When you feel like you shouldn’t pray, that’s when you really need to pray. —page 17

• Sometimes all it takes is a bowed head, folded arms, and a few simple and sincere words. —page 20

• This time we aren’t running away from a hurricane—we’re going toward its aftermath. —page 28

• The plan of salvation—the flow chart I’d been taught since Primary—was real. —page 31

• Three or four times a day, day after day, the drill sergeant would get in my face and swear at me. —page 35

• Eliminating the eye rolls and dropping the burden of jealousy helps us to walk with others. —page 37

• Whether it’s something deep or hopeful or thankful, He will listen. —page 42

• I’ve never seen a young man put God first like this. —page 46