



HELPING MY FAMILY

My family usually walks to church, and it takes about an hour. When my little brother gets tired, my brother or I will carry him. I help at home by washing dishes and cleaning the house.

TSION'S TIPS FOR STANDING TALL

- Gain a testimony for yourself. Read the scriptures and pray.
- Share your testimony and be a good example to your friends.
- Go to church every Sunday and live the gospel standards.

MY CHURCH CALLING My favorite part of church is

sacrament meeting. I get to lead the music.

I like learning about the gospel. My favorite scripture story is David and Goliath. My favorite song is "Book of Mormon Stories."

SHARING WHAT I KNOW

I tell my friends at school about the restored gospel. One friend used to ask me about the Church—then she suddenly stopped. I asked her why. She said her parents were upset. I hope someday her parents will change their minds.

SEND US YOUR STORY

How do you follow Jesus by standing tall? Send us your experience and photo, along with your parent's permission.

Send it in online at liahona.lds.org (click "Submit an Article") or by emailing liahona@ldschurch.org.

WHAT STANDING TALL MEANS TO ME

"Standing tall" means living the gospel every day. Heavenly Father and Jesus want me to testify of Them! I want all of my friends around the world to share the restored gospel with their friends.

