

I LOVE SPORTS!

At my high school, I play soccer, volleyball, tennis, rugby, hockey, and handball. And I swim. I also go everywhere on my bicycle.

To keep up, I have to take care of my body. I get up at 6:30 a.m. and go to bed at 10:00 p.m. To keep my body healthy, especially as an athlete, I need 8 to 10 hours of sleep.

The gospel helps me stay healthy too. The Word of Wisdom warns us against smoking and drinking things like alcohol and coffee. Besides protecting our bodies from harm, the Word of Wisdom is like a contract with the Lord that helps us return to Him.

I'm one of the biggest boys in my grade, so everyone always asks me for advice. I try to show others what to do by being a good example. My friends don't smoke, but some of them drink. I tell them I don't drink when they invite me to join them, but we still remain friends.

The gospel doesn't just bless me, it also blesses my family. My brother and sister watch and copy everything I do, so I try to be the best example I can be.

Juan Cruz G.,
14, Córdoba, Argentina





Ashley N., 16, Utah, USA

I caught the vision of family history by realizing I'm not so different from my ancestors. My great-grandma and I have always had a really special connection, so for a Personal Progress project, I decided to compose a family history book dedicated to her. Writing this book was such an amazing experience because it created a closer bond to my ancestors. I'm so grateful for this new perspective of family history work.



Joshua K., 16, Athens, Greece

Before I went to FSJ I prayed because I wanted to know what it is like to go on a mission and whether I should go on a mission myself. It didn't take long before we had a lesson on being a missionary and I am glad to say that I really learned a lot. I'm also grateful that I had the opportunity to meet other youth that go through what I do every day.

Look for more on Joshua in the article "Youth in Greece" pages 16-21 .



For more stories about awesome youth from around the world, go to @LDSYouth on Instagram. Send your own photos and testimonies to newera@ldschurch.org.