

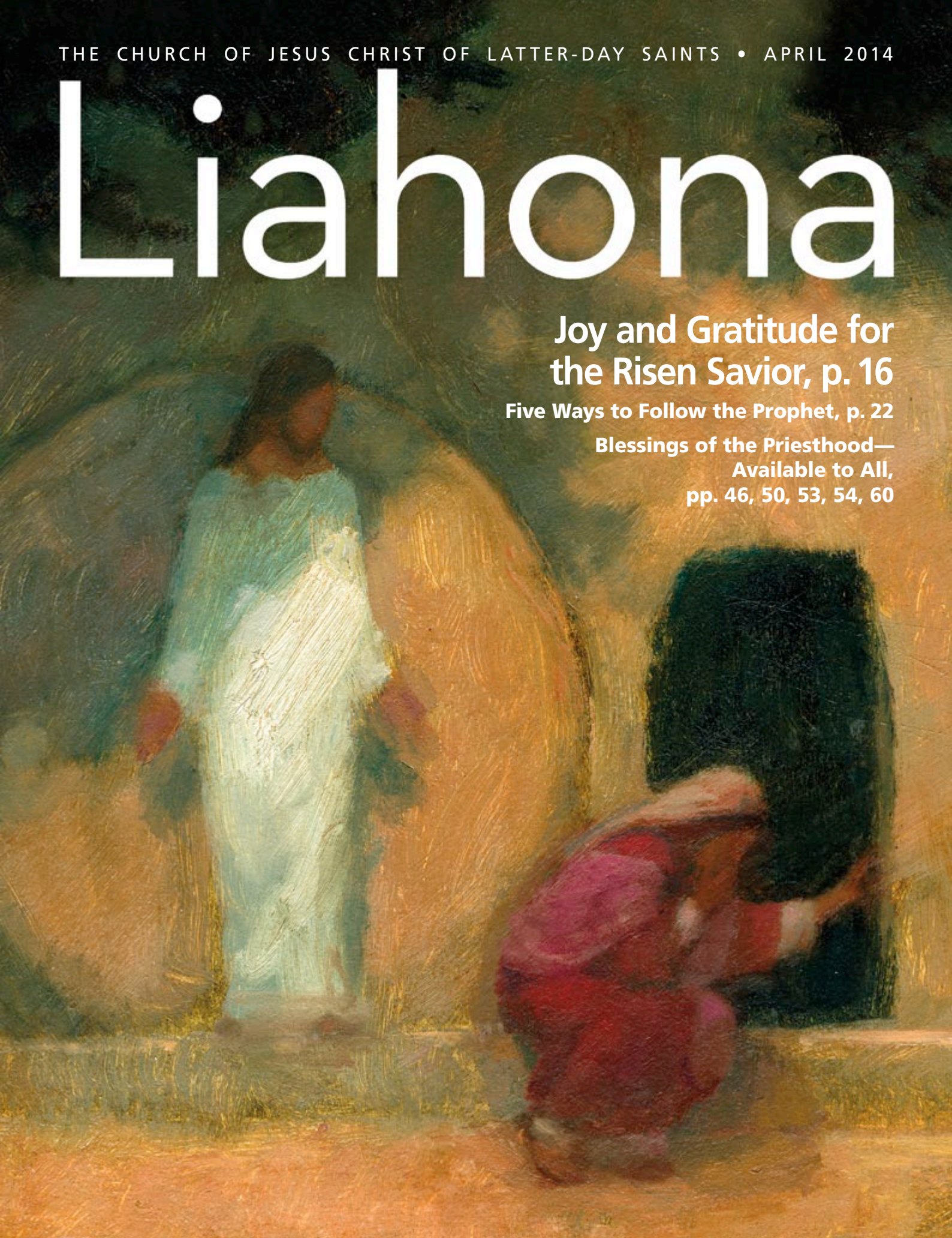
THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS • APRIL 2014

Liahona

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the Risen Savior, p. 16**

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**Blessings of the Priesthood—
Available to All,
pp. 46, 50, 53, 54, 60**





*"Can a woman forget
her sucking child,
that she should not
have compassion
on the son of her
womb? yea, they
may forget, yet will
I not forget thee.*

*"Behold, I have graven
thee upon the palms
of my hands."*

Isaiah 49:15–16



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International magazine of The Church of Jesus Christ of Latter-day Saints

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For subscriptions and prices outside the United States and
Canada, go to store.lds.org or contact your local Church
distribution center or ward or branch leader.

Submit manuscripts and queries online at liahona.lds.org;
by email to liahona@ldschurch.org; or by mail to
Liahona, Rm. 2420, 50 E. North Temple St., Salt Lake City,
UT 84150-0024, USA.

The *Liahona* (a Book of Mormon term meaning
"compass" or "director") is published in Albanian,
Armenian, Bislama, Bulgarian, Cambodian, Cebuano,
Chinese, Chinese (simplified), Croatian, Czech, Danish,
Dutch, English, Estonian, Fijian, Finnish, French, German,
Greek, Hungarian, Icelandic, Indonesian, Italian,
Japanese, Kiribati, Korean, Latvian, Lithuanian, Malagasy,
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Swedish, Tagalog, Tahitian, Thai, Tongan, Ukrainian, Urdu,
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For Readers in the United States and Canada: April
2014 Vol. 38 No. 4. *LIAHONA* (USPS 311-480) English
(ISSN 1080-9554) is published monthly by The Church
of Jesus Christ of Latter-day Saints, 50 E. North Temple
St., Salt Lake City, UT 84150. USA subscription price is
\$10.00 per year; Canada, \$12.00 plus applicable taxes.
Periodicals Postage Paid at Salt Lake City, Utah. Sixty days'
notice required for change of address. Include address
label from a recent issue; old and new address must be
included. Send USA and Canadian subscriptions to Salt
Lake Distribution Center at address below. Subscription
help line: 1-800-537-5971. Credit card orders (American
Express, Discover, MasterCard, Visa) may be taken by
phone or at store.lds.org. (Canada Post Information:
Publication Agreement #40017431)

POSTMASTER: Send all UAA to CFS (see DMM
707.4.12.5). NONPOSTAL AND MILITARY FACILITIES:
Send address changes to Distribution Services, Church
Magazines, P.O. Box 26368, Salt Lake City, UT 84126-
0368, USA.

Family Home Evening Ideas

*This issue contains articles and activities that could be used for family home evening.
The following are two examples.*



PHOTO ILLUSTRATION BY DAVID STOKER

"Seven Days Till Easter," page 10, and
**"Special Witnesses Testify of the Living
Christ,"** page 16: You may want to use
the materials in these articles to hold daily
devotionals with your family the week
before Easter. Beginning the Sunday before
Easter, read the testimonies of the First
Presidency on page 17 and follow the
instructions in "Seven Days Till Easter."
Each day afterward, read the testimonies
of two Apostles and use the scriptures,
songs, and activity in "Seven Days Till
Easter" to share a message with your
family. On Easter Sunday, you could watch
the Bible video "He Is Risen" found at
lds.org/bible-videos (available in several
languages).

"That's So Easy, Grandpa!" page 67:
After reading this article, you may want
to pull out your stopwatch too! Consider
reading a page from the Book of Mormon
as a family and timing yourselves to see
how long it takes. Using that time as a
guide, estimate how long it would take
your family to read the Book of Mormon.
You might want to set a goal to read the
Book of Mormon together. Creating a
schedule, such as reading at a set time
each day, can help you achieve your goal.

IN YOUR LANGUAGE

The *Liahona* and other Church materials are available in many languages
at languages.lds.org.

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**By President
Dieter F. Uchtdorf**

Second Counselor
in the First Presidency

A FIRMLY SET Anchor

Not long ago I had the opportunity to sail on a great ship along the marvelous coast of Alaska, USA. While the captain prepared for the ship's overnight stay in a remote pristine bay, he carefully evaluated the location and circumstances, such as the sequence of the tides, depth of the waters, and distance from dangerous obstacles. When satisfied, he dropped anchor so that the ship would remain safe and firmly anchored, allowing the passengers an opportunity to marvel at the spectacular beauty of God's creations.

As I was looking at the coastline, I began to realize that the ship was drifting almost imperceptibly with the slightest amount of wind and underlying current. Nevertheless, the ship stayed firmly and persistently within a fixed circle defined by the length of the anchor line and the strength of the anchor.

The captain had not kept the anchor stored on the ship, ready to be lowered only if a storm should approach. No, he had anchored the vessel as a preventive measure and protected the ship from moving into unsafe waters or slowly drifting aground while passengers and crew felt safe.

As I was contemplating this scene, it occurred to me that if this wasn't an opportunity for a parable, I had never piloted an airplane.

Why We Need Anchors

The purpose of an anchor is to keep a ship safe and secure at a desired location or to help control the ship during bad weather. However, to accomplish these vital

purposes, just having an anchor is not enough. The anchor must be solid, dependable, and used properly at the right time and place.

Individuals and families need anchors as well.

Adversity can come as a great storm to blow us off course and threaten to cast us against the rocks. But sometimes we are also in danger when everything appears to be safe—the winds soft and the waters smooth. In fact, we can be in the greatest danger when we are drifting and movement is so slight that we scarcely notice it.

The Gospel Is Our Anchor

Anchors must be solid, strong, and well maintained to be ready when needed. In addition, they must be attached to a foundation capable of bearing the weight of opposing forces.

Of course, the gospel of Jesus Christ is such an anchor. It was prepared by the Creator of the universe for a divine purpose and designed to provide safety and guidance to His children.

What is the gospel, after all, besides God's plan to redeem His children and bring them back into His presence?

Knowing that it is in the nature of all things to drift, we must firmly set our anchors on the bedrock of gospel truth. They must not be lightly lowered onto the sands of pride or barely touching the surface of our convictions.

This month we have an opportunity to hear from God's servants in a general conference of the Church. Their words, joined with the scriptures and the promptings of the Spirit,



provide a secure and steady bedrock foundation of eternal values and principles to which we can attach our anchors so we can remain steadfast and secure amid the struggles and trials of life.

The ancient prophet Helaman taught, “It is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation; that when the devil shall send forth his mighty winds, yea, his shafts in the whirlwind, yea, when all his hail and his mighty storm shall beat upon you, it shall have no power over you to drag you down to the gulf of misery and endless wo, because of the rock upon which ye are built, which is a sure foundation, a foundation whereon if men build they cannot fall” (Helaman 5:12).

The Value of Firmly Set Anchors

Life has a way of testing our anchors and tempting us to drift. Nevertheless, if our anchors are correctly placed in the rock of our Redeemer, they will hold—no matter the force of the wind, the strength of the tide, or the height of the waves.

Of course, a ship is not designed to remain stationary in a harbor but rather to raise anchor and sail the seas of life. But that is a parable for another time.

For now, I take comfort in knowing that the anchor of the gospel and the rock of our Redeemer will keep us steady and secure.

Such an anchor will keep us from drifting into danger and misfortune. It will allow us the glorious opportunity to enjoy the incomparable beauties of the ever-changing and sublime scenery of life.

Life is beautiful and worth living. Wind, storm, and prevailing currents may tempt us to drift into dangers seen or unseen, but the gospel message and its divine power will keep us on our path back to the safe harbor of our Heavenly Father.

Let us, therefore, not only *listen* to the talks of the April general conference but also *apply* their messages as a firmly set anchor to our daily lives.

May God bless and guide us in this significant and essential endeavor! ■

TEACHING FROM THIS MESSAGE

Consider discussing the importance of anchors in the context of Lehi’s family sailing to the promised land (see 1 Nephi 18). You might point out 1 Nephi 18:11–15, a time when Nephi is bound, the Liahona ceases to work, and the ship is driven by violent storms. What consequences do we face when we are not securely anchored in the gospel? You might also point out 1 Nephi 18:21–22 and discuss how we can find safety by turning to the Savior.

Conference and Me

By Sarah Deeks



I used to think general conference weekend was long and boring, but as time has passed, I have come to love and look forward to it. General conference weekend can be spiritually recharging, but it is easy to let these feelings fade when normal life continues on Monday. Some of the following ideas have helped me continue to get as much from conference as possible.

I prepare myself for conference by writing down questions, and then I make notes as my questions are answered. Afterward, I like to download the conference addresses and music from LDS.org and put them on an MP3 player so I can listen to a talk or hymn as I go about my daily routine.

I also love to study the conference issue of the *Liahona*. I highlight and make notes in the margins of my personal copy. By the time the next conference rolls around, my magazine is well used. My family sometimes studies the messages together in family home evening.

Keeping the spirit we felt during conference with us and continuing to learn from the messages requires work, but doing this has been a great blessing for me. I have received so much strength and guidance in times of need by studying the messages from general conference, and I know that these messages are inspired.

The author lives in Toronto, Canada.

CHILDREN

Set Your Anchor

What will keep you anchored to the gospel? Draw a line from the rope in the boy's hand to the items that President Uchtdorf said are safe places to set your anchor.



Prayerfully study this material and seek to know what to share. How will understanding the life and mission of the Savior increase your faith in Him and bless those you watch over through visiting teaching? For more information, go to reliefsociety.lds.org.

The Divine Mission of Jesus Christ: Savior and Redeemer

This is part of a series of Visiting Teaching Messages featuring aspects of the mission of the Savior.

Among the most significant of Jesus Christ's descriptive titles is Redeemer," said Elder D. Todd Christofferson of the Quorum of the Twelve Apostles. "*Redeem* means to pay off an obligation or a debt. *Redeem* can also mean to rescue or set free as by paying a ransom. . . . Each of these meanings suggests different facets of the great Redemption accomplished by Jesus Christ through His Atonement, which includes, in the words of the dictionary, 'to deliver from sin and its penalties, as by a sacrifice made for the sinner.'"¹

Linda K. Burton, Relief Society general president, said: "Heavenly Father . . . sent His Only Begotten and perfect Son to suffer for our sins, our heartaches, and all that seems unfair in our own individual lives.

" . . . One woman who had been through years of trial and sorrow said through her tears, 'I have come to realize that I am like an old 20-dollar



bill—crumpled, torn, dirty, abused, and scarred. But . . . I am still worth the full 20 dollars.' This woman knows that she . . . was worth enough to [God] to send His Son to atone for her, individually. Every sister in the Church should know what this woman knows."²

From the Scriptures

2 Nephi 2:6; Helaman 5:11–12; Moses 1:39

NOTES

1. D. Todd Christofferson, "Redemption," *Ensign* or *Liahona*, May 2013, 109.
2. Linda K. Burton, "Is Faith in the Atonement of Jesus Christ Written in Our Hearts?" *Ensign* or *Liahona*, Nov. 2012, 114.



Faith, Family, Relief

From Our History

The New Testament includes accounts of women who exercised faith in Jesus Christ, learned and lived His teachings, and testified of His ministry, miracles, and majesty.

Jesus said to the woman at the well:

"Whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.

"The woman saith unto him, Sir, give me this water, that I thirst not . . .

"I know that [the Messiah] cometh, which is called Christ: when he is come, he will tell us all things.

"Jesus saith unto her, I that speak unto thee am he."

She "then left her waterpot" and bore testimony of Him in the city. (See John 4:6–30.)

What Can I Do?

1. How can we show gratitude to the Savior and Redeemer, Jesus Christ?
2. How can we partake of the blessings of our Savior's atoning sacrifice in our lives?

MOSES

"So great was Moses that even Christ is described as a Prophet like unto this ancient leader of Israel's hosts."¹ —Elder Bruce R. McConkie (1915–85) of the Quorum of the Twelve Apostles

I was born in Egypt at a time when my people, the Israelites, were in bondage. Fearing the growing number of Israelite slaves, Pharaoh ordered all male Israelites to be slain at birth. To protect me, my mother hid me for three months after my birth before placing me in a basket among the Nile's reeds. Pharaoh's daughter discovered me and raised me as her son.²

When I was grown, I left Egypt and lived in the land of Midian. There I found favor with Jethro, a shepherd and a priest, and married his daughter Zipporah. From Jethro, I received the Melchizedek Priesthood.³

One day while I tended Jethro's flock, the Lord appeared to me in a burning bush and called me to deliver the children of Israel from slavery.⁴

I returned to Egypt and told Pharaoh to free the Lord's people, but instead he increased their burdens. The Lord sent a series of plagues upon the Egyptians, but Pharaoh hardened his heart and still refused to free the Israelites. The final plague was a destroying angel that killed the firstborn son of every family in Egypt. The Israelites were protected from the destroying angel by spreading

the blood of an unblemished lamb on their door mantel and by remaining indoors. Through me, the Lord instituted the Feast of the Passover as an ordinance to help the Israelites remember this miracle every year.⁵

This final plague caused Pharaoh to relent and free the Israelites. But Pharaoh later hardened his heart and sent his armies after the departing Israelites. The Lord blessed me with the power to

part the Red Sea, and we escaped on dry ground while the sea flooded Pharaoh's army.⁶

The Lord then led us through the wilderness in a cloud by day and a



MOSES IN THE BULRUSHES © PROVIDENCE COLLECTION; MOSES PARTING THE RED SEA, BY ROBERT T. BARRETT; MOSES AND THE TABLETS, BY JERRY HARSTON; MOSES CALLS AARON TO THE MINISTRY, BY HARRY ANDERSON; MOSES AND THE BRASS SERPENT, BY JUDITH A. MEHR

pillar of fire by night. He sustained us with water, manna, and quail.⁷

I climbed up Mount Sinai, where I remained for 40 days and received the Ten Commandments from the Lord. When I returned from the mountain, the Israelites had turned away from God and forged a golden calf to worship. They were no longer worthy to receive the law God gave me, so I broke the tablets containing it. I returned to the mountain, where the

Lord gave me the lesser law that is called after my name—the law of Moses.⁸

In the wilderness the Lord revealed to me the designs to build a tabernacle, or portable temple. We carried the tabernacle with us in our travels so we could worship in it. In the tabernacle, the people received ordinances and I spoke to the Lord “face to face, as a man speaketh unto his friend.”⁹ The Lord also showed me how to craft the ark of the covenant, a holy relic that rested in the most sacred section of the tabernacle, the Holy of Holies.¹⁰

When the Lord sent “fiery serpents” to chastise the Israelites, I was commanded to make a serpent of brass and raise it high on a pole so that all who were bitten by the serpents could look to it and be healed. But because of their pride and the simplicity of the

task, many would not look and therefore perished.¹¹

The Lord caused the Israelites to wander in the wilderness for 40 years before allowing them to enter the promised land.¹² I did not enter but was “taken up by the Spirit” unto the Lord.¹³ ■

NOTES

1. Bruce R. McConkie, *Mormon Doctrine*, 2nd ed. (1966), 515; see also Deuteronomy 18:15–19.
2. See Exodus 1; 2:1–10.
3. See Exodus 2:11–22; Doctrine and Covenants 84:6.
4. See Exodus 3; 4:1–17.
5. See Exodus 5–12; Ezekiel 45:21.
6. See Exodus 14.
7. See Exodus 13:21–22; 15:22–27; 16; 17:1–7.
8. See Exodus 24:18; 31:18; 32; 34.
9. Exodus 33:11.
10. See Exodus 25–29; 40:21.
11. See Numbers 21:6–9; 1 Nephi 17:41; Alma 33:19–20.
12. See Numbers 14:33–34.
13. Alma 45:19.

FACT BOX: MOSES

Writings of Moses: In addition to the book of Moses in the Pearl of Great Price, Moses authored the first five books in the Bible: Genesis, Exodus, Leviticus, Numbers, and Deuteronomy.

Premortal role: selected to preside over a dispensation (see Abraham 3:22–23)

Mortal roles: led the Israelites out of Egypt; received the law on Mount Sinai (see Exodus 12; 20)

Postmortal roles: appeared on the Mount of Transfiguration, giving priesthood keys to Peter, James, and John (see Guide to the Scriptures, “Transfiguration,” scriptures.lds.org); appeared in the Kirtland Temple in Ohio, USA, on April 3, 1836, restoring the keys of the gathering of Israel to Joseph Smith (see D&C 110:11)



SEVEN DAYS TILL EASTER

You and your family can learn about what Jesus did while He was living on earth. Begin the Sunday before Easter. Each day, read the scripture, do the activity, or sing the song (or another song on that topic). Then cut out and paste in an empty box the picture of Jesus that matches the scripture story. When all the boxes are filled, Easter will be here! ■



DAY

1

Heavenly Father sent His Son, Jesus Christ, to be born on earth.

- Luke 2:4–7
- "He Sent His Son" (*Children's Songbook*, 34).

DAY

2

Jesus was once a child. We can be like Him by being good and kind.

- Luke 2:40, 52
- "Jesus Once Was a Little Child" (*Children's Songbook*, 55).

DAY

3

Jesus kept all of Heavenly Father's commandments, including the commandment to be baptized.

- Matthew 3:13–17
- "When Jesus Christ Was Baptized" (*Children's Songbook*, 102).

DAY

4

Jesus performed many miracles, like healing people who were sick, helping blind people to see again, and making a storm stop.

- Mark 4:36–39
- "Tell Me the Stories of Jesus" (*Children's Songbook*, 57).

3

2

1

4

DAY

5 At the Last Supper, Jesus asked His disciples to partake of the sacrament as a way to remember Him. When we take the sacrament each week, we too can remember the Savior.

- Luke 22:19–20
- Talk to your parents about something you could do to help you think about Jesus during the sacrament this Sunday.

DAY

6 Because Heavenly Father and Jesus love us, Jesus came to earth to suffer for our sins so we can be forgiven and return to Heavenly Father.

- Luke 22:41–44
- What is something you can do today to show Jesus that you are thankful for His sacrifice?

DAY

7 After being in a tomb for three days, Jesus was resurrected. Because He was resurrected, we can be resurrected too.

- John 20:15–17
- Luke 24:36–40
- "Did Jesus Really Live Again?" (*Children's Songbook*, 64).

You can listen to the songs in this activity at [lds.org/music](https://www.lds.org/music).





WE ARE THE Lord's Hands

*Seeking out the poor and ministering to those who suffer
are indispensable to what it means to be a disciple of Jesus Christ.*

By Neil K. Newell

Welfare Services

During the early days of the Great Depression, six stake presidents from the Salt Lake Valley joined together to grapple with the darkening clouds of poverty and hunger that threatened to overwhelm so many members of the Church.¹ Although the economic crisis affected people everywhere, Utah in particular had been devastated.²

At that time, Church leaders had few resources to help those in need. They could use fast offerings, of course, but the chronic need dwarfed anything they had ever experienced. Under the direction of the Presiding Bishopric, a Deseret Employment Bureau had been founded in the early 1900s. But it was not adequately equipped to handle such massive need.

These six priesthood leaders knew that if the people of their stakes were to be helped, they could not wait. They would have to take immediate action. They began by putting people to work. They organized the men and took them to fields where they could harvest crops. In exchange for their labor, grateful farmers generously donated food to the men. The surplus was taken to a storehouse and distributed to others who were hungry. As donations grew, the Saints began canning food to

preserve it. This was the beginning of the modern-day welfare program.

Eight decades later, modern-day Church leaders throughout the world look over their congregations and feel the same determination to reach out to those in need.

In the October 2011 general conference, President Dieter F. Uchtdorf, Second Counselor in the First Presidency, said: “Too often we notice the needs around us, hoping that someone from far away will magically appear to meet those needs. Perhaps we wait for experts with specialized knowledge to solve specific problems. When we do this, we deprive our neighbor of the service we could render, and we deprive ourselves of the opportunity to serve. While there is nothing wrong with experts, let’s face it: there will never be enough of them to solve all the problems. Instead, the Lord has placed His priesthood and its organization at our doorsteps in every nation where the Church is established.”³

This call for local Church leaders and members to take action as inspired by the Holy Ghost has led many throughout the world to, as President Uchtdorf said, “figure it out for [themselves].”⁴ They have rolled up their sleeves and resolved to “remember in all things the poor and the needy, the sick and the afflicted” (D&C 52:40).

Ecuador

As Bishop Johnny Morante in Guayaquil, Ecuador, looked out at members of his ward, his heart grew heavy. Too many of the families struggled to have even the barest necessities of life. He wanted to help them, so he consulted with ward leaders and took the matter to the Lord.

Since job opportunities in the area were scarce, he began to work with a group of 11 sisters, encouraging them to pursue the possibility of a small-business opportunity. These sisters noticed that there was a need for quality, low-cost household-cleaning supplies, and they wondered if they could produce and sell them in their community. But how would they learn to make these supplies?

At this time, Bishop Morante became aware of an unemployed sister in his ward who had worked as a pharmaceutical chemist. When the 11 sisters asked her if she would help, she was delighted to teach them how to make safe, quality supplies.

They created a business plan, mapped out areas in the community that each sister would cover, chose the products they would make, and designed the packaging and labels.

In a few months, they had built a customer base and were bringing in sufficient revenues to alleviate their poverty and help provide for the needs of their families.

When managers of a local pharmaceutical company learned about this enterprise, they became intrigued by the story of the unemployed pharmaceutical chemist. They eventually interviewed and hired her to head their own manufacturing.

Russia

In the Rechnoy Ward of Moscow, Russia, Galina Goncharova, who was serving as the ward historian, slipped on some ice and broke both her arms. She was taken to the hospital, where her arms were wrapped in casts. She couldn't feed or clothe herself. She couldn't comb her hair or even answer the phone.

When her fellow ward members learned of what had happened, they immediately responded. Priesthood

holders gave her a blessing and worked with the Relief Society sisters to create a schedule to check on this good sister and attend to her needs.

Vladimir Nechiporov, the ward mission leader, said, "We remembered a talk given in general conference about a statue of Christ that was missing its hands.⁵ Below the statue someone had placed a plaque that read, 'You are my hands.' For the few weeks this good sister was



After Galina Goncharova slipped and broke her arms, her Relief Society sisters served as her hands.

incapacitated, the members of the Rechnoy Ward felt a kinship to that story. We literally became her hands."

Philippines

When Tropical Storm Washi descended on the Philippines in 2011, it flooded the area with a deluge of water and wind. Some 41,000 homes were damaged, and more than 1,200 people lost their lives.

Prior to the flooding, Max Saavedra, president of the Cagayan de Oro Philippines Stake, had felt prompted to create a stake emergency response team. He organized committees to fulfill various assignments—everything from search and rescue to first aid to providing food, water, and clothing.

As the floodwaters receded to a safe level, Church leaders and members mobilized. They accounted for the safety of each member and assessed the damage. One member supplied rubber rafts to bring stranded members to safety. The meetinghouses were opened to provide shelter to all who needed food, clothing, blankets, and a temporary place to stay. Clean water was a critical need, so President Saavedra contacted a local business that owned a fire truck, and they transported clean water to the meetinghouse evacuation centers. Members with professional medical experience responded to those who had been injured.

Once Church members were accounted for, President Saavedra and his team visited other evacuation centers in the city and offered to help. They brought them food and other supplies. Many of the members, though they had lost their own homes, selflessly served others immediately after the storm. As the rains stopped and the ground dried, Mormon Helping Hands volunteers from three stakes went to work distributing supplies as well as helping with cleanup.

Brazil

Within the city of Sete Lagoas, Brazil, is a shelter for women with disabilities whose lives have been affected by drug abuse. Each day they struggled to survive. They had a small oven they used to produce about 30 loaves of bread a day. Though the women had received some aid from a local humanitarian association, they scarcely had enough to feed themselves. When Church leaders from the Sete Lagoas Brazil Stake learned of the needs of these women, they wanted to help.

They spoke with the women about their needs. The women said that if they could produce more bread, they could not only better feed themselves but perhaps could sell a few loaves and earn some desperately needed income.

Church leaders and members worked with the local military police and a local school to improve conditions

for these women. With the help of a Church humanitarian grant and volunteers from the Church and the community, they were able to create a new bakery—one that allowed the women to produce 300 loaves of bread daily.

With the proceeds they have received, the women at the bakery have been able to hire their first employee—one of the women at the shelter.

The Work of Welfare

Like those inspired Church leaders decades ago who saw the great need around them and refused to turn away, Church leaders and members throughout the world today are doing the same in their own areas and in their own way.

When President Uchtdorf spoke to the Church about caring for others, he said: “The Lord’s way is not to sit at the side of the stream and wait for the water to pass before we cross. It is to come together, roll up our sleeves, go to work, and build a bridge or a boat to cross the waters of our challenges.”⁶

Seeking out the poor and ministering to those who suffer is an indispensable part of what it means to be a disciple of Christ. It is the work that Jesus Christ Himself did as He ministered to the people of His day. “This work of providing in the Lord’s way is not simply another item in the catalog of programs of the Church,” President Uchtdorf concluded. “It cannot be neglected or set aside. It is central to our doctrine; it is the essence of our religion.”⁷ ■

NOTES

1. Four of these stake presidents—Hugh B. Brown, Harold B. Lee, Henry D. Moyle, and Marion G. Romney—would later be called as Apostles, and all four would later serve in the First Presidency of the Church. Harold B. Lee became the 11th President of the Church.
2. In 1930, Utah had the second-highest unemployment rate in the United States. See Garth L. Mangum and Bruce D. Blumell, *The Mormons’ War on Poverty: A History of LDS Welfare 1830–1990* (1993), 95.
3. Dieter F. Uchtdorf, “Providing in the Lord’s Way,” *Ensign* or *Liahona*, Nov. 2011, 54.
4. Dieter F. Uchtdorf, “Providing in the Lord’s Way,” 55.
5. See Dieter F. Uchtdorf, “You Are My Hands,” *Ensign* or *Liahona*, May 2010, 68.
6. Dieter F. Uchtdorf, “Providing in the Lord’s Way,” 55.
7. Dieter F. Uchtdorf, “Providing in the Lord’s Way,” 55–56.



Members of the First Presidency and the Quorum of the Twelve Apostles are modern-day prophets, seers, and revelators who stand as “special witnesses of the name of Christ in all the world” (D&C 107:23). As such, they have the responsibility to testify of the divinity of Jesus Christ and of His mission as the Savior and Redeemer of the world.

In the quotations that follow, these chosen and commissioned men share their testimonies of the Savior’s Atonement, Resurrection, and living reality.

Special Witnesses Testify of the Living Christ



Jesus Is Our Redeemer

“With all my heart and the fervency of my soul, I lift up my voice in

testimony as a special witness and declare that God does live. Jesus is His Son, the Only Begotten of the Father in the flesh. He is our Redeemer; He is our Mediator with the Father. He it was who died on the cross to atone for our sins. He became the firstfruits of the Resurrection. Because He died, all shall live again. ‘Oh, sweet the joy this sentence gives: “I know that my Redeemer lives!”’ [“I Know That My Redeemer Lives,” *Hymns*, no. 136].”

President Thomas S. Monson, “I Know That My Redeemer Lives!” *Ensign* or *Liahona*, May 2007, 25.



I Am a Witness

“I am a witness of the Resurrection of the Lord as surely as if I had been there in the

evening with the two disciples in the house on Emmaus road. I know that He lives as surely as did Joseph Smith when he saw the Father and the Son in the light of a brilliant morning in a grove of trees in Palmyra. . . .

“. . . I so testify as a witness of the risen Savior and our Redeemer.”

President Henry B. Eyring, First Counselor in the First Presidency, “Come unto Me,” *Ensign* or *Liahona*, May 2013, 25.



The Atonement and Salvation

“God the Father is the author of the gospel; it is a key part of God’s plan

of salvation, or plan of redemption. It is called the gospel of Jesus Christ because it is the Atonement of Jesus Christ that makes redemption and salvation possible. Through the Atonement all men, women, and children are unconditionally redeemed from physical death, and all will be redeemed from their own sins on the condition of accepting and obeying the gospel of Jesus Christ. . . .

“Of this I bear witness with all my heart and mind.”

President Dieter F. Uchtdorf, Second Counselor in the First Presidency, “Have We Not Reason to Rejoice?” *Ensign* or *Liahona*, Nov. 2007, 19, 21.



Jesus Is the Christ

"I know that God is our Father. He introduced His Son, Jesus Christ, to Joseph Smith. I declare to you that I know that Jesus is the Christ. I know that He lives. He was born in the meridian of time. He taught His gospel and was tried. He suffered and was crucified and resurrected on the third day. He, like His Father, has a body of flesh and bone. He made His Atonement. Of Him I bear witness. Of Him I am a witness."

President Boyd K. Packer, President of the Quorum of the Twelve Apostles, "The Twelve," *Ensign* or *Liahona*, May 2008, 87.



A Ransom for the Human Family

"[Jesus Christ] is the centerpiece of the eternal plan of the Father, the Savior who was provided as a ransom for mankind. God sent His Beloved Son to overcome the Fall of Adam and Eve. He came to earth as our Savior and Redeemer. He overcame the obstacle of physical death for us by giving up His own life. When He died on the cross, His spirit became separated from His body. On the third day His spirit and His body were reunited eternally, never to be separated again."

Elder L. Tom Perry of the Quorum of the Twelve Apostles, "The Plan of Salvation," *Ensign* or *Liahona*, Nov. 2006, 71.



The Central Act of Human History

"[The Savior's] Atonement was wrought in Gethsemane, where He sweat great drops of blood (see Luke 22:44), and on Golgotha (or Calvary), where His body was lifted up upon a cross over the 'place of a skull,' which signified death (Mark 15:22; Matthew 27:33; see also 3 Nephi 27:14). This infinite Atonement would release man from the infinitude of death (see 2 Nephi 9:7). The Savior's Atonement made the resurrection a reality and eternal life a possibility for all. His Atonement became the central act of all human history."

Elder Russell M. Nelson of the Quorum of the Twelve Apostles, "The Peace and Joy of Knowing the Savior Lives," *Ensign*, Dec. 2011, 20; *Liahona*, Dec. 2011, 22.



A Sacrifice for Sin

"Jesus Christ endured incomprehensible suffering to make Himself a sacrifice for the sins of all. That sacrifice offered the ultimate good—the pure Lamb without blemish—for the ultimate measure of evil—the sins of the entire world. . . .

"That sacrifice—the Atonement of Jesus Christ—is at the center of the plan of salvation. . . .

"I know that Jesus Christ is the Only Begotten Son of God the Eternal Father. I know that because of His atoning sacrifice, we have the assurance of immortality and the opportunity for eternal life. He is our Lord, our Savior, and our Redeemer."

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles, "Sacrifice," *Ensign* or *Liahona*, May 2012, 19, 22.



The Savior Guides His Church Today

“The Atonement of Jesus Christ was an indispensable part of our Heavenly Father’s plan for His Son’s earthly mission and for our salvation. How grateful we should be that our Heavenly Father did not intercede but rather withheld His fatherly instinct to rescue His Beloved Son. Because of His eternal love for you and for me, He allowed Jesus to complete His foreordained mission to become our Redeemer. . . .

“Jesus Christ, the Savior and Redeemer of all mankind, is not dead. He lives—the resurrected Son of God lives—that is my testimony, and He guides the affairs of His Church today.”

Elder M. Russell Ballard of the Quorum of the Twelve Apostles, “The Atonement and the Value of One Soul,” *Ensign or Liahona*, May 2004, 85, 86.



Our Hope, Our Mediator, Our Redeemer

“Our security is in [our Heavenly Father] and His Beloved Son, Jesus Christ. I know that the Savior loves you. He will confirm your efforts to strengthen your testimony so that it becomes a consummate power for good in your life, a power that will sustain you in every time of need and give you peace and assurance in these times of uncertainty.

“As one of His Apostles authorized to bear witness of Him, I solemnly testify that I know that the Savior lives, that He is a resurrected, glorified personage of perfect love. He is our hope, our Mediator, our Redeemer.”

Elder Richard G. Scott of the Quorum of the Twelve Apostles, “The Power of a Strong Testimony,” *Ensign*, Nov. 2001, 89; *Liahona*, Jan. 2002, 103.



Drinking the Bitter Cup

“In the Garden of Gethsemane, our Savior and Redeemer did not shrink from drinking the bitter cup of the Atonement [see D&C 19:16–19]. And on the cross He suffered again to do His Father’s will, until at last He could say, ‘It is finished’ [John 19:30]. He had endured to the end. In response to the Savior’s perfect obedience in standing strong, our Heavenly Father declared, ‘Behold my Beloved Son, in whom I am well pleased, in whom I have glorified my name’ [3 Nephi 11:7].

“ . . . Let us glorify God’s name by standing strong with our Savior, Jesus Christ. I bear my special witness that He lives.”

Elder Robert D. Hales of the Quorum of the Twelve Apostles, “Stand Strong in Holy Places,” *Ensign or Liahona*, May 2013, 51.



God’s Only Perfect Child

“I know that God is at all times and in all ways and in all circumstances our loving, forgiving Father in Heaven. I know Jesus was His only perfect child, whose life was given lovingly by the will of both the Father and the Son for the redemption of all the rest of us who are not perfect. I know He rose from that death to live again, and because He did, you and I will also.”

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles, “Lord, I Believe,” *Ensign or Liahona*, May 2013, 95.



I Know the Savior Lives

"I declare my witness of and appreciation for the infinite and eternal sacrifice of the Lord Jesus Christ. I know the Savior lives. I have experienced both His redeeming power and His enabling power, and I testify that these powers are real and available to each of us. Indeed, 'in the strength of the Lord' we can do and overcome all things as we press forward on our journey of mortality."

Elder David A. Bednar of the Quorum of the Twelve Apostles, "The Atonement and the Journey of Mortality," *Ensign*, Apr. 2012, 47; *Liahona*, Apr. 2012, 19.



Christ Fulfilled His Mission

"[The Savior] took upon Himself the 'burden of the sins of mankind' and the 'horrors that Satan . . . could inflict' [James E. Talmage, *Jesus the Christ*, 613]. In this process He endured the fraudulently concocted trials and the terrible, tragic events leading to His Crucifixion. This ultimately culminated in Christ's triumphant Resurrection on Easter Sunday. Christ fulfilled His sacred mission as Savior and Redeemer. We will be resurrected from death and have our spirits reunited with our bodies. . . .

"I bear my apostolic witness that Jesus Christ lives and is the Savior and Redeemer of the world. He has provided the pathway to true happiness."

Elder Quentin L. Cook of the Quorum of the Twelve Apostles, "We Follow Jesus Christ," *Ensign* or *Liahona*, May 2010, 83–84, 86.



The Savior Redeemed Us

"The Savior's suffering in Gethsemane and His agony on the cross redeem us from sin by satisfying the demands that justice has upon us. He extends mercy and pardons those who repent. The Atonement also satisfies the debt justice owes to us by healing and compensating us for any suffering we innocently endure. 'For behold, he suffereth the pains of all men, yea, the pains of every living creature, both men, women, and children, who belong to the family of Adam' (2 Nephi 9:21; see also Alma 7:11–12). . . .

". . . Ultimate redemption is in Jesus Christ and in Him alone. I humbly and gratefully acknowledge Him as the Redeemer."

Elder D. Todd Christofferson of the Quorum of the Twelve Apostles, "Redemption," *Ensign* or *Liahona*, May 2013, 110, 112.



The Resurrection and the Life

"Above all, we proclaim our Savior and Redeemer, Jesus Christ. All that we are—all that we will ever be—we owe to Him. . . .

"His words echo through the centuries:

"'I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live:

"'And whosoever liveth and believeth in me shall never die' (John 11:25–26).

"Brothers and sisters, He lives. He is resurrected. He guides His holy work upon the earth."

Elder Neil L. Andersen of the Quorum of the Twelve Apostles, "Come unto Him," *Ensign* or *Liahona*, May 2009, 80.



ANSWERING QUESTIONS

What does a resurrected person look like?

"After we have passed through this life, we will . . . have our bodies glorified, made free from every sickness and distress, and rendered most beautiful. There is nothing more beautiful to look upon than a resurrected man or woman. There is nothing grander that I can imagine that

a man [or woman] can possess than a resurrected body. There is no Latter-day Saint . . . but that certainly has this prospect of coming forth in the morning of the first resurrection and being glorified, exalted in the presence of God."

President Lorenzo Snow (1814–1901), in Conference Report, Oct. 1900, 4.



By Elder
William R. Walker
Of the Seventy



Follow THE PROPHET

Several years ago, just before general conference, President Thomas S. Monson taught a wonderful lesson. This time it was to assembled General Authorities who had traveled to Salt Lake City, Utah, many coming from places around the world where they were serving in Area Presidencies. We had come together to be instructed by the First Presidency and the Twelve Apostles.

As the time for the meeting approached, everyone seemed to be in attendance except President Monson. Several minutes before the meeting was to begin, we stopped visiting with each other and sat reverently listening to the prelude music, expecting the prophet to arrive any moment.

We patiently waited as 9:00 a.m. came and then passed. Someone walked out the side door—obviously to see if some assistance might be needed. Upon returning, he said, “President Monson will join you shortly.”

About 15 minutes later, President Monson entered the room. Out of respect, we stood as he entered. We were happy to see him and pleased that he looked well. There was no obvious reason as to why he would have been late.

President Monson went straight to the pulpit and said, “Brethren, I’m sorry to be late, but my wife needed me this morning.”

I was deeply impressed and humbled, and I couldn’t stop thinking about his words.

This was a very important meeting. The entire senior leadership of the Church was assembled, but President Monson set the example for us all. His wife needed him,

As we follow President Monson and try to be more like him, we will inevitably succeed in being more faithful disciples of the Lord Jesus Christ.

and he took the time necessary to care for her. It was a great sermon. I don’t remember anything else said that day, but I remember that sermon: “My wife needed me.”

Following the Prophet’s Example

I would like to suggest five ways we can follow the example of President Monson.

1. We can be positive, and we can be happy.

In the Pearl of Great Price, the Prophet Joseph Smith describes his “cheery temperament” (Joseph Smith—History 1:28). “Cheery” also describes President Monson.

On one occasion President Monson said: “We . . . can choose to have a positive attitude. We can’t direct the wind, but we can adjust the sails. In other words, we can choose to be happy and positive, regardless of what comes our way.”¹

One day I was waiting outside the First Presidency boardroom. I had been invited there to take part in a meeting to discuss temple matters. I sat quietly outside the room, alone. I thought the First Presidency was already meeting



At every temple dedication, President Monson focuses on the children. He loves to include them in the cornerstone ceremony.

and that I would be invited to join them in a few minutes.

As I sat there, I could hear someone walking down the hall whistling. I thought to myself, “Someone doesn’t understand proper protocol. You don’t go walking around whistling outside the office of the President of the Church.”

A moment later the whistler walked around the corner—it was President Monson. He was happy, and he was positive. He greeted me warmly and said, “I guess we’ll start the meeting in a couple of minutes.”

Even with the weight of the whole Church on his shoulders, he is an example of happiness and he always has a positive attitude. We should be that way.

2. We can be kind and loving toward children.

Jesus spoke often of children. His prophet, President Monson, speaks often of children as well. I’ve seen, particularly at temple dedications, how he loves children and, by his example, teaches us how to treat them. At every temple dedication he focuses on the children. He loves to include them in the cornerstone ceremony and always invites a few of them to put some mortar in the cornerstone to participate in the symbolic completion of the temple. He makes it fun for them. He makes it memorable for them. He always has a big smile for them. He encourages

and commends them. It is a wonderful thing to see.

His warm greetings occasionally include high fives, wiggling of his ears, and encouragement to serve missions and marry in the temple.

A few years ago President Monson was scheduled to dedicate the Oquirrh Mountain Utah Temple on his birthday. As he arrived at the temple and approached the front door of the temple, a group of young people had assembled. They obviously knew it was President Monson’s birthday because they began to sing “Happy Birthday” to him. He stopped and faced them with a big smile on his face. He even started to wave his arms as if he were leading them in the singing. At the end they added the refrain “And many more.” He said to me, “That’s my favorite part.”

The children and the youth of the Church love him, and they have no doubt that he loves them too!

3. We can follow the promptings of the Spirit.

President Monson beautifully stated his devotion to the Lord and his commitment to following the promptings of the Spirit with these words: “The sweetest experience I know in life is to feel a prompting and act upon it and later find out that it was the fulfillment of someone’s prayer or someone’s need. And I always want the Lord to know that if He needs an errand run, Tom Monson will run that errand for Him.”²

That is a pattern that each of us should want to follow.

4. We can love the temple.

President Monson will go down in history as one of the great temple builders in the history of the Church. Since becoming President of the Church in February 2008, he has continued the great work of building temples. In the six years he has been the prophet, President Monson has announced plans to build 33 new temples.

President Monson has said, “May each of us live worthy lives, with clean hands and pure hearts, so that the temple may touch our lives and our families.”³

He has also given this wonderful promise: “As we love the temple, touch the temple, and attend the temple, our lives will reflect our faith. As we come to these holy houses of God, as we remember the covenants we make within,

we shall be able to bear every trial and overcome each temptation.”⁴

Let us follow the pattern that the prophet has set for us in loving the temple.

5. We can be kind, considerate, and loving.

President Monson is a wonderful example of loving others. His entire ministry has been filled with making visits to homes; placing his hands on heads and giving blessings; making unexpected phone calls to comfort and encourage; sending letters of encouragement, commendation, and appreciation; visiting hospitals and care centers; and finding time to go to funerals and viewings despite a very busy schedule.

Just as the Savior would do, Thomas Monson has gone about doing good (see Acts 10:38) and blessing and loving others; this has been the driving force in his life.

A remarkable example of President Monson’s kindness occurred in 2012. As the beautiful Brigham City Utah Temple was nearing completion, I met with the First Presidency to discuss plans for its dedication. With Brigham City being only one hour north of Salt Lake City, it would have been very easy for President Monson to travel there for the dedication.

Instead, President Monson said, “Brigham City is the hometown of President Boyd K. Packer, this great Apostle who has sat beside me for so many years in the Twelve. I want him to have the honor and blessing of dedicating the temple in his hometown. I will stay away, and I’ll assign President Packer to dedicate the Brigham City Temple. I want it to be his day.”

It was a wonderful day for President Packer and for Sister Packer, who also grew up in Brigham City. I was very touched by President Monson’s kind and magnanimous gesture to his fellow Apostle. We can all be that way. We can share and be kind and think more of those around us.

The Pattern of a Prophet

President Monson has taught us the way to live our lives with his wonderful and inspiring messages at general



Just as the Savior would do, President Monson has gone about doing good and blessing and loving others; this has been the driving force in his life.

conference. He has taught us how to be followers of Jesus Christ by his remarkable and wonderful personal example. Truly the Lord has given us a pattern in all things, and one of the patterns we should seek to follow is that of our beloved prophet.

I testify that there is a God in heaven who knows us and loves us. He has given us a prophet—to guide us, to teach us, and to lead us in these latter days. I believe the Lord expects us to love the prophet, to sustain him, and to follow his example.

I count it a great blessing to live in the day when Thomas S. Monson is the Lord’s prophet. As we follow him and try to be more like him, we will inevitably succeed in being more faithful disciples of the Lord Jesus Christ. ■

From a Church Educational System devotional given at Brigham Young University–Idaho on May 5, 2013. For the full address, visit lds.org/broadcasts.

NOTES

1. “Messages of Inspiration from President Monson,” *Church News*, Sept. 2, 2012, 2.
2. *On the Lord’s Errand* (DVD, 2008).
3. Thomas S. Monson, “Blessings of the Temple,” *Ensign* or *Liahona*, Oct. 2010, 19.
4. Thomas S. Monson, *Be Your Best Self* (1979), 56; emphasis added.



The Philippines:

SPIRITUAL
STRENGTH
UPON THE
ISLES OF
THE SEA

In the short span of 53 years, the Church has experienced astounding strength and growth in the Philippines, known as the “Pearl of the Orient.”

To Augusto A. Lim, the message being presented by two young missionaries from the United States seemed to confirm principles he already knew were true. A young lawyer and a Christian, Augusto noted that doctrines such as continuing revelation were “things that even when I was in high school and college, I believed in.”¹

After several months, Augusto agreed to attend Sunday services and took the challenge to read and pray about the Book of Mormon. “I began to read the Book of Mormon seriously in the same spirit that Moroni advised us [to have]. When I did that with the desire to know if it’s true—after a few lines—I was gaining a testimony,” he recalled.²

In October of 1964, Augusto Lim was baptized and became a pioneer of The Church of Jesus Christ of Latter-day Saints in the Philippines, with his wife and family joining shortly. Today, after decades of faithful service in the Church—which included a call in 1992 to serve as a General Authority, the first Filipino to serve in that position—Brother Lim reflects the faith and dedication of hundreds of thousands of Latter-day Saints living in the “Pearl of the Orient.”

A Fertile Land

About 550 years before the birth of Jesus Christ, the Lord promised the Book of Mormon prophet Nephi: “I

remember those who are upon the isles of the sea,” and “bring forth my word unto the children of men, yea, even upon all the nations of the earth” (2 Nephi 29:7). To many who have read these choice words, one group of “isles of the sea” comes to mind: the Philippines.

With a population approaching 100 million, the Republic of the Philippines is a large archipelago of about 7,100 islands located off the southeast coast of Asia. It is a beautiful tropical country populated by friendly, lively, and humble people. Yet the country is prone to earthquakes, typhoons, volcanic eruptions, tidal waves, and other natural disasters and suffers from a host of socioeconomic problems. Widespread poverty is a recurring challenge, and Filipinos have endured bouts of political instability and economic crisis.

But to those who are familiar with the Lord’s ways, the Philippines is fertile ground for the planting of gospel seeds. Along with Tagalog and other native languages, many Filipinos speak English, which is also a national language. Due to a long period of Spanish rule, more than 90 percent of the population is Christian; a significant portion of the minority is Muslim.

The first attempt to introduce the Church in the Philippines was made in 1898 during the Spanish-American War by Willard Call and George Seaman, Latter-day Saint



Building on gospel principles, young adults in the Philippines are achieving success and becoming sturdy leaders in the Lord's Church.

servicemen from Utah who had been set apart as missionaries prior to their departure. As opportunities arose, they preached the gospel, but no baptisms followed.

During World War II, several Latter-day Saints moved through the islands with advancing Allied forces. In 1944 and 1945, military groups held Church meetings in many locations, and numerous LDS service members and service workers were still in the Philippines when the war ended. Among them were Maxine Tate and recent convert Jerome Horowitz. Both helped introduce the gospel to Aniceta Fajardo. While helping rebuild Aniceta's house in a bombed-out area of Manila, Brother Horowitz shared his newly found faith with Aniceta and her daughter, Ruth.

Aniceta gained a testimony and desired baptism, but the Church did not authorize baptisms for Filipinos at that time because there were no permanent Church units in the islands. Elder Harold B. Lee (1899–1973) of the Quorum of the Twelve Apostles became aware of Aniceta's desire, and in his capacity as chairman of the General Servicemen's Committee, Elder Lee approved Aniceta's baptism. On Easter morning in 1946, Aniceta Fajardo was baptized by serviceman Loren Ferre and is now acknowledged as the first known Filipino to become a member of The Church of Jesus Christ of Latter-day Saints.

The Commencement of Missionary Work

After the war, Church groups were organized at two U.S. military bases—Clark Air Base and Subic Bay Naval Base—as Latter-day Saint service members looked forward to the establishment of a more formal Church presence in the Philippines. On August 21, 1955, President Joseph Fielding Smith (1876–1972) dedicated the Philippines for the preaching of the gospel. Legal restrictions, however, delayed the missionaries' arrival until 1961.

In 1960, Elder Gordon B. Hinckley (1910–2008), then an Assistant to the Quorum of the Twelve Apostles, visited the Philippines for several days: "I expressed the view that missionary work will be . . . as fruitful as it has been in many other places in the world."³ The following year, after much preparation and paperwork done by members such as Maxine Tate Grimm and President Robert S. Taylor of the Southern Far East Mission as well as friends outside the Church, Elder Hinckley returned to the islands to rededicate the Philippines for the commencement of missionary work.

On April 28, 1961, in the outskirts of Manila, Elder Hinckley met with a small group of service members, American residents, and one Filipino member—David Lagman—and offered a special prayer "that there shall be many thousands who shall receive this message and be blessed thereby."⁴ Those words, uttered by a true servant of the Lord, soon became prophetic.

The first four missionaries—Raymond L. Goodson, Harry J. Murray, Kent C. Lowe, and Nester O. Ledesma—arrived in Manila several weeks later. "The Filipinos accepted the gospel very readily," Elder Lowe noted. "When the head of the family decided to join the Church, in many, many cases the entire family would join the Church."⁵

The Church Progresses

The work progressed to the point where the Philippines Mission was organized by 1967. By the end of that year, there were 3,193 members in the mission, 631 of whom had been converted that year. By 1973 the Church in the Philippines had expanded to almost 13,000 members.

On May 20, 1973, the Manila Philippines Stake was created, with Augusto A. Lim as president. In 1974 the mission was divided, creating the Philippines Manila Mission and the Philippines Cebu City Mission.

In August of 1975, President Spencer W. Kimball (1895–1985) came to Manila to preside over the Philippines’ first area conference. August was a stormy month, making travel more difficult for those coming from outside Manila. A busload of Saints from Laoag City almost did not make it, but the Saints pushed their vehicle out of a well of mud and begged the driver not to turn back. Another group of Saints braved the stormy seas for as many as three days

find an appropriate site for a temple. After considering several sites, the director submitted a request to buy 3.5 acres (1.4 ha) in Quezon City. The site overlooks the Marikina Valley, and its location is relatively accessible to many Church members. The request was approved, and the property was purchased in January 1981. The street name was changed to Temple Drive at the request of the Church.

For the groundbreaking ceremony on August 25, 1982, despite the threat of a typhoon, about 2,000 Church members gathered from all parts of the islands by boat, train, and bus. Construction of the temple soon commenced, and it was ready to be dedicated in August 1984.

1898: Two LDS service members preach the gospel in the Philippines during the Spanish-American War



1944–45: More LDS service members preach during World War II

1946: Aniceta Fajardo becomes the first known Filipino to be baptized and confirmed a member of the Church



1955: President Joseph Fielding Smith dedicates the Philippines for the preaching of the gospel

because all that really matters, as one sister said, is to see and hear a living prophet of God.

President Kimball visited the Philippines again in 1980 to preside over another area conference, and he also met briefly with Philippines president Ferdinand Marcos. This meeting paved the way for the Church to eventually open a missionary training center in the Philippines in 1983 and dedicate the Manila Philippines Temple the following year. In 1987 the Philippines/Micronesia Area was established with headquarters in Manila.

Selections from the Book of Mormon were translated into Tagalog in 1987. Translations of the Book of Mormon are now in several languages of the Philippines, including Cebuano.

The Blessings of the Temple

In December 1980, President Spencer W. Kimball sent the director of the Church’s real estate department to Manila to

Nearly 27,000 members and nonmembers toured the temple before its dedication. They came despite two typhoons—just 48 hours apart—that had ripped through the Philippines a few days before. Saints from distant provinces arrived weary but buoyant. In many cases they had been forced to take circuitous routes to Manila because roads had been flooded and bridges damaged by overflowing rivers.

The beauty of the temple impressed the visitors, including many prominent Filipinos. Writer Celso Carunungan commented on “a feeling of holiness, that when you get inside you are going to confront your Creator.” Colonel Bienvenido Castillo, chief chaplain of the Philippine Constabulary, said the temple is “a place where you can contemplate heavenly things because you are in such an environment.” Two nuns felt the temple “is truly a house of the Lord.” Eva Estrada-Kalaw, a member of the Philippine parliament, told guides, “I wish you would build more temples here.”⁶



President Hinckley, Second Counselor in the First Presidency at the time, led the services to lay the cornerstone on Tuesday, September 25, 1984. Nine dedicatory sessions followed, held in the celestial room. Some 6,500 Saints from 16 stakes and 22 districts in the Pacific Area attended the various sessions.

As soon as the last dedicatory session was completed, Paulo V. Malit Jr. and Edna A. Yasona became the first couple to be married in the Manila Philippines Temple, on September 27, 1984. The first president of

sell their house to pay for the trip so that they and their children could be sealed as an eternal family. After they sold their home and most of their possessions, they managed to scrape together the exact amount to pay the boat fare to Manila for their family of nine. Leonides was worried because they would have no home to return to. But Bernardo assured her that the Lord would provide. They were sealed as a family for time and all eternity in the temple in 1985. It was worth every sacrifice they had made, for in the

1961: Philippines officially opens for missionary work; first four missionaries arrive

1967: Philippines Mission organized



1973: Manila Philippines Stake created

1974: Philippines Mission divided, creating the Philippines Manila and the Philippines Cebu City Missions

1975: First area conference, held in Manila

1983: Missionary training center opened in Manila



that temple, W. Garth Andrus, solemnized the marriage ceremony.

Scores of Church members queued up to receive their endowments, beginning with the ordinance workers. Temple work continued through the night into the next day.

Members felt an increased desire to enter the temple. Those who lived far from Manila had to sacrifice much to travel the great distance by boat or bus. But still they came and brought with them stories of faith and determination.

For Bernardo and Leonides Obedoza of General Santos, going to the temple in far-away Manila seemed impossible. But like the merchant man who went and sold all he had to buy one pearl of great price (see Matthew 13:45–46), this couple decided to

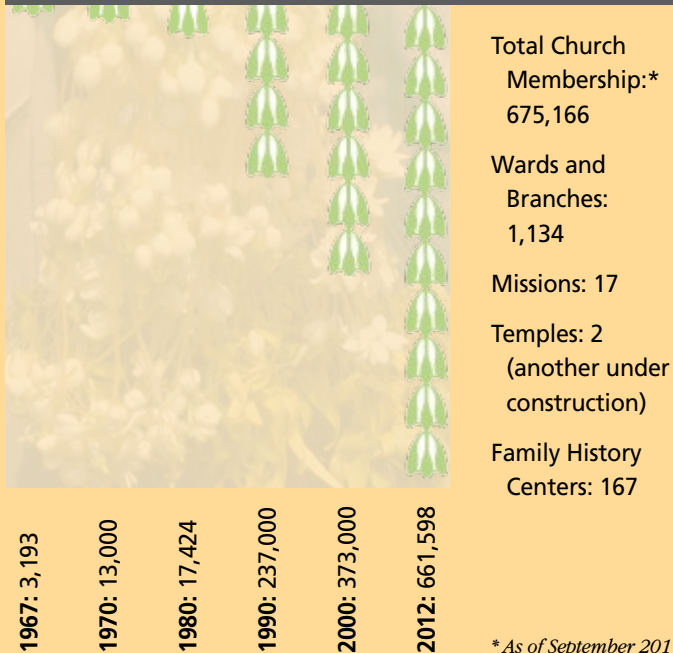
A Relief Society meeting on emergency preparedness provides valuable information for sisters who live in a country prone to natural disasters.



temple they found joy incomparable—their priceless pearl. And true to Bernardo's words, the Lord did provide. On their return from Manila, kind acquaintances gave them places to stay. Their children completed their schooling, and the family eventually acquired their own home in a new location.

On April 18, 2006, the First Presidency announced the construction of the Cebu City Philippines Temple. Upon hearing the news, many Church members shed tears of joy. "We are blessed because the Lord had chosen Cebu City to be the site of the next temple," said Cesar Perez Jr., director of the Cebu City Institute of Religion.

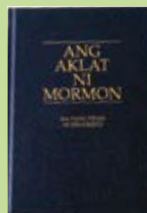
GROWTH OF CHURCH MEMBERSHIP IN THE PHILIPPINES



1984: Manila Philippines Temple dedicated



1987: Philippines/Micronesia Area established, with headquarters in Manila



1987: Sections of the Book of Mormon translated into Tagalog



2010: Cebu City Philippines Temple dedicated

A few months after the dedication of the Cebu City Philippines Temple, Filipino Latter-day Saints once again found reason to rejoice. On October 2, 2010, during his opening remarks in general conference, President Thomas S. Monson announced the construction of the Urdaneta Philippines Temple, in Pangasinan.

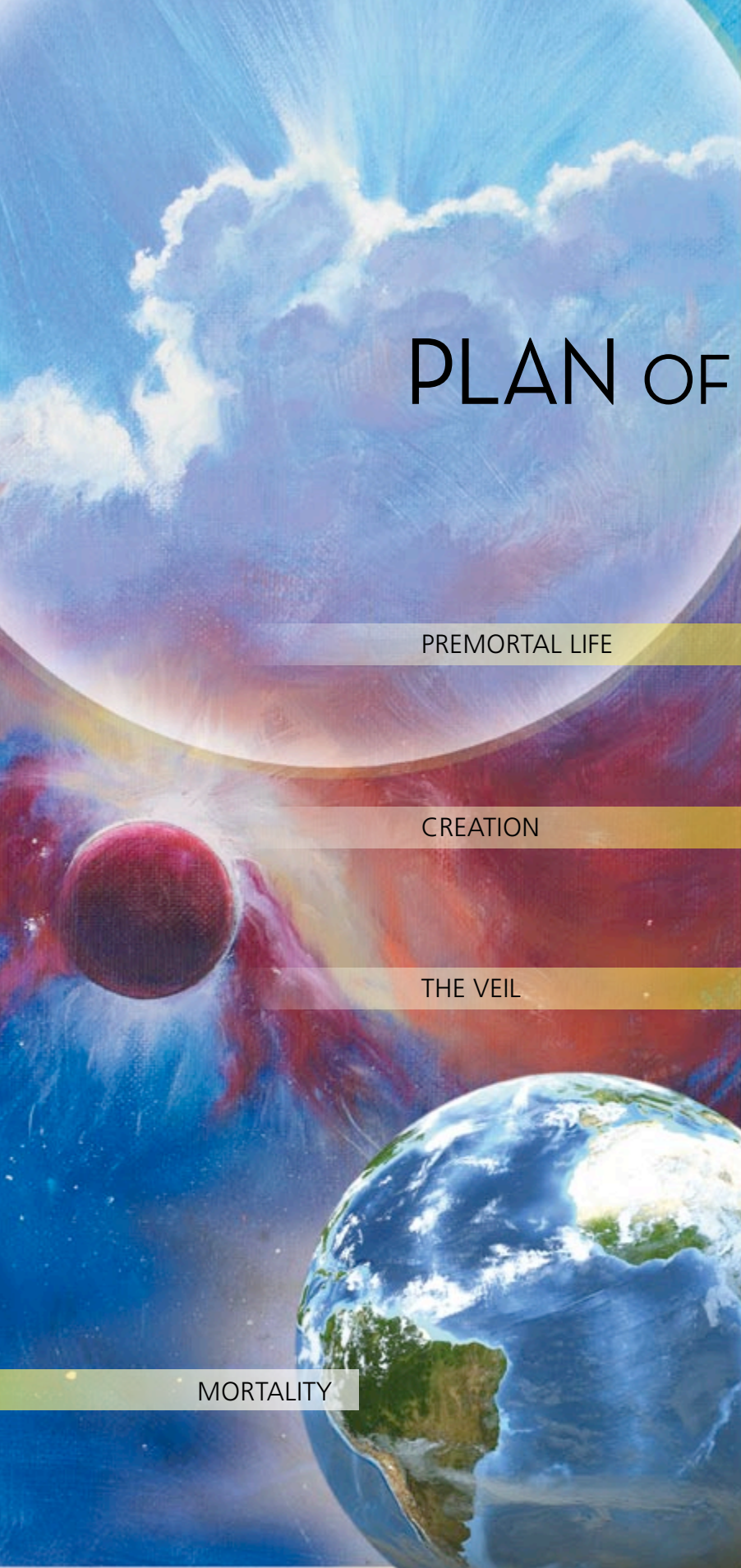
The Best Is Yet to Come

The Church of Jesus Christ of Latter-day Saints in the Philippines is relatively young when compared to its presence in other countries, but its destiny in the island nation is glorious. The growth of the Church has been marvelous, and the best is yet to come. Elder Michael John U. Teh of the Seventy, the second Filipino called to serve as a General Authority, said, "We [Filipino Latter-day Saints] need to prepare ourselves spiritually more than ever before because the work will move forward with or without our help."⁷

Indeed, as the 21st century rolls forth, the restored Church will continue to grow in size and influence as more and more Filipinos accept its message and become a blessing to this choice people upon the isles of the sea. For Elder Teh and the Filipino Saints, the "great . . . promises of the Lord unto them who are upon the isles of the sea" (2 Nephi 10:21) are now being fulfilled. ■

NOTES

1. Augusto A. Lim, in R. Lanier Britsch, "Faithful, Good, Virtuous, True": Pioneers in the Philippines," *Ensign*, Aug. 1997, 60; *Liahona*, Feb. 1998, 44.
2. Augusto Lim, in Gelene Tobias, "Augusto Lim: The Man of Many Firsts," countrywebsites.lds.org/ph/index.php/datetime-philippines/jubilee-2011.
3. See Sheri L. Dew, *Go Forward with Faith: The Biography of Gordon B. Hinckley* (1996), 213–15.
4. Gordon B. Hinckley, "Commencement of Missionary Work in the Philippines," *Tambuli*, Apr. 1991, 18.
5. Interview of Kent Clyde Lowe by James Neil Clark, Sept. 3, 2007.
6. Francis M. Orquiola, "Temple Dedication Rewards Faith of Filipino Saints," *Ensign*, Nov. 1984, 107.
7. Michael John U. Teh, "Scriptures and Spiritual Preparation" [Area Presidency Messages, May 2011]; lds.org/ph/index.php/literature.



Using the PLAN OF SALVATION to Answer Questions

By LaRene Porter Gaunt
Church Magazines

We are living in an exciting time. The restored gospel of Jesus Christ is coming “out of obscurity” (D&C 1:30). As a result, more of Heavenly Father’s children who are not of our faith are hearing about “the Mormons.” Some hear things that sound strange and confusing. Others hear things that feel familiar and comforting. Individuals from either group may come to us seeking answers to their questions. Many answers are found in the plan of salvation, which is also known as the “great plan of happiness” (Alma 42:8).

The most commonly asked questions are “Where did I come from?” “Why am I here?” and “Where do I go after this life?”

All these questions can be answered by truths found in the plan of salvation. This article shares some of the answers the scriptures and our prophet, President Thomas S. Monson, have given regarding these questions.

*Faith in Jesus Christ
Repentance*

PREMORTAL LIFE

CREATION

THE VEIL

MORTALITY

Where did I come from?

We are eternal beings. We lived with God before this life as His spirit children. “The Apostle Paul [taught] that ‘we are the offspring of God’ [Acts 17:29],” said President Monson. “Since we know that our physical bodies are the offspring of our mortal parents, we must probe for the meaning of Paul’s statement. The Lord has declared that ‘the spirit and the body are the soul of man’ [D&C 88:15]. Thus it is the spirit which is the offspring of God. The writer of Hebrews refers to Him as ‘the Father of spirits’ [Hebrews 12:9].”¹

Why am I here?

Of our life on earth, President Monson said: “How grateful we should be that a wise Creator fashioned an earth and placed us here, with a veil of forgetfulness of our previous existence so that we might experience a time of testing, an opportunity to prove ourselves in order to qualify for all that God has prepared for us to receive.

“Clearly, one primary purpose of our existence upon the earth is to obtain a body of flesh and bones. We have also been given the gift of agency. In a thousand ways we are privileged to choose for ourselves. Here we learn from the hard taskmaster of experience. We discern between good and evil. We differentiate as to the bitter and the sweet. We discover that there are consequences attached to our actions.”²

Where am I going after this life?

Death comes to all members of the human family. But “if a man die, shall he live again?” (Job 14:14). “We know that death is not the end,” said President Monson. “This truth has been taught by living prophets throughout the ages. It is also found in our holy scriptures. In the Book of Mormon we read specific and comforting words:

*When we or
others have
questions about
the gospel of Jesus
Christ, do we
know where to
find the answers?*

Baptism

Gift of the Holy Ghost

*Endure
to the
end*



WHERE CAN I LEARN MORE ABOUT THE PLAN OF SALVATION?

1. The plan of salvation is taught most clearly in the Book of Mormon, the Doctrine and Covenants, and the Pearl of Great Price.
2. Words of the living prophets are found on conference.lds.org. You can search for terms such as *plan of salvation*, *plan of happiness*, *atonement*, *exaltation*, *justice and mercy*, *repentance*, and *resurrection*.
3. See “Lesson 2: The Plan of Salvation” in chapter 3 of *Preach My Gospel: A Guide to Missionary Service*.

“Now, concerning the state of the soul between death and the resurrection—Behold, it has been made known unto me by an angel, that the spirits of all men, as soon as they are departed from this mortal body, yea, the spirits of all men, whether they be good or evil, are taken home to that God who gave them life.

“And then shall it come to pass, that the spirits of those who are righteous are received into a state of happiness, which is called paradise, a state of rest, a state of peace, where they shall rest from all their troubles and from all care, and sorrow’ [Alma 40:11–12].”³

After we are resurrected, we go to the celestial kingdom with glory like the sun, the terrestrial kingdom with glory like the moon, the telestial kingdom with glory like the stars, or into outer darkness (see D&C 76).

Is there really a God? Is Satan real?

Heavenly Father, Jesus Christ, and Satan were all part of the great Council in Heaven held before we were born. As part of the plan of salvation, Heavenly Father asked for one to go to earth and atone for our sins. He said: “Whom shall I send? And one [Jesus Christ] answered like unto the Son of Man: Here am I, send me. And another [Satan] answered and said: Here am I, send me. And the Lord said: I will send the first.

“And the second [Satan] was angry, and kept not his first estate; and, at that day, many followed after him” (Abraham 3:27–28; see also D&C 29:36–37; Moses 4:1–4).

Do we possess the power to resist Satan’s temptations?

The one-third of the spirits who chose to follow Satan after the Council in Heaven were cast out with him. They and Satan remain spirits without physical bodies. The Prophet Joseph Smith taught: “All beings who have bodies have power over those who have not.”⁴ Hence Satan can tempt us, but we have the power to resist.

*Spirit
World*

DEATH

RESURRECTION





CELESTIAL

TERRESTRIAL

TELESTIAL

OUTER
DARKNESS

Why does it sometimes seem like Heavenly Father doesn't answer my prayers?

"Prayer is the act by which the will of the Father and the will of the child are brought into correspondence with each other. The object of prayer is not to change the will of God" (Bible Dictionary, "Prayer"). Prayer is a tool that helps us decide if we will use our agency to align our will with God's (see Abraham 3:25). Heavenly Father always answers our prayers, but those answers can come in the form of yes, no, or not yet. Timing is important.

Why do I have challenges when I am striving to live a good life?

Challenges are part of the plan of salvation. They make us stronger, refine us, and purify us as we rely on Jesus Christ and His gospel. Heavenly Father sustains us during our challenges. Our trials will "give [us] experience, and shall be for [our] good" (D&C 122:7).

How can I know what is right and what is wrong?

All of God's children are born with the Light of Christ, which helps us "know good from evil" (Moroni 7:16). In addition, the Holy Ghost can bear witness to us of truth in our mind and heart with feelings of peace and warmth (see D&C 8:2–3).

Can I be forgiven even if I have committed serious sins?

God knew that all of us would sin as we learned to choose between right and wrong.⁵ All sins, however, have punishment attached to them. Justice demands that the punishment be suffered. In His mercy, Heavenly Father allowed Jesus Christ to perform the Atonement and meet the demands of justice for us all (see Alma 42). In other words, Christ's suffering in Gethsemane and death on Golgotha paid the price for all our sins if we access Christ's Atonement by repenting and receiving the ordinances of the gospel. Our sins will be forgiven (see D&C 1:31–32). ■

NOTES

1. Thomas S. Monson, "The Race of Life," *Ensign* or *Liahona*, May 2012, 91; see also Abraham 3:22–26.
2. Thomas S. Monson, "The Race of Life," 91–92; see also Alma 34:32–34.
3. Thomas S. Monson, "The Race of Life," 93; see also Doctrine and Covenants 76:59–111.
4. *Teachings of Presidents of the Church: Joseph Smith* (2007), 211.
5. Little children cannot sin "until they begin to become accountable" (see D&C 29:46–47).

HOW DID THEY KNOW?

President Dieter F. Uchtdorf, Second Counselor in the First Presidency, gave a message to the Relief Society sisters during the 2011 general Relief Society meeting that touched my heart and gave me peace. He spoke about the tiny forget-me-not flower and how its five petals represent five things we should always remember.¹

After the meeting my daughter Alyssa told me a story about her friend Jessie, who has a small catering business. Jessie was asked by her stake Relief Society leaders to make a dessert to serve after the general Relief Society meeting. Jessie told Alyssa she knew immediately what

she should make—250 cupcakes. Alyssa volunteered to help transport the cupcakes to the stake center.

The day of the meeting arrived, and when Alyssa went to help, she found Jessie nearly in tears. The cupcakes were ready, but Jessie had sent a picture of them to a relative who said they were not fancy enough for the meeting.

Jessie began to doubt herself. She concluded that the stake Relief Society leaders would be expecting something more elaborate than her simple cupcakes. She was frantically trying to figure out a way to redecorate the cupcakes, but there wasn't time. She and Alyssa took the cupcakes as they

were, with Jessie feeling that she had let the sisters down—until President Uchtdorf spoke.

As he spoke about the tiny forget-me-not flower, a picture of the little blue flower appeared on the screen. It was such a simple flower but so beautiful with its delicately veined petals. President Uchtdorf's message touched everyone's heart as he pleaded with us not to become so distracted with the large exotic blooms around us that we forget the five simple but important truths he was teaching us.

After the closing prayer, the sisters made their way to the cultural hall. When Alyssa and Jessie walked in, they found everyone surrounding the dessert table and asking, "How did they know?"

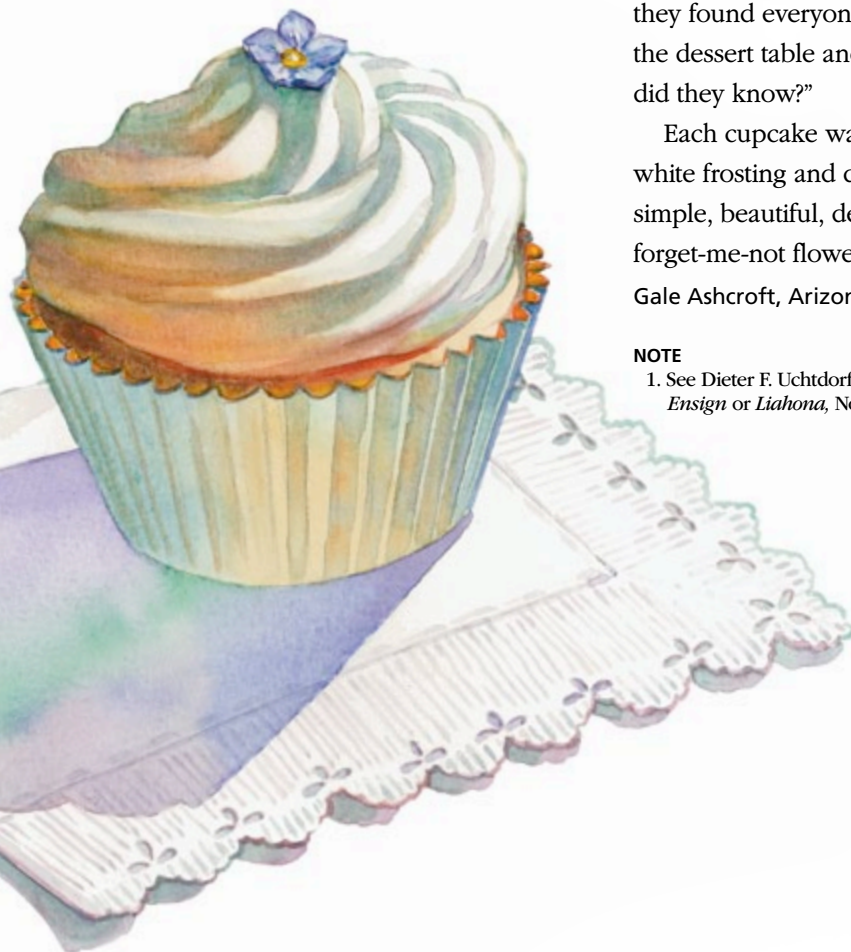
Each cupcake was frosted in plain white frosting and decorated with one simple, beautiful, delicate, five-petaled forget-me-not flower. ■

Gale Ashcroft, Arizona, USA

NOTE

1. See Dieter F. Uchtdorf, "Forget Me Not," *Ensign* or *Liahona*, Nov. 2011, 120.

The cupcakes were ready, but Jessie had sent a picture of them to a relative who said they were not fancy enough for the Relief Society meeting.



THE PROMISE GAVE ME HOPE

Soon after my husband and I were married, we were blessed with a son. When I saw his smile and looked into his eyes, I felt indebted to Heavenly Father. Our son seemed perfect to me. My husband and I thanked the Lord daily for such a precious gift.

On February 19, 2009, I packed in preparation to return to school for my final year of classes. My husband and I didn't know that the next day our beloved son would contract a fever and leave this mortal life.

It was a difficult experience for me to bear. The members of our ward came to our home to console us with scriptures and hymns and to pray with us. I cherished their compassionate condolences, but my grief for my son persisted. Whenever I thought of him, my eyes became heavy with tears.

Four days after his death, I was inspired to study *Teachings of Presidents of the Church: Joseph Smith*. As I held the book, it fell open in my hands to the chapter titled “Words of Hope and Consolation at the Time of Death.” I began to read and was deeply affected by the tragic losses Joseph and Emma had suffered as they started their family. When I reached an excerpt from a speech the Prophet gave at the funeral of a two-year-old girl, I felt as if cold water had been poured on my head, cooling my grief-ridden thoughts.

I called to my husband. Together we read: “I have . . . asked the question, why it is that infants, innocent children,

are taken away from us. . . . The Lord takes many away, even in infancy, that they may escape . . . the sorrows and evils of this present world; they were too pure, too lovely, to live on earth; therefore, if rightly considered, instead of mourning we have reason to rejoice as they are delivered from evil, and we shall soon have them again.”

The Prophet added: “A question may be asked—‘Will mothers have their children in eternity?’ Yes! Yes! Mothers, you shall have your children; for they shall have eternal life, for their debt is paid.”¹

Since we read those beautiful words, our family's prayers have been full of thanksgiving for the promise

that through the Atonement of Jesus Christ we will be with our son again.

Today we have three wonderful children, siblings to our departed son. We are teaching them the true and everlasting gospel, which will guide them back to their Heavenly Father and to their Savior, Jesus Christ.

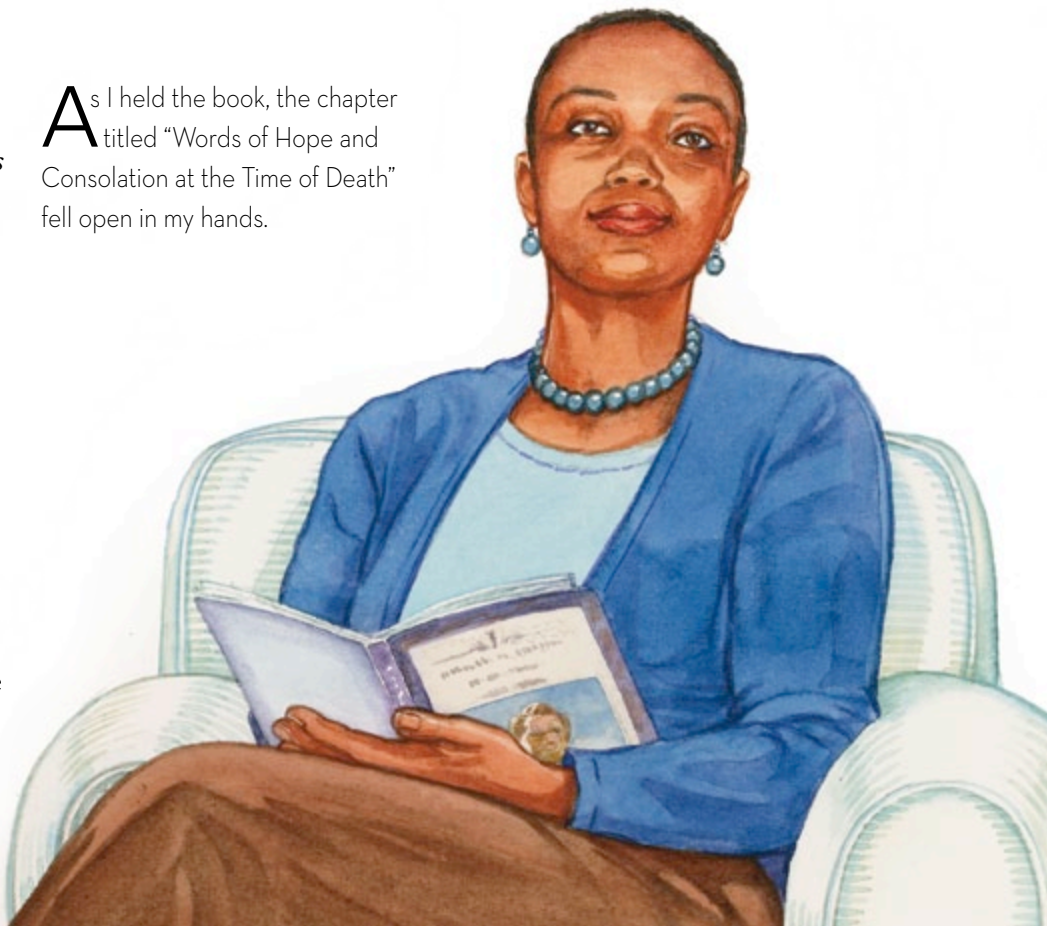
I know that the Prophet Joseph Smith's message of life after death is true. I will be grateful forever for the hope, peace, joy, and happiness it brings to our family—on both sides of the veil. ■

Juliana Fayahun, Lagos, Nigeria

NOTE

1. *Teachings of Presidents of the Church: Joseph Smith* (2007), 176, 177.

As I held the book, the chapter titled “Words of Hope and Consolation at the Time of Death” fell open in my hands.



I HAD PLENTY TO SHARE

I had always thought of emergency preparedness in terms of taking care of my family and myself. But I learned to view preparation differently one Sunday morning in southern Florida in 1992. Hurricane Andrew, one of the most destructive and costly hurricanes to hit the United States, disrupted a beautiful summer in Miami, Florida.

I was temporarily living alone in a beach apartment, attending a three-month orientation program for my job. When the hurricane warning came and I learned we would need to evacuate our apartment complex by noon, an associate reserved hotel rooms in an inland region for our co-workers and me. I boarded my windows and stored my personal belongings.

In anticipation of a weeklong visit from my wife and children, I had

previously purchased enough food and water for my family of six. I was comforted knowing I had a safe place to go and enough food to take with me to last several weeks.

As I prepared to leave at 10:30 a.m., I felt good—all was in order. I knelt in prayer, thanking Heavenly Father for my blessings and asking for His help during the coming storm. As I ended my prayer, the Spirit prompted me to say, “If there is anyone in need of help, please help me find him or her.”

Within a few minutes, a widow in her 80s knocked at my door. “I’m sorry,” she said. “I have the wrong room. I’m looking for a friend.”

She looked frazzled. When I asked if I could help, she became distraught and said she didn’t know what to do or where to go. I asked her where she

lived, and together we walked to her apartment, assessed her situation, and went over her options.

I told her that my company might have space in one of our hotel rooms, and I invited her to stay with our group. She sighed in relief. We quickly packed and secured her apartment and belongings, and I arranged for an associate to drive her car to the hotel.

As I prepared to leave, two more widows asked for assistance. I helped them calm down so they could think clearly and figure out where to find refuge. When I picked up luggage from one of my work associates, another elderly widow asked for help. We placed her fragile items in safe areas and helped her prepare to leave.

In the meantime, other co-workers invited two college students who had been living on an island to stay with our group at the inland hotel. The only food they had was a handful of snacks and a quart (.95 L) of mineral water. Fortunately, I had plenty to share, not only with them but with everyone else as well.

What a blessing it was to be prepared and guided by the Lord. This allowed me to provide a calming influence during a time of alarm and to spend almost all my time helping others without worrying about myself. I gained a new level of appreciation for the counsel from our priesthood leaders to be prepared. ■

Brent Fisher, California, USA

When I asked if I could help, the woman became distraught and said she didn’t know what to do or where to go.



WAITING FOR THE SUNRISE

Shadows wrapped the room in darkness as I lay awake listening to my husband breathe, trying to determine whether he was sleeping. It had been only two days since our 12-year-old daughter had passed away from a sudden traumatic accident. I closed my eyes again, but sleep evaded me. My heart yearned for my daughter. All the knowledge of the plan of salvation couldn't ease the ache of missing her.

As dawn neared, I felt a sudden, intense longing. The sun would be rising soon, and in my mind I saw the sky bathed in soft pink light. Our daughter loved the color pink. A pink sunrise would be just the thing I needed to feel close to her again.

"Let's go watch the sunrise," I whispered to my drowsy husband.

We stood in the driveway, faced east, and waited . . . and waited. Though the sky lightened, the sun did not push through the low-lying clouds.

I leaned my head on my husband's shoulder and sighed, trying to pretend it didn't matter. But I wanted more. I needed more. Surely Heavenly Father could have granted me this desire after taking our sweet girl home to Him.

As my husband turned to go inside, looking behind us toward the west, he said, "Look!"

I turned. Behind us the clouds were bathed in a delicate blush, golden light surrounding them. My breath caught, and tears crept to my eyes. It was more beautiful than I could have imagined.

It felt like a hug from our daughter. I knew Heavenly Father was aware of my aching heart and was sending a promise of hope for the future—a gentle reminder of eternal families and all the beautiful moments yet to come.

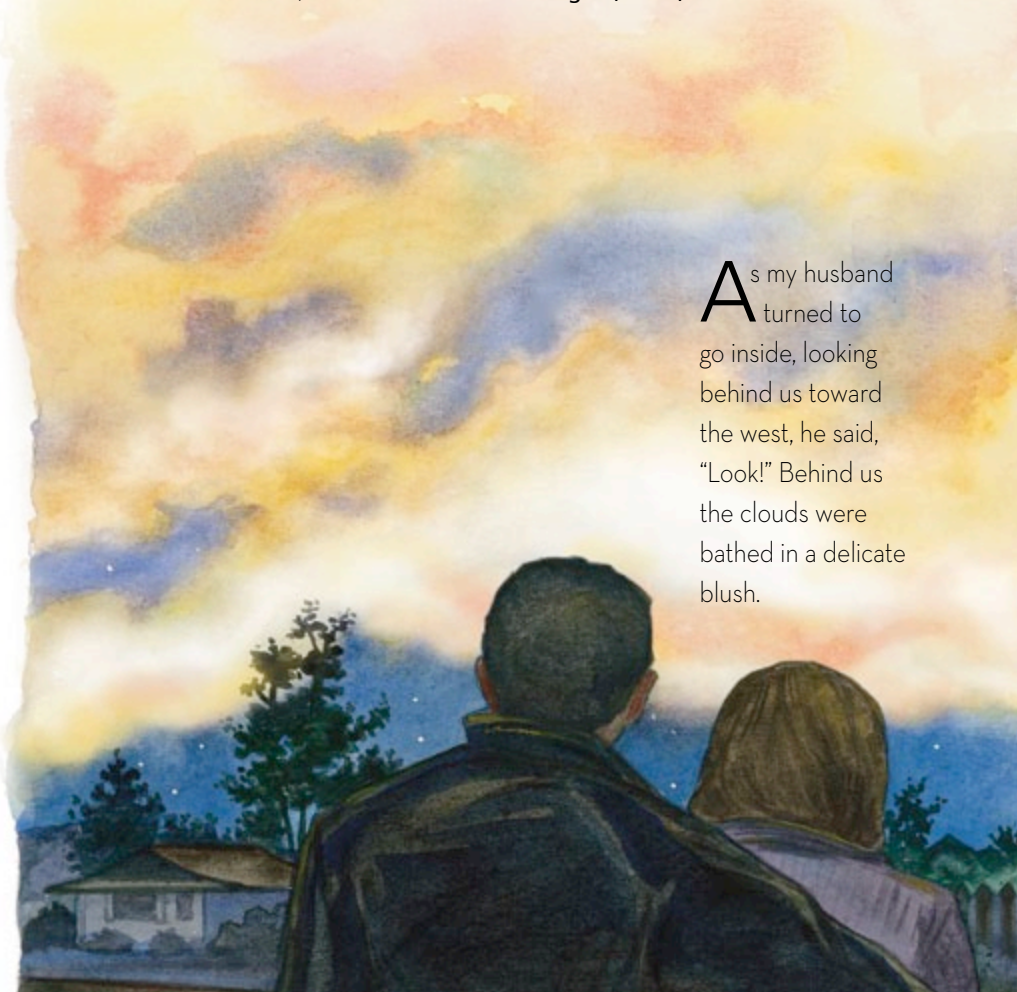
I have thought often on that beautiful moment and the new perspective it gave me. Who looks for a sunrise in the west? And yet that is where my miracle was waiting. How many blessings and miracles do I miss because they come from unexpected places? How many times do I focus on what I think should be and miss the glory of what is?

We had prayed relentlessly for a miracle that was denied, but as I

looked around with my new perspective, I saw the miracle of the four lives bettered through our daughter's organ donations, the miracle of family love and ward unity, and the miracle of service. I have felt deep sorrow, but I have also felt powerful hope fill my soul with each blushing sunrise, each rosy sunset, and each pink flower that crosses my path.

Now as the sun rises, I look east and then turn to look west. I smile with the realization that there are always miracles and blessings to be found—and that the sun will always rise on our sorrows if we let it. ■

Julia Wagner, Ohio, USA



As my husband turned to go inside, looking behind us toward the west, he said, "Look!" Behind us the clouds were bathed in a delicate blush.

How can living modestly in language, behavior, and appearance help us radiate light and glorify God?

If Your Eye Be Single to

By Katherine Nelson and Heidi McConkie

In the premortal Council in Heaven, when Jesus Christ volunteered to be our Savior, He said to the Father, “Thy will be done, and the glory be thine forever” (Moses 4:2).

The Lord has always set the example of glorifying the Father. During His mortal ministry, the Savior never drew attention to Himself but rather pointed His followers to the Father, teaching, “He that believeth on me, believeth not on me, but on him that sent me” (John 12:44). In attitude, appearance, word, and deed, the Savior taught us about the importance of modesty.

In their dedication to follow the Savior, the young adults quoted in this article reflect on their inward and outward expressions of modesty and share how their commitment to glorify God has shaped their character and guided their actions.

Glorify God and Radiate Light

We better recognize how modesty glorifies God when we understand

My Glory

what modesty really is. *True to the Faith* explains: “Modesty is an attitude of humility and decency in dress, grooming, language, and behavior. If you are modest, you do not draw undue attention to yourself. Instead, you seek to ‘glorify God in your body, and in your spirit’ (1 Corinthians 6:20).”¹

As we learn to exhibit modesty as the Savior did, we welcome the Spirit into our lives, fulfilling the promise that “if your eye be single to [God’s] glory, your whole [body] shall be filled with light” (D&C 88:67). As you read how other young adults understand modesty, you can consider how to increase your own spiritual light by making adjustments to improve your inward commitment to and outward expression of modesty.

Be Modest in Language and Behavior

“Your words and actions can have a profound influence on you and on others. Express yourself through clean, positive, uplifting language and in actions that bring happiness to those around you. Your efforts to be modest in word and deed lead to increased guidance and comfort from the Holy Ghost.”²

Dar’ja Sergeevna Shvydko of Volograd, Russia, explains that we are modest in our speech as we treat others with respect and use “softness of voice and calm expression of our thoughts without using coarse or inappropriate words.” Modest language is free from gossip, taunts, ridicule, and sarcasm. It never belittles others or



inflates egos; it simply shows kindness to and recognizes the divinity of all of Heavenly Father's children.

Our speech should also show respect for the Godhead: "Avoid the filthy language and the casual, irreverent use of the Lord's name that are so common in the world. . . . The irreverent nature of such language . . . impairs [our] ability to receive the

"Modesty is an attitude of humility and decency in dress, grooming, language, and behavior. If you are modest, you do not draw undue attention to yourself."

quiet promptings of the Holy Ghost."³

Just as immodest speech such as gossip and ridicule can damage relationships, modest speech cultivates a deeper commitment to God and, as Kelly Prue of Utah, USA, explains, "increases our capacity to build positive relationships with others. Our modest speech helps us bring out the very best in others."

Modesty in language and modesty in behavior go hand in hand. "It's

important to be modest in language and behavior because that shows who you are and what you value," says Mike Olsen of Utah. People notice when words and actions are not aligned.

Our language that uplifts others and glorifies God should be accompanied by complementary actions. Through acts of service and kindness, we demonstrate that our commitment to uplift others and honor God runs deeper than our words. Our examples of discipleship in word and deed can be an influence for good.

"I really appreciate modesty in behavior and speech," says Carrie Carlson of Colorado, USA. "There is something so delightful in someone who is humble and doesn't do things for the motivation of getting attention. Those who speak modestly become powerful vessels for the Lord."

Be Modest in Dress and Appearance

"Modesty [in dress] helps bring out the best in us by helping us focus on the spiritual instead of the natural man," says Paul Cave of Utah. By dressing modestly, we encourage others to get to know us and appreciate us for our personality and character rather than how we look.

The way we dress not only signals to others how they should treat us, but it also affects how we view and treat ourselves. "We learn from the gospel that our body is a gift from God," says Luis Da Cruz Junior of Brazil. "Our bodies

help us progress and become as our Father is. For this reason it is important to dress modestly. By so doing, we show God and others that we have respect for this gift and for others."⁴

Carrie explains, "Immodest clothing is intended to portray the body as a physical object that is detached from a spirit with personality and character. Being modest, even though it has cost me more money sometimes and definitely more time, has helped me to learn that my body is the vessel of a precious spirit with divine potential and destiny, begotten and reared by Heavenly Parents. It deserves much more care and respect than the world would give it."

True to the Faith teaches: "In addition to avoiding [immodest clothing], you should avoid extremes in clothing, appearance, and hairstyle. In dress, grooming, and manners, always be neat and clean, never sloppy or inappropriately casual."⁵ In the way we clothe and present ourselves, we communicate our respect for God, for ourselves, and for others.

Commit to Consistency

As we try to follow gospel standards of modesty, we show our commitment through consistency: abiding by the Lord's commandments at all times rather than when it is convenient.

True commitment is always rooted in gospel principles. Anthony Roberts of Utah explains, "Modesty is a state

of mind, a desire to walk daily in an understanding of the gospel and the plan of salvation.” As we immerse ourselves in the gospel, our conversion can deepen and increase our desire to live gospel principles.

Understand Your Divine Nature

Consistently practicing modesty helps us understand and appreciate



our birthright, and knowledge of our divine nature can inspire us to be more modest. Raffaella Ferrini of Florence, Italy, explains, “Modesty blesses my life because it helps me feel like a special daughter of my Heavenly Father, and that knowledge, in turn, makes me want to be modest.”

Allowing the world to define who we are can damage our self-esteem. Julianna Auna of Utah describes her experience: “Before I gained a

testimony of the principle of modesty, I was in an unhappy and spiritually unsafe place. Letting the world define me was depressing and spiritually crippling because the world’s obsession with temporal, physical things is cruel and relentless. Once I decided not to listen to the world and to let my relationship with God define me instead, life became easier, freer, and happier.” When we seek approval from Heavenly Father instead of the world, we will find greater joy in life and greater motivation to be modest.

Live a Modest Life

“Modesty is expressed in everything that we do: our speech, our outward appearance, our conduct, and even the places we visit,” says Galina Viktorovna Savchuk of Novosibirsk, Russia. Modest living is closely connected to our commitment to the gospel and our relationship with God.

True modesty is a combination of both behavior and attitude. Working to improve either our behavior or our mindset will help us improve the other. Being modest in our behavior and appearance without developing a lifelong commitment prevents us from receiving the full blessings of living modestly. And believing ourselves to be modest people without following through with our actions is self-deception.⁶

In the context of modesty, to say our eyes are single to the glory of

God means that we are externally and internally committed to living modestly. Just as the eye must be pointed toward God, our outward appearance and actions must be consistent with the principles of modesty. But only directing the eye toward God does not make it single to His glory; it must be focused on Him. Likewise, modest dress and grooming must be accompanied by a vision of eternal principles.

As we turn our eyes toward God, we will be able to more easily focus our vision on Him. Likewise, as we focus our vision on God, our eyes will be naturally drawn in His direction.

As we strive to live modestly, we will feel the Spirit’s influence increase in our lives. Elder Robert D. Hales of the Quorum of the Twelve Apostles has taught: “Modesty is fundamental to being worthy of the Spirit. To be modest is to be humble, and being humble invites the Spirit to be with us.”⁷ With the Spirit guiding our thoughts and actions, our eyes will become single to the glory of God and we will be full of light. ■

Katherine Nelson lives in Utah, USA. Heidi McConkie lives in Delaware, USA.

NOTES

1. *True to the Faith: A Gospel Reference* (2004), 106.
2. *True to the Faith*, 108.
3. *True to the Faith*, 108.
4. See *True to the Faith*, 107.
5. *True to the Faith*, 107.
6. See Lynn G. Robbins, “What Manner of Men and Women Ought Ye to Be?” *Ensign* or *Liahona*, May 2011, 103.
7. Robert D. Hales, “Modesty: Reverence for the Lord,” *Ensign*, Aug. 2008, 34; *Liahona*, Aug. 2008, 18.

Finland

Conversion and Sacrifice in

By Melissa Zenteno

A few miles off the coast of Helsinki, Finland, is the sea fortress of Suomenlinna, built in the 18th century to fortify against invaders. Stretching across six islands, this stronghold represents the steadfast determination of the Finnish people.

But Finnish members visit a different building when they travel to their capital. The Helsinki Finland Temple is a physical symbol of their conversion and the protection they receive from living the gospel.

For Niilo Kervinen, a 24-year-old young adult from Rovaniemi, Finland, the 10-hour train ride to Helsinki is a small price to pay for the blessing of serving in the temple.

Before the dedication of the Helsinki Finland Temple in October 2006, Niilo and other members of his ward had to travel to the Stockholm Sweden Temple or to the Copenhagen Denmark Temple. “The trips would usually take a week during the summer vacation,” he remembers.

Traveling by bus and sleeping in tents on those trips are some of the best memories he has.

Yet having a temple in his native land is a wonderful blessing. “When they announced the Helsinki Temple, I was so happy,” Niilo says. “The dedicatory prayer still resonates in my heart each time I go inside.”

This love for the temple sets Niilo apart from his friends. “Finns work hard and enjoy being active but leave little time for spiritual things in their life,” he explains. Although Niilo says he has always been blessed with good friends, as he grew older the distinction between how his friends lived and how he was taught to live became clearer. It was this difference that caused Niilo to seek his own testimony when he was 17. “I had to make a decision of where to stand and who to be,” he says. “With the blessings of the Lord and with the guidance of family and good friends, I got a stronger testimony of the Church.”

What is it like to be a faithful young adult in Finland? One young man shares his culture and his faith.

In speaking of conversion, Elder David A. Bednar of the Quorum of the Twelve Apostles has said, “I promise that as we come to a knowledge of the truth and are converted unto the Lord, we will remain firm and steadfast and never fall away.”¹ Although traveling to Helsinki requires time and money, Niilo is committed to being a disciple of Christ. And for Niilo, that is no sacrifice at all. ■

NOTE

1. David A. Bednar, “Converted unto the Lord,” *Ensign* or *Liahona*, Nov. 2012, 109.

MORE ABOUT NIILLO**What do Finns typically eat?**

Some of my favorite dishes include salmon soup and reindeer meat with mashed potatoes. We also eat a lot of rye bread.

What do you do for fun?

I like to snowboard, watch movies, or just enjoy a walk outside. I served my mission in Japan, so I study Japanese when I can.

What is dating like in Finland?

We don't have a strong culture of dating. People generally ask someone out only after they already have a considerable amount of interest for them. Here, dating isn't a mechanism to get to know someone. There are faithful young adults here, even if there aren't many members. Sometimes young adult members travel long distances to go on a date with a person they met at a young single adult dance.

**THE CHURCH
IN FINLAND**

4,715 Latter-day
Saints
15 wards
15 branches
2 stakes
1 mission
1 temple,
dedicated on
October 22,
2006

**BY THE
NUMBERS**

5,250,000 people
(as of January
2012)
187,888 lakes
179,584 islands
2.2 million saunas

FACTS

Capital:
Helsinki
Language:
Finnish
(Suomi)



MEN AND WOMEN IN THE **WORK** OF THE **LORD**

In our Heavenly Father's great priesthood-endowed plan, men and women have different but equally valued roles.



**By Elder
M. Russell Ballard**
Of the Quorum of
the Twelve Apostles

I believe there are some truths that both women and men need to understand about the essential role women have in strengthening and building up the kingdom of God on the earth. In so many ways women are the heart of the Church. So with the help of the Lord, I would like to pay tribute to the faithful women and young women of the Church. To you dear sisters, wherever you live in the world, please know of the great affection for and trust that the First Presidency and the Twelve Apostles have in you.

Let me begin with a refresher course about what we are doing here on earth.

We are beloved spirit sons and daughters of our Heavenly Father. We lived with Him in the premortal realms. In order to fulfill the mission of bringing “to pass the immortality and eternal life of man” (Moses 1:39), Heavenly Father created a plan designed to help His children achieve their ultimate potential. Our Father’s plan called for man to fall and to be separated from Him for a time by being born into mortality, gaining a body, and entering a period of testing and

probation. His plan provided for a Savior to redeem mankind from the Fall. The Atonement of our Lord Jesus Christ provides the way through gospel ordinances and sacred covenants to return to the presence of God. Because we would live in a mortal environment filled with danger and distractions, Heavenly Father and His Son knew we would need access to power greater than our own. They knew we would need access to Their power. The gospel and doctrine of Christ give all who will accept it power to achieve eternal life and power to find joy in the journey.

There are those who question the place of women in God’s plan and in the Church. I’ve been interviewed enough by national and international media to tell you that most journalists with whom I have dealt have had preconceived notions about this topic. Through the years many have asked questions implying that women are second-class citizens in the Church. Nothing could be further from the truth.

Let me suggest five key points for you to ponder regarding this important topic.

1. God Has a Plan to Help Us Achieve Eternal Life

Our Heavenly Father created both women and men, who are His spirit daughters and sons. This means that gender is eternal. He has a plan designed to help all who choose to follow Him and His Son, Jesus Christ, achieve their destiny as heirs of eternal life.

If our eventual exaltation is Their essential goal and purpose and if They are omniscient and perfect, as we know They are, then They understand best how to prepare, teach, and lead us so that we have the greatest chance to qualify for exaltation.

Most everyone has family or friends who have been caught up in various troubling social issues. Arguing about the issues generally does not bring any resolution and, in fact, can create contention. There are some questions about the Church's position on sensitive issues that are hard to answer to anyone's satisfaction. However,

when we seek the Lord in prayer about how to feel and what to do in these situations, the impression comes: "Do you believe in Jesus Christ and do you follow Him and the Father?" I believe most everyone in the Church at one time or another will wonder if they can do all they are asked to do. But if we really believe in the Lord, the reassurance comes: "I believe Jesus Christ, and I'm willing to do whatever He needs me to do." So we move forward. How powerful are the words "I believe Jesus Christ"!

Our testimonies and our peace of mind and our well-being begin with the willingness to believe that our Father in Heaven does indeed know best.

2. The Church Is Governed through Priesthood Keys

The Church of Jesus Christ of Latter-day Saints is the Lord's Church, and His Church is governed by



and through priesthood authority and priesthood keys. “Priesthood keys are the authority God has given to priesthood leaders to direct, control, and govern the use of His priesthood on earth.”¹

Those who have priesthood keys—whether that be a deacon who has keys for his quorum or a bishop who has keys for his ward or the President of the Church, who holds all priesthood keys—literally make it possible for all who serve faithfully under their direction to exercise priesthood authority and have access to priesthood power.

All men and all women serve under the direction of those who have keys. This is how the Lord governs His Church.

Let me repeat something I stated in the April 2013 general conference: “In our Heavenly Father’s great priesthood-endowed plan, men have the unique responsibility to administer the priesthood, but they are not the priesthood. Men and women have different but equally valued roles. Just as a woman cannot conceive a child without a man, so a man cannot fully exercise the power of the priesthood to establish an eternal family without a woman. . . . In the eternal perspective, both the procreative power and the priesthood power are shared by husband and wife.”²

Why are men ordained to priesthood offices and not women? President Gordon B. Hinckley (1910–2008) explained that it was the Lord, not man, “who designated that men in His Church should hold the priesthood” and that it was also the Lord who endowed women with “capabilities to round out this great and marvelous organization, which is the Church and kingdom of God.”³ When all is said and done, the Lord has not revealed why He has organized His Church as He has.

Let us not forget that approximately one-half of all the teaching that takes place in the Church is done by sisters. Much of the leadership provided is from our sisters. Many service opportunities and activities are planned and directed by women. The counsel and other participation of women in ward and stake councils and in general councils

at Church headquarters provide needed insight, wisdom, and balance.

It takes both men who respect women and their distinctive spiritual gifts and women who respect the priesthood keys held by men to invite the full blessings of heaven in any endeavor in the Church.

3. Men and Women Are Equally Important

Men and women are equal in God’s eyes and in the eyes of the Church, but equal does not mean they are the same. The responsibilities and divine gifts of men and women differ in their nature but not in their importance or influence. Our Church doctrine places women equal to and yet different from men. God does not regard either gender as better or more important than the other. President Hinckley declared to women that “our Eternal Father . . . never intended that you should be less than the crowning glory of His creations.”⁴

Men and women have different gifts, different strengths, and different points of view and inclinations. That is one of the fundamental reasons why we need each other. It takes a man and a woman to create a family, and it takes men and women to carry out the work of the Lord. A husband and wife righteously working together complete each other. Let us be careful that we do not attempt to tamper with our Heavenly Father’s plan and purposes in our lives.

4. All Are Blessed by Priesthood Power

When men and women go to the temple, they are both endowed with the same power, which is priesthood power. While the authority of the priesthood is directed through priesthood keys, and priesthood keys are held only by worthy men, access to the power and the blessings of the priesthood is available to all of God’s children.

Our Father in Heaven is generous with His power. All men and all women have access to this power for help in their lives. All who have made sacred covenants with the Lord and who honor those covenants are eligible to receive



personal revelation, to be blessed by the ministering of angels, to commune with God, to receive the fulness of the gospel, and, ultimately, to become heirs alongside Jesus Christ of all our Father has.

5. We Need to Know and Bear Testimony of the Doctrine

We need the women of the Church to know the doctrine of Christ and to bear testimony of the Restoration in every way you can. Never has there been a more complex time in the history of the earth. Satan and his minions have been perfecting the weapons in their arsenal for millennia, and they are experienced at destroying faith and trust in God and in the Lord Jesus Christ among the human family.

All of us—men, women, young adults, youth, and boys and girls—have the Lord and His Church to defend, to protect, and to spread throughout the earth. We need more of the distinctive, influential voices and faith of women. We need you to learn the doctrine and to understand what we believe so that you can bear your testimonies about the truth of all things—whether those testimonies be given around a campfire at Young Women camp, in a testimony meeting, in a blog, or on Facebook. Only you can show the world what women of God who have made covenants look like and believe.

Sisters, your sphere of influence is a unique sphere—one that cannot be duplicated by men. No one can defend our Savior with any more persuasion or power than you, the daughters of God, can—you who have such inner strength and conviction. The power of a converted woman's voice is immeasurable, and the Church needs your voices now more than ever.

I leave you my witness and my testimony that we are in a time when we must stand in unity. We must stand together—men and women, young men and young women, boys and girls. We must stand for the plan of our Heavenly Father. We must defend Him. He is being pushed aside. We cannot stand idly by as members of The Church of Jesus Christ of Latter-day Saints and allow that to continue to happen without being courageous enough to let our voices be heard.

May God bless you to have the courage to study and to know the simple truths of the gospel and then to share them every chance you get. ■

From a devotional address given at Brigham Young University on August 20, 2013. For the full text in English, visit speeches.byu.edu.

NOTES

1. *Handbook 2: Administering the Church* (2010), 2.1.1.
2. M. Russell Ballard, "This Is My Work and Glory," *Ensign* or *Liahona*, May 2013, 19.
3. Gordon B. Hinckley, "Women of the Church," *Ensign*, Nov. 1996, 70.
4. Gordon B. Hinckley, "Stand Strong Against the Wiles of the World," *Ensign*, Nov. 1995, 98.

PREPARING TO SERVE, SERVING TO PREPARE

God gave you the Aaronic Priesthood because He has a work for you—now and in the future.



David L. Beck
Young Men General
President

Jonathan is a friend of mine who joined the Church four years ago. He is the only member of the Church in his family. After he received the Aaronic Priesthood, he began serving others as he had never served before. Jonathan knew that to serve, he needed to learn a lot. He also wanted to be worthy and more dependable, so he studied the gospel, prayed, and attended his Sunday meetings and seminary. He worked hard to keep the commandments and Church standards. He diligently fulfilled his priesthood duties, including being a great home teacher. His *Duty to God* book helped him understand those duties and learn how to fulfill them.

Jonathan's faithful priesthood service gave him spiritual strength. It helped protect him from evil influences. He grew tremendously as he served and prepared for his future. This past year, he worthily received the Melchizedek Priesthood and the temple endowment. He is now serving a mission in Brazil.

The Aaronic Priesthood is often called the "preparatory priesthood." God gave you the Aaronic Priesthood because He has a work for you—now and in the future. Your faithful service in the Aaronic Priesthood prepares you for even greater opportunities to serve

in the coming years. Like Jonathan, you are preparing to "receive the Melchizedek Priesthood, to receive the blessings of the temple, to serve a full-time mission, to be a loving husband and father, and to continue in lifelong service to the Lord" (*True to the Faith: A Gospel Reference* [2004], 4).

You may not know all of the details of the wonderful opportunities Heavenly Father has in store for you, but I am confident that you will be prepared to meet them if you remember to do the following as an Aaronic Priesthood holder.

Follow Jesus Christ

As a priesthood holder, you are a representative of Jesus Christ. That means you are asked to follow Him and to do what He would do. What would He do? In every situation, He devoted His life to serving and blessing others. So should you. Give yourself in service to others—and then grow and improve so that there is more of yourself to give! Remember how Jesus grew in His youth: He "increased in wisdom and stature, and in favour with God and man" (Luke 2:52).

Part of following the Savior is becoming wise and physically healthy in your youth. This requires you to work hard and always do your best (see D&C 4:2). You gain favor with God



AARONIC PRIESTHOOD HOLDERS:

Follow Jesus Christ through

- daily prayer and gospel study
- obedience
- seeking God's will

Administer priesthood ordinances, such as

- blessing the sacrament
- baptizing others

Minister always by

- strengthening family and quorum members
- rescuing less-active members
- serving the needy

HOW CAN I PREPARE TO:

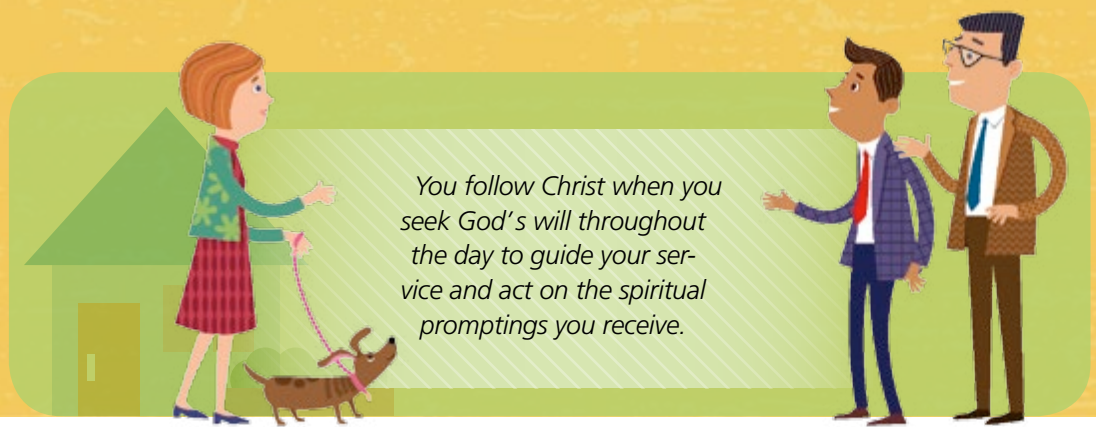
Receive the Melchizedek Priesthood

Receive temple blessings

Serve a mission

Become a husband and father





You follow Christ when you seek God's will throughout the day to guide your service and act on the spiritual promptings you receive.

as you draw close to Him through daily prayer, gospel study, obedience, and service. You gain favor with others as you are kind and loyal to your family and a Christlike friend to all.

Remember that Jesus always did the will of the Father. You follow Christ when you seek God's will throughout the day to guide your service and act on the spiritual promptings you receive.

Administer Priesthood Ordinances

Priesthood ordinances are necessary for all of God's children and bless both His sons and daughters equally. From the moment you become a deacon, you help administer in a priesthood ordinance by passing the sacrament. You'll continue to administer priesthood ordinances in the Aaronic Priesthood later as you prepare and bless the sacrament, baptize, and participate in the ordination of other Aaronic Priesthood holders.

To participate in sacred ordinances, you must be clean. Your moral cleanliness can add great spiritual power to the ordinances you administer. Strive to be worthy in every way to bear the sacred vessels of the Lord's sacrament (see D&C 38:42). When you do, you can stand before your ward or branch members as a true representative of Jesus Christ. They will be blessed by your determination to keep the covenants you are helping them renew.

Minister Always

As an Aaronic Priesthood holder, you minister. At all times, seek opportunities

to minister to your family, friends, quorum members, and others. Everything you do in the priesthood helps you minister to others both physically and spiritually. For example, when you help your bishop or branch president by serving a family you home teach, you're learning how to identify and take care of others' needs. You'll also minister to others as you reach out to strengthen your quorum members and rescue the less-active, gather fast offerings to help the poor and needy, perform physical labor for the sick and disabled, teach and testify of Christ and His gospel, and lighten the burdens of the discouraged.

You minister as you teach lessons in your quorum meetings and in your family home evenings. You minister as you invite all to come unto Christ (see D&C 50:29)—at home, in your quorum, at school, with the full-time missionaries, and wherever else you are.

Your Future

Discuss with your parents or advisers what will be required of you in your future roles as a Melchizedek Priesthood holder, missionary, husband, and father. Write in the space provided some of those great responsibilities and how you can prepare for them today as you serve in the Aaronic Priesthood. It may seem overwhelming now, but remember that the best way to prepare is simply to do what Heavenly Father has asked you to do today. May you find happiness as you serve now and prepare for your glorious future. ■

THE POWER TO BLESS ALL PEOPLE

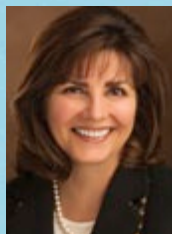
Church leaders have taught us that priesthood ordinances and covenants are available to all of God's children—men and women.



"The priesthood is the power and authority of God given for the salvation and blessing of all—men, women, and children. . . .

"There are special blessings from God for every worthy person who is baptized, receives the Holy Ghost, and regularly partakes of the sacrament. The temple brings added light and strength, along with the promise of eternal life [see D&C 138:37, 51]."

Elder Neil L. Andersen of the Quorum of the Twelve Apostles, "Power in the Priesthood," *Ensign* or *Liahona*, Nov. 2013, 92.



"Priesthood ordinances and covenants provide access to the fulness of the blessings promised to us by God, which are made possible by the Savior's Atonement.

They arm sons and daughters of God with power, God's power, and provide us with the opportunity to receive eternal life—to return to God's presence and live with Him in His eternal family."

Carole M. Stephens, first counselor in the Relief Society general presidency, "Do We Know What We Have?" *Ensign* or *Liahona*, Nov. 2013, 12.



"It is crucial for us to understand that Heavenly Father has provided a way for all of His sons and His daughters to have access to the blessings of and be

strengthened by the power of the priesthood. Central to God's plan for His spirit children is His own declaration: 'This is my work and my glory—to bring to pass the immortality and eternal life of man' (Moses 1:39)."

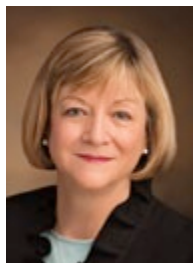
Elder M. Russell Ballard of the Quorum of the Twelve Apostles, "This Is My Work and Glory," *Ensign* or *Liahona*, May 2013, 19.



SHARE YOUR BLESSINGS

Share some ways that the priesthood has blessed you that may not be obvious (for instance, when you're given opportunities to serve or set apart for callings). Go to lds.org/go/PowerL4.

BRINGING THE **BLESSINGS** OF THE **PRIESTHOOD** INTO YOUR HOME



By Bonnie L. Oscarson
Young Women
General President

*As you keep
your covenants,
you draw upon
priesthood
power to bless
your home
and family.*

How can you as a young man or a young woman, no matter your family circumstances, draw upon the power of the priesthood covenants you made at baptism to strengthen your homes and families? Understanding the role and importance of our families in the Lord's plan can inspire us to honor the promises we have made by seeing that our best and most enthusiastic service is done within our own homes. Let's look at some of the ways we draw upon the power of our covenants to strengthen and serve those who mean the most to us.

How Would You Respond?

It's Monday night, and you have a ton of homework. You hear your father calling the family to gather for family home evening. What do you do?

Choice A: You respond, "Ah, Dad, I don't have time for that tonight! I've got to study!"

Choice B: You quickly help gather your siblings and cheerfully participate in the prayers, music, and message.

When There's Priesthood Leadership at Home

Supporting your parents by willingly participating in family home evening, family prayer, and family scripture study are some ways to strengthen priesthood leadership in your home. There are many other ways, such as:

- Pray for your parents. (They almost certainly pray for you each day.)
- Support your parents in their Church callings and offer to help around the house, especially when they are busy with special assignments.
- Help your parents welcome the home teachers when they come, and then courteously listen to their message.
- If there is a temple in your area, offer

to babysit younger siblings so that your parents can go to the temple and participate in priesthood ordinances.

Remember that it is not just parents who are responsible for inviting and maintaining the Spirit in your home. There is much you can do to invite the Spirit through your actions and attitude. Are you doing your part to invite the influence of the Spirit in your home?

When There's No Priesthood Leadership at Home

Families do not all look or function the same way. You may be in a single-parent family or not have a priesthood holder who presides in your home. There are still many ways to invite priesthood power to strengthen you and your family. These are things we should all be doing, regardless of our circumstances:

- Have personal prayer, study the scriptures, and fast. These efforts will help you be spiritually strong and invite the Spirit into your life and into your sphere of influence.
- Take time to magnify your callings or Church assignments and be prepared for Sunday lessons. Doing so helps you have confidence in yourself and shows support for priesthood programs.
- Show respect for all members of

your family and support their wholesome activities. These choices help strengthen the whole family.

- Share with your family the things you learn and do in your Church classes and quorums. It is a way to bring gospel teachings into the home.
- Find ways to serve those around you through simple acts of kindness.
- Help around the house by doing chores or helping a brother or sister.
- Show Christlike love to your family—it will have a bigger impact on building strong family ties than almost anything else you can do.

Honoring Your Covenants

By serving, loving, and strengthening our families, we are being true to the covenants we made at baptism to stand as witnesses of Jesus Christ, keep His commandments, and strengthen those around us. We can draw upon the strength of priesthood covenants to be a blessing to and help in our homes and families. *Priesthood, service, and home* are words that should be eternally connected in our minds. The members of our own families should be the number-one priority as we find ways to participate in the work of salvation. When we strengthen our families, we also strengthen the Church, our communities, and the world. ■



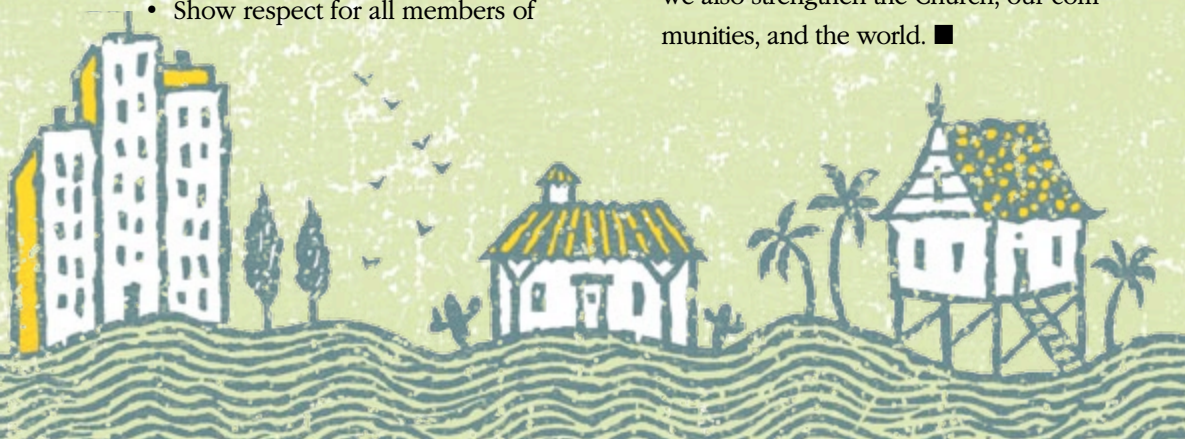
“The family is central to the Creator’s plan for the eternal destiny of His children.”

“The Family: A Proclamation to the World,”
Ensign or Liahona,
Nov. 2010, 129.



“The most important of the Lord’s work you will ever do will be within the walls of your own homes.”

Teachings of Presidents of the Church:
Harold B. Lee (2000), 134.



THE CONFIDENCE OF WORTHINESS

I wish to speak pointedly about how to have a very special kind of confidence.



**By Elder
Jeffrey R. Holland**
Of the Quorum of
the Twelve Apostles

My message to you is one of hope and encouragement now and for the rest of your lives. There are plenty of troubles in the world, but there have always been troubles in every age and era. Don't be preoccupied with them, and don't be discouraged by them. The coming years will be filled with wonderful opportunities and great blessings. We will continue to have advances in science and technology, medicine and communication—all the fields that do so much to enrich our lives. You live in the most glorious age the world has ever known, with more of the blessings of the day coming to more people around the world than any other time in history. Remember—your grandmother never dreamed of a digital tablet when she was your age, and your grandfather still has no idea how to text message. So be happy and healthy and optimistic.

I say this in part because an article I read recently said the most common illness among young people today is not diabetes or heart disease or cancer. (Those kinds of problems are usually reserved for people my age, not

yours.) No, the illness that those in their teens and 20s suffer from most, it was reported, is self-doubt, fear about the future, low self-esteem, and a general lack of confidence in themselves and in the world around them.

Even though I am very much older than you, I do understand those kinds of concerns because for most of my young life I too seemed to face situations in which I didn't have very much self-confidence. I can remember striving for good grades, hoping to win a chance for a scholarship, and wondering why others seemed more gifted in that category than I. I can remember years and years of athletic contests in which I tried to play with the confidence necessary for success in high school and college sports, wanting so desperately to win the big game or bring home a coveted championship. I especially remember lacking confidence with girls, so often the great anxiety-producer in young men. I am so grateful Sister Holland took a chance on me. Yes, I can remember all the things you remember—not being sure about how I looked or if I was accepted or what the future would hold for me.



My purpose here is not to discuss all those issues a young person faces which bring some self-doubt and some lack of confidence, but I wish to speak pointedly about how to have a very special kind of confidence—a confidence which, when rightfully earned, does wonders for every other aspect of our lives, especially our self-esteem and how we view the future. To make this point, I need to tell a story.

The Value of Personal Worthiness

Many years ago now, long before I was called as a General Authority, I participated as a speaker in a young-adult conference. The conference concluded with a testimony meeting in which a handsome, young returned missionary stood up to bear his testimony. He looked good, clean, and confident—just like a returned missionary should look.

As he began to speak, tears came to his eyes. He said he was grateful to stand in the midst of such a terrific group of young Latter-day Saints and to feel good about the life he was trying to lead. But that feeling had only been possible, he said, because of an experience he had had a few years earlier, an experience that had shaped his life forever.

As he sat in his car for a while in the driveway of his own home, thinking things through and feeling genuine sorrow, his nonmember mother came running frantically from the house.

He then told of coming home from a date shortly after he had been ordained an elder at age 18. Something had happened on this date of which he was not proud. He did not go into any details, nor should he have done so in a public setting. To this day I do not know the nature of the incident, but it was significant enough to him to have affected his spirit and his self-esteem.

As he sat in his car for a while in the driveway of his own home, thinking things through and feeling genuine sorrow for whatever had happened, his nonmember mother came running frantically from the house straight to his car. In an instant she conveyed that this boy's younger brother had just fallen in the home, had hit his head sharply and was having some kind of seizure or convulsion. The nonmember father had immediately called for an ambulance, but it would take some time at best for help to come.

"Come and do something," she cried. "Isn't there something you do in your Church at times like this? You have their priesthood. Come and do something."

His mother didn't know a lot about the Church at that point, but she knew something of priesthood blessings.





Nevertheless, on this night when someone he loved dearly needed his faith and his strength, this young man could not respond. Given the feelings he had just been wrestling with and the compromise he felt he had just made—whatever that was—he could not bring himself to go before the Lord and ask for the blessing that was needed.

He bolted from the car and ran down the street to the home of a worthy older man who had befriended him in the ward ever since the boy's conversion two or three years earlier. An explanation was given, and the two were back at the house still well before the paramedics arrived. The happy ending of this story as told in that testimony meeting was that this older man instantly gave a sweet, powerful priesthood blessing, leaving the injured child stable and resting by the time medical help arrived. A quick trip to the hospital and a thorough exam there revealed no permanent damage had been done. A very fearful moment for this family had passed.

Then the returned missionary of whom I speak said this: "No one who has not faced what I faced that night will ever know the shame I felt and the sorrow I bore for not feeling worthy to use the priesthood I held. It is an even more painful memory for me because it was my own little brother who needed me and my beloved non-member parents who were so fearful and who had a right to expect more of me. But as I stand before you today, I can promise you this," he said. "I am not perfect, but

"From that night onward I have never done anything that would keep me from going before the Lord with confidence and asking for His help when it is needed," he said.

from that night onward I have never done anything that would keep me from going before the Lord with confidence and asking for His help when it is needed. Personal worthiness is a battle in this world in which we live," he acknowledged, "but it is a battle I am winning. I have felt the finger of condemnation pointing at me once in my life, and I don't intend to feel it ever again if I can do anything about it. And, of course," he concluded, "I can do *everything* about it."

He finished his testimony and sat down. I can still picture him. I can still see the setting we were in. And I can still remember the stark, moving silence that followed his remarks as everyone in the room had occasion to search his or her soul a little deeper, vowing a little stronger to live by these powerful words given by the Lord:

"Let virtue garnish thy thoughts unceasingly; then shall thy confidence wax strong in the presence of God; and the doctrine of the priesthood shall distil upon thy soul as the dews from heaven.

"The Holy Ghost shall be thy constant companion, and thy scepter an unchanging scepter of righteousness and truth" (D&C 121:45–46; emphasis added).

Enjoying the Spirit of God

My beloved young friends, have a wonderful life. Think the best and hope the best and have faith in the future. You have a great life ahead of you. Your Heavenly Father loves you. If any mistakes have been made, they can be repented of and forgiven just as they were for this young man. You have everything to live for and plan for and believe in. To have the approval of your conscience when you are alone with your memories allows you to feel the Spirit of God in a very personal way. I want you to enjoy that Spirit, to feel that confidence in the presence of the Lord always. May virtuous thoughts keep our actions pure today and tomorrow and forever. ■

From a youth fireside given on December 31, 2006.

THE GATE and THE PATH

Priesthood ordinances and covenants set us on the path to eternal life and bless us with the strength we need right now.

We all seek eternal life, which means being saved and exalted in the highest degree of the celestial kingdom, where we can live in Heavenly Father's presence as families.

In addition to faith in Jesus Christ and repentance, the ordinances and covenants of the priesthood allow us to enter the path that leads to eternal life. No matter when you entered this path or where you are on it—whether you were born in the Church or converted later, whether you have been active all your life or are just returning to Church activity—you can progress along it as you focus on your covenants and what you can do to receive and keep them.

And it's important to know that priesthood ordinances and covenants don't just offer the promise of a glorious future. They also give us the strength, comfort, and support we need right now in order to follow the path and endure to the end in righteousness. ■



"It is priesthood authority in the Church that provides for sacred ordinances and covenants that bind **families together** and qualify each of us to **return**

to God the Father and Jesus Christ in the celestial kingdom. These ordinances bring peace because they are covenants with the Lord."

Elder Quentin L. Cook of the Quorum of the Twelve Apostles, "Personal Peace: The Reward of Righteousness," *Ensign* or *Liahona*, May 2013, 34.

PATH LEADING
TO ETERNAL LIFE
(ENDURING TO
THE END)

See 2 Nephi 31

Gate

BAPTISM

Sacrament—
weekly renewal of
baptismal covenant

GIFT OF THE HOLY GHOST

HELPS ALONG THE WAY

Scriptures—guidance and instruction received as part of covenant between God and His people (see D&C 84:57)

Prayer—“[The Master] offers us the covenant to ‘always remember Him’ and the warning to ‘pray always’ so that we will place our reliance on Him, our only safety” (President Henry B. Eyring, First Counselor in the First Presidency, “Always,” *Ensign*, Oct. 1999, 9).

Service—fulfilling our covenants by serving God and His children, including callings, temple and family history work, sharing the gospel, full-time missionary service

Repentance—remembering our covenants and drawing closer to the Savior when we have strayed, sometimes including help from priesthood leaders

TEMPLE SEALING



TEMPLE ENDOWMENT

Blessings for the sick—help and healing



Father's blessings and other blessings of comfort and counsel—peace and guidance when needed



PRIESTHOOD CONFERRAL AND ORIENTATION (FOR YOUNG MEN)



Patriarchal blessings—special individual guidance and promised blessings

ESSENTIAL ORDINANCES AND COVENANTS
RENEWING AND STRENGTHENING ORDINANCES



“Staying on the gospel path of covenants, commandments, and ordinances **protects** us and **prepares** us to do God’s work in this world.”

Elder Robert D. Hales of the Quorum of the Twelve Apostles, “Stand Strong in Holy Places,” *Ensign* or *Liahona*, May 2013, 49.



“As you worthily participate in the ordinances of the priesthood, the Lord will give you greater **strength, peace, and eternal perspective.**”

Elder Neil L. Andersen of the Quorum of the Twelve Apostles, “Power in the Priesthood,” *Ensign* or *Liahona*, Nov. 2013, 95.

ETERNAL LIFE (CELESTIAL KINGDOM WITH FAMILY)

“What should I do when a topic is brought up at school that goes against gospel teachings, such as abortion?”

There are many ways to respond—or not—depending on the situation. First, think about what might happen if you do or don’t say something. If your silence would cause others to think you agree with something you know to be wrong, you may want to find a simple way to make your disagreement known. If you think your comments would only cause contention, then you could find another occasion to comment. However, if your class is respectful to one another and the teacher is asking for participation, you could pray for inspiration and then explain your beliefs.

You can also prepare ahead of time if you know your class is going to discuss a certain topic. In addition to the scriptures and conference talks on the topic, take a look at *True to the Faith*, *Gospel Principles*, or *For the Strength of Youth*. You could also practice explaining the topic in family home evening. When you’re ready, talk to your teacher or your classmates.

How you respond is as important as *what* you say. Be respectful and try not to use Church jargon. Your classmates will be lost as soon as you say, “A Young Women adviser in my ward taught me that . . .”

What’s most important is for you to know what the Church teaches and what the Holy Ghost is telling you so that you will not be deceived by errors you might hear or read in class.

Remember Whom You Represent

When dealing with these situations, try to remember that others may not share the same feelings toward the subject as you. Do not be overbearing or pushy, but don’t be afraid to defend your beliefs. Remember that you represent Christ.

Madeline K., age 16, Wyoming, USA



Be Polite

I feel like I should share my views in a polite way and also state why I believe them. I don’t think I need to make others share my views, but I think that they should know where I stand on certain topics and understand my point of view.

Sabrina S., age 16, Oregon, USA



Be Respectful

It’s important to let ourselves be heard, but it’s also very important to be respectful of others’ beliefs. Don’t argue. Arguing creates enemies and confusion. If an idea is brought up that is against our religion, stay calm, focused, and respectful, and don’t forget to listen to the Spirit. There are things we don’t understand that God does. We should listen to and learn from His Spirit.

Hannah M., age 18, Utah, USA

Share What the Church Teaches

I try to answer such questions to the best of my capabilities because my friends and teachers don't know, unless I tell them, what the Church's stance is on such topics. By doing so, they are able to know for future reference, and you will benefit spiritually. Remember: "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven" (Matthew 5:16).

Joshua M., age 16, Manchester, England



Help Others Think about What Is Right

Share your feelings honestly. Many topics in school, like abortion, are highly debated, so don't be embarrassed to speak up. It is a good chance to share the gospel and the standards we believe in. If you share your beliefs, you can help people think about what is right.

Madison R., age 14, North Carolina

Correct the False Doctrine

We belong to a missionary-minded Church in which we are all called to preach; therefore, we cannot allow false doctrine to spread. In such situations, we must speak up in order to correct any false doctrine and help the people understand the restored gospel's viewpoint on the subject.

David M., age 16, Kasai-Occidental Province, Democratic Republic of Congo



Know the Church's Stance

I was in a course where controversial topics were often discussed.

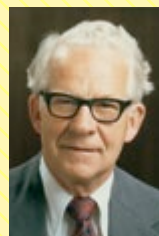
The first thing to do is to respect others' beliefs, as you would expect from your fellow classmates. If the topic is in direct conflict with the Church, feel free to state your opinion. You do not have to mention the Church in your response. Nevertheless, be sure to know the Church's stance on these things.

Joseph Z., age 18, Maryland, USA

Avoid Contention

I would explain my opinion, defending my principles and doctrines of the Church, respecting the ideas of others. I would not be contentious, which will drive away the Spirit, who could influence others in a positive way.

Daiana V., age 15, Buenos Aires, Argentina



STAND FIRM

"Ours is to explain our position through reason, friendly persuasion, and accurate facts. Ours is to stand firm and

unyielding on the moral issues of the day and the eternal principles of the gospel, but to contend with no man or organization. Contention builds walls and puts up barriers. Love opens doors."

Elder Marvin J. Ashton (1915–94) of the Quorum of the Twelve Apostles, "No Time for Contention," *Ensign*, May 1978, 8.

UPCOMING QUESTION

"How can I become comfortable enough to talk to my bishop about issues or concerns?"

Send your answer and, if desired, a high-resolution photograph by May 15, 2014, to liahona@ldschurch.org or by mail (see address on page 3).

Responses may be edited for length or clarity.

The following information and permission must be included with your response: (1) full name, (2) birth date, (3) ward or branch, (4) stake or district, (5) your written permission, and, if you are under age 18, your parent's written permission (email is acceptable) to publish your response and photograph.



TRUE or FALSE?

Sometimes knowing truth from error is difficult, but our Heavenly Father has given us powerful gifts to help us distinguish between God's truth and Satan's lies.

By David A. Edwards
Church Magazines

If you've ever taken a test with true-or-false questions, you know it's sometimes hard to spot a falsehood. Likewise, in the big questions of faith, belief, and everyday living, while it is extremely important to be able to tell the difference between what's true and what isn't, it's not always easy.

However, we need not fear like unprepared test takers. Our Heavenly Father has blessed us with many gifts to help us recognize His truths and the adversary's lies.

Different Kinds of Falsehoods

First, to illustrate a point, here's a little true-or-false quiz for you:



1

The moon is green.



TRUE



FALSE

Neil Armstrong, the Apollo 12 astronaut who was the first person to walk on the moon, said that the event was a "giant leap for mankind."



TRUE



FALSE

2



3

The National Aeronautics and Space Administration (NASA) program couldn't go to Mars in 1969, so they had to go to the moon.

☐ TRUE ☐ FALSE



Solar winds, radiation, cosmic rays, and other obstacles would have made the manned moon landings impossible, plus the photographs looked altered and the eyewitness accounts disagreed on some details, so the U.S. government must have staged the whole thing.

☐ TRUE ☐ FALSE

4

Modern Lies

When it comes to the things that influence your thoughts, beliefs, choices, and behaviors—the things that have potentially eternal consequences—it pays to look out for different kinds of falsehoods, since Satan, “the father of lies” (2 Nephi 9:9), will use any method he can to deceive us. Here are some examples of how he’s doing it today, as well as examples of how we can respond with the truth.

The answer to each question is *False*, and these questions represent some basic types of falsehoods you will likely encounter.

Question 1 is a *simple untruth*, a blatant error. Question 2 is a *partial truth*, which is tricky, since it pairs one or more truths with a falsehood (it was Apollo 11, not Apollo 12—gotcha!). Question 3 contains a *false dichotomy*, or a situation where only two options are presented that aren't really the only options (NASA could have chosen not to go anywhere, for instance). Question 4 is a “*logical*” *argument*, which piles on reasonable-sounding but often faulty evidence in order to lead to a specific mistaken conclusion.

Simple Untruth

False Idea:

Pornography is normal and doesn't hurt anyone.

Where It Leads (Big Lie):

Go ahead and view pornography.

The Truth:

Pornography distorts our view of sexuality, can be addictive, deeply harms us spiritually, and can destroy relationships.

Partial Truth

False Idea:

Each person is unique and can live as he or she chooses, so how you feel about and express yourself are the most important things in your life.

Where It Leads (Big Lie):

You shouldn't let God or the Church tell you how to live, so go ahead and do what you want if it makes you feel good.

The Truth:

Each of us is a unique child of Heavenly Father, who wants us to become our best selves and to become like Him. Obedience to His commandments helps us gain ultimate joy.

How to Know the Truth

So where does a more complete view of the truth come from? How are we able to see through the falsehoods? Here are some of the powerful gifts Heavenly Father has given us to distinguish truth from error.

- **The Light of Christ.** “The Light of Christ . . . prompts all rational individuals throughout the earth to distinguish truth from error, right from wrong. It activates your conscience.”¹
- **The Holy Ghost.** “The Spirit of truth . . . will guide you into all truth” (John 16:13).
- **Scriptures.** “God uses scripture to unmask erroneous thinking, false traditions, and sin with its devastating effects.”² The Book of Mormon is especially important in this regard, for it “exposes the enemies of Christ. It confounds false doctrines and lays down contention. (See 2 Ne. 3:12.)”³
- **Modern prophets.** “[A prophet’s] responsibility is to make known God’s will and true character to mankind. . . . A prophet denounces sin and foretells its consequences.”⁴
- **Education.** “A saint . . . seeks learning by study, and also by faith. Education . . . enables one to discern truth from error, particularly through studying the scriptures. (See D&C 88:118.)”⁵

False Dichotomy (Only Two Options)

False Idea:

The Church preaches against certain lifestyles; therefore, it is intolerant and hates people—it is not accepting and loving.

Where It Leads (Big Lie):

Since the Church is intolerant and hateful, it deserves to be criticized, ridiculed, and condemned, so you should stop associating with it.

The Truth:

Not accepting someone else’s lifestyle does not equal hatred and intolerance. We can show compassion, respect, and kindness to everyone—including people whose lifestyles run contrary to God’s laws—while staying true to God and His commandments.

“Logical” Argument

False Idea:

Some things in the Book of Mormon are refuted by current scientific evidence, and the accounts of how it was translated are inconsistent, so Joseph Smith must have made it all up or copied it from somewhere.

Where It Leads (Big Lie):

The Book of Mormon is not true and Joseph Smith was not a prophet, so stop associating with the Church.

The Truth:

Science affirms many things in the Book of Mormon, and the “evidence” against it is flawed. But the most important evidence for it is the witness of the Spirit telling you it is true and that Joseph Smith was a true prophet.

Though it may not always be easy to answer *True* or *False* when facing all the different ideas out there, the gifts Heavenly Father has given you can help you pass the test. ■

NOTES

1. Richard G. Scott, “Peace of Conscience and Peace of Mind,” *Ensign or Liahona*, Nov. 2004, 15.
2. D. Todd Christofferson, “The Blessing of Scripture,” *Ensign or Liahona*, May 2010, 33–34.
3. Ezra Taft Benson (1899–1994), “The Book of Mormon Is the Word of God,” *Ensign*, May 1975, 64.
4. Guide to the Scriptures, “Prophet,” scriptures.lds.org.
5. Russell M. Nelson, “Thus Shall My Church Be Called,” *Ensign*, May 1990, 16.

JOIN THE CONVERSATION

Things to Ponder for Sunday

- How has Heavenly Father helped you recognize the truth?
- How can you combat error?
- How can you encourage others to find out the truth?

Things You Might Do

- In church, share how you came to believe that the restored gospel is true.
- On social media, share a truth and how you know it.



By Elder Enrique R. Falabella
Of the Seventy

“That’s So Easy, Grandpa!”

“Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of me” (John 5:39).

I love the Book of Mormon and my Savior, Jesus Christ. One day I asked my granddaughter Raquel what she thought about setting a goal to read the Book of Mormon. Raquel had recently learned how to read.

“But, Grandpa,” she said, “it’s so hard. It’s a big book.”

Then I asked her to read me a page. I took out a stopwatch and timed her. It took her only three minutes to read the page.

We read the Book of Mormon in Spanish, and the Spanish version of the Book of Mormon has 642 pages. I told her it would take her 1,926 minutes to read the whole book.

This might have scared her even more, so I divided that number by 60 minutes. I told her she would need only 32 hours to read the book. That would be less than a day and a half!

Then she said to me, “That’s so easy, Grandpa!”

It took Raquel, her brother, Esteban, and our other grandchildren a little more time to read the Book of Mormon. That is because when we read it, we need to take time to pray and to think about what we have read.

Just like Raquel and Esteban, we can all learn to love the scriptures. Then each of us can exclaim: “How sweet are thy words unto my taste! yea, sweeter than honey to my mouth!” (Psalm 119:103). ■

From an April 2013 general conference address.





By Carole M. Stephens

First Counselor in the Relief Society General Presidency

PORTER'S



When my father-in-law passed away, our family gathered together to greet people who came to pay their respects. Throughout the evening, as I visited with family and friends, I often noticed our 10-year-old grandson, Porter, standing near my mother-in-law—his granny. Sometimes he was standing behind her, watching over her. Once I noticed his arm linked with hers. I watched him pat her hands, give her little hugs, and stand by her side.

For several days after that experience, I couldn't get this picture out of my mind. I was prompted to send Porter an email. I told him what I had seen and felt. I also reminded him of the **covenants** he had made when he was baptized, quoting Alma's words in Mosiah chapter 18:

"And now, as ye are desirous to come into the fold of God, and to be called his people, and are willing to bear one another's burdens, that they may be light;

"Yea, and are willing to mourn with those that mourn; yea, and comfort those that stand in need of comfort, and to stand as witnesses of God at all times and in all things, and in all places that ye may be in, even until death, . . . that ye may have eternal life—

". . . If this be the desire of your hearts, what have you against being baptized in the name of the Lord, as a witness before him that ye have entered into a **covenant** with him, that ye will serve him and keep his

PROMISE

A covenant is a promise between you and Heavenly Father.

commandments, that he may pour out his Spirit more abundantly upon you?" (verses 8–10).

I explained to Porter that Alma taught that those who want to be baptized need to be willing to serve the Lord by serving others—for your whole life! I said: "I don't know if you realized it, but the way you showed love and concern for Granny was keeping your **covenants**. We keep our **covenants** every day as we are kind, show love, and take care of each other. I just wanted you to know I'm proud

of you for being a **covenant** keeper! As you keep the **covenant** you made when you were baptized, you will be prepared to be ordained to the priesthood. This additional **covenant** will give you more opportunities to bless and serve others and help you to prepare for the **covenants** you will make in the temple. Thank you for being such a good example to me! Thank you for showing me what it looks like to be a **covenant** keeper!"

Porter replied back: "Grandma, thanks for the message. When I was

always hugging Granny, I didn't know that I was keeping my **covenants**, but I felt warm in my heart and felt really good. I know that it was the Holy Ghost in my heart."

I also felt warm in my heart when I realized that Porter knows that when he keeps his **covenants**, he will "always have [Heavenly Father's] Spirit to be with [him]" [D&C 20:77]. This is a promise made possible by receiving the gift of the Holy Ghost. ■

From "We Have Great Reason to Rejoice," Ensign or Liahona, Nov. 2013, 115–16.

BE A COVENANT KEEPER!

When I am baptized,
I promise to . . .

Show love and kindness,
Comfort those who are sad,
Keep Heavenly Father's commandments,
And tell others about Heavenly Father.

In return, Heavenly Father
promises me . . .

That I will always have the Holy Ghost!

Signed,



Learn more about this
month's Primary theme!

The Family Is Central to Heavenly Father's Plan



By Jan Taylor

Misha loved building towers out of blocks, but she sometimes got frustrated when the blocks toppled to the ground. Then she learned a secret. When she used more blocks at the bottom of her tower, it gave her tower a stronger foundation. It took patience and practice, but soon she could build towers that didn't fall down so easily.

Just like Misha learned to build stronger towers, we can learn to build a stronger family. Families are a very important part of Heavenly Father's plan for us. Before we were born, we lived as spirit sons and

daughters of Heavenly Father.

When it was time for us to come to earth, He planned for us to come to families. He wants our families to protect us, teach us, and help us return to Him.

We can work to give our family a stronger foundation. We can practice serving and helping each other. We can listen to and speak kindly to each other. We can pray and study the scriptures together. We can work together and spend time together doing things we enjoy. With patience and practice, we can build a stronger family. ■

SONG AND SCRIPTURE

- "Families Can Be Together Forever,"
(*Children's Songbook*, 188)
- Luke 6:47–49

IDEAS FOR FAMILY TALK

As a family, you could read Luke 6:47–49. Then you could talk about what these verses teach us about families. How has your family helped each other through challenging times? What can you do to build an even stronger foundation?

ILLUSTRATIONS BY JENNIFER EICHELBERGER



Family prayer

Eating dinner together

Family home evening

Playing together

Family scripture study

Visiting someone who is sick

Writing a letter to
a missionary

Learning stories about
our ancestors

MAKING OUR FAMILY STRONG

You can make a poster to help your family grow stronger!

- With the help of an adult, cut out the blocks. Glue onto a piece of paper the ones that show things your family is already doing. These blocks will represent your family's foundation.
- Choose another block that shows something your family would like to do or do better. After you complete this goal, add it to your tower. Place the poster where everyone can see it, and keep adding blocks to make your family strong!

Write some of your own ideas on the blank blocks.

Baptism

is the starting point
in our journey of
discipleship.

President Dieter F. Uchtdorf
Second Counselor in the First Presidency
From the October 2013 general conference





By Elder
Terence M. Vinson
Of the Seventy

What are some things that are very hard for you to do?
.....

How can you ask for Heavenly Father's help in doing hard things?
.....

Who else can you ask for help?
.....

Moving the Rock

Once a young boy was trying to smooth out the dirt area behind his house so he could play there with his toy cars. There was a large rock blocking his work. The boy pushed and pulled with all his might. But no matter how hard he tried, the rock wouldn't budge.

His father watched for a while.

Then he came to his son and said, "You need to use all your strength to move a rock this large."

The boy answered, "I have used all my strength!"

His father corrected him: "No, you haven't. You haven't had my help yet!"

They then bent down together and moved the rock easily.

The Lord wants us to rely on Him in solving our problems. Then we can feel His love more constantly, more powerfully, more clearly, and more personally. We become united with Him, and we can become like Him. ■

From "Drawing Closer to God," Ensign or Liahona, Nov. 2013, 105.



I'm Dria

from the Philippines

*Mabuhay, Kaibigan!**

From an interview by Amie Jane Leavitt

Have you ever dreamed about living on an island? This is Alejandria, but her family and friends call her Dria for short. She lives on the island of Cebu in the Philippines with her mom, dad, and two sisters. She has an older brother too, but he died before Dria was born. "I know he is still part of our family, and I will see him someday because families are forever," she says. ■

**"Hello, friends!" in Tagalog.*

One of my favorite things to do is dance. I am a ballet dancer. Next year I hope to move up to the next level, which is pointe. This means I will get to wear special ballet shoes that help me dance on my toes.



The Philippines has more than 7,000 islands, so there are many beautiful places to visit. Our home is near the beach, and I love to play in the ocean. One of my favorite things to do is swim. I even taught myself how!

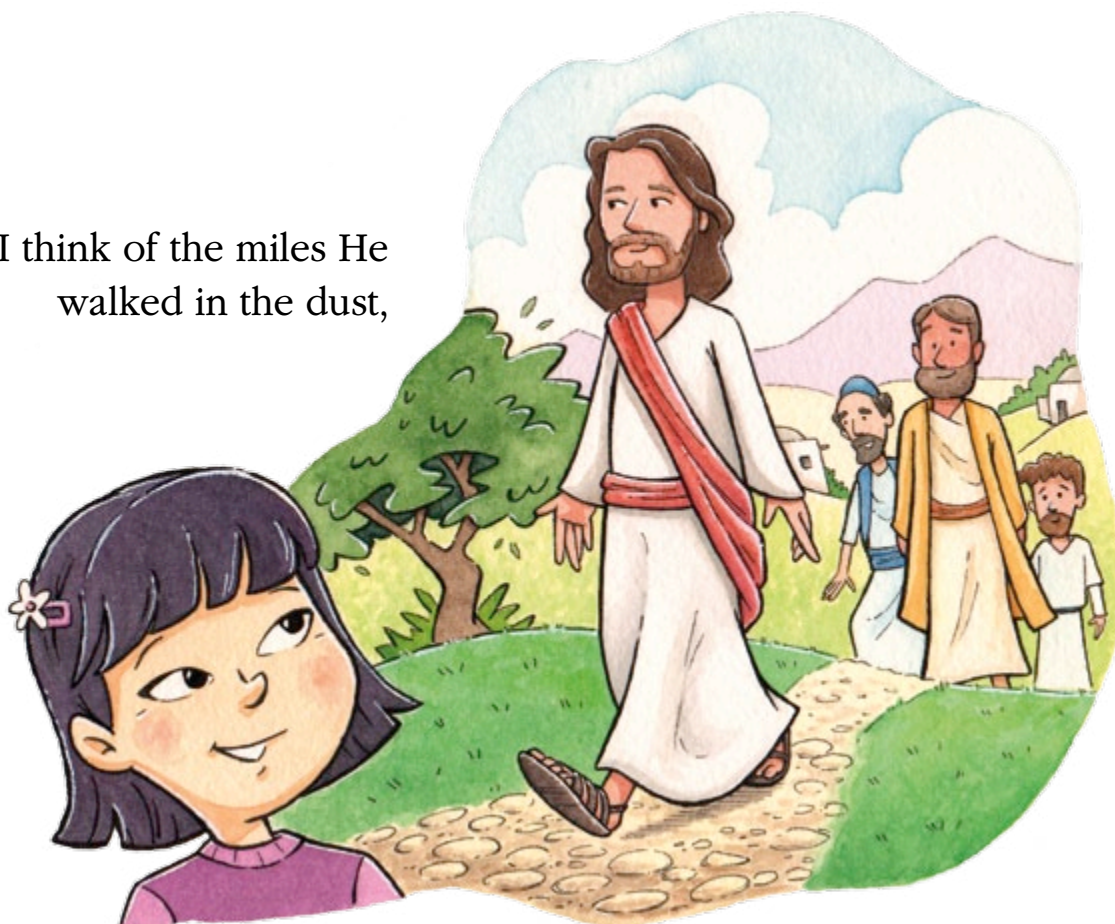
To Think about Jesus

By Mabel Jones Gabbott

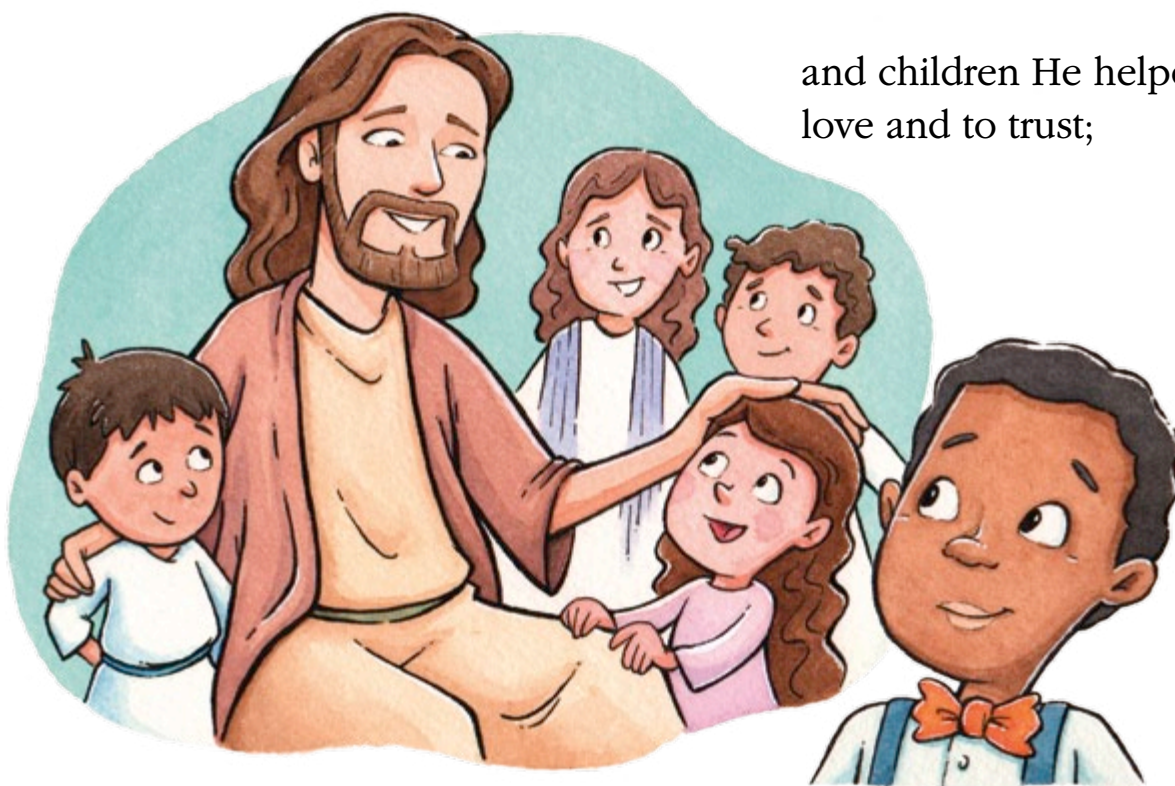


It shouldn't be hard to sit very still
And think about Jesus, His cross on the hill,
And all that He suffered and did for me;
It shouldn't be hard to sit quietly.

I think of the miles He
walked in the dust,



and children He helped to
love and to trust;

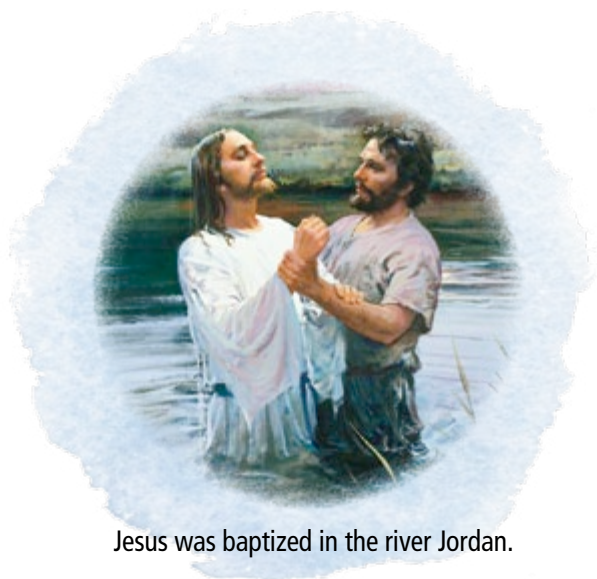


It shouldn't be hard to sit tall in my seat,
to listen politely, to quiet my feet.
It shouldn't be hard, even though I am small,
To think about Jesus, not hard at all. ■



A SPECIAL TIME TO THINK ABOUT JESUS CHRIST

Sacrament meeting is a special time to sit quietly and think about the Savior.



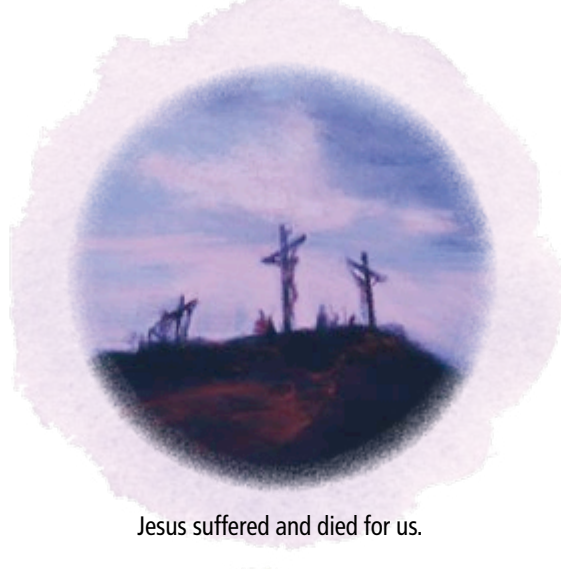
Jesus was baptized in the river Jordan.



Jesus healed people.



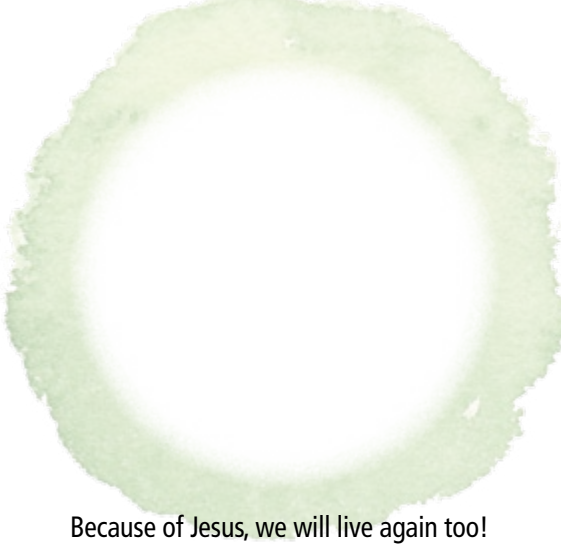
Jesus loved the children.



Jesus suffered and died for us.



Jesus rose again on Easter morning.



Because of Jesus, we will live again too!

Draw or
paste a
picture of
yourself
here.

FINDING HOPE IN THE FUTURE

By Stan Pugsley

On September 12, 2001, my wife and I were pacing the floor of a hospital in Tucson, Arizona, USA, passing anxious hours as we waited for our son to be born. From our television and from every television in the building, we were barraged by footage from the day before in New York City—images of the two towers that had once anchored the skyline of that city, falling into rubble and dust. The images, broadcast for hours, left us with a sense of despair. It seemed the worst possible time to bring a baby into the world—a world that seemed so dark and threatening.

Early the next morning our infant son was born. As I held our tiny child, I considered the devastating events of the last few days, events that made me think back to the fires in Yellowstone National Park in 1988. The flames had consumed nearly 800,000 acres (323,750 ha) of forest. The park's devastation seemed absolute. News images showed only scorched earth and thick black smoke in the sky. No amount of human effort could quickly bring back what was lost. It seemed as if even the tireless regeneration and vigor of nature was no match for the destructive power of fire.

Yet the next spring a quiet miracle occurred—small plants and flowers began



*The same winds
that buffet and
threaten to over-
whelm us also
sow the seeds
of change and
growth.*

to push through the charred soil. Gradually, more and more flowers and shrubs and trees bloomed from the earth. The rebirth of the park was slow and filled with tiny, glorious details, and over time the results were dramatic.

In moments of fear that seem to consume us like the blazing fires of Yellowstone, when our faith and hope are at their limits, we must remember that there is one quiet, immovable foundation beneath us, much more powerful than any evil force we will encounter. Helaman explains that this foundation is “the rock of our Redeemer, who is Christ, the Son of God.” If we anchor ourselves to Him, then “when the devil shall send forth his mighty winds, yea, his shafts in the whirlwind, yea, when all his hail and his mighty storm shall beat upon you, it shall have no power over you to drag you down to the gulf of misery and endless wo, because of the rock upon which ye are built, which is a sure foundation, a foundation whereon if men build they cannot fall” (Helaman 5:12).

When faced with the frenzied forces of evil and temptation in the world, we may think that the small and simple influence of the gospel is outmatched and overwhelmed. We may feel doubt and despair as we wait in vain for wrongs to be righted, pain to be relieved, and questions to be resolved. Those very winds that buffet us, however, sow seeds of change and growth, and the immense power of the gospel quietly works under the soil of earthly existence, preparing a thousand small seeds of hope and life. ■

The author lives in Arizona, USA.



ILLUSTRATION BY ROBERT T. BARRETT

HOWARD W. HUNTER

Howard W. Hunter earned his **Eagle Scout Award** (the highest award in an achievement program for young men) when he was 15. He was fascinated with **genealogy** and often spent time searching the Church genealogical library or visiting family. While serving as an Apostle, he helped choose the site for the **Brigham Young University Jerusalem Center**. As President of the Church, he encouraged members to worship in the temple often and dedicated the **Bountiful Utah Temple** less than two months before his death.

Also in This Issue

FOR YOUNG ADULTS



If Your Eye Be Single to

My Glory

Young adults from around the world reflect on what it means to follow the Savior's example and live modestly.

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FOR YOUTH

Is the moon green? Was the moon landing fake? Take this quiz and learn how to detect the difference between God's truth and Satan's lies.



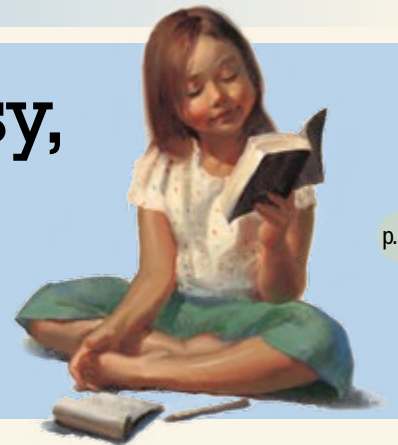
TRUE or FALSE?

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FOR CHILDREN

"That's So Easy, Grandpa!"

Would you be surprised to find out that you could read the whole Book of Mormon in a day and a half?



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THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS