

I feel such a **strong attraction** to the opposite sex that **I'm scared** I won't be able to **control my thoughts** and **actions** when I start **dating**.

What should I do?

First of all, realize that you're normal. The intensity of the attraction you feel is probably no different from what others feel. Secondly, do all you can to control your thoughts. Part of your

difficulty may be that you're allowing yourself to dwell on impure thoughts about the opposite sex. Controlling your thoughts can be hard, but you can do it.¹ Third, keep perspective. At your

age, dating is meant to be about having fun and getting to know a variety of people—not about serious relationships. And, as you are counseled in *For the Strength of Youth*, “When you begin dating, go with one or more additional couples. Avoid going on frequent dates with the same

person” ([2011], 4). Following these guidelines will protect you and should give you less cause for fear.² **NE**

NOTES

1. For advice, see “Worthy Music, Worthy Thoughts” at lds.org/go/worthyNE2 and “Serious Questions, Serious Answers” at lds.org/go/answersNE2.
2. For more, see the video “Chastity: What Are the Limits?” at lds.org/go/chastityNE2.

Why do we need to **receive our endowment** in the temple **before** serving a **mission**?

Both anciently and in modern times, the Savior sent forth His servants into the world after they were “endowed with power from on high” (see Luke 24:49; D&C 43:15–16; 105:33). We receive this blessing through the ordinances and covenants of the temple.

Elder D. Todd Christofferson of the Quorum of the Twelve Apostles has explained that “this ‘power of godliness’ [D&C 84:20] comes in the person and by the influence

of the Holy Ghost.”¹ Temple ordinances and covenants give us power, protection, and gifts through the Spirit. The Lord wants to bless you with these things whether you serve a mission or not. But if you have chosen to serve a mission, He especially wants to ensure that you have these blessings before you go because, among other things, your ability to teach and testify as a missionary will be enhanced through these blessings and through what you are taught in the temple.

In addition, as a missionary you will teach people about and invite people to receive the ordinances and covenants of the temple. It therefore makes sense for you to have received the ordinances you will be

inviting people to work toward as they come unto Christ. **NE**

NOTE

1. D. Todd Christofferson, “The Power of Covenants,” *Ensign*, May 2009, 22.

