

I don't like some of the things going on around me, but I don't know how to change them. What can I do?

—Helpless in Honolulu



Dear Helpless,

As a child of God, you *aren't* helpless! You may not be able to fix everything, but you *can* make a difference. Even small actions can have a big impact (see Alma 37:6–7). And a good attitude goes a long way!

The Friend

Unscramble these words to see how you can help. Then put them in the correct sentence. (Hint: They all start with s.) Check your answers on page 39.

kapse _____

eresv _____

tsrat _____

dtsan _____

sreha _____



★ _____ up when something is wrong. Use your voice to set a good example.

★ _____ up for what you believe in. The scriptures promise that “all things work together for good to them that love God” (Romans 8:28).

★ _____ your ideas. Don't be afraid to try new things or encourage others to do the same.

★ _____ with your hands and your heart. Changing takes doing—so start doing!

★ _____ today with something small. You can do a little more tomorrow. Before long, you'll be unstoppable!