

LOL

LOVE OUT LOUD

By Kimberly Richter

In a world where texting often replaces human interaction, it's easy to forget that we need to show love in a visible way. We all care about our family, friends, and neighbors. But sometimes we're not so good at *showing* how much we care. Here are some simple ways to love out loud.



Set aside time for your siblings. Play games or just talk together.

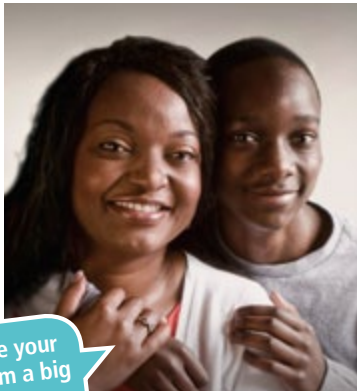


Rake leaves or shovel snow for your dad before he wakes up in the morning.



Call someone just to say hello.

Smile at the people you pass at school or in your neighborhood.



Give your mom a big hug.



Send a letter to your grandpa or grandma.



Say "I love you" out loud to people you love.



Spend time listening to and encouraging a family member or a friend.

Make treats for a family in your ward or branch.



Send a text message that shows you care: "You're the best." "Hope you feel better soon." "Missed you today."

Send a thoughtful note to a friend.

Do an extra household chore to lighten your mother's load.



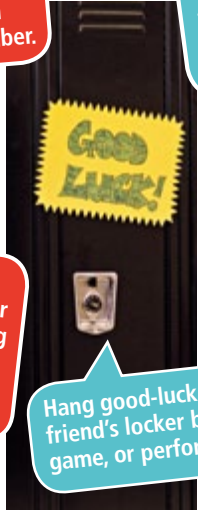
Support your siblings in their talents and activities. Attend their games, concerts, or performances whenever you can.



Help your parents by getting your younger siblings ready for church.



Say something nice to each family member.



Hang good-luck posters on a friend's locker before a meet, game, or performance.



Pick up a friend for a Mutual activity.



Offer to babysit for your Young Women or Young Men leaders.

Make a card or treat on someone's birthday.



Visit or call your grandparents and ask to hear stories about their childhood or their years spent raising your mom or your dad.



Get your siblings together to make and serve dinner to your parents.

Tutor a friend in a school subject he or she doesn't understand.



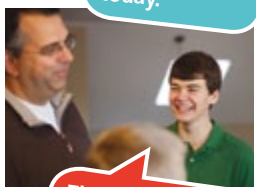
Give a genuine compliment: "I love your laugh." "You are always so nice." "You look nice today."



Teach somebody one of your hobbies, like playing the guitar or sewing.



Help a sibling clean his or her room.



Thank your leaders after Church and Mutual activities.



Let someone else choose the movie or game on a family night.



WE NEED TO SAY IT

“Each of us already knows we should tell the people we love that we love them. But what we know is not always reflected in what we do. We may feel unsure, awkward, or even perhaps a bit embarrassed. . . .

“We should remember that saying ‘I love you’ is only a beginning. We need to say it, we need to mean it, and most importantly we need consistently to show it. We need to both express and demonstrate love.”

Elder David A. Bednar of the Quorum of the Twelve Apostles, “More Diligent and Concerned at Home,” *Ensign*, Nov. 2009, 17–18.

What Matters Most

Watch a *Mormon Messages* video where President Monson talks about showing love at lds.org/go/82A.

What Will You Do?

Think about things you can do today and throughout the week to “love out loud.” Share your experiences with us at lds.org/go/82B.

BEHIND THE SCENES

For a family home evening activity, the Hotchkiss family in Lancashire, England, made Mormonad posters together and then sent us copies. One of their posters featured the letters “LOL,” which stood for “love out loud,” with images of ways to show love toward others. We loved the idea—and thought you would too.