



MY COACH SAID NO

One day I was listening to a talk given by a young woman who was preparing to go on a mission. In her talk she emphasized the fact that Heavenly Father and Jesus Christ love us very much. Heavenly Father loves us so much that He gives us standards so we can be protected from the world's damaging traditions and unhealthy habits.

When I got home from church that day, I wrote down in my journal what I had learned. What I didn't know at the time was that this information would not only

add to my conversion process but would also prepare me for a decision that would try my testimony. Two weeks later my dance coach showed us the costume for a certain dance routine, and to my dismay it was too immodest for me to feel comfortable wearing. I decided to ask my coach to either change the costume or take me out of the routine.

I hoped that because I did the right thing, Heavenly Father would soften my coach's heart and everything would work out without major consequences. Unfortunately, my coach quickly took me out of the routine.

I was devastated. Later, my parents reminded me that I had made the best decision. They supported me completely.

I'm glad that I was able to make the right decision and stand up for my values. Heavenly Father gave me certain values to live by because He loves me. Knowing this helped me learn that modesty is very important in ways that I may or may not yet understand. I am grateful to have this knowledge given to me to help me through adversity.

Agnes G., South Carolina, USA

RUNNING ON FAITH

I am a cross-country runner. One day before a race I had great fear come over me. This was an important race and I was afraid that I wouldn't do well. I didn't want to let my team down. I called my mom a little bit before the race began and told her how I felt. She began to sing the third verse of "How Firm a Foundation" (*Hymns*, no. 85) to me. The song reminded me that I should not fear, because God is with me. I repeated these words over and over in my head until my fear went away and I was able to run the race.

Satan wants us to be miserable like him. I realized that one of the biggest tactics that he uses is fear. When I feel fear about something good, I know Satan is working to trick me. Fear holds me back from trying to succeed and be happy. I am a child of God, and He cares about me. He will always be there for me when I am willing to go to Him. He will never let me go through this life alone.

Jeremy T., Utah, USA

THANKFUL BUT UNCERTAIN

I had filled out a lot of job applications before I finally received a part-time offer at a restaurant. I was filled with gratitude for the job offer, yet for some reason, I began to feel uneasy about the job. As the time drew closer for me to start work, the feeling of uneasiness persisted. I decided to pray about the situation and include the Lord in my decision.

After I prayed, I felt that I shouldn't accept the job. I wondered why I would be blessed with a job offer and then prompted by the Holy Ghost not to take it. I prayed multiple times to know what I was supposed to do. Each time I prayed about it, the same feeling continued to surface, stronger than ever.

Finally, I decided to contact the restaurant manager and explain that I wouldn't be working there after all. Telling the manager my decision was very difficult because I still didn't have a job and needed one, but I felt peace.

A few days later, I found out about another job. I applied for this job and was offered the part-time job not only for the remainder of the school year but also for the summer. If I had taken the first job at the restaurant, I wouldn't have found out about this better opportunity. Choosing to include the Lord in my employment decisions and following spiritual promptings taught me valuable lessons and paid off in more ways than one.

Alyssa N., as told to Colleen H., Pennsylvania, USA

