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## HOW TO KEEP A MIGHTY CHANGE OF HEART

**T**hrough the Atonement of Jesus Christ and by obedience to the laws and ordinances of the gospel, we undergo a spiritual change of heart.

Just as with heart transplant patients, however, this mighty change of our spiritual hearts is just the beginning. Repentance, baptism, and confirmation are necessary but not sufficient. Indeed, equal, if not greater, care must be taken with a spiritually changed heart than with a physically transplanted heart if we are to endure to the end. Only by doing so can we be held guiltless at the time of judgment (see 3 Nephi 27:16).

To endure to the end, we need to **be eager to please God** and **worship Him** with fervor and passion. This means that we **maintain faith** in Jesus Christ by **praying, studying** the scriptures, **partaking** of the sacrament each week, and having the Holy Ghost as our constant companion. We need to actively **help** and **serve** others and **share** the gospel with them. We need to be perfectly upright and honest in all things, never compromising our covenants with God or our commitments to men, regardless of circumstances. In our homes we need to **talk** of, **rejoice** in, and **preach** of Christ so that our children—and we ourselves—will desire to apply the Atonement [of Jesus Christ] in our lives (see 2 Nephi 25:26). We must identify temptations that easily beset us and put them out of reach—way out of reach. Finally, we need to frequently biopsy our mightily changed hearts and reverse any signs of early rejection.

Please consider the state of your changed heart. Do you detect any rejection setting in as a result of the tendency of the natural man to become casual? If so, find a place where you can kneel. Remember, more than mortal years on this earth are at stake. Do not risk forfeiting the fruits of the ultimate operation: eternal salvation and exaltation. **NE**

*From an October 2009 general conference address.*



### HOW HAVE YOU APPLIED THIS?

Moroni 7:45, “Charity suffereth long, and is kind,” is one of my guides towards living righteously. Reading this makes me realize the qualities I must have to go back to Heavenly Father’s presence. Every time I read this verse, I gain hope. Hope is essential to have faith and receive the gospel of Jesus Christ. When I read the scriptures, I overcome my anxieties, get answers to my questions, and strengthen my testimony. The companionship of the Holy Ghost as I ponder the scriptures always helps.

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#### **Share Your Experiences**

To share what you do to keep a mighty change of heart and read the experiences of other youth, read this article at [youth.lds.org](http://youth.lds.org)