

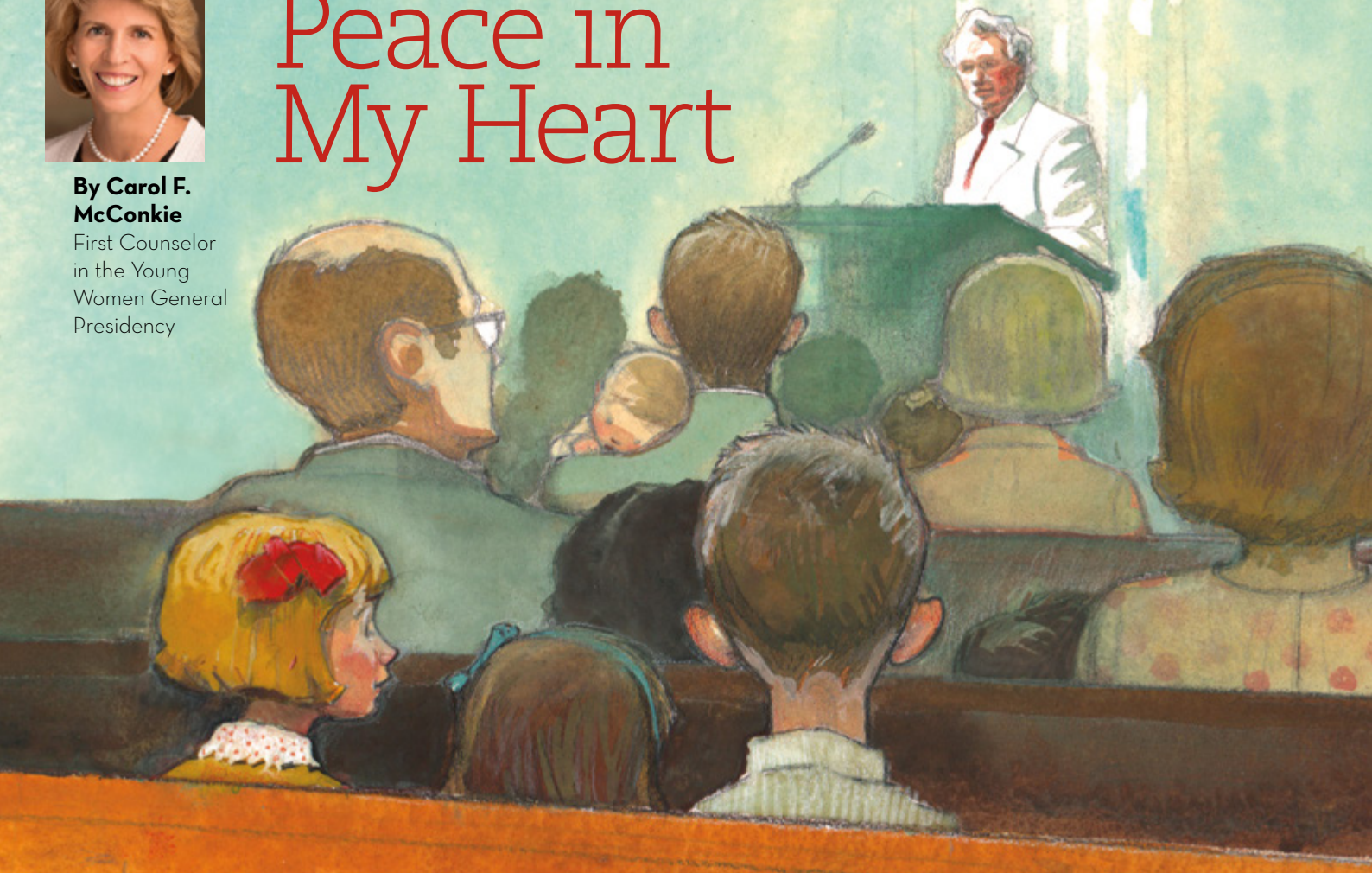


FRIEND TO FRIEND

# Peace in My Heart

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When I was eight, I saw the prophet, President David O. McKay (1873–1970). He came to dedicate a new Church building in Palmyra, New York, USA. My family went to the dedication. A lot of other people came too. We were all excited to see the prophet!

I was pretty small, so it was hard for me to see around all the people. But I could still feel President McKay's love. For just a minute, I saw his white hair and his kind face. I thought, *This is what a prophet of God looks like*. I had read about prophets in the scriptures, but this was my first time seeing a prophet or any General Authority in person. I realized that prophets are real people. And they love us! I'll always remember the love and peace I felt that day.

When I was 11, I had another experience that helped me feel peace in my heart. Stake conference was coming up, and I got to sing in the stake choir. I was so excited! I wore a pretty white shirt, and I felt so special. The song we sang had the words from [John 14:27](#), "Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid."

Those words really touched my heart, and I've remembered them ever since. When I sang those words, I knew they were true. I felt the Holy Ghost tell me that following Jesus Christ helps us feel peace. Since then, whenever I have challenges, this scripture comes to my mind and gives me peace. The truth I learned when I was young has blessed my whole life. ♦