” Here is someone who has been baptized and received the Holy Ghost, and they wonder what they are to do. Nephi answers: “But, behold, why do ye ponder these things in your hearts?”

“Do ye not remember that I said unto you that after ye had received the Holy Ghost ye could speak with the tongue of angels? And now, how could ye speak with the tongue of angels save it were by the Holy Ghost?”

“Angels speak by the power of the Holy Ghost; wherefore, they speak the words of Christ. Wherefore, I said unto you, feast upon the words of Christ; for behold, the words of Christ will tell you all things what ye should do” (2 Nephi 32:1–3).

Everything that missionaries are to know and to do is to bring their investigators to understand both baptism and confirmation. Then the investigators have their agency. Consider these simple words:

“Wherefore, now after I have spoken these words, if ye cannot understand them it will be because ye ask not, neither do ye knock; wherefore, ye are not brought into the light, but must perish in the dark.

“For behold, again I say unto you that if ye will enter in by the way, and *receive the Holy Ghost*, it will show unto you *all things* what ye should do.

“Behold, this is the doctrine of Christ, and

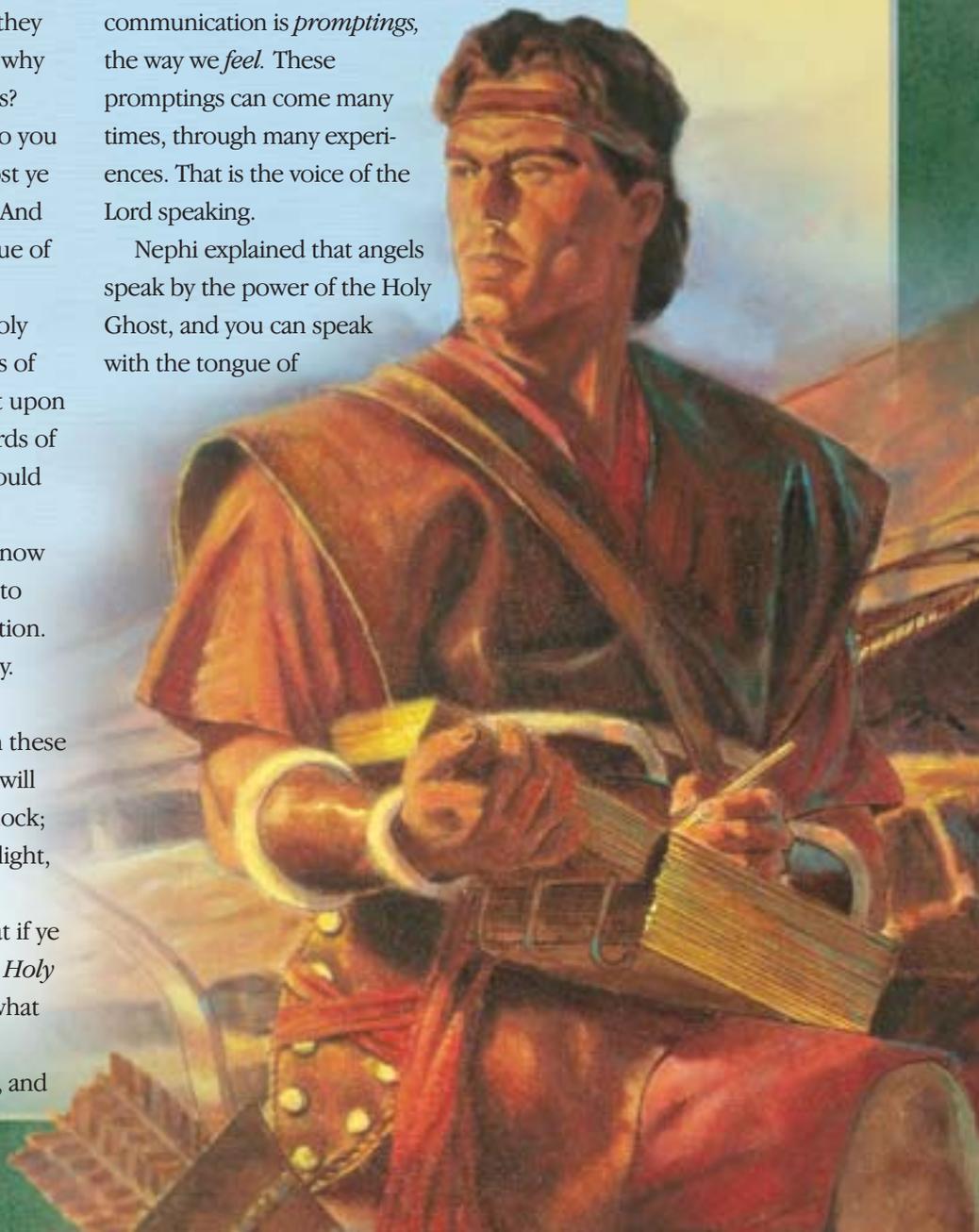
there will be no more doctrine given until after he shall manifest himself unto you in the flesh” (2 Nephi 32:4–6; emphasis added).

Now you must understand that baptism by water, as the Prophet Joseph Smith said plainly, is but half a baptism. Paul, when they had not received the Holy Ghost, started over again (see Acts 19:2–7).

You can receive this great blessing—to become familiar with the still, small voice and learn that this voice will tell you all things that you must do. The word we use to describe this communication is *promptings*, the way we *feel*. These promptings can come many times, through many experiences. That is the voice of the Lord speaking.

Nephi explained that angels speak by the power of the Holy Ghost, and you can speak with the tongue of

**N**ephi explains, “The gate by which ye should enter is repentance and baptism by water; and then cometh a remission of your sins by fire and by the Holy Ghost.”



**M**issionaries  
(and  
parents  
as well) are to  
teach “Baptism by  
immersion for the  
remission of sins  
[and the] Laying on  
of hands for the gift  
of the Holy Ghost.”

angels, which simply means that you can speak with the power of the Holy Ghost. It will be quiet. It will be invisible. There will not be a dove. There will not be cloven tongues of fire. But the power will be there.

Missionaries sometimes think they are only to do half the work; they are to teach and then baptize by water, and that concludes their work. In many cases the other half, the teaching about the baptism of fire, never really gets done. Put the two together so that you almost forbid yourself to say “baptism” without saying “confirmation”—that is baptism of the water and confirmation and the conferring of the gift of the Holy Ghost. Get that idea in your mind with those two fixed together so tightly that, as one, it becomes part of you. Then we will not have the first half done, as is often the case at present, and the other half left undone.

Remember what Joseph Smith said: “You might as well baptize a bag of sand as a man, if not done in view of the remission of sins

and getting of the Holy Ghost. Baptism by water is but half a baptism, and is good for nothing without the other half—that is, the baptism of the Holy Ghost.”

Missionaries—and parents as well—are to teach both halves: “Baptism by immersion for the remission of sins [and the] Laying on of hands for the gift of the Holy Ghost” (Articles of Faith 1:4). Make it one sentence. Fix it in the front of your minds so that when you say one, you say the other, and when you think one, you think the other. Then you will begin to *feel* and understand, and the promptings will come.

#### **Opposition by the Adversary**

One word of warning: there is also a spirit of opposition and evil. That warning can also be found in the scriptures:

“Whatsoever thing persuadeth men to do evil, and believe not in Christ, and deny him, and serve not God, then ye may know with a perfect knowledge it is of the devil; for after this manner doth the devil work, for he persuadeth no man to do good, no, not one; neither do his angels; neither do they who subject themselves unto him” (Moroni 7:17).



The spiritual communications from the Holy Ghost can be interrupted by the promptings and influence of the evil one. You will learn to recognize that.

To further our understanding of this principle, Nephi taught: “If ye would hearken unto the Spirit which teacheth a man to pray ye would know that ye must pray; for the evil spirit teacheth not a man to pray, but teacheth him that he must not pray. But behold, I say unto you that ye must pray” (2 Nephi 32:8–9).

So when we speak of angels communicating by the power of the Holy Ghost and we are told by the prophets that we can speak with the tongue of angels, then we must know that there is an opposing influence. We must be able to detect it.

There is one word in the book of Jacob that should alert us: “Behold, will ye reject these words? Will ye reject the words of the prophets; and will ye reject all the words which have been spoken concerning Christ, after so many have spoken concerning him; and deny the good word of Christ, and the power of God, and the gift of the Holy Ghost, and *quench* the Holy Spirit, and make a mock of the great plan of redemption?” (Jacob 6:8; emphasis added).

So the Spirit can be quenched!

### Discerning Spiritual Experiences

When you receive these special spiritual experiences, they are not to be chattered about. They are private, and they are personal. You will come to know with a very personal conviction that the Lord knew you were coming that way.

You may learn by trial and error and say: “I *knew* I shouldn’t have done that. I *knew* I shouldn’t have!” How did you know? Because you knew. You were being *prompted*.

Or you will say regretfully, “I knew I should have done that and didn’t.” How will you know? You are being worked upon by the Spirit.

Promptings may come as “sudden strokes of ideas” (*History of the Church*, 3:381).

“I will tell you in your mind and in your heart, by the Holy Ghost” (D&C 8:2).

“Put your trust in that Spirit which leadeth to do good—yea, to do justly, to walk humbly, to judge righteously; and this is my Spirit.

“. . . I will impart unto you of my Spirit, which shall enlighten your mind, which shall fill your soul with joy;

“And then shall ye know, or by this shall you know, all things whatsoever you desire of me, which are pertaining unto things of righteousness, in faith believing in me that you shall receive” (D&C 11:12–14).

“Did I not speak peace to your mind concerning the matter? What greater witness can you have than from God?” (D&C 6:23).

### Conversion

Conversion does not always happen immediately. Nevertheless, it comes as a quiet thing. It is a still, small voice. There are these very interesting verses in the book of Alma:

“Blessed are they who humble themselves without being compelled to be humble; or rather, in other words, blessed is he that believeth in the word of God, and is *baptized without stubbornness of heart*, yea, without being brought to know the word, or even compelled to know, before they will believe.

“Yea, there are many who do say: If thou wilt show unto us a sign from heaven, then we shall know of a surety; then we shall believe” (Alma 32:16–17; emphasis added).

Investigators may say: “It looks right and feels right. I still don’t know about it. It just feels good.” Reason is prompting them, and they are baptized without stubbornness of heart. So the conversion comes.

Others may say: “You talk about this gift of the Holy Ghost and baptism by fire. Show me! Give me the witness, and then I will be baptized.”

For some it will take time. They may be disappointed



**Mormon warned of a spirit of opposition and evil: “Whatsoever thing persuadeth men to do evil, and believe not in Christ, and deny him, and serve not God . . . is of the devil.”**

when you say: “You will know *after* you decide! It takes an exercise of faith. You may not know at first and have that firm conviction, but it will come.”

### The Word of Wisdom

Surely you can understand where the Word of Wisdom fits into this. How significant it is, “given for a principle with promise, adapted to the capacity of the weak and the weakest of all saints, who are or can be called saints” (D&C 89:3).

This principle comes with a promise: “Run and not be weary, . . . walk and not faint” (D&C 89:20). That is desirable.

But there is a more important promise: “And shall find wisdom and great treasures of knowledge, even hidden treasures” (D&C 89:19).

Can you see the necessity of the Word of Wisdom? We press our people, almost beg our people, to behave themselves, to keep their spiritual person in tune so that they can have the reception of the Holy Ghost. Your body is the instrument of your mind and spirit. You must take proper care of it.

### Never Will Fall Away

If people are properly taught, they never will fall away: “And as sure as the Lord liveth [that is an oath], so sure as many as believed, or as many as were brought to the knowledge of the truth, through the preaching of Ammon and his brethren, according to the spirit of revelation and of prophecy, and the power of God working miracles in them—yea, I say unto you, as the Lord liveth [a second oath], as many of the Lamanites as believed in their preaching, and were converted unto the Lord, *never did fall away*” (Alma 23:6; emphasis added).

Those who have been taught and who receive

the gift of the Holy Ghost, the baptism of fire, will never fall away. They will be connected to the Almighty, who will guide them in their lives.

### The Comforter

You never need to feel or be alone:

“I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever; . . .

“I will not leave you comfortless: I will come to you” (John 14:16, 18).

“The field is white already to harvest; wherefore, thrust in your sickles, and reap with all your might, mind, and strength.

“Open your mouths and they shall be filled. . . .

“Yea, open your mouths and spare not, and you shall be laden with sheaves upon your backs, for lo, I am with you” (D&C 33:7–9).

The baptismal prayer given in the Book of Mormon states:

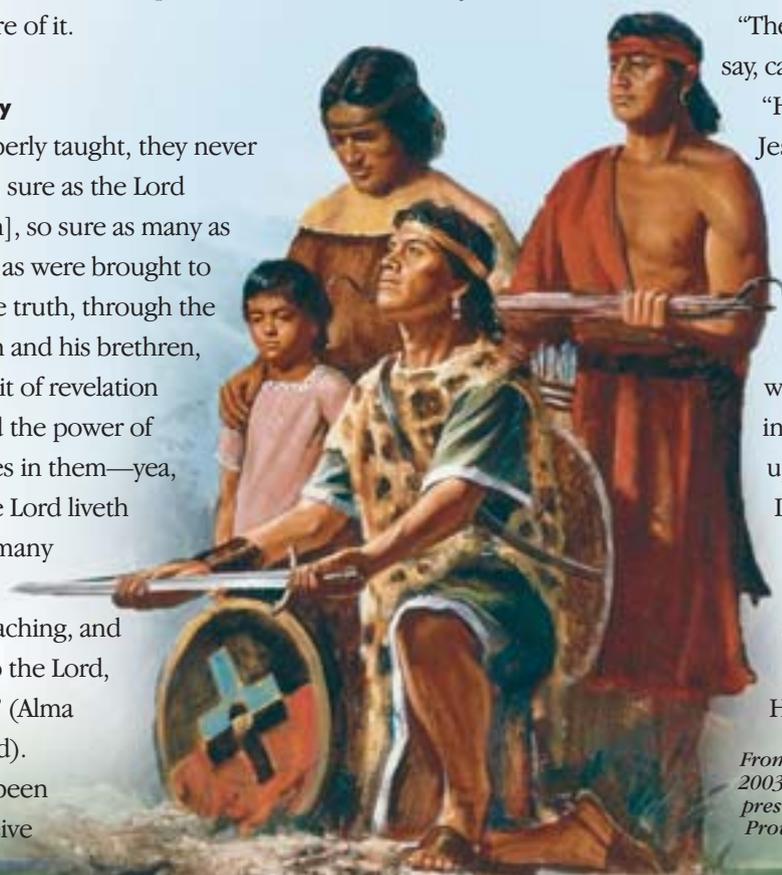
“These are the words which ye shall say, calling them by name, saying:

“Having authority given me of Jesus Christ, I baptize you in the name of the Father, and of the Son, and of the Holy Ghost. Amen” (3 Nephi 11:24–25).

I bear witness of these words and of these Names. I invoke the blessings of the Lord upon you as an Apostle of the Lord Jesus Christ to the end that His Spirit will be with you, and you will understand and can move forward accompanied by that power of the Holy Ghost. ■

*From an address given on June 24, 2003, at a seminar for new mission presidents, Missionary Training Center, Provo, Utah.*

*“As many of the Lamanites as believed . . . and were converted unto the Lord, never did fall away.”*



# Protecting Families



*Prayerfully select and read from this message the scriptures and teachings that meet the needs of the sisters you visit. Share your experiences and testimony. Invite those you teach to do the same.*

## **Blessings of Belonging to Relief**

**Society:** The family is ordained of God. It is the basic unit of His kingdom on earth and in eternity. Relief Society helps sisters understand that happiness in marriage and family life is most likely to be achieved when it is founded upon the teachings of Jesus Christ.

## **How Do the Teachings of Jesus Christ Bring Happiness in Family Life?**

**Elder M. Russell Ballard of the Quorum of the Twelve Apostles:** “Not everyone will find a companion and have a family in mortality, but everyone, regardless of individual circumstances, is a precious member of God’s family” (“What Matters Most Is What Lasts Longest,” *Liabona*, Nov. 2005, 41).

**Elder David A. Bednar of the Quorum of the Twelve Apostles:** “Can we see how the importance of eternal marriage can be understood only within the context of the Father’s plan of happiness? The doctrine of the plan leads men and women to hope and prepare for eternal marriage, and it defeats the fears and overcomes the

uncertainties that may cause some individuals to delay or avoid marriage. A correct understanding of the plan also strengthens our resolve to steadfastly honor the covenant of eternal marriage” (“Marriage Is Essential to His Eternal Plan,” *Liabona*, June 2006, 53).

## **How Can We Protect Our Families?**

**Bonnie D. Parkin, Relief Society general president:** “We protect when we teach our children that they have divine worth, when we go to church as a family, when we have family home evening, when we have family prayer, when we study the scriptures together. That’s all pretty simple stuff, but I testify to you that it provides powerful protection. . . .

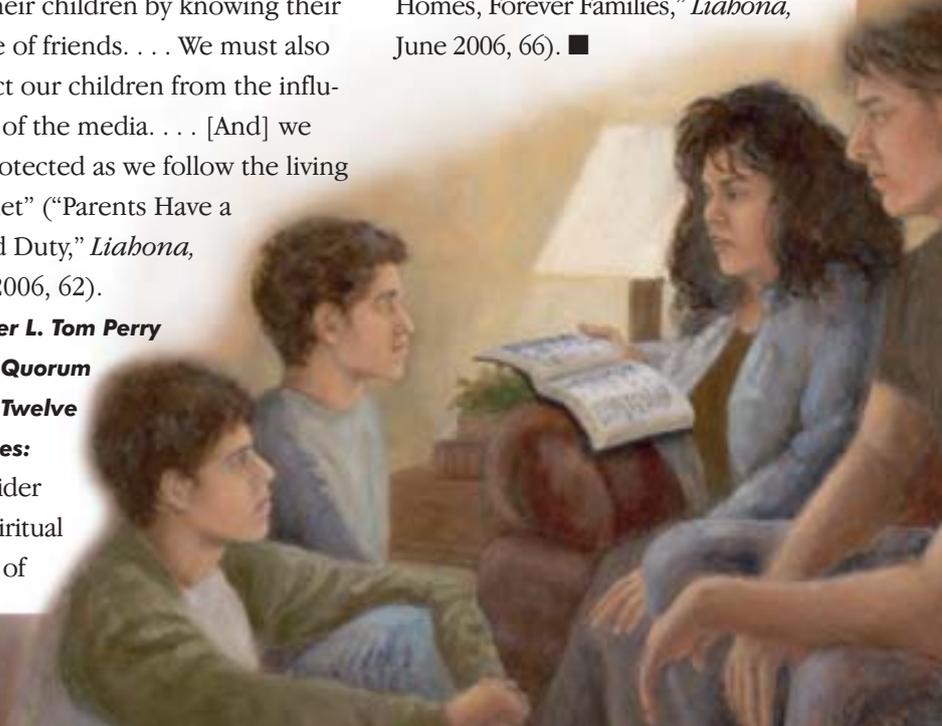
“The proclamation teaches that parents have a sacred duty to protect their children. . . . Parents protect their children by knowing their choice of friends. . . . We must also protect our children from the influences of the media. . . . [And] we are protected as we follow the living prophet” (“Parents Have a Sacred Duty,” *Liabona*, June 2006, 62).

**Elder L. Tom Perry of the Quorum of the Twelve Apostles:**

“Consider the spiritual needs of

your children. How much time is necessary to be certain you are being close to them? It is your responsibility as fathers and mothers to provide adequate time to teach them, for the most important instruction children will ever receive should come from their parents. We need to be familiar with what the Church is teaching our children so that we can be in harmony with that teaching in our instructions to each child” (“A Solemn Responsibility to Love and Care for Each Other,” *Liabona*, June 2006, 58).

**President Thomas S. Monson, First Counselor in the First Presidency:** “We can learn from the master architect—even the Lord. He has taught us how we must build. . . . The Master counseled, ‘Organize yourselves; prepare every needful thing; and establish a house, even a house of prayer, a house of fasting, a house of faith, a house of learning, a house of glory, a house of order, a house of God’ (D&C 88:119; see also 109:8)” (“Heavenly Homes, Forever Families,” *Liabona*, June 2006, 66). ■



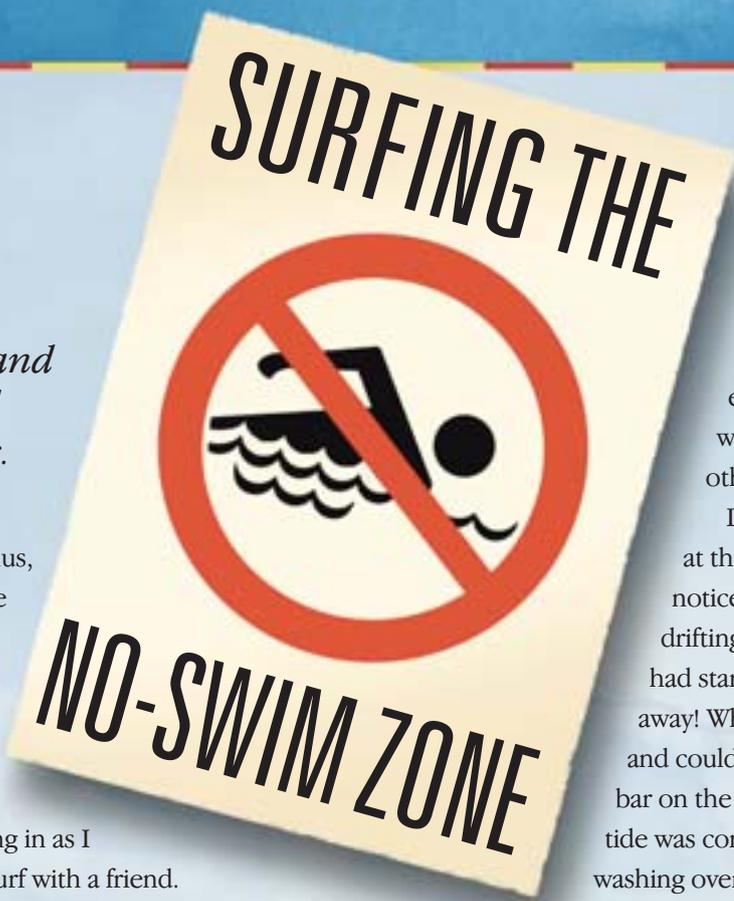
*The current had us, and we were being pulled into dangerous rocks.*

BY GREG BURGOYNE

**O**n a recent trip to Hermanus, South Africa, I learned the importance of agency. This small coastal town is about a 90-minute drive from Cape Town and is one of the many beautiful beach towns along the coast. The waves were rolling in as I headed down to the beach to surf with a friend.

Once we had off-loaded the surfboards, I stood in the warm white sand and stared at the beach, squinting at the sun in disbelief. The lifeguard had already put up the swimming zone flags, but they were less than 50 meters (165 feet) apart! The beach was several hundred meters long, and all the good waves were outside the swimming zone. How was anybody supposed to swim between those two red- and yellow-striped flags? Was he just being lazy because he didn't want to watch all the way down the beach?

My friend and I are pretty good swimmers, so we decided to head out to the right of the flagged area. As I walked out through the white water, I could feel the strong pull of the water washing past my legs, but I could still stand against the current, so I kept going. When I was in deep enough, I got on my board and paddled out to the unbroken swells. The waves kept coming, and we



surfing for a while, enjoying catching the waves and watching each other catch the waves.

I turned around to look at the beach and suddenly noticed that I was rapidly drifting away from where I had started—the flags were far away! What I didn't know about and couldn't see was a large sandbar on the ocean floor, and as the tide was coming in, the water was washing over the sides of the sandbar, creating a powerful wash on both

sides of the flagged area. The lifeguard knew that; he had been sitting there the whole day watching the water, so he knew where it was safe to swim.

I turned my board around and began paddling back towards the swimming zone. I paddled my hardest, but there was no way I could swim against the strong current. I was drifting farther out to sea! Panicking, I got off my board and tried to walk. My feet just touched the ocean floor, and I felt my toes dragging in the sand beneath. I could not hold myself against the thousands of tons of water moving past me, so I had to get back on my board. I lay there, powerless and drifting. I waved to my friend to help, but he was caught by the same current.



ILLUSTRATED BY LOUISE PARKER

“Would the lifeguard still rescue me, even though I had ignored his warning?” I wondered. I had made the decision to swim in the no-swim zone and now had to accept the consequence—loss of control. I was being pulled by forces much stronger than I was. My only hope was to catch a wave back to the beach before I was pulled into the sharp rocks at the end of the beach. Eventually, a wave came, and I managed to ride it back to shore as did my friend.

We sheepishly walked back to the swimming zone and enjoyed the rest of the day surfing between the flags. Each time one of us began drifting too close to the edge of the swimming zone, we would warn each other to come back.

Our Heavenly Father has given us prophets, other Church leaders, and parents to plant flags on the beach so we can see the safe places to swim, because He knows where the dangerous areas are and what can happen to us if we go to those places. He then commands us to stay between the flags, yet He gives us the ability to choose where we want to swim. We might feel that the designated area is too narrow or too boring, but those flags are there for a reason.

Sometimes we decide to wade into the no-swim zone because we think we can handle the strong pull of temptation. Other times we end up drifting into dangerous areas because we don't watch ourselves carefully enough. Either way, we end up being pulled by a force greater than ourselves, and our agency is limited—we become trapped,

we can no longer choose what to do, and our spiritual lives are at risk.

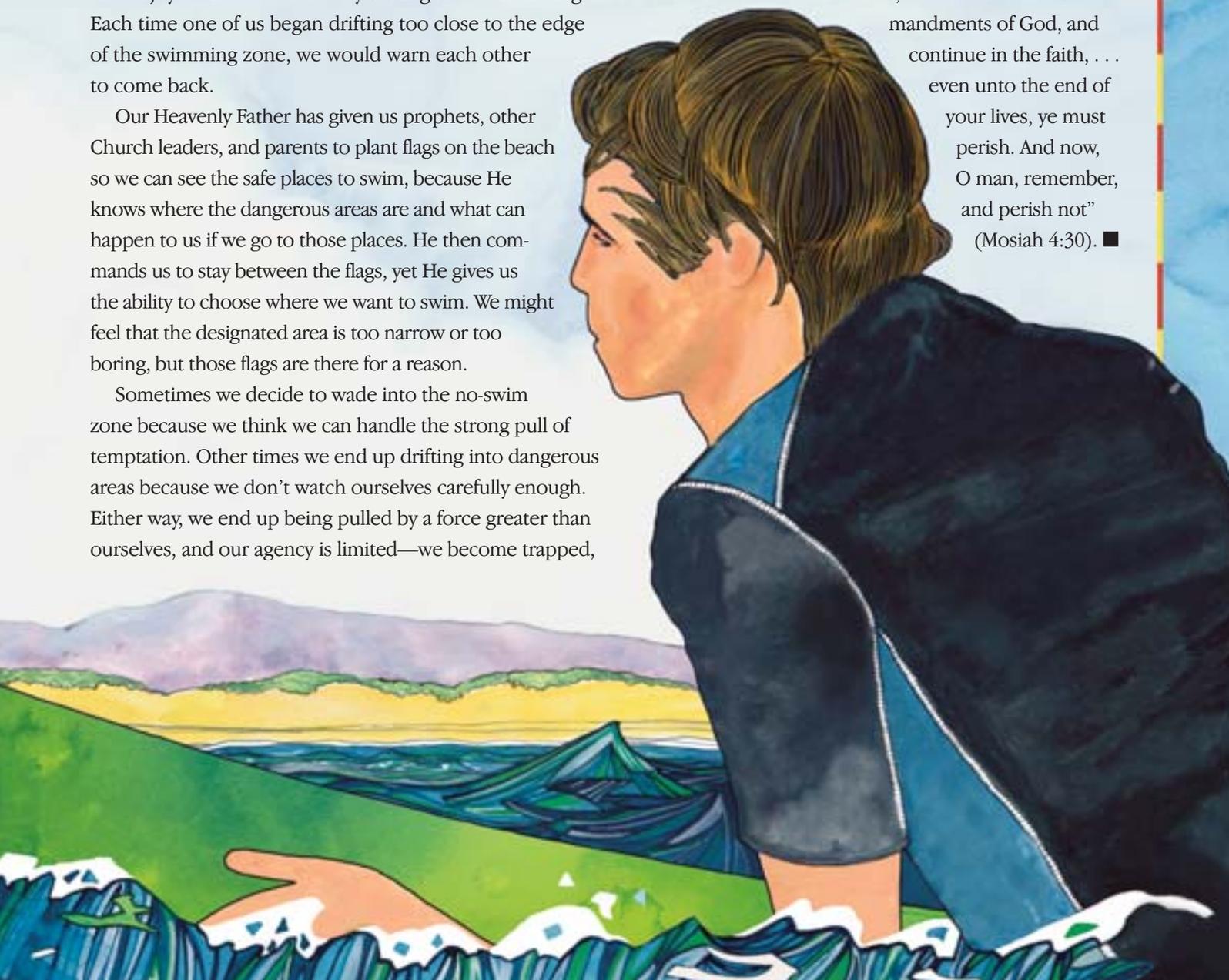
Our parents and Church leaders will do everything in their power to rescue us if we are caught in the powerful tide of sin, but sometimes there isn't anything they can do. Those who swim in the safe zone can enjoy swimming the whole day without ever feeling loss of control or fear of their lives being swept away.

King Benjamin warned his people: “If ye do not watch yourselves, and your thoughts, and your words, and your

deeds, and observe the commandments of God, and continue in the faith, . . .

even unto the end of your lives, ye must perish. And now, O man, remember, and perish not”

(Mosiah 4:30). ■





# MY HUSBAND'S ADDICTION

*When my husband became ensnared by pornography, I found there were specific things I could do to help him.*

NAME WITHHELD

**W**hen I discovered that my beloved eternal companion had become ensnared by pornography, I experienced the intense pain a wife in such a situation suffers. It is a deep sense of soul sickness, betrayal, and spiritual agony. It feels like the very roots of a precious eternal marriage have been yanked out of the safety and protection of gospel ground and, exposed to all the elements, begin to wilt and die. There is a sense of panic. The safety and peace of the marriage relationship evaporate. Trust, respect, honor, love, priesthood—all are deeply injured.

For some months I had known something was not right. My husband and I had always been close, and our marriage had been very happy. But now there was an emotional distance, a barrier of some kind between us.

My husband loved the gospel and had been strong and faithful, but now he seemed distant from the Lord. He seemed to have lost his desire to participate in the sacrament and to attend the temple. I rarely saw him on his knees in personal prayer, and his heart did not seem to be in our family prayers and scripture study. There was a darkness about him, and he seemed deeply unhappy, even angry inside.

I was so frightened—for him and for us—because I suspected Internet pornography. He had been spending a lot of time on the Internet alone in his office, especially late at night, and he kept his computer password-protected. I

tried to talk to him about this, though I hardly knew how to go about it. He fiercely denied having a problem, attributing his behavior to work-related stress.

On occasion I would read a quote by the Brethren about the evils of pornography, and my husband would agree heartily with what was said, even making perceptive comments. And he assured me that he loved me. Yet I could not shake the feeling that there was a serious problem. Although I prayed for him and kept his name on the temple prayer roll, I could feel my precious husband slipping from the safety of the gospel.

## **Seeking Divine Assistance**

Finally, believing the scriptures that say “ask, and ye shall receive” (see, for example, John 16:24; 3 Nephi 27:29), I went to Heavenly Father, pleading to know what was wrong. This was not easy for me, for if the problem was what I suspected, I did not know how I would deal with it. How I hoped he was not involved in pornography! But I knew that whatever the problem was, Heavenly Father would help my husband and me. I asked for humility and courage to change whatever I needed to change in myself. I told Heavenly Father how much I loved my husband and how I wanted our marriage to be joyful and eternal. I made a commitment to attend the temple weekly, fasting for my husband.

Within only a few weeks, my husband, sick with the flu, went to bed, leaving his computer on. As I started to shut it down, I suddenly felt I should check it. There was the pornography.

In the midst of the flood of feelings that nearly overwhelmed me, I knew my discovery was an answer to my prayers. I don't know how long I was on my knees or how long my cheeks were wet with tears, but as I poured out my heart to Heavenly Father, the comfort made possible by the Atonement of our Savior began to fill my soul. My



pain and fear were lifted. Spiritual insights flowed into my mind and heart. I saw that my husband and I and our eternal marriage were precious to Heavenly Father, and I *knew* that He would help us.

*Us.* I understood with great clarity that this was not my husband's problem alone. I could not, must not, passively stand by and hope he would conquer the problem by himself. I needed to be an active participant in this battle. It would not be easy, but if I continued to be faithful and obedient, trusting in the Lord, I would not fight alone.

As I prayed I saw my husband in a different light, a brighter light. I already knew



### TRUST IN GOD

"Trust in God and in His willingness to provide help when needed, no matter how challenging the circumstance. . . .

"Your peace of mind, your assurance of answers to vexing problems, your ultimate joy depend upon your trust in Heavenly Father and His Son, Jesus Christ."

**Elder Richard G. Scott of the Quorum of the Twelve Apostles, "The Sustaining Power of Faith in Times of Uncertainty and Testing," *Liahona and Ensign*, May 2003, 76, 78.**



**L**ike David of old, my husband and I faced a real and powerful Goliath, and we won. We continue to lean on Heavenly Father and the Savior so that we can be strengthened to deal with other challenges as they arise.

he had overcome much adversity in his life, and now I saw that he was willing to fight for his eternal life and our eternal marriage. I saw his underlying love and faith in Heavenly Father and the Savior and his love for me, but I also saw that love, faith, and trust were not always easy for him to develop.

I saw that I should help him develop trust in Heavenly Father and the Savior. Such trust would give him the strength to face this addiction head on by going to Heavenly Father in humble prayer to plead for forgiveness, strength, and release from the demon that plagued him.

#### **Following the Lord's Guidance**

Empowered by the Lord, I began to take steps. I discontinued our Internet service, feeling strongly impressed that if my husband was to heal, he needed to get away from the temptation. Others in this situation may receive a different answer, but for us, discontinuing our Internet service for a time was a great blessing. Once my husband was away from the temptation for a few days, he acknowledged how much this had helped him. He told me he had tried to overcome this sin alone and thought he was strong enough. Then, as he failed, he felt ashamed and tried to hide his sin from me and from God. But now he was feeling hope! We cried together. We prayed together.

We asked for a priesthood blessing from a dear friend, the man who had baptized my husband years before. In the blessing my husband was assured several times that the Lord loved him. He was counseled to trust and confide in me, and he was blessed with the ability to know right from wrong—a great help, as pornography use warps a person's moral judgment.

This blessing strengthened both of us. I continued my own increased personal spiritual efforts: frequent fasting, much prayer, temple attendance, and immersion in the scriptures, especially the Book of Mormon. Our scripture study and prayers together began to be sweet again.

Knowing that I needed to acquire knowledge by my own efforts as well as through prayer, I read everything I could find from General Authorities regarding pornography, and I also read material written by Latter-day Saint professionals. My husband and I counseled with our priesthood leaders, who encouraged our efforts and expressed their faith that we would win this battle.

I felt impressed to talk frankly with my husband. I never underplayed or made any excuses for his sin. I talked with him about this subject only according to what came to me in prayer and only when the time felt right. I received so much guidance and inspiration!

If my hurt resurfaced—and it did on occasion, especially at first—I took it to Heavenly Father in prayer. I made extra efforts to show my husband that my love for him was deep. He needed to know we were a team and that together we would fight the enemy. His wife, his best friend, would stand by him. What a sweet experience it was for me to see his repentance process bringing light back into his life!

I loved my husband for the strong, good man I knew he was. From my reading I knew that pornography use robs a person of feelings of self-worth, so I did all I could to help him rebuild faith in himself. I also learned to acknowledge my failures and weaknesses to my husband more readily than I had before,



and I asked for his advice and counsel more often. I was humbled and grateful for his insights and support. This strengthened us both.



I worked hard to share many positive, fun experiences with my husband. I wanted to let the light in so he could feel and savor the difference. We went on many walks and took peaceful drives in the country, enjoying the beauty of God's creations. I felt this would help fortify him against temptation if it came again and would help refocus our lives on the good and the beautiful.

### **Suffering a Relapse**

Then the company my husband worked for began struggling and edged toward bankruptcy. Many lost their jobs, including my husband. This was emotionally devastating for him, yet we were confident that with his background and skills, he would soon find another job.

We were wrong. Months went by with no job. It became harder for him to ward off discouragement. My husband was very vulnerable. I knew this but didn't know what more to do. We had resumed Internet service but with filtering. He was home while I worked, spending a lot of time on the Internet searching for jobs. One day he disabled the filter—never assume that a computer-literate person cannot

bypass any filtering! I discovered the relapse quickly. At first I felt frightened. Would we have to start all over again? Then I realized my husband had made it easy for me to discover what he had done. He really wanted to overcome this! Again we cried and prayed together, and we drew even closer to one another.

As I prayed, the familiar calming assurance came. I felt we would overcome this problem. We realized this addiction was stronger than we had thought. My husband agreed to use the Internet only when we were both home. Only I would have the password until he felt stronger.

One great blessing that came to him at this time was that he found a temporary job that led to the good job he has now. My husband felt grateful for this blessing, which he saw as evidence of Heavenly Father's tender mercies in his life.

When my husband had stayed away from pornography long enough, according to the time frame set by our bishop, his temple recommend was renewed. While he had certainly tasted the bitterness of sin, the joy he felt in his repentance was as exquisite as Alma expresses (see Alma 36:21). I still remember the bounce in his step as he came out of the bishop's office. A heavy burden had been lifted.

### **Gratitude for Blessings**

As I write this years later, my heart still overflows with gratitude for the many blessings that came out of this experience. My husband's love for Heavenly Father and the Savior has grown immeasurably, as has his faith. He has more humility. We both have a deeper appreciation for the Savior's Atonement. With Heavenly Father and the Savior to lean on, we overcame a real and powerful Goliath. We face the future hand in hand, knowing that with trust in the Lord, we can overcome all things. ■



ON A

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# RUSSIAN

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# TRAIN

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*This experience during a 20-hour train ride through Russia strengthened at least one testimony.*

BY AMYLYN WOOLLEY REYNOLDS

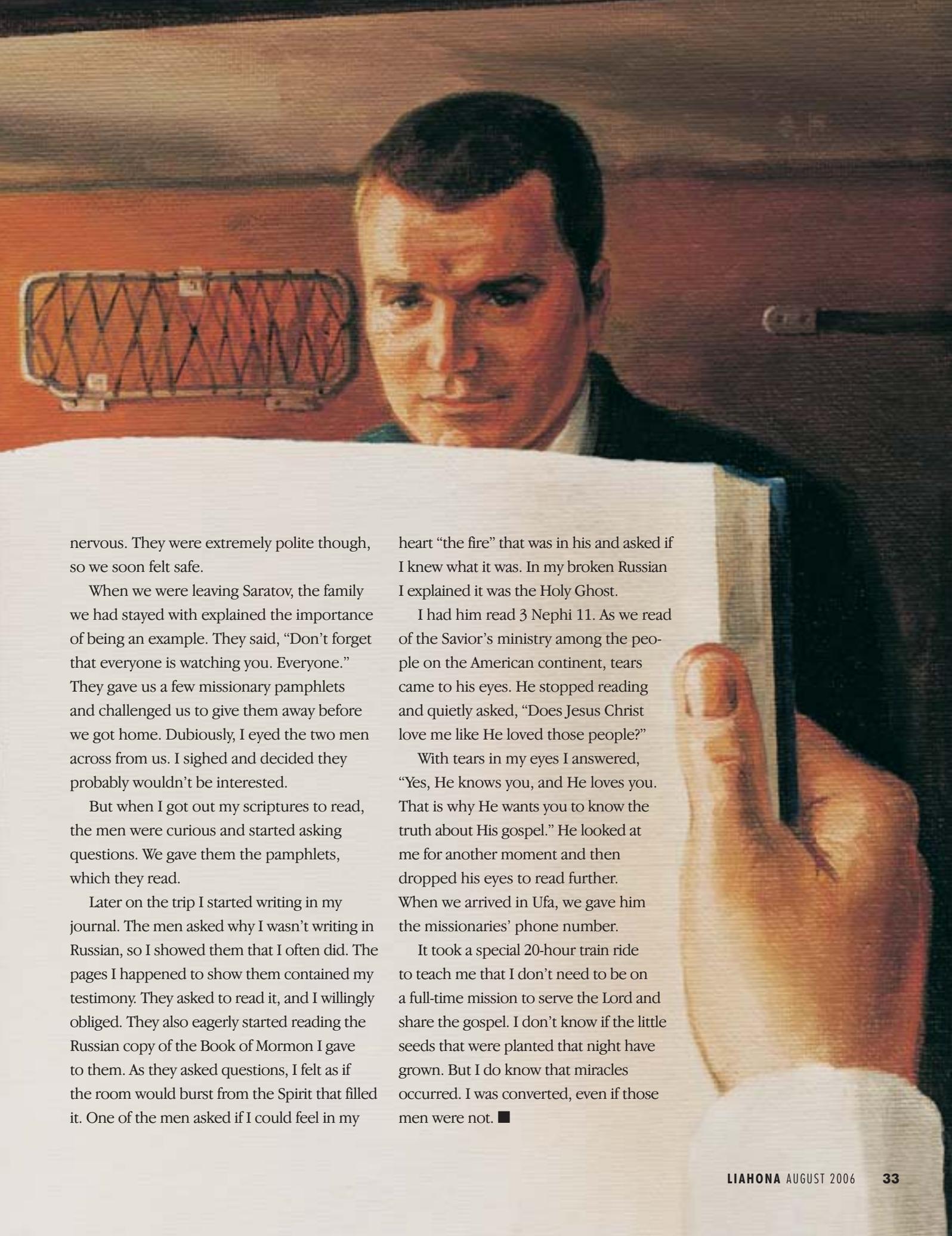
**W**hen I went to Russia as a volunteer English teacher, I knew very little Russian. But as I lived among the Russian people, I began to have the desire to serve them and share the gospel with them. So I started working harder to learn the language.

I started by reading a children's version of the Book of Mormon in Russian. Armed with a Russian/English dictionary, I struggled through a chapter a day, looking up nearly

every word. Then I taught myself to pray in Russian, feeling foolish as the foreign words stumbled off my tongue. Finally, I started learning to bear my testimony. To practice, I would write it in Russian in my journal. It didn't take long for me to decide that it was hard to learn Russian.

Nearly three months into my stay in Ufa, Russia, another English teacher and I planned a trip to a faraway city called Saratov. We were met at the train station by a wonderful Latter-day Saint family who opened their hearts and their home to us. Our time there was soon over, and we were once again on the train, ready for the 20-hour train ride back to Ufa.

We shared our small compartment with two businessmen who made us a little



nervous. They were extremely polite though, so we soon felt safe.

When we were leaving Saratov, the family we had stayed with explained the importance of being an example. They said, “Don’t forget that everyone is watching you. Everyone.” They gave us a few missionary pamphlets and challenged us to give them away before we got home. Dubiously, I eyed the two men across from us. I sighed and decided they probably wouldn’t be interested.

But when I got out my scriptures to read, the men were curious and started asking questions. We gave them the pamphlets, which they read.

Later on the trip I started writing in my journal. The men asked why I wasn’t writing in Russian, so I showed them that I often did. The pages I happened to show them contained my testimony. They asked to read it, and I willingly obliged. They also eagerly started reading the Russian copy of the Book of Mormon I gave to them. As they asked questions, I felt as if the room would burst from the Spirit that filled it. One of the men asked if I could feel in my

heart “the fire” that was in his and asked if I knew what it was. In my broken Russian I explained it was the Holy Ghost.

I had him read 3 Nephi 11. As we read of the Savior’s ministry among the people on the American continent, tears came to his eyes. He stopped reading and quietly asked, “Does Jesus Christ love me like He loved those people?”

With tears in my eyes I answered, “Yes, He knows you, and He loves you. That is why He wants you to know the truth about His gospel.” He looked at me for another moment and then dropped his eyes to read further. When we arrived in Ufa, we gave him the missionaries’ phone number.

It took a special 20-hour train ride to teach me that I don’t need to be on a full-time mission to serve the Lord and share the gospel. I don’t know if the little seeds that were planted that night have grown. But I do know that miracles occurred. I was converted, even if those men were not. ■

# In the Service of the Lord

BY ELDER WILLIAM R. WALKER  
Of the Seventy

**T**he fifth article of faith states a fundamental Latter-day Saint belief: we “must be called of God, by prophecy, and by the laying on of hands by those who are in authority.”

Most members of the Church have had the experience of being invited to the bishop’s or branch president’s office to receive a calling. Many of us have prayed that we would have the faith and courage to accept the call, for we believe our leaders have been inspired as they have prayerfully sought the direction of our Father in Heaven.

Some find it interesting that we don’t nominate ourselves to serve in positions for which we think we would be best suited. Yet the unique manner in which Latter-day Saints are called to serve in the kingdom is a distinguishing characteristic of the Lord’s Church.

The following principles can help us understand how to serve effectively in our callings.

## **“It Is Not Where You Serve but How”**

Our willingness to serve in our callings, whatever they may be, is a reflection of



*Our willingness to serve in our callings, whatever they may be, is a reflection of our dedication to the Lord.*

our dedication to the Lord. As President J. Reuben Clark Jr. (1871–1961) of the First Presidency taught: “In the service of the Lord, it is not where you serve but how. In The Church of Jesus Christ of Latter-day Saints, one takes the place to which one is duly called, which place one neither seeks nor declines.”<sup>1</sup>

Brother Dai Endo of the Yokohama Japan Stake is an example of one who faithfully acted upon this principle. After serving for many years as a counselor in the stake presidency and then as president of the stake, Brother Endo was released in 2000. As he bore his testimony in stake conference at the time of his release, he expressed his love for the Saints and his gratitude for the blessing of serving them and the Lord. With a smile he said, “Next week I’ll probably be called to serve in the Primary.”

The following week Brother Endo’s bishop asked to meet with him and extended a call to him to serve as a Primary teacher. With humility the former stake president graciously accepted the call. His willingness to serve was not based on the status associated

**A**fter serving  
as stake  
president,  
Brother Dai Endo  
faithfully accepted  
a call to teach  
Primary. His foremost  
desire was to serve  
the Lord.



with the calling but instead on a desire to serve the Lord wherever he was called.

#### **Called by the Lord**

Jesus sought and called the men who would be His Twelve Apostles. Those who serve in the Lord's Church are called following this same pattern.

I once had the blessing of hearing President James E. Faust, Second Counselor in the First Presidency, counsel the children of men who had been recently called to serve in the bishopric of a ward.

President Faust said to these children: "Now, I want you

all to remember that your fathers did not volunteer for these assignments. They did not put their names on a list indicating a new bishopric was needed. They did not campaign for the job. They were called. They were called by the Lord through inspiration and revelation to serve as the new bishopric of this ward. They responded to the call and have indicated their willingness to serve. Now they go forward with authority from God."

As is done again and again in the Church, those involved in calling these men to the bishopric sought the will and guidance of the Lord throughout the entire process.

### **“You Didn’t Call Them”**

On several occasions President Boyd K. Packer, Acting President of the Quorum of the Twelve Apostles, has described an experience he had during a leadership training meeting in which a bishop indicated he couldn’t get anyone to serve as the ward Primary president. The frustrated bishop said he had talked to nine different sisters in the ward, and not one of them had agreed to accept the call.

President Packer told the bishop he knew why none of the sisters had agreed to serve: “You asked them—you didn’t call them.” President Packer said that if the call had

been extended properly, it would not have taken nine attempts to get someone to accept the call.

In the secular world there are no direct parallels to the issuing of a calling. One who holds priesthood keys does not ask, assign, or recruit people to serve. He calls them, and the calling comes from the Lord.

### **The Release**

Just as we are called, we are also released. Just as we don’t campaign for assignments, we don’t resign and we don’t quit. We are released by the same authority by which we were called.

**T**he man  
looked at  
his wife,  
and without saying  
a word, they  
knew what their  
response to the  
call would be.



In 1947 Elder Ezra Taft Benson (1899–1994), then a member of the Quorum of the Twelve Apostles, called my grandfather, James H. Walker, to be president of the Taylor stake in Raymond, Alberta, Canada. Until that time my grandmother, Fannye Walker, had served for many years as the stake Young Women president. She loved this assignment.

When Elder Benson extended the call to President Walker, he said that President Walker’s wife should not continue to serve as stake Young Women president so that she could support him in his responsibilities and so that others outside their family could have the opportunity to serve. Grandma was unhappy. She loved the young women, loved her calling, and wanted to continue to serve in that capacity.

Years later President Benson recounted the experience to me. He said, “Your grandmother was very disappointed when we released her. But the next time I saw her, she told me that she understood and accepted the need for her to be released.”

Likewise, we need to graciously accept and acknowledge the inspiration that led to our release from a calling we loved.

### **Responding with Commitment**

The way in which faithful Church members respond to calls is remarkable. Church history is filled with stories of how dedicated Saints responded to calls that required considerable personal sacrifice.

President Packer was present when President Henry D. Moyle (1889–1963) of the First Presidency extended a call to a man to preside over one of the missions of the Church. President Moyle said to the man, “We don’t want to rush you into this decision. Would you call me in a day or two, as soon as you are able to make a determination as to your feelings concerning this call?”

President Packer relates what happened:

“The man looked at his wife and she looked at him, and without saying a word there was that silent conversation between husband and wife, and that gentle almost

imperceptible nod. He turned back to President Moyle and said, ‘Well, President, what is there to say. What could we tell you in a few days that we couldn’t tell you now? We have been called. What answer is there? Of course we will respond to the call.’

“Then President Moyle said rather gently, ‘Well, if you feel that way about it, actually there is some urgency about this matter. I wonder if you could be prepared to leave . . . on the 13th of March.’

“The man gulped, for that was just eleven days away. He glanced at his wife. There was another silent conversation, and he said, ‘Yes, President, we can meet that appointment.’

“‘What about your business?’ said the President. ‘What about your grain elevator? What about your livestock? What about your other holdings?’

“‘I don’t know,’ said the man, ‘but we will make arrangements somehow. All of those things will be all right.’”<sup>2</sup>

Usually this kind of urgency is not necessary. Those who are called to positions like these are typically afforded adequate time to put their affairs in order. In this case there was urgency, and the couple responded with faith, devotion, and absolute commitment. What a beautiful example of how each of us should respond to a call.

### **Magnifying Your Calling**

One of the most important references in the Book of Mormon to magnifying callings comes from the prophet Jacob, who wrote, “We did magnify our office unto the Lord” (Jacob 1:19). Doctrine and Covenants section 84, which contains the oath and covenant of the priesthood, states that those who magnify their calling will be “sanctified by the Spirit” (v. 33).

Many of us have struggled to understand what it means to magnify our callings. President Thomas S. Monson, First Counselor in the First Presidency, said:

“What does it mean to magnify a calling? It means to build it up in dignity and importance, to make it honorable and commendable in the eyes of all men, to enlarge and

strengthen it to let the light of heaven shine through it to the view of other men. And how does one magnify a calling? Simply by performing the service that pertains to it.”<sup>3</sup>

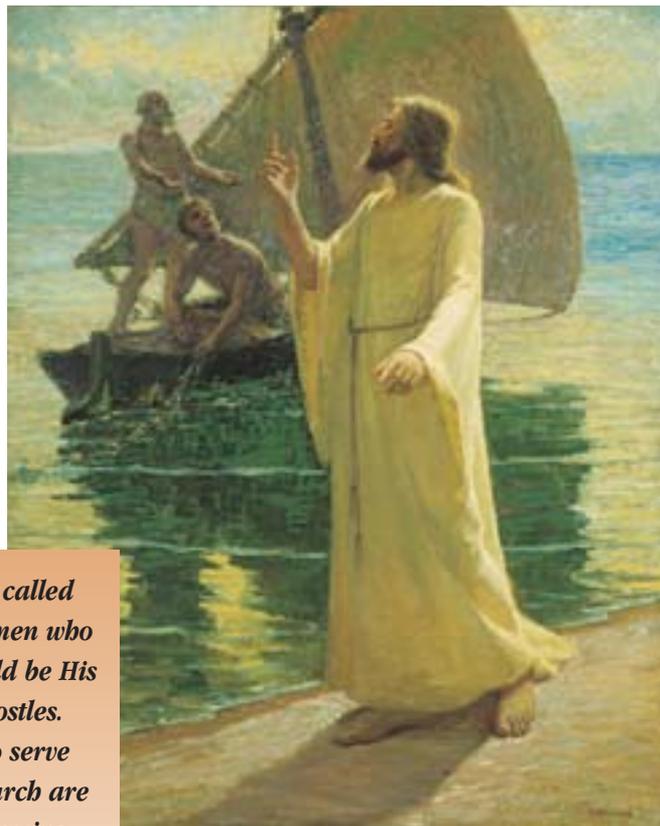
Elder Henry B. Eyring of the Quorum of the Twelve Apostles taught how to receive guidance in our callings:

“With your call come great promises. One of those promises is . . . that the Lord will guide you by revelation just as He called you. You must ask in faith for revelation to know what you are to do. With your call comes the promise that answers will come. But that guidance will come only when the Lord is sure you will obey. To know His will you must be committed to do it. The words ‘Thy will be done,’ written in the heart, are the window of revelation.”<sup>4</sup>

#### **The Lord Will Make It Possible**

In summary, here are several important principles relative to callings in the Church:

1. Those with the authority to issue callings need to prayerfully seek the inspiration of the Lord. When an inspired decision is made, the call needs to be extended properly in a dignified and reverent manner, with all involved realizing that the call comes from the Lord.
2. We serve willingly. We do not volunteer. We are called.
3. When we have been called to a position, we need to humbly remember that the calling is not ours and that we will be released someday by the same authority by which we were called.
4. When the release comes, we need to be accepting, gracious, and grateful for having been given the opportunity to serve. We need to trust that just as we are called by inspiration, we are released by that same inspiration. We need to be supportive of the one who is called to take our place.
5. Callings and releases don’t always come to us when we would prefer. We need to trust in the Lord’s timetable.
6. When a husband or wife is called to a demanding position, it may be best for him or her and the rest of the



**J**esus called the men who would be His Twelve Apostles. Those who serve in His Church are called following the pattern He set.

family if the other is released from a heavy assignment.

7. We need to trust in the Lord in responding to the call (see Proverbs 3:5–6).
8. The Lord will magnify our efforts as we do our best and seek His assistance.
9. Great promises and blessings will come with our callings.

President Gordon B. Hinckley stated: “Whenever you are called upon to serve may I urge you to respond, and as you do so your faith will strengthen and increase. . . . If you accept every opportunity, if you accept every calling, the Lord will make it possible for you to perform it. The Church will not ask you to do anything which you cannot do with the help of the Lord. God bless you to do everything that you are called upon to do.”<sup>5</sup>

How blessed we are to be able to help the Lord build up the kingdom as we serve in our callings. ■

#### **NOTES**

1. In Conference Report, Apr. 1951, 154.
2. *Follow the Brethren*, Brigham Young University Speeches of the Year (Mar. 23, 1965), 8.
3. “Priesthood Power,” *Liabona*, Jan. 2000, 60; *Ensign*, Nov. 1999, 51.
4. “Rise to Your Call,” *Liabona* and *Ensign*, Nov. 2002, 76.
5. “Words of the Living Prophet,” *Liabona*, Apr. 1999, 18; “Inspirational Thoughts,” *Ensign*, June 1999, 2.

# GOING NOWHERE?



ARE THE THINGS THAT KEEP YOU BUSY  
TAKING YOU WHERE YOU WANT TO GO?  
(See Matthew 6:33.)

## Until I Found the Truth

By Triny Jovel

I wanted to read the Bible from the time I was about 11 years old. But in the home where I was raised, the Bible was considered so sacred it was kept in a closet under lock and key. When I was 13 and my brother was 12, we went to live in the beautiful country of Canada. Between the ages of 16 and 20, I attended two Christian churches. They used the Bible to teach correct principles, but as I was investigating, I learned something about the members—that they

**A**s I walked in the freezing wind with my baby, while my ex-husband had our car, I felt a great weight in my heart.

didn't get along with each other very well. I stopped going to these churches for three years.

When I was 23, I met a young man at a discotheque. A few months later I married him, and shortly afterwards we had our first baby. Everything was going well in our home. He worked hard, always came home from work early, and helped me with the housework. I was very happy and peaceful in my home, and I completely forgot about God.

But without any warning, one day my husband started going out to discotheques with his friends. These friends also wanted to go to bars. So in just a few months my husband had become a drunk and a carouser. Eventually I resigned from my job and left him. Soon after

our separation I learned that I was expecting my second child. I felt so sad and distressed I couldn't find peace. I would go to sleep crying and wake up crying. But thanks to a woman who was a great friend to me, I started attending a Christian church again.

This time I took the things of God more seriously. I even set a goal to investigate more churches. Before I would go to church, I would kneel down and ask Heavenly Father to give me more wisdom so that I would be able to choose good and reject evil.

I began to visit other churches in addition to the Christian church I attended, but I often felt confused by their different doctrines. The more



confused I got, the more I prayed. It seemed that every time I visited a church, I felt something was missing, but I didn't realize what it was. That's why I set a goal to keep investigating other churches and not rest until I found the truth.

One day I was visiting my brother and sister-in-law, and it got dark before I left. I had quite a distance to walk to reach the bus stop. This was March 1992, and it was very cold with a strong wind. My baby was squirming as I carried him. I walked backwards many times so the wind would hit me and not my baby.

I became sad as I thought about how I was freezing, walking with my baby, while my ex-husband had our car. I started thinking about how cruel life had been to me and felt a great weight in my heart. I started to cry like a child. I looked around and saw I was alone, so I cried to God out loud, "Heavenly Father, help me find the light."

Finally I arrived at the bus stop, and when the bus came I sat in the front seat as I always did. When I looked to my left, I saw two young men in white shirts and ties. One of them came up to me and said to me in Spanish that was quite limited, "You too speak Spanish?"

"Yes, of course," I replied.

"You desire to receive the gospel of Jesus Christ?" he asked.

These words were wonderful to me. *The gospel of Jesus Christ*. I had investigated several churches, and in

none of them had I heard this beautiful turn of phrase. I had always heard *the word, the gospel, or the good news*. So I very happily gave them my address and phone number.

I started taking the discussions from the missionaries, and in June 1992 I was baptized and confirmed. I will never forget that very special day. Before entering the waters of baptism I could feel a great weight, as if I were walking with feet of lead. But when I came out of the water, I felt like I was flying in the air. And when the missionaries placed their hands on my head and gave me the gift of the Holy Ghost, a warm feeling entered my body, and I was filled with a peace I had never felt before. The tears began to roll down my cheeks. To my surprise I realized I was crying not from pain or sadness but for the great joy and peace in my heart.

Some months after my baptism I was called to serve in the nursery and then as a Primary teacher. A year later I received my endowment. I also met a great man at church. In September 1994 we were sealed in the Toronto Canada Temple. Three years later we were blessed with a beautiful son.

I continue to serve in Church callings, and I share my testimony of the gospel with all my loved ones. I know that the gospel of Jesus Christ comes from the heavens in all its glory and that through this gospel we can be transformed if we are obedient to the Lord's commandments. ■

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## Playing for Betsy

By Jessica Martinez

Squeezing the last box into the back of my station wagon, I slammed the door shut and checked my watch. I was on schedule. My last batch of exams was graded, and the car was packed. If I left immediately, I would have to drive only the final hour or so of my trip to Louisville, Kentucky, in the dark.

The last two weeks had been long and unbearably dull in South Bend, Indiana. My husband, Mark, a law student, had already started his summer internship in Louisville. But as a high school teacher in South Bend, I had spent two more weeks finishing the school year before I could join him.

Relieved to be on the road, I drove fast, but about an hour into my five-hour trip, I began to think about Sara and her daughter, Betsy. We had first met in Relief Society nine months earlier. Standing in the back with a baby in her arms, she had introduced herself saying, "Hi, I'm Sara. I'm from Utah. And this is Betsy. She's from heaven." I laughed, liking her immediately. Just like me she was the wife of a law student, and I was pleased when she was called to be my visiting teacher.

About a month before my departure, Betsy had suffered a seizure. Tests revealed a large brain tumor

that appeared almost inoperable, but doctors insisted that without an operation Betsy had no chance of survival.

My heart ached for Sara. Along with the rest of our ward and stake, we had fasted and prayed for a miracle. Betsy underwent brain surgery and amazed the doctors, who had not expected her to survive the operation. Still, only part of the tumor had been removed, and Betsy progressed slowly. Her parents, meanwhile, faced impossible decisions on how to treat the remaining tumor without destroying her infant body.

The operation had taken place in Indianapolis, the halfway point in my journey to Louisville. Sara was still there with Betsy, while her husband had returned to South Bend to take the final exams he had missed.

I checked my watch. I could think of plenty of reasons to drive through

without stopping, but none of them did anything to silence the voice inside telling me I needed to stop. So I pulled off the freeway and called the hospital from a pay phone. My call was directed to Betsy's room, and Sara answered. I could hear in her voice that she was happy I had called. She would be thrilled to have me stop by. I felt the peace and relief of having followed the Spirit's prompting.

As I drove toward the hospital I realized I had my violin wedged between a suitcase and a box of books in the backseat. With a measure of guilt I remembered that I had not touched it in weeks, even though I had studied violin from the age of three. Music had always been a source of happiness in my life.

The thought came that I should take my violin with me and play for Betsy. Normally I would never have considered the idea. It seemed a little arrogant to arrive unannounced with my violin and subject all those within listening range to an impromptu recital. But I quickly recognized the feeling that accompanied this thought as the same Spirit that had prompted me to make the visit.

When I arrived, Sara was weary but happy to see me. Betsy had a large tube in her head and another in her throat. As I looked at her tiny body and then into her eyes, I wondered how much



**F**or more than an hour I played hymns, Primary songs, and classical music. As I played, Betsy stared at me wide-eyed.

pain she had suffered and how much more she would have to endure.

Sara was thrilled that I had brought my violin. For more than an hour I played hymns, Primary songs, classical music, and anything she requested that I could play by ear. As I played, Betsy stared at me, wide-eyed. Sara insisted it was the most alert Betsy had been since her surgery and was eager for me to keep playing. Several patients—children and their parents—stopped by the room and listened for a while.

Time passed quickly without my noticing. And as I stood at the foot of the bed playing “I Am a Child of God” (*Hymns*, no. 301), I was overwhelmed with the intensity of Heavenly Father’s love for this sick little girl. I knew as I played that He loved Betsy dearly and wanted her to find relief from her pain through the music.

As I left the hospital in the dark that night to complete my trip to Louisville, I remembered the words from my patriarchal blessing that I had not thought about for some time. I had been blessed with musical talent and was expected to develop it so I could bring joy to others.

Through Betsy I was reminded of the Lord’s purpose in giving us gifts. “All these gifts come from God, for the benefit of the children of God” (D&C 46:26). By listening to the Spirit I was given the opportunity to share my talent as the Lord intended and to feel the tremendous compassion He has for His children. ■



## “I Was Watching You”

By Lynn Jensen

**I**t was summertime, right in the middle of haying season. A lot of hay was down, and my neighbor Frank Rees waited eagerly for the dew to come so he could get started. It was a Saturday night when the conditions were finally right, so Frank drove to his field and started baling his hay.

As he baled he noticed the headlights of his friend and neighbor across several fields. He too was taking advantage of the favorable conditions and was baling his hay. Several years before, Frank had made the decision not to work on the Sabbath, and he knew he would stop on this night just before midnight to honor that

commitment. He wondered what his neighbor would do. It would be such a temptation to continue baling under these favorable conditions with so much hay down and ready.

As the hours passed he continued to notice his neighbor’s headlights and knew he was still baling. A few minutes before midnight Frank shut off the baler and drove the tractor to his truck. In the quiet darkness he noticed that his neighbor had also chosen to honor the Sabbath and had quit baling.

After telling this story in sacrament meeting, Frank looked over his shoulder to his neighbor, now the bishop of their ward.

“Do you remember that?” he asked.

Bishop Munns nodded and said, “I didn’t have a watch. I was watching you.” ■

# Questions & Answers

*“Why is life so hard? Will I ever get a break from trials?  
How can I endure?”*

## L I A H O N A

**L**ife would be easier without trials, but we wouldn't learn or grow much. Trials can humble us, help us grow spiritually, and remind us that we need the Lord's help. Trials can help us learn to appreciate times of peace. Most important, they give us opportunities to show the Lord and ourselves that we will be faithful.

Some trials are a part of mortality, like natural disasters or the death of a loved one. Knowing that these things happen, you can prepare for them and, therefore, endure them better.

Other trials come from your own choices or the choices of others, like mistakes or sins. As you make good choices, you can avoid bringing some of these trials upon yourself. Enduring trials that are the result of others' choices is difficult. Maybe a friend betrayed you, or you struggle with the bad language you hear at school. In these types of trials, be forgiving, stay faithful, and pray for the Lord's help and comfort.

How well you endure trials is up to you.

***Trials can help you learn, be humble, and become stronger.***

***You can avoid some trials by making good choices.***

***Life is a test; trials are opportunities to show that you will be faithful.***

***If you seek His help, the Lord can help you endure your trials well.***

***Come unto Christ in your trials, and He will give you rest.***

Those who grow from their trials stay close to the Lord and ask themselves, “What can I learn from this?” Those who feel sorry for themselves in their trials ask, “Why me?”

Notice how a long war between the Nephites and Lamanites affected the Nephites differently: “Many had become *hardened*, because of the exceedingly great length of the war; and many were *softened* because of their afflictions, insomuch that they did humble themselves before God, even in the depth of humility” (Alma 62:41; emphasis added). All were affected by the war, but not all chose to grow from it.

Here are a few ways to endure trials well: (1) Seek the Spirit—the Comforter—through prayer, fasting, scripture study, and righteous living. (2) Serve others, attend church and the temple, and spend time with loving friends and family. These things can bring you peace. (3) Try to keep a balanced perspective: even during trials there are still good things in your life. And (4) ask your parents and bishop or branch president for advice on getting through a trial.



Have you noticed that when you see someone going through a trial that you have gone through, you are more understanding and willing to help that person? Similarly, the Savior took upon Himself your trials—including your pains, sicknesses, temptations, and weaknesses—and He is perfectly compassionate and able to help (see Alma 7:11–12). In your trials remember what He said: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28).

## READERS



**Be grateful for your trials, for they too are a blessing. God already knows how you will handle your trials, but He wants you to know it. Pray to**

**your Heavenly Father and ask Him for the strength and the patience that you will need, and the Lord will surely sustain you.**

*Sarah M., 16, Germany*

**My bishop has become my best friend through my hard times. I strongly advise**

**anyone to talk with his or her bishop. They love you and want to help. Also, if you have your patriarchal blessing, read it often. It can direct you through the rough times.**

*Kaycee H., 20, Montana, USA*

**God sent us to earth to be tested. It's not easy, but it's necessary for our growth and progress. Pray specifically for help so that you can become a persevering person, and pray to Him to receive comfort. He will take you by the hand and pour out on your head many blessings. Do not despair, but**

**stay close to the gospel. It is the only thing that can truly help.**

Lia C., 19, Italy



**Our Father in Heaven does not stop putting us in the furnace of trials until He has seen His countenance on us. Learn to face trials cheerfully, for they shall be for your own good!**

**Be happy despite all the odds. It is the road to more righteousness. Trials can strengthen our relationship with our Heavenly Father and Jesus Christ. Pray for comfort, seek the scriptures, and have an eternal perspective at all times.**

Odessa B., 18, Philippines



**With each trial I have two choices. I can either let it get the better of me, or I can choose to learn from it. Sometimes I feel lost and alone, but it's important to stay close to our**

**Heavenly Father so that in those moments we will be able to be comforted. Pray, read your scriptures, and build your testimony. Trials will become easier to endure as your relationship with Heavenly Father and Jesus Christ grows.**

Lita J., 20, Alberta, Canada



**We came here to be tested and to learn and grow. Having trials is a key part of learning. With continuous testing, we can keep sharp and be ready for the bigger challenges**

**up ahead. By praying, reading the scriptures, and keeping the Sabbath day holy, you can endure more easily. Remember that any trial can be overcome, as it says in 1 Corinthians 10:13.**

Jesse H., 14, Nevada, USA

**The Lord does not give us trials that He knows we cannot endure. That realization has helped me so**



**When the burdens of life become heavy, when trials test one's faith, when pain, sorrow, and despair cause the light of hope to flicker and burn low, communication with our Heavenly Father provides peace."**

President Thomas S. Monson, First Counselor in the First Presidency, "Finishers Wanted," *Ensign*, June 1989, 5.

**much in my trials. When I look back on the pain I have gone through, what stands out to me is that the Lord loves me, and I have learned a lesson or two that I can carry with me through my life's journey and also use to help someone who is going through the same thing. The Lord is with us every step of the way.**

Liz O., 20, England



**Our earth life is a probationary period, and it is necessary that we experience the labors of life, being tempted to see whether we are worthy to return to the presence of our Heavenly Father. The adversary works to divert us from the iron rod. But as we follow Christ and His gospel, we will be protected from evil. We can endure better if we have faith that this world is but a phase in the plan of salvation.**

Celso O., 19, Brazil

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

## WHAT DO YOU THINK?

**Youth readers: Send your answer, along with your name, birth date, ward and stake (or branch and district), and photograph (including your parent's written permission to print the photo) to:**

**Questions and Answers 9/06**

**50 E. North Temple St. Rm. 2420**

**Salt Lake City, UT 84150-3220, USA**

**Or e-mail: [liahona@ldschurch.org](mailto:liahona@ldschurch.org)**

**Please respond by September 15, 2006.**

## QUESTION

**"How do I keep the Sabbath day holy? I've been focusing on things I can't do. How do I make it a day I look forward to instead of a day when I can't do anything fun?" ■**

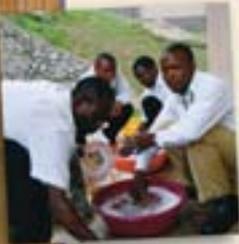
# Did You Know?



## Fun Activity in Nigeria

Aaronic Priesthood holders in the Abeokuta Nigeria District gathered last year for an Aaronic Priesthood commemoration activity. All priesthood holders and their friends were invited. Fathers and sons, brothers and guests, enjoyed games and a dinner of *jollof*, a popular Nigerian rice dish.

Symbolizing leader service, branch presidents served the meal. After eating,



each attendee washed his own dish. “Go practice these skills in your own homes,” the young men were advised.



Hearts were touched as young men dramatized the event they were celebrating—the restoration of the Aaronic Priesthood by John the

Baptist to the Prophet Joseph Smith and Oliver Cowdery, on May 15, 1829.

As they followed President Gordon B. Hinckley’s counsel to “make the gospel and the Church fun for the young people of the Church” (from an address given at Radio City Music Hall, New York City, New York, June 12, 2005), these Nigerian deacons, teachers, priests, and elders found great delight playing and serving side by side.

## In a Word

**Millennium:** A millennium is a period of 1,000 years. In the Church, when we speak of “the Millennium,” we refer to the 1,000 years following the Savior’s Second Coming, when “Christ will reign personally upon the earth” (Articles of Faith 1:10).

The Millennium will be a time of righteousness and peace on the earth when all people will be good and just. Church members will be busy during this time with missionary and temple work.

At the end of the 1,000 years Satan “shall be loosed for a little season, that he may gather together his armies.” They will fight against the hosts of heaven, led by Adam. Satan and his followers will be defeated and cast out forever. (See D&C 88:111–15.)

## It Happened in August

**August 25, 1829:** Martin Harris (right) agreed to mortgage his farm to cover the printing costs of the Book of Mormon. Five thousand copies were printed in 1830.

**August 5, 1953:** President David O. McKay broke ground for the Swiss Temple (now called the Bern Switzerland Temple). It was the first temple in Europe.



**August 1, 1973:** The Japan Nagoya Mission and the Thailand Bangkok Mission were organized.

**August 2, 1985:** The Church released the first new English hymnbook in 37 years. Translated into 21 languages, it’s the one in use today.



*“We all need guidance through life. We obtain it best from the standard works and teachings of the prophets of God.”*

**Elder Russell M. Nelson of the Quorum of the Twelve Apostles, “Living by Scriptural Guidance,” *Liahona*, Jan. 2001, 22; *Ensign*, Nov. 2000, 18.**



PAINTING OF MARTIN HARRIS BY LEWIS A. RAMSEY; PHOTOGRAPH OF HYMNBOOKS BY JOHN LUKE; BACKGROUND BY SCOTT KNUDSEN





**The Lord Always Helps**

I would like to thank all those who send their stories to the *Liabona*. Every one edifies me. I am the only member in my home, and I know how difficult it can be to live the gospel of Jesus Christ in that situation. But the Lord always helps—and part of that help is the *Liabona*.  
*Aline Gonçalves da Silva, Brazil*

**A Constant Blessing**

The *Liabona* is a constant blessing in my life. The articles in it reach the bottom of my heart. It was a special blessing when my whole family was baptized on the same day in October 2003, and the *Liabona* has been a blessing to all of us ever since then.  
*Jessica Lisseth Sinche Urgano, Peru*

**Hope to Serve a Mission**

I have wanted to serve a mission since I was 8 years old. I am now 15 years old, and I want to serve the Lord. When I read “The Hope of a Missionary” in the July 2005 *Liabona*, I was inspired to begin preparing to serve. The young man in the story made many sacrifices to be able to serve, and I can do the same.

I want to express my gratitude for those who are involved in distributing the good news of the *Liabona* all over the world. It inspires us and can help us obtain great blessings.

*Julius J. Andrada Jr., Philippines*

**My Joy Is Complete**

I want to thank each of you—the translators and all those who help publish the *Liabona*. It is because of you that I have the blessing of holding the words of our prophets and the General Authorities in my hands.

I was baptized as a child but was lost to the Church for a long time. When I heard Elder Richard G. Scott of the Quorum of the Twelve Apostles (in October 2004 general conference), he helped me believe that the Savior made it possible for me to be redeemed from my sins. I have experienced that change of heart spoken of by Alma, and my joy is complete.

*Araceli Arroyo Romero, Mexico*

# NEED DIRECTION?

**J**ust as the *Liabona* directed Lehi and his family, the *Liabona* magazine can be a compass for new members as they continue learning about the gospel.

The October 2006 issue will be a special issue for new members. You can help a new member friend by sharing the issue with him or her or by giving a gift subscription to the *Liabona*. Contact your local distribution center for ordering information.



PHOTOGRAPH OF COMPASS © GETTY IMAGES

# the Friend



# Faith in Every FOOTSTEP

BY PRESIDENT JAMES E. FAUST  
Second Counselor in the First Presidency

Each of us needs to have our own storehouse of faith to help us rise above the troubles that are part of this mortal life.

Thomas Giles, a Welsh convert who joined the Church in 1844, suffered much in his lifetime. He was a miner, and while he was digging coal in the mine, a large piece of coal hit him on the head and made a wound nine inches (23 cm) long. The doctor who examined him said the injured man would not live longer than 24 hours. But then the elders came and blessed him. He was promised that he would get well and that “even if he would never see again, he would live to do much good in the Church.” Brother Giles did indeed live but was blind the rest of his life.

In 1856 Brother Giles and his family moved to Utah, but before he left his homeland, the Welsh Saints presented him with a harp, which he learned to play well. At Council Bluffs, Iowa, he joined a handcart company and headed west. “Though blind he pulled a handcart from Council Bluffs to Salt Lake City.” While crossing the plains his wife and two children died. “His sorrow was great and his heart almost broken, but his faith did not fail him.” When Brother Giles arrived in Salt Lake City, President Brigham Young, who had heard his story,



President Faust  
teaches us to exercise  
faith as we are tested.



loaned Brother Giles a valuable harp until his own arrived from Wales. Brother Giles “traveled from settlement to settlement in Utah, . . . gladdening the hearts of the people with his sweet music.”<sup>1</sup>

We all face trials. Members in the early days of the Church were tested and refined when they had to decide if they had the faith, like Brother Giles, to put their belongings in a wagon or a pioneer handcart and travel across the American plains. Some did not have the faith. Those who did traveled “with faith in every footstep.”

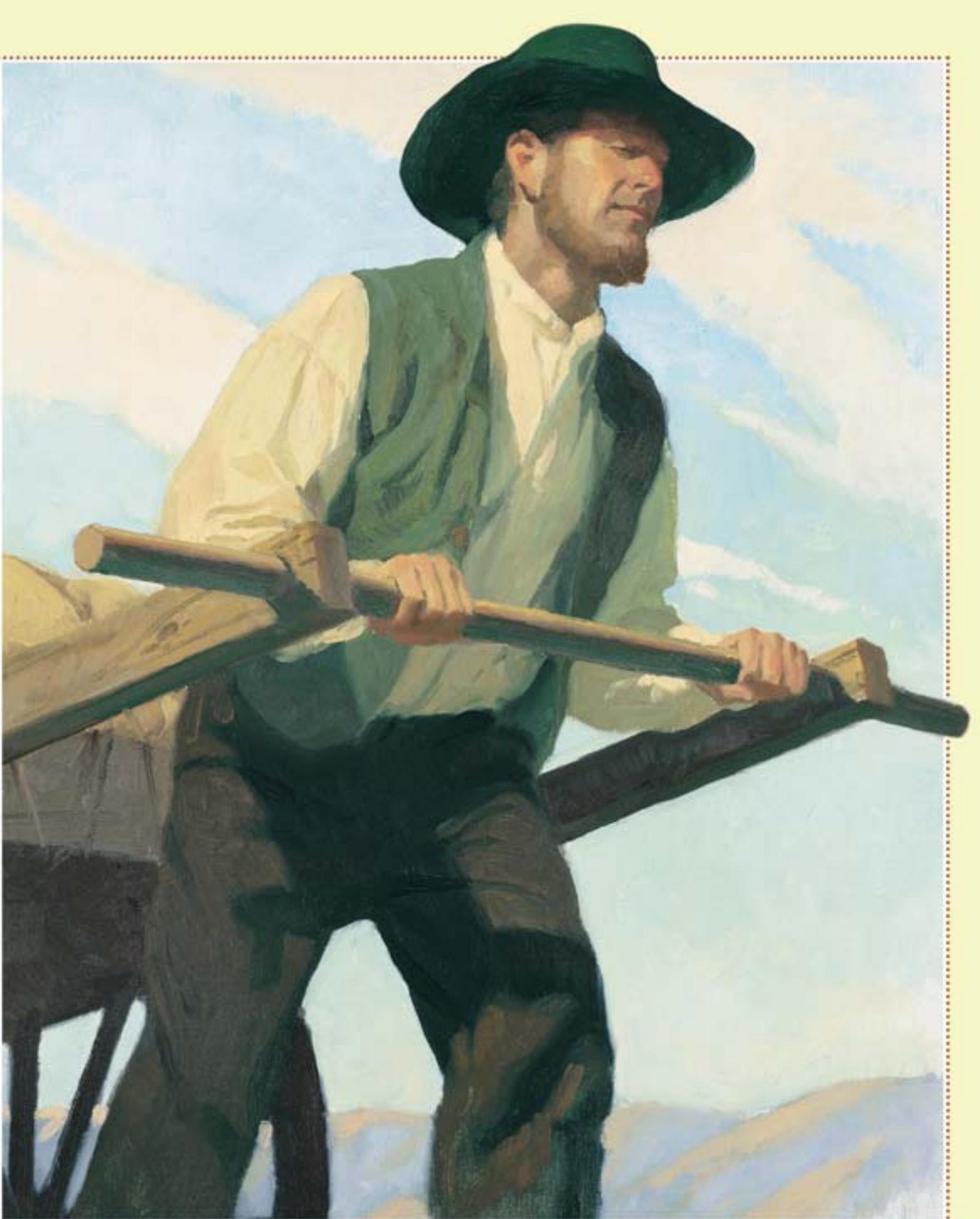
In our time we are going through an increasingly difficult time of refining and testing. None of us knows the wisdom of the Lord. We do not know in advance exactly how He will get us from where we are to where we need to be. We encounter many bumps, bends, and forks in the road of life that leads to the eternities.

As we live on earth we must walk in faith, nothing doubting. We have much reason to hope. Joy can be ours if we are willing to sacrifice all for the Lord. Then we can look forward to the priceless possibility of overcoming all the challenges of this life. Then we will be with the Savior forever. ●

*From an October 2004 general conference address.*

**NOTE**

1. See Andrew Jenson, *Latter-day Saint Biographical Encyclopedia*, 4 vols. (1901–36), 2:507–8.





### Activity

1. Cut out the pictures on this page.
2. Glue or tape the pictures to heavier paper.
3. Attach a piece of flannel or rough material to the back of the heavy paper if you would like the figures to stick to a flannel board.
4. Using the scripture figures, tell the stories of Nephi, Daniel, the stripling warriors, and Ruth. (See 1 Nephi 3-4; Daniel 6; Alma 57:19-27; Ruth 1.)

*Note: If you do not wish to remove pages from the magazine, this activity may be copied, traced, or printed from the Internet at [www.lds.org](http://www.lds.org). For English, click on "Gospel Library." For other languages, click on the world map.*



# THE SCRIPTURES SHOW THE WAY

**“Remember to search [the scriptures] diligently, that ye may profit thereby” (Mosiah 1:7).**

BY LINDA MAGLEBY AND ELIZABETH RICKS



Even though we know that we will be blessed for being obedient, sometimes it might seem hard to keep the commandments. The scriptures give us examples of people who kept the commandments even when it was hard.

After Lehi and his family left Jerusalem they traveled for several days in the wilderness. Then the Lord commanded that Nephi and his brothers return to Jerusalem to get the brass plates, the scriptures, from Laban. Laman and Lemuel murmured, or complained, saying that it was a hard thing to go all the way back to Jerusalem. Nephi did not murmur. He said, “I will go and do the things which the Lord hath commanded, for I know that the Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the thing which he commandeth them” (1 Nephi 3:7). The Lord helped Nephi. Even though it was hard, he was able to get the brass plates.

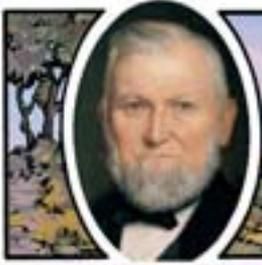
Daniel was ordered *not* to do something that was right—he was told not to pray! Wicked men tricked the king into making a law that required anyone who prayed to be thrown into the lions’ den. Daniel still prayed three times a day. When the men caught Daniel praying, Daniel was cast into the lions’ den. Did the lions kill Daniel? No. Daniel was protected by an angel sent from God. God blessed Daniel for keeping His commandment to pray.

We can follow Nephi’s and Daniel’s examples of obedience. We can obey our parents, dress modestly, use appropriate language, and read our scriptures—even when it is hard!

## Sharing Time Ideas

1. *Read aloud together 1 Nephi 19:23. Ask, “What does it mean to ‘liken all scriptures’ to ourselves and our families?” Liken means “to compare.” We see how our lives are like the lives of the people we are reading about. We see how the Lord’s word can help us today. (See “Likening,” Teaching, No Greater Call [1999], 170–71.) Pass out scripture references to illustrate the following principles: Mosiah 2:17–18 (serve others); Mosiah 4:16 (help the poor); Alma 37:36–37 (pray always); Exodus 20:12 (honor our mothers and fathers); Mosiah 5:5, 7 (make and keep baptismal covenants). Ask the children to do three things: (1) read the scripture, (2) find the gospel principle and be prepared to explain it in their own words, and (3) tell how they can apply (or liken) the message in their lives today. Discuss how they and their families are blessed as they liken the scriptures to themselves. Ask, “Of all the people who have ever lived on the earth, whom do you want to be most like?” Bear testimony of the Savior.*

2. *Draw a simple game board on the chalkboard with the beginning space in the bottom left corner and the finish space in the upper right corner. Draw a water line just below the finish square. Use a cutout of Noah’s ark as a marker. Explain that the object of the game is to get the ark out of the water. Position various animal cutouts around the room. On the backs of the cutouts write a 1, 2, or the name of a song or hymn about obedience. Retell the story of Noah (see Genesis 6–8). Emphasize that Noah’s family was blessed because of their obedience. Invite the children to take turns finding an animal. If a song is listed on the back, sing the song, place the animal in the ark, and move the marker three spaces. If a 1 or a 2 is selected, have the child share something our modern prophets have asked us to do, then place the animal on the ark, and move the marker the designated number of spaces. When the ark is out of the water, sing a song or hymn about prophets. Explain that we and our families will be blessed when we follow our prophet. ●*



FROM THE LIFE OF PRESIDENT WILFORD WOODRUFF

# Listening to the Spirit



Wilford Woodruff traveled across the United States several times as a leader in the Church. One time he stayed overnight in Indiana on his way to meet with the Saints in Boston, Massachusetts.

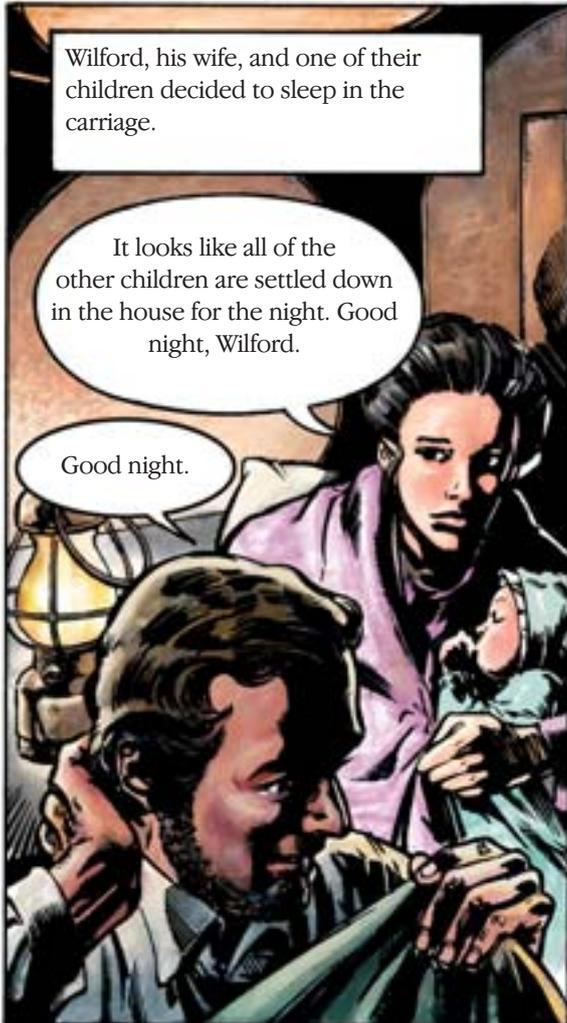


I think we should sleep here tonight. I know of some brethren who will let us stay with them.

Wilford, his wife, and one of their children decided to sleep in the carriage.

It looks like all of the other children are settled down in the house for the night. Good night, Wilford.

Good night.

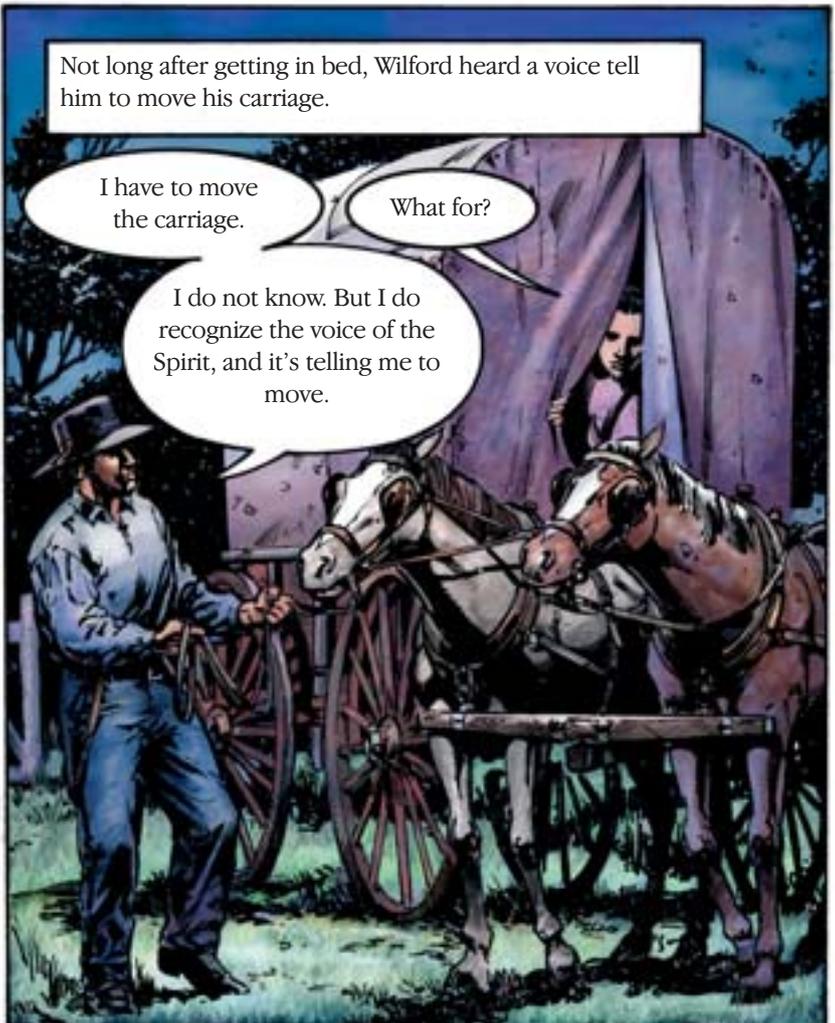


Not long after getting in bed, Wilford heard a voice tell him to move his carriage.

I have to move the carriage.

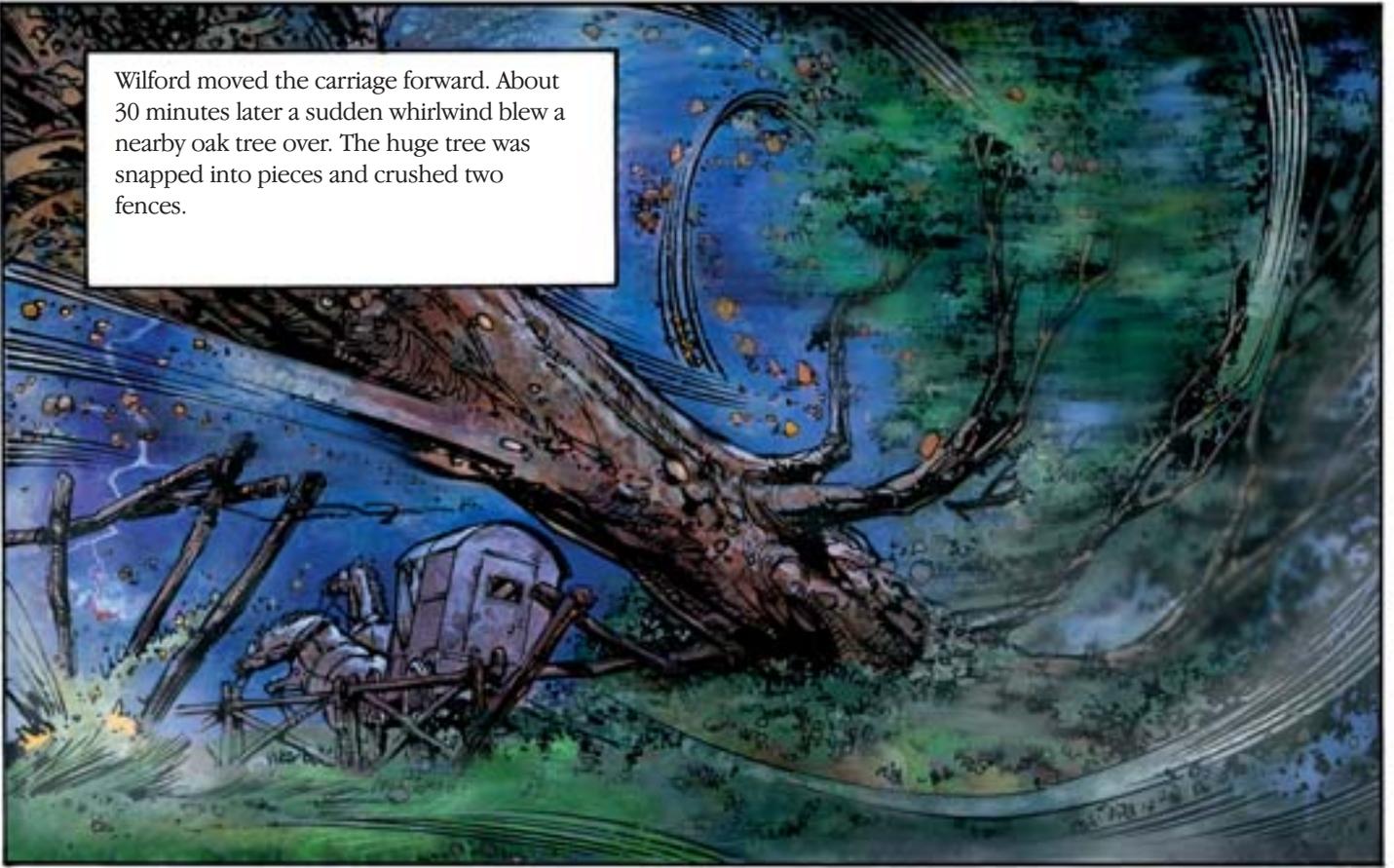
What for?

I do not know. But I do recognize the voice of the Spirit, and it's telling me to move.

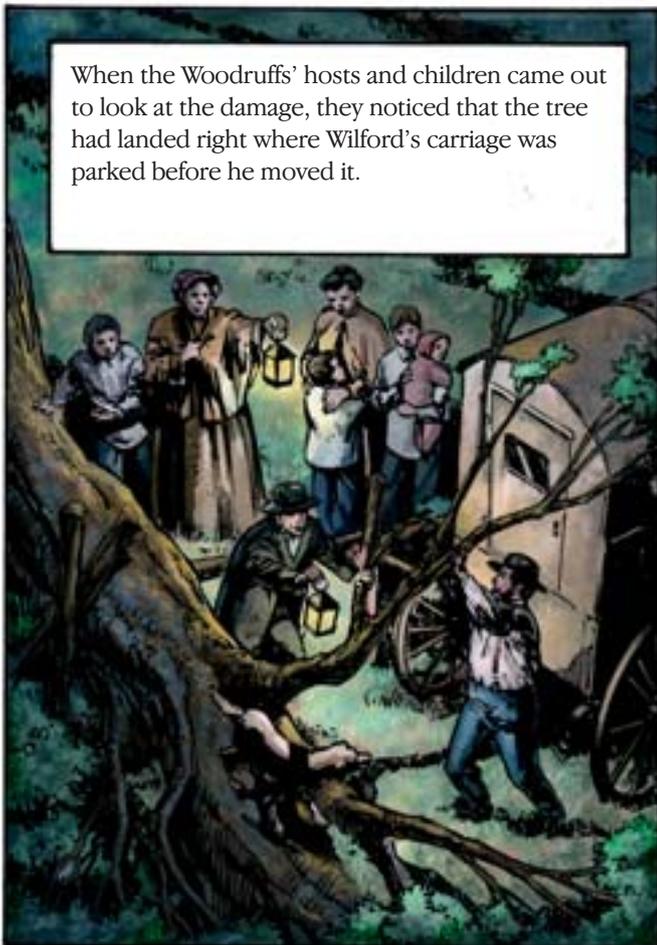


ILLUSTRATED BY SAL VELLUTO AND EUGENIO MATTOZZI

Wilford moved the carriage forward. About 30 minutes later a sudden whirlwind blew a nearby oak tree over. The huge tree was snapped into pieces and crushed two fences.

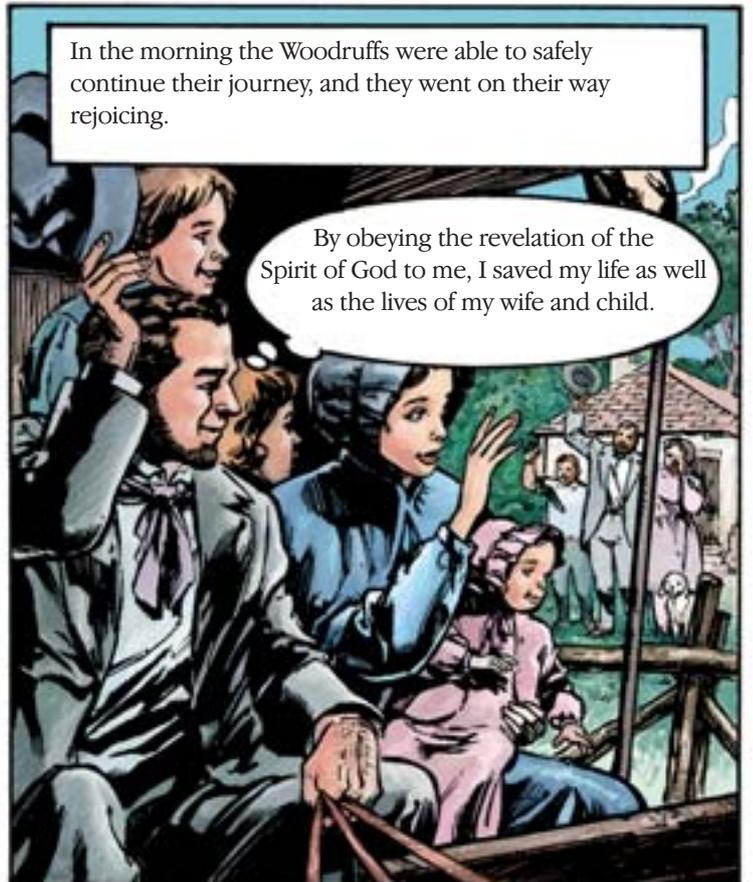


When the Woodruffs' hosts and children came out to look at the damage, they noticed that the tree had landed right where Wilford's carriage was parked before he moved it.



In the morning the Woodruffs were able to safely continue their journey, and they went on their way rejoicing.

By obeying the revelation of the Spirit of God to me, I saved my life as well as the lives of my wife and child.



*Adapted from* Teachings of Presidents of the Church: Wilford Woodruff (2004), 46–47.

*“I make a record of my proceedings in my days” (1 Nephi 1:1).*



# Jared's Journal

BY LILIA M. CROUCH

Based on a true story

**A**aron burst through the front door after school and ran straight upstairs to his bedroom. He began searching for something while his little brother Jared curiously watched.

“Where are you? Where are you?” Aaron mumbled to himself.

“What are you looking for?” Jared asked.

“I’m looking for . . .” Then Aaron spied the very thing he needed up on the corner shelf in his closet, next to his scriptures. “Here it is!” Aaron exclaimed as he reached up and plucked his journal from its hiding place.

Aaron’s mind was buzzing with thoughts from his day. He wanted to begin writing as soon as possible so he wouldn’t forget about all the things he had heard and seen. He sat at the desk and carefully opened his journal to a blank page. He began to write.

Jared watched his big brother, wondering why he was so determined to write in that book. “What are you doing?” he asked. Aaron continued to concentrate on his journal. He wrote down the date, time, where he was, and how he was feeling. Jared became impatient and asked again, “What are you writing in that book?”

Aaron stopped writing and turned to Jared. “I’m almost finished,” he said. “Then I promise I’ll tell you what I’m doing, OK?” Jared nodded and sat patiently on his bed.

After writing some more, Aaron finally closed the book. Then he grabbed his scriptures and carried them with his journal to where Jared was sitting.



Aaron held up the Book of Mormon. “This book is kind of like a journal,” Aaron explained to his little brother. “It’s written by prophets and tells what they did and taught.”

Aaron told Jared about some of the stories he remembered reading and learning about in Primary: the Lord teaching Nephi to build a ship, the brave Lamanite Samuel standing on the wall to preach, Jesus Christ coming to the Americas and teaching the little children.

“Mormon and his son Moroni finally finished writing their people’s history on gold plates. Then Moroni hid the plates as God had commanded,” Aaron said. “The Book of Mormon was left for us to read today. Someday, someone in our family will read my journal too.” He smiled. “My journal is not scripture, but it will tell about all the important things that happened in my life and about the people I love, like you, Jared. It will be my testimony of the love Heavenly Father has for me.”



Jared thought about what Aaron had told him, then sprang off the bed and ran out of the room. He soon returned with a piece of paper and some crayons. He began coloring. Now Aaron was curious. "What are you doing?"

"I'm almost done," Jared said. This time Aaron waited patiently. Jared put down his crayons and lifted up the paper for Aaron to see. He had drawn a picture of himself and his big brother. And he had drawn a journal and a Book of Mormon in Aaron's hands. "I'm writing my journal now!" Jared said. "This is where I put down the time, the date, and where I was." Then Jared pointed to the cartoonlike picture he had drawn of his



"I promise you that if you will keep your journals . . . , they will indeed be a source of great inspiration to your families, to your children, your grandchildren, and others, on through the generations."

**President Spencer W. Kimball (1895–1985), "Therefore I Was Taught," *Tambuli*, Aug. 1982, 4; "President Kimball Speaks Out on Personal Journals," *Ensign*, Dec. 1980, 61.**

big brother. "And this is where I put the person I love."

At that moment Jared remembered he had forgotten something. He reached for a bright yellow crayon and drew a big smiley face on the top of his paper. "And this is how I am feeling inside!" ●



## GUESS WHO



**The members of the Quorum of the Twelve Apostles are called as prophets, seers, and revelators to be special witnesses of Jesus Christ. They have the responsibility to testify of Him to the whole world.**

*Can you guess who this is? Read the clues about this member of the Quorum of the Twelve Apostles. Then find the answer below.*

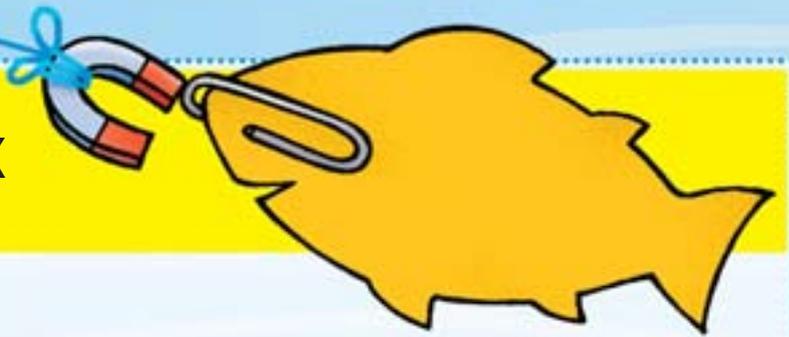
- 1** As he traveled around the world as a pilot, he saw that the gospel could unite people of all cultures and races, no matter where they live.
- 2** By the time he was 11, he and his family had been refugees twice.
- 3** He was born in Czechoslovakia on November 6 and grew up in Germany after World War II.
- 4** A woman named Sister Ewig invited his family to sacrament meeting when he was six years old. Her name means "Sister Eternal."
- 5** He is 11th in seniority in the Quorum of the Twelve Apostles.
- 6** He is the only living Apostle who was not born in the United States.

**7** He compares listening for the Holy Ghost to listening to shortwave radio frequencies: "We have to train and condition ourselves to hear the still, small voice, never to be distracted or stop listening because of too much static on that sacred frequency."

**8** When he was in flight school, he won the Commanders Trophy for being the outstanding student pilot in his class.

#### Words of Wisdom

*"The gospel of Jesus Christ provides the true and accurate information by which to direct our lives. If we let it enter into our system—into our hearts and minds—we will know who we are, where we came from, why we are here, and what our final destination will be"* ("Happy Landing," New Era, Mar. 1995, 6).

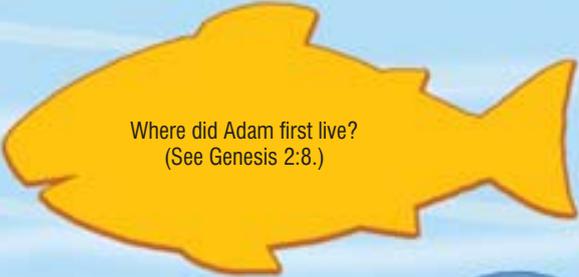


# Fishing for Old Testament Facts

To make this game to add to your Sunday Box (see *Liabona*, June 2006, F16) or for family home evening, you will need glue, scissors, a magnet, wire paper clips, a string 39 inches (1 m) long, and a stick short enough to fit into the Sunday Box.

1. To make a fishing pole, tie one end of the string to the stick and the other end to the magnet.
2. Glue these two pages to heavy paper, and cut out the fish. Attach a paper clip to the nose of each fish.
3. Scatter fish in your empty Sunday Box or in another box (for your fish-pond). Take turns catching the fish and answering the questions. If the player doesn't know the answer or the answer is incorrect, he or she looks up the scripture reference to find the correct answer.
4. On the three blank fish you can write your own Old Testament questions or other gospel questions. You can also make additional fish for your fishpond. ●

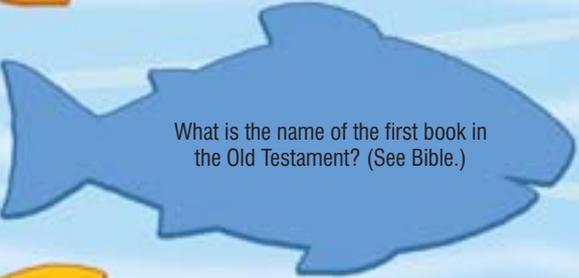




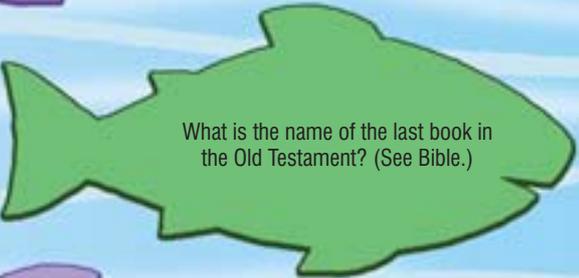
Where did Adam first live?  
(See Genesis 2:8.)



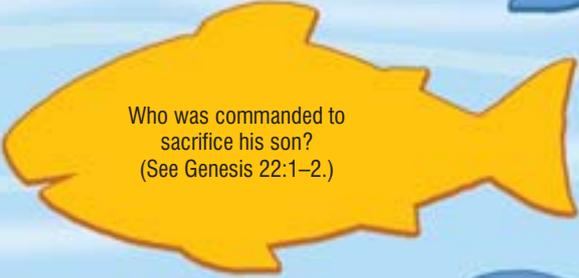
Who slew Goliath?  
(See 1 Samuel 17:50.)



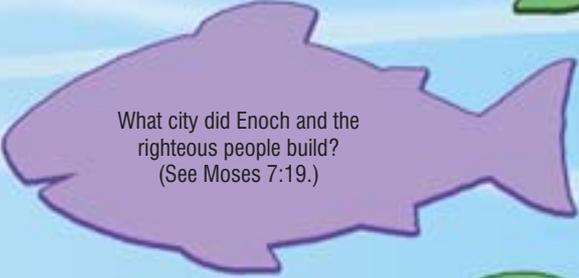
What is the name of the first book in  
the Old Testament? (See Bible.)



What is the name of the last book in  
the Old Testament? (See Bible.)



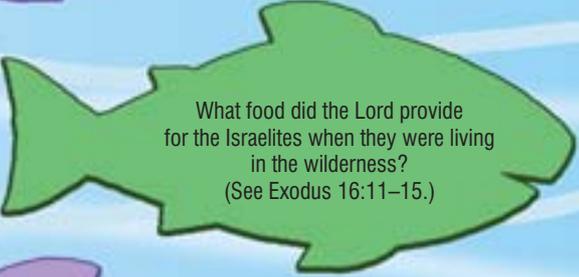
Who was commanded to  
sacrifice his son?  
(See Genesis 22:1–2.)



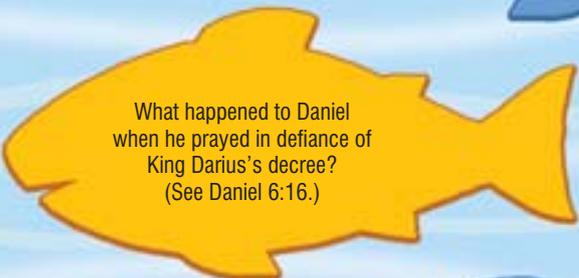
What city did Enoch and the  
righteous people build?  
(See Moses 7:19.)



Who led the Israelites from Egypt?  
(See Exodus 3:11–12.)



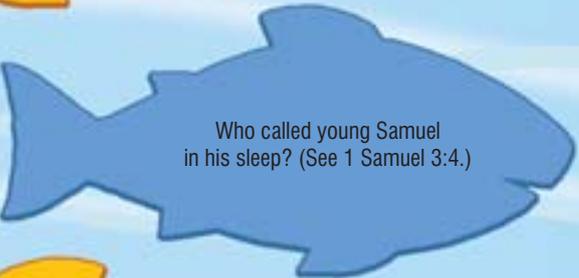
What food did the Lord provide  
for the Israelites when they were living  
in the wilderness?  
(See Exodus 16:11–15.)



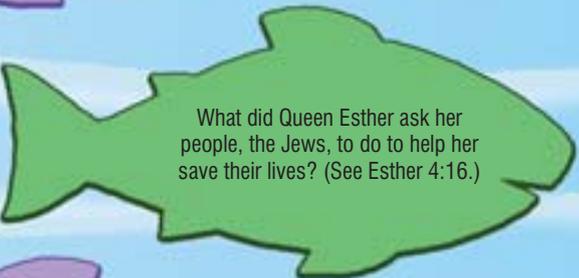
What happened to Daniel  
when he prayed in defiance of  
King Darius's decree?  
(See Daniel 6:16.)



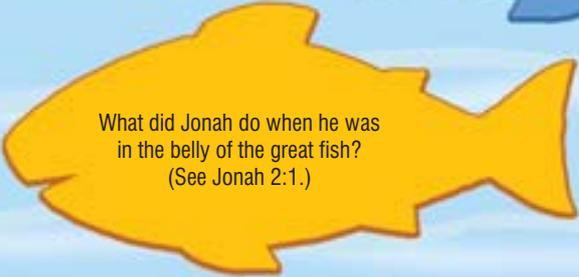
Name one of the  
Ten Commandments  
received by Moses.  
(See Exodus 20:3–17.)



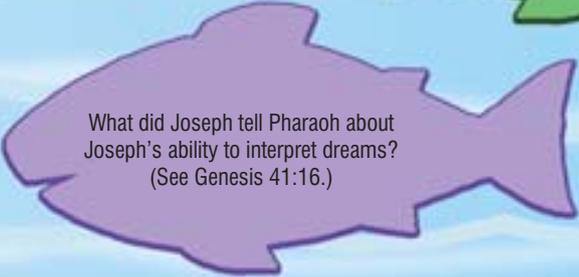
Who called young Samuel  
in his sleep? (See 1 Samuel 3:4.)



What did Queen Esther ask her  
people, the Jews, to do to help her  
save their lives? (See Esther 4:16.)



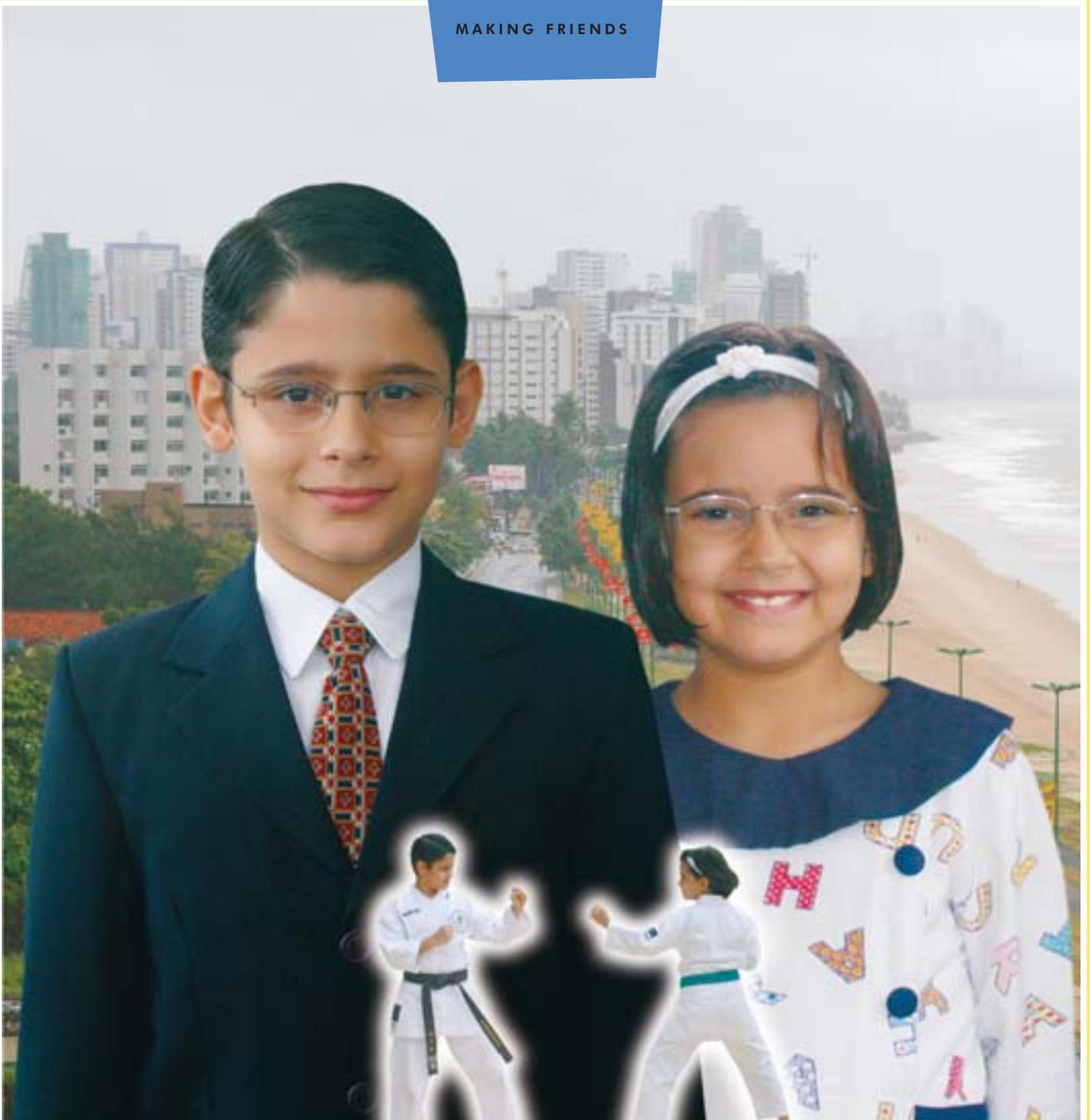
What did Jonah do when he was  
in the belly of the great fish?  
(See Jonah 2:1.)



What did Joseph tell Pharaoh about  
Joseph's ability to interpret dreams?  
(See Genesis 41:16.)

**Note:** If you do not wish to remove pages from the magazine, this activity may be copied, traced, or printed from the Internet at [www.lds.org](http://www.lds.org). For English, click on "Gospel Library." For other languages, click on the world map.

MAKING FRIENDS



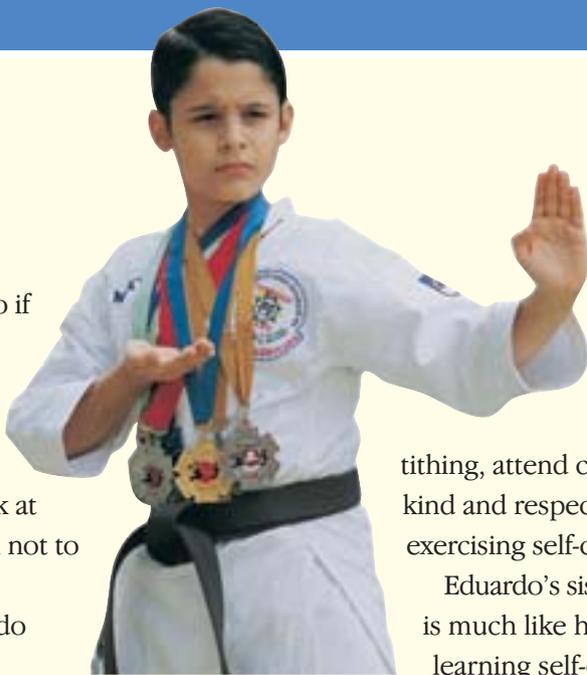
# BRAVE in the GOSPEL

PHOTOGRAPHY BY R. VAL JOHNSON, EXCEPT AS NOTED, PHOTOGRAPH OF HELICOPTER BY MOZART BANDEIRA SOARES

BY R. VAL JOHNSON  
Church Magazines

**W**hat would you do if you were really good at karate and other kids made fun of you? Would you use your skills to get back at them? Maybe teach them not to pick on you anymore?

Eleven-year-old Eduardo Dourado knows what he



discipline ourselves. When we choose to pay tithing, attend church, and be kind and respectful, we are exercising self-control.

Eduardo's sister Marcella, 8, is much like him. She too is learning self-discipline. Like

***Far left: Eduardo and Marcella practice karate together. Both have earned medals in competitions.***

## EDUARDO, MARIANA, AND MARCELLA DOURADO OF RECIFE, BRAZIL

would do—nothing. Although some of his schoolmates make fun of him for keeping the standards of the Church, he chooses the right and refuses to fight. “I could beat them,” he says, “but I don’t want to hurt anyone. Sometimes I’ve had to protect myself, but I try other things first to keep from fighting.”

As Jesus taught, Eduardo ignores insults. But it isn’t always easy. Because he won’t swear and do other bad things, kids make fun of him. Sometimes he feels lonely. But he knows what Jesus wants him to do, and that is what he chooses to do.

Eduardo’s parents, Eduardo Sr. and Karine, say Eduardo is a good disciple of Jesus. He is kind and gentle. He knows right from wrong and is not afraid to stand up for the right. “He is very brave in the gospel,” they say, “and disciplined. Karate has helped him learn to control himself.”

Of course, you don’t have to take karate lessons to learn self-control. Much of what we do in the Church teaches us to

Eduardo, she takes karate. In fact, she often practices with Eduardo under the watch of their father, who began to study karate when Eduardo did. All three have won medals in city and regional karate tournaments in Brazil. A couple of times they have won first prize. But as much as

***Eduardo, Marcella, and Mariana with their parents, Karine and Eduardo Sr.***



they enjoy karate, they love the gospel more.

They especially love the Book of Mormon. Brother Dourado has read it 44 times. Eduardo reads it every night, and Marcella is almost finished reading it for the first time.

“Marcella is disciplined like her brother,” Sister Dourado says. “She is a good example.” She prays with her family, and she prays on her own before leaving home each morning. Her mother says, “Sometimes when the rest of the family is ready to leave, she is still kneeling in prayer.”

Eduardo says his sister makes necklaces to sell, and when she sells one she immediately takes out money for tithing. Paying tithing is a discipline Eduardo and Marcella have learned from their parents. Brother and Sister Dourado have always paid tithing, even when they didn’t have much money. Like many married people in Brazil, both have had to work to

bring money in to the family.

Brother Dourado works as a police officer and as a commander in



Brazil’s air force. He flies helicopters and air-



planes. Sister Dourado also does police work. She teaches prison guards how to treat prisoners

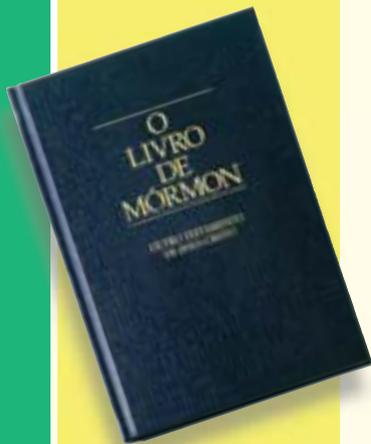
with respect and help them become good citizens again.

Eduardo and Marcella have a sister, Mariana, 10, who has her own talents. Mariana tried karate once, but she didn’t like it. She prefers reading and singing. Like karate, these activities require self-discipline to do them well. And Mariana does them well. She chooses to use her talents in the right way, often reading the Book of Mormon and studying for school. “She is smart and does well in school,” her mother says. She is also very loving and has a beautiful singing voice. When she sings “Our Savior’s Love” (*Hymns*, no. 113), she touches the hearts of those listening.

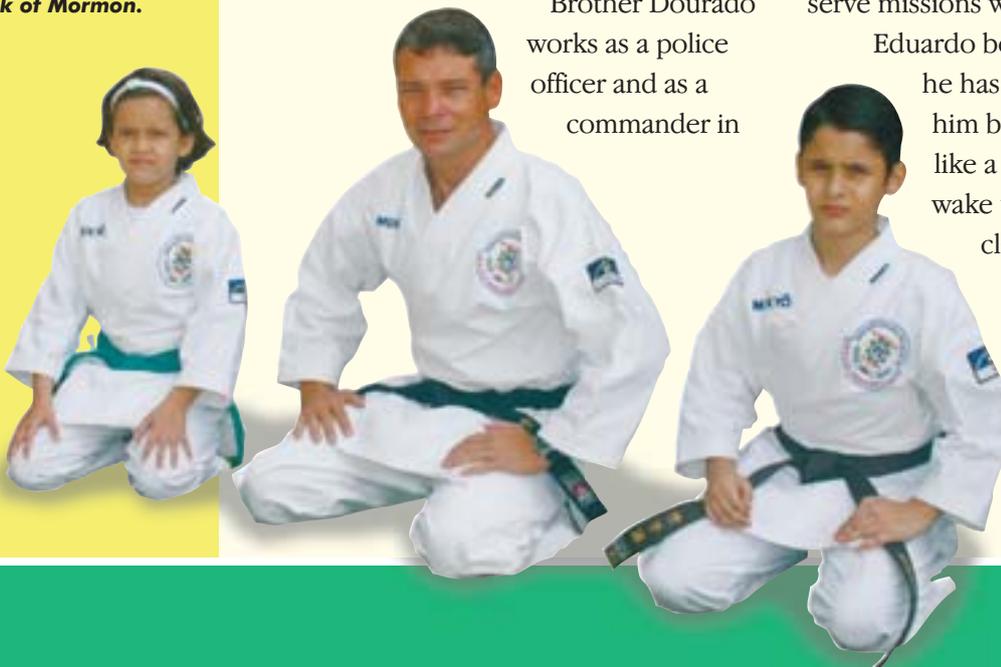
Both Mariana and Eduardo plan to serve missions when they get older.

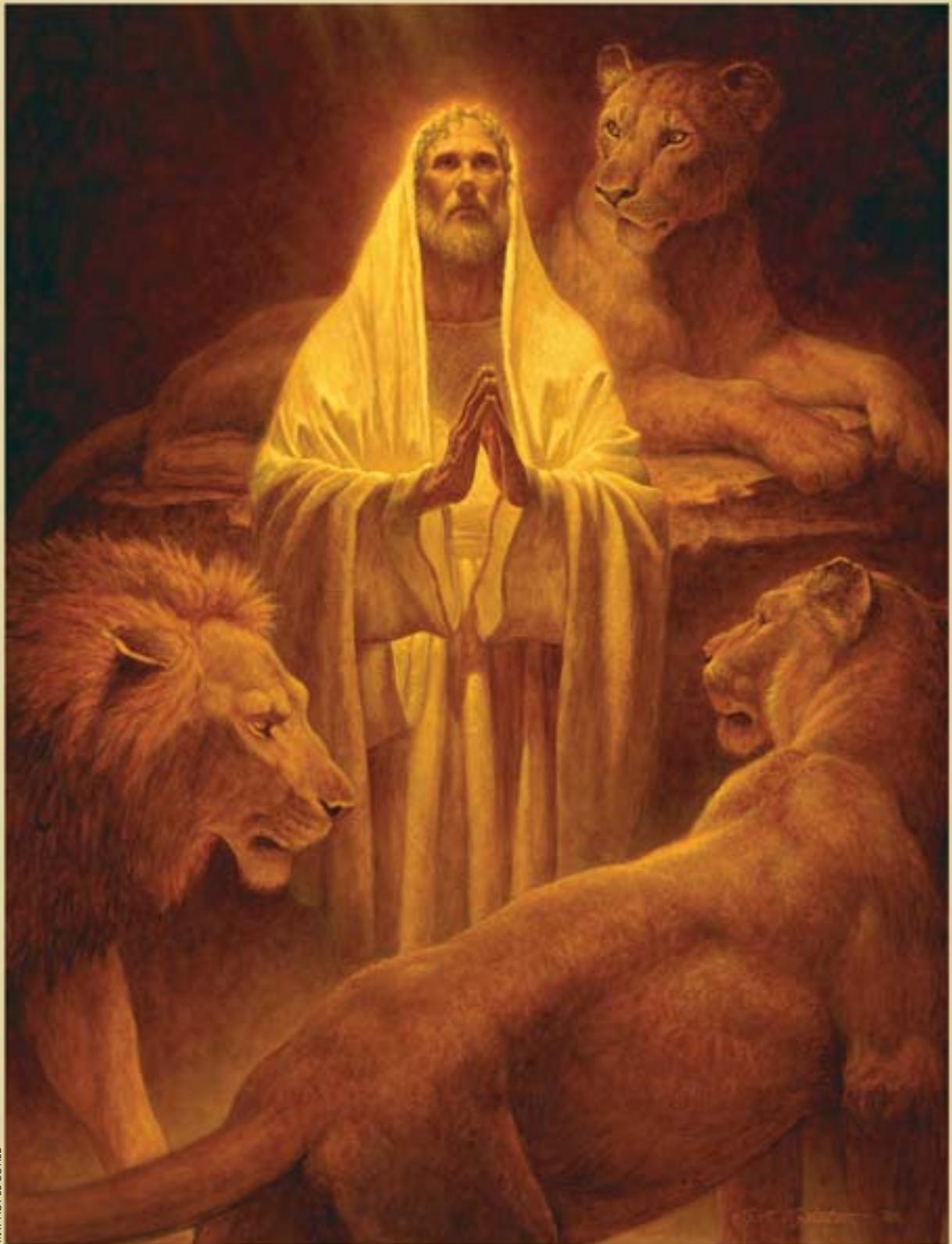
Eduardo believes that the discipline he has learned in karate will help him be a better missionary. “Just like a missionary, I’ve learned to wake up early to go to karate classes.”

He and his sisters know that it isn’t always easy being a member of the Church. But following Jesus is always the right choice. ●



**Marcella, Brother Dourado, and Eduardo are the only ones in the family who enjoy karate. But every family member enjoys reading the Book of Mormon.**





MAY NOT BE COPIED

**Daniel in the Lions' Den, by Scott Gustafson**

*“And when [the king] came to the den, he cried with a lamentable voice . . . , O Daniel, servant of the living God, is thy God, whom thou servest continually, able to deliver thee from the lions?”*

*“Then said Daniel unto the king, O king, live for ever:*

*“My God hath sent his angel, and hath shut the lions' mouths, that they have not hurt me” (Daniel 6:20–22).*



**H**aving survived hundreds of years, the ruins of Old Panama (front cover) and Portobelo (above) teach an important lesson to young Latter-day Saints who are building personal foundations that must last them throughout life.

