

MY FAVORITE SCRIPTURE

2 Nephi 2:11

This verse has always been my guide and inspiration whenever I'm in doubt, despair, or a difficult situation. It has been my favorite passage since I have questioned why there needs to be opposition. Why should there be contradictions? Why can't life just be positive, happy, easy, and good? Why should the bad exist?

This verse helped me understand life and its complexities. It helped me appreciate more the meaning of life. It made me realize the purpose of opposition and that I should be thankful for it. For without it, we would not know the real essence and beauty of life. Without opposition, we would not know how to love, how to be happy, or how to succeed. I've learned to love life and accept it as it is and to trust in the Lord because His wisdom is unquestionable.

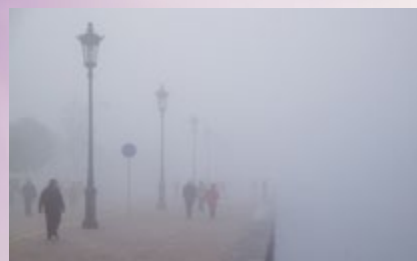
Sheena P., Philippines

SEND your story, photo, or feedback to liahona@ldschurch.org. Include your full name, ward or branch, stake or district, and parent's permission (e-mail is acceptable). Submissions may be edited for length or clarity.

HOW TO HAVE CLEAN THOUGHTS

Even though bad thoughts come knocking at the door, we ought not invite them to come in and have a seat. The best time to defend ourselves against temptation is when the thought begins to take shape; destroy the seed, and the plant will never grow. When I find myself in this situation, I sing my favorite hymn and try to have the image of Jesus in my heart until I can resist. If we persistently resist bad thoughts, they will depart.

Jorge G., Venezuela



I took this picture in Thessaloniki, Greece. It reminds me of the mist of darkness in Lehi's dream (see 1 Nephi 8:22–24).

Kevin K., Germany

My counsel for all of us is to look to the lighthouse of the Lord. There is no fog so dense, no night so dark, no gale so strong, no mariner so lost but what its beacon light can rescue. It beckons through the storms of life. The lighthouse of the Lord sends forth signals readily recognized and never failing."

President Thomas S. Monson, "A Word at Closing," *Liahona and Ensign*, May 2010, 113.

