> **A friend** of mine wants to **know more about the gospel** but **doesn't want** to go to **church or** meet with the **missionaries.** I can't answer all of his questions. **What should I do?**

You can do many things to help your friend, and there are many resources your friend can use to learn more. Though you may not feel confident in your ability to answer all of your friend's questions, you should always show your care and support for him and assure him that there are answers. Here are a few of the things you could do:

• Invite your friend to a family home evening.

• Give your friend a copy of the Book of Mormon, read it together, and invite him to read it and pray about it on his own.

• Invite your friend to Mutual activities or youth conference.

• Take your friend to a nearby temple, especially if it has an adjacent visitors' center, and tell him what we believe about temple ordinances and eternal families.

• Use emails, text messages, posts through social networking, or other ways of communicating to stay in touch and answer questions. You could link him to some of the articles or videos on **LDS.org**, especially at **lds.org/youth/video**.

• Go online with your friend and show him the **Mormon.org** website.

• Give your friend a gift subscription to the *New Era* at **store.lds.org**.

• As Elder Russell M. Nelson of the Quorum of the Twelve Apostles might say, "Ask the missionaries! They can help you!" (see *Ensign,* Nov. 2012, 18). Get in touch with them to see if they have any suggestions for you. *NE*

> **Does it matter** whether I say my **prayers out loud,** or can I just say them **in my heart?**

The Lord has said we should do both: "I command thee that thou shalt pray vocally as well as in thy heart" (D&C 19:28). In the Book of Mormon, Amulek taught that we should "cry unto [God]" in many circumstances in our lives and that "when you do not cry unto the Lord, let your hearts be full, drawn out in prayer unto him continually" (see Alma 34:17–27). There is power in praying aloud, so although silent prayers may be more comfortable for you, you should try to give voice to them when you can. *NE*