Music can bless you or hurt you. It depends on how you choose it and how you use it.



As Seen on Face to Face Nicole, Patch, Lexi, and Madilyn will be featured on Face to Face on October 11, 2017. To see a video of that or other Face to Face events, go to **face2face.lds.org**.

By Chakell Wardleigh and Richard M. Romney Church Magazines

ou've done it. Everyone has. You hear a tune playing and you start to tap your foot, snap your fingers, whistle, or sing along. Music is such a part of life that it's with you pretty much wherever you go, even if you're just repeating a melody in your mind. Music has the power to bless you or hurt you, depending on how you choose it and use it. We talked with four musical artists who use their music to bless lives—and stay faithful while having success in the music industry.

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NICOLE LUZ

NOTE WORTHY

15-year-old Nicole Luz's voice isn't the only thing that made an impact when she was on the Brazilian reality show *The Voice Kids* in 2016. People noticed the necklace she wore every time she performed her Young Women medallion.

Nicole grew up in a musical family, surrounded by music since birth. "My parents have beautiful voices," she says. "They inspired me to be a singer." Since performing on The Voice Kids, Nicole has continued performing and recently placed second in an international talent competition. She still sets an example with her personal values and gospel standards.

THREE Things about Nicole

When she was born, her father wrote a song for her, with her favorite lyrics, "a flower sprouted from the garden of heaven."
Plays piano, keyboard, clarinet, and flute.
"I believe good music can heal every soul."

On Music

"Music inspires me to strengthen my testimony. Through music, I can share my feelings with others and help them strengthen their testimonies, too."





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Three Things about LEXI

- As a two-year-old, sang songs to her teddy bear.
- Favorite hymn: "How Great Thou Art"
- When not performing? "I'm a bookworm. I'm a big Harry Potter fan."

SURROUNDED BY SOUND

The first thing you get when you meet Lexi Walker is a hug. At the recording studio, she hugs orchestra members, the sound technician, her mother, her friends.... You get the idea.

You get the same feeling when you listen to her music. It surrounds you like a hug and makes you feel welcome, happy, and alive. Based on her breathtaking performances on YouTube, at Radio City Music Hall in New York, USA, in Asia, and at the 2017 Presidential Inaugural Ball in Washington, D.C., USA, it's no wonder the 15-year-old is really connecting with people. But what's really important is that music helps Lexi connect to the Spirit and allows her to share her testimony.

LEXI WALKER

On Music

"Music has always been one of my primary forms of self-expression. Some feelings can be shared only through powerful lyrics and a lovely melody."







I'VE GOT THE MUSIC IN ME

Patch Crowe, 22, says he was born "with music inside." As a toddler, he would wander around the house babbling songs before he could even talk. As a teen, he was part of a Nashville, Tennessee, USA, boy band, Beyond 5. The group disbanded in 2014 when members started preparing to serve fulltime missions.

Recently returned from serving in the Scotland/Ireland Mission, Patch has released his first single, married his sweetheart, and is developing musical projects to inspire every listener.

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ON MUSIC

"I believe Heavenly Father allows us to experience music to enhance our lives. Music makes you feel alive."

BABOUT PATCH

Lived in Australia until he was 11.
Besides singing, dabbles with piano, guitar, trumpet, saxophone, drums, ukulele, kazoo, and bagpipes.
"Just kidding about the bagpipes," he says.

• "I fell in love with music when I saw it could touch other people's hearts."





A POWERFUL VOICE

When you see Madilyn Paige perform, you would never guess the 20-year-old once suffered from paralyzing stage fright. At age 16, she faced her fear by trying out for the singing competition *The Voice*. She made it to the finals, where her voice enchanted judges and viewers alike.

Since then, Madilyn has released singles and is soon to release an album. She continues performing at venues like the Stadium of Fire in Provo, Utah, USA, and keeps chasing her dream to spread light and share uplifting messages through her music.

MADILYN -PAIGE

Three Things about MADILYN

"When I was 11, my parents heard me singing and told me I had to do something with it."
Favorite scripture: 2 Nephi 31:20, "Press forward with a steadfastness in Christ."
"If I wasn't a singer, I'd probably be doing photography."

On Music

"I think music is a superpower. I feel so fortunate that I've been blessed with this gift. I want to use it to bring hope and happiness to people."

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HOW MUSIC CAN BE A PRAYER



THE POWER OF GOOD MUSIC

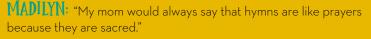
"Music has power to provide spiritual nourishment. It has healing power. It has the power to facilitate worship, allowing us to contemplate the Atonement and the Restoration of the gospel.... It provides power for us to express prayerful thoughts and bear testimony of sacred truths.... Worthy music is not only a source of power but also of protection."

President Russell M. Nelson, President of the Quorum of the Twelve Apostles, "The Power and Protection of Worthy Music," Ensign, Dec. 2009, 16.





LEXE "Music is an essential part of worship, along with regular prayer and scripture reading. At least in my life it is. My parents taught me that if I ever saw or heard anything bad, to immediately start singing a Church song. If I'm in trouble, I can always sing a hymn to help me."





PATCH: "I think Heavenly Father gave us music so we can understand Him a little bit better. When we view music as a prayer, everyone is able to pray."



MADILYN: "You can still feel the light from a song that's not necessarily religious, if there's a good message."



PATCH: "The song of the heart isn't always something other people can hear. Music is like a soundtrack to my life. I like to think God recognizes each tiny, 'Zip-a-Dee-Doo-Dah' song. Even the moments we don't see as particularly important, He is able to recognize as more."

CHOOSING THE RIGHT MUSIC



NICOLE: "We should listen only to things that wouldn't shame us in front of Heavenly Father."



EXI: "You're smart. You know what's uplifting and what's not, so don't waste time on music that won't

make you feel good in the end. Listen to music that will inspire you to do something good."



PATCH: "I know the whisperings of the Spirit will remain and teach you, or will leave, depending on

what you're listening to. Choose music that allows the Spirit to remain."



NICOLE: "I truly believe that when we choose the right, Heavenly Father blesses our lives and helps us to do our best in everything we do."





Help with Choices

For the Strength of Youth's section on "Music and Dancing" can help you make wise choices about music. Find it at Ids.org/ youth/for-the-strength-of-youth.

Free to Choose

Listen to and download free music at Ids.org/youth/music and at mormonchannel.org/ watch/series/music-videos. That same music can also be listened to on the LDS Youth, Mormon Channel, and LDS Music free mobile apps in the Google Play store and Apple's App Store. Data rates may apply.

HOW MUSIC CAN BLESS



PATCH: "I think my testimony has been shaped and molded by music my whole life_the words in Primary songs, the

power of a congregational hymn, the silence of the sacrament, the heart that I put on the page every time I write a songit has all been there to help me become the man I know God needs me to be."



NICOLE: "I know that because of the Atonement of Jesus Christ, I can be like Him one day. I know He

loves me and I love Him. The Spirit helps me to touch the hearts of people as, through music, I testify of these truths."



LEXI: "Music definitely connects me spiritually. It's what really helped me build my testimony when I was discovering for myself what I know

to be true."



MADILYN: "I have had many times where music has carried me through something hard."



LEXI: "If you're in a bad mood, listen to good music and it will help you feel better." **NE**

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Answers from Previous Face to Face Guests

Face to Face events have been helping you find answers to your questions over the past couple of years. In case you missed some of the most recent events, here are a few ways your questions were answered.

PRESIDENT EYRING AND ELDER HOLLAND IN PALMYRA, NEW YORK, USA

What does "nothing wavering" mean in James 1:5?

"I think what it means has to do with not whether or not you are certain, but whether or not your faith in Jesus Christ is strong. Let me ask in faith nothing wavering, I don't mean that you have to always know that you're going to get exactly what you ask for. But you have to believe that Jesus is the Christ and never waver in that."

President Henry B. Eyring, First Counselor in the First Presidency

How can I listen to the still, small voice of the Holy Ghost when the world is so loud?

"I think so often we make prayer a kind of a laundry list of requests. It's sort of like we want to go to the store and get this and this and this and I need it right now and I want it in the bag and on my way. And we fail to remember that He's supposed to speak back to us.... We've got to provide an environment for Him to speak to us. And that means stay on your knees. Stay quiet. Stay in the private setting. Let it happen. We often deny Him the chance to reply."

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







STUDIO C AT BRIGHAM YOUNG UNIVERSITY IN PROVO, UTAH, USA

What are the most important things to remember in school?

"I think having perspective for me, at least, has been everything. David faces Goliath, and Goliath is huge, but God is bigger infinitely than any Goliath that you may face.... You can be with God, and through the Atonement of Jesus Christ, you can be stronger than anything that you're going to face. And that is real."

Matt Meese of Studio C

THE PIANO GUYS AT THE CONFERENCE CENTER IN SALT LAKE CITY, UTAH, USA

Do you have any advice on how to be happy every day?

"It's simply stated. Happiness is best found by following the teachings of Jesus Christ.... The best place to find it is following the teachings of Jesus Christ, and all four of us can testify to that."

Steven Sharp Nelson of The Piano Guys

See Past Face to Face Events To see past Face to Face events, go to Ids.org/broadcasts/face-to-face/archive.