

# THE **New Era**

MAY 2013

## **GENERAL CONFERENCE** *IS FOR YOU, pp. 2-19, 23, 49*

**A NEW GENERAL  
YOUNG WOMEN  
PRESIDENCY, p. 19**

**BE THE ONE, p. 30**

**HELPING MOM  
AND DAD, pp. 33, 36**

► **Plus, What  
a Patriarchal  
Blessing Can  
Do for You,  
p. 20**

### The First Presidency:

Thomas S. Monson, Henry B. Eyring, Dieter F. Uchtdorf

### The Quorum of the Twelve Apostles:

Boyd K. Packer, L. Tom Perry, Russell M. Nelson, Dallin H. Oaks, M. Russell Ballard, Richard G. Scott, Robert D. Hales, Jeffrey R. Holland, David A. Bednar, Quentin L. Cook, D. Todd Christofferson, Neil L. Andersen

**Editor:** Craig A. Cardon

**Advisers:** Shayne M. Bowen, Bradley D. Foster, Christoffel Golden Jr., Anthony D. Perkins

**Managing Director:** David T. Warner

**Director of Member and Family Support:**

Vincent A. Vaughn

**Director of Church Magazines:** Allan R. Loyborg

**Business Manager:** Garff Cannon

**Managing Editor:** Brittany Beattie

**Assistant Managing Editor:** Joshua J. Perkey

**Publications Assistant:** Sally Johnson Odekirk

**Writing and Editing:** Susan Barrett, Ryan Carr, David Dickson, David A. Edwards, Matthew D. Flitton, Mindy Raye Friedman, Garrett H. Garff, Hikari Loftus, Michael R. Morris, Richard M. Romney, Paul VanDenBerghe, Julia Woodbury

**Editorial Intern:** Nichole C. Eck

**Managing Art Director:** J. Scott Knudsen

**Art Director:** K. Nicole Walkenhorst

**Design:** Jeanette Andrews, Fay P. Andrus, C. Kimball Bott, Thomas Child, Nate Gines, Kerry Lynn C. Herrin, Colleen Hinckley, Eric P. Johnson, Susan Lofgren, Scott M. Mooy, Brad Teare

**Intellectual Property Coordinator:**

Collette Nebeker Aune

**Production Manager:** Jane Ann Peters

**Prepress:** Joshua Dennis

**Printing Director:** Craig K. Sedgwick

**Distribution Director:** Evan Larsen

© 2013 by Intellectual Reserve, Inc. All rights reserved. The *New Era* (ISSN 0164-5285) is published monthly by The Church of Jesus Christ of Latter-day Saints, 50 E. North Temple St., Salt Lake City, UT 84150-0024, USA. Periodicals Postage Paid at Salt Lake City, Utah.

### To subscribe:

**By phone:** Call 1-800-537-5971 to order using Visa, MasterCard, Discover Card, or American Express.

**Online:** Go to [store.lds.org](http://store.lds.org).

**By mail:** Send \$8 U.S. check or money order to Distribution Services, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.

### To change address:

Send old and new address information to:

Distribution Services

P.O. Box 26368

Salt Lake City, UT 84126-0368, USA.

Please allow 60 days for changes to take effect.

The *New Era* can be found on the Internet at

[newera.lds.org](http://newera.lds.org).

**Copyright information:** Text and visual material in the *New Era* may be copied for incidental, noncommercial church or home use. Visual material may not be copied if restrictions are indicated in the credit line with the artwork. Copyright questions should be addressed to Intellectual Property Office, 50 E. North Temple St., Salt Lake City, UT 84150, USA; email [cor-intellectualproperty@ldschurch.org](mailto:cor-intellectualproperty@ldschurch.org).

**POSTMASTER:** Send all UAA to CFS. (See DMM 707.4.12.5). **NON-POSTAL AND MILITARY FACILITIES:** Send address corrections to Distribution Services, Church Magazines, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.

**Canada Post Information:** Publication Agreement #40017431.

New Era



## GENERAL CONFERENCE IS FOR YOU p.2

### 2 Obey and Serve

President Thomas S. Monson  
*Missionary response; a call to share; blessings of obedience; Christlike love; testimony.*

### 4 Our Service

President Henry B. Eyring  
*Faithful service; the gospel to all.*

### 5 Step into the Light

President Dieter F. Uchtdorf  
*Driving out darkness; your contribution.*

### 6 Words to Live By

*Obeying God's word; finding peace; gospel learning; strengthening the family; bringing others to Christ; your divine identity.*

### 10 Stories from Conference

*Serving in India; seeing the beautiful mornings; enduring trials; giving a priesthood blessing.*

### 12 For Young Men

*Advice for priesthood holders.*

### 13 For Young Women

*Counsel for becoming women of God.*

### 14 Answers to My Questions

*Church leaders address some common questions.*

### 17 Conference Cards

*Four cards with inspiring messages you can cut out for your locker, share online, or print for a lesson.*

### 19 Learning from Conference

*Resources to help you get more out of conference.*



**Cover:** General conference is for you, see pages 2–19.

**Front cover photograph:** Cody Bell

**Back cover:** Computer image by iStockphoto/Thinkstock

### To submit manuscripts or art:

**Online:** Go to [newera.lds.org](http://newera.lds.org) and click "Submit Your Work."

**Email:** [newera@ldschurch.org](mailto:newera@ldschurch.org)

**Mail:** *New Era* Editorial, 50 E. North Temple St. Rm. 2420, Salt Lake City, UT 84150-0024, USA. For return, include a self-addressed, stamped envelope.

## ▼ DEPARTMENTS

- 23 **MORMONAD**  
Need a Lift?
- 43 **THE EXTRA SMILE**
- 44 **QUESTIONS & ANSWERS**  
*"I have a hard time reading the scriptures. Sometimes it is boring or feels like a chore. How can I feel excited about reading the scriptures?"*
- 46 **INSTANT MESSAGES**  
*Learning for yourself; prayer's power; prompted in a tattoo shop.*
- 48 **LINE UPON LINE**  
**James 2:17-18**  
*Insights into the relationship between faith and works.*
- 49 **CONFERENCE POSTER**  
Live It



## 20 Patriarchal Blessings



## 30 Be the One



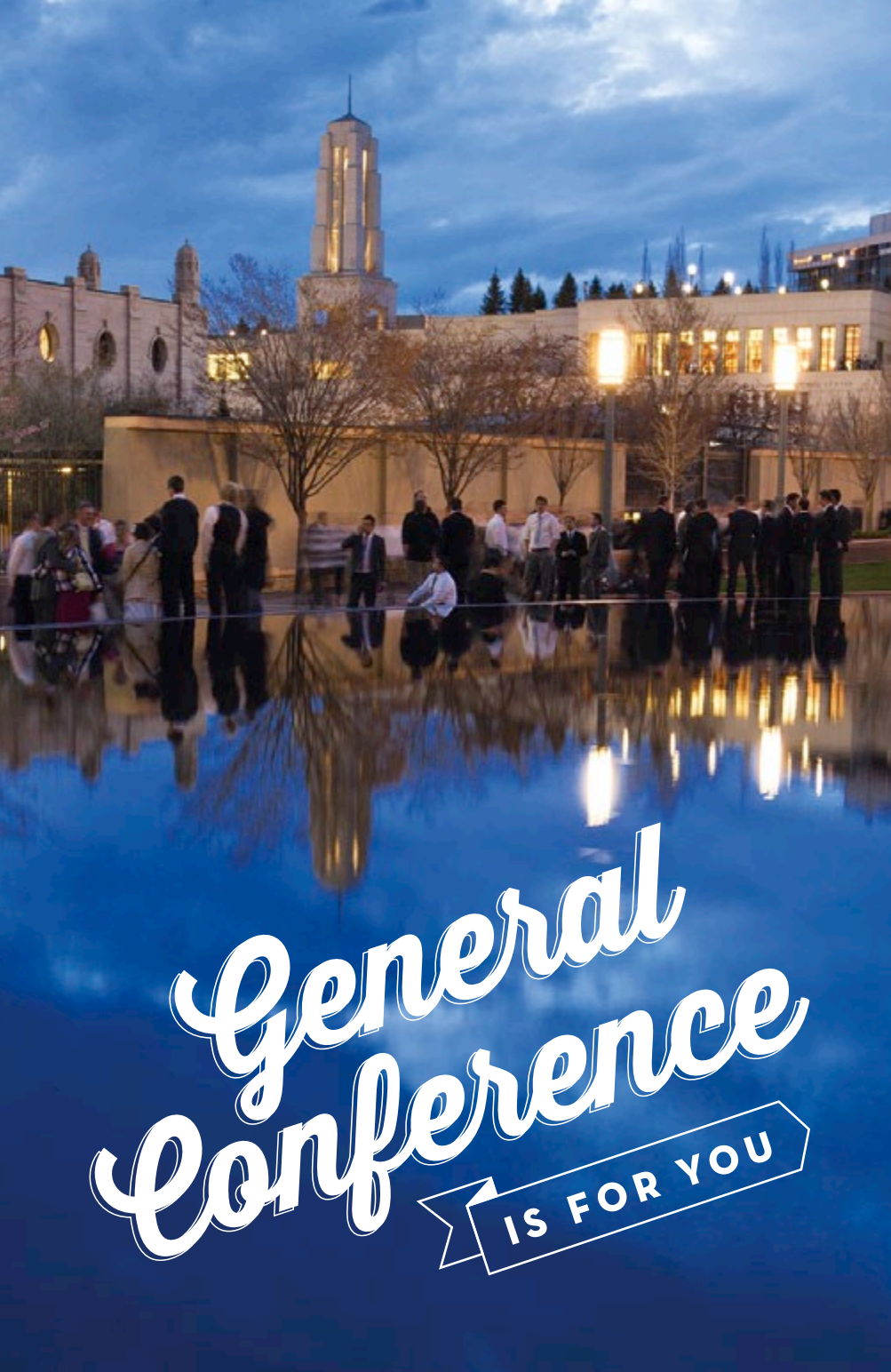
## 33 Showing Support



## 42 A Change of Plan

## ▼ FEATURES

- 20 **What a Patriarchal Blessing Can Do for You**  
*Find out what this special blessing can do if you take advantage of it. (\*Check out this article for support for this month's Sunday lesson theme.)*
- 24 **Hearing with the Heart**  
*Meet the students who participate in a special seminary for the Deaf.*
- 28 **Me? Teach Family History?**  
*A daunting assignment led to a great discovery.*
- 30 **Be the One**  
*Easily overlooked examples in the Book of Mormon teach an important truth.*
- 33 **Supporting Each Other**  
*How one young woman deals with her dad's disability.*
- 36 **Because of Mom**  
*Youth share their feelings about the most important woman in their lives.*
- 38 **Tackling Foul Language on the Football Field**  
*One young man's story of being "man enough" not to swear.*
- 40 **The Envy I Never Thought I Had**  
*It seemed unfair that Dad treated her sister differently.*
- 42 **A Change of Plan**  
*The group date was all planned, and then there came a phone call.*



President  
Thomas S. Monson

## OBEY AND SERVE

### Anxious to Serve as Missionaries

“The response of our young people [to the missionary age change] has been remarkable and inspiring. As of April 4—two days ago—we have 65,634 full-time missionaries serving, with over 20,000 more who have received their calls but who have not yet entered a missionary training center and over 6,000 more in the interview process with their bishops and stake presidents. It has been necessary for us to create 58 new missions to accommodate the increased numbers of missionaries.”

### “Go Ye Therefore, and Teach”

“The holy scriptures contain no proclamation more relevant, no responsibility more binding, no instruction more direct than the injunction given by the resurrected Lord as He appeared in Galilee to the eleven disciples. Said He:

“Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost:

“Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world’ [Matthew 28:19–20].





“This divine command, coupled with its glorious promise, is our watchword today as it was in the meridian of time. Missionary work is an identifying feature of The Church of Jesus Christ of Latter-day Saints. Always has it been; ever shall it be. . . .

“The challenge is to be more profitable servants in the Lord’s vineyard. This applies to all of us, whatever our age, and not alone to those who are preparing to serve as full-time missionaries, for to each of us comes the mandate to share the gospel of Christ.

“May I suggest a formula that will ensure our success: first, **search the scriptures with diligence**; second, **plan your life with purpose** . . . ; third, **teach the truth with testimony**; and fourth, **serve the Lord with love.**”

## Obedience Brings Blessings

“There is no need for you or for me, in this enlightened age when the fulness of the gospel has been restored, to sail uncharted seas or to travel unmarked roads in search of truth. A loving Heavenly Father has plotted our course and provided an unfailing guide—even *obedience*. A knowledge of truth and the answers to our greatest questions come to us as we are obedient to the commandments of God.

“We learn obedience throughout our lives. Beginning when we are very young, those responsible for our care set forth guidelines and rules

to ensure our safety. Life would be simpler for all of us if we would obey such rules completely. . . .

“There are rules and laws to help ensure our physical safety. Likewise, the Lord has provided guidelines and commandments to help ensure our spiritual safety so that we might successfully navigate this often-treacherous mortal existence and return eventually to our Heavenly Father. . . .

“As the Savior instructed His early Apostles, so He instructs you and me, ‘Follow thou me’ [John 21:22]. Are we willing to obey?

“The knowledge which we seek, the answers for which we yearn, and the strength which we desire today to meet the challenges of a complex and changing world can be ours when we willingly obey the Lord’s commandments. . . .

“It is my humble prayer that we may be blessed with the rich rewards promised to the obedient.”

---

*“During President Monson’s talk, I was impressed that now is the time for me to become converted and dedicated to the Lord. I know that giving up all worldly desires will be hard at first but that I will be strengthened by the Lord.”*

**Faith C., 17, Louisiana, USA**

## Reach Out in Love

“I admonish you to be good citizens of the nations in which you live and good neighbors in your communities, reaching out to those of

other faiths as well as to our own. May we be tolerant of, as well as kind and loving to, those who do not share our beliefs and our standards. The Savior brought to this earth a message of love and goodwill to all men and women. May we ever follow His example.

“I pray that we may be aware of the needs of those around us. There are some . . . who are tragically involved in drugs, immorality, pornography, and so on. There are those who are lonely, . . . who long for the company and concern of others. May we ever be ready to extend to them a helping hand and a loving heart.”

## Testimony

“The gospel of Jesus Christ, restored in these latter days through the Prophet Joseph Smith[,] . . . is the key to our happiness. May we be humble and prayerful, having the faith that our Heavenly Father can guide and bless us in our lives.

“I bear my personal witness and testimony to you that God lives, that He hears the prayers of humble hearts. His Son, our Savior and Redeemer, speaks to each of us: ‘Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him’ [Revelation 3:20]. May we believe these words and take advantage of this promise.”



### Short Videos

Watch short video highlights from President Monson’s conference addresses at [lds.org/go/531](https://lds.org/go/531), [lds.org/go/532](https://lds.org/go/532), [lds.org/go/533](https://lds.org/go/533), and [lds.org/go/534](https://lds.org/go/534).



## OUR SERVICE

**President Henry B. Eyring**

First Counselor in the First Presidency

### Faithfully Serving Others

“We are under covenant both to lift up those in need and to be witnesses of the Savior as long as we live.

“We will be able to do it without fail only as we feel love for the Savior and His love for us. As we are faithful to the promises we have made, we will feel our love for Him. It will increase because we will feel His power and His drawing near to us in His service. . . .

“. . . You will have the comfort of His love and feel the answer of His drawing closer as you reach out your arms in giving service to others. As you bind up the wounds of those in need and offer the cleansing of His Atonement to those who sorrow in sin, the Lord’s power will sustain you. His arms are outstretched with yours to succor and bless the children of our Heavenly Father, including those in your family.”

### Bringing the Gospel to All the World

“The Lord made it clear at the very start of this last dispensation that we were to take the gospel to all

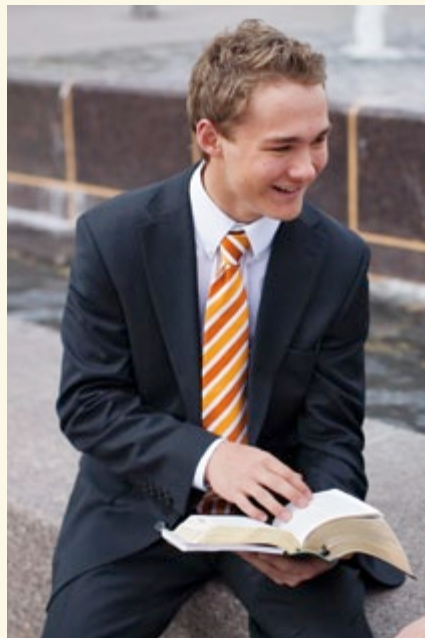
the world. What He said to the few priesthood holders in 1831 He says to the many now. Whatever our age, capacity, Church calling, or location, we are as one called to the work to help Him in His harvest of souls until He comes again. . . .

“Recently I asked [a bishop] how he explained the surge of convert baptisms in his ward and the increase in the number of young people ready and eager to take the gospel of Jesus

---

*“Every time I hear these addresses, I feel the encouragement to share the gospel with everyone. I also feel my Savior’s love and know this is true. I’m so grateful for living with the gospel of Jesus Christ.”*

**Jimmy P., Ecuador**



*London, England*

Christ out to the world. He said it seemed to him that it was not so much the duty anyone performed but the way they all became one in their enthusiasm to bring people into the community of Saints that had brought them such happiness.

“For some it was that and more. Like the sons of Mosiah, they had felt the effects of sin in their own lives and the marvelous healing of the Atonement within the Church of God. Out of love and gratitude for the Savior’s gift to them, they wanted to help everyone they could to escape the sadness of sin, feel the joy of forgiveness, and gather with them to safety in the kingdom of God.

“It was the love of God and the love for their friends and neighbors that unified them to serve the people. They desired to take the gospel to everyone in their part of the world. And they prepared their children to be worthy to be called by the Lord to teach, to testify, and to serve in other parts of His vineyard.”



#### **Short Videos**

Watch short video highlights from President Eyring’s conference addresses at [lds.org/go/535](https://lds.org/go/535) and [lds.org/go/536](https://lds.org/go/536).



# STEP INTO THE LIGHT

**President Dieter F. Uchtdorf**

Second Counselor in the First Presidency

## Light Drives Out Darkness

“There may be some among you who feel darkness encroaching upon you. You may feel burdened by worry, fear, or doubt. To you and to all of us, I repeat a wonderful and certain truth: God’s light is real. It is available to all! . . .

“ . . . Spiritual light rarely comes to those who merely sit in darkness



*“I was intrigued by President Uchtdorf’s talk. A few days before conference, I felt completely without light inside. I hadn’t committed any major sins, but I felt without hope. I wrote about my feelings in my journal and poured out my heart in prayer. As I prayed, I remembered what I had learned about Christ’s grace. I felt light and hope come back into my heart. I am so grateful we do not have to live in the dark! I know light comes from Christ, and I feel so loved to know He lights my soul and gives me hope. His Light is very, very real.”*

**Name Withheld, 17, Washington, USA**

waiting for someone to flip a switch. It takes an act of faith to open our eyes to the Light of Christ. . . .

“We don’t have to wait to cross the finish line to receive God’s blessings. . . .

“ . . . The very moment you begin to seek your Heavenly Father, in that moment, the hope of His light will begin to awaken, enliven, and ennoble your soul. . . .

“To that end, He sent His Son to this earth to illuminate the way and show us how to safely cross the stumbling blocks placed in our path. . . .

“ . . . As we seek to increase our love for God and strive to love our neighbor, the light of the gospel will surround and uplift us. The darkness will surely fade, because it cannot exist in the presence of light. As we draw near to God, He will draw near to us. . . .

“I bear witness that darkness cannot stand before the brilliant light of the Son of the living God!”

## Make Your Contribution

“Satan would rather that you define yourself by your sins instead of your divine potential. Brethren, don’t listen to him. . . .

“I do not believe in a God who would set up rules and commandments only to wait for us to fail so He could punish us. I believe in a Heavenly Father who is loving and

caring and who rejoices in our every effort to stand tall and walk toward Him. . . .

“Serving God and our fellowmen will challenge us and transform us into something greater than we ever thought possible.

“Perhaps you might think that you are not needed, that you are overlooked or unwanted, that you are nobody.

“I am sincerely sorry if any priesthood holder feels this way. Certainly you are not overlooked or unwanted by your Heavenly Father. He loves you. And I tell you with certainty that you are needed by your Church. . . .

“ . . . You have your own special contribution to make, and God can magnify that contribution in a mighty way. Your ability to contribute is not dependent upon your calling in the Church. . . . If you are waiting on the sidelines, I encourage you to get in the game.

“Don’t wait for a particular calling before you become fully engaged in building the kingdom of God. . . .

“ . . . You can be a force for good in your family, your home, your community, your nation, and indeed in the world.”



### Short Videos

Watch short video highlights from President Uchtdorf’s conference addresses at [lds.org/go/537](https://lds.org/go/537) and [lds.org/go/538](https://lds.org/go/538).

# OBEYING GOD'S WORD



### Don't Pick and Choose

"We must not pick and choose which commandments we think are important to keep but acknowledge all of God's commandments. We must stand firm and steadfast, having perfect confidence in the Lord's consistency and perfect trust in His promises."

**Elder L. Tom Perry of the Quorum of the Twelve Apostles**



### Followers of Christ

"Jesus's teachings were not meant to be theoretical. Always they were to be acted upon. . . .  
"As Jesus taught, those who love Him will keep His commandments. They will be obedient. . . . Following Christ is not a casual or occasional practice but a continuous commitment and way of life that applies at all times and in all places."

**Elder Dallin H. Oaks of the Quorum of the Twelve Apostles**



### The Standard of Sexual Morality

"The Church of Jesus Christ of Latter-day Saints has a single, undeviating standard of sexual morality: intimate relations are proper only between a man and a woman in the marriage relationship prescribed in God's plan. Such relations are not merely a curiosity to be explored, an appetite to be satisfied, or a type of recreation or entertainment to be pursued selfishly. They are not a conquest to be achieved or simply an act to be performed. Rather, they are in mortality one of the ultimate expressions of our divine nature and potential and a way of strengthening emotional and spiritual bonds between husband and wife. We are agents blessed with moral agency and are defined by our divine heritage as children of God—and not by sexual behaviors, contemporary attitudes, or secular philosophies. . . .  
". . . Obedience to the law of chastity will



increase our happiness in mortality and make possible our progress in eternity."

**Elder David A. Bednar of the Quorum of the Twelve Apostles**



### Tolerance

"Tolerance is a virtue, but, like all virtues, when exaggerated it transforms itself into a vice. We need to be careful of the 'tolerance trap' so that we are not swallowed up in it. The permissiveness afforded by the weakening of the laws of the land to tolerate legalized acts of immorality does not reduce the serious spiritual consequences that result from the violation of God's law of chastity."

**President Boyd K. Packer, President of the Quorum of the Twelve Apostles**



### A True Friend

"Most of us know someone who would say, 'If you want to be my friend, you'll have to accept my values.' A true friend doesn't ask us to choose between the gospel and his or her friendship. To borrow the words of Paul, 'From such turn away' [2 Timothy 3:5]. A true friend strengthens us to stay on the strait and narrow path."

**Elder Robert D. Hales of the Quorum of the Twelve Apostles**

*"I enjoyed the talks about obedience. I am so grateful there are eternal, unchanging moral absolutes!"*

**Claire C., 17, Washington, USA**



# PEACE THROUGH THE SAVIOR AND HIS GOSPEL



## True Peace

“We all long for peace. Peace is not just safety or lack of war, violence, conflict, and contention.

Peace comes from knowing that the Savior knows who we are and knows that we have faith in Him, love Him, and keep His commandments, even and especially amid life’s devastating trials and tragedies. . . .

“ . . . Peace is not found in the pursuit of pleasure, entertainment, or leisure. None of these can, even when attained in abundance, create any lasting happiness or peace. . . .

“ *The Savior is the source of true peace.* Even with the trials of life, because of the Savior’s Atonement and His grace, righteous living will be rewarded with personal peace.”

**Elder Quentin L. Cook of the Quorum of the Twelve Apostles**



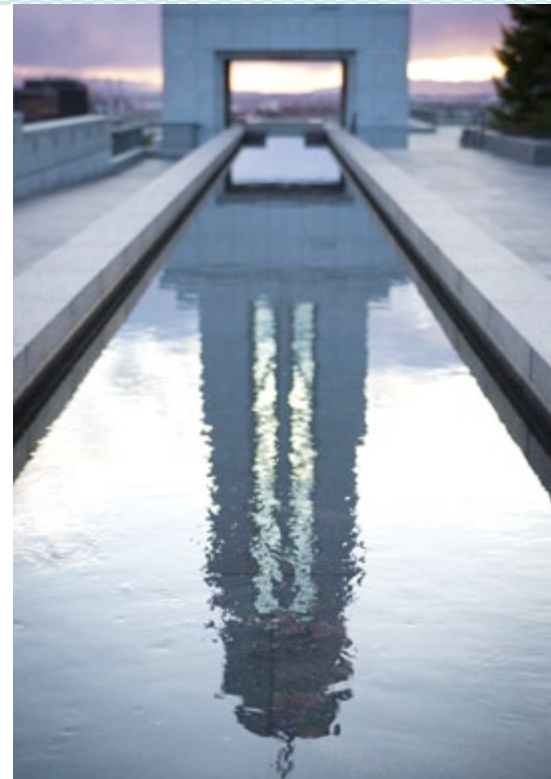
## Hold Fast to What You Do Know

“In moments of fear or doubt or troubling times, hold the ground you have already won, even if that ground is limited. . . . When those moments come

. . . , *hold fast to what you already know and stand strong until additional knowledge comes.* . . . The size of your faith or the degree of your knowledge is not the issue—it is the integrity you demonstrate toward the faith you do have and the truth you already know.

“ . . . I am not asking you to pretend to faith you do not have. I *am* asking you to be true to the faith you *do* have. Sometimes we act as if an honest declaration of doubt is a higher manifestation of moral courage than is an honest declaration of faith. It is not!”

**Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles**



# GOSPEL LEARNING



## Inspiration and Revelation

“Each of us must stay in condition to respond to inspiration and the promptings of the Holy Ghost. The

Lord has a way of pouring pure intelligence into our minds to prompt us, to guide us, to teach us, and to warn us. Each son or daughter of God can know the things they need to know instantly. Learn to receive and act on inspiration and revelation.”

**President Boyd K. Packer, President of the Quorum of the Twelve Apostles**



## Scripture Study and Technology

“Who could have imagined not very many years ago that the full standard works and years of general conference messages would fit into your pocket? Just having them in your pocket will not protect you, but studying, pondering, and listening to them during quiet moments of each day will enhance communication through the Spirit.

“ . . . Mark important scriptures on your device and refer back to them frequently. If you young people would review a verse of scripture as often as some of you send text messages, you could soon have hundreds of passages of scripture memorized. Those passages would prove to be a powerful source of inspiration and guidance by the Holy Ghost in times of need.”

**Elder Richard G. Scott of the Quorum of the Twelve Apostles**



## The Spirit in the Classroom

“To join a Sunday School, auxiliary, or priesthood class is a sacred experience where the Church curriculum is followed and there is great gospel understanding, teaching, and learning by the Spirit.”

**Elder John B. Dickson of the Seventy**

*“I absolutely loved Elder Holland’s talk, especially when he said, ‘If your faith is a little tested, . . . I invite you to lean on mine.’ It’s been a trying year for me and those around me, and I love knowing that someone out there with such wonderful and inspiring faith is there for me.”*

**Jayde H., 16, Oregon, USA**

# STRENGTHENING THE FAMILY



## The Priesthood Power

“Not only is the priesthood the power by which the heavens and the earth were created, but it is also the power the Savior used in His mortal ministry to perform miracles, to bless and heal the sick, to bring the dead to life, and, as our Father’s Only Begotten Son, to endure the unbearable pain of Gethsemane and Calvary. . . .

“The same priesthood power that created worlds, galaxies, and the universe can and should be part of our lives to succor, strengthen, and bless our families, our friends, and our neighbors—in other words, to do the things that the Savior would do if He were ministering among us today.”

**Elder M. Russell Ballard of the Quorum of the Twelve Apostles**

*“This general conference has made me want to come unto Christ. I hope that I will always be able to know that God loves me and knows me and wants me to come home to Him with my earthly duties done with great love, courage, honor, and obedience.”*

**Kirsten P., 14, Alabama, USA**

*“General conference has brought a peaceful spirit into my home. I am excited to act upon the things that were spoken of and do the things which we were challenged to do that we may return to our Father in Heaven.”*

**Katy S., 16, Utah, USA**



## A Home Centered on Christ

“Some homes have a father who is a worthy priesthood holder joined by a faithful, devoted mother who together lead in righteousness. Many homes have a different configuration. Regardless of your circumstances, you can center your home and your life on the Lord Jesus Christ, for He is the source of true peace in this life.”

**Elder Richard G. Scott of the Quorum of the Twelve Apostles**



## Happy Marriages

“In the happiest marriages both the husband and wife consider their relationship to be a pearl beyond price, a treasure of infinite worth. . . . They understand that they walk a divinely ordained path. They know that no other relationship of any kind can bring as much joy, generate as much good, or produce as much personal refinement. Watch and learn: the best marriage partners regard their marriages as priceless.”

**Elder L. Whitney Clayton of the Presidency of the Seventy**



## Disconnect to Reconnect

“Precious moments of opportunity to interact and converse with our [family] dissolve when we are occupied with distractions. Why not choose a time each day to disconnect from technology and reconnect with each other? . . . When you do this, your home may seem quiet at first; you may even feel at a loss as to what to do or say. Then, as you give full attention to your [family], a conversation will begin, and you can enjoy listening to each other.”

**Rosemary M. Wixom, Primary general president**



## No Contention

“One of my wife’s mottoes has been ‘In order to contend, you need two people, and I will never be one of them.’ ”

**Elder Enrique R. Falabella of the Seventy**





# BRINGING OTHERS TO CHRIST



### The Greatest Service

“The greatest service we can provide to others in this life, beginning with those of our own family, is to bring them to Christ through faith and repentance so they may experience His Redemption—peace and joy now and immortality and eternal life in the world to come. . . .

“We can also assist in the Lord’s redemption of those beyond the grave. . . . With the benefit of vicarious rites we offer them in the temples of God, even those who died in bondage to sin can be freed.”

**Elder D. Todd Christofferson of the Quorum of the Twelve Apostles**



### Hearts Prepared

“As surely as the Lord has inspired more missionaries to serve, He is also awakening the minds and opening the hearts of more good and honest people to receive His missionaries. You already know them or will know them. They are in your family and live in your neighborhood. They walk past you on the street, sit

by you in school, and connect with you online. You too are an important part of this unfolding miracle.”

**Elder Neil L. Andersen of the Quorum of the Twelve Apostles**



### Catch the Wave

“An unprecedented wave of enthusiasm for missionary work is sweeping the entire earth. . . .

“More of you young men and women will catch this wave as you strive to be worthy of mission calls. You see this as a wave of truth and righteousness. . . .

“You teenagers, embrace your new curriculum and teach one another the doctrine of Jesus Christ. Now is your time to prepare to teach others about the goodness of God.”

**Elder Russell M. Nelson of the Quorum of the Twelve Apostles**



# YOUR DIVINE IDENTITY



### The Quest of Life

“Our quest for eternal life is nothing other than a quest to understand who God is and for us to return to live with Him.”

**Elder Christoffel Golden Jr. of the Seventy**



### Heavenly Father’s Love

“Our Heavenly Father knows us, loves us, and wants to help. He knows best how to help. We are not spiritual orphans!”

**Elder Stanley G. Ellis of the Seventy**



### Heartfelt Prayer

“Sharing our thoughts, feelings, and desires with God through sincere and heartfelt prayer should become to each of us as important and natural as breathing and eating.”

**Bishop Dean M. Davies, Second Counselor in the Presiding Bishopric**

*“Precious, simple truths of the gospel of Jesus Christ are important to know as we try to ‘catch the wave’ and share the gospel with others, because the Spirit can testify of the truth of our words when we speak simple truths. Be simple and be bold. When truth is spoken, the Spirit is present.”*

**Greg S., 16, California, USA**

## SERVING IN INDIA



“Last June, when a new branch was created in Bangalore, India, the only young man in priesthood meeting was a recently ordained deacon named Gladwin.

“Gladwin, along with the Young Men president and branch president, began calling the less-active young men and visiting them in their homes. Soon a second young man, Samuel, started coming to church again.

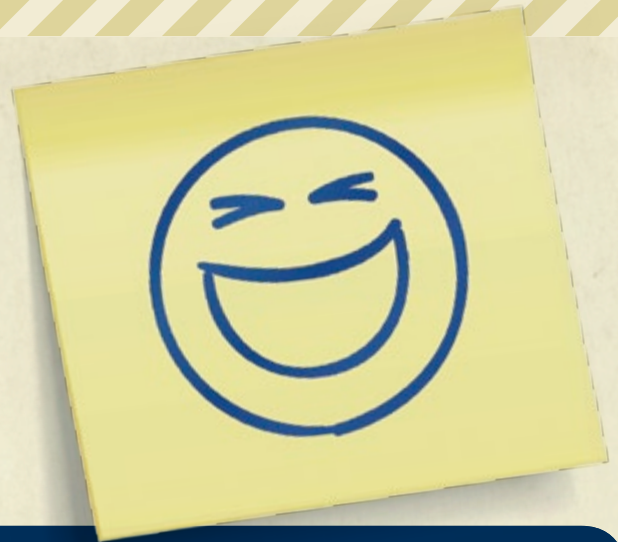
“Each week Gladwin and Samuel called those who had not attended quorum meeting and shared what they had learned. They also called or visited them on their birthdays. One by one, the less-active young men became their friends and began to accept invitations to come to quorum activities, to attend quorum meetings, and eventually to do their own ministering. Today, all of the young men in the branch are active in the Church.”

**David L. Beck, Young Men general president**



*“I really enjoyed Elder Porter’s talk on remaining optimistic and happy. Every day since conference I’ve been singing ‘Oh, What a Beautiful Morning’ to remind myself to be joyful and cheerful. I feel more inclined to be friendly and to serve others. His talk helped me understand that we can find the best in any situation.”*

**Jamie H., 16, California, USA**



## SEEING THE BEAUTIFUL MORNINGS



“When I was a student at Brigham Young University, I lived in a house with several young men. My roommate, Bruce, was the most optimistic person I have ever known. We never once heard him say anything negative about any person or any circumstance, and it was impossible not to feel buoyed up in his presence. His good cheer flowed from an abiding trust in the Savior and in His gospel.

“One cold, wintry day, another friend of mine, Tom, was walking across the university campus. It was only 7:00 in the morning, and the campus was deserted and dark. Heavy snow was falling, with a brisk wind. ‘What miserable weather,’ Tom thought. He walked farther, and out in the darkness and snow, he heard someone singing.

“Sure enough, through the driving snow came our ever-optimistic friend, Bruce. With his arms outstretched to the sky, he was singing a number from the Broadway musical *Oklahoma*: ‘Oh, what a beautiful morning! Oh, what a beautiful day! I’ve got a beautiful feeling, everything’s going my way’ (Richard Rodgers and Oscar Hammerstein II, ‘Oh, What a Beautiful Morning’ [1943]).”

**Elder Bruce D. Porter of the Seventy**

## ENDURING TRIALS



“When [Kate] was 14, . . . one day her [seminary] teacher started to talk about trials and guaranteed that we would all face them. She said to herself, ‘I don’t want trials; I don’t want to hear this.’

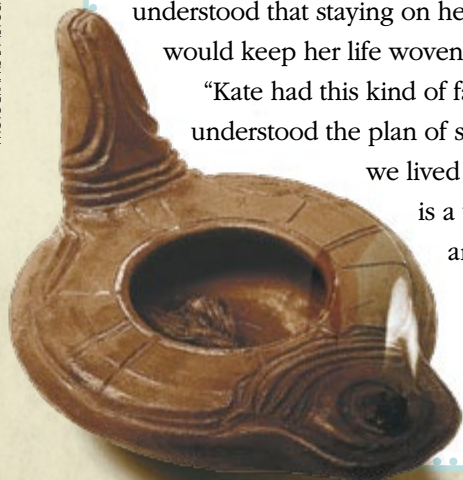
“It was just a few weeks later that her father woke up . . . extremely ill. Kate said: ‘. . . Within 36 hours he had a massive stroke that shut down most of his body. . . . I remember seeing him and thinking, ‘Oh no, it’s happening. . . . I am having a trial.’’ Within a few days Kate’s father passed away.

“ . . . Kate said: ‘It was so hard. . . . I knew I could make it a springboard for growth or allow it to be a roadblock. I didn’t want to let it ruin my life. . . . I tried to be as close to the Lord as possible. I read my scriptures a lot. . . . I prayed a lot. I wrote in my journal. . . . I kept my testimony vibrant by writing it down. I went to church and to Young Women every week. I surrounded myself with good friends. I kept close to caring relatives and especially to my mom. . . . I sought out priesthood blessings. . . .’

“These consistent choices, like those of the wise virgin, added oil to Kate’s lamp. . . . She wanted an eternal relationship with [her father], and she understood that staying on her covenant path would keep her life woven tightly with his. . . .

“Kate had this kind of faith because she understood the plan of salvation. She knew we lived before, that earth is a time of testing, and that we will live again.”

**Mary N. Cook,**  
former first counselor  
in the Young Women  
general presidency



*“Listening to general conference was very empowering, because it simply gives me hope. It gives me hope because of all the faith the leaders have in us as youth. It is truly an exciting time, and it’s beautiful.”*

**Sidnee H., 17, Utah, USA**

## GIVING A PRIESTHOOD BLESSING



“In 1878 my great-grandfather George F. Richards was 17 years of age. As was sometimes the case in those days, he had already been ordained an elder.

One Sunday his mother was groaning in intense pain. As his father was not available, the bishop and several others were invited to give her a blessing, but no relief came. Accordingly, she turned to her son George and asked him to lay hands on her head. He wrote in his diary, ‘In the midst of my tears for my mother’s suffering and the task of performing an administration such as I had never yet done, I retired to another room where I wept and prayed.’

“When he became composed, he laid his hands on her and gave her a very simple blessing. He later noted, ‘My mother ceased her groaning and received relief from her suffering while my hands were yet on her head.’ He then recorded in his diary [that he] felt that the reason his mother did not get relief from the bishop’s blessing was not because the Lord failed to honor the bishop’s blessing but because the Lord had reserved this blessing for a boy, to teach him a lesson that the priesthood in the boy is just as powerful as the priesthood in the man when exercised in righteousness.”

**Elder Tad R. Callister of the Presidency of the Seventy**



### A Sacred Gift

"The power of the priesthood is a sacred and essential gift of God. It is different from priesthood authority, which is the authorization to act in God's name. The authorization or ordination is given by the laying on of hands. The power of the priesthood comes only when those who exercise it are worthy and acting in accordance with God's will."

**Elder M. Russell Ballard of the Quorum of the Twelve Apostles**



### Consecration in Your Life

"We are living in the last days, in 'perilous times' [2 Timothy 3:1]. As bearers of the priesthood, we have the responsibility to stand strong with a shield of faith against the fiery darts of the adversary. We are role models to the world, protecting God-given, inalienable rights and freedoms. We stand in defense of our homes and our families. . . .

"In the temple we are prepared to and promise to live the law of consecration. Able young men begin to live this law by seeking a mission call—giving a tithing of the first years of their lives in the full-time service of the Lord. That sacrifice strengthens them to go forward to the highest covenant in life—for many, it will be to be sealed in the temple and begin an eternal family."

**Elder Robert D. Hales of the Quorum of the Twelve Apostles**



### The Priesthood in the Boy

"If you deacons quorum presidents will magnify your calling, you will be instruments in God's hands even now, for the priesthood in the boy is just as powerful as the priesthood in the man when exercised in righteousness. And then when you make temple covenants and become the missionaries and future leaders of this Church, you will know how to receive



revelation, how to rescue the one, and how to teach the doctrine of the kingdom with power and authority. Then you will have become the youth of the noble birthright."

**Elder Tad R. Callister of the Presidency of the Seventy**



### How to Minister

"You don't have to be a star athlete to minister to others. You received the power, the authority, and the sacred duty to minister the moment you were ordained to the priesthood. President James E. Faust taught, 'Priesthood is the authority delegated to man to *minister* in the name of God' ["Message to My Grandsons," *Ensign*, May 2007, 54; emphasis added]. The Aaronic Priesthood holds the keys of the ministering of angels [see D&C 13:1].

"As you love His children, Heavenly Father will guide you, and angels will assist you. You will be given power to bless lives and rescue souls. . . .

"Perhaps most important, you minister as you assist your father in his duties as the

spiritual leader in your home. Give your full support and encouragement to family home evening, family prayer, and family scripture study. Do your part to ensure that the Spirit is present in your home. This will strengthen your father in his role and prepare you to be a father someday. If you do not have a father in your home, your responsibility to minister to your family is even more needed."

**David L. Beck, Young Men general president**

---

*"I know that Heavenly Father inspires His living prophets to give messages that directly pertain to us. I am excited to share these messages of hope and happiness with the people I meet on my mission to Taiwan."*

**Parker G., 18, Utah, USA**



### The Purpose of Your Journey

"Of one thing you can be certain: every person you see—no matter the race, religion, political beliefs, body type, or appearance—is family. The young woman you look at has the same Heavenly Father as you, and she left His loving presence just as you did, eager to come to this earth and live so that she could one day return to Him.

"However, she might feel alone, just as you sometimes do. She may even occasionally forget the purpose of her journey. Please remind her through your words and your actions that she is not alone. We are here to help each other. . . .

". . . As you honor and live true to the covenants, the principles, and the values of the gospel of Jesus Christ, at the end of your journey Heavenly Father will be there. He will embrace you, and you will know once and for all that you have made it home safely."

**President Dieter F. Uchtdorf, Second Counselor in the First Presidency**



### Your Part Matters

"As daughters of God we are each unique and different in our circumstances and experiences. And yet our part matters—because *we* matter. Our daily contributions of nurturing, teaching, and caring for others may seem mundane, diminished, difficult, and demeaning at times, and yet as we remember that first line in the Young Women theme—"We are daughters of our Heavenly Father, who loves us"—it will make all the difference in our relationships and our responses."

**Elaine S. Dalton, former Young Women general president**



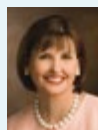
### Stand for Yourself and Your Future Family

"Stand in holy places for yourself and your immediate family. Your

righteous example will be a source of great joy, regardless of your family circumstances. Your righteous choices will qualify you to make and keep sacred covenants that will bind your family together eternally.

"Stand in holy places for your future family. Commit to being sealed to your husband by the holy priesthood in the temple as you begin an eternal family unit. Your children will be blessed with truth as you weave your virtuous example and unshakable testimony into their lives and show them the way on the covenant path."

**Mary N. Cook, former first counselor in the Young Women general presidency**



### Your Holy Places

"As I have pondered this [year's Mutual] theme, I can't help but wonder, 'What are the "holy places" Heavenly Father is referring to?' President Ezra Taft Benson counseled, 'Holy places include our temples, our chapels, our homes, and the stakes of Zion, which are . . . "for a defense, and for a refuge" ' ["Prepare

Yourselves for the Great Day of the Lord," *New Era*, May 1982, 50; see also D&C 115:6]. In addition to these, I believe we can each find many more places. We might first consider the word *place* as a physical environment or a geographic location. However, a *place* can be 'a distinct condition, position, or state of mind.' This means holy places can also include *moments in time*—moments when the Holy Ghost testifies to us, moments when we feel Heavenly Father's love, or moments when we receive an answer to our prayers. Even more, I believe any time you have the courage to stand for what is right, especially in situations where no one else is willing to do so, you are creating a holy place."

**Ann M. Dibb, former second counselor in the Young Women general presidency**

*"General conference was an answer to prayers. The speakers gave powerful talks. I loved Sister Dalton's talk! I want to live a more virtuous life! She is an amazing example and one of my role models!"*

**McKenzie W., 17, Idaho, USA**

# ANSWERS TO MY QUESTIONS

## Does the Church want us all to be the same, without individuality or personality?



"While the Atonement is meant to help us all become more like Christ, it is not meant to make us all the same. Sometimes we confuse differences in personality with sin.

We can even make the mistake of thinking that because someone is different from us, it must mean they are not pleasing to God. This line of thinking leads some to believe that the Church wants to create every member from a single mold—that each one should look, feel, think, and behave like every other. This would contradict the genius of God, who created every man different from his brother, every son different from his father. Even identical twins are not identical in their personalities and spiritual identities.

"It also contradicts the intent and purpose of the Church of Jesus Christ, which acknowledges and protects the moral agency—with all its far-reaching consequences—of each and every one of God's children. As disciples of Jesus Christ, we are united in our testimony of the restored gospel and our commitment to keep God's commandments. But we are diverse in our cultural, social, and political preferences.

"The Church thrives when we take advantage of this diversity and encourage each other to develop and use our talents to lift and strengthen our fellow disciples."

**President Dieter F. Uchtdorf, Second Counselor in the First Presidency**

## What should I do if a friend has rejected invitations to learn more about the Church?



"To those who show an interest in our conversations, we can follow the Savior's example by inviting them to 'come and see' [John 1:39]. Some will accept our invitation, and others will not. We all know someone who has been invited several times before accepting an invitation to 'come and see.' Let's also think about those who once were with us but who now we rarely







see, inviting them to come back and see once more.

“We respect each person’s choice and timing. The Lord said, ‘Let every man choose for himself’ [D&C 37:4]. A person’s lack of interest need not diminish our bonds of friendship and love. Whether or not the invitation is accepted as you invite others to ‘come and see,’ you will feel the approval of the Lord.”

**Elder Neil L. Andersen of the Quorum of the Twelve Apostles**

### What if I believe the Church is true but don’t actually know it?



“A 14-year-old boy recently said to me a little hesitantly, ‘Brother Holland, I can’t say yet that I know the Church is true, but I believe it is.’ I hugged that boy until his eyes bulged out. I told him with all the fervor of my soul that *belief* is a precious word, an even more precious act, and he need never apologize for ‘only believing.’ I told him that Christ Himself said, ‘Be not afraid, only believe’ [Mark 5:36], a phrase which, by the way, carried young Gordon B. Hinckley into the mission field. I told this boy that belief was always the first step toward conviction and that the definitive articles of our collective faith forcefully reiterate the phrase ‘We believe.’ And I told him how very proud I was of him for the honesty of his quest.”

**Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles**

### Why do we need the Church? Isn’t just being spiritual enough?



“The Church is a refuge where followers of Christ attain peace. Some young people in the world say they are spiritual but not religious. Feeling spiritual is a good first step. However, it is in the Church that we are fellowshipped, taught, and nourished by the good word of God. More importantly, it is priesthood authority in the Church that provides for sacred ordinances and

covenants that bind families together and qualify each of us to return to God the Father and Jesus Christ in the celestial kingdom. These ordinances bring peace because they are covenants with the Lord.”

**Elder Quentin L. Cook of the Quorum of the Twelve Apostles**

### What does it mean to “minister”?



“Jesus Christ is your example. He ‘came not to be ministered unto, but to minister’ [see Matthew 20:27–28]. To minister means to love and care for others. It means to attend to their physical and spiritual needs. Put simply, it means to do what the Savior would do if He were here. . . .

“The work of ministering is not confined to ordinances or home teaching visits or occasional service projects. We are always priesthood men—not just on Sunday and not only when we’re wearing white shirts and ties. We have a duty to minister wherever we stand. Ministering is not just something we do—it defines who we are.”

**David L. Beck, Young Men general president**

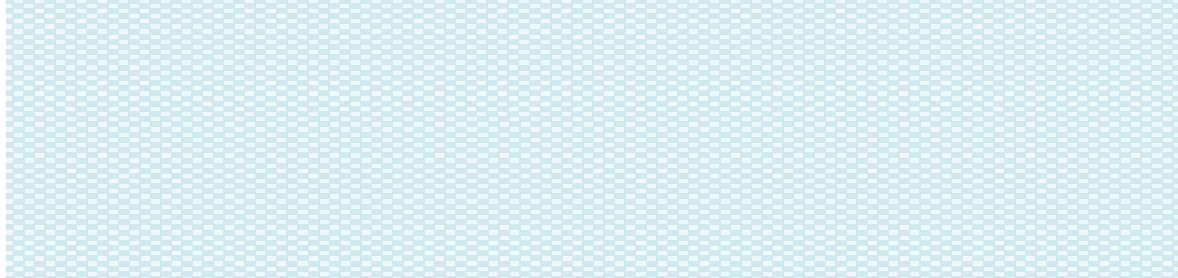
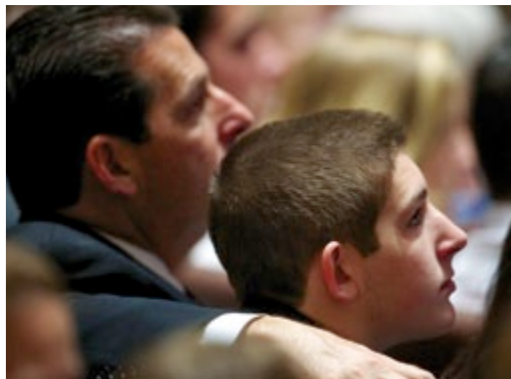
*“Listening to someone addressing everyone but feeling like they are talking to you personally is amazing. I am so thankful for the inspiration our leaders receive.”*

**Emilia B., 17, Idaho, USA**

*“In Elder Holland’s talk on Sunday afternoon, I really liked the story he shared about the boy who said he couldn’t say he knew the Church is true, but he believed it was. What a great way to start the quest for a testimony.”*

**Eric F., 15, Utah, USA**





*“This conference really opened up my mind to what Heavenly Father has in store for all of us. He inspires prophets and other servants to give certain messages, because He knows what we are going through, and He knows how to help us.”*

**Aybra C., 13, Utah, USA**

*“Prior to conference I considered some questions and concerns I had. I prayed, studied the scriptures, and became in tune with the Spirit. Because of my preparation, I got so much more out of this conference. I listened with real intent for those answers I was searching for, and through several talks, I found them.”*

**Savannah H., 14, British Columbia, Canada**

### What can I do if someone I love is making bad choices?



“I offer some . . . thoughts for those who love a family member who is not making good choices. That can challenge our patience and endurance. We need to trust in the Lord and in His timing that a positive response to our prayers and rescue efforts can occur. We do all that we can to serve, to bless, and to submissively acknowledge God’s will in all things. We exercise faith and remember that there are some things that must be left to the Lord. He invites us to set our burdens down at His feet. With faith we can know that this straying loved one is not abandoned but is in the watchcare of a loving Savior.”

**Elder Richard G. Scott of the Quorum of the Twelve Apostles**



“*Preach My Gospel* speaks of the difficulty in overcoming addictive behavior and encourages priesthood leaders and members to ‘not be shocked or discouraged’ if investigators or new members continue to struggle with such problems. Rather, we are counseled to ‘show confidence in the individual and not be judgmental . . . [treating] it as a temporary and understandable setback’ [(2004), 189]. Could we do less with our own . . . family members who struggle with similar problems, having temporarily strayed from the path of righteousness? Surely they merit our steadiness, patience, and love—and yes, our forgiveness.”

**Elder Craig A. Cardon of the Seventy**

### What does it mean to have a “broken heart” and a “contrite spirit”?



“We need to know that our hearts are honest and broken. How do we know that? We begin by engaging in sincere self-reflection. The heart is the center of our feelings. As we look into our hearts, we screen ourselves. What no one around us knows, we surely know. We know our motives and desires. When we engage in sincere, honest reflection, we do not rationalize or deceive ourselves.

“There is also a way to judge if our hearts are broken. A broken heart is a soft, an open, and a receptive heart. When I hear the Savior say, ‘Behold, I stand at the door, and knock’ [Revelation 3:20], I hear Him knocking at the door of my heart. If I open this door to Him, I am more responsive to the invitations of the Spirit, and I am more accepting of God’s will.

“As we sincerely and prayerfully ponder the extent to which our hearts are honest and broken, we will be taught by the Holy Ghost. We will receive a sweet confirmation or gentle correction, inviting us to act.

“. . . We have to know that our spirit is contrite. The word *contrite* in the Oxford dictionary is defined as ‘feeling or expressing remorse at the recognition that one has done wrong.’ If we have a contrite spirit, we acknowledge our sins and shortcomings. We are teachable ‘concerning [all] things pertaining to righteousness’ [Alma 21:23]. We feel godly sorrow and are willing to repent. A contrite spirit is willing to listen ‘to the enticings of the Holy Spirit’ [Mosiah 3:19].

“A contrite spirit is manifest by our willingness and determination to act. We are willing to humble ourselves before God, willing to repent, willing to learn, and willing to change. We are willing to pray, ‘Not my will, but thine, be done’ [Luke 22:42].”

**Elder Erich W. Kopischke of the Seventy**



#### Download and Share

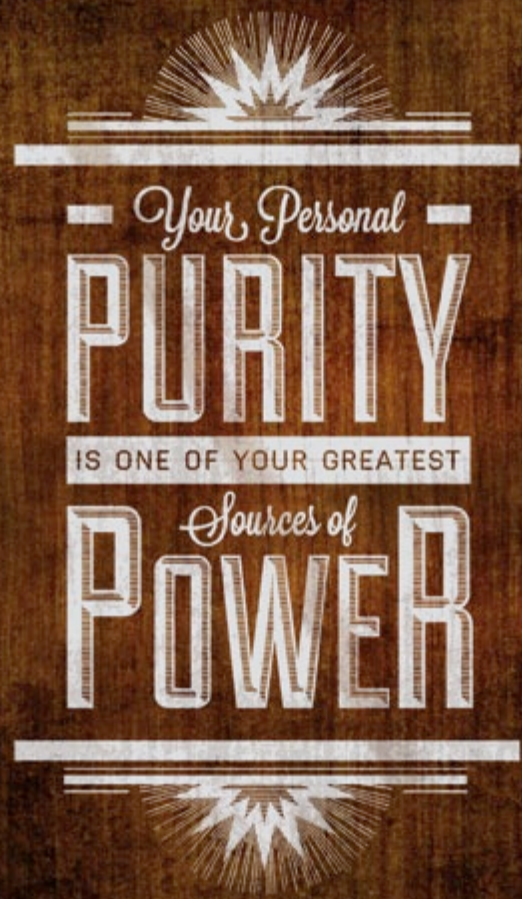
You can download, share via social media, or print the cards at right online at [lds.org/go/539](https://lds.org/go/539). They make great handouts for lessons and devotionals too!

# HOPE ON. JOURNEY ON.

Honestly acknowledge your questions and your concerns, but first and forever fan the flame of your faith, because

ALL THINGS ARE POSSIBLE  
TO THEM THAT BELIEVE.

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles,  
April 2013 general conference



Elaine S. Dalton, former Young Women general president,  
April 2013 general Young Women meeting

SIN WILL ALWAYS BE SIN....

**GOD,**  
*His commandments,*  
**& PROMISED BLESSINGS**  
DO NOT CHANGE.

Elder L. Tom Perry of the Quorum of the Twelve Apostles,  
April 2013 general conference

*Simple,*  
CONSISTENT,  
**GOOD HABITS**  
LEAD TO A LIFE FULL OF  
BOUNTIFUL BLESSINGS....

*Stay on the Lord's side,*  
AND YOU WILL  
**WIN EVERY TIME.**

Elder Richard G. Scott of the Quorum of the Twelve Apostles,  
April 2013 general conference



*Be not moved in your desire and commitment to remain virtuous and sexually pure. Cherish virtue. Your personal purity is one of your greatest sources of power. When you came to the earth, you were given the precious gift of a body. Your body is the instrument of your mind and a divine gift with which you exercise your agency. This is a gift that Satan was denied, and thus he directs nearly all of his attacks on your body. He wants you to disdain, misuse, and abuse your body. Immodesty, pornography, immorality, tattoos and piercings, drug abuse, and addictions of all kinds are all efforts to take possession of this precious gift—your body—and to make it difficult for you to exercise your agency. Paul asks, “Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?” [1 Corinthians 3:16].*

**Elaine S. Dalton, former Young Women general president, April 2013 general Young Women meeting**



These things I declare to you with the conviction Peter called the “more sure word of prophecy” [2 Peter 1:19]. What was once a tiny seed of belief for me has grown into the tree of life, so if your faith is a little tested in this or any season, I invite you to lean on mine. I know this work is God’s very truth, and I know that only at our peril would we allow doubt or devils to sway us from its path. Hope on. Journey on. Honestly acknowledge your questions and concerns, but first and forever fan the flame of your faith, because all things are possible to them that believe.

**Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles, April 2013 general conference**



Be obedient to the prophetic teachings Christ would have you follow. Don’t rationalize away future happiness by taking shortcuts instead of applying sound gospel principles. Remember: little things lead to big things. Seemingly insignificant indiscretions or neglect can lead to big problems. More importantly, simple, consistent, good habits lead to a life full of bountiful blessings. . . .

Not long ago you came to mortality with all of those magnificent capacities and endless possibilities. Yet there is real danger in the environment surrounding you. Your great potential and ability could be limited or destroyed if you yield to the devil-inspired contamination around you. However, Satan is no match for the Savior. Satan’s fate is decided. He knows he has lost, but he wants to take as many with him as he can. He will try to ruin your goodness and abilities by exploiting your weaknesses. Stay on the Lord’s side, and you will win every time.

**Elder Richard G. Scott of the Quorum of the Twelve Apostles, April 2013 general conference**



God reveals to His prophets that there are moral absolutes. Sin will always be sin. Disobedience to the Lord’s commandments will always deprive us of His blessings. The world changes constantly and dramatically, but God, His commandments, and promised blessings do not change. They are immutable and unchanging. Men and women receive their agency as a gift from God, but their liberty and, in turn, their eternal happiness come from obedience to His laws. As Alma counseled his errant son Corianton, “Wickedness never was happiness” (Alma 41:10).

**Elder L. Tom Perry of the Quorum of the Twelve Apostles, April 2013 general conference**



## THE SCRIPTURES IN GENERAL CONFERENCE

Speakers in general conference taught us from the scriptures. You can learn a lot by simply looking up the scriptures they used. The following scriptures were referred to most often in conference:

- Mosiah 18:9
- 1 Samuel 16:7\*
- Matthew 7:24
- Matthew 28:19
- John 13:34–35
- John 14:6
- John 16:33
- Mosiah 3:19\*
- Helaman 5:12\*
- 3 Nephi 11:7
- Moroni 9:9
- D&C 42:22
- D&C 59:23
- D&C 64:34
- D&C 84:88
- D&C 87:8
- D&C 115:6
- Joseph Smith—  
History 1:17\*

\* Seminary scripture mastery verses



*Carol F. McConkie,  
first counselor*



*Bonnie L. Oscarson,  
president*



*Neill F. Marriott,  
second counselor*



Get to know the new Young Women general presidency by reading about them at [lds.org/go/530](http://lds.org/go/530).

## SUPPORT FOR SUNDAY LESSONS



Messages from this conference have already been added to your *Come, Follow Me* lessons. Find out more at [lds.org/youth/learn](http://lds.org/youth/learn), and read each talk at [conference.lds.org](http://conference.lds.org).

As you prepare for Sunday lessons, consider reviewing the conference talks below.

### May: Prophets and Revelation

- President Thomas S. Monson (priesthood session)
- President Boyd K. Packer

### June: Priesthood and Priesthood Keys

- President Thomas S. Monson (priesthood session)
- Elder M. Russell Ballard
- Elder Tad R. Callister
- Brother David L. Beck

### July: Ordinances and Covenants

- Sister Elaine S. Dalton

### August: Marriage and Family

- Elder Richard G. Scott
- Elder David. A. Bednar
- Elder L. Whitney Clayton

### September: Commandments

- President Thomas S. Monson (Sunday morning)

- Elder L. Tom Perry
- Elder Robert D. Hales

### October: Becoming More Christlike

- Elder Dallin H. Oaks
- Elder D. Todd Christofferson

# WHAT A PATRIARCHAL BLESSING CAN DO FOR YOU

By David A. Edwards  
Church Magazines



*Our prophet's words help us better understand the great value of our patriarchal blessings.*

**S**ometimes we hear about people who, sensing the need for a little extra spiritual guidance, flip open the scriptures to a random page to see if something stands out. While this method may help occasionally (as a tender mercy of the Lord or just as a mental and spiritual exercise), there is a source of personal direction from the Lord that may be more helpful than the random scripture-flip.

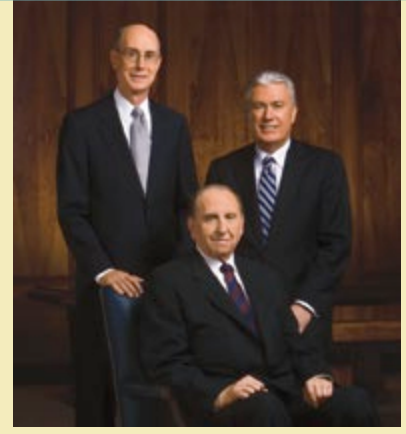
“Read [your patriarchal blessing] frequently,” President Thomas S. Monson has said. “Study it carefully. Be guided by its cautions. Live to merit its promises. If you have not yet received your patriarchal blessing, plan for the time when you will receive it, and then cherish it.”<sup>1</sup>

President Monson has compared patriarchal blessings to a number of things, including the following, which can help you learn how to study your blessing.



**SUNDAY LESSONS**  
 This Month's Topic:  
**Prophets and Revelation**

**JOIN THE CONVERSATION**



**“A white line down the middle of the road”<sup>4</sup>**

Imagine yourself going along a narrow road with a white line down the middle. When it’s dark or foggy, it’s easy to veer off the road, but you can look to that line to keep you on track. As you study your patriarchal blessing, think of how its counsel and promises give you direction, safety, and peace when you face trials or difficult decisions.

**“Chapters from your book of eternal possibilities”<sup>5</sup>**

Your patriarchal blessing doesn’t reveal all of the things that will happen to you in your life, but it does give you a sense of many of the amazing possibilities. Study each of these “chapters” of your life with an eye toward the bigger story of who and what you are becoming. Then the main character in this story—you—may start coming into sharper focus.

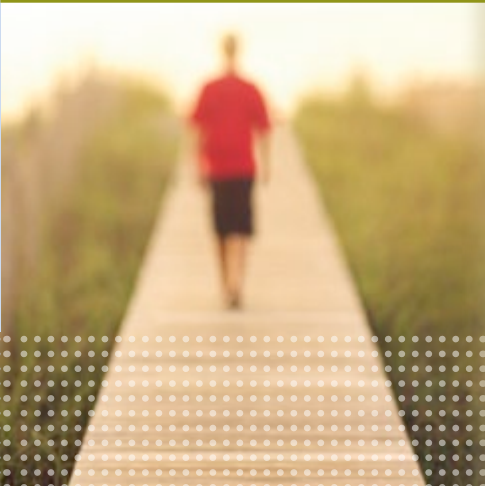
**T**hroughout May you’ll be learning about revelation in your priesthood quorums and Young Women and Sunday School classes. One form of personal revelation is a patriarchal blessing, with admonitions, warnings, and promises specific for your life.

If you have not yet received a patriarchal blessing, consider how you can prepare now to receive it in the future. If you have already received it, think about ways you prepared and what you do today to receive strength by studying it.

Be ready to share these thoughts with your family, class, or quorum as the Spirit directs. You can also share advice with other youth at [lds.org/go/53A](http://lds.org/go/53A).

**“Revelation to the recipient”<sup>2</sup>**

Have you ever wondered what it would be like to see your name in the Doctrine and Covenants, like one of the early Church members mentioned there? Well, according to President Ezra Taft Benson (1899–1994), a patriarchal blessing is “personal scripture to you.”<sup>3</sup> So if you think about how you study the scriptures, you can apply those ideas to studying your patriarchal blessing—making cross-references, keeping a journal of promptings you receive while you read, praying, pondering, making lists, memorizing “verses,” and so on.



## PRACTICAL MATTERS

Here are some things to consider when it comes to your patriarchal blessing:

- If you do not yet have a patriarchal blessing and feel you may be ready for one, talk to your parents and your bishop or branch president.
- Patriarchal blessings are sacred and should not be shared with anyone but close family members. They should not be read in Church meetings or other public gatherings.
- Keep the original copy of your blessing in a safe place where you won't lose it and others won't read it.
- Consider making a separate copy (or two) of your blessing for you to study frequently. You may want to keep this copy in a secure place near your scriptures for easy access as you study.
- If you make an electronic copy of your blessing, it's probably best to store it where others will not be able to see it and to password-protect the file if it's on a computer drive.
- All patriarchal blessings are stored at Church headquarters, so if you ever lose your copy, you can request another one at [apps.lds.org/pbrequest](https://apps.lds.org/pbrequest). You will need an LDS Account.



“Read [your patriarchal blessing] frequently. Study it carefully. Be guided by its cautions. Live to merit its promises.” —President Thomas S. Monson

### “A personal Liahona”<sup>6</sup>

Remember, the Liahona was a perfect compass for Lehi's family as they traveled to the promised land—if they heeded it and kept the Lord's commandments (see 1 Nephi 16:28–29; Alma 37:38–40).

In your journey to the promises in your patriarchal blessing, take special note of what this personal Liahona tells you about what to avoid and what to do to obtain those promises.

### “Your passport to peace”<sup>7</sup>

A passport allows you to enter a new land. But just *having* a passport doesn't allow you to experience what that new land has to offer. You have to *use* it. Make frequent trips to a place of peace by studying your patriarchal blessing often. **NE**

#### NOTES

1. Thomas S. Monson, “May You Have Courage,” *Ensign*, May 2009, 125–26.
2. Thomas S. Monson, “Your Patriarchal Blessing: A Liahona of Light,” *Ensign*, Nov. 1986, 66.
3. Ezra Taft Benson, “To the ‘Youth of the Noble Birthright,’” *Ensign*, May 1986, 43; “To the Young Women of the Church,” *Ensign*, Nov. 1986, 82.
4. Thomas S. Monson, “Your Patriarchal Blessing,” 66.
5. Thomas S. Monson, “Your Patriarchal Blessing,” 66.
6. Thomas S. Monson, “Your Patriarchal Blessing,” 66.
7. Thomas S. Monson, “Your Patriarchal Blessing,” 67.





# NEED A LIFT?

Study the words of living prophets. Their teachings will elevate your thoughts.

Visit [conference.lds.org](http://conference.lds.org).



By  
**Richard M. Romney**  
Church Magazines

*Deaf students in seminary understand that the still, small voice speaks to them the same way it speaks to anyone else.*

## *Hearing with the*

# HEART

**P**resident Boyd K. Packer, President of the Quorum of the Twelve Apostles, teaches, “The voice of the Spirit is a still, small voice—a voice that is *felt* rather than heard.”<sup>1</sup> Deaf students participating in ASL (American Sign Language) seminary are familiar with that feeling.

“Sometimes when I feel the Spirit, it’s like chills going up my spine,” says Bryce J., 16, of Utah. “Other times a thought will come into my mind, a thought I know didn’t come from me. And often I will just feel a calm, peaceful reassurance.”

“We know that Heavenly Father looks upon our hearts,” says Rachel E., 16, from Illinois. “It’s through the Holy Ghost that we can *feel* in our hearts what is true.”

### **STUDENTS ALL OVER**

Bryce and Rachel are just two of a dozen ASL seminary students from around the United States. They are able to use videophones (similar to web cameras) that have recently become available at no cost for the Deaf<sup>2</sup> community. And because the Church conferencing system allows several videophones to connect at the same time, since 2011 Deaf students have had another way to participate in seminary besides home study or arranging for an interpreter to come to a hearing class.

ASL seminary originates in a classroom-turned-broadcast center in Salt Lake City, Utah, and the teacher, Nathan Van De Graaff, and up to

nine students watching at home can see each other and interact through a grid of images on a screen. Because the grid restricts the number of participants, class sizes are limited, but several classes are held so that all can participate. Students log in from Arizona, California, Florida, Georgia, Idaho, Illinois, Nevada, Oregon, and Utah. They participate in lively discussions and receive assignments that require them to collaborate.

### **BLESSED BY SEMINARY**

Deaf students receive many blessings through ASL seminary. Some find it is more convenient. “I enjoyed attending regular seminary. I loved it from day one,” Bryce says. “But I had



to travel from one side of the city to the other to get to a seminary with an interpreter and then travel back across town to the school for the Deaf.” That was time-consuming and complicated.

Others say ASL seminary helps overcome isolation. “Many Deaf youth think they are the only Deaf LDS members in the world,” Brother Van De Graaff explains. “They are thrilled when they can study the gospel with others who understand their experiences and who speak the same language they do.”

At the school for the Deaf an hour from his home, Mackenzie M., 16, of Idaho, is one of only a couple of LDS

students. In his ward, when he is with other LDS teens, he is the only Deaf person. But in ASL seminary he can be in a positive, uplifting environment with teens who are LDS and Deaf.

“In ASL seminary,” Mackenzie says, “I can sign and not be the only one signing. Even though I can’t shake hands or be in the same room with other students, I can see them, and I can communicate by myself. And because I have to share spiritual thoughts, memorize scriptures, and learn the gospel, seminary helps to strengthen my testimony.”

Setth S., 16, from Florida, explains that although everyone

in his family is Deaf, they attend a hearing ward. “I like the people and they are nice to me, but I don’t always understand enough of what’s going on,” he says. “But when I add ASL seminary, I get the best of both worlds. Seminary helps me understand better so that I can learn the gospel and strengthen my testimony.”

### **FOLLOWING THE SPIRIT**

Bryce tells how learning about the Holy Ghost in seminary helped him when he was on a Scouting trip.

“We were about to come home,” he says. “Three or four of the boys had



asked if they could take a short walk but hadn't returned. We had been waiting for them for half an hour. I felt the Holy Ghost telling me what to do, so I told my leaders, 'I think I know where to go.' The Scouts were lost and waiting, and we went straight to them."

Because his seminary class had often discussed the importance of following the Spirit, Bryce felt confident about sharing his promptings. The other Scouts are glad he did.

Itzel G., 14, from Utah, says she recognizes the Holy Ghost because "my heart feels more full. I feel like smiling and I feel more love toward other people." And she says that when she studies the scriptures in seminary, "My heart is understanding through the Spirit what the scriptures want me to know, that the people in the scriptures went through the same things we are going through, and that the scriptures are written for our benefit."

That is the kind of language all seminary students can trust, whether they are Deaf or hearing. It is the language of the Spirit, and it carries to their hearts a witness of what is true. **NE**

#### NOTES

1. Boyd K. Packer, "The Cloven Tongues of Fire," *Ensign*, May 2000, 8.
2. The word *Deaf* is capitalized here because many in the Deaf community prefer to identify it as a cultural or linguistic group rather than just a description of a disability.



### STUDYING SCRIPTURES

Deaf seminary students, like all seminary students, love scriptures and scripture stories. Here are some they enjoy:

- *D&C 10:5*. "It inspires me to pray always," says Huxley D., 16, from Utah. "That way, I can conquer Satan."
- *Genesis, chapters 6–8*. "When I was little, I took the Deaf class in Sunday School," Bryce says. "My teacher's testimony was strong. She was explaining things about Noah and showing me pictures in the scripture storybook. I remember a picture of Noah with his arms raised up. It touched my heart. I just knew it was true."
- *D&C 88:63*. "The Savior says that if we will draw near to Him, He will draw near to us," Setth says. "I know if I open the door, He will come in."
- "*Whatever is new to me*," Itzel says. "Whenever I learn a new doctrine or principle, the scripture that teaches it makes me want to know more." Seminary, she says, has taught her to use footnotes to discover related scriptures, "and that's exciting to me."



### SETTING AN EXAMPLE

Setth and his 10-year-old brother, Ty, who is also Deaf, are both adopted. Setth is originally from Thailand and Ty from Guatemala. Setth says seminary helps him set a good example for his younger brother. "I have a responsibility because my brother looks up to me," he says. "I tell him that while I'm on a mission, he needs to be in seminary because it will help him prepare to go on his own mission."

Classmates at his school for the Deaf often ask Setth about his beliefs. "I teach them about the Church and give them a copy of *For the Strength of Youth*. It's exciting to see their desire to learn. Seminary has prepared me to answer their questions."

### TALKING WITH THE DEAF

You can easily communicate with the Deaf. "All you need is a notepad and a pen, or a text message will do," says Nicholas H. of Arizona. You could also learn how to fingerspell. Search for "American manual alphabet" online and then see what word the students at right are fingerspelling for you.



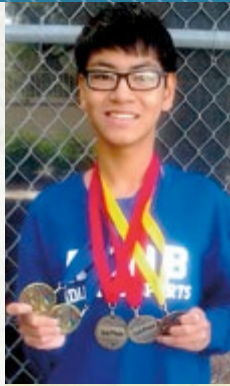
## REJOICING IN FRIENDSHIP

Itzel and her good friend, Josette S., 15, are often together. They enjoy studying seminary lessons and scriptures together, even though Itzel participates in ASL seminary and Josette goes to hearing seminary with an interpreter.

"I didn't use to read the scriptures very often," Josette says. "But when we study together, it helps me to want to learn and to like it."

Huxley and Brandon W., 16, are also great friends, even though Huxley is Deaf and Brandon can hear. They go to different wards and different schools but have known each other since they were four years old.

"Our fathers are both Deaf, and they were missionary companions," Huxley explains. "Maybe someday we'll be missionary companions, too." Huxley says he's grateful to have a hearing friend who speaks ASL. "We have a lot of experiences together, and we learn a lot about each other."



## GETTING ACQUAINTED

Dancing, drama, sports, service projects, babysitting, even blood drives—think of an activity, and you'll find Deaf students involved. Rachel is an actress who loves to dance. Setth serves in the presidency of a national organization for Deaf youth and has helped to plan national conventions. Bryce is a wide receiver on a high school football team, anticipating ball movement to know when to run.

"My coaches have the same expectations for me that they have for any other player," Bryce says. "As long as I catch the ball, they're happy."

Outside of school, Deaf students do the same things other teens do, too. For example, Huxley and Brandon enjoy bicycling, skateboarding, and playing nonviolent video games. Bryce and Itzel like cooking, and Nathan H., 16, of Arizona, is a rock climber.

"We would like people to know that we're pretty much like they are," Rachel says. "We want them to approach us and get to know us and to find out that we're not broken—we just can't hear."

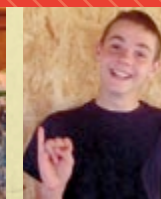
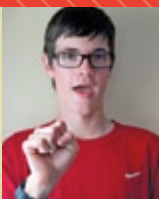


## PARTICIPATING IN PRAYER

These students know prayer is important in staying close to the Spirit. Bryce says that even when he prays in private, he expresses himself in sign language because that is the language of his heart. And, he notes, "Because we all sign, we are reverent during family prayers, but our eyes are open so that we can understand what the person giving the prayer is saying through signing."

## FINDING ASL INSTITUTE

In addition to seminary, institute in ASL is available for the Deaf and hard of hearing. For more information, contact [institute.lds.org/asl](mailto:institute.lds.org/asl), [asl@institute@ldscs.org](mailto:asl@institute@ldscs.org), or [facebook.com/asl.institute](https://www.facebook.com/asl.institute). You can find additional information about ASL seminary at the same addresses.



# Me?

## TEACH FAMILY HISTORY?

By Melissa Merrill

*With just three weeks until youth conference, Courtney D. was asked to teach a class about doing family history. The only catch? She'd never done any family history work before.*

It wasn't long after the October 2011 general conference that 14-year-old Courtney D. of South Dakota approached her stake Young Women president and asked if they could have an activity to learn how to do family history work. Courtney had been touched by a general conference talk by Elder David A. Bednar of the Quorum of the Twelve Apostles, particularly when he directed his message to the youth of the Church.

The stake Young Women president thought the activity was a good idea, and she suggested that *Courtney* prepare a presentation to give to her peers at youth conference, which was just three weeks away.

Courtney was a little overwhelmed—after all, she had never done any family history work before—but she agreed. Her mom and her younger sister Savannah were learning about family history work, so for the next three weeks on Tuesday nights, they went to the stake family history center and learned how to use FamilySearch.





### Learn More

View video tutorials on family history online at [lds.org/fhy](http://lds.org/fhy) (click “Discover”).

Courtney, Savannah, and their mom spent time entering data from family records they received from Courtney’s great aunt. They found that no work had been done on her mom’s side. “We started finding a lot of things, and I was so excited!” she says.

Before Courtney started learning about family history, she had just assumed, as many of us do, that if she ever needed genealogical information, she would talk to her uncle, who, she says, “did a lot of the work for our family.”

But Courtney says that Elder Bednar’s talk helped her think about family history work in a different way. It was something *she* could be involved in.

“I actually really like history, so I had learned a little bit about family history, but never enough to actually do it,” she says. “When Elder Bednar told the youth that we need to do it—that we’ve basically been trained to do it with technology—I thought, ‘Really? I’m trained? That’s awesome.’” An invitation from an Apostle led Courtney to act.

But it wasn’t all ease and excitement. Courtney discovered that records didn’t exist for a lot of her ancestors, many of whom were born in Ireland but then moved to Massachusetts and New York in the United States.

By talking with extended family members—many of whom are not members of the Church—Courtney was able to gather a lot of information. It also brought the extended family members together, Courtney says. “I feel closer to them now than I did before. We’re an Air Force family and move a lot, so it’s hard for us to travel to where they live. We’d kept in touch on Facebook and with cards, but family history has given us another way to connect.”

The biggest surprise Courtney found in working alongside her mom and sister in family history work was how she felt. “It’s a peaceful thing,” she says. “Whenever I thought about the work we were doing, I felt super happy

about it. I just felt glad. Our ancestors need the blessings they’ll have with baptism” and other ordinances.

She and her mom also spent time preparing the presentation that Courtney delivered to her peers at youth conference. It included statements from Elder Bednar’s talk and helpful ideas for how to set up an LDS Account (which you need in order to take family names to the temple) and get started in family history work.

Because of a blizzard, youth conference was postponed (Courtney gave her presentation when the event was rescheduled a couple months later), but the inclement weather didn’t keep Courtney from continuing with her new skills. She began preparing the names of the relatives she had identified for their temple work to be done in the Bismarck North Dakota Temple.

Courtney says that the most important thing she’s learned from her experience is that family history is a work everyone can be involved in.

“It isn’t just for older people. And it isn’t just for youth. It’s for everyone. You get blessings from it, including knowing that you can give yourself and your ancestors the chance to be together in heaven.” **NE**

*Melissa Merrill lives in Idaho, USA.*



### AN INVITATION TO THE RISING GENERATION

“It is no coincidence that FamilySearch and other tools have come forth at a time when young people are so familiar with a wide range of information and communication technologies. Your fingers have been trained to text and tweet to accelerate and advance the work of the Lord—not just to communicate quickly with your friends. The skills and aptitude evident among many young people today are a preparation to contribute to the work of salvation.”

**Elder David A. Bednar of the Quorum of the Twelve Apostles, “The Hearts of the Children Shall Turn,” *Ensign*, Nov. 2011, 26.**



**BE  
THE**

# One

By Angelica Hagman

*Three stories from the Book of Mormon helped me realize everything I can do.*

ately in my study of the Book of Mormon, I've been on the lookout for less-prominent story lines—you know, the stories we might not pay as much attention to as Nephi building a ship, Abinadi preaching to wicked King Noah, or Helaman leading the 2,000 stripling warriors to battle.

My conclusion? The scriptures can teach us an incredible amount, even

by mentioning seemingly insignificant details! I've learned several lessons as I've pored over the Book of Mormon for people, places, and plots mentioned only briefly or barely at all. Three of my recent discoveries have even combined to teach me one important message: Be the one.

Let's examine the three stories and what they teach about being the one.



## Be the One Who Chooses the Right—Even When Nobody Else Does!

Three simple words clued me onto an easily missed Book of Mormon story: *save only one*.

After King Lamoni's father, the king of all the Lamanites, accepted Aaron's teachings (around 90–77 B.C.), he sent out a proclamation among his people, forbidding them to persecute Aaron and his brethren, the other sons of Mosiah and those who were with them. As a result, Aaron and his fellow missionaries had much success. Thousands of the Lamanites were "brought to the knowledge of the Lord" (Alma 23:5; see also verses 1–4).

The missionaries' success was limited, though. In certain areas of the land, the Lamanites hardened their hearts. None of the Amulonites were converted. Nor were any of the Amalekites—and here enter the three words I referred to earlier—"*save only one*" (Alma 23:14).

*Save only one.* Out of possibly thousands of Amalekites, only *one* chose to embrace the gospel.

We don't know the identity of the *one* or how difficult the choice to accept the gospel was for him or her. Nor do we know the sacrifices he or she had to make because of this decision. We *do* know "the Amalekites were of a . . . wicked and murderous disposition" (Alma 43:6). In other words, deciding to choose the right probably wasn't easy in their community!

Would *I* have been the one? *Am* I the one? The one who refuses to participate in gossip? The one who stands up for the Church? The one who chooses the right—whatever the circumstances—even when nobody else does?

## Be the One Who Leaves Behind a Bad Situation—Preferably before It Turns Bad!

During Captain Moroni's time (around 68 B.C.), a land dispute arose between the people



in the land of Morianton and the people in the land of Lehi. Their contentions grew and the people of Morianton became determined to kill those in the land of Lehi, taking up arms against them (see Alma 50:26). The people in Lehi fled to Moroni's camp to ask for assistance.

The people of Morianton—led by a man named Morianton—were afraid of Moroni and his armies, for good reason. After Morianton discovered that the people of Lehi were asking for military assistance, he convinced his people to flee northward to escape Moroni's armies (see Alma 50:27–29). Before Morianton could set his plan into action, however, he became "angry with one of his maid servants, and he fell upon her and beat her much" (Alma 50:30).

Luckily, the maidservant had her wits about her. Beaten and bruised, she decided to leave Morianton's reign. Not only did she escape a bad situation, but she also decided to seek a much better one. She fled to Moroni's camp and told Moroni about Morianton's plan to move his people into the land northward. Moroni set out to stop Morianton and eventually succeeded—a really good thing, because Morianton's plan might have led to the eventual overthrow of the Nephites' freedom (see Alma 50:32).

*When Abinadi, another example from the Book of Mormon, chose to be the one, his choice led Alma to be the one as well—the only one of King Noah's priests to accept the gospel, which influenced an entire nation (see Mosiah 11–18).*



*Samuel the Lamanite tried to teach the gospel to the people in Zarahemla—not an easy task. They rejected him, and he was ready to leave. But when the Lord called him to stay, he chose to be the one to help the people come unto Christ, even at the risk of his own life (see Helaman 13–15).*

With the help of this single maidservant, the Nephites preserved their freedom. But even if the consequences had been much less dramatic, the maidservant chose well when she decided to leave Morianton behind to seek refuge with Moroni's people.

In our day, "leaving Morianton behind" may mean leaving early from a party (or staying away from it in the first place if you know or suspect ahead of time that it won't match your standards), turning off inappropriate media, or abandoning a destructive habit. Be the one to leave behind bad situations—preferably before they turn bad in the first place—and seek for something better. And be willing to support righteous leaders.

### **Be the One Who Steps Up to the Plate—Even If Success Is Not Assured!**

Most of us know plenty about Laman the murmuring brother of Nephi (see 1 Nephi). But what about the Laman who helped free Nephite prisoners from a Lamanite camp?

During a period of many battles (around 63 B.C.), the Nephites and Lamanites wished to exchange prisoners of war. But after the Lamanite leader, Ammoron, sent an epistle filled with lies and hatred to Captain Moroni, Moroni decided to come up with a different plan from what the Lamanites proposed.

Laman (a former servant of a Lamanite king) agreed to spearhead Moroni's plan. Pretending to be escaped Lamanite prisoners, Laman and a few other men of Lamanite descent brought wine to the Lamanite guards at night. You may remember the rest of the story: the Lamanites craved the wine, became extremely drunk, and fell asleep; and then the Nephites armed their fellow Nephite prisoners with weapons. The next day, the Lamanites awoke to an unexpected surprise—their prisoners were now

armed—and the Lamanites wisely laid down their own weapons at the Nephites' feet (see Alma 55:4–24).

It was a great plan! No problem, right? Actually, Laman would have had valid reasons to refuse to set Moroni's plan in motion. Not only did Laman take an enormous risk by posing as an escaped Lamanite prisoner, but what if the Lamanite guards had recognized him? Laman was a wanted man—he had been suspected unfairly of murdering a former Lamanite king (see Alma 47 and 55:5).

Despite the danger, Laman decided to be the one to tackle the challenge.

We'll all have challenges where we have to take on a responsibility even if we're not sure we'll succeed—fulfilling a Church calling, volunteering to help someone in need, accepting the prophet's call for priesthood holders to prepare to serve a mission. We can be the ones to step up to the plate, even when the obstacles ahead seem insurmountable. At times like these, we can remember President Thomas S. Monson's counsel, "If we are on the Lord's errand, we are entitled to the Lord's help" ("The Priesthood—a Sacred Gift," *Ensign*, May 2007, 58). We will have heavenly assistance to help us succeed in Heavenly Father's work.

### **You Can Be the One**

Today, our challenges may be different from those experienced by the only converted Amalekite, Morianton's escaped maidservant, and the former servant of the Lamanite king. But these three stories in the Book of Mormon (along with others) give us a clear invitation: when the Lord needs someone to choose the right, to leave behind a bad situation and seek a better one, to support righteous leaders, or to take on difficult challenges—when He needs someone to do *anything*, really—we can do it. **Be the one. NE**

*Angelica Hagman lives in California, USA.*



**By Sally Johnson Odekirk**

Church Magazines

*Aryn and her dad work together through good times and bad.*

**B**efore Aryn C. from Arkansas was born, her father, Steve, seriously injured his back and shoulder in an accident while serving in the U.S. Navy. He endured many surgeries while she was growing up, and he still is in nearly constant pain. Aryn became his “little nurse” as she held his hand while his bandages were being changed. When she was little, she walked on his back to help ease his pain.

As Aryn grew up, her dad was concerned she would be embarrassed when he was in a wheelchair or used crutches or a cane.

**SUPPORTING**

*Each Other*

Steve comments, “Aryn always said, ‘Dad, you’re not embarrassing me. I’d rather have you here.’ She definitely helps me cope with my disabilities. I’m lucky to have a strong family; all six of our children have helped me get through the hard times.”

### **Finding Solutions**

Although it’s hard to see her dad in pain, Aryn loves being able to help. She says she’s learned compassion and respect, especially for those who are disabled. “The gospel helps me keep a bigger perspective on life. Everyone is different, and everyone has challenges, but we can overcome them with faith in Jesus Christ,” she observes. “It’s nice to know that.”

ILLUSTRATIONS BY G. BIORN THORKELOSON; PHOTOGRAPHS COURTESY OF ARYN'S FAMILY



## WORKING THROUGH TRIALS

“Though we will face trials, adversities, disabilities, heartaches, and all manner of afflictions, our caring, loving Savior will always be there for us. He has promised:

“I will not leave you comfortless: I will come to you. . . .

“My peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid’ (John 14:18, 27).”

**Elder Ronald A. Rasband of the Presidency of the Seventy, “Special Lessons,” Ensign, May 2012, 82.**

*The gospel has helped Aryn’s family build a strong relationship.*



Her mother, Sonja, says, “Her father had to miss a lot of Aryn’s activities while she was growing up because of his surgeries and health problems. She played the flute in her high school’s marching band, so he tried his best to go to as many games as he could and enjoyed watching Aryn march in the band.”

Aryn understands that there are some things her father can’t do. “We find ways to work around the disability, such as video recording programs and events that he can’t go to.”

## Learning Patience

One of the challenges their family faces comes from the emotional ups and downs that are part of her father’s disability. Aryn says they learned to be patient with one another, and when a problem comes up, they talk it out. She advises, “Don’t argue. If something is just a little irritating, think about whether it needs to be addressed or not. If it isn’t important, don’t cause unnecessary upset by bringing it up.” Her dad adds, “Forgiveness is an important part of working together. I have also found that humor helps big-time.”





*Her father's injury and disability made things difficult, but as Aryn has grown up, she and her parents have learned to work together.*

## Staying Strong in the Gospel

Both Aryn and her dad agree that attending church, praying, and reading the scriptures help them through hard times.

"I have discovered that the gospel helps me see more clearly how to handle challenges," Aryn says. "I admire how my dad keeps going, even through the pain. He keeps his testimony strong by going to church and doing his callings, even when it's hard for him. He reads his scriptures and gains strength from them."

In return, her dad admires Aryn's devotion to the gospel. "Watching her choose good friends and seeing her testimony develop helps me gain a stronger testimony," he says. "She sets the example for me."

Through the years, Aryn has been there as her father has had many priesthood blessings. He says the counsel given in blessings helps him keep a positive attitude. "The priesthood blessings I have received and reading the scriptures help me keep the faith. I have also learned that when people want to help you, let them. At first I didn't want others' help, but then I discovered that it makes a difference to me, and it's good for them too. We all benefit."

Aryn appreciates her parents' examples and love. "They have their hard times, but they work it out. And I like how they stay strong with their testimonies."

For her senior writing project, Aryn wrote about why her father is her hero. Here's part of what she wrote: "I am so proud of my dad. He helps me when I need it. He is humorous, knowledgeable, and easy to talk to." Aryn adds, "When I was about four years old, I made up a word for love that just my dad and I say to each other. We still use it." **NE**

## ZACHARY AND HIS DAD

*A young man who also has a father with a major illness shares his feelings on the subject.*

"It's complicated," my dad said when I was six years old. "I now have a disease called multiple sclerosis. Basically, my body gets tense and acts up when I'm under pressure. It means I'm going to slow down as you grow up, so we can't go out as much and play or go fishing like other people do."

That's what changed my life. At the time, it was hard for me to understand what he was saying, but I now know what he meant. It helps to know what is going to happen with him, and I don't have trouble talking about it.

Throughout my life I've been pitied for being the child with a disabled dad, and I have been excused from some things because I'm a "special case." It can be hard at times, but I've learned to adapt to our situation. I know I have a few more challenges than some people, but that doesn't mean I'm different. My dad is still my dad. He is a great person. He raised me with morals and a good conscience. He brought me up in the Church, and I think that is a great thing. What matters most is that he helps me. His illness hasn't hurt me.

We all have problems, whether from a disease or a disability or something else. It's how we deal with the problems that matters, and it's part of what makes us who we are. We can't fix all of our problems, but we can try to make them easier to live with—for us and for our family members. **NE**

**Zachary L., 15, Wisconsin, USA**

# Because of

# MOM

Like the sons of Helaman who were taught by their mothers (see Alma 56:47-48), Latter-day Saint youth appreciate their mothers' lessons and good examples. Following are what some young men and young women have to say about their mothers—and what they do to show their moms they love them.



## GIVING THANKS TO MOM

"There are some simple things you can do to help your mother. . . .

"You can make your bed, help with the dishes, and do other chores—without being asked.

"You can say thank you more often when you finish a nice meal . . . or when clean clothes are put in your drawers.

"Most of all, you can put your arms around your mother often and tell her you love her."

Elder M. Russell Ballard of the Quorum of the Twelve Apostles, "Daughters of God," *Ensign*, May 2008, 110.

**M**y mother blesses me (as well as a lot of other people) because she knows a lot about the scriptures and uses them to help me when I have a problem. She always reminds us to have family home evening, prayer, and scripture reading. Much of who we are is thanks to her.

She is often alone, so I help her a lot in the kitchen or with other things she needs to do.

Ailed S., 15, Monterrey, Mexico

**M**y mom is a great example to me and takes time to help me learn how to clean and cook better. She also tries to help me sew. When I came in last during a race, she showed me the scripture in Ether 12:27 to help me realize that Heavenly Father loves me despite my weaknesses. She teaches us about loving our family when she reads to us and gathers us all around her. Because of her, we like to be together as a family.

I help Mom clean, and I take care of my brothers when she is at work. I like to surprise her by cleaning the house and cooking sometimes.

Halli B., 16, Utah, USA

**M**y mom writes notes to cheer me up when I need it. I play basketball, and when I have a bad game or a bad practice, I know she is someone I can talk to about it. She gives me good advice. When I was in the sixth grade, we read the Book of Mormon together, and that's when I gained a testimony of it.

I try to help her by cleaning up. I tell her I love her and make sure she knows that what she does is appreciated.

Shelby S., 17, Oregon, USA



**O**ur mother is really good at taking care of us and is there when we need her comfort. She's taught us not to be judgmental of others and to be obedient. Whenever we have a problem at school, we can talk to her. We really appreciate her a lot.

We help around the house and watch our three little brothers. We try to get them to smile and laugh so that our mom isn't as stressed.

Sierra N., 16, and Spencer N., 14, Utah, USA

**I** can tell my mom anything. For example, if I break something, she might get upset at first, but then she'll say, "Oh, I'm sorry. Do you need help cleaning it up?" And I'll say, "No, I got it." She also takes me everywhere I need to go. She likes hanging out as a family, so we take long walks to new places and see what is going on there.

On Mother's Day my siblings and I bring her breakfast in bed. A lot of times when we're in a good working mood, we'll clean the kitchen, and that makes her day every time we do it. We try to do chores without complaining and help my younger siblings with their work.

Sam C., 16, Colorado, USA

**W**hen I come home from school, my mom and I talk about how my day went. I tell her everything that has happened, and she takes time to listen and give me advice if I need it. She's there for me, no matter what.

I often hug her and tell her I love her. I've had to help around the house a lot because she hasn't been feeling very well lately. I also spend a lot of time with my little brother.

Hannah L., 16, Utah, USA

**I** love my mom because she is easy-going and helpful. It makes it nice to be at home. She is a great cook, so we get good dinners all the time. We have lots of freedom, but she also lets me know what the rules and regulations are. She is there if I need help with anything.

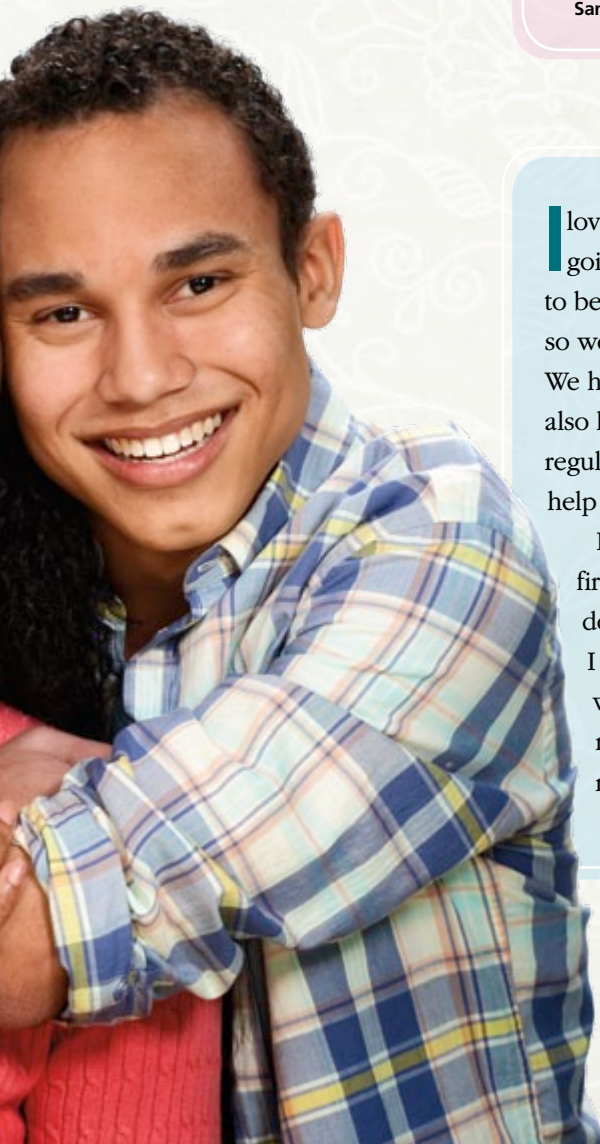
I try to do what she says the first time she asks so that she doesn't have to repetitively ask. I try as hard as I can to not fight with my siblings. She likes to read, so I try not to interrupt her reading too much.

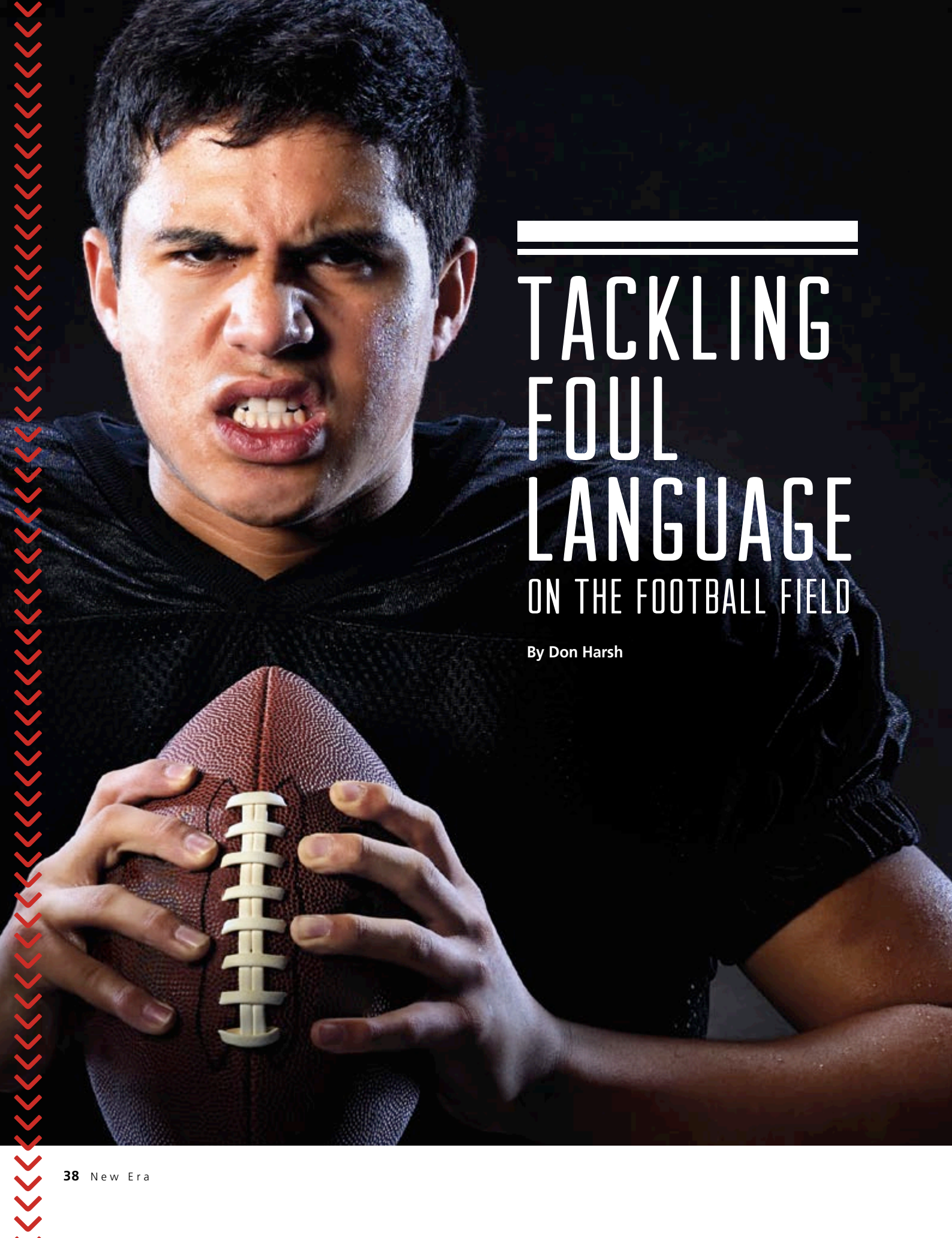
Jaden W., 14, Arizona, USA

**M**y mom can tell when I am in a bad mood, and she'll text me to tell me that she loves me. One time my mom was dropping me off for early-morning seminary, and I was not talking much. That morning she sent a text saying, "I love you and am proud of you. I hope you have a really good day because you deserve it." She's taught me how to serve others and be more selfless. From her I have learned that no matter the situation you are in, you can always help others.

I write her little notes and put them in places where she'll find them. I like to bake a lot, so sometimes I will make something that I know she really likes.

Brittany H., 16, California, USA





---

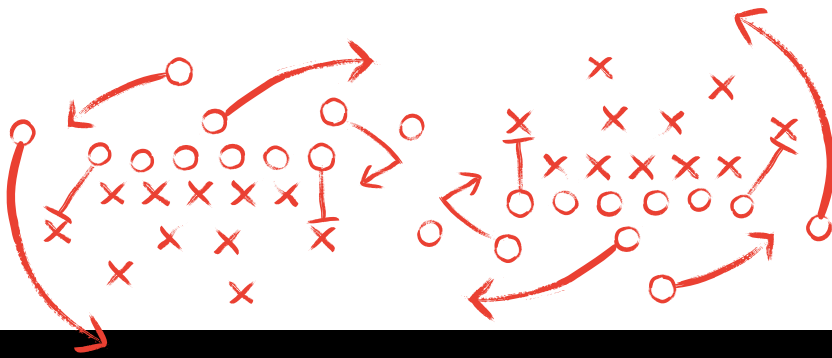
---

# TACKLING FOUL LANGUAGE

ON THE FOOTBALL FIELD

By Don Harsh





*My teammate said I wasn't man enough to swear, but I knew I was "man enough" because I chose not to.*

The night before my football team's first practice of the season, I was so excited I couldn't sleep. All my life I'd wanted to play little league football. I'd saved up my money over the summer so I could pay for it myself, and now at age 14, I was finally going to fulfill my dream.

But during the practice the next day, something really surprised me. It wasn't how hard my coaches made our team work or how hard they pushed us—I was expecting that. No, I was shocked at the filthy and vulgar language all the players and coaches were using. At first I tried to ignore it and not let it bother me, but after a while it started to have an effect on me. I found myself thinking those words and—even worse—repeating them under stress. I prayed to my Heavenly Father and asked Him to help me be strong. I felt that I needed to be an example to my teammates and my coaches. Then I promised myself and God that I wouldn't swear.

Later in the season, my team was preparing to play our rivals. Right before the game, my coach gave us a pep talk. Our whole team was really motivated, and my coach had us gather to say a cheer. He told us the cheer, and unfortunately it contained

swear words. I didn't have much time to make a decision, but I remembered the promise I'd made to myself and to Heavenly Father. An idea came to my mind to say the cheer, but when the swear word came up, I would just replace it with a different, appropriate word.

During the cheer, the player next to me noticed what I said, and after the cheer he started to make fun of me. He went up to the coach and said, "Harsh is Mormon, and he's not man enough to swear. He's too churchy!" I thought the coach would get mad at me or start to make fun of me as well, but instead

he stood up for me and told my teammate, "Hey, leave Harsh alone. He has a lot of heart and can show you up anytime on the football field!"

I was surprised. I thought my coach would respect me if I swore like everyone else. But he actually respected me more because I was true to my standards and set an example for him and the rest of the team.

I don't know how big of an impact my example had on my teammates and coaches, but I realized later how much that experience strengthened *me*. Now, four years later, it's easier for me to stand up for what I believe in, no matter what situations I find myself in. I also realized that when we make a decision to obey the commandments, we are not alone—the Holy Ghost will help and support us through our trials.

How greatly the Lord blesses those who stand as witnesses of Christ by their words and deeds (see Mosiah 18:9). **NE**

*Don Harsh lives in Utah, USA.*



## COMMIT NOT TO SWEAR

"Do not use profane, vulgar, or crude language. . . . These are offensive to God and to others. . . . If you have developed the habit of using language that is not in keeping with these standards—such as swearing . . . —you can change. Pray for help. Ask your family and friends to support you in your desire to use good language."

*For the Strength of Youth (2011), 21.*



The

# ENVY

I Never Thought I Had

**Name Withheld**

*It didn't seem fair that  
Dad made things much  
easier for my sister  
than he did for me.*



**E**nvyy is a strong word. When people talked about being “envious,” I knew it would never describe me. So when I listened to Elder Jeffrey R. Holland’s talk “The Laborers in the Vineyard” in the April 2012 general conference, I didn’t really think he was talking to me. I tried to think of things I would occasionally be jealous of—someone’s dress, my friend’s bag, or my sister’s good grade. Yet all of these things came and went quickly; I never thought I dwelled on jealousy.

But as I went back and read Elder Holland’s words, his paraphrasing of a line from a parable stuck out to me: “*Why should you be jealous because I choose to be kind?*” (*Ensign*, May 2012, 31). Now, this was a different type of jealousy—not about material things but about someone’s choices. I began to think of the many times I may have been envious of my siblings, and then it clicked: this is *exactly* what I have been struggling with.

My little sister Mary is about to move out and start her first year in college, so I was talking to my dad about where she would work this summer. I knew he most likely had three jobs lined up for her like he had for me, because when I graduated from high school he made it very clear that if I planned on going to college, I would need a summer job. This was stressed so much that I even started a job the day of my graduation. I worked hard all summer and earned the money to pay my way through school. So naturally, when I was talking to my dad about Mary’s summer before college, I expected to hear the same story.

To my surprise, my dad explained that Mary would just be working at her part-time job until June and then take the summer off before school. Immediately several thoughts

came to mind: “What about paying for school by yourself? How is she going to afford tuition? And what about paying for that nice apartment she’s decided to move into?” This just wasn’t fair.

I don’t know why it bothered me so much, but I let it continue to affect me. That is, until I reread Elder Holland’s conference talk. I read the question: “Why should you be jealous because I choose to be kind?” This time I changed it to fit my situation and asked myself: “Why should I be jealous that my parents are being kind to my sister?” Still a little upset, I then thought, “Well, why didn’t they show that kindness to me?”

I sat there pondering my emotions and then read through Elder Holland’s words again. This time I realized what I was missing: I had been looking for everything to be *fair*. In my eyes, the same thing that worked for me was obviously the right choice for the rest of my siblings. But Mary isn’t me. Mary is much more of a homebody than I am, and I started realizing how the transition to college might be tougher on her than it was for me. Maybe having a few months just to spend with my family is something she needs.

I suddenly felt embarrassed about my envious thoughts. Elder Holland compared envy with “downing another quart of pickle juice every time anyone around you has a happy moment” (*Ensign*, May 2012, 32), and that is not how I want to be.

I am so grateful for general conference and the inspired messages that are shared. I know that if we open our hearts to the messages of the living prophets and prayerfully search through their words several times, we will find what God wants us to hear at this time in our lives. **NE**



## DO NOT BE HURT

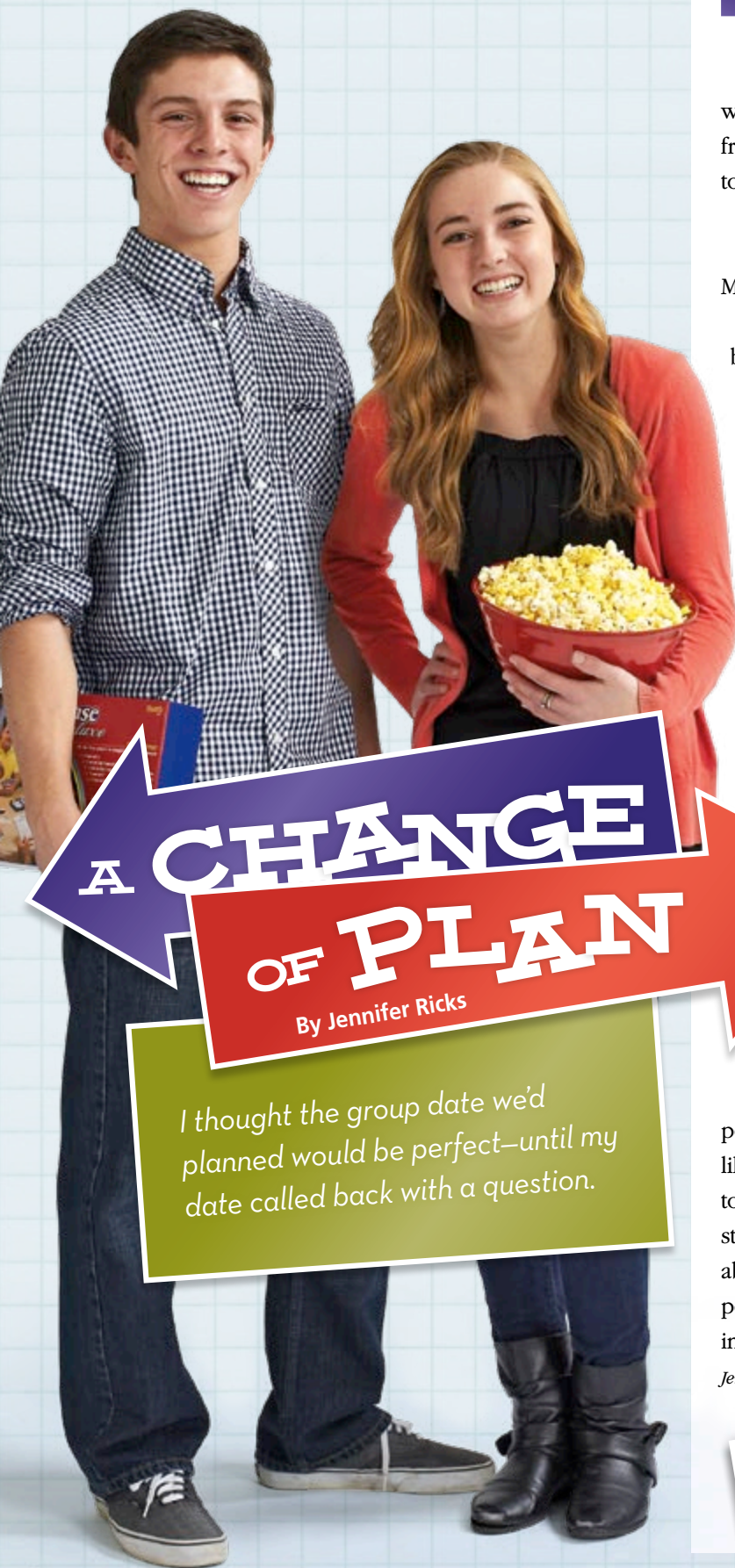
“There are going to be times

in our lives when someone else gets an unexpected blessing or receives some special recognition. May I plead with us not to be hurt—and certainly not to feel envious—when good fortune comes to another person? We are not diminished when someone else is added upon. We are not in a race against each other to see who is the wealthiest or the most talented or the most beautiful or even the most blessed. The race we are *really* in is the race against sin, and surely envy is one of the most universal of those. . . . So be kind, and be grateful that God is kind. It is a happy way to live.”

**Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles, “The Laborers in the Vineyard,” *Ensign*, May 2012, 31–32.**

### In Your Life

Is there something that you’re envious of? Now is the time to let it go. Read Elder Holland’s talk at [lds.org/go/53B](https://www.lds.org/go/53B) for more on this topic. And remember that the Lord will help you let go of your burdens if you turn them over to Him (see Matthew 11:28–30).



Things were all set for a really fun weekend. My friend Tara and I had set up a girls-ask group date with some young men in our stake, and we were excited. A popular movie had just been released from theaters to DVD, and we were going to watch it all together at a friend's house.

And then Nathan, my date, called.

"You know, Jennifer," he said, "I've been thinking. Maybe we should do something else tonight."

A panicky feeling gripped my chest. Was Nathan backing out of the date?

"Umm, what do you mean?" I asked, trying to keep my voice from shaking.

"Well," he continued, "I think that movie is just going to be watching hours of battles. Could we do something else instead?"

The panicky feeling left as I realized he was right. The movie, even though it was popular and didn't have a bad rating, did have a lot of violence in it.

"That's a great idea," I said. "You got it."

I called Tara, and we decided to have a board game night instead. It ended up being much more fun and social than staring at the TV for a couple of hours.

I feel so grateful that Nathan was willing to tell me how he really felt about the movie. His high standards were a great example to me and pushed my standards even higher. Since then, I've avoided a lot of other movies that, when I stop and think about it, aren't very uplifting or fun, even if the rating isn't that bad or if they're really popular. I also never felt offended that Nathan didn't like our original activity. That has given me the strength to speak up in situations when my standards are at stake. Nathan didn't offend anyone by being honest about his feelings, and so I learned that, even if some people do take offense, I shouldn't worry about standing up for my values either. **NE**

*Jennifer Ricks lives in Utah, USA.*

### GOOD DATING ACTIVITIES

"Plan dating activities that are safe, positive, and inexpensive and that will help you get to know each other. Go only to places where you can maintain your standards and remain close to the Spirit."

*For the Strength of Youth (2011), 4.*

## A CHANGE OF PLAN

By Jennifer Ricks

*I thought the group date we'd planned would be perfect—until my date called back with a question.*



RYAN STOKER



KEVIN BECKSTROM



JON CLARK



RYAN STOKER

**“I have a hard time  
reading  
the scriptures.**

**Sometimes it is boring  
or feels like a chore.**

**How can I feel excited about  
reading the scriptures?”**

**I**nitially, scripture study can be tough if you don't think the stories relate to you. But as with many skills, you can learn to love scripture study with practice, prayer, and patience. Sometimes it just means sticking with it every day for a little while so the scriptures can come to life for you. Also remember to start with a prayer to invite the Spirit to help you learn.

View your scripture study as a way to receive communication for your life from a loving Heavenly Father for *your individual needs*. President Henry B. Eyring, First Counselor in the First Presidency, taught: “When we come to a crisis in our life, . . . we should go looking in the scriptures for specific help. We will find answers in the scriptures. The Lord seemed to anticipate all of our problems and all of our needs, and He put help in the scriptures for us—if only we seek it” (“A Discussion on Scripture Study,” *Ensign*, July 2005, 24). This approach can help give your study more purpose and meaning.

If you feel like your scripture reading is the same each day, try using different methods to add variety and make it meaningful *for you*, such as studying by topic or looking specifically for answers to personal questions. Studying the scriptures can be like exploring a mansion. You can visit a different room each day and learn new things in each one. Even if you visit the same room more than once, you will discover something you didn't see before.

Remember that as you persevere in studying the scriptures, you'll grow closer to your Heavenly Father, receive personal revelation, and find joy in the scriptures. **NE**

**Put Yourself in the Place of the People**



When I first started reading my scriptures, it was difficult to do on my own. But I didn't stop. I set a time

for reading every night. I began to look for things in the scriptures that related to me, to try to put myself in the place of the people I was reading about. I got strength from reading about Nephi and how his brothers made fun of him or how Abinadi was persecuted but acted with great courage.

*Joshua H., 13, North Carolina, USA*

**Set Goals**



I would set goals for myself along the way or read along with a group of people. Having a checklist with scriptures and physically checking it off to see my progress and having something I can look forward to always motivates me to read.

*Maddi H., 15, Texas, USA*

**Ponder and Pray with Real Intent**



This is exactly how I felt when I started reading the scriptures. But after a while, actually reading, pondering,

and praying with real intent made me change my whole perspective. It went from being a chore in my life to a major blessing.

*Linne I., 16, Victoria, Australia*

### Look for Christ



A way that I make scriptures easier or more fun to read is to have a study list with five steps: pray, search/read, ponder, write, and give thanks to Heavenly Father for the things that I learned. Another thing I am doing is taking a red colored pencil and putting a red check mark in my scriptures every time Jesus Christ is mentioned (you would be surprised at how many different names the Savior has!) and taking a yellow colored pencil and highlighting every time Jesus Christ speaks. This way I am actively looking for Christ.

*Ceana B., 17, Oregon, USA*

### Apply What You Learn

I find that I always love studying the scriptures when I apply what I learn to my questions and problems. Take a day or two of study to simply search for solutions to whatever problems you may have. Use the Topical Guide and all of the scripture resources you can. When I focus on my needs, I feel more connected to Heavenly Father, and study becomes a wonderful

activity that helps me grow!

*Elder Martin, 19, Arizona Mesa Mission*

### Listen and Ponder



I listen to the scriptures as I get ready for seminary. I try to ponder each word so I don't think of other topics, like tests or school assignments. From this I've gained a better understanding of the Book of Mormon.

*Elise Ann R., 15, Colorado, USA*

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



### More Ideas Online

For more ideas on studying the scriptures, see "Six Tips for Scripture Study" in the October 2012 *New Era* or at [lds.org/go/53C](http://lds.org/go/53C) and "Liken It" in the August 2012 *New Era* or at [lds.org/go/53D](http://lds.org/go/53D).



### A PROMISE TO YOUTH WHO READ THE SCRIPTURES

"I hope that for you [reading the scriptures] will become something far more enjoyable than a duty; that, rather, it will become a love affair with the word of God. I promise you that as you read, your minds will be enlightened and your spirits will be lifted. At first it may seem tedious, but that will change into a wondrous experience."

**President Gordon B. Hinckley (1910–2008), "The Light within You," *Ensign*, May 1995, 99.**

## UPCOMING QUESTION

"How do I know when something is **personal revelation** and not just my own thoughts?"

Send your answer and photo by June 15, 2013.

Go to [newera.lds.org](http://newera.lds.org) and click "Submit Your Work."

You can also write to us at [newera@ldschurch.org](mailto:newera@ldschurch.org) or

*New Era*, Q&A, personal revelation  
50 E. North Temple St., Rm. 2420  
Salt Lake City, UT 84150-0024, USA

Responses may be edited for length or clarity.



ILLUSTRATION BY DAN BURR; PHOTOGRAPH BY CHRISTINA SMITH

## I LEARNED FOR MYSELF

One day when I was a freshman in high school, a person who is not a member of our Church visited our seminary class during a lesson on Joseph Smith and the First Vision. To close the lesson, our seminary teacher bore powerful witness that through Joseph Smith the Lord restored the true Church of Jesus Christ. He then asked if anyone else could add a second witness. With a nonmember present, I knew this would be a perfect time to bear

my testimony. I stared down at my desk, waiting for some sign or feeling to prompt me to testify or share my thoughts. Yet, to my surprise, the opposite happened. I realized that although I knew what words I would say if asked, they didn't yet mean anything to me personally. I'd learned about the First Vision ever since I was a child, yet now the real test had come and I didn't know if any of it is true. After two long, silent minutes, the bell rang and our discouraged

seminary teacher dismissed us.

Before heading home, I sat alone on the steps in front of the seminary building and pondered what had happened. I felt like I had failed in some way, and I knew I needed to know for myself. So I prayed and then asked myself: "Do I know that Joseph Smith saw Heavenly Father and Jesus Christ and restored the true Church?"

Remarkably, the answer came instantly and powerfully. *Yes.* My prior discouragement was completely



gone as the Spirit testified to me of the truthfulness of the Restoration. The more I pondered about what I believed, the stronger I felt that the gospel of Jesus Christ has been restored. Right then I resolved to bear my testimony of the First Vision when future opportunities arose.

A while later I was sitting in seminary when the same teacher again bore his testimony of the First Vision. He again asked if anyone would bear a second witness. I was instantly reminded of the resolution I had made after the previous experience, and my heart leaped at this second chance. I was grateful that my previous inability to bear my testimony had motivated me to learn for myself that Joseph Smith did indeed see Heavenly Father and Jesus Christ and was instrumental in restoring the true Church. I was filled with joy and did not hesitate to stand and proudly bear my testimony of the First Vision, because I had learned for myself.

**Maggie J., Utah, USA**

## PROMPTING IN A TATTOO SHOP

It seems like everybody is getting a tattoo these days, and at one point I wanted one too. A lot of my friends had tattoos, and I thought they made you look cool and tough. Thankfully, Heavenly Father reminded

## POWER OF PRAYER

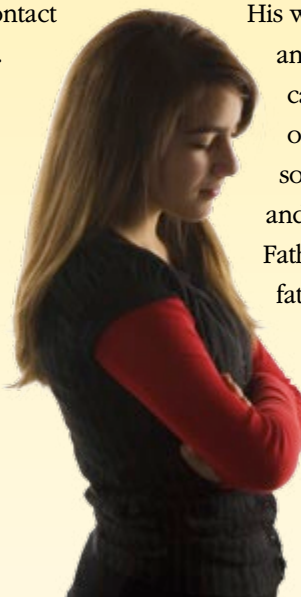
With modern technology, we can all keep in contact with our friends and family via social networking websites, phones, emails, and text messages. However, none of these methods can be used to keep in contact with our Heavenly Father. The only way we are able to talk with Him is through prayer, a method completely free of monetary charge.

A friend once told me, “Prayer is like a father and child talking.

A child who does not spend time with the father does not get to know him or learn from him.” It’s the same with us—without spending time talking to our Heavenly Father through prayer and hearing

His word through scripture and modern prophets, we cannot get to know Him or learn from Him at a personal level. Through prayer and the Spirit, our Heavenly Father can guide us like a father guides his child.

**Bronwen W., South  
Australia, Australia**



me through the Spirit who I really am and gave me the strength to respect my body.

One day a tattoo shop my friends talked highly about was having a big sale. At that time in my life, I’d made some mistakes that had hurt and wounded my spirit, but I believed that Heavenly Father still loved me and could heal me. Still, I didn’t think a cool tattoo was that bad. As I went down to the tattoo place, I contemplated where I wanted to place the snowboarder tattoo I was about to get. As I sat down in the tattoo shop, however, the Spirit brought other questions to my mind: “Why do I

want something that would permanently alter my body just to fit in? Have I forgotten that my body is a temple?” (See 1 Corinthians 3:16–19.) The longer I sat, the more the Spirit prompted me that I was about to make a huge mistake. Fortunately, I couldn’t ignore what I was feeling, so I got up and left.

I’ve never looked back on that decision. I am grateful that Heavenly Father had not forgotten me and was willing to warn me through the Spirit. I know that Heavenly Father does care about all of us, no matter where we may be.

**Chris S., Arizona, USA**

# James 2:17-18

James taught the relationship between faith and works.



## EVEN SO

These verses refer to the previous two verses, where James says that having faith without works is like telling a poor man to be warmed and clothed without actually giving him something to warm or clothe himself. For more details, read verses 14–26.

## SHEW

*Shew*—old spelling for *show*.

## HATH NOT WORKS

*Works*—deeds, actions, labor, something you do.

“Faith is much more than passive belief. You express your faith through action—by the way you live.”

*True to the Faith: A Gospel Reference* (2004), 54.

## MY FAITH BY MY WORKS

There are many ways you can show your faith by doing something. Here are a few ideas from the scriptures. Consider writing in your journal about these and other ways you can exercise your faith.

- Pray daily (see Alma 37:37).
- Study the scriptures (see 2 Nephi 32:3).
- Be baptized and make covenants (see Mosiah 18:8–10).
- Keep the commandments (see John 14:15).
- Repent of and forsake sins (see Mosiah 4:10).
- Serve others (see James 1:27).
- Share the gospel (see Doctrine and Covenants 15:6).
- Follow Church standards (see 1 Timothy 4:12).

17 Even so <sup>b</sup>faith, if it hath not works, is dead, being alone.

18 Yea, a man may say, Thou hast faith, and I have works: shew me thy faith without thy works, and I will shew thee my <sup>b</sup>faith by my works.

## FAITH



“True faith is focused in and on the Lord Jesus Christ and always leads to righteous

action. The Prophet Joseph Smith [affirmed] that ‘faith [is] the first principle in revealed religion, and the foundation of all righteousness’ and that it is also ‘the principle of action in all intelligent beings’ (*Lectures on Faith* [1985], 1). Action alone is not faith in the Savior, but acting in accordance with correct principles is a central component of faith.”

Elder David A. Bednar of the Quorum of the Twelve Apostles, “Ask in Faith,” *Ensign*, May 2008, 95.

## BEING ALONE

When faith stands alone without works, it has no effect.



“Faith exists when absolute confidence in that which we cannot see combines with action that is in absolute conformity to the will of our Heavenly Father. Without all three—first, absolute confidence; second, action; and third, absolute conformity—without these three all we have is a counterfeit, a weak and watered-down faith.”

Elder Joseph B. Wirthlin (1917–2008) of the Quorum of the Twelve Apostles, “Shall He Find Faith on the Earth?” *Ensign*, Nov. 2002, 83.

*Editor’s note: This page is not meant to be a comprehensive explanation of the selected scripture verse, only a starting point for your own study.*

*The*  
RESTORED GOSPEL OF

JESUS CHRIST

BLESSES LIVES

*not just when we* BELIEVE IT—  
*but* MUCH MORE *when we*

LIVE IT.

President Dieter F. Uchtdorf,  
Second Counselor in the First Presidency  
April 2013 general conference

## WHAT'S ONLINE



### Highlights from General Conference

Let conference be a part of your life all year long! You'll find lots of great material from the April 2013 general conference in these locations:

- Watch, read, or listen to the full talks at [conference.lds.org](http://conference.lds.org).
- View or download 1–3 minute video highlights of talks at [lds.org/go/53E](http://lds.org/go/53E). These videos make great teaching tools for family home evenings, Sunday lessons, and seminary devotionals.
- Download music from the conference sessions at [lds.org/go/53F](http://lds.org/go/53F). Just think—you could create a conference playlist perfect for Sunday listening or any day of the week!



### New General Young Women Presidency

Do you know which member of the new general Young Women presidency served as the matron (wife of the temple president) of the Stockholm Sweden Temple? Which one is the mother of 11 children? Or which one served with her husband when he was president of the California San Jose Mission? Find out more about these amazing women at [lds.org/go/53G](http://lds.org/go/53G).

Read more from members of the new presidency at [lds.org/go/53H](http://lds.org/go/53H).

### Overcoming Pornography

Pornography affects both the individuals involved in it and also their loved ones. But there is help. [OvercomingPornography.org](http://OvercomingPornography.org) offers many resources to help individuals and families see how the Atonement of Jesus Christ can help them overcome both the grasp and the effects of pornography. Let this site help you draw closer to the Savior to find comfort, healing, and strength to overcome.

