

IN OTHER CHURCH MAGAZINES

THE NEW ERA

The Foundations of a Testimony

Having a testimony does not mean knowing everything about the gospel. Instead, we can grow our testimonies over time when we base our faith on a firm foundation of fundamental principles. See “Growing Your Testimony” on pages 24–25 for more answers about building your testimony on a sure foundation.

Not Just for Young Women

Elder Russell M. Nelson of the Quorum of the Twelve Apostles teaches the youth—both young men and young women—about the importance of the Young Women values

Growing YOUR Testimony

You don't need to know everything about the gospel to have a testimony. Start with a few key doctrines and branch out from there.

THE FOUNDATIONS OF YOUR TESTIMONY ARE:

1. Following Heavenly Father's love and Jesus' teachings.
2. Jesus Christ lives and is the Son of God. We can feel His Father's presence.
3. Angels teach us the principles of God who was called to restore the gospel.
4. The Church is led by a living prophet today.
5. The Church of Jesus Christ of Latter-day Saints is the Savior's true Church on Earth.

A testimony of these principles comes through the witness of the Holy Spirit.

in “Focus on Values” (pages 2–5). Elder Nelson encourages each of us to develop these eternal values in order to become all the Lord wants us to be.

The Influence of the Media

The media can be a powerful influence in people’s minds, as youth are reminded in “Lights . . . Camera . . . Action!” on pages 38–39. Adrián Ochoa, second counselor in the Young Men general presidency, reminds the youth, “You need to realize that everything you watch, read, or listen to will help write the script to your life.”

THE FRIEND

Following Family Rules

Just as Heavenly Father gives us commandments to help us choose the right, your family may have some other rules to keep you safe and happy!

Your family may want to set rules about:

- Daily routines
- Manners
- Living gospel standards
- Safety
- Media (TV, movies, music, etc.)

“DO” RULES

- DO make help you and your family members choose the right.
- DO go to church.
- DO help family members.
- DO pray and read your scriptures daily.

“DO NOT” RULES

- DO NOT make help you and your family members choose the right.
- DO NOT go to church.
- DO NOT help family members.
- DO NOT pray and read your scriptures daily.

Family Rules Challenge

How well do you do to help each other follow your family rules?

allowed to play (pages 4–5). The importance of following family rules is further emphasized in “Following Family Rules,” where children are taught about “do” and “do not” rules (page 6).

An Apostle’s Art

President Boyd K. Packer, President of the Quorum of the Twelve Apostles, is an artist and sculptor. See pages

24–25 to look at some of his recent creations and some work from his childhood.

Learning from the Scriptures

We can help the scriptures come alive by likening them to ourselves. Pages 22 and 47 explain ways children can liken the scriptures unto themselves to help them during hard times.

Family Rules

In “The Ratings Rule,” Ethan makes the hard decision to stop playing a video game because the rating is not what he is



How can the scriptures help me?

Bringing the Scriptures to Life