

# How can I overcome distractions and focus more on my relationship with Heavenly Father?

*“Consider the scripture study we’ve been taught to incorporate into our daily lives. Or consider the personal prayers and the kneeling family prayers that are regular practices for faithful Latter-day Saints. Consider attendance at seminary for youth or institute classes for young adults. Though each of these practices may seem to be small and simple, over time they result in powerful spiritual uplift and growth.”*

President Dallin H. Oaks, First Counselor in the First Presidency, “Small and Simple Things,” Apr. 2018 general conference.



## Don't Miss Church

One of the best ways to strengthen our relationship with the Savior and Heavenly Father is to not

miss our Church meetings. There are so many worldly distractions, but when you go to church, you can leave all those outside and focus on Heavenly Father and Jesus Christ. I think it's important to put away our cell phones, listen to the Spirit, and be able to learn about the Savior.

**Owen P., 12, California, USA**

## Serve Others

I feel my Savior's love when I serve others, because “when ye are in the service of your fellow beings ye are only in the service of your God” (Mosiah 2:17). Rereading conference talks and watching Mormon

Messages also help me feel God's love for everyone, including me.

**Grace W., 12, New York, USA**

## Repentance and Forgiveness

To get closer to our Heavenly Father and Jesus Christ, we should not only say our prayers, read our scriptures, and go to church; we have to love Them. If you do something wrong, don't just blame it on others. We must humble ourselves, repent, and ask Heavenly Father for forgiveness. Through repentance and forgiveness, we feel the miracle of God's love for us, and by feeling that, we become closer to our Heavenly Father and Jesus Christ.

**Sarger B., 14, Arkansas, USA**

## Choose Good Activities

We can focus more on our relationship with God by saying daily prayers and reading the scriptures. At school, it is important to not let bad things change the way you are, such as hearing bad words and listening to friends talk about inappropriate things. I walk away from those situations and don't let it get to me by thinking of other things that are good and trying to make sure I involve myself with good activities and good friends.

*Troix H., 12, Idaho, USA*



## Count Your Blessings

Count your blessings. Doing so helps you understand just how important and blessed you are. Look around for those you can help, and learn of the love and the blessings that they and you receive from Heavenly Father.

*Abby J., 19, New York, USA*

*Responses are intended for help and perspective, not as official pronouncements of Church doctrine.*

## Tell Us What You Think:

If Heavenly Father has so many children, how can He know me personally and care about me?

**Send your answer and photo by February 15, 2019.**

Go to [newera.lds.org](http://newera.lds.org), and click "Submit Your Work." Sign in with your LDS Account and then select "New Era" under "Choose Magazine." Click "Add File" to select your file and photos, and then click "Submit" to upload and send us your file.

FUN STOP ANSWERS (from pages 40-41): Find the Right Answer Right Away: 1. address 2. down 3. close 4. change 5. match 6. train 7. bow 8. crane 9. light Crack the Code: Top row: what goes up must come down, jaywalking, forever family; middle: split into groups, a face in the crowd, speaking in church; bottom: page back and forth, middle school, lucky break Just a Riddle: The letter O How many Fs: 10. Some find only 9 because our brains have a hard time catching the "f" in "of," which makes a "v" sound.