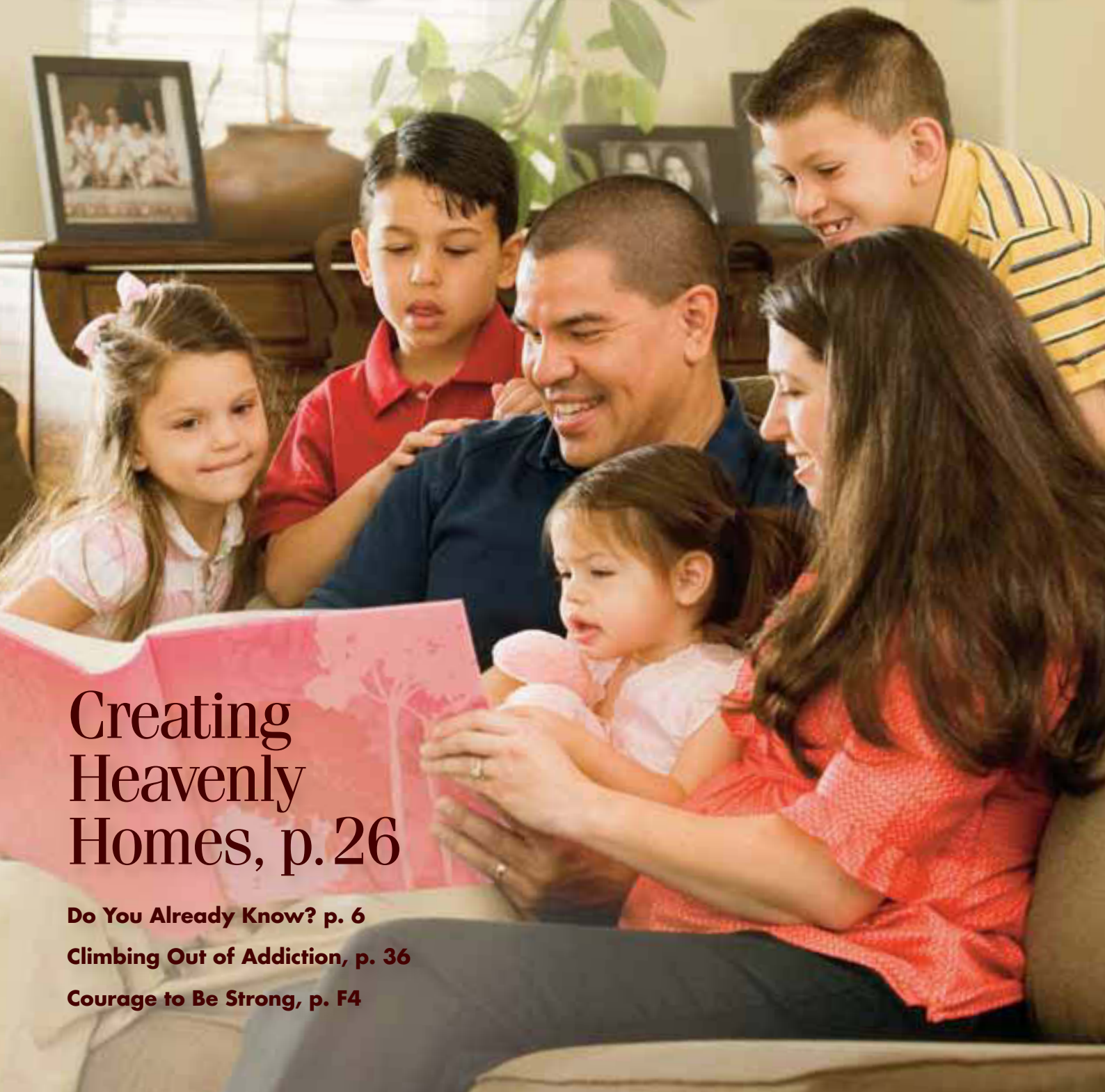


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THE FRIEND COVER
Illustration by Dilleen
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See if you can find
the Norwegian CTR
ring hidden in this
issue. Choose the
right page!

comment

Answers to Questions

Every month in the magazine I find guidance and help for my life, and I know that what it contains is true. In the article "God's Guiding Hand" (July 2008), by Elder Wolfgang H. Paul, I found answers to questions that had been on my mind only days before the magazine came. This reinforced for me that the magazine is the word of the Lord, given to us through messages from His faithful servants.

Sandra Sancristobal, Uruguay

Overcoming Challenges

I am so grateful for the articles about President Henry B. Eyring and President Dieter F. Uchtdorf in the

July 2008 *Liahona*. After reading these articles and praying, I received answers to questions that had been a source of distress to me. I learned that the challenges that my family had experienced had also come to President Eyring and his family, and I saw that we are making the correct choices, even though the logic of the world may say otherwise. Reading of the difficulties President Uchtdorf and his family endured led me to have more humility and gratitude for the blessings I have.

Luane Izabel Fernandes Dias, Brazil

Please send your feedback or suggestions to liahona@ldschurch.org. Letters that are printed may be edited for length or clarity.

Prayer and the Blue Horizon

BY PRESIDENT DIETER F. UCHTDORF
Second Counselor in the First Presidency

One of the things I loved most about flying was departing from a dark and rainy airport, climbing through thick and threatening winter clouds, and then suddenly breaking through the dark mist and steeply gaining altitude into the bright sunshine and endless blue sky.

I often marveled at how this physical act parallels our personal lives. How often do we find ourselves surrounded by threatening clouds and stormy weather, wondering if the darkness will ever pass? If there were only a way for us to lift ourselves up from the turmoil of life and break through to a place of peace and calm.

Members of The Church of Jesus Christ of Latter-day Saints know that such a thing is possible; there is a way to rise above the turbulence of everyday life. The knowledge, understanding, and guidance we receive from the word of God and from prophetic guidance in our day show us how to do exactly that.

Lift

In order to get an airplane off the ground, you must create lift. In

aerodynamics, lift happens when air passes over the wings of an airplane in such a way that the pressure underneath the wing is greater than the pressure above the wing. When the upward lift exceeds the downward pull of gravity, the plane rises from the ground and achieves flight.

In a similar way, we can create lift in our spiritual life. When the force that is pushing us heavenward is greater than the temptations and distress that drag us downward, we can ascend and soar into the realm of the Spirit.

Dictionaries describe lift as carrying or directing from a lower to a higher position; the power or force available for raising to a new level or altitude; a force acting in an upward direction, opposing the pull of gravity.¹

The Psalmist sets the goals even higher: “Unto thee, O Lord, do I lift up my soul” (Psalm 25:1) and “I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord” (Psalm 121:1–2).

We lift our eyes toward the God of heaven by cultivating our own personal spirituality. We do it by living in harmony with the Father; the Son, our Savior; and



Prayer helps us transcend the stormy times. It reveals to us another vista—a glorious spiritual horizon filled with hope and the assurance of the bright blessings the Lord has promised to those who love and follow Him.

Prayer is a heavenly gift designed to help us achieve spiritual lift. It enhances and cultivates our relationship with God.



the Holy Ghost. We do it by striving to be truly “submissive, meek, humble, patient, full of love, willing to submit to all things which the Lord seeth fit to inflict upon [us], even as a child doth submit to his father” (Mosiah 3:19).

The Sincere Prayer of the Righteous Heart

Though there are many gospel principles that help us to achieve lift, I would like to focus on one in particular. Prayer is one of the principles of the gospel that provides lift. Prayer has the power to elevate us from our worldly cares, to lift us up through clouds of despair and darkness into a bright and clear horizon.

One of the greatest blessings and privileges and opportunities we have as children of our Heavenly Father is that we can communicate with Him. We can speak to Him of our life experiences, trials, and blessings. We can listen for and receive celestial guidance from the Holy Spirit. We can offer our petitions to heaven and receive an assurance that our prayers have been heard and that He will answer them as a loving and wise Father.

Prayers that ascend beyond the ceiling are those that are heartfelt and avoid trite repetitions or words spoken with little thought. Our prayers should spring from our deepest yearning to be one with our Father in Heaven.

Prayer, if given in faith, is acceptable to God at all times. If you ever feel you cannot pray, that is the time you definitely need to pray,

exercising faith. Nephi taught in plainness: “If ye would hearken unto the Spirit [of God] which teacheth a man to pray ye would know that ye must pray; for the evil spirit . . . teacheth him that he must not pray” (2 Nephi 32:8).

President Harold B. Lee (1899–1973) taught: “The sincere prayer of the righteous heart opens to any individual the door to divine wisdom and strength in that for which he righteously seeks.”²

Are prayers answered? I testify that they are. Can we receive divine help, wisdom, and support from heavenly realms? Again, I testify with certainty that such is the case.

Obedience assures us an answer to our prayers. We read in the New Testament that “whatsoever we ask, we receive of him, because we keep his commandments, and do those things that are pleasing in his sight” (1 John 3:22).

The answers to our prayers come in the Lord’s due time. Sometimes we may become frustrated that the Lord has delayed answering our prayers. In such times we need to understand that He knows what we do not know. He sees what we do not see. Trust in Him. He knows what is best for His child, and being a perfect God, He will answer our prayers perfectly and in the perfect time.

In other times, answers to our prayers may come instantaneously. The Prophet Joseph Smith learned in a revelation given to him in Kirtland in 1831: “He that asketh in the Spirit asketh according to the will of God; wherefore it is done *even as he asketh*” (D&C 46:30; emphasis added). What a remarkable promise!

A New Vista

Prayer is a heavenly gift designed to help us achieve spiritual lift. It enhances and

cultivates our relationship with God. Isn't it remarkable that we can converse with the supreme Source of wisdom and compassion in the universe at any time of our choosing, in any place?

Daily simple, sincere, and mighty prayers lift our lives to a higher spiritual altitude. In our prayers we praise God, give thanks to Him, confess weaknesses, petition needs, and express deep devotion to our Heavenly Father. As we make this spiritual effort in the name of Jesus Christ, the Redeemer, we are endowed with increased inspiration, revelation, and righteousness, which bring the brightness of heaven into our lives.

I think back on my days as a pilot and those times when thick clouds and threatening thunderstorms made all appear dark and gloomy. In spite of how bleak things looked from my earthly vantage point, I knew that above the clouds the sun beamed brightly like a dazzling jewel in an ocean of blue skies. I did not have faith that such was the case—I *knew* it. I knew it because I had experienced it for myself. I did not need to rely on other people's theories or beliefs. I knew.

In the same way that aerodynamic lift can transport us above the outer storms of the world, I know that the principles of spiritual lift can take us above the inner storms of life.

And I know something else. Although it was a breathtaking experience to break through the clouds and fly to the bright blue horizon, that is nothing compared to the wonders of what we all can experience as we lift up our hearts in humble and earnest prayer.

Prayer helps us transcend the stormy times. It gives us a glimpse of that blue sky that we cannot see from our earthly vantage point, and it reveals to us another vista—a glorious spiritual horizon filled with hope and the assurance of the bright blessings the Lord has promised to those who love and follow Him. ■

NOTES

1. See, for example, *Merriam-Webster's Collegiate Dictionary*, 11th ed. (2003), "lift," 718–19.
2. Harold B. Lee, *Stand Ye in Holy Places* (1974), 318.

IDEAS FOR HOME TEACHERS

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

1. Show a picture of an airplane, and explain the concept of lift. Read the first two paragraphs of the section "A New Vista." Share experiences when prayer has lifted you in difficult times, and invite family members to share experiences too.

2. Read the second paragraph of the section "A New Vista." For a family with young children, write "Increased inspiration," "Revelation," and "Righteousness" on a piece of paper, and place it on a shelf above the children's view (or use pictures representing these concepts). Have a parent or older sibling lift one of the smaller children so he or she can see the paper. Explain to the children what these concepts mean. Discuss how prayers "lift our lives to a higher spiritual altitude" so that we can receive these blessings.

3. Hold up a piece of paper, and let it fall to the floor. Then fold it into a paper airplane, and throw it softly so it flies. Read the last three paragraphs of the article. Explain how prayer can lift us above our trials. Share your testimony of prayer.



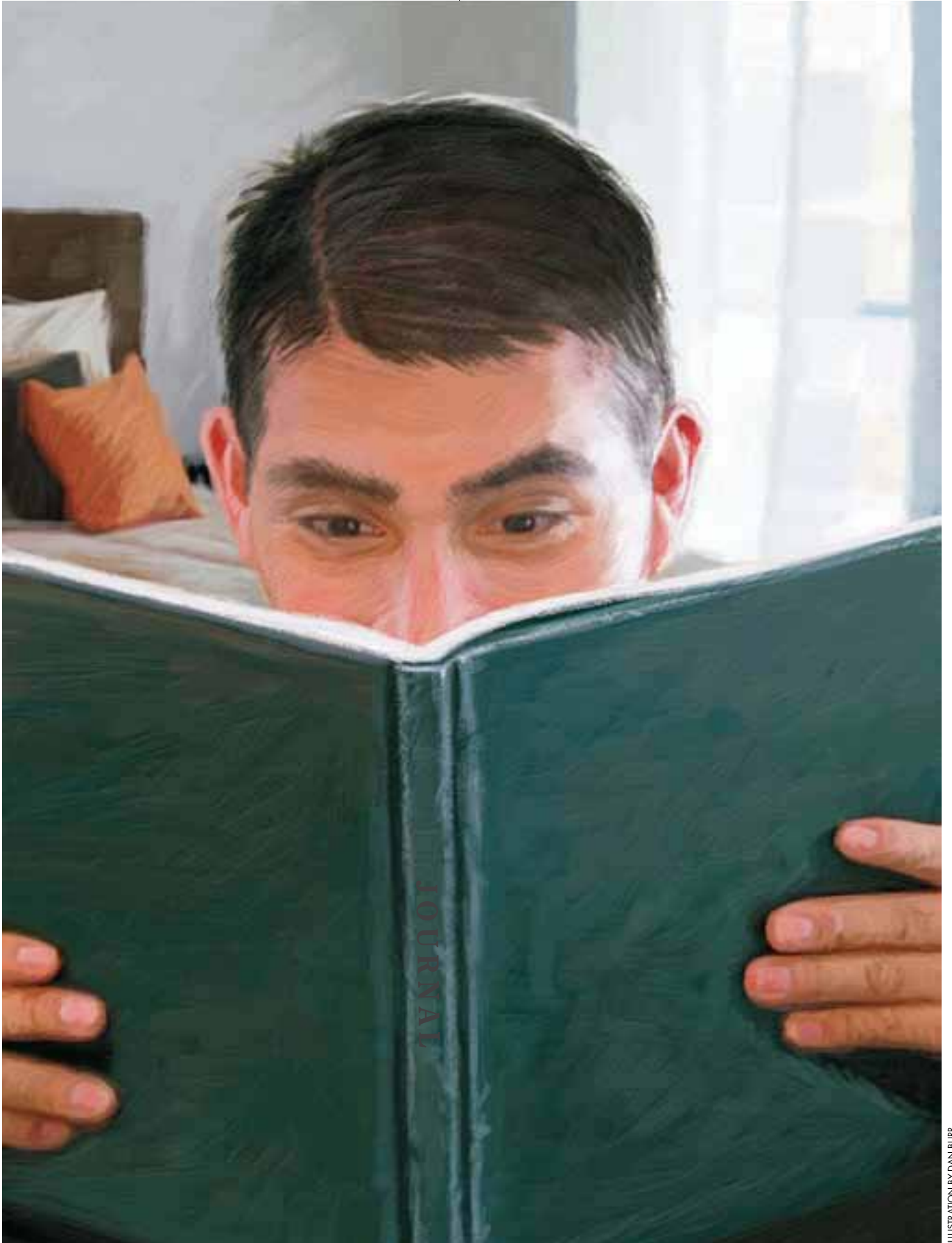


ILLUSTRATION BY DAN BURR

YOU ALREADY KNOW

BY EDDY DANIEL CHÁVEZ HUANCA

Like Nephi, I was born to parents who taught me the gospel. My family had scripture study and family prayer daily. I listened as my parents testified of Joseph Smith, the Book of Mormon, and each principle of the gospel. Because of these experiences, I never doubted that the Church was true.

But at a certain point, despite being taught the gospel and learning from the good examples of my parents, I realized that while I did not doubt the Church was true, I also did not have a burning testimony of its truthfulness. And although I had dreamed of going on a mission my whole life, I knew I would need to know for sure that the gospel was true.

Shortly before turning 18, I started to attend a ward missionary preparation class. I also started to keep a journal.

One day in the missionary preparation class, we had a lesson I will never forget. The subject was “The Book of Mormon—the Heart of Missionary Work.” The teacher showed us a video with young people throughout the world bearing their testimonies of the Book of Mormon and the experience of one young man who was undecided about going on a mission until he asked of God.

The teacher then asked us to bear our testimonies. The Spirit could not be restrained. I realized that the Book of Mormon had blessed my life. However, I also realized I

I had never doubted that the gospel was true. But now I wondered if that was enough.

had never prayed and asked God about the truthfulness of the Book of Mormon or about Joseph Smith’s First Vision.

Several days later I was reading the Book of Mormon and decided to put Moroni’s promise to the test (see Moroni 10:3–5). I knelt down and poured out my soul to God. I didn’t know how the answer would come

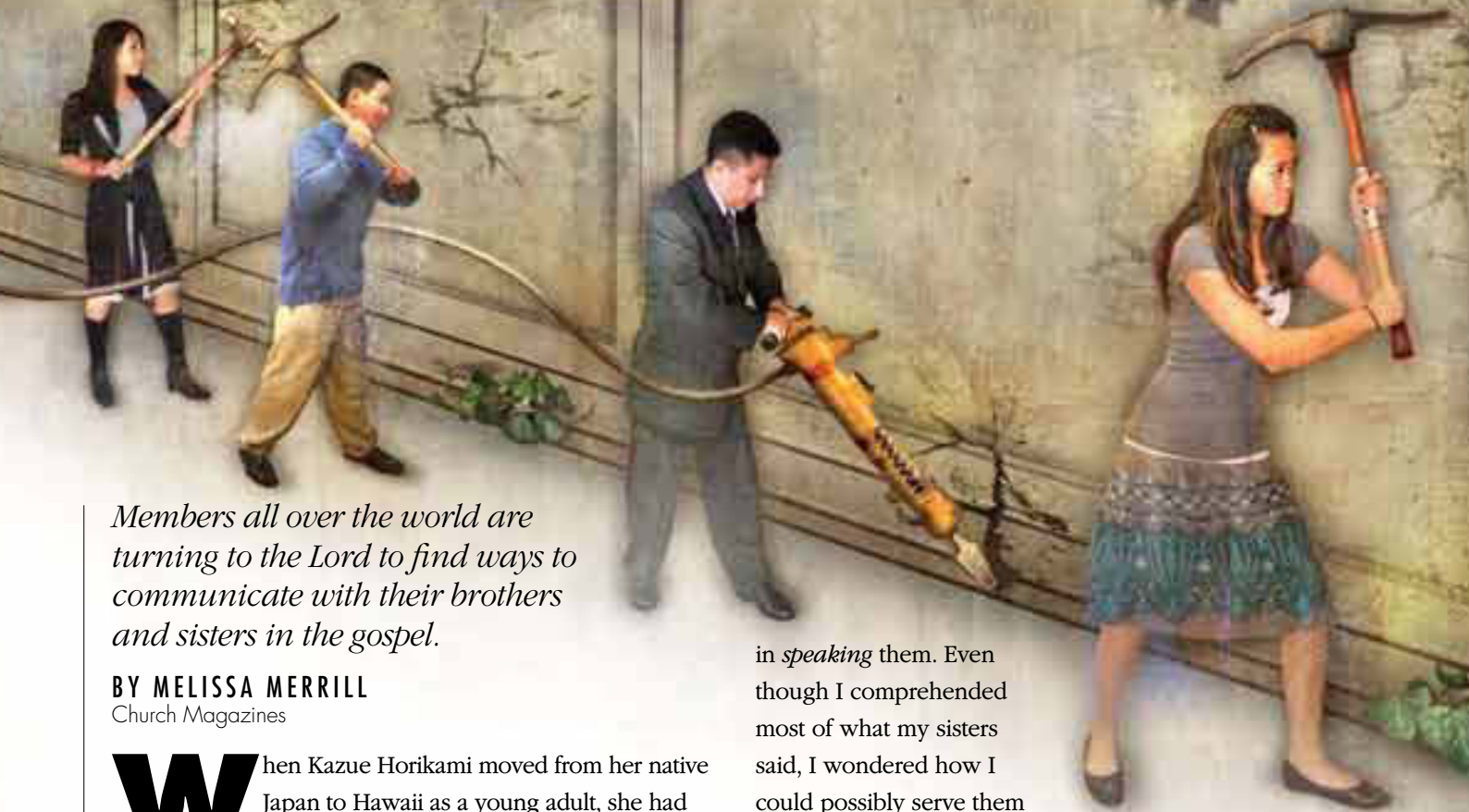
or when I would receive it, but I trusted that He would make these things known unto me in His own time.

When I stood up, I felt a desire to write in my journal. I opened my journal and read the last entry, which was from the previous Sunday after my missionary preparation class. When I read my own words, which described how I had felt, a peaceful feeling came over me that took possession of my whole body. With great certainty I felt in my heart the words, “You already know; you already know.”

I knelt down again and thanked Heavenly Father for answering my prayer. I had received an answer that confirmed what I had believed my whole life.

Now I can boldly testify that Joseph Smith saw the Father and the Son and that the Book of Mormon is true. Knowing that I knew, I was able to serve full-time in the Peru Piura Mission. On my mission, I saw how the Lord answers the prayers of all those who humbly seek the truth. And for this I will always be grateful. ■

Breaking the Language Barrier



Members all over the world are turning to the Lord to find ways to communicate with their brothers and sisters in the gospel.

BY MELISSA MERRILL
Church Magazines

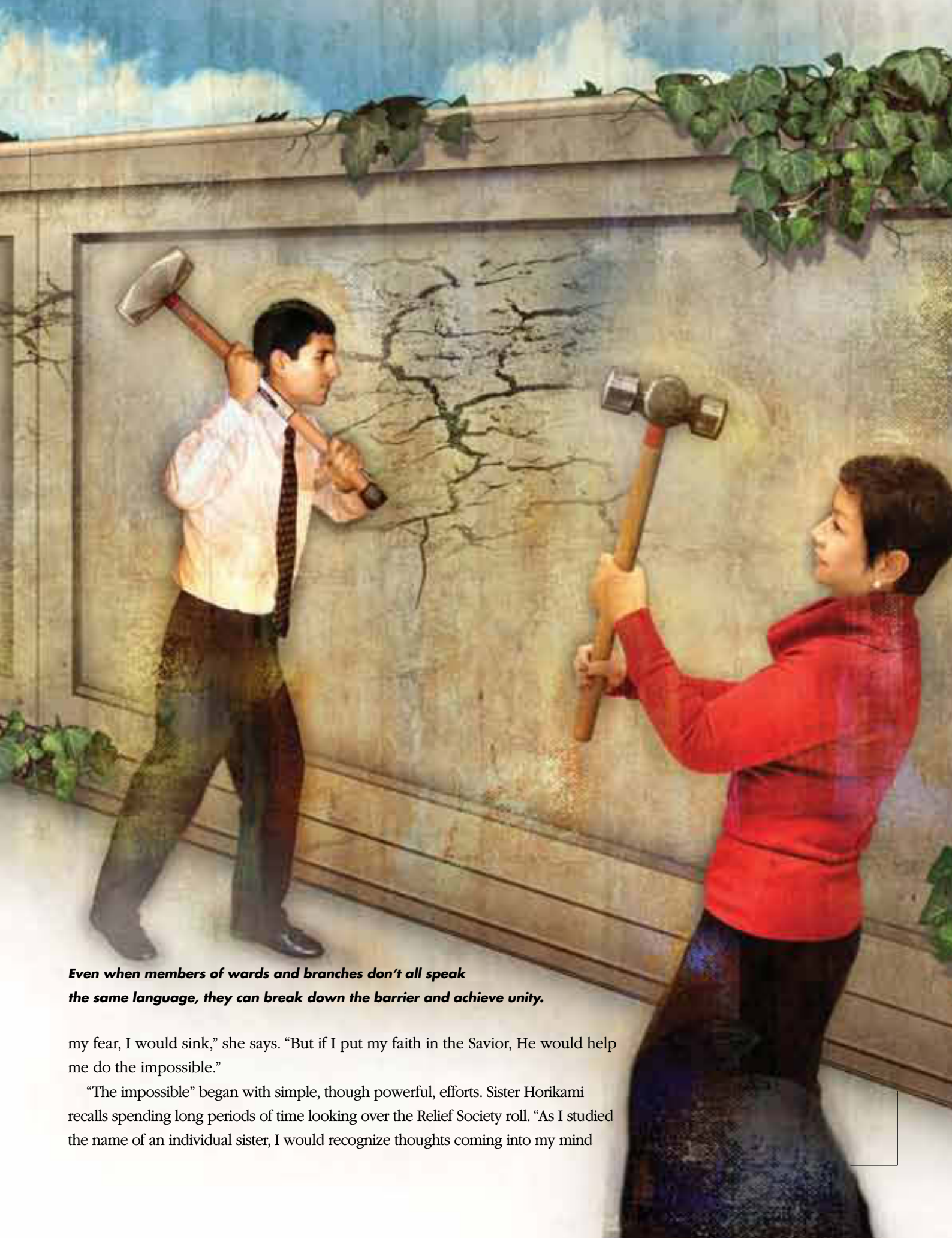
When Kazue Horikami moved from her native Japan to Hawaii as a young adult, she had little need to learn English. She spoke Japanese at home, did her shopping in areas where there was a high concentration of Japanese speakers, and later worked as a guide for Japanese tourists. The only place she sometimes encountered a language barrier was at church—a scenario common to many Latter-day Saints. But even at church she got along by building friendships with the three or four other sisters who spoke her native tongue.

Then, after more than 25 years of living in Hawaii, Sister Horikami was called to be the Relief Society president in her ward, a prospect that overwhelmed her. “Most of the sisters spoke only English, and others spoke only Samoan or Tagalog,” she remembers. “By that point I could *understand* other languages fairly well, but I was not confident

in *speaking* them. Even though I comprehended most of what my sisters said, I wondered how I could possibly serve them when I couldn’t even talk to them.”

Sister Horikami knew taking language classes wasn’t an option—she simply didn’t have the time. She expressed her concerns to her stake president during a temple-recommend interview. “I told him that I was afraid—not only of the responsibility but also of creating misunderstandings,” she says. The stake president paused thoughtfully and then told Sister Horikami not to worry about the language, at least not right away. “Just do your work the best you can,” he said. She promised she would.

Days later, when Sister Horikami was in the temple, the story of Peter walking on water came into her mind (see Matthew 14:22–33). “I realized that as long as I clung to



Even when members of wards and branches don't all speak the same language, they can break down the barrier and achieve unity.

my fear, I would sink," she says. "But if I put my faith in the Savior, He would help me do the impossible."

"The impossible" began with simple, though powerful, efforts. Sister Horikami recalls spending long periods of time looking over the Relief Society roll. "As I studied the name of an individual sister, I would recognize thoughts coming into my mind

MORE IDEAS

Looking for additional ideas for transcending language barriers? Try these:

- When possible, provide curriculum materials for members in their native language. Visit the nearest Distribution Services center, or in North America, visit www.ldscatalog.com for more information.
- Encourage members to subscribe to the *Liahona* in their native language or the language of the place where they live.
- In setting up home and visiting teaching assignments, consider members' native languages as well as languages they have learned on missions or at school.
- Teach members basic greetings or phrases in the language of members who don't speak the common language.
- Be patient and support each other in callings.
- Consider inviting members to teach things that don't center on language: cooking, gardening, or music, for instance.
- Consider providing interpretation services for those who need it. At www.lds.org, select **Serving in the Church** and then **Interpreter's Resources** for more information.

about that sister, and I would feel promptings about ways I could serve her. As I followed those promptings, I was amazed to discover how specific and personal they were.

"That's how I started," she continues. "Over several months those small acts turned into relationships of care and concern, not only of my caring for them but of their caring for me."

Sister Horikami did eventually learn English, but she's quick to assert that it was the Spirit—not proficiency in any language—that helped her serve. "I learned that the Spirit isn't limited by language," Sister Horikami notes. "He speaks to *all* of us in ways we can understand."

Like Sister Horikami, members of the Church throughout the world have experienced the frustration and loneliness that can accompany language barriers. But also like Sister Horikami, they and their leaders can turn to the Lord for help. The following ideas for transcending the language barrier come from members and leaders all over the world.

Realize That Language Is Secondary

Overcoming language barriers is a familiar challenge to the Frankfurt Germany Stake, where members come from more than 80 nations. But language, says stake president Axel Leimer, is of secondary importance.

President Leimer, whose own family didn't speak German when they first moved to Frankfurt, points out that his children and the children of other families are perhaps the best examples of this. "They were never slowed down by the fact that they didn't understand each other," he says. "They played with the other children anyway. To them, the language difference didn't matter at all. They had not yet learned to be prejudiced or afraid."

President Leimer notes that the many English-speaking missionary couples who serve in ward callings in the stake are not inhibited by language differences either. "Many of these couples do not speak German, but they bring a lot of experience to their assignments and make significant contributions," he says. "Sisters have served in the nursery, in Primary classes, and as librarians, including developing a library where none had before existed. Some of the brethren have served as high priests group leaders, finance clerks, and home teachers. They participate in classes (with someone translating their remarks) and sometimes even teach.

"The common foundation of the gospel is often all that people need," President Leimer continues. "I have observed conversations in the halls where neither party spoke the other's language, but somehow they still understood each other. You can communicate the important things regardless of language: 'I love the Lord. I care about my brothers and sisters. I am here to help.'"

Help People Feel at Home

In many cases wards and branches are able to accommodate people in ways that help them feel at home. In the McCully Ward of the Honolulu Hawaii Stake, for instance, Sunday School is taught in eight languages (Chuukese, English, Japanese, Korean, Marshallese, Pohnpeian, Spanish, and Tagalog) so that most members can hear the gospel taught in their own tongue. Moreover, members who are called on to pray in sacrament meeting or classes do so in



their native language if they are not prepared to pray in the language of the majority of the members.

While the separate Sunday School classes serve an important role, the McCully Ward also makes efforts to plan activities that bring everyone together. Regular events such as an annual international food festival, cultural shows at Mutual, a Micronesian choir (in addition to the ward choir), and a quarterly “ohana night” (family night) with the entire ward celebrate members’ unique cultural heritages and highlight their common spiritual heritage.

“We are all children of our Heavenly Father,” says Marlo Lopez, bishop of the McCully Ward. “In His sight there is no distinction in race or language. The love of God is for everyone, and we are only instruments to teach this truth.”

Adopt the Culture of Where You Live

While many people wish to retain fluency in their native language and uplifting elements of their culture, members can also benefit from learning the language and culture of the area in which they now live. President Eric Malandain of the Paris France East Stake, which includes members from throughout the world, promotes this. “Leaders generally encourage members living here to learn French,” President Malandain says. “It can help them improve professionally, personally, and spiritually.”

Members of the San Francisco California West Stake are encouraged to develop additional language skills too. In addition to the English-speaking wards, the stake includes three language-specific units (Chinese, Samoan, and Tagalog) so that the members speaking these languages can be taught the gospel in their own tongue. But stake and ward leaders

PRACTICE, PREPARATION, AND PRAYER

Fabiola Simona, from Indonesia, is now a member of the Hyde Park Branch in Sydney, Australia. She relates her experience with learning not only a new language but also the gospel as a convert to the Church:



“When I first joined the Church, I didn’t speak or understand English very well. Additionally, I was very shy, so it was difficult for me to even offer a prayer. I remember being asked to give the opening prayer in Sunday School one time. I wrote a draft on a piece of paper and then fixed the grammar before I felt comfortable praying in front of others.

“Later, when I was called as a teacher, I had to prepare weeks in advance. I worked hard. I thought, ‘If people have to endure my strong accent and broken grammar, I should at least prepare myself the best I can.’

“I prayed a lot for the Spirit to help me as I taught those lessons. I prayed that I wouldn’t be nervous and that people would understand what I was saying.

“That preparation and those prayers helped me in overcoming language barriers. Now, after more than nine years as a member of the Church, I can easily accept assignments to pray or to give a lesson. Additionally, I find that the more assignments I accept, the more confident I become.”

also encourage members to participate in conversation learning groups. The small “huddles” meet twice a week to cover basic conversational English. The lessons focus on learning how to say phrases such as “How do I get to the hospital?” or “Where is the nearest bus stop?” And since many members of the stake are also first-generation Latter-day Saints, some of the English lessons also focus on gospel basics, such as praying or conducting family home evening.

“The language issue is a significant challenge for us, but we work at it, and we keep getting better at it,” Ronald Dillender, stake president, says. “We will continue to work, to teach, and to give members access to every stake conference, every stake talent show, every training meeting, every function. We want *everyone* to have access to all that the Church and the gospel offer. That is extremely important.”

Work Together

Differences in language present plenty of obstacles, says President Brent Olson of the Philadelphia Pennsylvania Stake, from performing temple-recommend interviews to translating talks and prayers in sacrament meeting. Adopting a welcoming, tolerant attitude has made all the difference for members of the stake.

President Olson says, “We have a theme we repeat often in our stake: whoever enters the doors of the chapel is sent from the Lord. When we adopt this attitude of acceptance, we realize that the extra effort we take in helping everyone participate isn’t a burden. It’s simply living the gospel.”

Although the Clendon Ward of the Auckland New Zealand Manurewa Stake is technically an English-speaking unit, members also speak Maori, Niuean, Samoan, Tongan, local dialects, and several languages spoken in the Cook Islands. Ward leaders are trying to become like the Good Shepherd, who knows every one of His flock—“regardless of what language they speak,” Bishop Hans Key says.

For instance, as home and visiting teaching assignments are prayerfully considered, companionships may be formed to include a brother who speaks only his native language and a brother who speaks that same language as well as English. As the two work together in home teaching, the first brother gains confidence in English. Later, he might be able to accept an assignment to speak in sacrament meeting.

Recognize That the Lord Qualifies Us for His Work

Francisco Ayres Hermenegildo joined the Church in his native Rio de Janeiro, Brazil, at age 21 and later served a mission in São Paulo. After he and his wife, Kallya, were married, they moved to Sydney, Australia, in 2002. In 2006 Francisco was called to be the president of the Hyde Park young single adult branch. President Hermenegildo felt overwhelmed not only because he was still learning English but also because members of the branch were natives of more than 10 countries, and many of them were also learning English.

“I confess that we felt inadequate when we were called to look after the Hyde Park Branch,” President Hermenegildo says. “The language barrier seemed enormous, and we prayed to the Lord for His help. But I am learning that the Lord inspires, qualifies, and fortifies those who are engaged in building His kingdom.”

In addition to recognizing the Lord’s direction in his own life, President Hermenegildo sees it in the lives of the members of the branch—many of whom, like him, are first-generation members.

“Each of us has been brought here at this time in our lives for a reason,” he says. He explains that each member has an opportunity to grow in testimony, serve in callings, and share the gospel message with friends and loved ones.

“We believe that the prophecies related to the gospel filling the earth are happening,” says President Hermenegildo. “The members of the branch are and will be leaders wherever they go in the world. It is a great privilege to help prepare those leaders, which we do every time we teach and nurture members of the branch.”

Be of One Heart and One Mind

“I believe it’s a blessing rather than a challenge to serve and work in a ward that is so diverse in its cultures and languages,” says Bishop Hans Key of the Clendon Ward. “God confounded the language of the people during the construction of the Tower of Babel, but we can strive for what the people in the City of Enoch achieved: to be of one heart and one mind and to dwell in righteousness.” (See Genesis 11:1–9; Moses 7:18.)

That unity was also emphasized by President Gordon B. Hinckley (1910–2008): “We have become a great worldwide Church, and it is now possible for the vast majority of our

members to participate . . . as one great family, speaking many languages, found in many lands, but all of one faith and one doctrine and one baptism.”¹ ■

NOTE

1. Gordon B. Hinckley, “Living in the Fulness of Times,” *Liahona*, Jan. 2002, 4; *Ensign*, Nov. 2001, 4.

WELCOME IN ANY LANGUAGE

By Marianne Hansen Rencher

Are you in a branch or ward whose members don't all speak the same language? As the Church continues to grow worldwide, this experience is becoming more common. For two years my husband and I attended such a branch in New York. My background in teaching English to speakers of other languages was helpful, but even if you don't have this experience, there's much you can do to bridge the communication gap with others who don't speak your native language.

Smile and greet others. Make an effort to learn how to say hello to others in their native language. But even if you can't speak a word of their language, you can still make them feel welcome. Every Sunday, Marta welcomed me with a warm hug and a greeting in Spanish. Although I didn't understand what she was saying, I felt her love through her hug and the tone of her voice.

Answer with correct grammar. People learn a language, in part, by hearing it. It is better for someone to learn “I don't have my manual” than “No have manual.” Even if another's speech is choppy, answer with correct language. This shows respect for others and helps them to learn the language correctly.

Speak slowly, not loudly. Words often blend together when we hear them, particularly if someone is learning a new language. When you speak, slow

down to make sure you are easy to understand. There's no need to speak louder unless the other person has difficulty hearing. If you're a teacher, you include non-native speakers when they have a chance to understand a question and form a simple response. Encourage others to help, thus creating a sense of friendship and ease within the classroom.

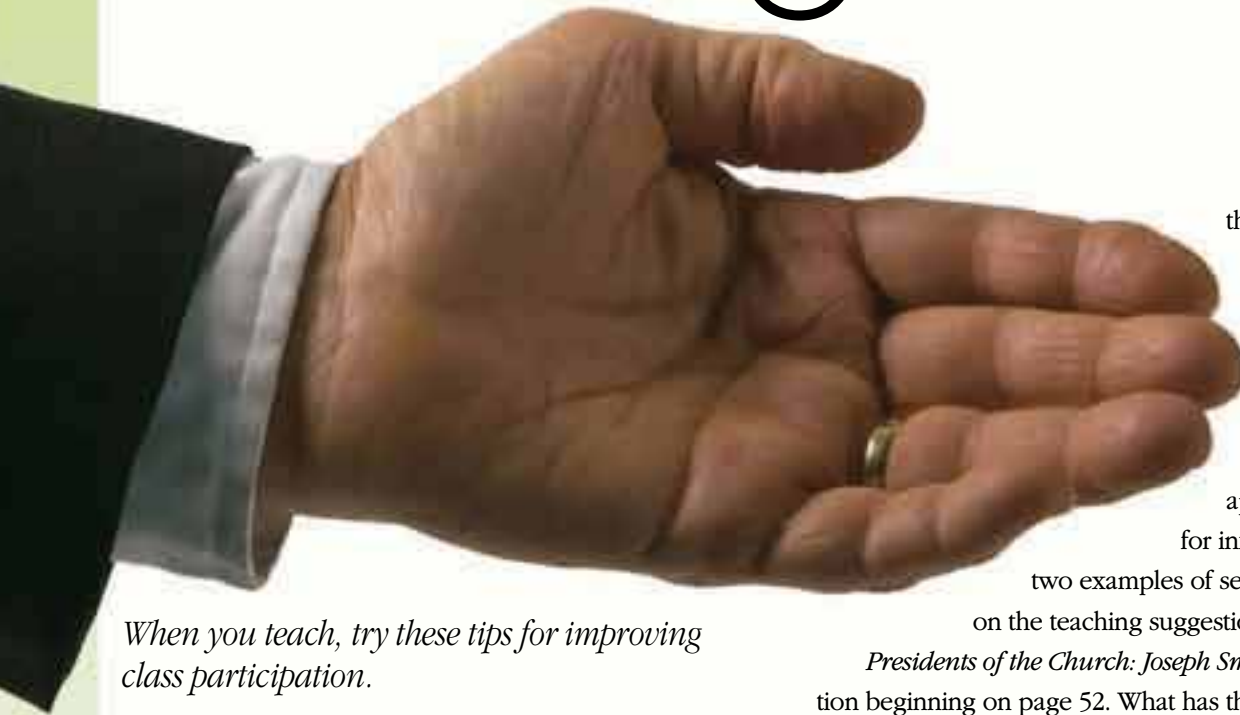
Use visual aids. Non-native speakers may not understand all the words in a lesson about the First Vision, for instance. But they will understand a picture of Joseph Smith kneeling in front of God and Jesus Christ. They will also be able to increase their vocabulary by associating the words you use with the account of the Restoration they already know.

Write scripture and lesson references on the chalkboard. This will make it easier for non-native speakers to locate the references. Fortunately, our lesson manuals and scriptures are available in a variety of languages. While someone reads them out loud, the other class members can follow along with materials in their own languages. Not only does this allow everyone to participate in class, but it also encourages class members to bring their scriptures and manuals.

Be a better visiting teacher or home teacher. Offer to assist those who are new to your country. For starters, you might help them shop, use the post office, or register for school.

Some of my most cherished friendships in New York were with those to whom I could barely speak five words in their language. I knew they needed my help, and that was enough to start a friendship. ■

Leading Class



When you teach, try these tips for improving class participation.

BY ROBB JONES
Curriculum Development

Brother Johnson asked the Gospel Doctrine class a question. There was a long silence that seemed to make him and the class members uncomfortable. As the stake Sunday School president observing the class, I noticed that just as some class members were about to comment, Brother Johnson answered the question and went on to another part of the lesson.

This can happen in Church classes as well as in the teaching in our homes. I have learned that two things are essential to encourage class discussions: (1) ask questions with more than one possible answer and (2) give class members adequate time to search for or think about an answer.

Ask Open-Ended Questions

Asking the right types of questions can lead to good class discussions. Church manuals are filled with carefully crafted questions designed to encourage class members to search the teachings for answers or to ponder and apply what

they have learned.

You can ask questions that will require students to search the scriptures or the words of the latter-day apostles and prophets for information. Here are

two examples of search questions based

on the teaching suggestions in *Teachings of Presidents of the Church: Joseph Smith*: “Study the section beginning on page 52. What has the Savior done so we can become joint heirs with Him?” and “Review the section beginning on page 211. What did Joseph Smith teach about the significance of having a physical body?”

Other questions ask class members to think about the meaning of what they have read or to apply to their lives what they have learned. These questions are usually asked after class members have become familiar with the lesson material. For example, after asking the search questions above, you could ask the following questions to help class members think about and apply what they have read: “What are ways we can show the Lord our gratitude for His atoning sacrifice?” or “How can understanding the significance of having a physical body affect the way we care for our bodies?”

Wait for Student Responses

Regardless of the questions you ask, give class members adequate time to search for or think about the answer. Students will learn to answer questions if they know that you will not answer the questions for them.

Discussions

After my experience in Brother Johnson's class, I decided to keep track of how long teachers waited for a response after they asked a question. I found that most teachers waited only two or three seconds, though when I asked them, they thought they had waited much longer. Students, on the other hand, told me they needed more time to think about their answers.

In an attempt to help teachers get more class participation, I encouraged them to count silently to 20 after asking a question, giving the class time to ponder. They learned to say things like "I'll give you time to think" or "Would you please ponder this question, and then I'll ask for responses." As teachers in my stake began to do this, class participation increased and class members felt the Spirit as they began to "teach one another" (D&C 88:77).

I attended a class in which the teacher gave class members over two minutes to ponder a question related to the application of a gospel doctrine. For me it was a time of quiet reflection. I felt the Spirit and gained some insights about the doctrine that I probably would not have learned without those moments to myself. This particular experience helped me understand that giving class members time to ponder a question gives them time to think more deeply and to listen to the Spirit. (See 3 Nephi 17:1–3.)

Your class or family can enjoy similar spiritual experiences during discussions if you use open-ended questions and then give everyone time to ponder before responding. ■

STUDENTS' RESPONSES INVITE THE SPIRIT



"Creating an atmosphere of participation enhances the probability that the Spirit will teach more important lessons than you can communicate.

"That participation will bring into their lives the direction of the Spirit. When you encourage students to raise their hands to respond to a question, while they may not realize it, they signify to the Holy Ghost their willingness to learn. That use of moral agency will allow that Spirit to motivate and give them more powerful guidance during your time together. Participation allows individuals to experience being led by the Spirit. They learn to recognize and feel what spiritual guidance is."

Elder Richard G. Scott of the Quorum of the Twelve Apostles, "To Learn and to Teach More Effectively," *The Religious Educator*, vol. 9, no. 1, 2008, 6.





WHAT ONE PERSON CAN DO

This young man from Suriname doesn't do dramatic things. But the simple things he does make a dramatic difference.

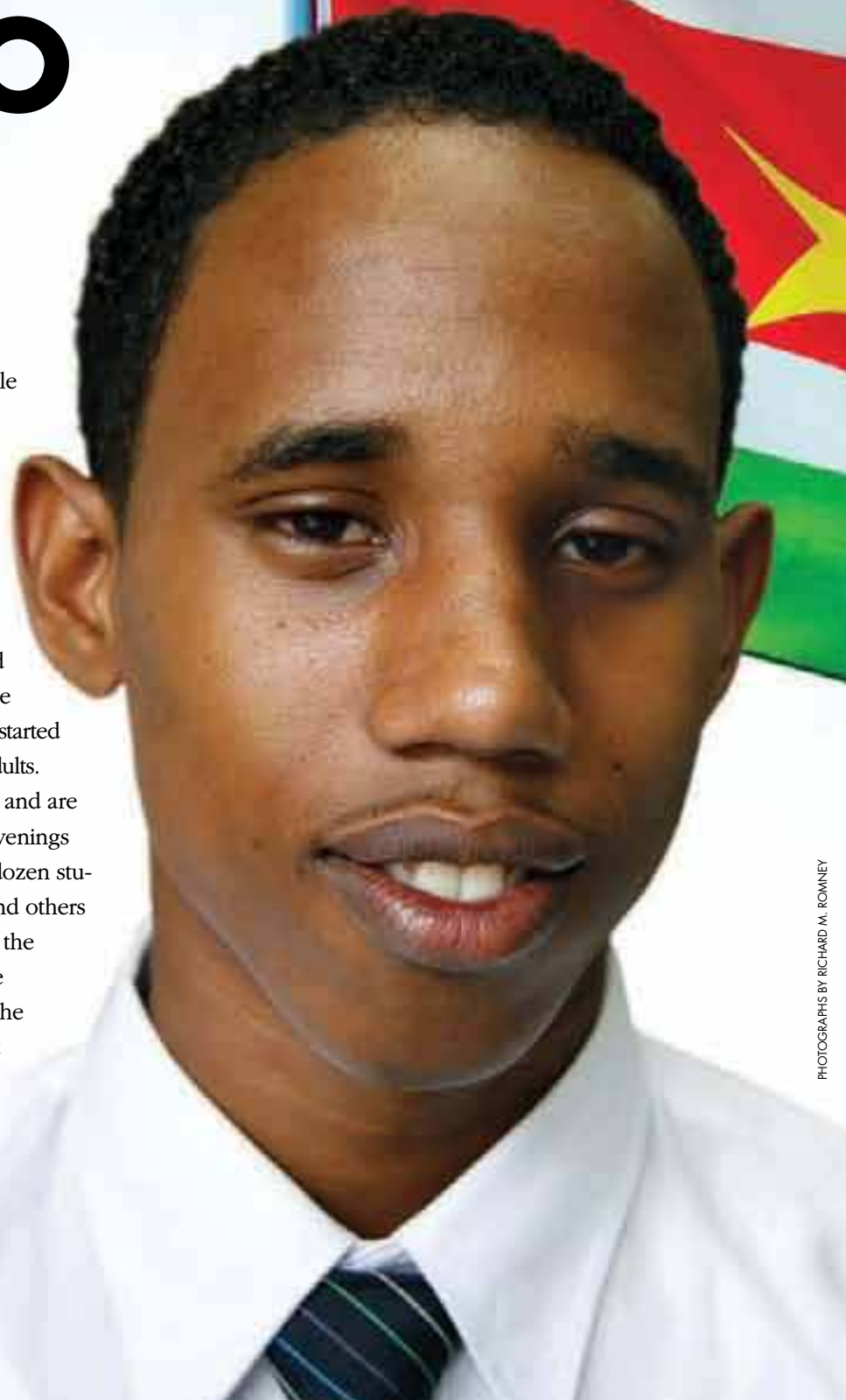
BY RICHARD M. ROMNEY
Church Magazines

Yves Verwey is quiet, maybe even a little shy. But that doesn't stop him from seeing things that need to be done and doing them.

Music Makers

For example, Yves, an 18-year-old from the Tamenga Branch, Paramaribo Suriname District, saw that when he played the keyboard at Church meetings and activities, lots of people were interested in learning how to play. So he started teaching free classes for children, teens, and adults.

The classes are taught at several branches and are open to anyone who wants to come. Most evenings when Yves teaches, there are at least a half dozen students in attendance, both Latter-day Saints and others who heard about the class from members of the branch. He also teaches flute when someone is interested. He leads the branch choir, and he directed a special presentation by the district choir. He says his musical involvement is a way of showing thanks for the missionary couple who taught him how to read notes and make music.



PHOTOGRAPHS BY RICHARD M. ROMNEY



Like the star on Suriname’s flag, Yves shares his light with others. He teaches keyboarding to Latter-day Saints and community members who have an interest. He also meets regularly with friends to study the Book of Mormon.

Scripture Readers

Yves also found a way to help several of his friends who wanted to share with each other what they were learning in the scriptures. They were attending church



and seminary or institute, speaking when assigned and participating in lessons. But they wanted to talk with each other, youth to youth. So once a week they started reading the Book of Mormon together for about half an hour, and they started inviting others, especially some youth who were less active, to join them. Now they’ve been reading together for months, sometimes at one person’s house, sometimes at another’s.

“It started with my friends Larry Roseval, who’s in the Wanica Branch, and Saffira Zeegelaar from my branch. But now there are eight of us,” Yves says.

“We read a chapter, talk about it, bear our testimony about it, and share something we learned during the week.”

These scripture readers have also encouraged each other in additional ways. For example, they challenged themselves to make fast Sundays more meaningful by fasting with a purpose. “Last fast Sunday we thought about specific people who are less active and fasted and prayed that they might return to full activity in the Church,” Yves explains.



The missionaries seem to have the same feeling about being with him. Yves generates an upbeat energy that lifts everyone, and they also know he is willing to share his testimony of the truth. Yves will soon turn 19, and he is eager to serve a full-time mission himself.

Missionary Friends

Full-time missionaries need support from members, and Yves has done something about that too. He goes with them to teaching appointments as often as he can. “I just love to be with the missionaries,” he says. “It makes me feel positive and happy.”

HELP FROM THE BOOK

Yves says the Book of Mormon helps him in many ways. “It gives me a better knowledge of things that *will* happen,” he says. “And I get gospel questions answered when I read about things that happened to other people long ago.”

He says the Book of Mormon, as another testimony of Jesus Christ, helps us to better understand the importance and purpose of the Bible. He quotes the eighth article of faith: “We believe the Bible to be the word of God as far as it is translated correctly; we also believe the Book of Mormon to be the word of God.”

“The Bible has had some plain and precious things taken out of it,” Yves says, “but the Book of Mormon fills in those holes. You need to study both of them, as well as the other scriptures.”





“Ever since I was in Primary,” Yves says, “I have repeated 1 Nephi 3:7, and I have sung the song about the same thing: ‘I will go; I will do the thing the Lord commands,’ so there’s no question about whether or not I will accept the call.”¹

Blessing Counters

Yves first became aware of the Church when his mother joined. He was seven years old at the time and was baptized and confirmed a year later. He has remained active, even through tough times like his parents’ divorce and seeing his family’s home sold to pay debts. He has endured being taunted by people as he walked to church on Sundays wearing a suit and tie. “I know why I dress that way to go to church, so it doesn’t really bother me,” he says. He has turned away when others tried to get him to smoke or drink. “I’ve never had trouble saying no. Obeying the Word of Wisdom brings me physical health and spiritual strength. Can they offer me something better than that?”

Through it all Yves has been a blessing counter. He encourages others to count their blessings too.

“As you learn about the gospel and how you should obey the commandments,” he says, “you understand more and more that Heavenly Father wants to bless us all. Happiness isn’t about being cool; it’s about having standards and living them. Happiness is about being grateful to God and to others for all the good things in life.”

Having such an attitude is just one more thing Yves sees that needs to be done. And so he’s doing it, and he’s encouraging others to do the same. ■

NOTE

1. See “Nephi’s Courage,” *Children’s Songbook*, 120–21.

Excited about missionary work, Yves reminisces with his mother about his baptism and prepares for his own full-time mission. He loves to mingle with members at meetings and to visit the historic district in Suriname’s capital, Paramaribo.

LEARNING TO GET ALONG

Suriname, found in the northern part of South America, is one of the most ethnically diverse countries in the world.

Major population groups include East Indians (originally from India), Creoles (originally from Africa), Javanese (from Indonesia), Maroons (descendants of escaped slaves), Native Americans (many from the Carib tribe), and Chinese. The people speak Dutch (the official language), English, Sranan Tongo (a Creole language), Hindustani, Javanese, and some other dia-



lects. Suriname became independent in 1975. Before that it was Dutch, and before that it was British.

“In Suriname, everybody learns to get along with everybody,” Yves explains. “That helps when you’re sharing the gospel, because Surinamese are used to hearing about what other people believe.”

The first convert baptisms in Suriname took place in 1989. Today there are about 700 members attending six branches: Blauwgrond, Nickerie, Paramaribo, Tamenga, Uitkijk, and Wanica.



The 20-Mark Note



Why did this young elder hand me a 20-mark note? If you understand that, you will understand how our lives are really not our own. They are governed.

BY PRESIDENT BOYD K. PACKER
President of the Quorum of the Twelve Apostles

Over 30 years ago I was assigned with then-Elder Thomas S. Monson to organize a servicemen's stake in Europe. We met at Berchtesgaden, Germany, high in the Bavarian Alps. Originally it was a headquarters built by Adolf Hitler in an incomparably beautiful place. Seldom has there been on this earth anyone who has duplicated in personality and purpose the adversary quite as much as did Adolf Hitler. I thought that we had come full circle where that had taken place on that site, and now we were gathered there to organize a stake of Zion.

After we had finished setting apart and completing that organization, we were assigned to go to Berlin for a stake conference. We needed to get from Berchtesgaden high in the Alps down to Munich to the airport.

We got to the airport in ample time for our plane, which was scheduled to leave at about 10:00 in the morning, but it was fogged in. We sat there listening to the announcements for nearly 12 hours. They kept saying they thought the fog would clear. It did not clear.

That night near 10:00, two missionary elders came to the airport. We knew then that the planes would not fly. They told us there was a train leaving Munich for Berlin

at midnight. The elders took us to the train station, helped us buy our tickets, and saw us aboard the train, which would take from about midnight until about 10:00 the next morning to arrive in Berlin.

As the train was pulling out, one young elder said, "Do you have any German money?"

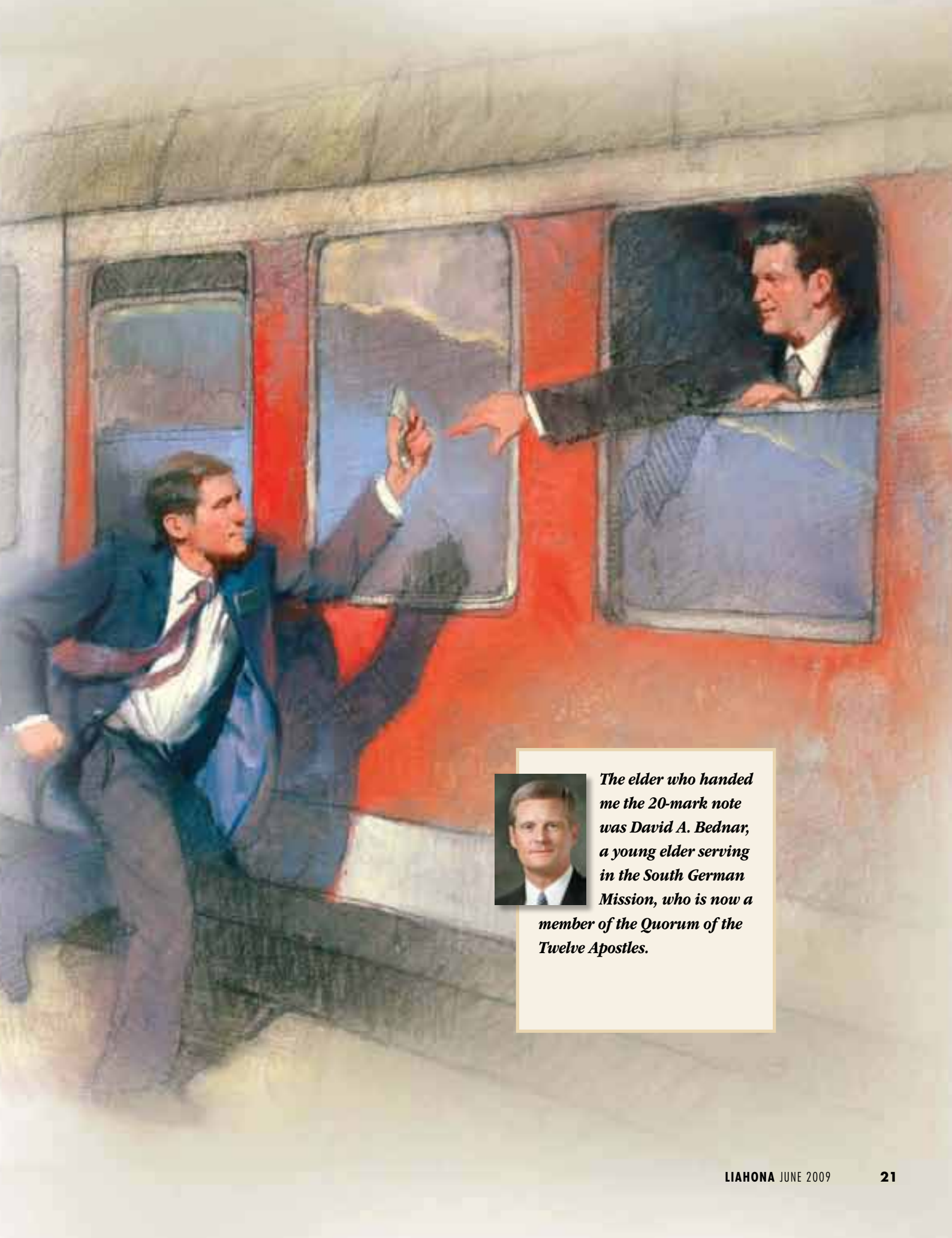
I shook my head no.

He said, "You better have some," and, running alongside, pulled from his pocket a 20-mark note. He handed that to me.

At that time the Iron Curtain was very "iron." The train stopped at Hof on the border between West Germany and East Germany, and the crews were changed. All of the West German crew members got off the train, and the East German crew got on the train. Then the train set out across East Germany toward Berlin.

The U.S. government had just begun to issue five-year passports. I had a new passport, a five-year passport. Before our trip, we went to have my wife's passport renewed, but they sent it back saying that the three-year passports were honored as a five-year passport. She still had more than two years left on her passport.

At about two o'clock in the morning, a conductor, a military-type soldier, came and asked for our tickets, and then, noting that



The elder who handed me the 20-mark note was David A. Bednar, a young elder serving in the South German Mission, who is now a member of the Quorum of the Twelve Apostles.

we were not German, he asked for our passports. I do not like to give up my passport, especially in unfriendly places. But he took them. I almost never dislike anybody, but I made an exception for him! He was a surly, burly, ugly man.

We spoke no German. In the train compartment, there were six of us: my wife and a German sitting to the side of her and then almost knee to knee in a bench facing us were three other Germans. We had all been conversing a little. When the conductor came in, all was silent.

A conversation took place, and I knew what he was saying. He was denying my wife's passport. He went away and came back two or three times.

Finally, not knowing what to do, I had a bit of inspiration and produced that 20-mark note. He looked at it, took the note, and handed us our passports.

The next morning when we arrived in Berlin, a member of the Church met us at the train. I rather lightly told him of our experience. He was suddenly very sober. I said, "What's the matter?"

He said, "I don't know how to explain your getting here. East Germany right now is the one country in the world that refuses to honor the three-year passport. To them, your wife's passport was not valid."

I said, "Well, what could they have done?"

He answered, "Put you off the train."

I said, "They wouldn't put us off the train, would they?"

He said, "Not us. Her!"

I could see myself having someone try to put my wife off the train at about two o'clock in the morning somewhere in East Germany. I am not sure I would know what to do. I did not learn until afterwards how dangerous it was and what the circumstances were, particularly for my wife. I care a good deal more about her than I do for myself. We had been in very serious danger. Those whose passports they would not accept were arrested and detained.

Our Lives Are Guided

All of this comes to this point: the elder who handed me the 20-mark note was David A. Bednar, a young elder serving in the South German Mission, who is now a member of the Quorum of the Twelve Apostles.

So why was it that this young elder from San Leandro, California, handed me the 20-mark note? If you understand that and understand what life is about, you will understand really all you need to know about life as members of the Church. You will understand how our lives are really not our own. They are governed—and if we live as we should

live, then we will be taken care of. I do not think he knew the consequences of what he was doing. That 20-mark note was worth six dollars, and six dollars to an elder is quite a bit!

As you go through life, you will find that these things happen when you are living as you ought to live.

If you can learn what the Spirit is, then you never need to be alone. In Doctrine and Covenants 46:2, it says, "Notwithstanding those things which

are written, it always has been given to the elders of my church from the beginning, and ever shall be, to conduct all meetings as they are directed and guided by the Holy Spirit."

Your Spirit Body

The doctrine explained in the scriptures, the revelations, tells us that we are dual beings. We know there is a spirit and a body. "The spirit and the body [when they are eternally combined, become] the soul of man" (D&C 88:15). So there are two parts of you. There is a spirit inside of a body.

You have a spirit body; your intelligence existed forever (see D&C 93:29). That is hard to get through your mind. We are going to live forever. You believe that, don't you? In the Resurrection, we will live eternally. That cannot be unless that is true of the past too, that we lived eternally in

Y*ou have a spirit body; your intelligence existed forever. We are going to live forever.*



the past. We are in the middle of something eternal here.

I have wondered about when the day comes that my spirit leaves my body. When that “unwrapping” takes place and your body is set aside and we are looking at your spirit, what are you going to look like? What will your spirit look like?

Some of you might be described as perfect athletes—perfectly coordinated, able to do anything! You have beautiful physical bodies. If we separated your body from your spirit, what would your spirit look like? You will learn, if you will study and pray and feel, that you could have a beautiful body and a shriveled, weak spirit. On the other hand, you can have a body that is limited in many ways, and yet in the eternal scheme of things, you can train and teach your spirit so that it becomes of imperishable worth.

You can look forward to the day when you are “unwrapped” and your spirit is separated from the body. Your spirit is young and vibrant

and beautiful. Even if your body is old and diseased or crippled or disabled in any way, when the spirit and body are put together in the Resurrection, then you will be glorious; then you will be glorified.

A man I knew—one of the great men I have known—was in a bunch of roustabout boys. They were always where they should not be and never where they should be. Finally, a wise, resourceful leader got them into a Sunday School class. The teacher was this old man—just an ordinary, homely old man. More than that, he was a convert from Europe, and he did not speak English very well. They giggled, “Our teacher? Him?” These boys, I suppose, had the reputation of running any teacher out.

Then my friend said that something happened. The teacher started to speak, and they all began to listen. This friend said, “You could warm your hands by the fire of his faith.” That meant that in that older, worn-out body that did not seem to be able to

Make sure you learn the things that you are not taught overtly. If all you know is what you read or what you can hear, you will not know very much.



Moments of reverence are so precious when you think and feel. That is why temples are so important. You can go to the temple and be out of the world.

erase an accent, there was a powerful spirit.

In the Resurrection the body—the dust of the earth, the carnal part of us—can be renewed and made powerful if it is to equal the spirit.

The Holy Ghost Will Guide You

If you can understand how the Spirit operates, you will be all right. There is not enough evil put together—if it was all brought together as some kind of a dark, ugly laser beam and focused on you, it could not destroy you, unless somehow you consented to it.

In the course of your learning, “wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding” (Proverbs 4:7).

Make sure you learn the things that you are not taught overtly. If all you know is what you read or what you can hear, you will not know very much. Moments of reverence are so precious when you *think* and *feel*. That is

why temples are so important. You can go to the temple and be out of the world.

The promise from the Lord is that when you receive the Holy Ghost, “he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you” (John 14:26).

You will be doing some things automatically, almost unwittingly. Without thinking, you will find you have been prompted and guided by the Holy Spirit. That is why this young elder, without knowing why, took a 20-mark note out of his wallet as he was trotting alongside the train and handed it to me as the train was pulling out. He saved us from great danger.

That is how you will do things and then later look back and know that you were guided. And also that is how you will be warned. You will be warned, “Don’t go there! Don’t do that!” You will be warned, “Don’t go with him! Don’t go with her! Don’t be with them!” And then, “Do be in this company!” You will be guided, and the Lord will watch over you.

I know that the gospel is true, that Jesus is the Christ, that He lives, that this is His Church. Find a place in the world where you can, without embarrassment, without any hesitancy, declare to yourself: first, that you accept the gospel of Jesus Christ and, second, that what you *are* is more important than what you *do*. What you do, if it is guided, will make you what you *are* and what you can *be*. ■

Adapted from a devotional address given at Brigham Young University–Idaho on March 12, 2002. For the full text of the address in English, visit www.byui.edu/Presentations/Transcripts/Devotionals/2002_03_12_Packer.htm.

Participate in Sincere Prayer



Prayerfully teach these scriptures and quotations or, if needed, another principle that will bless the sisters you visit. Bear testimony of the doctrine. Invite those you visit to share what they have felt and learned.



Sincere Prayer Has Strengthening Power

Julie B. Beck, Relief Society general president: “Think of our combined strength if every sister had sincere prayer every morning and night or, better yet, prayed unceasingly as the Lord has commanded. If every family had family prayer daily . . . , we would be stronger” (“What Latter-day Saint Women Do Best: Stand Strong and Immovable,” *Liahona* and *Ensign*, Nov. 2007, 110).

Elder Bruce R. McConkie (1915–85) of the Quorum of the Twelve Apostles: “Prayer changes our lives. Through it we draw near to the Lord,

and he reaches out his finger and touches us, so we never again are the same.

“Prayer is a great tower of strength, a pillar of unending righteousness, a mighty force that moves mountains and saves souls” (“Patterns of Prayer,” *Ensign*, May 1984, 32).

Elder M. Russell Ballard of the Quorum of the Twelve Apostles:

“Every honest and sincere prayer adds another piece to chain-mail armor. . . . One of the most important ways to clothe yourselves in the armor of God is to make sure that prayer—earnest, sincere, consistent prayer—is part of your daily lives” (“Be Strong in the Lord,” *Ensign*, July 2004, 10).

D&C 112:10: “Be thou humble; and the Lord thy God shall lead thee by the hand, and give thee answer to thy prayers.”

Sincere Prayer Is Holy Communication

President James E. Faust (1920–2007), Second Counselor in the First Presidency: “First, prayer is a humble acknowledgment that God is our Father and that the Lord Jesus Christ is our Savior and Redeemer. Second, it is a sincere confession of sin and transgression and a request for forgiveness. Third, it is recognition that we need help beyond our own ability. Fourth, it is an opportunity to

express thanksgiving and gratitude to our Creator. It is important that we frequently say: ‘We thank Thee . . . ;’ ‘We acknowledge before Thee . . . ;’ ‘We are grateful unto Thee . . .’ Fifth, it is a privilege to ask Deity for specific blessings.

“. . . Sincere prayers come from the heart. Indeed, sincerity requires that we draw from the earnest feelings of our hearts” (“The Lifeline of Prayer,” *Liahona*, July 2002, 62; *Ensign*, May 2002, 59–60).

Elder David A. Bednar of the Quorum of the Twelve Apostles:

“Meaningful prayer requires both holy communication and consecrated work. Blessings require some effort on our part before we can obtain them, and prayer, as ‘a form of work, . . . is an appointed means for obtaining the highest of all blessings’ (Bible Dictionary, ‘Prayer,’ 753). We press forward and persevere in the consecrated work of prayer, after we say ‘amen,’ by acting upon the things we have expressed to Heavenly Father” (“Ask in Faith,” *Liahona* and *Ensign*, May 2008, 95).

President Thomas S. Monson: “As we offer unto the Lord our family and our personal prayers, let us do so with faith and trust in Him. Let us remember the injunction of the Apostle Paul to the Hebrews: ‘For he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.’ If any of us has been slow to hear-ken to the counsel to pray always, there is no finer hour to begin than now” (“A Royal Priesthood,” *Liahona* and *Ensign*, Nov. 2007, 61). ■



Our Refined Heavenly Home

BY ELDER DOUGLAS L. CALLISTER
Of the Seventy

If we could part the veil and observe our heavenly home, we would be impressed with the cultivated minds and hearts of those who so happily live there. I imagine that our heavenly parents are exquisitely refined. In this great gospel of emulation, one of the purposes of our earthly probation is to become like them in every conceivable way so that we may be comfortable in the presence of heavenly parentage and, in the language of Enos, see their faces “with pleasure” (Enos 1:27).

President Brigham Young (1801–77) said, “We are trying to be the image of those who live in heaven; we are trying to pat[t]ern after them, to look like them, to walk and talk like them.”¹ I would like to peek behind the veil that temporarily separates us from our heavenly home and paint a word picture of the virtuous, lovely, and refined circumstances that exist there. I will speak of the language, literature, music, and art of heaven, as well as the immaculate appearance of heavenly beings, for I believe that in heaven we will find each of these in pure and perfected form.

The nearer we get to God, the more easily our spirits are touched by refined and beautiful things.

Language

God speaks all languages, and He speaks them properly. He is restrained and modest of speech. When God described the grand creational process of this earth, He said in measured tones that “it was good” (Genesis 1:4). We would be disappointed if God had used “awesome” or other exaggerated phrases.

Britain’s Ben Jonson said: “Language most shows a man. Speak, that I may see thee.”² Our language reveals our thoughts, virtues, insecurities, doubts—even the homes from which we come. We will feel more comfortable in Heavenly Father’s presence if we have developed proper habits of speech.

I suppose that the language of heaven, properly spoken, may approach a form of music. Did C. S. Lewis have this in mind when he wrote, “Isn’t it funny the way some combinations of words can give you—almost apart from their meaning—a thrill like music?”³ At the birth of Jesus the angels appeared and spoke, not sang, “Glory to God in the highest, and on earth peace, good will toward men” (Luke 2:14). We now try to capture that beauty in song, but the original angelic utterance was in spoken words.

In his biography on Ralph Waldo Emerson, Van Wyck Brooks relates that Emerson was



One of the purposes of our earthly probation is to become like our heavenly parents in every conceivable way so that we may be comfortable in their presence.

invited to speak at the commemoration of the 300th anniversary of the great poet Shakespeare's birth. After proper introduction Emerson presented himself at the pulpit and then sat down. He had forgotten his notes. He preferred to say nothing rather than words not well measured. For some, it was Emerson in one of his most eloquent hours.⁴

Refinement in speech is more than polished elocution. It results from purity of thought and sincerity of expression. A child's prayer on occasion may reflect the language of heaven more nearly than a Shakespearean soliloquy.

Refinement in speech is reflected not only in our choice of words but also in the things we talk about. There are those who always speak of themselves; they are either insecure or proud. There are those who always speak of others; they are usually boring. There are those who speak of stirring ideas, compelling books, and inspiring doctrine; these are the few who make their mark in this world. The subjects discussed in heaven are not trifling or mundane; they are sublime beyond our most extended imagination. We will feel at home there if we are rehearsed on this earth in conversing about the refined and noble, clothing our expressions in well-measured words.

Literature

Is Friday evening a frenetic flight to see where the entertainment and action will be? Could our society today produce an Isaac Newton or a Wolfgang Amadeus Mozart? Can 85 channels and uncountable DVDs ever fill our insatiable appetite to be entertained? Do any unwisely become addicted to computer games or Internet surfing, thereby missing the richer experiences of great reading, conversations, and enjoyment of music?

I don't know whether our heavenly home has a television set or a DVD player, but in my mind's imagery it surely has a grand piano and a magnificent library. There was a fine library

in the home of President Gordon B. Hinckley's (1910–2008) youth. It was not an ostentatious home, but the library contained about 1,000 volumes of the rich literature of the world, and President Hinckley spent his early years immersed in these books. To be well-read, however, it is not necessary to possess expensive collections of literature, for they are available to rich and poor alike in the libraries of the world.

President David O. McKay (1873–1970) was inclined to awaken daily at 4:00 a.m., skim read up to two books, and then commence his labors at 6:00 a.m. He could quote 1,000 poems from memory. He referred to the grand masters of literature as the "minor prophets." He was a living embodiment of the scriptural admonition to "seek ye out of the best books words of wisdom" (D&C 88:118).

My wife and I recently spent four years on Church assignment in Eastern Europe. We often traveled on the Moscow underground subway, called the Metro. We noticed the bowed heads of the Russian passengers, for they were reading Tolstoy, Chekhov, Dostoyevsky, or Pushkin—and, sometimes, Mark Twain. The people were poor, but they were not obsessed with their poverty. They possessed the rich tradition of Russian literature, art, and music.

President McKay noted: "As with companions so with books. We may choose those which will make us better, more intelligent, more appreciative of the good and the beautiful in the world, or we may choose the trashy, the vulgar, the obscene, which will make us feel as though we've been 'wallowing in the mire.'"⁵

Of course, the scriptures stand paramount among good literature, for they are not founded on the opinions of men.

Music

If we could peek behind the heavenly veil, we would likely be inspired by the music of heaven, which is probably more glorious than any music we have heard on this earth.

When some music has passed the tests of time and been



cherished by the noble and refined, our failure to appreciate it is not a condemnation of grand music. The omission is within. If a young person grows up on a steady diet of hamburgers and french fries, he is not likely to become a gourmet. But the fault is not with fine food. He just grew up on something less. Some have grown up on a steady diet of musical french fries.

This would be a good time to sift through your music library and choose primarily that which uplifts and inspires. It is part of the maturing process of your eternal journey. This would also be a fine time to learn a musical instrument or improve musical skills now partially possessed.

Elder Neal A. Maxwell (1926–2004) of the Quorum of the Twelve Apostles said: “We . . . live in a world that is too prone to the tasteless and we need to provide an opportunity to cultivate a taste for the finest music. And likewise, we’re in a world that’s so attuned to the now. We need to permit people to be more attuned to the best music of all the ages.”⁶

Recognizing the penetrating influence of great music, Oscar Wilde had one of his characters say, “After playing Chopin, I feel as if I had been weeping over sins that I had never committed, and mourning over tragedies that were not my own.”⁷ After the first performance of *Messiah*, Handel, responding to a compliment, said, “My lord, I should be sorry if I only entertained them—I wish to make them better.”⁸ Haydn “dressed in his best clothes to compose because he said he was going before his maker.”⁹

Some events in life are so sublime that they cannot be imagined without the companionship of beautiful music. We could not have a Christmas without carols or a general conference without sacred anthems. And

there could not be a heaven without music of surpassing beauty. President Young said, “There is no music in hell, for all good music belongs to heaven.”¹⁰ It would be punishment enough to go to hell and not hear a note of music for all eternity.

Art, Appearance, and Attitude

What I have shared about bringing great language, literature, and music into the home may be said with equal truth of great art—perhaps tastefully displayed in our heavenly home. It may also be said of our physical appearance and manners, the order of our homes, how we offer our prayers, and how we read God’s word.

I once visited briefly with the great actress Audrey Hepburn while she was making the movie *My Fair Lady*. She spoke of the opening scene in the movie in which she depicted a modest, unpolished flower girl. Her face had been besmirched with charcoal to make her seem part of her surroundings. “But,” she said with a twinkle in her eye, “I was wearing my perfume. Inside I still knew I was a lady.” It doesn’t take expensive perfume to make a lady, but it does require cleanliness, modesty, self-respect, and pride in one’s appearance.

Many years ago an associate of mine decided he would please his wife by sharing with her a specific compliment each night as he arrived home. One night he praised her cooking. A second night he thanked her for excellence in housekeeping. A third night he acknowledged her fine influence on the children. The fourth night, before he could speak, she said, “I know what you are doing. I thank you for it. But don’t say any of those things. Just tell me you think I am beautiful.”

She expressed an important need she

The nearer we get to God, the more easily our spirits are touched by refined and beautiful things.

May we become worthy to enjoy the refined society of heavenly parentage, for we are of the race of the Gods, being “children of the most High.”

had. Women ought to be praised for all the gifts they possess—including their attentiveness to their personal appearance—that so unselfishly add to the richness of the lives of others. We must not let ourselves go and become so casual—even sloppy—in our appearance that we distance ourselves from the beauty heaven has given us.

Some flippantly say, “How I look has nothing to do with how God feels about me.” But it is possible for both earthly parents and heavenly parents to have unspoken disappointment in their offspring without diminished love.

President Joseph F. Smith (1838–1918), sixth President of the Church, owned few things, but he took care of them. He was fastidious in his appearance. He pressed his dollar bills to remove the wrinkles. He allowed none but himself to pack his overnight bag. He knew where every article, nut, and bolt of the household was, and each had its place.

Would this be true of the environment in which you live? Is it a house of order? Need you dust, clean, and rearrange before you invite the Spirit of the Lord into your home? President Lorenzo Snow (1814–1901) said: “The Lord does not intend that the Saints shall live always in dens and caves of the earth, but that they shall build fine houses. When the Lord comes he will not expect to meet a dirty people, but a people of refinement.”¹¹

David Starr Jordan, former president of Stanford University, wrote: “To be vulgar is to do that which is not the best of its kind. It is to do poor things in poor ways, and to be satisfied with that. . . . It is vulgar to wear dirty linen when one is not engaged in dirty work. It is vulgar to like poor music, to read weak books, to feed on sensational newspapers, . . . to find amusement in trashy novels, to enjoy vulgar

theatres, to find pleasure in cheap jokes.”¹²

Your Father in Heaven has sent you away from His presence to have experiences you would not have had in your heavenly home—all in preparation for the conferral of a kingdom. He doesn’t want you to lose your vision. You are children of an exalted being. You are foreordained to preside as kings and queens. You will live in a home and environment of infinite refinement and beauty, as reflected in the language, literature, music, art, and order of heaven.

I close with the words of President Young: “Let us . . . show to the world that we have talent and taste, and prove to the heavens that our minds are set on beauty and true excellence, so that we can become worthy to enjoy the society of angels.”¹³

Even more, may we become worthy to enjoy the refined society of heavenly parentage, for we are of the race of the Gods, being “children of the most High” (Psalm 82:6). ■

From a devotional address given at Brigham Young University on September 19, 2006. For the full text in English, visit <http://speeches.byu.edu>.

NOTES

1. Brigham Young, “Remarks,” *Deseret News*, Mar. 5, 1862, 1.
2. In Algernon Swinburne, *A Study of Ben Jonson*, ed. Sir Edmund Gosse and others (1926), 120.
3. C. S. Lewis, *They Stand Together: The Letters of C. S. Lewis to Arthur Greeves (1914–1963)* (1979), 96.
4. See Wendell J. Ashton, *In Your Own Image* (1959), 113.
5. David O. McKay, *Pathways to Happiness*, comp. Llewelyn R. McKay (1957), 15.
6. Neal A. Maxwell, in LaMar Barrus, “The Joy of Music,” *New Perspectives*, Apr. 1997, 10.
7. *The Works of Oscar Wilde* (1909), 112.
8. In “A Tribute to Handel,” *Improvement Era*, May 1929, 574.
9. In Hal Williams, “Dr. Reid Nibley on Acquiring a Taste for Classical Music,” *BYU Today*, Apr. 1980, 14.
10. *Discourses of Brigham Young*, sel. John A. Widtsoe (1954), 242.
11. Lorenzo Snow, in *Wilford Woodruff: History of His Life and Labors*, ed. Matthias F. Cowley (1964), 468.
12. David Starr Jordan, “The Strength of Being Clean,” in *Inspirational Classics for Latter-day Saints*, comp. Jack M. Lyon (2000), 191.
13. *Discourses of Brigham Young*, 424.

TAKE THE NEXT STEP



**Don't let worries or doubts keep you from
serving a full-time mission. Get ready, get set, and go!
(See D&C 15:6.)**

Run and Not Be Weary

One of the greatest blessings we received when we came to earth is a physical body. The Word of Wisdom, found in Doctrine and Covenants section 89, teaches us “the order and will of God in the temporal salvation of all saints in the last days” (v. 2). Following are testimonies of the Word of Wisdom from Latter-day Saints around the world.

Never Too Young

I’m 13 years old, and I know that when we take care of our bodies, we will receive the blessings promised in the Word of Wisdom that we can “run and not be weary” (D&C 89:20). When I play sports, eat healthy food, and get enough sleep, I grow stronger. When I keep this commandment, I am free of addictive substances, and I am not under their control.

I know that Heavenly Father gave us the Word of Wisdom not to limit our lives but to help us live healthy and happy lives. Satan tries to tempt us into believing that smoking and drinking will make us popular, free, and happy. But that is not true. Sometimes it is hard to keep high standards, especially at school, but when I try to be a good example, I help my friends understand the importance of choosing the right.

The biggest blessing I have received from keeping the Word of Wisdom is the opportunity to have the Spirit as my constant guide. My goal is to be worthy to go to the temple one day.

Sevil V., Plovdiv, Bulgaria

Help with Diabetes

I am a 57-year-old grandmother who was diagnosed with diabetes in June 2006. In addition to using medication, I turned to the Word of Wisdom for help. I learned the value of regular exercise and a healthy diet. I lost 88 pounds (40 kg) and have kept the weight off. I felt very blessed for my obedience to the Word of Wisdom the day my doctor discontinued my medications for diabetes and high blood pressure. I have a testimony of the Word of Wisdom because the spiritual and physical blessings I have received through obedience to it continue to bless my life.

Beverly Rutherford, Washington, USA

Running Marathons at 73

I was born in Brazil with rickets—a disease characterized by distorted bones. At 19 I weighed 50 kilos (111 lbs) and was 1.64 meters (5'5") tall. As a result, I was not accepted into the military, so I began looking for ways to improve my physical condition. I began a series of exercises and ate a balanced diet.

During this time, I met the missionaries. I became acquainted with the Church and learned about the



commandments, including the Word of Wisdom. It was just what I needed. It gave me guidelines of foods to eat and a list of impure items to avoid, namely tobacco and strong drinks. By reading the Doctrine and Covenants, I learned about the need for rest and sleep (see D&C 88:124).

I gained strength and weighed 78 kilos (172 lbs). I became a champion weight lifter. I also did judo and swam. Today at age 73 I am a marathon runner and have finished 30 marathons. In 2005 and 2006, I was second in my age class in Brazil. I have excellent health, and I am very happy.

I am grateful to our Heavenly Father for giving us laws that, if obeyed, will bring us blessings of health.

Antonio Olívio de Oliveira, São Paulo, Brazil

A Jug of Wine

As I cleaned the beauty shop after school, I found a half-full jug of wine left over from a party. I asked my boss what I should do with it. "Dump it out, and throw away the bottle," he said as he left. He locked the door on his way out, and I was alone. I continued my usual cleaning routine, but that bottle of wine was on my mind. I was 14 and had never tasted wine. I was tempted.

I cleaned the restroom, sanitized the hairbrushes, and mopped the floor, thinking the entire time about that jug of wine in the back workroom. I knew one taste would not make me drunk. I knew that nobody else would ever know. With that thought I realized that I would know and so would my Heavenly Father. My struggle was over. I knew I would be sorry if I gave in to this temptation, and I wanted to be strong enough to resist all temptations. I poured the wine down the drain,

rinsed the bottle, and dropped it into the trash.

This experience might seem unimportant except for the difference it made in me. I had made a decision that I would keep the commandments even when nobody was looking. I wanted to do the right thing for the right reason. I now know that I have the strength to resist temptation, and I feel more confident that I can walk the path back to my Heavenly Father.

Beth M. Stephenson, Oklahoma, USA

Strength to Endure

The year after I was baptized, I became a volunteer firefighter. I kept the Word of Wisdom even though my friends offered me tobacco, alcohol, tea, and coffee. When they asked me why I refused these things, I told them it was because I was a Mormon. Most of them mocked me and laughed.

One day we were required to take a three-hour physical exercise test to determine who could stay on as firefighters. We each wore a heavy uniform and boots and carried breathing equipment. Before the test I saw the others smoking and laughing at me because I was only a teenager and they thought I wouldn't be able to pass the rigorous test.

First, we had to run laps around a field, carrying extremely heavy hoses. After the first lap my legs and body ached, and my co-workers laughed at me. It was then that I remembered what it says in Doctrine and Covenants 89: "All saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in the navel and marrow to their

bones; . . . and shall run and not be weary” (vv. 18, 20).

I knelt down and prayed to the Lord, asking Him for faith to see the promise fulfilled. Several men came over to see if I was OK, and I told them I was fine. Then we started running again. Right away the pain left my legs. I ran and ran and realized that the others had fallen to the ground with fatigue, but I didn’t even feel like stopping. I passed the test, while my co-workers had to repeat the exercise.

I know that thanks to my obedience to the Word of Wisdom, I was able to get through that test. I know that God was with me that day and that if we obey His commandments, He will bless us with His infinite mercy.

Cristian Castro Marin, Santiago, Chile

A Daily Commitment

Two days after my mother’s funeral, I looked in the mirror. I didn’t like what I saw: dark circles under my eyes, pale skin, bad posture, and 10 to 15 excess pounds. The last three years of caring for my parents had taken a toll on me. With the stress of having both of my parents fall ill and pass away within two years of each other, it was no wonder that I looked like I hadn’t slept well or eaten a balanced meal in weeks.

At 26 years of age I was at a crossroads. I could carry on as I was and risk succumbing to diabetes, heart disease, or cancer, which ran in my family, or I could take control and make my health a priority. This was a commitment I needed to make for life—not just for a few weeks. As I stared at my unhealthy reflection, I made myself a promise. I was going to live the Word of Wisdom in a way I never had before.

My husband and I started working out two

to three times a week. I became more aware of how many calories I ate. I added more fruits and vegetables to my meals. It took effort, but I learned how to read nutrition labels and make healthier food choices.

The real key to my success was setting realistic goals. I wanted to lose some weight, increase my energy level, and look healthier. With the help of Heavenly Father and a wonderfully supportive husband, I accomplished all three.

Six years later I’m still exercising regularly and watching what I eat. I continue to set fitness and dietary goals and work to reach them day-by-day. If someone had told me back then that one day I’d be this passionate about exercising, I honestly wouldn’t have believed it. I’m living proof that you can change your lifestyle if you really want to. If you will put your faith in Heavenly Father, He will support you in your efforts.

I feel good about myself as I strive to reach my optimum health. Since I made this commitment, my mind is clearer and quicker, and my body is stronger and more energized. Because of this, I’m able to enjoy the wonderful blessings Heavenly Father has promised to those who follow the Word of Wisdom. He says that all obedient Saints will “receive health in their navel and marrow to their bones; and shall find wisdom and great treasures of knowledge, even hidden treasures” (D&C 89:18–19).

Meagan Sandor, Ontario, Canada

Outlining a Plan

Shortly after my mother and I were baptized, she began working as a registered nurse. As a single parent, she didn't have time to cook, so we began eating more processed and fast foods. Although I was only 12, my health began to decline. I didn't have the energy I once had. I felt tired and anxious. I gained weight.

I asked my mom how I could get into better shape. Hoping for a medical response, I was a little surprised when she simply said, "Live the principles of the Word of Wisdom." I thought she would give me advice on calories and carbohydrates and fats, but her answer was exactly what I needed.

For family home evening the following Monday, we reviewed Doctrine and Covenants 89 and outlined an eating and activity plan. Our lifestyle change was dramatic. We both began to feel healthier and happier. I noticed more peace in my life and more quiet promptings from the Holy Ghost.

I am grateful to a loving Heavenly Father, who wants to communicate with us. I know now that we must be prepared physically and spiritually to receive sacred, personal revelations.

Eric D. Richards, Utah, USA

Arise Early

Arising early is not in Doctrine and Covenants 89, but rather in section 88: "Retire to thy bed early, that ye may not be weary; arise early, that your bodies and your minds may be invigorated" (v. 124).

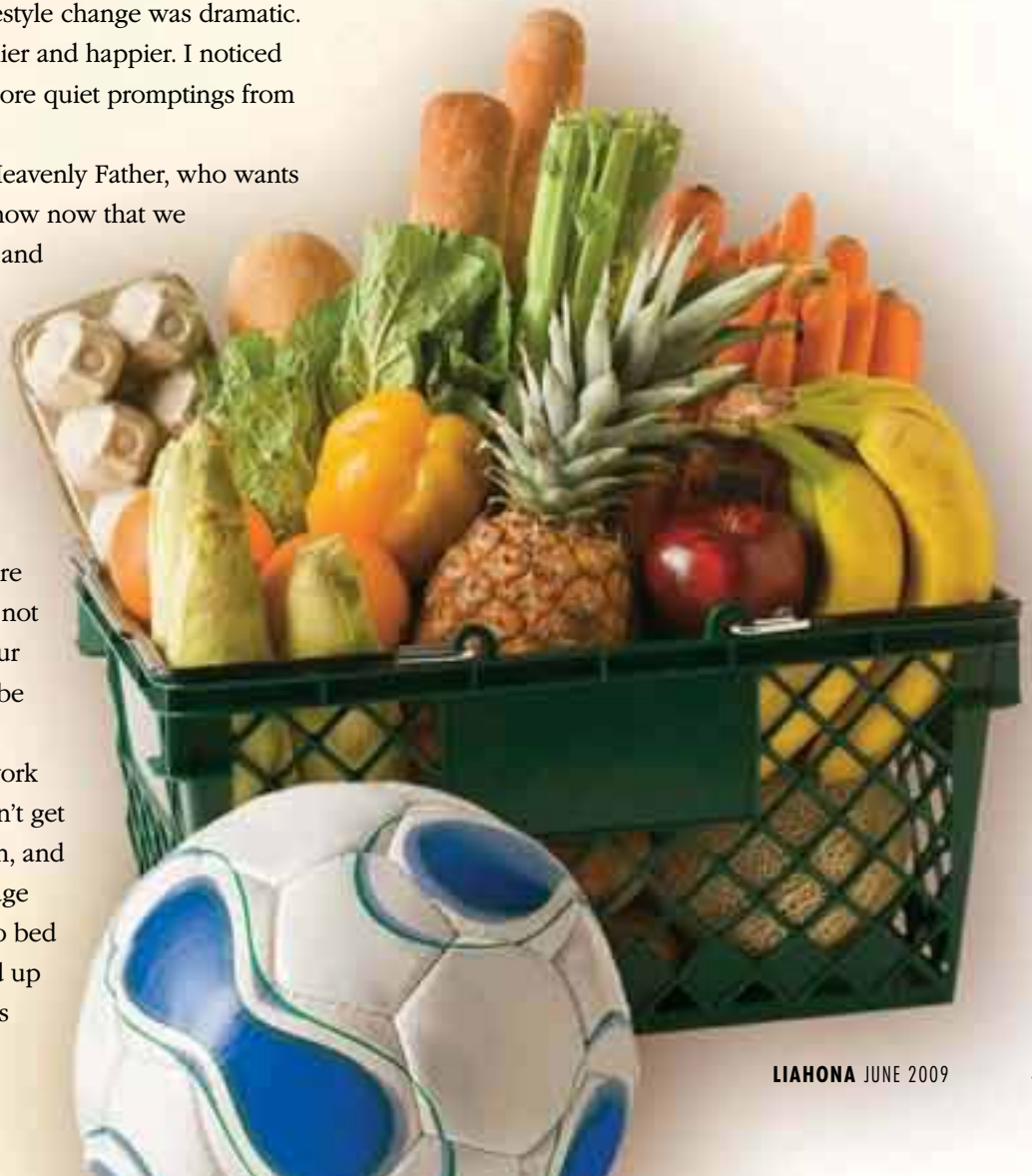
My husband gets up for work at 5:00 a.m. In the past, I didn't get up with him. I would sleep in, and I didn't get up with my teenage sons either. At night I went to bed early, but my husband stayed up until 11:00 p.m. or later. I was

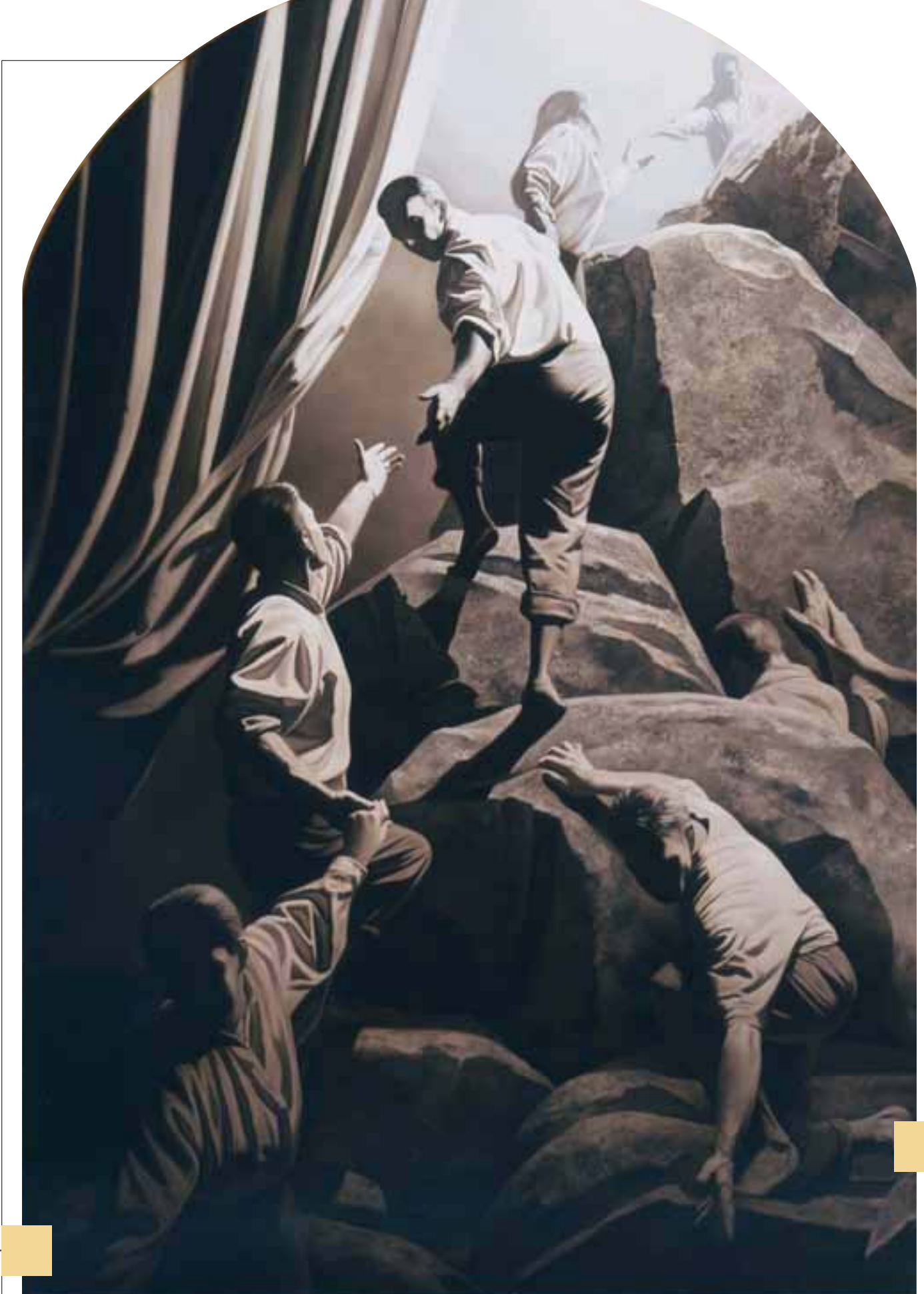
worried about him because he would get sleepy when driving. We needed a change.

I decided to get up with my husband and have breakfast with him. Now we spend time together talking over breakfast. As a result, I am up now with my children before they go to school, and I send them off with prayers and hugs.

My husband is now going to bed early too. I find that my sleep, which had always been poor, has become much sounder, so I don't need as much. It seems that many things are working better in my life because I strive to heed the counsel to "arise early." ■

Linda Davis, Utah, USA





THE ASCENT, BY DAVID EDWARD LINN, COURTESY OF CHURCH HISTORY MUSEUM

Addiction Recovery

Healing One Step at a Time

BY LIA McCLANAHAN

Church Magazines

About a year ago, I woke up in a trailer someplace in Illinois, full of drugs and alcohol, and I didn't remember anything I'd done. I remembered only that on my business trip, as soon as the plane landed, it took me all of about 10 minutes to ditch my colleague, go straight to the bar, and disappear for three days. The second day—the day I was supposed to fly home—was my daughter's birthday. Just a year ago.

A year ago Mark (names have been changed) didn't know how he would overcome his addiction to drugs and alcohol. He had already tried to quit. He had visited with his bishop, been to professional counselors, gone through rehabilitation centers, and exerted all the willpower he could, but nothing brought permanent change. Soon after that critical moment in Illinois, he found the Church's 12-step addiction recovery program, sponsored by LDS Family Services. In the program, he found the principles and direction that would change his life.

The change occurred as he studied and applied the principles taught in the program workbook and weekly recovery meetings. The workbook guides readers toward recovery using 12 steps, each of which addresses an essential principle

In the Church's addiction recovery program, those who suffer from addiction learn through the Atonement of Jesus Christ how to experience the miracle of living in recovery.

of recovery such as honesty, hope, or trust in God. At the weekly meetings, participants are able to gain strength from others and share their own experiences of applying the principles.

Mark learned that the journey from addiction to recovery is a difficult one, but knowing people who have

already made that journey can give hope to those who struggle. At each meeting a facilitator—someone who has experienced recovery—encourages others by sharing insights based on his or her own recovery. Mark is now a facilitator. Each week he shares his experiences (included in this article in italics) to help others understand that they are not alone and that addiction can be overcome.

The Trap of Addiction

After each time I gave in, I would say, "This time is going to be different. Please, Lord, help me. I don't want this to be a part of my life." Yet it continued to be.

Mark was an active member of the Church. He never thought he could get trapped in an addiction. Living the standards of the Church, such as the Word of Wisdom, keeps members safe from many addictive behaviors, but in a world where harmful influences are increasingly

Grace, a power that comes through the Atonement of Jesus Christ, makes recovery possible. Through grace, participants in the recovery program regain the hope they have lost.



pervasive, addiction is a growing problem, even among Latter-day Saints. Although Mark struggled with alcohol and drugs, addictions aren't limited to substance abuse. They can include gambling, pornography, eating disorders, inappropriate sexual behavior, and overdependence on another person.

At any given recovery meeting, a variety of addictions may be represented. Steve, for example, was addicted to prescription drugs. He initially took medication for a back injury, but after his injury had healed, he lied and eventually stole in order to get more prescription drugs. Steve, who served as a counselor in a bishopric, ended up in jail wearing his suit one Sunday when he was supposed to be conducting sacrament meeting. It was at that point he knew he needed help.

In some locations, groups created specifically for pornography problems are available. Garrett, who regularly attends such a group, says at first he didn't realize his habit was an addiction. "There's no way I would have bought a pornographic magazine, but it was so easy to get on the Internet," he says. He realized he had to change when his marriage was on the verge of falling apart.

Coming to the Program

My inability to reconcile my testimony with my behavior, along with my inability to forsake my addiction, put me in a place where the shame was unbearable. Finally I was willing to try something different.

An oft-repeated phrase among program participants is that an individual seeks recovery "when the pain of the problem becomes greater than the pain of the solution." When Mark reached that point, he took a friend's suggestion and came to a Latter-day Saint addiction-recovery meeting. Some people decide on their own to come. Others are encouraged to attend by friends or priesthood leaders. Some have been ordered by a court of law to attend 12-step recovery meetings.

Many are reluctant to attend a meeting because they feel ashamed of their struggle. In her work as a Church-service missionary, Suzanne marvels to see the change that comes over the participants. "When they first start coming to the meetings," she says, "their heads are often down. They are embarrassed and filled with guilt and fear. After a few weeks their heads lift up with newfound hope. They realize they're not alone in their struggle."

Church-service missionaries are ready to welcome participants and offer them hope and encouragement. Participants focus on a different step from the workbook each week, and the facilitator shares his or her own experience with that step. Those who wish to share their thoughts on recovery introduce themselves by their first names only. A meeting always includes a reminder of the principles of anonymity and confidentiality, which are critical to fostering a safe atmosphere.

An important aspect of the meetings is that participants

are in a setting where they can feel the Spirit again. They can say a prayer and bear testimony, even if their choices have led to their being disfellowshipped or excommunicated. This spiritual environment is a source of great strength to participants as they focus on the 12 steps.

Steps to Recovery

Working the steps of this program simplified the gospel in a way that I could apply the testimony I had always had.

As Mark discovered, the steps of the addiction recovery program are a systematic way of implementing gospel principles. The 12 steps are adapted from the original Twelve Steps of Alcoholics Anonymous, but the Church's program is unique because it puts the steps into "a framework of the doctrines and beliefs of the Church."¹ In the addiction recovery program, the 12 steps are actually steps to accessing the power of the Atonement.

The workbook, *Addiction Recovery Program: A Guide to Addiction Recovery and Healing* (item no. 36764), outlines the 12 steps and the principles associated with them. Each step has a scripture study section with questions to ponder and space for writing. One participant says that the straightforward approach of the 12 steps gave him hope. By the time Clifford awoke from a coma caused by a drug overdose, his marriage and career had ended. He wondered how he could ever put his life back together. "To have the gospel in little bite-sized steps, 12 of them—I could do that," he says.

Many say that steps four and five, which focus on personal inventory and confession, are the most challenging. But it depends on the individual. Paula, who struggled with compulsive eating and overdependence in her relationships, worked hardest on step eight—forgiving and restoring relationships—as she tried to forgive her abusive father. She says now, "I can't tell you how grateful I am for this miracle in my life: to love and forgive."

Hope in the Atonement

The change that has happened to me is I'm not miserable all the time. Sometimes it's not easy. Perhaps the Lord



RECEIVING THE POWER TO CHANGE

"If we will turn to the Lord and believe on His name, we can change. He will give us the power to change our lives, the power to put away bad thoughts and feelings from our hearts. We can be taken from 'the darkest abyss' to 'behold the marvelous light of God' (Mosiah 27:29). We can be forgiven. We can find peace."

President James E. Faust (1920–2007), Second Counselor in the First Presidency, "The Power to Change," *Liahona and Ensign*, Nov. 2007, 123.

doesn't see fit to take it all from me right now, but He strengthens me so I can bear it patiently and cheerfully, and I can progress. He lightens it just enough that I learn the most that I can.

The gospel teaches that grace comes through the Atonement of Jesus Christ (see Ether 12:27). Grace is an enabling power that makes recovery possible. It is "divine means of help or strength" that helps us do good works we wouldn't be able to do or maintain by ourselves.²

Suzanne, who went through the program herself before becoming a Church-service missionary, says, "I knew that God could tell me what to do, but I never knew He had the power to help me do it. Now I understand the grace that comes through the Atonement of Jesus Christ."

Through grace, participants regain the hope they have lost. One participant, Edward, grew up in the Church, but his childhood insecurities left him feeling that he wasn't as good as other people. He says, "I didn't understand the Atonement, and I didn't love myself, so nothing really mattered." When he was in his 20s, he started drinking and using drugs in an attempt to dull his negative feelings—a pattern that continued for 20 years.

When he was arrested a second time for drunk driving, he was ordered to get treatment. In the Church's program, he learned that receiving forgiveness and regaining



HOW TO FIND AN ADDICTION RECOVERY GROUP

Go to www.lidsfamilyservices.org, and click on **Addiction Recovery Support Groups**. The workbook is available in Chinese, Danish, English, Finnish, German, Japanese, Mongolian, Norwegian, Portuguese, Russian, Spanish, Swedish, and Ukrainian. Although using the workbook while attending group meetings is ideal, members in areas where a group has not been established will benefit from using the workbook while working with their priesthood leader or a professional therapist who is supportive of gospel principles and 12-step recovery.

If you are a priesthood leader interested in establishing the addiction recovery program in your area, contact your Area Presidency through ecclesiastical lines.



a sense of self-worth were possible. He attended church every Sunday, studied the 12 steps, and applied these gospel principles and actions to his life. He became willing to turn his life over to Heavenly Father and, in the process, learned how to love himself and how to let the Atonement work in his life. “I couldn’t overcome all these things by myself,” he says. “The Savior can do for me what I can’t do for myself.”

Those who struggle with addiction aren’t the only ones who can experience a mighty change: loved ones find that as they apply the 12 steps to their own lives and attend recovery meetings, they can experience the blessings of the Atonement in regard to their own grief. In some areas the addiction recovery program provides support groups for family and friends, who discover that the Savior can heal them of the pain, anger, and guilt that loved ones sometimes feel.

When Deborah learned of her son’s drug addiction, she was plagued by feelings of guilt as she thought about how she could have been a better mother. Then she discovered that she could apply the steps to herself. She says, “What I learned in the program is that no matter how my son is doing, I can still be happy and have Heavenly Father in my life.” She adds, “On the outside I look the same, but my life has completely changed on the inside.”

Shannon, whose husband faced a pornography addiction, attended the support group for spouses. As she participated, she noticed a change in herself as well. At first she focused on the pain she felt over her husband’s addiction. But then, as she started learning and applying the steps, a miraculous change occurred. She says, “I began talking less and less about my husband and more about what I had learned from each step. I began to see how the Lord was working in *my* life.”

The End Goal

In the past I was able to abstain for periods of time. I’d get myself back in good standing with the Church and serve in callings, and everyone would tell me how great I was. But I didn’t feel great on the inside at all. And that’s why

abstaining is just one part of it. True recovery is not doing it and not wanting to do it because our nature is changed.

Mark learned that through the Atonement, individuals can not only stop their addictive behaviors but also heal the underlying causes of their addiction. And with the help of their priesthood leaders, they can repent and bring the blessings of the gospel back into their lives. Doug LeCheminant of LDS Family Services clarifies the objective of the program: “Our end goal for those in the program is that they will be able to make and keep temple covenants—not just stay sober.” The sweetest fruits are activation, baptism or rebaptism, priesthood advancement, temple ordinances, and restoration of blessings.

Steve, who found himself in jail wearing his church suit, says, “Today I’m clean and sober because of my Heavenly Father and the 12 steps.” His activity in the Church is especially meaningful to him. “I am a father. I am a priests quorum adviser. I am also a facilitator because I want to give back to a program that gave so freely to me.”

Maintaining Recovery Day to Day

Every day I seek my Heavenly Father in prayer and through the scriptures. In the morning I read books about recovery, and I write my feelings and my impressions. I call a support person in the program to help clarify my thinking. I go to the meetings. I try to serve. And I have never relapsed on a day that I have done those things.

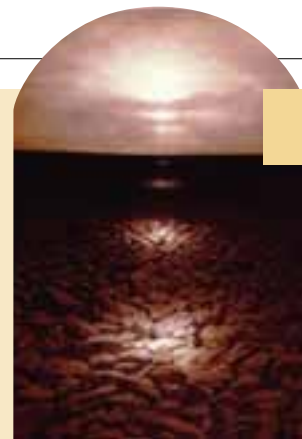
Those daily tasks keep Mark spiritually well. Others who have been through the program have discovered the same truth: maintaining spiritual strength requires continuous effort. No one is completely safe from relapse, but through daily gospel living, those who struggle with addiction come unto Christ and receive strength and hope.

“I’m learning bit by bit, precept upon precept,” says Mark. “My nature is changing, and it’s the first time since this started that I can say I have hope. I truly believe that I never have to relapse again.” ■

NOTES

1. James E. Faust, “The Power to Change,” *Liahona* and *Ensign*, Nov. 2007, 124.
2. See Bible Dictionary, “Grace,” 697; Guide to the Scriptures, “Grace,” 103.

THE 12 STEPS OF THE ADDICTION RECOVERY PROGRAM



1. Admit that you, of yourself, are powerless to overcome your addictions and that your life has become unmanageable.

2. Come to believe that the power of God can restore you to complete spiritual health.

3. Decide to turn your will and your life over to the care of God the Eternal Father and His Son, Jesus Christ.

4. Make a searching and fearless written moral inventory of yourself.

5. Admit to yourself, to your Heavenly Father in the name of Jesus Christ, to proper priesthood authority, and to another person the exact nature of your wrongs.

6. Become entirely ready to have God remove all your character weaknesses.

7. Humbly ask Heavenly Father to remove your shortcomings.

8. Make a written list of all persons you have harmed and become willing to make restitution to them.

9. Wherever possible, make direct restitution to all persons you have harmed.

10. Continue to take personal inventory, and when you are wrong, promptly admit it.

11. Seek through prayer and meditation to know the Lord’s will and to have the power to carry it out.

12. Having had a spiritual awakening as a result of the Atonement of Jesus Christ, share this message with others and practice these principles in all you do.

“Some of my Church friends argue with nonmember friends over religion. I know contention is wrong, but how do I let my friends know how I feel about the gospel?”

Rather than trying to share your feelings when tempers are high and the Spirit isn't there, look for opportunities to approach your friends one-on-one, at a time and in a place in which the Holy Ghost can help.

Pray for opportunities to talk to your friends about the gospel. When given the opportunity, explain your beliefs and bear your testimony. Make sure you show them that you genuinely care about them. If your friends are interested in learning more, you could give them a pass-along card, invite them to church, refer them to Mormon.org, or contact the missionaries.

Pray for the guidance of the Spirit to know what to say to your friends and how to say it. Pray for help in avoiding contention. If your friends begin to argue with you, it is often best to change the subject or leave the conversation.

Pray for Direction



Contention does not come from God (see 3 Nephi 11:29), so it's not the right way to share this wonderful gospel. A good way to share the gospel is to invite your friends to go to church or activities.

Prayer has helped me know how I can share the gospel with my friends. I know the Lord answers prayers. He will always show you the right way to do things.

Celeste R., 22, California, USA

Teach Them How They Can Know



When you argue or contend about what you believe, the Spirit leaves. He cannot be there to testify that you speak the truth. The best thing to do is testify. Simply state what you believe and how you know it to be true. When I talk to people about our Church, I tell them they can know

it is true for themselves by praying, reading the Book of Mormon, and listening to the feelings of their hearts. Your friends can still disagree, but they can't deny the power of your testimony.

Sister Clement, 22, Tennessee Knoxville Mission

Avoid Contention

I have a friend who belongs to another church. Last year he came to me at school one day and started to try to prove to me that the Book of Mormon was not true and that The Church of Jesus Christ of Latter-day Saints was not a Christian church. After replying to all of his questions, I began to realize that he wasn't even paying attention to my answers because he kept challenging me with the same question. From what I learned from this

experience, my advice is that all you can do is explain that you don't want contention and bear testimony of the truthfulness of the Lord's Church.

Jayden C., 13, Washington, USA

Contention Creates Resentment



Contention has never been the right way. It chases away the Spirit of the Lord and leaves in its wake feelings of resentment and hatred. It also changes your way of looking at other people.

Generally, what people end up debating about are points of doctrine, so it is really important to be a peacemaker and never forget to bear your testimony about the truths of the gospel and the good fruits it has brought you.

Carlos F., 19, Guárico, Venezuela

Respect Others' Beliefs



Instead of saying to your friends, "My religion is true, and yours isn't," share with them your testimony. Find a time

when you and your friend are alone, and ask if you can share your testimony. I did that once with a close friend who is a Christian and is very faithful to her church. She thought it was great that I had a testimony. After that, we discussed what we believed, but it wasn't an argument. However, when you come up and say, "Your church is not true," you'll be disrespectful to something that could be near to their heart. Friends don't do that. You may disagree about points of doctrines with your friends, but a true friend will listen to your testimony and understand that the gospel is very important to you.

Amber P., 17, Utah, USA

Live the Gospel



Live so that those who know you and do not know this true gospel would want to know about this gospel

because they know you. Let the joy of the gospel be seen in you. Be a light, a guide, and the very best example to your friends and others that you can be.

Elder Kamah, 20, Ghana Cape Coast Mission

Bear Testimony

The best way to share the gospel is to do so sincerely and lovingly. Arguing won't get you anywhere. Jesus Christ didn't argue with the Pharisees; instead, He taught them through love, word, and example. *Preach My Gospel* states: "People may sometimes intellectually question what you teach, but it is difficult to question a sincere, heartfelt testimony" ([2004], 199). Bear your testimony of what you know is true and how you know it. When the Spirit testifies of the truthfulness of what you say, that is the best opportunity for your friends to understand.

Ephraim S., 20, New South Wales, Australia

NEXT QUESTION

"I've prayed and studied the scriptures for a long time, but I don't seem to get an answer to my questions. How can I gain a testimony?"

Send your answer by July 15, 2009, to:

**Liahona, Questions & Answers
7/09**

**50 E. North Temple St., Rm. 2420
Salt Lake City, UT 84150-0024,
USA**

Or e-mail: liahona@ldschurch.org

The following information and permission must be included in your e-mail or letter:

FULL NAME

BIRTH DATE

WARD (OR BRANCH)

STAKE (OR DISTRICT)

I grant permission to print response and photo:

SIGNATURE

PARENT'S SIGNATURE (IF YOU ARE UNDER 18)

CONTEND WITH NO MAN



"Ours is to explain our position through reason, friendly persuasion, and accurate facts. Ours is to stand firm and unyielding on the moral issues of the day and the eternal principles of the gospel, but to contend with no man or organization. Contention builds walls and puts up barriers. Love opens doors."

Elder Marvin J. Ashton (1915–94) of the Quorum of the Twelve Apostles, "No Time for Contention," *Ensign*, May 1978, 8.

No Swearing Allowed

By Keith Porter

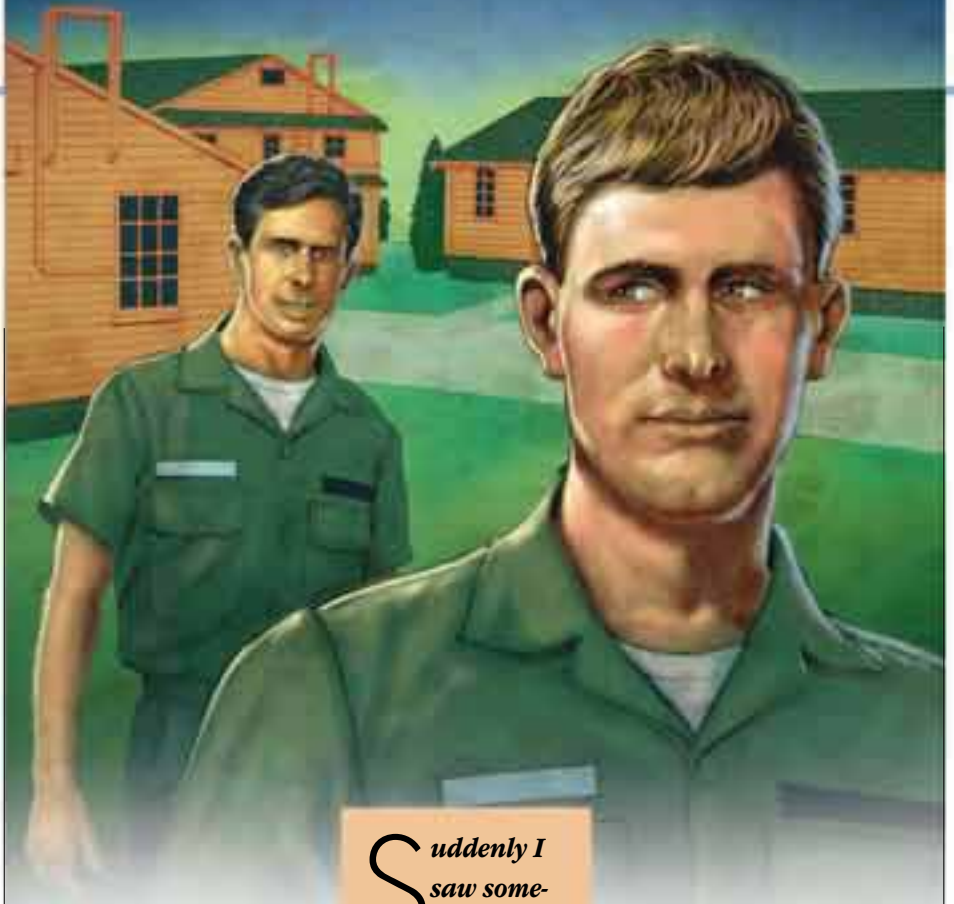
In 1962, 11 of my high school classmates from Preston, Idaho, and I joined the National Guard. Basic training was like a vacation until we got to Fort Ord, in California.

We needed one another in order to survive our new military surroundings and the onslaught of the other recruits, many of whom used reprehensible language and seemed to have no morals. I sought every opportunity to be with my Latter-day Saint buddies for support from the harassment of our fellow recruits.

After basic training, a couple of my school classmates and I stayed on at Fort Ord to continue training in field communications. Soon, two of the tough, stout recruits in our training class began having a contest to see which one could say the most detestable and vulgar things. Each morning when they arose, they would shout vulgarities so everyone in the barracks could hear their filthy language.

One morning I found myself in front of them and, longing for relief, demanded that they stop. Embarrassed, they turned their ugliness on me, calling me several names. Then they warned me that they had better not catch me alone.

Later that morning, as I was picking up trash, I found myself



Suddenly I saw someone coming my way. It was one of the recruits who had threatened me.

alone between barracks. Suddenly I saw someone coming my way. It was one of the recruits who had threatened me.

I prepared for the worst as he approached me. But he began telling me how much he respected me and wished that he had the courage to live as I lived. He admitted that his parents would be disappointed if they knew how he was living. He said he would never again use vulgar language in my presence. Then he turned and left.

As I passed the next barracks, I saw the second fellow coming my way. He approached me and apologized for the way he had been acting. He also told me how much he respected me, saying he hoped that someday he could live as he had been taught.

One weekend when my Latter-day

Saint buddies were on leave, these two young men invited me to go to a movie with them and their group. As we walked together, someone swore. The two stout recruits

told the group that there would be no swearing while I was with them.

After the movie, when the group decided to go to a club for some drinking, my friends excused themselves, explaining that they were going to spend the evening with me. Once we were alone, they asked me about my family and the kind of church I belonged to that would help young men develop the standards by which our Latter-day Saint group lived. I answered their questions and told them about the Church.

I learned that heaven sustains courage and blesses those who stand up for what is right. ■

Stay Here!

By Dennis Salazar, as told to Sedley Parkinson

Spending time with my family is always a cherished experience for me. Because I work as a railroad engineer, my schedule is unpredictable. Occasionally I am transferred to distant locations and become temporarily separated from my wife and children. During these times, I see them only a few days each week—and only after a lengthy drive home.

Once, my wife, Scarlett, and our sons traveled to visit me during one of my breaks. Our sons enjoyed sleeping in a motel room and eating at restaurants. This trip became a vacation for them. This refreshing reunion passed quickly, and before too long we were hugging and saying good-bye. Glancing in my rearview mirror, I saw Scarlett's car disappear from view as we got on opposite on-ramps to the freeway. I was traveling back to the railroad, and Scarlett was taking our children home.

I smiled as I thought about my family and decided to call Scarlett to thank her again for coming to visit me. I reached for my cell phone in my coat pocket, but it was not there. After an unsuccessful search, I realized that the phone must have been put in Scarlett's car by accident.

I used my cell phone to keep in touch with my family, but it was also

necessary for my work. My wife and I had been driving in separate directions for 10 minutes, but I knew I had to retrieve my phone. I decided I would dash up to the next overpass, turn back in the opposite direction, and try to catch her. As I prepared to turn around, I seemed to hear a voice say, "Stop!"

I began slowing down, even though each passing moment was making it more difficult to recover my phone.

A second thought came: "Stay here!"

This strong feeling swept over me. Defying logic and reason, I pulled over and turned off the car. I did not know why, but I sensed that I should stay put. As I yielded to what I felt was a prompting from the Holy Ghost, I felt panic being replaced by peace. I offered a humble prayer,

grateful for Heavenly Father's direction and guidance.

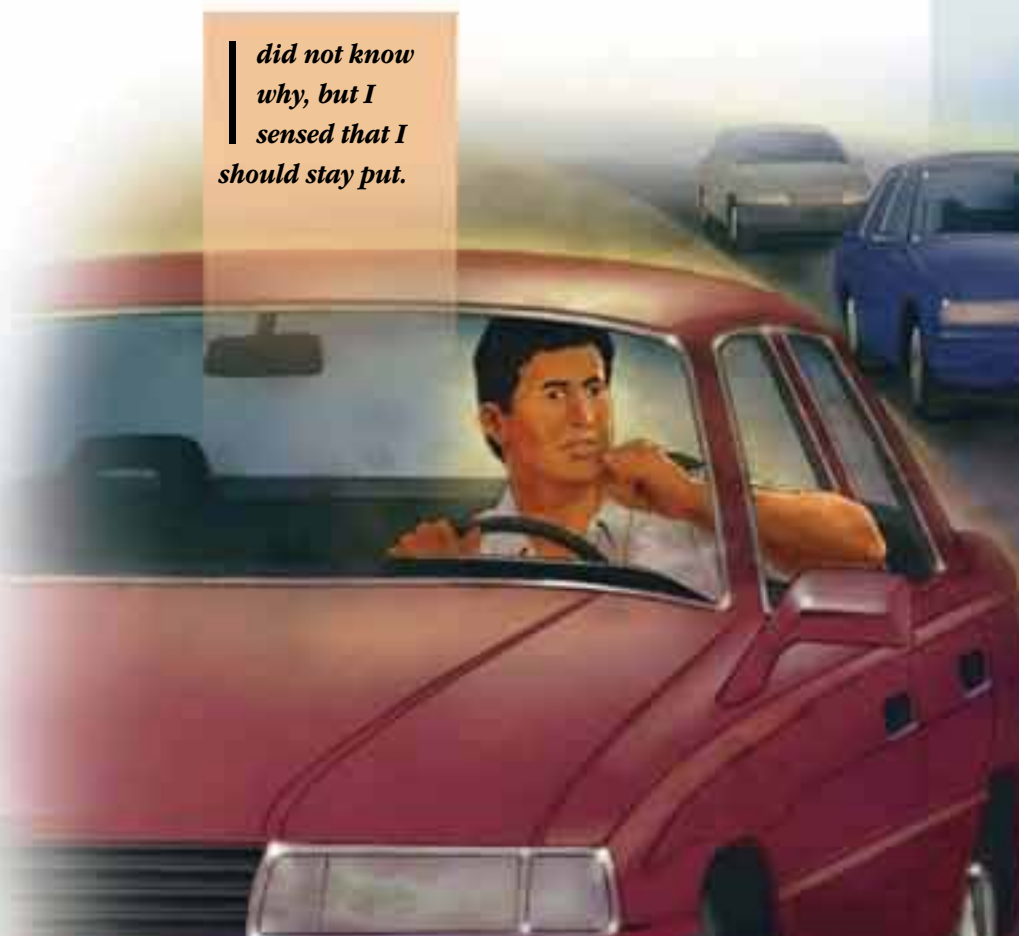
Shortly thereafter I caught sight of Scarlett driving toward me. When she saw me, she quickly brought the vehicle to a halt and came over to me with the cell phone in hand.

"How did you know to stop and wait?" she asked.

Joyful tears filled our eyes as I related my experience receiving promptings from the Holy Ghost.

That incident has stayed with me, and I can never deny the divine help I received that day. It strengthened our testimonies that Heavenly Father is aware of the seemingly minute details of our lives. I strive to remain worthy of that same guidance I received many years ago. ■

did not know why, but I sensed that I should stay put.



The Savior Had Not Forgotten Me

By Roland Livings

When I was young, my mother taught me how to pray, and I would attend church with her every Sunday. My sister and brother were members of the choir at the local parish church in Hertfordshire, England, and it seemed natural to follow their example and attend.

Because I was only eight years old, I wasn't required to attend communion service early on Sunday mornings. I would sleep in but eventually would get up and cycle to the main morning service.

In the middle of the winter of 1952, with a foot of fresh snow on the ground outside and frost on the inside of my bedroom windows, I snuggled down in bed, determined not to go to church that Sunday.

My mother called for me to get up, but I pretended to be asleep. Then I could hear her footsteps as she started to climb the stairs. I called out, "It's all right. I'm getting up."

But then I said under my breath, "What's the point? There is no such person named Jesus Christ anyway." Immediately a voice came into my head and said to me, "There *is*, and you will serve me one day." The voice seemed so natural, as if a friend

were talking to me. The years went by, however, and I forgot about the experience.

I grew up, joined the Royal Navy, and after nine years began working for a fire-protection company. One evening after work, I heard a knock at the door. When I opened it, two sister missionaries introduced themselves. I was tired, dirty, and hungry, so I suggested that they come back later in the evening or some other time.

To my surprise they returned an hour later. I invited them in. As soon as they started talking, I knew there was something special about their message. My home felt different, and I knew it emanated from these two sisters.

They gave me the first discussion that night and the second discussion the following night. Two elders then came every night until I had received all the discussions. I began reading the Book of Mormon and praying. Getting down on my knees to pray for the first time in

20 years was the most spiritual experience I had had in my life.

I made the commitment to be baptized a week after finishing the discussions. After my baptism, Elder Ross and Elder Fullerger laid their hands on my head to give me the gift of the Holy Ghost. As soon as their hands touched my head, my experience with the Spirit 20 years before came back to me. Something precious that had been preserved within me—but had been suppressed by all the mistakes I had made in life—was spiritually reunited with my memory. I was overwhelmed to think that I meant so much to the Savior that He had not forgotten me.

I'm grateful to the missionaries who taught me the gospel and to

the members of my first ward who nourished me. Most of all, I'm grateful to my Savior, whose existence I had once doubted but whom I now gratefully serve. ■

A voice came into my head and said, "There is a person named Jesus Christ."



The Lord Has Provided

By Piera Zuppardo

After I married, one of my greatest desires was to have a large family. One night I had a dream and saw four girls and three boys who would become part of our family. As I started to have these children, the Lord helped my husband and me care for them. Anytime there was an illness or problem, priesthood blessings and miracles brought happy endings.

But then my husband passed away. Besides dealing with grief, I was pregnant and worried about how I would provide for my children. Yet I knew the Lord would continue to help me.

One of the ways He helped was to comfort me. While in the temple, I came to know that my husband was fine, that there was a reason he had to leave the earth, and that he would be helping us from the other side of the veil. I also felt strongly that I needed to return to the temple soon. I wanted very much to return in three months, but I knew that finding both time and money to return would be difficult. I attend the Bern Switzerland Temple, which is a long way from my home in Italy.

As I was walking out of the hostel near the temple, a member of the Church stopped me. He handed me an envelope and said, "This is for you."



A member of the Church handed me an envelope and said, "This is for you."

I opened the envelope and found money inside. "I can't take this," I said.

"Please take it," he told me. "While I was in the temple, I felt the Spirit prompting me to give this to you."

When I counted the money, I found that it was what I needed to cover the cost of driving from Italy to the temple and back. Three months later I returned to the temple.

The Lord also provided for me by helping me get a job at a doctor's office. Soon I had an opportunity to certify to work in emergency care. I took the certification class, but the exam fell just two weeks after my baby was born. I had studied and attended class all through the course, but during those two weeks when I needed to study the most, I also needed to take care of my new daughter. I was overwhelmed. Without study time, I wasn't sure I could pass the exam.

I was about to give up and not take the test, but then I realized that the Lord had blessed me with this opportunity. When I prayed, the Spirit assured me that I had done my part and I would receive the Lord's help.

Trusting that the Lord would help me, I took the exam. I was relieved to find that it focused on material I knew best. I passed, and the increased opportunities that the emergency certification gave me were exactly what my family needed. I was able to spend more time with my children and earn more money to care for them.

I know Heavenly Father listens to my prayers and helps me when I ask obediently in faith. I know that He has helped me provide for my children and that I will be with them and my husband for eternity. ■

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.

“You Already Know,”

p. 6: Share the story of Eddy Huanca. Invite family members to read Moroni 10:3–5. Discuss the promise Moroni gives.

Have family members write their testimonies of the Book of Mormon and Joseph Smith (younger children could draw the Book of Mormon and the Prophet).

“What One Person Can Do,” p. 16:

Begin the activity by singing the song “Nephi’s Courage” (*Children’s Songbook*, 120–21). Share the story of Yves Verwey, and summarize the ways he looked for opportunities to do good, just as Nephi. Invite family members to share positive experiences when they have served others. As a family, prayerfully think of a way to serve others (or choose an idea from the article) during the week. Conclude by reading and discussing 1 Nephi 3:7.

“The 20-Mark Note,” p. 20:

Before the lesson, wrap several small household items. Share the story of the 20-mark note. Show the items you have wrapped, and invite family members to guess what each item is before unwrapping it.



Explain that you knew what the items were because you wrapped them. Compare this to the knowledge Heavenly Father has of our lives and

why we should turn to Him for guidance. Read the last four paragraphs of the article, and discuss what we need to do to be worthy to receive the Lord’s guidance.

“Our Refined Heavenly Home,”

p. 26: Read the first two paragraphs of the article; then assign family members to present ideas from each of the four areas: language; literature; music; and art, appearance, and attitude. Discuss how you can make your home more heavenly in each area. As a family, make a goal to remove media from your home that could keep it from being a “heavenly home.” Also consider setting a goal to bring good books, art, and music into your home. In a future home evening, discuss the difference these actions made in the spirit of your home.

“Run and Not Be Weary,” p. 32:

Read some of the testimonies from this article. Consider having family members write their own testimonies about the blessings of living the Word of Wisdom. Younger children could draw pictures of some of the foods listed in Doctrine and Covenants 89:10–17. Invite family members to always strive to live the Word of

Wisdom. You could follow this lesson with a nutritious snack.

“Strength to Follow the Lord,”

p. F4: Invite family members to share an experience in which they gave up something in order to follow the Savior. Ask what made it hard and what made it easy. Tell the story of Elder Claudio D. Zivic giving up running on Sunday, and discuss the difficulties and blessings he experienced because of his decision. Conclude by reading the last paragraph of the article.

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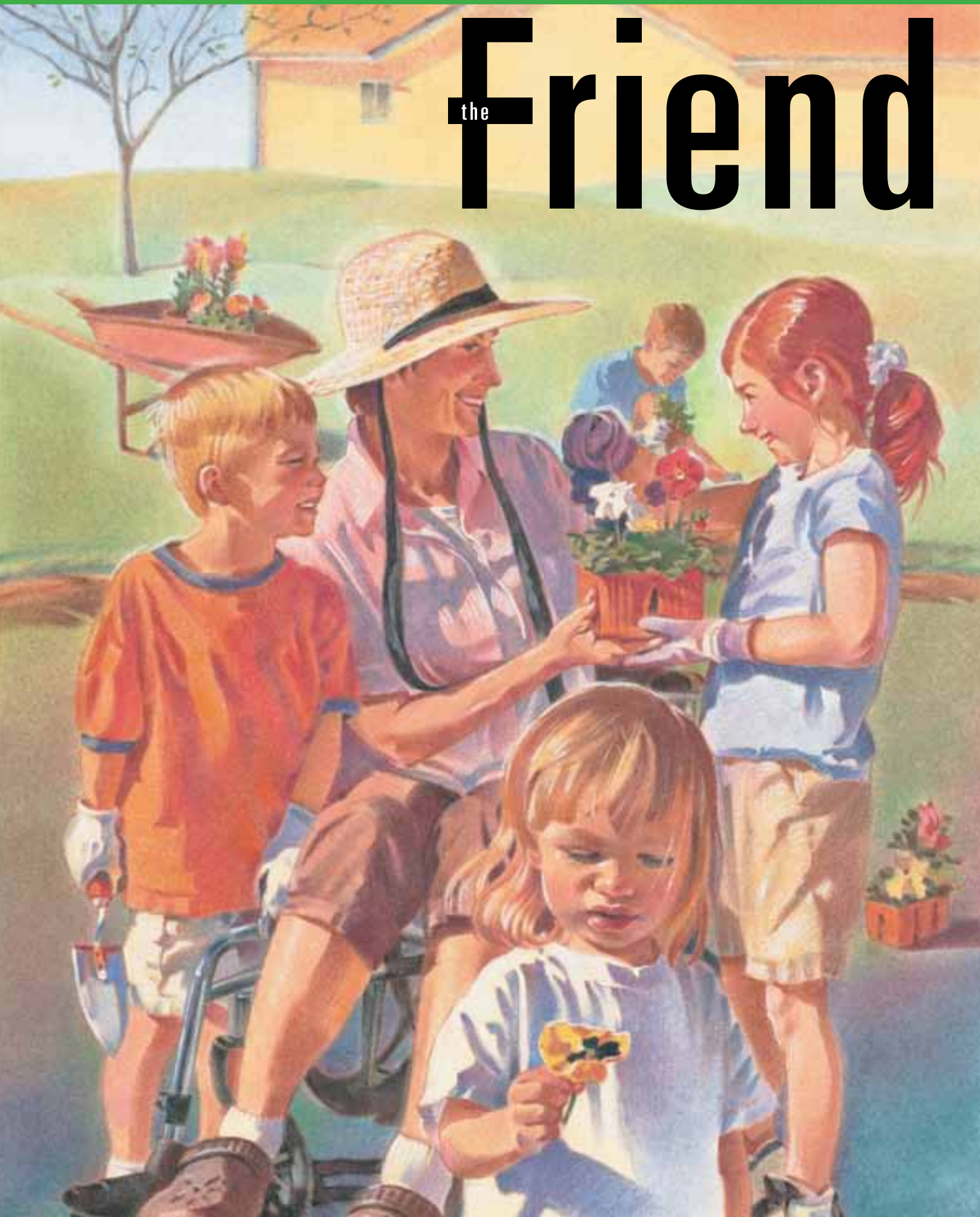
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YOUR FAVORITE HOME EVENING

Send a description of your favorite family home evening to liahona@ldschurch.org.

the Friend



How Many People Can We Help?

BY PRESIDENT THOMAS S. MONSON

When we have eyes that see and ears that hear and hearts that know and feel, we will recognize needs of our fellow beings who cry out for help. How do they eat—without food? How do they keep warm—without clothing? without shelter? How do they live—without means? How do they get well—without doctors, medicines, and hospitals?

I believe that when we face our Maker, we will be asked, “How many people did you help?” ●

From an address given to the Coalition for Utah's Future, Common Good Awards Luncheon, Oct. 25, 2000.



President Monson says that many people in the world need help. He says Heavenly Father wants us to notice them and see how many we can help.

Match each person who needs help with some things that person might need.

People Who Need Help

Things People Need



HELPING CLOSE TO HOME

No matter how old you are, you can do a lot to help the people you know. You can comfort your brother or sister when he or she is upset. You can invite someone to play who feels left out, or you can help your parents without being asked. Small ways of helping really add up!



PRESIDENT MONSON AND THE GREAT DEPRESSION

President Thomas S. Monson was born in 1927. When he was two years old, the Great Depression began. Many people had trouble finding jobs. It was hard for them to earn enough money to buy food. Some of President Monson's friends didn't have warm clothes in the winter or enough food to eat.

During the Great Depression, lots of men traveled across the United States on trains looking for jobs. President Monson's home was near the train tracks. Sometimes men would get off the train and knock on the back door of the Monsons' home to ask for food. President Monson's mother would always give them something to eat. She would also send her son to take a plate of hot food to a poor neighbor.

The Great Depression ended in 1939, when President Monson was 12 years old.

DID YOU KNOW?

Just as President Monson's mother helped people in need many years ago, children and adults today can help people by giving the Church humanitarian aid donations. You can put your donation in the same envelope as the tithing envelope you give to your bishop or branch president. This money helps people all around the world. In 2007 the Church gave aid to about four million people in 85 countries. Here are some ways the Church helped:

Emergency supplies—45 countries

Earthquake help—5 countries

Flood and storm help—34 countries

Fire help—6 countries

Clean water—25 countries

Wheelchairs—60 countries

Eyeglasses—11 countries

Measles immunizations for children—10 countries

Training to help doctors and nurses care for sick newborn babies—23 countries

STRENGTH TO FOLLOW THE LORD



From an interview with Elder Claudio D. Zivic of the Seventy, currently serving in the South America South Area Presidency; by Sarah Cutler



At age 9.

“I, the Lord, . . . delight to honor those who serve me in righteousness and in truth” (D&C 76:5).

Running was one of my favorite activities when I was young. I was on the track and field team, and my specialty was the 800-meter dash. That meant I ran two laps around the track.

My dream was to be in the Olympics. My trainer had been an Olympic athlete. He thought I was talented enough to go to the Olympics if I practiced hard.

I practiced a lot and ran in many races. When I was 15, I was the second-place champion for my category in the whole country of Argentina. I hoped that if I continued working, perhaps I could go to the Olympics.

But there was a problem. Often our races were on Sunday. Soon I realized that I could not continue competing. So I chose to stop running.

The choice was hard. I had to give up my dream of being in the Olympics. My trainer didn't understand why I stopped. But I knew I had made a good decision. Even though sports are a good thing, choosing to follow the Lord and His Church is better.

Later, while I was serving in the military, I was sent to a regiment (a military

unit) near the Andes Mountains. When I received my assignment, I felt that the Lord had something special for me to do there. I prayed a lot, asking, “What is my purpose here?”

After I had been there three months, our officer said, “I want to organize a club for the soldiers.” He wanted a place for us to read, listen to music, play games, write letters, and rest. The Holy Ghost helped me know that this was what the Lord wanted me to do. I was asked to be the club president. Getting the club ready was a lot of work. We painted and furnished a building to meet in.

At the club's opening ceremony, I was asked to talk in front of the officers and soldiers. I had the opportunity to share my testimony of the gospel and my feelings about the Church with many of the soldiers who did not live the standards of the gospel. They all knew I was a “Mormon boy” who lived my standards. I didn't do the things they did, but they respected me. The officers respected me too. One of them said to me, “I admire you for your standards.”

Never be afraid to tell people what you believe in and what your standards are. You don't need to hide who you are. I know the Lord will bless you when you are courageous enough to follow Him. ●

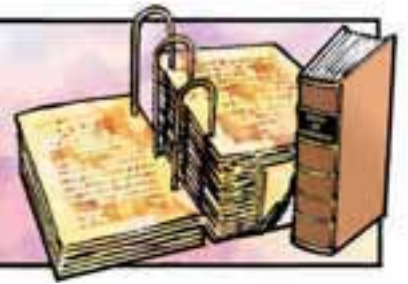
Right: Elder Zivic and his family in 2007. Below: At age 15, crossing the finish line of an 800-meter dash in Buenos Aires, Argentina.





FROM THE LIFE OF THE PROPHET JOSEPH SMITH

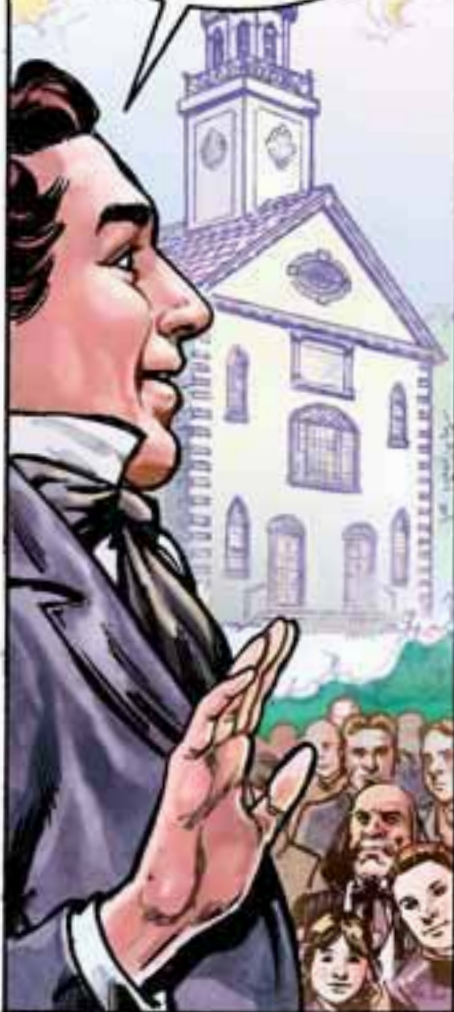
The Command to Build Temples



In many of the places where Church members lived, the Lord commanded them to build a temple.

Kirtland

I know we don't have much—many of you don't even have homes—but the Lord has commanded us to build a temple.



Although they were not always able to build a temple because of persecution, the Saints did try.

Far West

Brothers and sisters, let us build a temple.



Nauvoo

Our most important work is to build a temple.



ILLUSTRATIONS BY SALVELUTO AND EUGENIO MATTOZZI

Joseph worked hard alongside the Latter-day Saints to build the Nauvoo Temple.

This will be a beautiful building when it's finished.

Not just a building but the house of the Lord.

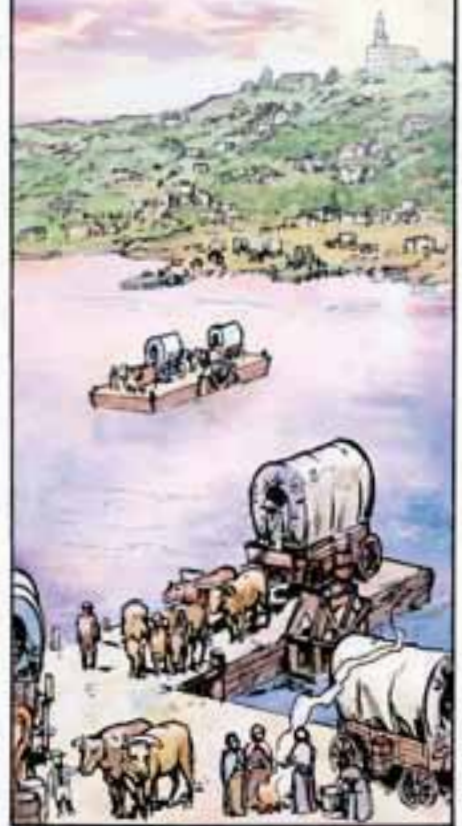


Joseph was killed before the temple was finished. But the Saints worked day and night to finish it. They wanted to receive in the temple the spiritual gifts that the Lord had promised them.

We must give all we can to finish this temple.



The Saints enjoyed the Nauvoo Temple for only a short time. The temple was destroyed but not before many Saints received temple ordinances.



After the Latter-day Saints arrived in Utah, Brigham Young received revelations to build more temples.



St. George
(dedicated April 6, 1877)

Logan
(dedicated May 17, 1884)

Manti
(dedicated May 2, 1888)

Salt Lake
(dedicated April 6, 1893)

Smiles to Share

BY C. J. GUDMUNDSON

Based on a true story

“Be of good cheer, and do not fear, for I the Lord am with you, and will stand by you” (D&C 68:6).



What did you learn in Primary today, Sasha?” Mom asked as they drove home from church.

“Sister Duffy taught us about special gifts called talents,” Sasha said. “She said Heavenly Father gave us all talents so we can help others. She said when we

share our talents, it makes people happy.”

“That’s right,” Mom said. “Jesus taught that we should use our talents to serve others.”

Sasha sat quietly for a moment, staring out the window. “But, Mom, what about Lauren?” she asked.

“What about her?” Mom asked.



“We are here to accomplish something, to bless society with our talents and our learning.”

President Gordon B. Hinckley (1910–2008), “How Can I Become the Woman of Whom I Dream?” *Liahona*, July 2001, 114; *Ensign*, May 2001, 95.

“Well, she can’t talk, and she’s in a wheelchair. What kinds of talents does she have that can help others?”

“What is the first thing you notice about Lauren when you see her?” Mom asked.

Sasha thought for a minute and then said, “Her smile. Lauren is always smiling.”

“That’s right,” Mom said. “What else?”

“She’s always laughing. Especially when we sing or she hears the piano. She always

gets so excited. And she loves to blow kisses to people.”

“How do you feel when you are with Lauren?” Mom asked.

“Happy. I always feel happy when I’m around Lauren,” Sasha said.

“Me too,” Mom said. “That is one of Lauren’s talents. She shares love and happiness with everyone around her. That is one of the most special talents of all.” ●

MAKING FRIENDS

Helping Her Family

*Children all over the world love helping their families—just like you!
This month let's meet Cinthia Noemí Jara Humada from Asunción, Paraguay.*

BY LENA HARPER AND DON L. SEARLE

Church Magazines

Cinthia and her family: father (Miguel), mother (Liz), Cinthia, Gustavo, and Débora.





Meeting Cinthia

Just outside the city of Asunción, Paraguay, sits a small repair and blacksmith shop. The shop is full of metal tools and objects needing repair. Behind the shop is a small house. On the back patio hang freshly cleaned clothes. This is the home of nine-year-old Cinthia Noemí Jara Humada and her family.

Helping at Home

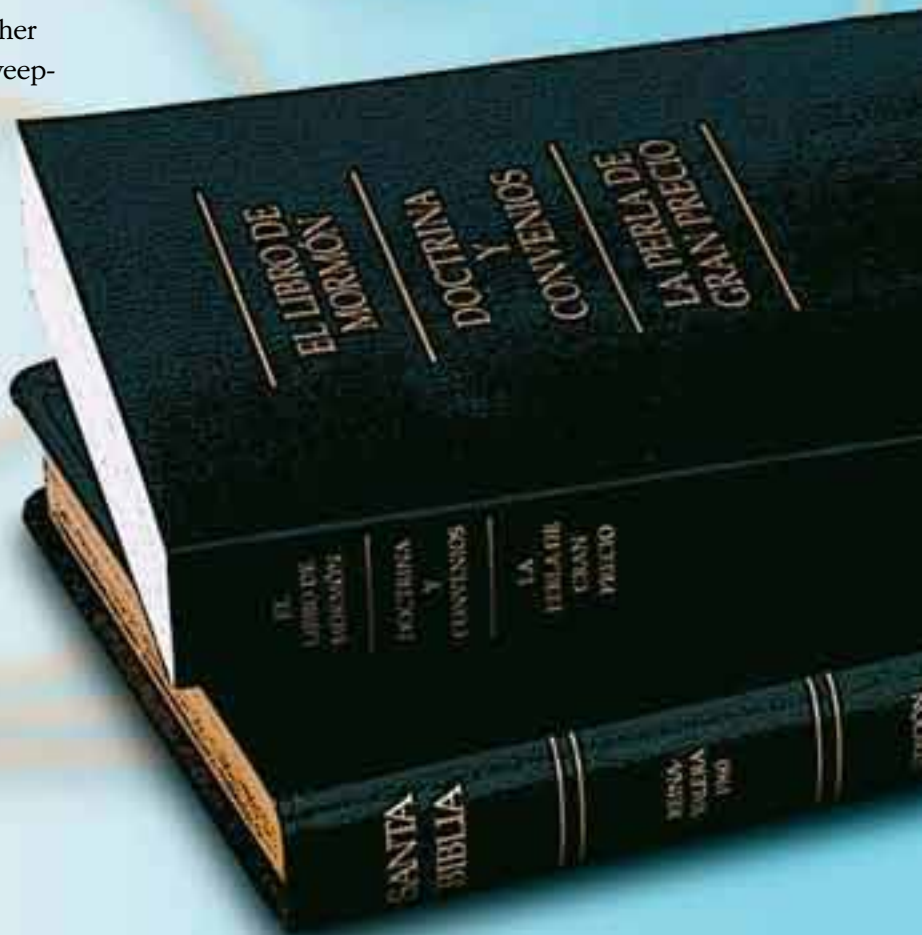
Cinthia has a younger brother, Gustavo (7), and a baby sister, Débora. She most often helps take care of Gustavo, but she also likes to help with Débora. Her mother says Cinthia helps out a lot by keeping her room clean, cleaning around the house, and sweeping the patio. One day Cinthia wants to be a mom and have six children.

Family Home Evenings

Cinthia is always ready to help with family home evening. Sometimes when her father is busy in his blacksmith shop, Cinthia volunteers to help him by preparing a family home evening lesson. Cinthia wants to be a teacher when she grows up. She enjoys teaching others.

Learning from the Scriptures

Cinthia loves to read—especially the scriptures. Her favorite scripture story is about Ammon preaching to the Lamanites (see Alma 18). She likes how it shows that we all should do missionary work.



Standing Firm at School

Cinthia's school runs in shifts. Some students attend in the morning, some in the afternoon, and some in the evening. Cinthia goes to school in the mornings. She is in third grade and is a very good student. Her favorite subject is social studies.

Her school has more than 1,000 students, but only 12 are members of the Church. Her schoolmates often ask her questions about her religion. She answers the questions the best she can and sets an example by living the gospel. ●

WHERE IN THE WORLD
IS ASUNCIÓN, PARAGUAY?

Paraguay

● ASUNCIÓN

WHAT CINTHIA LIKES

- Studying at school
- Watching cartoons on TV
- Playing with her baby sister (right)
- Reading all kinds of books



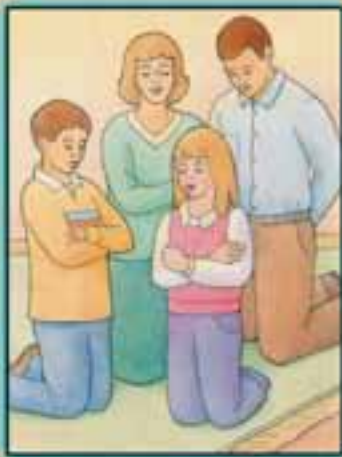
I Can Help My Family Be Happy

BY CHAD E. PHARES

When we share with and serve family members, our families can be happy. When we fight or yell, our families are not happy.

Look at the pictures on this page. In the circle next to each picture, draw a happy face if the child is doing something to make the family happy, or draw a sad face if the child is doing something that doesn't make the family happy.





**Read
Scriptures**

Pray

Work

Play

Serve

Mealttime

**Family
Home
Evenings**

**Go to
Church**

Foundation for Happiness

“Successful . . . families are established and maintained on principles of faith, prayer, repentance, [and] forgiveness” (“The Family: A Proclamation to the World”).

BY CHERYL ESPLIN



A foundation gives a sure, firm base upon which something can be built. Most buildings and homes are built on foundations.

When the Latter-day Saints began building the foundation of the Salt Lake Temple, they used layers of sandstone blocks. It took them five years to build the eight-foot-deep (2.4-m) foundation. When they heard that soldiers were coming, the Saints covered the foundation with dirt to hide it. When the dirt was later cleared off, the foundation had cracked and shifted. The Saints knew the cracked foundation could not support the temple. So they removed the sandstone foundation and replaced it with large blocks of granite. When that strong foundation was in place, workers began building the walls of the temple.

Just as the temple needed a strong granite foundation, you and your family need a strong foundation to build on. The Lord said, “Build upon my rock, which is my gospel” (D&C 11:24). The gospel of Jesus Christ includes faith, prayer, repentance, and forgiveness. Building on these principles will give you a firm foundation to help you and your family stand strong.

Activity

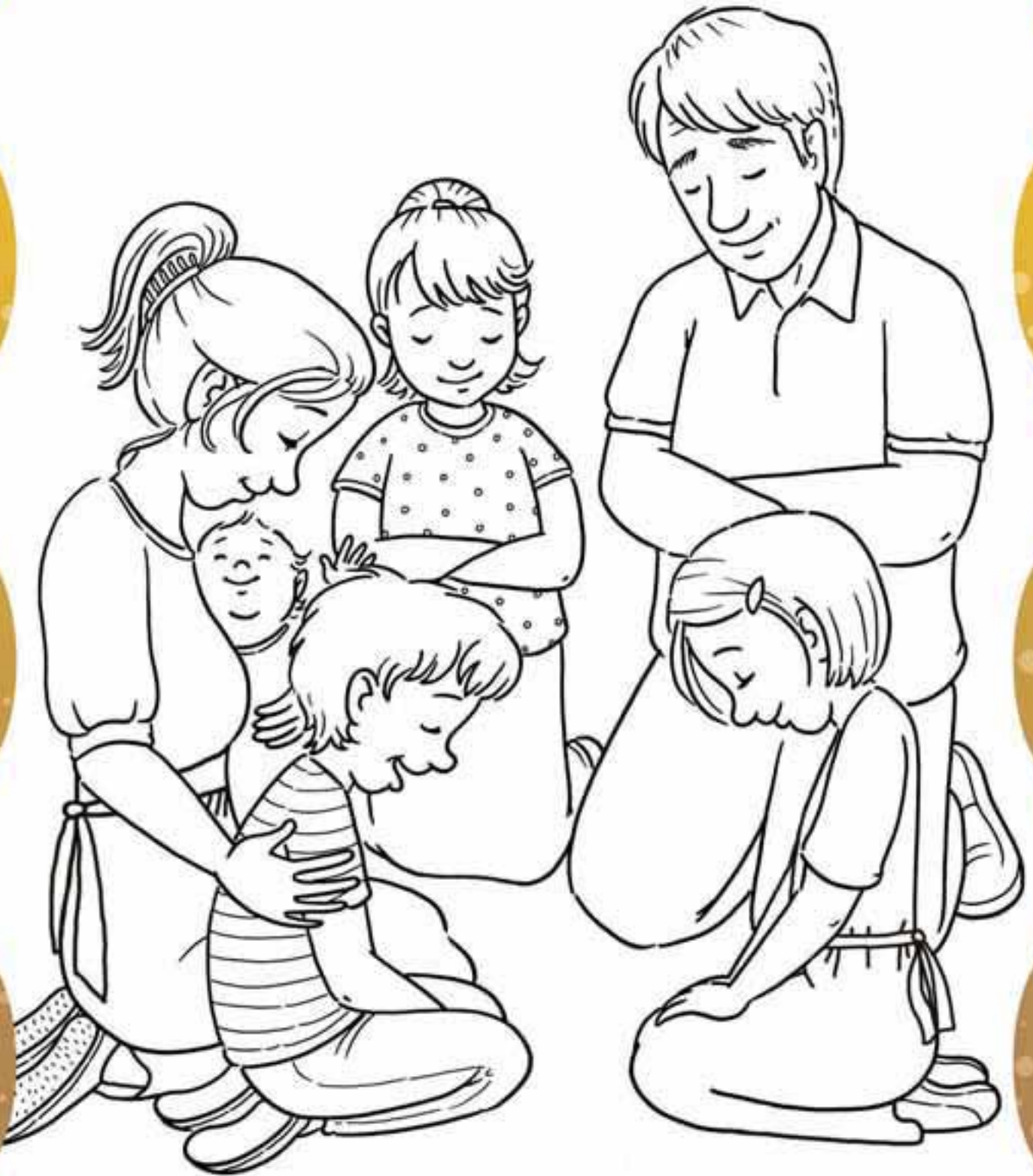
Remove page F14 from the magazine. Cut out the cards. Place the picture cards in one stack and the word cards in another stack. Draw one card from each stack. If the cards match, tell how you can help your family do that particular thing, and then keep the cards. If the cards don't match, start two more stacks for the unmatched cards. Continue playing, letting each person draw cards. When the first two stacks are gone, shuffle the second stacks and continue playing until all the cards are matched.

Sharing Time Ideas

1. Faith in the Lord Jesus Christ strengthens me and my family.

Help the children memorize “If ye have faith ye hope for things which are not seen, which are true” (Alma 32:21). Show Gospel Art Picture Kit 240 (Jesus the Christ), and explain that to have faith in Jesus Christ means that even though we do not see Him, we believe that He lives. We trust Him and try to follow His commandments. Before sharing time, find scripture stories and pictures that illustrate how faith in Jesus Christ helped people keep the commandments in hard situations. For example: Gospel Art Picture Kit 102 (Building the Ark), 112 (David Slays Goliath), 114 (Daniel Refusing the King's Meat and Wine), 125 (Esther), 210 (Jesus and the Fishermen), 301 (Lehi's Family Leaving Jerusalem), 313 (Two Thousand Young Warriors). Give each class a picture, and invite the teachers to tell the stories, emphasizing how the people showed their faith. Have each class think of a situation they might face when they would need to have faith. Ask them to talk about how faith in Jesus Christ could help them in that situation. Invite each class to share the scripture story and their modern situation. Sing “I'll Follow Him in Faith” (Liahona, Feb. 2003, F16).

2. Prayer strengthens me and my family. Show the children a small electrical appliance or a picture of one. Explain that it can get electrical power only when it is connected to a power source. Tell the children that we need to be connected to a “power source” to receive spiritual power. Heavenly Father is our source for spiritual power, and we can be connected to Him through prayer. From the Primary picture packets, show picture 7-13 (boy praying) or 1-9 (girl praying), and teach that we can pray for Heavenly Father to help us with our problems and decisions. Tell the story of Mosiah praying for help to know if he should let his sons preach to the Lamanites (see Mosiah 28:1–6). Ask the children to work together to find the Lord's answer in verse 7. Tell the story of Joseph Smith praying to know which church to join (see Joseph Smith—History 1:7–18). Ask the children again to work together to find the Lord's answer in verse 19. Share a personal experience and your testimony of how your prayers have been answered. Invite the children to say their personal prayers each day this week. ●



FAITH, PRAYER, REPENTANCE, AND FORGIVENESS STRENGTHEN ME AND MY FAMILY

“Successful . . . families are established and maintained on principles of faith, prayer, repentance, [and] forgiveness” (“The Family: A Proclamation to the World”).



The Savior Walked on Water, by Walter Rane

“When Peter was come down out of the ship, he walked on the water, to go to Jesus.

“But when he saw the wind boisterous, he was afraid; and beginning to sink, he cried, saying, Lord, save me.

“And immediately Jesus stretched forth his hand” (Matthew 14:29–31).



Let us," encouraged
President Brigham
Young, "show to the
world that we have talent
and taste, and prove to the
heavens that our minds
are set on beauty and
true excellence." See Elder
Douglas L. Callister, "Our
Refined Heavenly Home,"
page 26.