



PRACTICE AND PREPARATION

One Sunday I was asked to play my violin during sacrament meeting. I was very nervous playing, and my hands and legs were shaking. People in the congregation thought that I played very well, but I felt

that I could have done better. As Doctrine and Covenants 38:30 says, “If ye are prepared ye shall not fear.” I learned from this experience the importance of practice.

This applies not only to an

“If ye are prepared ye shall not fear.”

instrument but to anything in life. For example, in geometry class I did not understand the material very well. When I practiced hard, it paid off in the end, and I was able to keep up with the material. It is the same with the gospel. If we practice bearing our testimonies, we will do better and not be so nervous or hesitant in sharing them. In fact, I sometimes share my gospel knowledge with my atheist friend at school.

I know that we will do better in life when we practice. ■

Tifare C., 15, Virginia, USA

WHEN I PASS THE SACRAMENT

The first time I passed the sacrament as a deacon, I was nervous from start to finish. I worried that I would walk in the wrong direction or go to the wrong row. I had looked forward to passing the sacrament for as long as I could remember. I watched the deacons every week and thought about how dignified they looked.

The sacrament is an important time when we think of Jesus Christ and what we can change and how we can improve. A deacon can help others concentrate during the sacrament by dressing properly, being reverent, walking slowly, holding the sacrament trays carefully, and not joking around.

I made it through my first week without making a mistake, and I’m not nervous anymore. Instead, when I am passing the sacrament, I feel reverent and happy.

I have four younger brothers, and I try harder to help them more and not to argue with them. It’s very important to be a good example. If I’m not, they might think the priesthood is not important. But it is. I have changed since I received the priesthood. A good priesthood holder should keep the commandments, treat others well, and remember that we are priesthood holders at school as well as on Sundays. ■

Hao-Chen W., 15, Taiwan

MY FAVORITE SCRIPTURE

And this is the promise that he hath promised us, even eternal life” (1 John 2:25).

I like to read this verse because it reminds me that Heavenly Father has promised we can live forever.

And because of the restored gospel, I know that I can live forever with my family if we stay worthy, go to the temple, and keep the promises we make there. ■

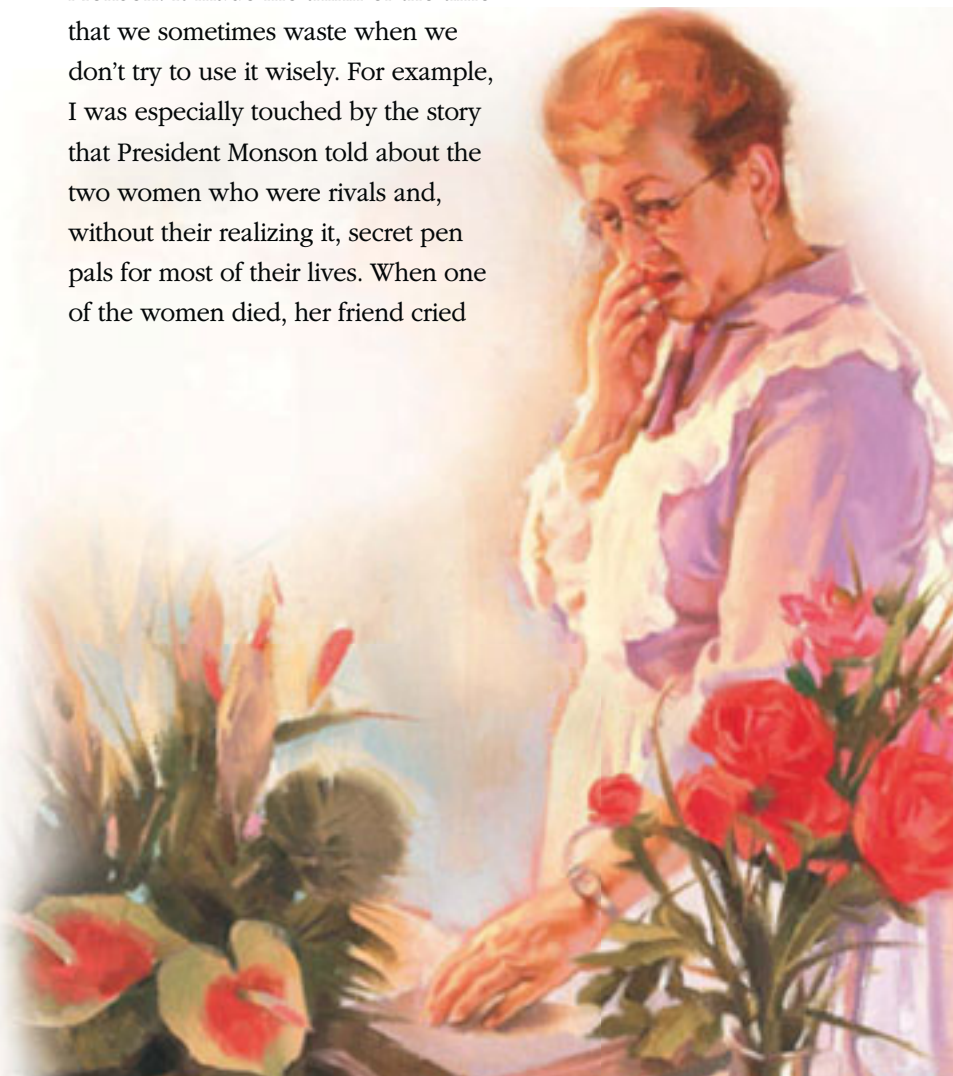
Celesta P., 12, India

USE TIME WISELY

I liked the August 2008 First Presidency Message, “May We So Live,” by President Thomas S. Monson. It made me think of the time that we sometimes waste when we don’t try to use it wisely. For example, I was especially touched by the story that President Monson told about the two women who were rivals and, without their realizing it, secret pen pals for most of their lives. When one of the women died, her friend cried

about the wasted years that could never be recovered. ■

Victor Y., 17, Ecuador



THIS IS YOUR SPACE

These are your pages—your place to share with other youth what the gospel means to you. Here’s what you can look forward to reading on these pages *and* what you can contribute:

- Experiences or insights that helped you understand and live the gospel better.
- A high-resolution photograph that you took, with a scripture as a caption.
- A good experience you had while working on Duty to God or Personal Progress.
- Your comments about a scripture that inspires you. Include your photo if you’d like.
- Feedback about the *Liahona*. What did you like reading?

E-mail your story, photo, or comments to liahona@ldschurch.org. Please write “Our Space” in the subject line, and include your parent’s permission to print what you are sending us. Submissions may be edited for length or clarity.