



MILE MONDAYS

In my gym class, we had to run the mile every Monday. We called them “Mile Mondays.” Everyone dreaded them because they were exhausting. Each Monday, one classmate was always picked on because he was a little overweight and always finished the mile a few minutes after everyone else. I felt bad for him and wanted to help him out, but I wasn’t sure how.

One day I had an idea. After I

finished running the mile, I went back and ran with him until he was done. I was a little nervous because I wasn’t sure what everyone would think, but I decided that what other people think shouldn’t matter that much. I was surprised when more people joined me the next week. Every week, more people joined until eventually everyone in the class joined in! As we ran, we encouraged him by saying things like, “You can do it!” and “Only one more lap!” He began to smile while running, and people didn’t pick on him anymore. Each week he finished the mile

in less time, and we cheered him on every time he beat his personal best.

I’m glad we could boost his spirit and help him do his best. It really brought our class closer together, and we were all a little nicer to one another. This experience helped me remember that we are all God’s children and of great worth, and everyone needs to be treated that way. I’m glad I decided to run a little extra, and I know that Heavenly Father gave us all added strength to help His children feel loved.

Taylor F., Washington, USA

MY FIRST TEMPLE TRIP

I was so excited! I had turned 12 about two weeks ago and had received my first temple recommendation on Sunday. My dad was going to take me to the Spokane Washington Temple for the first time as a birthday present.

On the day of our trip, I was ready to go an hour early! I was just so eager to go! We finally got into the car and listened to hymns on the trip there, which really brought in the Spirit that day.

My mom had prepared some family names for me and my dad to take to the temple. While I was entering the font I had expected this huge spiritual experience, but that didn't happen. What did happen was that I was baptized for one of my deceased relatives, and I felt a still, small voice whisper to me, "You are doing the right thing."

On the way home I really thought about what had happened at the temple. I realized I didn't need the huge spiritual experience I had been expecting. I was so glad I had the Holy Ghost with me that day so that I could hear the still, small voice.

I'm so thankful for the temple and all of its blessings! The temple has brought me and my family great blessings, happiness, and experiences with the still, small voice.

Alexis F., Washington, USA

A WALLET IN FRANCE

My family was driving down a residential road in France when my father thought he smelled something burning. We pulled over to the side of the road and inspected the car. We couldn't find anything wrong with the car, but we did find something else: a wallet on the side of the road with money in it!

My initial reaction was that I would be

able to buy lots of neat things. I knew, however, that we should be honest. My father drove to the police station, and we turned the wallet over to the police. I felt happy, and I know that honesty is worth any cost.

Camille F., France



EXTRA HELP IN SCHOOL

Last year I was struggling in school and decided that I needed some additional help beyond tutoring and extra study—I needed to include my Heavenly Father in my study process. The lesson I learned from this decision cannot be found in a textbook, but it's something I'll always be grateful I learned.

I started to pray silently at school and vocally at night while doing homework and preparing for

exams. I asked Heavenly Father to help me concentrate on my schoolwork and remember what I was learning. By the end of the school year, I'd dramatically increased my grades. But even more important, I'd learned that I should turn to Heavenly Father more when I need help in any area of my life. He does hear our prayers, and especially when we put forth the work, He will help us.

Mike S., Utah, USA