MESSAGES

4 First Presidency Message: Exhort Them to Pray
By President Henry B. Eyring

7 Visiting Teaching Message: Guardians of the Hearth

FEATURE ARTICLES

14 With Faith in God, I Am Never Alone
By Donna Hollenbeck
For the first time in many years, I felt alone. I had nowhere to turn for comfort except on my knees in prayer.

16 “Is Not This the Fast That I Have Chosen?”
By Alexandria Schulte
On my mission I saw in the lives of the Aguilar family the blessings of fasting.

20 The Doctrine of the Father
By Elder Quentin L. Cook
God the Father is the Supreme Governor of the universe, the Power that gave us spiritual being, and the Author of the plan that gives us hope and potential.

26 Hungry for the Word in Ecuador
By Joshua J. Perkey
How service, fellowship, and conversion help these members find joy.

32 How Do I Help This Child?
By Danyelle Ferguson
Seven principles for helping Primary children who have cognitive disabilities.

DEPARTMENTS

8 October Conference Notebook

11 Serving in the Church: Handling Criticism in Our Callings
Name withheld

12 What We Believe: The Lord Has Given Us a Law of Health

38 Latter-day Saint Voices

74 News of the Church

79 Family Home Evening Ideas

80 Until We Meet Again: Emulating and Honoring Our Heavenly Parentage
By Scott Van Kampen

ON THE COVER
The First Vision, stained glass located in the Brigham City Third Ward meetinghouse, Brigham City, Utah, USA.
42 They Spoke to Us: This Is Your Work
By Julie B. Beck
Today’s young adults are uniquely suited to participate in temple and family history work.

45 Gospel in My Life: My Family History Challenge
By Cristina Alvear

46 Questions and Answers
My parents are divorced. Sometimes I get advice from one of them that contradicts advice from the other. What do I do?

48 The Tender Mercies of the Lord
By Elder David A. Bednar
You can enjoy the Lord’s tender mercies—spiritual gifts such as strength, protection, assurances, guidance, and loving-kindnesses.

52 Our Father in Heaven
What Latter-day Saints know about Heavenly Father is unique, and it makes all the difference to us.

54 A Voice for High Standards
By Hilary Watkins Lemon
Gerson Santos, a young man from Portugal, often finds himself in the spotlight and stands up for gospel standards.

55 Our Space

56 Don’t Be Swept Away
By Adam C. Olson
The law of chastity is like a spiritual guardrail, says Saane, a young woman from Tonga.

58 From the Mission Field: An Empty Font
By Siosaia Naeata Jr.

60 Special Witness: Who Is Heavenly Father?
By President Boyd K. Packer

61 Unplugged
By Annie Beer
Tips for turning off technology and tuning into other important activities.

62 Our Page

63 Bright Idea

64 Bringing Primary Home: When We Choose the Right, We Are Blessed

66 A Prayer for Safety
By Sueli de Aquino
I tried to swim back to the beach, but the tide had risen. I struggled to get out.

68 Happy Valentine!
Tine O. of Nairobi, Kenya
By Richard M. Romney
Tine has taken upon herself the name of Jesus Christ and tries to live as He would.

70 For Young Children

81 Book of Mormon Scripture Figures