

INSIGHTS

from YOUNG ADULTS

on dealing with loneliness



“Read your patriarchal blessing, strengthen your relationship with God, and serve others!”

—Nelly Leyva, Puebla, Mexico

“Reach out to other people for help and to offer help and love.”

—Megan Armknecht, New Jersey, USA

“Serve others and magnify your calling.”

—Ingrid de Bastian Ortiz, Veracruz, Mexico

“Forget yourself and trust the Lord with His plan. And serve others the best way you can!”

—Marjorie Cornillez, Northern Samar, Philippines

from CHURCH LEADERS

“We are not and never need be alone. We can press forward in our daily lives with heavenly help. Through the Savior’s Atonement we can receive capacity and ‘strength beyond [our] own.’ As the Lord declared, ‘Therefore, continue your journey and let your hearts rejoice; for behold, and lo, I am with you even unto the end’ (D&C 100:12).”

Elder David A. Bednar of the Quorum of the Twelve Apostles, “Bear Up Their Burdens with Ease,” *Ensign*, May 2014, 88.

SHARE YOUR INSIGHTS

What insights have you had about **living the law of chastity?**

Send us your response at ensign.ChurchofJesusChrist.org by December 31, 2019.