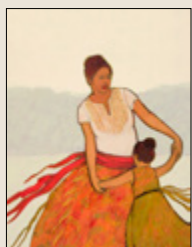


# Contents

---

- 5 **The Fall and Renewal of Humankind—and the Earth** 🕒
- 6 **Portraits of Faith** 🕒  
Tomicka Barnes—Alabama, USA
- 8 **Ministering Principles**  
Can I Help Someone Change?
- 12 **Come, Follow Me: New Testament (Aug.)** 🕒  
Family Study Fun
- 14 **Come, Follow Me: New Testament (Aug. 19–25)** 🕒  
Where Were the Blessings “God Hath Prepared”?  
*By Allisa White*  
With several difficult decisions to make, my husband and I clung to the hope that blessings and guidance would come.
- 16 **The Eternal Importance of Righteous Choices**  
*By Elder Quentin L. Cook*  
We live in perilous times, but the gospel can unify and fortify us.
- 24 **Come, Follow Me: New Testament (Aug. 19–25)**  
Uncommon Sense: How Christ’s Teachings Changed Everything  
*By Hank R. Smith*  
Service, humility, forgiveness, sacrifice—the Savior’s teachings on these topics were both unconventional and gloriously true.
- 28 **How Seminary Can Now Enhance Your Family’s *Come, Follow Me* Experience**  
*By Jeffrey Coleman and Brittany Ann Reece*
- 32 **Lessons from the New Testament**  
Small Choices, Big Consequences  
*By Elder Massimo De Feo*  
One decision at a work meeting made a big difference.
- 36 **Area Presidency Assignments** 🕒



**On the Cover**  
*Mother and Daughter Dancing,*  
by Kathleen Peterson

---

## 🕒 Quick Reads

### Young Adults

## 68

Maintaining a **positive body image** can be a struggle. Read personal experiences from young adults who learned to **appreciate their bodies** and improve their own self-image.



- 38 **Women in the New Testament** 🕒  
Phebe  
*By Camille Fronk Olson*
- 40 **Catch the Vision, Share the Vision!**  
*By Jean B. Bingham*  
We need to open our spiritual eyes to the beauty, joy, and divine potential our Heavenly Father sees in each of us.
- 44 **Blessings of Self-Reliance** 🕒  
The Best Investment  
*By Michael R. Morris*
- 46 **The Essential Role of Revelation**  
*By Elder Terence M. Vinson*  
We cannot know the truth of all things through physical senses alone.
- 52 **BYU-Pathway Worldwide: “A Monumental Moment in Church Education”**  
*By Breanne Su’a*  
This new educational initiative allows members to pursue higher education wherever the Church is organized.
- 56 **Glory Enough**  
In this excerpt from *Saints*, volume 2, the Saints prepare to leave Nauvoo.
- 60 **Teaching Teens and Younger Children** 🕒  
Our Sacred Bodies  
*By Marissa Widdison*
- 62 **What Church Leaders Are Saying about the Gift of Our Bodies** 🕒
- 64 **Latter-day Saint Voices** 🕒  
A less-active member is touched by a bishop’s love; a couple finds peace amid tragedy; a lasagna is a timely gift; the Book of Mormon helps a man overcome addiction.