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Cover: The work of the priesthood, p. 14 **Cover illustration:** Matias Trillo

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By Elder Dallin H. Oaks Of the Quorum of the Twelve Apostles

We Serve

God expects us to serve one another for the highest and best reason.

ervice is an imperative for those who worship Jesus Christ. To followers who were vying for prominent positions in His kingdom, the Savior taught, "Whosoever will be chief among you, let him be your servant" (Matthew 20:27). On a later occasion, He spoke of ministering to the needs of the hungry, the naked, the sick, and the imprisoned. He concluded that teaching with these words: "Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me" (Matthew 25:40).

In latter-day revelation the Lord has commanded that we "succor the weak, lift up the hands which hang down, and strengthen the feeble knees" (D&C 81:5). In another section of the Doctrine and Covenants, He instructed us to be "anxiously engaged in a good cause, and do many things of [our] own free will, and bring to pass much righteousness" (D&C 58:27). Holders of the Melchizedek Priesthood receive it upon a covenant to use its powers in the service of others. Indeed, service is a covenant obligation of all members of the Church of Jesus Christ.

Whether our service is to our fellowmen or to God, it is the same (see Mosiah 2:17). If we love Him, we should keep His commandments and feed His sheep (see John 21:16–17).

When we think of service, we usually think of the acts of our hands. But the scriptures teach that the Lord looks to our thoughts as well as to our acts. One of God's earliest commandments to Israel was that they should love Him and "serve him with all your heart and with all your soul" (Deuteronomy 11:13).

Latter-day revelation declares that the Lord requires not only the acts of the children of men, but "the Lord requireth the heart and a willing mind" (D&C 64:34).

3

Numerous scriptures teach that our Heavenly Father knows our thoughts and the intents of our heart (see D&C 6:16; Mosiah 24:12; Alma 18:32). The prophet Mormon taught that if our works are to be credited for good, they must be done for the right reasons (see Moroni 7:6–7).

These scriptures make clear that in order to purify our service in the Church and to our fellowmen, it is necessary to consider not only how we serve, but also why we serve.

People serve one another for different reasons, and some reasons are better than others. Perhaps none of us serves in every capacity all the time for only a single reason. Since we are imperfect beings, most of us probably serve for a combination of reasons, and the combinations may be different from time to time as we grow spiritually. But we should all strive to serve for the reasons that are highest and best.

What are some of the reasons for service? By way of illustration, and without pretending to be exhaustive, I will suggest six reasons. I will discuss these in ascending order from the lesser to the greater reasons for service.

Some may serve for hope of earthly reward. Such a man or woman might serve in Church positions or in private acts of mercy in an effort to achieve prominence or cultivate contacts that would increase income or aid in acquiring wealth. Others might serve in order to obtain worldly honors, prominence, or power.

WHETHER OUR SERVICE IS TO OUR FELLOWMEN OR TO GOD, IT IS THE SAME.

Another reason for service—probably more worthy than the first, but still in the category of service in search of earthly reward—is that motivated by a personal desire to obtain good companionship. We surely have good associations in our Church service, but is that why we serve?

These first two reasons for service are selfish and selfcentered and unworthy of Saints. As the Apostle Paul said, we that are strong enough to bear the infirmities of the weak should not do so "to please ourselves" (Romans 15:1). Reasons aimed at earthly rewards are distinctly lesser in character and reward than the other reasons I will discuss.

Some may serve out of fear of punishment. The scriptures abound with descriptions of the miserable state of those who fail to follow the commandments of God. Thus. King Benjamin taught his people that the soul of the unrepentant transgressor would be filled with "a lively sense of his own guilt, which doth cause him to shrink from the presence of the Lord, and doth fill his breast with guilt, and pain, and anguish, which is like an unquenchable fire, whose flame ascendeth up forever and ever" (Mosiah 2:38). Such descriptions surely offer sufficient incentive for keeping the commandment of service. But service out of fear of punishment is a lesser motive at best.

Other persons may serve out of a sense of duty or out of loyalty to friends or family or traditions. These are those I would call the good soldiers, who instinctively do what they are asked without question and sometimes without giving much thought to the reasons for their service. Such persons fill the ranks of voluntary organizations everywhere, and they do much good. We have all benefited by the good works of such persons. Those who serve out of a sense of duty or loyalty to various wholesome causes are the good and honorable men and women of the earth.





Although those who serve out of fear of punishment or out of a sense of duty undoubtedly qualify for the blessings of heaven, there are still higher reasons for service.

One such higher reason for service is the hope of an eternal reward. This hope—the expectation of enjoying the fruits of our labors—is one of the most powerful

SERVICE IS A COVENANT OBLIGATION OF ALL MEMBERS OF THE CHURCH OF JESUS CHRIST.

sources of motivation. As a reason for service, it necessarily involves faith in God and in the fulfillment of His prophecies. The scriptures are rich in promises of eternal rewards. For example, in a revelation given through the Prophet Joseph Smith in June 1829, the Lord said: "If you keep my commandments and endure to the end you shall have eternal life, which gift is the greatest of all the gifts of God" (D&C 14:7).

The last motive I will discuss is, in my opinion, the highest reason of all. In its relationship to service, it is what the scriptures call "a more excellent way" (1 Corinthians 12:31).

"Charity is the pure love of Christ" (Moroni 7:47). The

Book of Mormon teaches us that this virtue is "the greatest of all" (Moroni 7:46). The Apostle Paul affirmed and illustrated that truth in his great teaching about the reasons for service:

"Though I speak with the tongues of men and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal. . . .

"And though I bestow all my goods to feed the poor, . . . and have not charity, it profiteth me nothing" (1 Corinthians 13:1–3).

We know from these inspired words that even the most extreme acts of service—such as giving all of our goods to feed the poor—profit us nothing unless our service is motivated by the pure love of Christ.

It is not enough to serve God with all of our might and strength. He who looks into our hearts and knows our minds demands more than this. In order to stand blameless before God at the last day, we must also serve Him with all our heart and mind.

I know that God expects us to work to purify our hearts and our thoughts so that we may serve one another for the highest and best reason, the pure love of Christ. **NE**

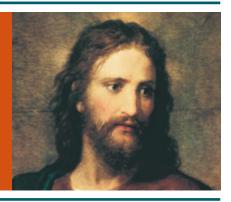
From an October 1984 general conference address.

REFINER'S FIRE AND FULLERS' SOAP

In comparing Himself to these two things, the Lord teaches us a lot about how He purifies us.

"But who may abide the day of his coming? and who shall stand when he appeareth? for he is like a refiner's fire, and like fullers' soap."

Malachi 3:2.

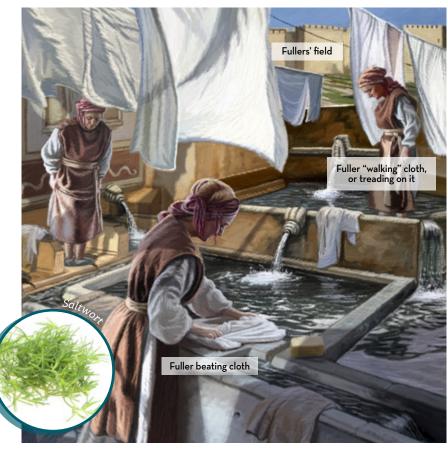


A Fuller of Cloth

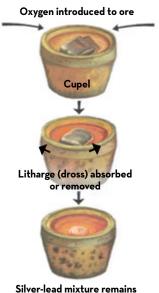
A fuller's job was to cleanse and whiten cloth. In Jerusalem, the cleansing process took place in a fullers' field outside the city because of the smell. Dirt and oils were removed from the wool so that it would be pure white and ready to be dyed, if desired.

Soap contained alkaline substances such as sodium carbonate or potassium carbonate (the word alkali comes from kali, the Arabic word for the saltwort or glasswort plant, whose ashes were used for soap). These chemicals remove oil (and the dirt that clings to it) by combining with the oil molecules to make them water soluble. For many centuries, the process for making soap was a closely guarded secret among select Jewish families.

With the cloth soaking in soap and water, the fullers beat or stamped it to remove the impurities (the Hebrew word for *fuller* comes from a root meaning "to tread").







A Refiner of Silver

- 1. A refiner extracted silver from ores with lead (such as lead sulfide, or galena).
- 2. He heated the ore in a fire and sifted the lead out of the ashes.
- 3. He placed the lead in a dish known as a cupel, which was made of bone ash or clay containing calcium carbonate, and heated it in a furnace to 1,600-1,800°F (900-1,000°C).
- 4. When the metal reached the right temperature, the refiner introduced oxygen by blowing air over it through a bellows.
- 5. Litharge, or silver dross, would form on the surface of the molten metal, and the refiner would blow or scrape it off, leaving pure silver. Litharge was also absorbed into the cupel as the lead reacted with the calcium carbonate.
- 6. A refiner would usually apply this process twice, reintroducing lead to the silver so that newly formed litharge could remove any remaining impurities.

The process was delicate, requiring just the right temperature and just the right amount of lead. The refiner would often know he had achieved pure silver by seeing its unmistakably pure glowing light.

What We Can Learn

The cupellation process

The Lord purifies us. Like clean, white cloth or brightly shining silver, the end product of our purification is something beautiful and valuable—a soul perfected in virtue and holiness. We can attain this state only with the Lord's help and in His way.

The purification process can be harsh and difficult. The trials of this life are not only unavoidable but also necessary (see Dallin H. Oaks, Apr. 2016 general conference). We must be "willing to submit to all things which the Lord seeth fit to inflict upon [us]" (Mosiah 3:19) to become like Him.

The Lord is with us through our trials. The refiner of silver and the fuller of cloth could not set their processes in motion, walk away, and return later when it was finished. They had to be there at every stage and see it through to the end. Likewise, the Lord is not distant from us in our trials but is intimately engaged in our lives.



PREPARE TO MEET GOD

"There are many kinds of challenges. Some give us necessary experiences. Adverse results in this mortal life are not evidence of lack of faith or of an

imperfection in our Father in Heaven's overall plan. The refiner's fire is real, and qualities of character and righteousness that are forged in the furnace of affliction perfect and purify us and prepare us to meet God."

Elder Quentin L. Cook of the Quorum of the Twelve Apostles, 'The Songs They Could Not Sing," Ensign, Nov. 2011, 106.





A SOUL CRYING OUT

He didn't look like a pleasant man to talk to. Part of me was scared, but another part really wanted to talk to him.

By Stephen Dugdale

had the opportunity to serve as a missionary in Catania, Italy. At one point, we hit a rough spot in the work. We'd had a whole week of pretty much everything going wrong, and each day was a test of whether or not we would retain good spirits, keep a smile on, and continue trying hard.

One evening, we were determined to change the flow of things. We went around talking to people in a park near our house, and we saw this guy sitting on a bench with his head down and a cigarette in his mouth. He was dressed in black from head to toe and wore the hood of his big puffy jacket over his head. He did not look like a very pleasant man to talk to. I looked at him, my companion looked at him, we looked at each other, and back at him.

Elder Farley asked me, "Have we talked with him before?" "I think we have, because I really think I know him," I responded.

"Yeah, me too," Elder Farley said.

So we started walking toward him. Part of me was scared because he was just not a person I would normally talk to, but another part really wanted to talk to him.

"Good evening, how are you?" we asked.

He looked up with darkened eyes, as if to say, "Who disturbs my slumber!?" Then very softly he said, "Good evening." We introduced ourselves as missionaries, and he quickly told us that he was atheist and didn't believe in anything. We asked him why, which I think caught him by surprise.

"Well, because I lost my mom, dad, sister, and niece all in the same month, and I've lived a terrible, lonely life because of it. Religion didn't do anything but make it worse for me."

We asked him if he knew where his loved ones were.

"In Catania cemetery, where they have been for a long time," he responded.

We explained to him the spirit world and the Resurrection. We told him that right now we are each a spirit and a body, and that death is merely a temporary separation between the spirit and the body. We told him that his family members were just waiting for him until they could all be reunited with their bodies and live together for eternity.

He looked at us, confused, and said, "I didn't understand any of that. Could you repeat everything?"

So we repeated everything. Then he raised an eyebrow in confusion and said, "Wait, I'm a spirit and a body? And my family is just waiting for me and learning right now?"

We read him several scriptures from Alma 40 and other chapters, and he looked at us and asked, "So why have I never heard this before?"

I don't think I had ever met a more truly humble person in my life. This man had been so lost for such a long time, so confused, so lonely. He took in everything we said, telling us that he understood very little of it because it was all stuff he had never heard before, but he liked everything.

We taught him about how we can get answers through prayer. He hadn't prayed in over 30 years, and the last time had been a recited prayer in church when he was a child. After we talked about answers from the Spirit, he asked us what the Spirit feels like. Since it can be different for everyone, we both shared what it feels like for us. I told him that to me it feels like getting a hug from your mom after you haven't seen her for a long time. I felt impressed to promise him that he could and would feel that same thing, a feeling like a hug from his mom who had been missing from his life for a long, long time.

We asked him if we could pray with him. He was really confused and asked, "Now? Here, in the park?"

"We can pray whenever, wherever we want," I told him. "God wants to hear from us, and He is especially anxious to hear from you because He hasn't heard from you in a long time."

He had never heard a prayer before that wasn't a memorized prayer to a saint, so he was pretty eager to see how it worked. We bowed our heads, and my companion said



BELONGING TO GOD'S FAMILY

"All [people] are children of God, your brothers and sisters. God loves them just as He loves you. Many of these people are searching for purpose in life. They are concerned for their families. They need the sense of belonging that comes from the knowledge that they are children of God, members of His eternal family."

Preach My Gospel: A Guide to Missionary Service (2004), 1.

the prayer for our new friend, Alfio, and asked for blessings, help, and comfort for him. He asked for Alfio to feel an answer that his family was all right and that God really exists. We finished our prayer, and Alfio looked at us with gigantic eyes.

"I must tell you something," he said. "I am not a person who lies, especially about something like this. I feel like I just got a huge hug from my mother. I haven't gotten a hug from anyone in a long, long time. That felt so good. I want to know how I can feel that again, because I want more hugs like that."

"Ever since that prayer, I have walked around with my head up, and I look at everything. This world is beautiful."

The next day we met again. Alfio sat down next to us on the same bench and said, "Elders, my entire life I have walked with my hood up and my head down, staring at the ground. I have never, ever walked with my head up. Ever since that prayer, I have walked around with my head up, and I look at everything. This world is beautiful."

Needless to say, we continued working with Alfio to bring more hugs, more light, and more looking up into his life. The scary man on the bench who looked like he would hate us was really a soul crying out, begging to feel his Heavenly Father's love again. NE

Stephen Dugdale lives in Missouri, USA.

JUST WAIT



Be patient with yourself as you strive to become what Heavenly Father knows you can become.

(See Elder Jeffrey R. Holland, April 2016 general conference.)

LOTS OF HANDS, PLENTY OF HELP

Everyone is needed in the work of God.

ou know the work of the priesthood involves *everybody!* (See "A Great Work—and You're Doing It" in this issue for more.) Check out what these young women and young men have to say about how they help in this great work. What can you do this week?

"For a Personal Progress project, I made goodie baskets for some of the priesthood holders and women who were great examples to me. I enjoyed doing this. We can participate in the work of the priesthood by serving others, teaching the gospel, or even cleaning the church. These all show that you support the priesthood."

Kaylen W., 14, Georgia, USA

"Every time we do the work of the Lord, we're participating in the work of the priesthood, as its purpose is to bring souls to Christ to receive His gospel. I do this as I find ancestors' names to take to the temple so they can receive essential priesthood ordinances. This blesses my life, as I have greater protection from the adversary. I've also done things as simple as giving out a pass-along card, inviting someone to church, or volunteering at my brother's school. As we look for opportunities to serve others each day, we're participating in the work of the priesthood, for which Heavenly Father will bless us."

Sarah H., 14, Perth, Australia

"A few years ago I made friends with a nice girl, and I wanted to introduce her to the Church. I started out by inviting her to Primary activities. After we turned 12, she came to Mutual with me. Then one day I felt prompted to invite her to church. I prayed to calm my nervousness. Soon after that, she was coming to church with me often. This experience was such a blessing in my life because I see how much Heavenly Father cares for her and all of His children. She's been coming since then, and we all love her. You never know what a simple prompting will turn into! I encourage everyone to follow those promptings and help participate in the priesthood work in small and simple ways."

Abby D., 13, Idaho, USA

"I participate in the work of the priesthood by serving as a home teacher with my father. One way we serve our home-teaching families is by administering priesthood blessings. Though I cannot yet directly participate in the ordinance, I enjoy witnessing the administration of the blessing and therefore the service rendered to our families.

"Throughout Jesus Christ's life, all He did was to serve others. By continually looking for ways to serve and bless those around you, you will receive true joy. I know this to be true because the Holy Spirit has testified of this to me. The thirteenth article of faith says that we believe in 'doing good to all men,' so if we strive to do good and to serve others, then we will be eternally blessed."

Stephen M., 15, Oregon, USA















"I can help in the work of the priesthood by setting an example of God's standard. We young women can encourage young men to stay worthy of the priesthood and stand united as Zion's youth in latter days. This has blessed my life by helping me grow closer to my Father in Heaven and by helping me better understand my divine role as a future mother in Zion."

Abigail C., 14, Texas, USA

"A friend in my ward was less active. He was having family problems and stopped coming to church and Mutual. One week, another friend and I went to invite him to church. He said he didn't want to come, but we kept at it every week. More people from our quorum started joining us and we had 2–5 people every week inviting him to church. After a year of invitations, he came with us! He has been coming to church more than before and back to Mutual activities! Never give up because the best things take time!"

Trent D., 16, Utah, USA



THIS IS OUR WORK

"As men and women, sisters and brothers, sons and daughters of God,

we move forward together. This is our opportunity, our responsibility, and our blessing. This is our destiny—to prepare the kingdom of God for the return of the Savior."

Elder Neil L. Andersen of the Quorum of the Twelve Apostles, "Power in the Priesthood," *Ensign*, Nov. 2013, 95.



AGREAT MAND YOU'RE DOING IT

By David Dickson

Church Magazines

eads up! This question is for young men *and* young women, so no fair tuning out once you read the subject (imagine your favorite smiley emoticon here). The question: what comes to mind when you hear the phrase "the work of the priesthood"? Do you imagine a bunch of guys hefting a piano from a moving truck to a second-floor apartment? a group of deacons passing the sacrament?

Or, do you instead envision much grander things, such as the creation of worlds without number (see Moses 1:33)?

Those are indeed examples of the work of the priest-hood. But what about this situation: let's say your friend just had the worst day ever at school. You decide to send her a quick text of encouragement. Does that also fit under "work of the priesthood"? Absolutely! And that applies whether or not you actually hold the priesthood.

As we learn in the *Come*, *Follow Me* lessons, "The work of the priesthood includes more than the duties of priesthood holders. It is God's work—the work of blessing and exalting His children—accomplished by His covenant-keeping children. Women are essential in accomplishing the work of the priesthood."

Help Is on the Way

One way to bless the lives of others is through service. Let's not get hung up, though, on the first thoughts that tend to come to mind with that word. We often think of service as something we do with our hands, even better if it requires work gloves and almost-worn-out blue jeans. Rake, shovel, brownies after the activity.

The truth is, service opportunities come in all shapes, sizes, and flavors. Reading a book to an eager sibling is

service. Lending a listening ear to a friend with a lot on his mind is service. So is praying for someone in need.

President Thomas S. Monson said, "You can never love the Lord until you serve Him by serving His people." ²

When we obey God's commandments, including His commandment to serve one another, we feel greater love for those around us—and we feel more of God's love for them too. That's a wonderful truth because the opportunity to serve comes often and in many ways. Elder Dallin H. Oaks of the Quorum of the Twelve Apostles has said that "Latter-day Saint volunteers are in great demand in education, local government, charitable causes, and countless other efforts." The world needs you in God's work—and that's no small statement.

You Fit Right In

When you hear about the work of the priesthood, remember that you have a big part to play in that work. Share a smile. Share your talents. Build up those around you and help lead them back to God and the ordinances He wants all of us to receive.

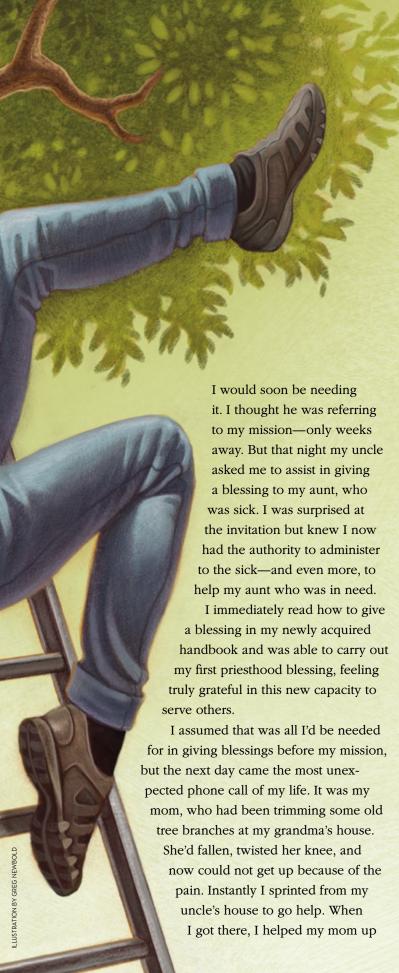
It's the most important work we can do. NE

NOTES

- 1. "What are my responsibilities in the work of the priesthood?" *Come, Follow Me: Learning Resources for Youth, Young Women 2015* (2014), 145, lds.org/youth/learn/yw.
- 2. Thomas S. Monson, "Great Expectations" (Church Educational System fireside for young adults, Jan. 11, 2009), doi.org/broadcasts.100
- 3. Dallin H. Oaks, "Unselfish Service," Ensign, May 2009, 94.



GIVE A BLESSING? Opportunities to serve came sooner than I expected. By Karl Applegarth few weeks before leaving on my mission to Ecuador, I was ordained an elder and received all the responsibilities that come with the Melchizedek Priesthood. Soon afterward, my mom and I were visiting some family members, and my uncle gave me a white missionary handbook, saying that 16 New Era



and we slowly walked inside my grandma's home so that Mom could sit down.

Then came the request I will never forget: my mom asked me for a blessing. I, being only an 18-year-old teenager, but also being a newly ordained elder, could accept that call to serve for the second time that week. The blessing finished with everyone in tears and my mom feeling much better.

I am forever grateful to know that I am a member of The Church of Jesus Christ of Latter-day Saints and have received the priesthood authority to act in His name and bless others. I'm grateful I was worthy and ready to serve my family in a time of need. I know that as a holder of God's priesthood, I will continue to receive opportunities to serve and bless the lives of others with these new and sacred responsibilities that He has entrusted to me. NE

Elder Karl Applegarth is from Missouri, USA, and is currently serving a mission in Ecuador.



THE JOY OF SERVING

'Let us embrace and understand the wonder and privilege of the priesthood. Let us accept and love the responsibilities we are asked to fulfill—responsibilities in our homes and in our Church units, no matter

how large or small they may be. Let us constantly increase in righteousness, dedication, and priesthood service. Let us find the joy of serving in the priesthood!"

President Dieter F. Uchtdorf, Second Counselor in the First Presidency, "The Joy of the Priesthood," Ensign, Nov. 2012, 59.



eln The VERY PLACE

By Gary L. Boatright Jr.

It was hot and humid, and I could hardly work. I needed a priesthood blessing.

n June 2015, I had the opportunity to work at the Priesthood Restoration Site in Pennsylvania, USA. I don't remember specifically what I was asked to do when I first got there, but I remember being hot and dripping in sweat. Living in the western United States, I'm used to hot summer days—but not humid ones. As I worked, sweat poured from my head, my clothes were sticking to me, and I felt myself getting weaker by the minute. But, knowing I had five days of work ahead of me, I pushed on.

By lunchtime, I was physically exhausted, but I knew something else was happening to me. I was nauseated and probably dehydrated. I'd been working all morning, sweating like I never had before, and I hadn't had anything to drink since breakfast. I walked to a cooler, pulled out a couple of water bottles, and drank. I could feel my body thanking me for the long-overdue water, but the refreshing feeling was short-lived. "Maybe I need more," I thought, so I pulled a third bottle out and drank more water. Big mistake! As I finished off the last bottle, I immediately felt worse. I went into the Smith home and found a bench where I could lie down. Closing my eyes, I prayed that I would feel better.

Fortunately, the lunch hour gave me a short break, even though I didn't want anything to eat. We returned to the site with everyone rested, fed, and ready for more work—except for me. I began to question myself: "Why did you come?" Then I heard someone ask, "Do you want a blessing?"

Realizing that I wasn't going to get better on my own, I replied, "I do." We walked into the reconstructed Smith home. I sat on a chair, and the men in our group gathered around me. As I felt the weight of their hands on my head, an overwhelming sense of gratitude filled my heart. The Spirit whispered to me, "You are in a holy place."

My thoughts went to the building I was in. In this space, the Prophet Joseph Smith translated a significant portion of the Book of Mormon. In this space, the Prophet and Oliver Cowdery discussed the need for baptism for the remission of sins. In this space, these two young men, seeking inspiration from God, decided to go to the nearby woods to pray for guidance and revelation.

Heavenly Father not only heard their prayer but also immediately answered it.

Joseph Smith recalled:

"While we were thus employed, praying



Usel felt The weight of on my head. an overand calling upon the Lord, a messenger from heaven descended in a cloud of light, and having laid his hands upon us, he ordained us, saying:

"Upon you my fellow servants, in the name of Messiah, I confer the Priesthood of Aaron, which holds the keys of the ministering of angels, and of the gospel of repentance, and of baptism by immersion for the remission of sins; and this shall never be taken again from the earth until the sons of Levi do offer again an offering unto the Lord in righteousness" (Joseph Smith—History 1:68–69).

God sent John the Baptist, who conferred priesthood authority and commanded the two to baptize each other. This event was the first of many in which priesthood authority and keys would be restored to the earth by heavenly messengers.

As my friends said, "Amen," I realized that what I had just experienced had happened because of a conversation between Joseph Smith and Oliver Cowdery in that very same

space in May 1829. I don't remember what was said in the blessing. I wasn't immediately healed. But I do know that I was blessed. In the very place where the priesthood of God began to be restored the priesthood that blesses the lives of millions of people around the world—God blessed me with a reassurance that the holy priesthood is once again upon the earth. With this reassurance came a strengthened testimony that the Book of Mormon is the word of God, translated by His prophet Joseph Smith Ir.

I know that this site is more than the two reconstructed homes. It's more than the exhibits in the visitors' center. It's more than the Church's investment of time and money to make it an official historic site. It is the place where the priesthood of God began to be restored—the priesthood that blesses the lives of millions of people around the world. NE

Gary L. Boatright Jr. lives in Utah, USA.

PRIESTHOOD RESTORATION SITE, RESTORED!

magine yourself traveling back in time to visit the actual place where the Aaronic Priesthood was restored. What would it be like there?

Since we don't have any time machines available, here's just a glimpse of what it was like based on photos of the Priesthood Restoration Site in Harmony, Pennsylvania, USA, where everything has been carefully restored to look as close as possible to how it would have looked in the 1800s.

Did you know that Emma Smith grew up in a fairly wealthy family? (See photos, bottom left and middle.) Have you heard the story of Joseph Smith's hiding the golden plates in a barrel of beans? (See photo, bottom right.) Do you know the story of how the priesthood was restored when Joseph Smith and Oliver Cowdery knelt to pray in the Pennsylvania woods? (See photo, right; see also D&C 13.)











A CHERISHED EVENT

"To each of us, the restoration of the Aaronic Priesthood to Oliver Cowdery and Joseph Smith by John the Baptist is most significant. Likewise, the

restoration of the Melchizedek Priesthood to Joseph and Oliver by Peter, James, and John is a cherished event."

President Thomas S. Monson, "The Priesthood—a Sacred Gift," Ensign, May 2015, 88.

HOW TO BE

AGOOD FRIEND

By David Morales

began investigating the Church as a teenager, but I stopped attending the Sunday meetings because I felt excluded by many of the youth. Some time later, one of those youth invited me to a Church activity. I accepted and liked the activities because they were things I enjoy doing: acting, playing basketball, and running.

We all want to feel included. Here's what you can do if you or someone else feels left out.

HOW TO MAKE GOOD FRIENDS

It hurts to be left out, but being upset or holding a grudge won't help you feel better. Instead, try doing these things:

- Participate in Church activities. These are good opportunities to surround yourself with people who respect your standards.
- Learn and develop skills. Joining student associations, sports teams, or clubs is a good way to get to know people who share interests similar to yours.
 - Don't always wait for other people to ask you to be their friend. Introduce yourself to others.
 - Be the best person you can be and maintain your standards. You will find friends
 who appreciate you for your character
 and the light you radiate.
 - Spend time with your family. You may realize that some of your best friends are found in your own home.



As I continued to attend activities, I got to know the youth and realized that many of them went to my school. With time I was able to develop friendships with young men and young women who had the same standards that I live by. I am grateful that someone invited me to a Church activity, and I am grateful that I accepted.

Have you ever felt like I did: left out or like you didn't fit in? Or have you known someone who didn't feel accepted and didn't have many friends? Whether at school, at church, or in some other place, most people have felt that way at some time in their lives.





BE CONSIDERATE TO OTHERS

"I would hope that we would strive always to be considerate and to be sensitive to the

thoughts and feelings and circumstances of those around us. Let us not demean or belittle. Rather, let us be compassionate and encouraging."

President Thomas S. Monson, "Love—the Essence of the Gospel," Ensign, May 2014, 93.

Share Your Thoughts
Share your ideas for making friends
and including others and read ideas from
other youth at Ids.org/go/friendsNE616.

HOW TO INCLUDE OTHERS

Sometimes it may seem difficult to leave our comfort zone and be friendly to other people, but as we remember that we are all children of God, we will see the importance of helping others. Here are some ideas:

- Speak to new people at school and at church. Introduce them to your friends.
- Invite someone who needs a friend to a school or Church activity.
- Confront—with kindness and patience people who intentionally make others feel unwelcome.
- Sit next to someone who is alone or invite him or her to sit with you and your friends.
- Pray to Heavenly Father when you don't know how to help someone.
 He knows perfectly what that person needs to be happy and can help you to offer that help. NE

David Morales lives in Santa Cruz, Bolivia.



he Japan Fukuoka Mission! I knew the call came from God, but how was I ever going to learn the language?" That question ran through the heart of Gary E. Stevenson, who was in his first year of college when he received his mission call.

"I felt anxious about learning Japanese," he recalls. "And my concern continued to mount in the missionary training center. I knew I would have to rely on the Lord, and I hoped I could be equal to the challenge."

After about six weeks, fervent prayer and diligent study led the young elder to a sense of peace that the Lord would bless him to learn Japanese—but not without hard work. "This taught me that the gift of tongues is like faith and works and other gospel principles," he says. "After you have done all you can do, then you are endowed with the blessing."

With time and effort, his language ability increased. He served faithfully, learned to communicate well, and developed a love for the culture and the people. Today he sees many reasons why he was called to serve in Asia and to learn Japanese.

ANCHORED IN THE GOSPEL

Gary Evan Stevenson was born on August 6, 1955, and raised in Cache Valley, Utah, USA. One of four children, he says, "My mother and father anchored our home in the teachings of the gospel. It was the foundation of our lives."

The children also learned to work and to do so without complaining. Elder Stevenson recalls, "I remember my father saying more than once, 'Don't you realize a shovel isn't something to lean on?"

As an Aaronic Priesthood bearer, young Gary regularly joined with quorum members to assist the widows in the ward. His father was the bishop, and Gary often accompanied him on visits to the widows. "I always felt good afterward because we had helped someone," he remembers.

FAITH AND WORK GO TOGETHER

After his mission, Gary met Lesa Jean Higley during an Old Testament class at the Logan Utah Institute of Religion at Utah State University. "She is the sunshine in and of my life," he says. They were married in the Idaho Falls Idaho Temple in 1979 and became the parents of four sons: Craig, Bryan, Brett, and Kyle. The family shares a love for outdoor activities and water sports.



As a university student, Gary also developed a passion for Church history, studying the Book of Mormon and the Doctrine and Covenants and delving into historic journals and family histories. He took particular interest in Joseph Smith and his family, the Whitmer family, Oliver Cowdery, and Martin Harris. He researched the translation and publication of the various editions of the Book of Mormon.

Once again he learned that faith and hard work go hand in hand. "Every answer to every gospel question does not come immediately," he counsels. "The Lord expects us to read, study, ponder, and pray. And when we do this with faith and a righteous desire, over time a sweet witness will come."

While at the university, Gary and two lifelong friends started selling gift accessories imported from Asia. This evolved into a business that sold fitness products and that eventually employed more than 2,500 people. Gary continued using his language skills, and his business required regular travel to Asia, which he now refers to as his "second home."

CONTINUED SERVICE

In 2004, Elder Stevenson was called as president of the Japan Nagoya Mission. In 2008, he was called to the Seventy and assigned to the Asia North Area Presidency. In March 2011, an earthquake and tsunami struck Japan, killing 20,000, displacing thousands, and destroying 550,000 homes. Elder Stevenson, as Area President, worked closely with local priesthood leaders and community officials to provide help and comfort. "Over and over again our hearts were touched as we witnessed the healing balm of our Savior's love," he says.

Called as Presiding Bishop in 2012, he continued to "succor the weak, lift up the hands which hang down, and strengthen the feeble knees" (D&C 81:5).

Then, just before the October 2015 general conference, President Thomas S. Monson extended a call from the Lord to Gary E. Stevenson to serve in the Quorum of the Twelve Apostles. Elder Stevenson felt overwhelmed, but President Monson calmly told him: "The Lord will qualify those whom He calls." And because Elder Stevenson has learned to see the hand of the Lord in all things, he is prepared to be a "special [witness] of the name of Christ in all the world" (D&C 107:23). NE

NOTE

1. Gary E. Stevenson, "Plain and Precious Truths," Ensign, Nov. 2015, 91.



LEAVE YOU-NIQUE MARK

By Brittany Beattie

Church Magazines

magine opening up a bag of Skittles only to find a single color. Your "rainbow of fruit flavors" would be a pretty dull rainbow.

What if your spice cabinet had only Cajun seasoning? Let's hope nobody in your family gets acid reflux with spicy foods!

Think about what you'd do if you opened up Spotify to discover that all your favorite songs have been reduced to a single note.

Bye-bye melody; hello middle-C and a pretty boring dance session.

With things like that, it's easy to see why having just one option doesn't make much sense or isn't very interesting. We know that variety makes a big difference there. But when we look at *ourselves*, sometimes we forget that differences are good—we start comparing ourselves with others or trying to be like everyone else just to fit in. We think we need to be the strawberry flavor in the Skittles

Visit the Idsyouth Instagram account to find out what gifts make Hanna unique (pictured at the left).



YOU HAVE WHAT IT TAKES TO MAKE A DIFFFRENCE

bag because it's everyone's favorite. Or we don't want to be the salt in the spice rack because it's so ordinary (forgetting that it's oh-so-essential!). And what if we feel like G-sharp, who doesn't get nearly as much attention as middle-C? In every case, it's good to remember that it's the combination of *all the different* flavors or notes that makes the whole package rock.

Maybe that's one reason why Heavenly Father has given us a unique set of gifts and interests—because He knows it's important for all of us to be different. Our diversity and individuality can create some pretty great combinations in helping each other return back to Him. If you think about it, we all need something

different to strengthen us. So our differences mean that Heavenly Father—who wants us to help one another—can let each of us help Him in different ways to meet everyone's needs (see 1 Corinthians 12).

When we learn to embrace what makes us unique and then choose to use those gifts to grow closer to God, serve Him, and bless others, then together we can create a pretty cool package of Skittles, a super tasty spice cabinet, and the numberone song on the charts. Just imagine the difference our differences can make in the world!

Your Personal Spin

When you think about your daily activities, rather

than trying to do things the way others are doing them, think about what your individual strengths can bring. That starts with knowing what your gifts and talents are. After all, there's no one right way to plan your upcoming club meeting. And if you're setting up a service activity for Mutual, then raking leaves isn't the only way to help Sister Scott, a widow down the street—especially if you're allergic to the leaves! She may appreciate your funny jokes, violin solos, or time spent painting together just as much as a leafless yard.

Give yourself permission to get creative in how you approach your day and week. Try writing down a list of your interests, gifts, and strengths—what makes you you. Then think about everything you need to do this week. Looking at your list of interests and strengths, see how those unique characteristics can help you complete your to-do list in a way that's uniquely you. Check out the chart on the next page to see how several people might approach the same task with their own personal spin.



IDENTIFYING YOUR GIFTS

Sometimes it's hard to identify what your strengths are. But a few ideas can help.

Think about what things make you happy.

Ask others, especially your parents and bishop, what they see as your strengths.

Look for traits discussed in your patriarchal blessing or other priesthood blessings.

Notice what compliments you receive most from friends, teachers, or strangers.

Pray to Heavenly Father to help you identify your gifts.

CHEER OTHERS UP

SHARE THE GOSPEL

SCHOOL ROCKS YOUR WORLD.

You don't cringe when today's quiz requires a lot of memorization, because data is your thing.

Memorize scriptures or uplifting quotes that you can share with others who answer, "Meh," when you ask how they're doing.

Study Church history on LDS.org and in D&C seminary manuals, and use your knowledge to answer others' questions about LDS history or to clarify misconceptions.

YOU LOVE MAKING PEOPLE SMILE.

You don't have to "fake it till you make it," because you're genuinely happyand you want others to feel the same.

This one's easy for you! Spend a few extra minutes with friends or family members who are feeling down. Your optimism or classic jokes are sure to bring a smile.

If the gospel makes you happy, let others know why you've always got a smile on your face! (See 1 Peter 3:15.)

YOUR NOTEBOOKS ARE COVERED WITH DRAWINGS.

Art is your thing. Sketching. Photo editing. Graphic design. Creativity moves you in a visual way.

Create a funny, inspiring, or happy message and send it their way.

Pair a scripture or conference quote with a cool image, and then share it on social media. You might even create a social media page specifically for posting gospel messages.

YOU CAN MAKE ANYTHING WORK AGAIN.

You know why things work the way they work. Somebody's equipment just broke? No problemyou've got this! Designing your own robot? Done!

A small handmade gift can go a long way. So can taking their minds off their troubles by teaching them your latest trick.

When you use your skills to help others and they thank you, after saying, "You're welcome," try adding, "Just doing my part as a follower of Jesus Christ." It might lead to cool gospel conversations.

TO YOU, "P.E." STANDS FOR "PERSONAL ENJOYMENT."

You're always the first one to gym class or on the court. Your dream job includes anything but sitting behind a desk.

Exercise is a great way to cure the blues. Invite them to play sports or take a walk.

Invite a friend to Church sports or outdoor Mutual activities. They might meet other LDS youth, feel the joy of the gospel, and want to know more.

REMEMBER! Heavenly Father has given us certain gifts, but He always wants us to keep developing more gifts and talents to increase our skills to become more like Him and to better help us help others! (See D&C 46:8.) **NE**

My friends said he was weird. Now he was my class partner. This would be interesting.

Name Withheld

hen I walked into my 10th-grade biology class the first day, Mitch and Amanda* were standing near the front of the room, over by the wall. I hurried over to visit with them.

"You're stuck with Ben." Amanda motioned to a list on the wall that told who our class partners would be for the semester.

"Who's Ben?" I asked as I glanced over the list.

"That's Ben." Mitch pointed toward the back of the room to a boy with curly red hair and glasses. He was staring at the floor.

"What's wrong with him?" I asked softly.

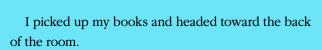
"Watch this," Mitch said. He quickly made five or six spitballs and aimed them in Ben's direction. One of them hit Ben in the head; he didn't even look up.

"Stop that!" I said. "It's mean!"

"Oh, Ben doesn't care," Amanda said. "He's always like that. He lives in his own little world, oblivious to everyone."

The bell rang, and we took our seats. I looked back at Ben. He still hadn't moved. Mr. Davis stood at the front of the room.

"Have you all seen the class list?" he asked. "Now I want you to find your partners and sit together. That will be your assigned seat for the semester."



"Hi," I said. Ben stared at the floor.

"Are you Ben?" I asked. There was a long pause.

"Yeah," he muttered, still looking down.

"I'm Beth. I guess we're partners." He almost looked up. "Uh, hi," he said.

We both sat silent for a few minutes. Then I noticed a book on his desk. It was one I had always wanted to read.

"Hey, are you reading that?" I asked. Ben didn't say anything.

"Would you mind if I looked at it?" Ben half glanced up and tossed the book to me. I leafed through it for a few minutes.

"I've always wanted to read this. Is it any good?" I asked.

"Yeah," Ben answered quietly.



I thanked Ben and gave the book back. As class went on, I asked Ben a few more questions, but I got very little response. Finally, after what seemed an eternity, the bell rang.

"Well, I guess I'll see you tomorrow," I said. Ben muttered something, and I picked up my books and walked out of class.

As the semester went on, I talked to Ben every day. He never said much, but little by little I began to notice changes. First, the snickers became less common. Ben actually looked at me instead of the floor when I asked him questions. He always completed his half of the assignments, and once I even caught him smiling.

On the last day of class, Ben said, "I hope I have another class with you, Beth." It was the most he'd said all year.

We never did have another class together. I would see Ben in the hall occasionally, and I would smile and wave. He would wave back. A couple of times, I sat by him at lunch, and once I ran into him at an assembly and talked with him for about 20 minutes.

At the end of our senior year, there was a dance. I was standing with a group of friends when I felt a soft tap on my shoulder. It was Ben.

"Would you like to dance?" he asked.

"Sure," I said. We walked to the dance floor.

"So, what are you going to do now?" he asked.

I told him I was headed to BYU.

"I'm going on a mission," he said.

We danced silently. As the song ended, Ben suddenly threw both arms around me and gave me a giant hug. "Can I sign your yearbook?" he asked.

I walked over and got my book. I handed it to him, and he wrote for a few minutes.

He wrote:

Dear Beth.

Thank you. I don't know how I ever would have made it through the last three years without you. You probably don't realize how often I would wake up, dreading the school day, and then I would remember I had a friend! What a wonderful thought. Somebody cared about me. When I felt like I just couldn't go on, I would think of your beautiful smile and your little waves, and I would feel like maybe I could face another day, because I had one friend.

Thank you. Love, Ben

I never saw Ben again. We graduated and went our separate ways. But I will never forget him. I didn't realize a simple wave and a little smile could help someone so much. I am glad I was his friend. **NE**

* Names have been changed.



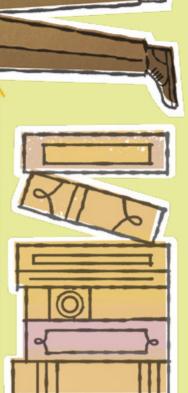
REACH OUT

"If we are truly disciples of the Lord Jesus Christ, we will reach out with love and understanding to all of our neighbors at all times, particularly in times of need."

Elder M. Russell Ballard of the Quorum of the Twelve Apostles, "Doctrine of Inclusion," Ensign, Nov. 2001, 36.

Who does your dad get to be today?

about a dragon slayer? Not all dads get to do the same things each - ver ask your dad what he does for work? Did he tell you he might be surprised how many of them describe what your dad was an adventure tour guide? an official food taster? What day, but take a peek into some of these job descriptions. You



We all have a loving Heavenly Father as well. Watch a video about the love of earthly fathers and our Heavenly Father at Ids.org/go/fatherNE616.

Our Eternal Father

By Bethany Bartholomew

does each day.



Official Food Taster

Whether it looks delicious or strangely suspicious (five-day-old leftovers, anyone?), Dad is usually willing to try it. And he can be a great resource when you want to make a new recipe. If your dad served a mission or lived outside the country for work, ask him if he has any great recipes of his own from those places. He might be able to help you make something from a different part of the world!



Adventure Tour Guide

Dad can be your best friend and your best motivator. He knows just how to guide you through the adventures of life. He may challenge you to try new things. He might take you out into the wilderness, coach your soccer team, or help you through some English homework. This week, take time to write down some of your favorite Dad advice. Maybe even ask him what some of his dad's best advice was for him growing up.



Part-time Superhero

Dad may not be able to fly or lift entire buildings by himself, but his daily doses of public service still make a big impact on those he can help. Visiting neighbors, serving in Church callings, volunteer coaching for the city baseball team—Dad does a lot. Ask him if there's any way you can help him out. Who knows? Maybe he needs a trusty sidekick, some coaching advice, or even just a reminder to buy ice cream for a family who could use a little pick-me-up.



Experimental Researcher

Dad has unlimited nuggets of wisdom in many different categories, and much of it comes from personal experience. He might teach you what you should say when you ask someone out on a date for the first time, or he might teach you how to slow dance so you won't be too nervous at your first stake dance. Ask your dad about his life, his accomplishments, his successes, and even the things he's tried that didn't work out so well. You could learn a lot from his life lessons.



Businessman

Dad is co-CEO with Mom in their home-run business called, well, home and family. Dad is a great source of information on all things financial. He can give you valuable advice about money—from how to save up for your first bike to how to better budget for tithing each month.



Occupational Specialist

Many dads spend a lot of their time working full-time outside the home. If your dad is working, studying for a degree (or even a second or a third degree), or simply helping you with your math homework, give your dad a great big thank you for all his hard work for you and others.



Construction Worker

From the birdhouse to the back porch, Dad can build anything. Well, almost anything. Some dads like to build computers, some like to build toolsheds, and some like to build friendships. What can you and your dad build together—whether he's at home or far away?



Dragon Slayer

OK, maybe not actual dragons. But Dad is usually very good at ridding the kingdom (aka, the house) of all things pesky, creepy, and crawly. Whether it's helping coax a lizard back out into the yard or handing him the tissue when there's a spider to slay, how can you help your dad in his epic quest against multilegged invaders?

Bethany Bartholomew lives in Utah, USA.



A FATHER WHO LOVES

"Father, like Mother, is ever willing to sacrifice his own comfort for that of his children. Daily he toils to provide the necessities of life, never complaining, ever concerned for the well-being of his family. This love for children, this desire to see them well and happy, is a constant in a time of change."

President Thomas S. Monson, "An Attitude of Gratitude," Ensign, May 1992, 59.

33



By Elder José A. TeixeiraOf the Seventy

EVEN IF

YOU'RE SHY

Trust the Lord, and He will bless you in your efforts to share the gospel.

hen I was a new mission president in Brazil, I was interviewing some elders. I asked one to tell me about himself.

"I am very shy," he said. He worried that his shyness was getting in the way of being able to serve.

I asked, "Do you think the Lord can help you to be a good missionary anyway?"

"I believe the Lord can do anything."

"Then let Him help you. Do you think you can do that?"

"I can," he said.

I have to confess that as he walked away, I thought, "Well, I hope it works."

Weeks passed and soon the same missionaries came

for interviews again. This time the shy elder's companion said, "President, I don't know what you told him, but it certainly made a difference. He's become great at talking with people." And so I was looking forward to visiting with him again.

it all the time now. I don't even remember what I say. The incredible thing is that people like it. They feel the Spirit. They relate to me and to what I have to tell them."

I was amazed to see how this missionary was transformed when he put his trust in the Lord. He the Lord will guide us if we trust in Him. The Holy Ghost will help us know what to say (see 2 Nephi 32:2–3), and when people feel the Spirit, they often respond in a positive way. Many become intrigued by what we believe and want to know more.

"I'm still shy, but I asked the Lord to help me."

When he came into my office, he looked down at his feet.

"I have some good news," he said. "I'm still shy, but I asked the Lord to help me. Then I opened my mouth and started to speak. And you know what? I do

became a great instrument in bringing happiness to many people.

Overcoming Fear

When we share the gospel, we sometimes feel nervous. But as this shy missionary demonstrated,

Great Joy

I have a testimony that Heavenly Father will guide us in our efforts to share the gospel, and in that process we will feel great joy. In fact, that joy will be with us not only now but also in the world to come. (See D&C 18:16.) That's a good reason to step outside your comfort zone and do something, even if you're shy. **NE**



THREE FEARS YOU CAN CONQUER

Besides shyness, I know of three additional fears that cause some of us to say, "I'm afraid that if I talk about the gospel, I'll lose my friends." Thank goodness that, with faith, those fears can be overcome.

1. I DON'T KNOW ENOUGH.

If you lack knowledge about the gospel, the full-time missionaries can help. They can teach us the message of the Restoration, help us strengthen our faith in the Lord Jesus Christ, and help us understand repentance and how to apply it in our lives and why baptism and the gift of the Holy Ghost are important. Another great source of knowledge is *Preach My Gospel*. I would encourage every young man and young woman to have a copy and to make it part of your daily study with your scriptures.

2. I'VE NEVER DONE THIS BEFORE.

If you lack experience, practice with the missionaries! They can help you to know what to say or not to say in a certain situation. As you spend time with the missionaries, you will feel the love they have for the gospel and for their fellow man. They have found the courage to share the gospel; they can help you do the same.

3. I'M AFRAID TO SHARE.

When we share our testimony, we help our friends see higher things, and they begin to respect us and love us in a different light. This happens almost every time. A lot of young people say, "I was fearful, but when I spoke honestly, my friend began to trust me and to ask more questions." We shouldn't be afraid of sharing what we have. It is precious because it comes from God. And what better way to show love for our friends than to share with them what we know to be true?

)LS of Being a

Sometimes the biggest challenge in missionary work isn't missionary work

By Wendy Ulrich, PhD

missionary once told me, "When people said a mission was going to be hard, I assumed that meant I'd be cold or face difficult living conditions or struggle with the language. But for me the hardest part is what goes on in my head—like feeling discouraged or getting frustrated with companions or not liking talking to strangers—just dealing with all the ups and downs, the rejection, the change."

To prepare for a mission, you can and should read Preach My Gospel, study the scriptures, and learn how to cook and do laundry. But you should also get practical experience now with the emotional, social, and other skills you'll need as a missionary. Here's a list of some of these skills. You can check off one or two of them to start practicing now.

The Skills of Being Humble without Feeling Humiliated

A sister missionary in Alabama, USA, told me, "I guess I thought when they set me apart, somehow I was going to get superpowers. So it was kind of a shock to me to find out when I arrived in my mission that I was still just me. I still had my same weaknesses, fears, and inadequacies. And those really haven't gone away. I've had to learn how to deal with feeling inadequate at doing the Lord's work."

Whether you come into the mission with many successes under your belt or few, if you are humble, teachable, and willing to

keep trying and working, the Lord can work with you. But your missionary skills will only improve as you practice, ask questions, get help, and keep trying. If you are convinced that people are just naturally good (or naturally bad) at missionary work, languages, testimony, or relationships, you'll have a harder time.

A missionary once said to me, "I've had to learn that it's the Lord's work, not mine. And it's OK if I feel inadequate at it because I am inadequate. I'll never be adequate to do what only God can do. There's a lot I can do to improve, but I don't have to figure it all out by myself. I can count on Him."





The Skills of Conversation The Physical Skills of Well-Being Whether you're an introvert (shy) or an As a mission president, my husband talked extrovert (outgoing), you can learn the skills to one missionary who was really depressed of good conversation you'll need on a mission and struggling. My husband felt impressed and throughout your life. to ask him, "So, Elder, what did you have If you're more of an introvert: for breakfast?" "Ice cream." · Set a goal to talk to someone new "What did you have for lunch?" (especially unfamiliar adults) for five "French fries." minutes every week. "What did you have for dinner?" Smile, be curious about people, and learn "French fries and ice cream." good questions that get others talking. "How long have you been eating just Figure out ways to start a conversation and French fries and ice cream?" to graciously end a conversation. "About a month." Notice when others are trying to start "Here's your assignment: go home and eat a conversation so you can be open something green—but not mint ice cream." and responsive. Diet and exercise really do affect how we If you're more of an extrovert: feel about life. Start now to: Draw out others by asking questions. • Learn about good nutrition. Eat Practice being a good listener. healthy. If you're picky, start trying Look for signs that your listener is tiring. a few new things. Give others space. • Exercise. Regular exercise helps everyone manage anxiety and depression better. Start small and build up slowly, such as with a nightly walk (maybe with a friend or with music), marching in place during TV commercials, or a few sit-ups and push-ups. - -Learn to care well for your belongings, clothing, money, and time. Manage sleep. If you have trouble going to sleep or waking up, ask people for ideas. Get into bedtime and wake-up routines you could use as a missionary. June 2016



Did we choose our families and spouses in the premortal life?

e don't know. There are few things we know for certain about premortal life. For instance, we know that we had agency and were allowed to accept Heavenly Father's plan of salvation or to rebel with Lucifer. Those who accepted the plan were allowed to come to earth, receive physical bodies, and be tested. Those who rebelled were cast out of heaven, never to receive physical bodies and forever halted in their progress.

We also know that in the premortal life some people were foreordained to certain offices or callings (see Alma 13:3–9), which sometimes may have meant being part of a certain lineage. What has been revealed about our use of agency in the premortal world seems to highlight our consenting to Heavenly Father's plan and perhaps making covenants with Him related to some foreordained office or calling. We don't know how much detailed knowledge of our earthly circumstances we may have had when we consented to the plan, but the revelations say nothing of our having made commitments to one another or of our having chosen our parents or spouses. NE



eople who grew up in the Church may feel like their testimony is weaker than that of converts because they lack the impressive experiences converts talk about. But converts' experiences may be impressive simply because they're so different from what they've felt before. Lifelong members' spiritual experiences are not inferior; they may simply be more gradual.

Elder David A. Bednar of the Quorum of the Twelve Apostles has taught: "Most frequently, revelation comes in small increments over time and is granted according to our desire, worthiness, and preparation" ("The Spirit of Revelation," *Ensign*, May 2011, 88).

He has also taught that *testimony*, or knowing the gospel is true, is just the beginning. We should focus on our *conversion* to the Lord and His gospel, which is "an ongoing process" of change that "requires both persistence and patience" as well as "constant devotion to the revealed truth we have received. . . . We should know the gospel is true and be true to the gospel" ("Converted unto the Lord," *Ensign*, Nov. 2012, 107, 109).

A gradually developed testimony is just as valid as one gained through an intense conversion experience. **NE**

"My parents swear, listen to loud music, and watch inappropriate TV shows. What can loo to feel the Spirit at home, especially on Sundays?"

hen you were baptized, you received the gift of the Holy Ghost. This means that no matter your circumstances, you can have the companionship of the Spirit if you keep yourself worthy and make good personal decisions.

As you partake of the sacrament each week, you will be reminded of your covenants with Heavenly Father to "take upon [you] the name of [His] Son, and always remember him and keep his commandments . . . that [you] may always have his Spirit to be with [you]" (D&C 20:77). By keeping your covenants, you stay worthy of the Spirit's companionship.

Attending sacrament meeting and other Church meetings isn't the only way to focus your Sunday on covenant keeping. Regardless of your home circumstances, you can show Heavenly Father your commitment to your covenants by working on your family history, studying the gospel, and serving others, especially those who are lonely or sick. Choosing these kinds of activities, even if your family members don't, will bring you joy and rejoicing. (See Russell M. Nelson, "The Sabbath Is a Delight," Ensign, May 2015, 129-32.) NE



Speak Up

Whether or not your parents are members of the Church, talk with them about why

it is important to you to always have the Spirit in your home, especially on Sundays. In your case, you can choose the calmest place in the house and invite other members of the Church to come be with you and together invite the Spirit to be there. I know that if you keep the Sabbath day holy, the Lord will bless you greatly.

Joskares C., 16, Santo Domingo, Dominican Republic



Pray for Your **Parents**

You can pray for your parents. As Mormon wrote, "The Lord will

remember the prayers of the righteous, which have been put up unto him for them" (Mormon 5:21). Your parents may not stop right away, but the Lord will help you.

Cole M., 17, Arizona, USA

Focus on Doing Good Things

Sundays are always hard for me at home. I'm the only member of the Church in my house, and my parents and brothers watch TV and listen to their music on the Sabbath. I want to show my love for Heavenly Father by keeping the Sabbath day holy. I'm able to go to my room and read scriptures, listen to Church music, and go

on visits with my friends or with the missionaries. I am so grateful to have the Lord's help to observe the Sabbath day diligently and for the strength He always gives me.

Lais de Jesus M., 19, Sergipe, Brazil



Use Church Resources

If you have access to a smartphone or tablet, you can download

the Mormon Channel and LDS Youth apps. They're full of wonderful songs, videos, and talks that always bring the Spirit when I play them! It's simple, but it really helps me to feel the Spirit even when I'm surrounded by noise. It makes a difference and brings peace throughout the whole house.

HunterEve V., 16, Texas, USA

Turn to the Scriptures

Talk to your parents about the things they do, but if they don't listen, you can pray for guidance on how to help you feel the Spirit in your home. To feel the Spirit in my home, I read the scriptures, and that brings the Spirit into the room instantly.

Blake E., 14, Utah, USA

Follow Christ's Example

It's important that a home be filled with the Spirit, but it's more important that a person be filled with it. Christ was the perfect example of having the Spirit with Him all the time. Just trying to live more like Christ, being kind to

others, and seeing the world the way that He would is probably the best way to keep the Spirit with you wherever you are.

Isabel W., 16, Oregon, USA

Suggest Family Activities

On Sundays, maybe suggest activities that you can do together as a family. Suggest something that the family can do to get together where those inappropriate things would not be happening. If you're doing something together as a family, it brings you closer together. And it gives them a different idea of what you can do on Sundays. Maybe next Sunday they'll say, "Hey, what we did last time was fun—let's do it again."

Ryan B., 19, Idaho, USA

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



ACT ON THE PROMPTINGS

"I offer this encouragement. You have had times when you have felt the influence of the

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••

Holy Ghost....

"You can treat those moments of inspiration like the seed of faith that Alma described (see Alma 32:28). Plant each one. You can do that by acting on the prompting you felt. The most valuable inspiration will be for you to know what God would have you do....

"As you obey, the impressions from the Spirit will come more frequently, becoming closer and closer to constant companionship. Your power to choose the right will increase."

President Henry B. Eyring, First Counselor in the First Presidency, "The Holy Ghost as Your Companion," Ensign, Nov. 2015, 105.

UPCOMING QUESTION

"My best friend says she doesn't believe in God. How can I share the gospel with her?" Send your answer and photo by July 15, 2016.

Go to newera.lds.org, 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 your photos, and then click "Submit" to upload.

Responses may be edited for length or clarity.

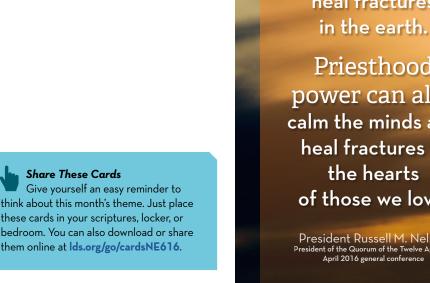


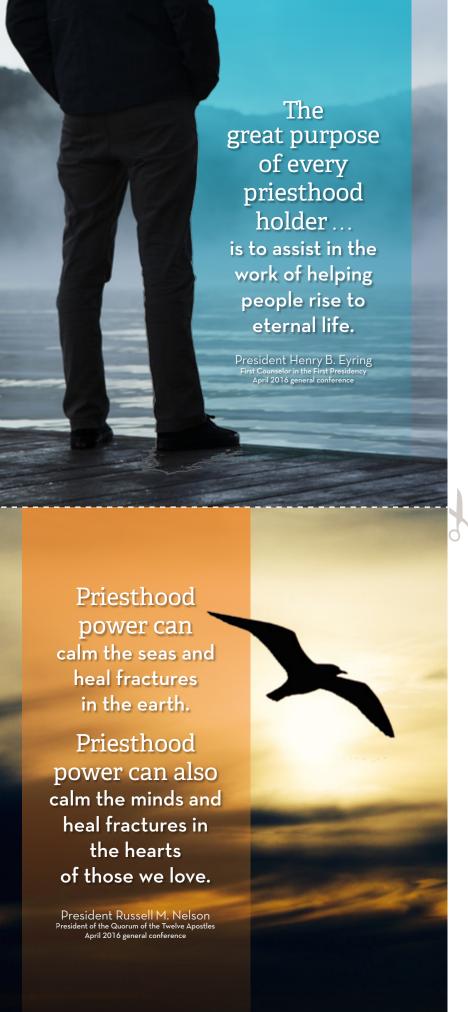
The Priesthood and **Priesthood Keys**

There were a number of talks in the April 2016 general conference that dealt with the topic of priesthood and priesthood keys. For instance, you could look up these ones as you ponder the Come. Follow Me theme this month.

- "A Sacred Trust," by President Thomas S. Monson
- "Eternal Families," by President Henry B. Eyring
- "The Price of Priesthood Power" by President Russell M. Nelson
- "Where Are the Keys and Authority of the Priesthood?" by Elder Gary E. Stevenson

Find these and more at conference.lds.org.









VAL CHADWICK BAGLEY



MY READING **BUDDIES**

used to have a hard time reading, and I was really self-conscious about it. I wouldn't read in class because it was hard for me to sound out some of the words, and I was afraid to read out loud because the kids in school would tease me because I couldn't understand what I was reading. It was hard for me to make friends, too, because my family moved around a lot. Then my family moved to Oregon, USA.

One of my new neighbors quickly became one of my best friends. He encouraged me to go to church. The guys there didn't tease me like the kids in school did. They took it upon themselves during church to help me read the scriptures. They spent

the time to help me learn to read the words I couldn't sound out. Slowly, they gave me the courage to read out loud. From that day on I would read even if it would take half the class time for me to read what the teacher asked me to read.

I was blessed with these great guys who took me under their wings. They didn't have to do this for me, and they could've stayed silent, but following the Spirit, they made a choice to help me and made a difference in my life. We too can make a difference in others' lives; we just have to be willing to listen to the Spirit to guide us to those people who are in need of help.

Larry W., California, USA

WAITING ON THE BUS

was on the bus on my way home from school on a very windy day. My bus driver got to the stop where my neighbor and I get off. Our driver had a feeling that we shouldn't get off, so she pulled to the side of the road and told us to stay on. As my neighbor and I were waiting for her to open the doors, we saw a flash of light and heard a big crash. We looked out the windows and saw our other neighbor's big tree fall over onto a power pole, and the pole fell across the road right in front of the bus. It was in the exact spot where we would have crossed the road. If our bus driver had let us off, we would have been roadkill. I was really grateful for the Holy Ghost that day and that He inspires people.

Kenzie W., Utah, USA

THE MISSING PIECE

hen I was in high school, I got offended about some of the Church doctrine. It eventually led me to become less active. I attended some activities at another church that helps people spiritually, and yet my joy was not full, as if there

TOO SICK TO AUDITION?

y piano teacher is not a member of The Church of Jesus Christ of Latter-day Saints, but she knows that some of our members are called to play the organ. One time she encouraged me to audition for a scholarship to learn the organ. I decided to audition so that I could learn to play the organ in order to serve in church.

The morning of the audition, I woke up extremely sick. My mom said our family would be praying for me. When we got to the audition, my dad told the judges I wasn't feeling very well. Before I began playing, I said a little prayer in my heart. I asked Heavenly Father for His help, especially if He wanted me to play the organ at church. As I began to play I felt as if someone else was playing. I didn't feel sick but instead was just amazed to watch my fingers move. Before I knew it, I'd finished all my songs, and I don't remember making any mistakes.

As soon as I got off the bench, the sickness returned and my dad took me home to rest. I slept all day until my mom woke me up that evening to tell me I'd won the scholarship. I know Heavenly Father wanted me to learn to play the organ and listened to my prayer. I've truly felt the Lord's hand in my life. I'm so grateful for the talents He has blessed me with, because as I share them and use them to serve, He strengthens and blesses me.



was something missing.

It took me time to find what was missing, but one day after I prayed, I opened my eyes and I saw my Book of Mormon on my table. I was about to go to sleep when a thought came to me, saying, "I was born a Mormon. How come I haven't

finished the Book of Mormon?" So that day I decided to finish reading the Book of Mormon, and after many years, I have finally found the missing piece of that happiness here in the mission field.

Elder Jayme Promise, Philippines Quezon
City Mission



By Elder David A. Bednar Of the Quorum of the Twelve Apostles

HOW TO **HELP MISSIONARIES**

e properly pray for the safety and success of the full-time missionaries throughout the world. And a common element in many of our prayers is a request that the missionaries will be led to individuals and families who are prepared to receive the message of the Restoration. But ultimately it is my responsibility and your responsibility to find people for the missionaries to teach. Missionaries are full-time teachers: you and I are full-time finders. And you and I as lifelong missionaries should not be praying for the fulltime missionaries to do our work!

If you and I would truly pray and ask in faith, as did Joseph Smith—if we would pray with the expectation to act and not just to express—then the work of proclaiming the gospel would move forward in a remarkable way. Such a prayer of faith might include some of the following elements:

- Thanking Heavenly Father for the doctrines and ordinances of the restored gospel of Jesus Christ, which bring hope and happiness into our lives.
- Asking for courage and boldness to open our mouths and share the gospel with our family and friends.
- Entreating Heavenly Father to help us identify individuals and families who will be receptive to our invitation to be taught by the missionaries in our homes.
- Pledging to do our part this day and this week and petitioning for help to overcome anxiety, fear, and hesitation.
- · Seeking for the gift of discernment —for eyes to see and ears to hear missionary opportunities as they occur.
- · Praying fervently for the strength to act as we know we should.

Gratitude would be expressed, and other blessings might be requested in such a prayer, which would be closed



Share Your Experiences Share what you do to have missionary opportunities and read the experiences of other youth at lds.org/go/missionaryNE616.

in the name of the Savior. And then the consecrated work of that prayer would continue and increase.

This same pattern of holy communication and consecrated work can be applied in our prayers for the poor and the needy, for the sick and the afflicted, for family members and friends who are struggling, and for those who are not attending Church meetings.

I testify that prayer becomes meaningful as we ask in faith and act. I invite all of us to pray in faith about our divinely given mandate to proclaim the gospel. As we do so, I promise doors will open and we will be blessed to recognize and act upon the opportunities that will be provided. NE

From an April 2008 general conference address.



TRUSTING.

BELIEVING.

GROWING.

HEAVEN IS CHEERING YOU ON TODAY, TOMORROW, AND FOREVER.

Elder Jeffrey R. Holland Quorum of the Twelve Apostles



WHAT'S ONLINE



DISABILITY RESOURCES

How do you reach out to friends in the ward who are living with challenges that may be disabling? How can you participate more in your ward if you're facing such challenges? Head to Ids.org/disability and find resources to help you, your friends, your loved ones, and leaders understand how to find and provide support in unique circumstances and situations.



PRIESTHOOD: A Blessing

Getting struck by lightning—it's a real fear, and for good reason. But in one case, it led to a miracle. Watch as Elder Jeffrey R. Holland tells the story of how one young man's preparation in the priesthood helped save another young man's life in a thunderstorm.

PREPARING to Serve

Are you preparing to serve a mission? Whether your mission call is a few months or a few years away, you can learn how to prepare now. Find out what you can do today to start working toward your future mission call.



