BEING HONEST WITH MYSELF

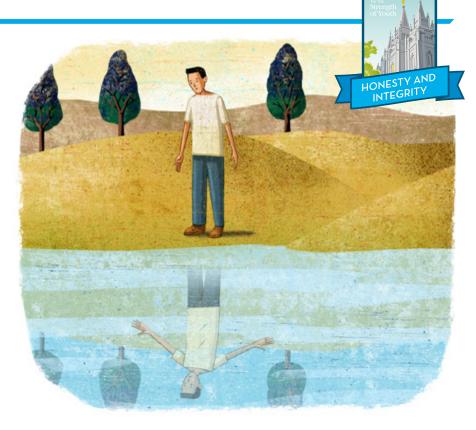
I was lying to myself and the Lord about my struggles.

By Matthew Hansen

ast year during school I didn't have the most pleasant experience. I started to feel overwhelmed with all of my schoolwork, and I started to get depressed. I stopped caring, I didn't go to class, and I didn't do my homework or use my time wisely to get back on track. I didn't want to face my problems by admitting that I was struggling.

It was at a youth conference that I finally decided to address my issues. For the first time in months, I was finally able to feel the Spirit again. That was because each morning and night I took the time to be completely honest with both myself and my Father in Heaven about how I was really doing, through personal prayer and scripture study. This helped me to narrow down all the issues in my life that I could change.

Whether it was spending too much time on my phone or binge-watching the latest popular streaming TV series, I identified my biggest distractions and was able to truly focus on what matters most in life. As I



continued to truthfully speak with Heavenly Father about my hardships, I felt like my honesty with God and myself gradually helped me develop more integrity. I began to act in faith and put forth the effort to work through my struggles.

I have since been able to better focus my time and efforts on worthy causes, and this has made such a big difference in my life. My struggles with depression and motivation have not ceased, but now I find peace and solace during them as I continue to read my scriptures and pray daily with real intent. I'm starting to see my issues with more of an eternal perspective. I can now say that my weaknesses have started to become strengths (see Ether 12:27).

As I've acted fervently upon promptings and stayed honest with myself, my Heavenly Father, and my Savior, I have seen the blessings of integrity manifested greatly in my life. **NE**

The author lives in Utah, USA.

HONESTY AND INTEGRITY

"Be honest with yourself, others, and God at all times.... When you have integrity, you are willing to live by your standards and beliefs even when no one is watching."

For the Strength of Youth (2011), 19