



### Be Careful with Your Language

We need to be careful with our language, because it can inflict

damage on ourselves or others.

Something that I am working on is to read a couple of scriptures before I lift weights instead of listening to bad language. Listening to clean music and watching clean movies can help us control the way we speak.

*Jamison J., 17, Texas, USA*



### Think Positive

Replace the negative thoughts that are bringing the bad words into your mind with positive

thoughts. When you fill your mind with uplifting and optimistic thoughts, the bad words will be pushed away.

*Adelaide M., 16, Massachusetts, USA*

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



## How can I develop unshakeable faith and overcome doubt?

**Nephi once shared a key** to developing the kind of unshakeable faith he gained. In spite of weakness and trial, he said, “I know in whom I have trusted” (2 Nephi 4:19). We must know Jesus Christ and trust Him.

To know Jesus Christ means, among other things, to strive to learn of Him, follow His truths, listen to His prophets, keep His commandments, pray to the Father in His name, repent, make and keep covenants, and serve Him. As we do these things, we receive the Holy Ghost’s witness, as well as other blessings and gifts through the Spirit and the grace of Jesus Christ. This leads us to trust Jesus Christ and our Heavenly Father.

President Dallin H. Oaks, First Counselor in the First Presidency, has taught that “faith in the Lord Jesus Christ prepares you for whatever life brings” (“Faith in the Lord Jesus Christ,” Apr. 1994 general conference). When life brings the “fiery darts of the wicked” in the form of temptations, doubts, and trials, it is the “shield of faith”—faith in Jesus Christ—that will protect us and help us “quench all” of them (Ephesians 6:16).

### Tell Us What You Think

“How can I show charity to others and avoid being so quick to judge?”

**Send your answer and photo by October 15, 2018.**

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Responses may be edited for length or clarity.