

The First Presidency: Thomas S. Monson, Henry B. Eyring,
Dieter F. Uchtdorf

The Quorum of the Twelve Apostles: Boyd K. Packer,
L. Tom Perry, Russell M. Nelson, Dallin H. Oaks, M. Russell
Ballard, Joseph B. Wirthlin, Richard G. Scott, Robert D. Hales,
Jeffrey R. Holland, David A. Bednar, Quentin L. Cook

Editor: Jay E. Jensen

Advisers: Gary J. Coleman, Yoshihiko Kikuchi,
Gerald N. Lund, W. Douglas Shumway

Managing Director: David L. Frischknecht

Editorial Director: Victor D. Cave

Senior Editor: Larry Hiller

Graphics Director: Allan R. Loyborg

Managing Editor: R. Val Johnson

Assistant Managing Editor: Jenifer L. Greenwood

Associate Editors: Ryan Carr, Adam C. Olson

Assistant Editor: Susan Barrett

Editorial Staff: Christy Banz, Linda Stahle Cooper, David A.
Edwards, LaRene Porter Gaunt, Carrie Kasten, Jennifer
Maddy, Melissa Merrill, Michael R. Morris, Sally J. Odekirk,
Judith M. Paller, Vivian Paulsen, Joshua J. Perkey, Kimberly
Reid, Richard M. Romney, Don L. Searle, Janet Thomas,
Paul VanDenBerghe, Julie Wardell

Senior Secretary: Laurel Teuscher

Managing Art Director: M. M. Kawasaki

Art Director: Scott Van Kampen

Production Manager: Jane Ann Peters

Design and Production Staff: Cali R. Arroyo, Collette
Nebeker Aune, Howard G. Brown, Julie Burdett, Thomas S.
Child, Reginald J. Christensen, Kathleen Howard, Eric P.
Johnsen, Denise Kirby, Ginny J. Nilson, Randall J. Pixton

Prepress: Jeff L. Marfin

Printing Director: Craig K. Sedgwick

Distribution Director: Randy J. Benson

For subscriptions and prices outside the United States and
Canada, contact your local Church distribution center or
ward or branch leader.

Send manuscripts and queries to *Liahona*, Rm. 2420,
50 E. North Temple St., Salt Lake City, UT 84150-3220,
USA; or e-mail: liahona@ldschurch.org.

The *Liahona* (a Book of Mormon term meaning "compass"
or "director") is published in Albanian, Armenian, Bislama,
Bulgarian, Cambodian, Cebuano, Chinese, Croatian,
Czech, Danish, Dutch, English, Estonian, Fijian, Finnish,
French, German, Greek, Haitian, Hindi, Hungarian,
Icelandic, Indonesian, Italian, Japanese, Kiribati, Korean,
Latvian, Lithuanian, Malagasy, Marshallese, Mongolian,
Norwegian, Polish, Portuguese, Romanian, Russian,
Samoan, Sinhala, Slovenian, Spanish, Swedish, Tagalog,
Tahitian, Tamil, Telugu, Thai, Tongan, Ukrainian, Urdu,
and Vietnamese. (Frequency varies by language.)

© 2008 by Intellectual Reserve, Inc. All rights reserved.
Printed in the United States of America.

Text and visual material in the *Liahona* may be copied for
incidental, noncommercial church or home use. Visual
material may not be copied if restrictions are indicated
in the credit line with the artwork. Copyright questions
should be addressed to Intellectual Property Office, 50 E.
North Temple St., Salt Lake City, UT 84150, USA;
e-mail: cor-intellectualproperty@ldschurch.org.

The *Liahona* can be found in many languages on the
Internet at www.lds.org. For English, click on "Gospel
Library." For other languages, click on "Languages."

For Readers in the United States and Canada:

June 2008 Vol. 32 No. 6. LIAHONA (USPS 311-480)
English (ISSN 1080-9554) is published monthly by
The Church of Jesus Christ of Latter-day Saints, 50 E. North
Temple St., Salt Lake City, UT 84150. USA subscription price
is \$10.00 per year; Canada, \$12.00 plus applicable taxes.
Periodicals Postage Paid at Salt Lake City, Utah. Sixty days'
notice required for change of address. Include address label
from a recent issue; old and new address must be included.
Send USA and Canadian subscriptions to Salt Lake
Distribution Center at address below. Subscription help line:
1-800-537-5971. Credit card orders (Visa, MasterCard,
American Express) may be taken by phone. (Canada Post
Information: Publication Agreement #40017431)

POSTMASTER: Send address changes to Salt Lake
Distribution Center, Church Magazines, PO Box 26368,
Salt Lake City, UT 84126-0368.

FOR ADULTS

- 2 First Presidency Message: Safety in
Counsel *President Henry B. Eyring*
- 8 Fruits of the Book of Mormon
Elder Richard G. Hinckley
- 10 Tending the Flock: Teaching Leadership
Skills to Youth *President Dieter F.
Uchtdorf and Elder M. Russell Ballard*
- 20 Making Time to Be Holy *Adam C. Olson*
- 25 Visiting Teaching Message: The Gospel
of Jesus Christ Teaches the Reality of Our
Premortal Existence



20 Making Time to Be Holy

ON THE COVER

Photograph by Adam C. Olson.

THE FRIEND COVER

Illustration by Brandon Dorman.

FAMILY HOME EVENING IDEAS

*These teaching suggestions can
be used in the classroom as
well as in the home. You
may tailor these ideas to
your family or class.*

"Making Time to Be Holy,"

p. 20: Teach the idea of
making time for priori-
ties by doing the following activity.
Show your family an empty con-
tainer and some sand, pebbles, and
rocks. Put the sand in the container,
followed by the pebbles and then
rocks. (Determine the amounts
beforehand so all the rocks do not

fit at this point.) Explain that we
must plan time for the most impor-
tant things. Redo the activity, put-
ting in the rocks first and
then adding the pebbles and
sand in the remaining space.

Using the article, dis-
cuss what the "rocks,"
or priorities, are in our lives and
how to make time for them.

"A Call to Grow," p. 28: Read
aloud the section "A Lesson on
Testimony." Discuss how Elder
Soares gained his testimony
and how it helped him live the

39 Experiencing a Change of Heart

34 The Spiritual Component of Healing
Elder Alexander B. Morrison

39 Lessons from the Book of Mormon:
Experiencing a Change of Heart
Elder Keith K. Hilbig

44 Latter-day Saint Voices
What I Like Best about Church
Isabelle Alpert

A Week to Go until Payday

Julie C. Donaldson

Where Would I Find Another Book of

Mormon? *Curtis Kleinman*

My Children's Prayer

Virginia Augusta de Pádua Lima

Pereira

