

MESSAGES FOR YOU



The presidents of the Young Women and Young Men organizations spoke in general conference. Here are some of their messages.



HELPING THOSE AROUND YOU

I have tremendous love for and faith in those of you who are in your teen and young adult years.

I have seen and felt of your desires to serve and make a difference in the world. . . . We are touched when we see the suffering and great needs of those halfway around the world, but we may fail to see there is a person who needs our friendship sitting right next to us in class. . . .

. . . Strengthening and serving your family members should be among your top priorities as you look for ways to change the world. Showing kindness and concern for your siblings and parents helps create an atmosphere of unity and invites the Spirit into the home. Changing the world begins with strengthening your own family. . . .

My young friends, I can guarantee that there will always be someone at every Church meeting you attend who is lonely, who is going through challenges and needs a friend, or who

feels like he or she doesn't belong. You have something important to contribute to every meeting or activity, and the Lord desires for you to look around at your peers and then minister as He would. . . .

. . . Next time you are at Mutual, instead of picking up your phone to see what your friends are doing, stop, look around, and ask yourself, "Who needs me today?" You may be the key to reaching out and touching the life of a peer or to giving encouragement to a friend who is quietly struggling.

Ask your Heavenly Father to show you those around you who need your help and to inspire you on how best to serve them. Remember that the Savior most often ministered to one person at a time. . . .

. . . As you strive to become more like the Savior Jesus Christ and live your covenants, you will continue to be blessed with desires to relieve suffering and to help those who are less fortunate. Remember that some of the greatest needs may be those right in front of you. Begin your service in your own homes and within your own families.

Bonnie L. Oscarson, Young Women General President



REPENTANCE IS ALWAYS POSITIVE

The Savior Jesus Christ worked out a perfect Atonement and gave us the gift of repentance—

our path back to a perfect brightness of hope and a winning life.

Too often we think of repentance as something miserable and depressing. But God's plan is the plan of happiness, not the plan of misery! Repentance is uplifting and ennobling. It's sin that brings unhappiness. Repentance is our escape route! . . . My message to all—especially to the youth—is that repentance is always positive.

When we speak of repentance, we aren't just talking about self-improvement efforts. True repentance is more than that—it is inspired by faith in the Lord Jesus Christ and His power to forgive our sins. As Elder Dale G. Renlund has taught us, “Without the Redeemer, . . . repentance becomes simply miserable behavior modification” (Oct. 2016 general conference). We can try to change our behavior on our own, but only the Savior can remove our stains and lift our burdens, enabling us to

pursue the path of obedience with confidence and strength. The joy of repentance is more than the joy of living a decent life. It's the joy of forgiveness, of being clean again, and of drawing closer to God. Once you've experienced that joy, no lesser substitute will do. . . .

We often associate repentance with grievous sins that require “a mighty change” (Alma 5:12). But repentance is for everyone—those who are wandering in “forbidden paths and [are] lost” (1 Nephi 8:28) as well as those who “have gotten into [the] strait and narrow path” and now need to “press forward” (2 Nephi 31:19–20). Repentance both puts us on the right path and keeps us on the right path. It is for those who are just beginning to believe, those who have believed all along, and those who need to begin again to believe. . . .

You who are preparing for full-time missions and you who are returning, take note! It is not enough just to gain a testimony; you have to maintain it and strengthen it. As every missionary knows, if you stop pedaling a bicycle, it will fall, and if you stop feeding your testimony, it will weaken. This same principle applies to repentance—it is a lifelong pursuit, not a once-in-a-lifetime experience.

Stephen W. Owen, Young Men General President

