



**By Elder
Ronald A. Rasband**

Of the Quorum of
the Twelve Apostles

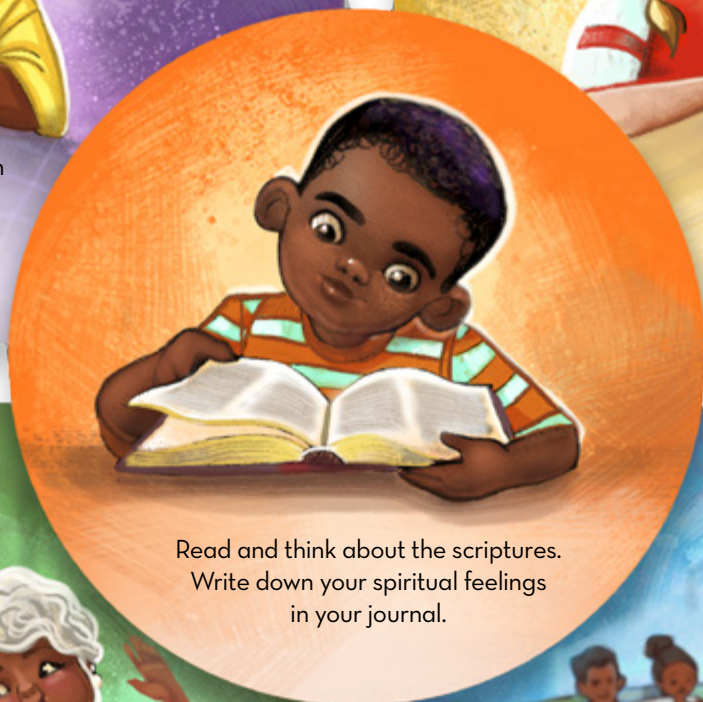
How can I make my testimony **STRONG?**



Remember times when
you felt the Spirit.



Avoid things that do not
build and strengthen your
testimony.



Read and think about the scriptures.
Write down your spiritual feelings
in your journal.



Reach out to others in Christlike service.
This will help you feel God's love
deep in your heart.



Share your testimony with
your family.

*From "Lest Thou Forget," Ensign,
Nov. 2016, 113–115.*

Following FAITHFUL Examples



Elder Ronald A. Rasband likes to remember stories about his ancestors. He likes to think about their faith and their examples.

Elder Rasband's middle name is Anderson. It helps him remember his mother's family. His great-great-grandparents were Jens and Ane Cathrine Anderson. They lived in Denmark almost 200 years ago. They learned about the gospel in Denmark and were baptized. In 1862 they traveled to the United States to be with other Latter-day Saints. Jens died on the trip

across the ocean, but Ane Cathrine and her son kept going. It was hard, but their faith was strong. They made it all the way to Utah.

Elder Rasband keeps a painting in his office to remind him of his ancestors. The painting shows missionaries teaching people in Denmark when the Church first started there. It reminds Elder Rasband of when his ancestors joined the Church. His family's faith and sacrifice are good examples to him. Remembering them helps him keep his testimony strong. ♦

I love the stories Grandma tells us!



What's your favorite family story?