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Workers set up a sign at the construction site of the Bern Switzerland Temple. The temple was dedicated in September 1955 by President David O. McKay. It was the first temple built outside of North America and the first to present the ordinances in languages other than English.

Photograph courtesy of Church History Library



**OTHER SHEEP I HAVE,
BY ELSPETH YOUNG**

The risen Lord visited His "other sheep" (3 Nephi 15:21) in the Americas and elsewhere. The Nephites "did feel the prints of the nails in his hands and in his feet; and this they did do, going forth one by one until they had all gone forth, and did see with their eyes and did feel with their hands, and did know of a surety and did bear record, that it was he, of whom it was written by the prophets, that should come" (3 Nephi 11:15).



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Family Home Evening Ideas

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



“They Saw Him,” page 58: What does
it mean to be a witness of Christ? After
reading the article as a family, you might
discuss ways you can be witnesses of Christ
even without physically seeing Him. You
might think of ideas to draw closer to the
Savior like finding opportunities to serve
refugees in your community, learning
about the Savior’s life during scripture
study, babysitting for a couple so that they
can attend the temple, or reaching out to
a friend in need. You could also watch the
video found at mormon.org/easter and
ponder the importance of Christ and His
Resurrection in our lives.

“Prepare for the Temple Every Day,”
page 69: Sister Joy D. Jones reminds us of
the importance of making the temple a
priority in our lives and doing family history
to help us prepare to enter. You might con-
sider having a “family history and temple
night” for family home evening. You could
learn how to index names and search for
family records or discuss the importance
of temple ordinances and look at pictures
of temples around the world. If you live
near a temple, you could visit the temple
grounds and discuss how temples can
bring us closer to Heavenly Father and help
us feel His love.

MORE ONLINE

The *Liahona* and other Church materials are available in many languages at
languages.lds.org. Visit [facebook.com/liahona.magazine](https://www.facebook.com/liahona.magazine) (available in English,
Portuguese, and Spanish) to find inspirational messages, family home evening ideas,
and material you can share with your friends and family.

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**By President
Dieter F. Uchtdorf**

Second Counselor in the
First Presidency

THE JUST SHALL LIVE BY FAITH

The Rabbi and the Soap Maker

There is an old Jewish tale about a soap maker who did not believe in God. One day as he was walking with a rabbi, he said, “There is something I cannot understand. We have had religion for thousands of years. But everywhere you look there is evil, corruption, dishonesty, injustice, pain, hunger, and violence. It appears that religion has not improved the world at all. So I ask you, what good is it?”

The rabbi did not answer for a time but continued walking with the soap maker. Eventually they approached a playground where children, covered in dust, were playing in the dirt.

“There is something I don’t understand,” the rabbi said. “Look at those children. We have had soap for thousands of years, and yet those children are filthy. What good is soap?”

The soap maker replied, “But rabbi, it isn’t fair to blame soap for these dirty children. Soap has to be used before it can accomplish its purpose.”

The rabbi smiled and said, “Exactly.”

How Shall We Live?

The Apostle Paul, quoting an Old Testament prophet, summarized what it means to be a believer when he wrote, “The just shall live by faith” (Romans 1:17).

Perhaps in this simple statement we understand the difference between a religion that is frail and ineffectual and one that has the power to transform lives.

But to understand what it means to live by faith, we must understand what faith is.

Faith is more than belief. It is complete trust in God accompanied by action.

It is more than wishing.

It is more than merely sitting back, nodding our heads, and saying we agree. When we say “the just shall *live by faith*,” we mean we are guided and directed by our faith. We *act* in a manner that is consistent with our faith—not out of a sense of thoughtless obedience but out of a confident and sincere love for our God and for the priceless wisdom He has revealed to His children.

Faith must be accompanied by action; else it has no life (see James 2:17). It is not faith at all. It doesn’t have the power to change a single individual, let alone the world.

Men and women of faith trust in their merciful Heavenly Father—even during times of uncertainty, even during times of doubt and adversity when they may not see perfectly or understand clearly.

Men and women of faith earnestly walk the path of discipleship and strive to follow the example of their beloved Savior, Jesus Christ. Faith motivates and, indeed, inspires us to incline our hearts to heaven and to actively reach out, lift up, and bless our fellowmen.

Religion without action is like soap that remains in the box. It may have wondrous potential, but in reality it has little power to make a difference until it fulfills its intended purpose. The restored gospel of Jesus Christ is a gospel of action. The Church of Jesus Christ teaches true religion as a message of hope, faith, and charity, including helping our fellowmen in spiritual and temporal ways.



President Uchtdorf and his daughter, Antje, visited refugees in a camp near Athens, Greece.

A few months ago, my wife, Harriet, and I were on a family trip with some of our children in the Mediterranean area. We visited some refugee camps and met with families from war-torn countries. These people were not of our faith, but they were our brothers and sisters and they urgently needed help. Our hearts were deeply touched when we experienced firsthand how the active faith of our Church members brings help, relief, and hope to our fellowmen in need, regardless of their religion, nationality, or education.

Faith yoked with consistent action fills the heart with kindness, the mind with wisdom and understanding, and the soul with peace and love.

Our faith can bless and righteously influence both us and those around us.

Our faith can fill the world with goodness and peace.

Our faith can transform hatred into love and enemies into friends.

The just, then, live by acting in

faith; they live by trusting in God and walking in His way.

And that is the sort of faith that can transform individuals, families, nations, and the world. ■

TEACHING FROM THIS MESSAGE

President Uchtdorf explains that faith is more than just an expression of belief. True faith in Heavenly Father and in Jesus Christ requires action, and living by faith has the power to transform lives and homes. You could invite those you teach to share moments when they have seen the blessings and power of living by faith—from either personal examples or observations of others. Encourage them to pray for guidance to know how to better live the gospel.

Serving Others in Faith

President Uchtdorf tells us that our faith in God *must* be “accompanied by action.” When our faith is “yoked with consistent action,” he explains, it “fills . . . the soul with peace and love.” With the promise of this blessing, we *can* make a difference, and we can see this in our lives if we take the time to do faith-filled service. You could pray each morning to ask the Lord for help in serving others. For instance, ask Him to show you when a sibling needs help with a chore or when a friend needs a compliment. Then, when you receive a prompting, act on it! If you make these prayers and this service a habit, then your faithful, consistent action will bless your life and the lives of others. President Uchtdorf promises that you “can transform individuals, families, nations, and the world.”



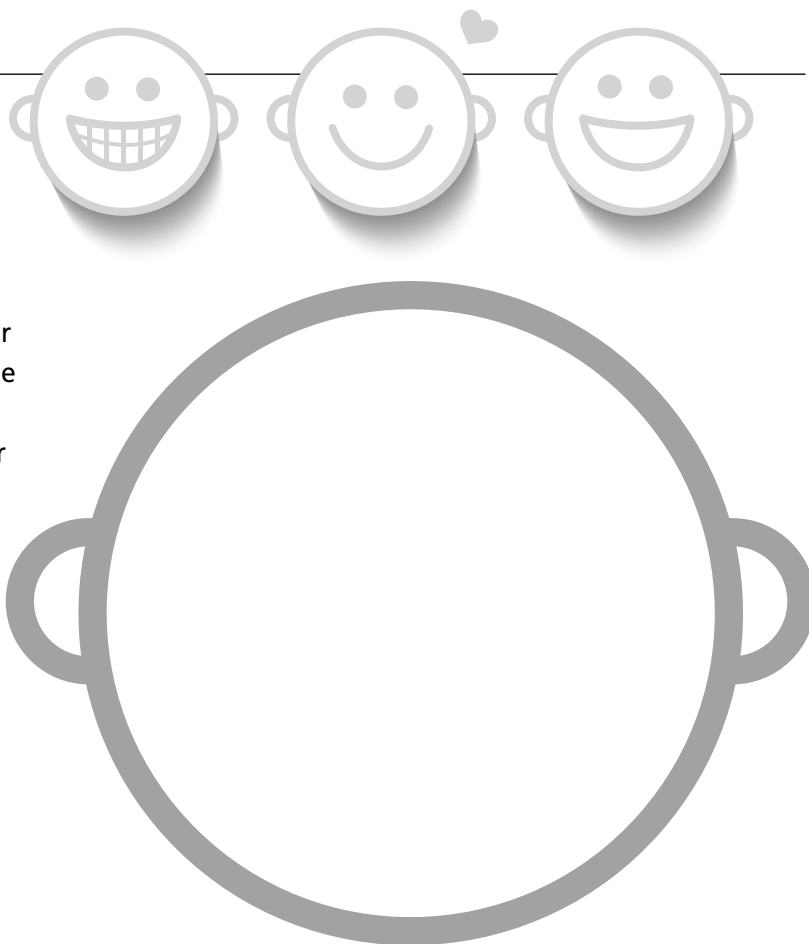
CHILDREN

Trust

Try this activity with a friend. You’ll have to trust and follow their directions carefully.

With a pen or pencil in your hand, close your eyes. Let your friend tell you where to draw the eyes, nose, mouth, and hair on this face. Then take a look. How did it turn out? You can color in the face and draw another to play again!

Sometimes it’s hard to follow directions. But when we try to follow Heavenly Father by listening to the Holy Ghost, He will help us. We can always trust Him.



Oath and Covenant of the Priesthood

Prayerfully study this material and seek for inspiration to know what to share. How will understanding the purpose of Relief Society prepare daughters of God for the blessings of eternal life?

The more we as sisters understand that the oath and covenant of the priesthood applies to us personally, the more we will embrace the blessings and promises of the priesthood.

Elder M. Russell Ballard of the Quorum of the Twelve Apostles said, “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.”¹

The blessings and promises of the oath and covenant of the priesthood pertain to both men and women. Sister Sheri L. Dew, former counselor in the Relief Society General Presidency, said, “The fulness of the priesthood contained in the highest

ordinances of the house of the Lord can be received only by a man and woman together.”²

Sister Linda K. Burton, Relief Society General President, has issued this call, “I invite you to memorize the oath and covenant of the priesthood, which can be found in Doctrine and Covenants 84:33–44. By doing so, I promise you that the Holy Ghost will expand your understanding of the priesthood and inspire and uplift you in wonderful ways.”³

Joseph Smith’s instructions to the Relief Society were intended to prepare women to “come in possession of the privileges & blessings & gifts of the priesthood.” This would be accomplished through the ordinances of the temple.

“Temple ordinances [are] priesthood ordinances, but they [do] not bestow ecclesiastical office on men or women. [These ordinances fulfill] the Lord’s promise that his people—women and men—would be ‘endowed with power from on high’ [D&C 38:32].”⁴

Additional Scriptures and Information

Doctrine and Covenants 84:19–40; 121:45–46; reliefsociety.lds.org

NOTES

1. M. Russell Ballard, “Men and Women and Priesthood Power,” *Ensign*, Sept. 2014, 32; *Liahona*, Sept. 2014, 36.
2. Sheri L. Dew, in *Daughters in My Kingdom: The History and Work of Relief Society* (2011), 128.
3. Linda K. Burton, “Priesthood Power—Available to All,” *Ensign*, June 2014, 39–40.
4. Gospel Topics, “Joseph Smith’s Teachings about Priesthood, Temple, and Women,” topics.lds.org.



Faith
Family
Relief



Consider This

What can you do to more fully understand and access the promised blessings of the oath and covenant of the priesthood?





GETHESEMANE, BY J. KIRK RICHARDS



**By Elder
Robert D. Hales**
Of the Quorum
of the Twelve
Apostles

The Savior's Atonement:

FOUNDATION OF TRUE CHRISTIANITY

*We will all be resurrected and become immortal because of
the atoning sacrifice of Jesus Christ.*

The Prophet Joseph Smith (1805–44) was asked, “What are the fundamental principles of your religion?” He answered, “The fundamental principles of our religion are the testimony of the Apostles and Prophets, concerning Jesus Christ, that He died, was buried, and rose again the third day, and ascended into heaven; and all other things which pertain to our religion are only appendages to it.”¹

I want to give my voice to the Prophet Joseph’s statement. The center of all we believe is our Savior and His atoning sacrifice—“the condescension of God” (1 Nephi 11:16) whereby the Father sent His Son to earth to accomplish the Atonement. The central purpose for the life of Jesus Christ was to complete the atoning sacrifice. The Atonement is the foundation of true Christianity.

Why is the Savior’s Atonement the central gospel principle in the Church and in our lives?

Articles of Faith 1:3

The third article of faith reads, “We believe that through the Atonement of Christ, all mankind may be saved, by obedience to the laws and ordinances of the Gospel.”

“Saved” in this context refers to reaching the highest degree of glory in the celestial kingdom. Resurrection is granted to all who come to earth, but to receive eternal life, the full blessings of eternal progression, each person must obey the laws, receive the ordinances, and make the covenants of the gospel.

Why could Jesus Christ, and only He, atone for the sins of the world? He met all of the qualifications.

God Loved Him and Trusted Him

Jesus was born of Heavenly Parents in a premortal world. He was the Firstborn of our Heavenly Father. He was chosen from the beginning. He was obedient to His Father's will. The scriptures often speak of the joy Heavenly Father has in His Son.

In Matthew we read, "And lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased" (Matthew 3:17).

Luke records, "And there came a voice out of the cloud, saying, This is my beloved Son: hear him" (Luke 9:35).

And at the temple in the land Bountiful following the Savior's Resurrection, the people heard the Father's voice: "Behold my Beloved Son, in whom I am well pleased" (3 Nephi 11:7).

It particularly touches my heart when I read that while Jesus was suffering in the Garden of Gethsemane, the Father, out of His great love and compassion for His Only Begotten Son, sent an angel to comfort and strengthen Him (see Luke 22:43).

Jesus Used His Agency to Obey

Jesus had to willingly give His life for us.

In the great Council in Heaven, Lucifer, "son of the morning" (Isaiah 14:12; D&C 76:26–27), said:

"Behold, here am I, send me, I will be thy son, and I will redeem all mankind, that one soul shall not be lost, and surely I will do it; wherefore give me thine honor.

"But, behold, my Beloved Son, which was my Beloved and Chosen from the beginning, said unto me—Father, thy will be done, and the glory be thine forever" (Moses 4:1–2; see also Abraham 3:27).

Because of the great love the Son has for His Father and for each of us, He said, "Send me." When He said "send me," He used His agency.

"As the Father knoweth me, even so know I the Father: and I lay down my life for the sheep. . . .

"Therefore doth my Father love me, because I lay down my life, that I might take it again.

"No man taketh it from me, but I lay it down of myself.

I have power to lay it down, and I have power to take it again. This commandment have I received of my Father" (John 10:15, 17–18).

Had the Savior desired, legions of angels could have taken Him from the cross directly home to His Father. But He used His agency to sacrifice Himself for us, to complete His mission in mortality, and to endure to the end, completing the atoning sacrifice.

Jesus wanted to come to earth, and He was qualified. And when He came, He said, "For I came down from heaven, not to do mine own will, but the will of him that sent me" (John 6:38).

Jesus Was Foreordained

Peter taught that Jesus "was foreordained before the foundation of the world" (see 1 Peter 1:19–21).

Prophets in all dispensations foretold of the coming of Jesus Christ and what His mission would be. Through great faith, Enoch was shown a marvelous vision of the birth, death, Ascension, and Second Coming of the Savior:

"And behold, Enoch saw the day of the coming of the Son of Man, even in the flesh; and his soul rejoiced, saying: The Righteous is lifted up, and the Lamb is slain from the foundation of the world. . . .



ECCE HOMO. BY J. KIRK RICHARDS

“And the Lord said unto Enoch: Look, and he looked and beheld the Son of Man lifted up on the cross, after the manner of men;

“And he heard a loud voice; and the heavens were veiled; and all the creations of God mourned; and the earth groaned; and the rocks were rent; and the saints arose, and were crowned at the right hand of the Son of Man, with crowns of glory. . . .

“And Enoch beheld the Son of Man ascend up unto the Father. . . .

“And it came to pass that Enoch saw the day of the coming of the Son of Man, in the last days, to dwell on the earth in righteousness for the space of a thousand years” (Moses 7:47, 55–56, 59, 65).

About 75 years before the birth of Christ, Amulek testified: “Behold, I say unto you, that I do know that Christ shall come among the children of men, to take upon him the transgressions of his people, and that he shall atone for the sins of the world; for the Lord God hath spoken it” (Alma 34:8).

Jesus Had Unique Qualifications

Only Jesus Christ could make the atoning sacrifice—being born of a mortal mother, Mary, and having received the power of life from His Father (see John 5:26). Because of this power of life, He overcame death, the grave’s power was nullified, and He became our Savior and Mediator and the Master of the Resurrection—the means whereby salvation and immortality are given to us all. We will all be resurrected and become immortal because of the atoning sacrifice of Jesus Christ.

Jesus Willingly Atoned for Original Sin

The second article of faith states, “We believe that men will be punished for their own sins, and not for Adam’s transgression.”

Through the use of our agency, we choose to exercise our faith. With diligence, we can repent; without the Atonement, we cannot.

In Moses we are taught, “Hence came the saying abroad



among the people, that the Son of God hath atoned for original guilt, wherein the sins of the parents cannot be answered upon the heads of the children” (Moses 6:54).

In 2 Nephi we are given a great teaching:

“For as death hath passed upon all men, to fulfil the merciful plan of the great Creator, there must needs be a power of resurrection, and the resurrection must needs come unto man by reason of the fall; and the fall came by reason of transgression; and because man became fallen they were cut off from the presence of the Lord.

“Wherefore, it must needs be an infinite atonement—save it should be an infinite atonement this corruption could not put on incorruption. Wherefore, the first judgment which came upon man must needs have remained to an endless duration. And if so, this flesh must have laid down to rot and to crumble to its mother earth, to rise no more” (2 Nephi 9:6–7).

Jesus Was the Only Perfect Being

In the Doctrine and Covenants, the Savior says, “Father, behold the sufferings and death of him who did no sin, in whom thou wast well pleased; behold the blood of thy Son which was shed, the blood of him whom thou gavest that thyself might be glorified” (D&C 45:4).

Jesus was the only human being who was perfect, without sin. Sacrifice in the Old Testament meant a blood

sacrifice—pointing forward to the sacrifice of our Lord and Redeemer upon the cross to fulfill the atoning sacrifice. When blood sacrifices were made in ancient temples, the priests sacrificed an unblemished lamb, perfect in every way. The Savior is often referred to in the scriptures as “the Lamb of God” because of His purity (see, for example, John 1:29, 36; 1 Nephi 12:6; 14:10; D&C 88:106).

Peter taught that we are redeemed “with the precious blood of Christ, as a lamb without blemish and without spot” (1 Peter 1:19).

Jesus Took Away the Sins of the World

The following verses make clear that through His Atonement, the Savior paid the price for our sins:

“All we, like sheep, have gone astray; we have turned every one to his own way; and the Lord hath laid on him the iniquities of us all” (Mosiah 14:6).

“But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us. . . .

“For if, when we were enemies, we were reconciled to God by the death of his Son, much more, being reconciled, we shall be saved by his life.

“And not only so, but we also joy in God through our Lord Jesus Christ, by whom we have now received the atonement. . . .

“For as by one man’s disobedience many were made sinners, so by the obedience of one shall many be made righteous” (Romans 5:8, 10–11, 19).

“That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare our sicknesses” (Matthew 8:17).

“But God ceaseth not to be God, and mercy claimeth the penitent, and mercy cometh because of the atonement; and the atonement bringeth to pass the resurrection of the dead; and the resurrection of the dead bringeth back men into the presence of God; and thus they are restored into his presence, to be judged according to their works, according to the law and justice. . . .

“And thus God bringeth about his great and eternal purposes, which were prepared from the foundation of

the world. And thus cometh about the salvation and the redemption of men, and also their destruction and misery” (Alma 42:23, 26).

Jesus Endured to the End

Jesus Christ endured the trials, suffering, sacrifice, and tribulations of Gethsemane, as well as the anguish of Golgotha upon the cross. Then, finally, He could say, “It is finished” (John 19:30). He had completed His work in mortality and endured to the end, thus completing the atoning sacrifice.

In the garden He said, “O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt” (Matthew 26:39).

In the Doctrine and Covenants we are taught:

“Which suffering caused myself, even God, the greatest of all, to tremble because of pain, and to bleed at every pore, and to suffer both body and spirit—and would that I might not drink the bitter cup, and shrink—

“Nevertheless, glory be to the Father, and I partook and finished my preparations unto the children of men” (D&C 19:18–19).

Jesus said to his Father, “I have glorified thee on the earth: I have finished the work which thou gavest me to do” (John 17:4).



WHERE HAVE THEY TAKEN HIM? BY J. KIRK RICHARDS

Then, upon the cross, “when Jesus therefore had received the vinegar, he said, It is finished: and he bowed his head, and gave up the ghost” (John 19:30).

Jesus came to earth, kept His divinity so that He could perform the atoning sacrifice, and endured to the end.

Remember Him through the Sacrament

Today we remember the Savior’s atoning sacrifice with the emblems of bread and water—symbols of His body and blood—as instituted at the Lord’s Last Supper with His Apostles.

“And he took bread, and gave thanks, and brake it, and gave unto them, saying, This is my body which is given for you: this do in remembrance of me.

“Likewise also the cup after supper, saying, This cup is the new testament in my blood, which is shed for you” (Luke 22:19–20).

In John 11:25–26 we read:

“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.”

We also read: “I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world” (John 6:51).

“The life of the world” means eternal life.

We need to prepare ourselves and our families weekly to be worthy to partake of the sacrament and to renew our covenants with repentant hearts.

The Father and the Son Love Us

The Father sent His Son to earth—the condescension—to allow Him to be crucified and to go through all He had to go through. In John we read:

“Jesus saith . . . , I am the way, the truth, and the life: no man cometh unto the Father, but by me.

“If ye had known me, ye should have known my Father also: and from henceforth ye know him, and have seen him” (John 14:6–7).



DOUBT NOT, THOMAS, BY J. KIRK RICHARDS

“Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins” (1 John 4:10).

Propitiation means reconciliation or appeasement.

Conclusion

Everyone who comes to the earth and receives a mortal body will be resurrected, but we have to work to receive the blessing of exaltation through our faithfulness, our agency, our obedience, and our repentance. Mercy will be meted out with justice, allowing repentance.

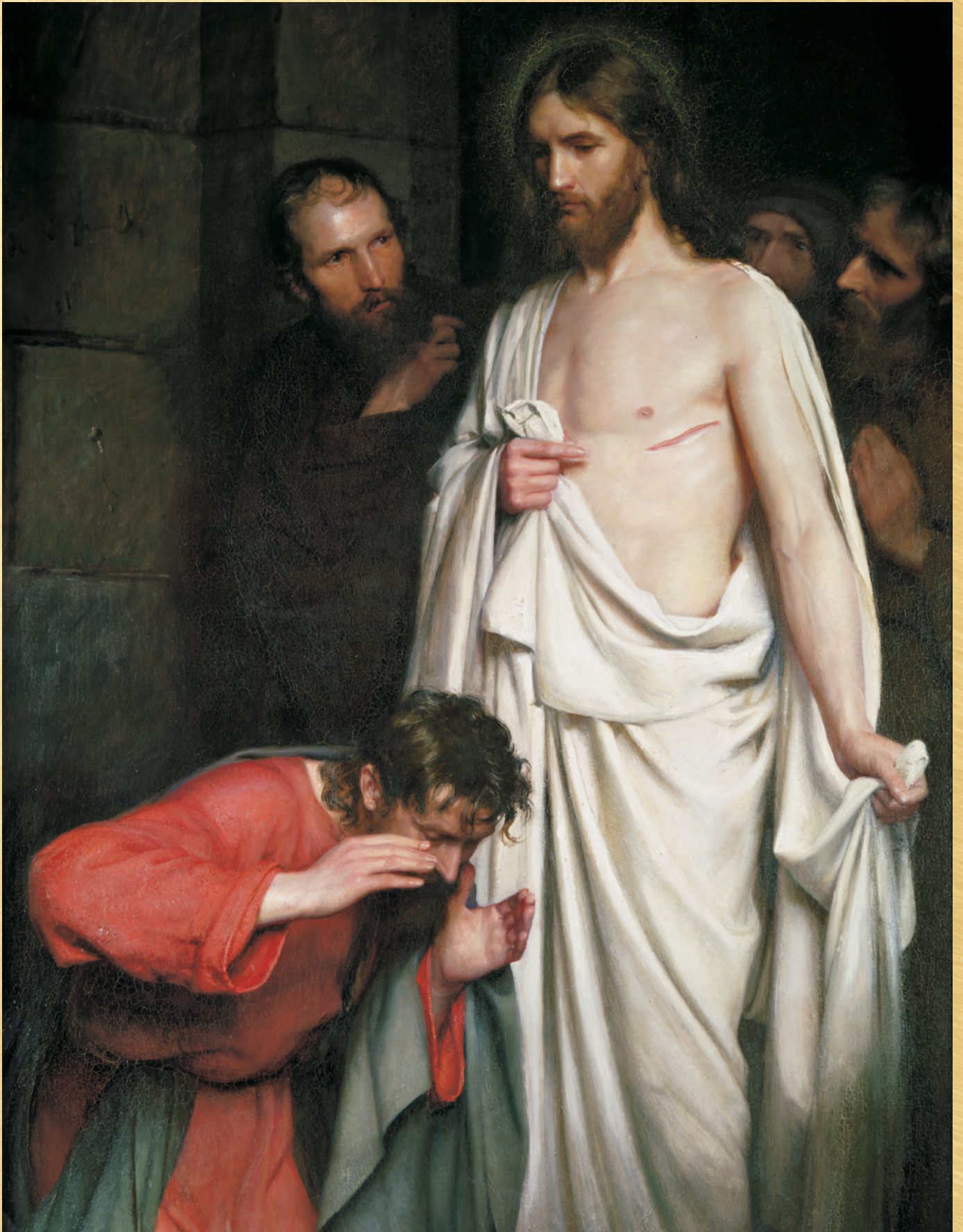
Because we have chosen to follow and accept Jesus Christ as our Redeemer, we take His name upon us at baptism. We take on the law of obedience. We promise we will always remember Him and keep His commandments. We renew our covenants when we partake of the sacrament.

By renewing our covenants, we are given the promise of having His Spirit to be with us always. If we allow His Spirit to come into our lives and direct our lives, we can return to the presence of Heavenly Father and His Son, Jesus Christ, which is Their plan of happiness for us—the plan of salvation. ■

From an address, “The Atonement,” delivered during the seminar for new mission presidents at the Provo Missionary Training Center on June 24, 2008.

NOTE

1. *Teachings of Presidents of the Church: Joseph Smith* (2007), 49.



THE Resurrection OF Jesus Christ AND TRUTHS ABOUT THE BODY

By David A. Edwards

Church Magazines

“He said, It is finished: and he bowed his head, and gave up the ghost” (John 19:30). At that moment, the spirit of Jesus Christ departed His body—a body that had endured suffering so that He could atone for the sins of all people and succor them in their infirmities (see Alma 7:12–13). That body, now an empty vessel, was removed from the cross, wrapped in linens, and eventually placed in a tomb. On the third day, the women approaching the tomb were there to complete burial preparations for that body.

But the body was gone.

The discovery of the empty tomb was just the beginning. Mary Magdalene, the Apostles, and many others later witnessed something miraculous: the resurrected, perfected Jesus Christ, in tangible and human form.

The Savior made sure that those who witnessed Him after His Resurrection fully grasped what kind of body He had. He invited the Apostles, for instance, to handle His body so that they could assure themselves that He was physical and not an

apparition (see Luke 24:36–40).¹ He even ate with them (see Luke 24:42–43).

As the Apostles then fulfilled their commission to preach the gospel of Jesus Christ, they faced opposition and persecution, some of which came because they taught that Jesus Christ was resurrected and that all mankind would be resurrected as a result (see Acts 4:1–3).

Today, the Resurrection of Jesus Christ is just as central to the message proclaimed to the world by His Church as it was then. As the Prophet Joseph Smith said: “The fundamental principles of our religion are the testimony of the Apostles and Prophets, concerning Jesus Christ, that He died, was buried, and rose again the third day, and ascended into heaven; and all other things which pertain to our religion are only appendages to it.”²

The Resurrection helps answer fundamental questions about the nature of God, our nature and our relationship to God, the purpose of this life, and the hope we have in Jesus Christ. Here are a few of the truths underscored by Jesus Christ’s Resurrection.

Through His Resurrection, Jesus Christ taught us significant truths about the body.



A*ny who dismiss the concept of an embodied God dismiss both the mortal and the resurrected Christ.”*
—Elder Jeffrey R. Holland

Heavenly Father Has a Glorified Body

The idea that God has a human shape is certainly rooted in the Bible,³ as well as in the popular imagination, but many theological and religious philosophical traditions have rejected it in favor of a God “without body, parts, or passions,”⁴ since, in this view, the body (and matter generally) is evil or unreal, whereas spirit, mind, or ideas are the true substance of ultimate being or reality.

How gloriously simple and revolutionary, then, was the revelation of God’s nature through His Son, Jesus Christ.

During His ministry, the Savior said, “He that hath seen me hath seen the Father” (John 14:9). This was even more true after His Resurrection with a perfected, immortal body, which showed that “the Father has a body of flesh and bones as tangible as man’s; the Son also” (D&C 130:22).

The physical nature of Heavenly Father was thus revealed. As Joseph Smith later explained, “That which is without body or parts is nothing. There is no other God in heaven but that God who has flesh and bones.”⁵

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles has put it this way: “If having a body is not only not needed but not desirable by Deity, why did the Redeemer of mankind redeem *His* body, redeeming it from the grasp of death and the grave, guaranteeing it would never again be separated from His spirit in time or eternity? *Any who dismiss the concept of an embodied God dismiss both the mortal and the resurrected Christ.*”⁶

Heavenly Father Is All-Powerful, All-Knowing, and All-Loving

The superlative attributes of Heavenly Father’s character are also revealed in the very fact of Jesus Christ’s Resurrection. As Elder D. Todd Christofferson of the Quorum of the Twelve Apostles has said, “Given the reality of the Resurrection of Christ, doubts about the omnipotence, omniscience, and benevolence of God the Father—who gave His Only Begotten Son for the redemption of the world—are groundless.”⁷

The power, knowledge, and goodness of God are proven by Jesus Christ’s Resurrection, which gives evidence of the wisdom and love in Heavenly Father’s plan and His (and His Son’s) ability to carry it out.

We Are God’s Children

As the Bible teaches us, we were formed “in the image of God . . . male and female” (Genesis 1:27). Jesus Christ’s Resurrection reinforced this truth. In fact, in the very hour of His Resurrection, Jesus Christ emphasized our relationship to Heavenly Father, saying, “I ascend unto my Father, *and your Father*; and to my God, and your God” (John 20:17; emphasis added).

The Savior revealed that God and human-kind are not utterly unlike one another in their essential being. The basic form of our bodies is similar to that of our spirits,⁸ and our spirits were created in the image of God because that's the nature of the parent-child relationship.

A Body Is an Enabling and Ennobling Gift

Through His Resurrection, the Savior showed us that a physical, embodied existence is an integral part of the eternal being of God and His children. As the Lord revealed to Joseph Smith, “The elements are eternal, and spirit and element, inseparably connected, receive a fulness of joy” (D&C 93:33). This inseparable connection fuses spirit and physical matter together so that they are one immortal, incorruptible, glorious, and perfect body—the only kind of body capable of receiving the fulness of joy that God possesses.

By contrast, after having a physical body and then being separated from it to enter the spirit world, “the dead [look] upon the . . . absence of their spirits from their bodies as a bondage” (D&C 138:50; see also D&C 45:17).

Even our mortal bodies are an essential part of Heavenly Father's plan and are a divine gift. When our premortal spirits come to this earth, they are “added upon” (Abraham 3:26) with a body. As the Prophet Joseph Smith taught: “We came to this earth that we might have a body and present it pure before God in the celestial kingdom. The great principle of happiness consists in having a body. The devil has no body, and herein is his punishment.”⁹

As Elder David A. Bednar of the Quorum of the Twelve Apostles has taught: “Our physical bodies make possible a breadth, a depth, and an intensity of experience that simply could not be obtained in our pre-mortal existence. Thus, our relationships with other people, our capacity to recognize and act in accordance with truth, and our ability to obey the principles and ordinances of the gospel of Jesus Christ are amplified through our physical bodies. In the school of mortality, we experience tenderness, love, kindness, happiness, sorrow, disappointment, pain, and even the challenges of physical limitations in ways that prepare us for eternity. Simply stated, there are lessons we must learn and experiences we must have, as the scriptures describe, ‘according to the flesh’ (1 Nephi 19:6; Alma 7:12–13).”¹⁰

In addition, as Joseph Smith taught, “All beings who have bodies have power over those who have not.”¹¹ Satan can tempt us,

Our mortal bodies are an essential part of Heavenly Father's plan and are a divine gift. When our spirits come to this earth, they are “added upon” (Abraham 3:26) with a body.



but he cannot compel. “The devil has no power over us only as we permit him.”¹²

Ultimately, the gift of a perfected, resurrected body helps put us beyond Satan’s power forever. If there were no Resurrection, “our spirits must become subject to . . . the devil, to rise no more. And our spirits must have become like unto him, and we become devils, angels to a devil, to be shut out from the presence of our God, and to remain with the father of lies, in misery, like unto himself” (2 Nephi 9:8–9).

The Spirit and the Body Are Not Enemies

Though they are different, the spirit and the body do not belong to two essentially different and irreconcilable realities. As Joseph Smith learned, “There is no such thing as immaterial matter. All spirit is matter, but it is more fine or pure, and can only be discerned by purer eyes; we cannot see it; but when our bodies are purified we shall see that it is all matter” (D&C 131:7–8).

In His glorified, resurrected state, Jesus Christ represents the perfect union of spirit and body, illustrating for us that “the spirit and the body are the soul of man” (D&C 88:15). In this life we strive to be “spiritually-minded” rather than “carnally-minded” (2 Nephi 9:39), to “[put] off the natural man” (Mosiah 3:19), and to “bridle all [our] passions” (Alma 38:12). But that doesn’t mean that the spirit and the body are enemies. As Jesus Christ showed us, the body is not to be despised and transcended but mastered and transformed.



Life in a Mortal Body Has a Meaningful Purpose

The notion that this life is a test makes more sense when we consider what we know about our lives before and after it. We lived as spirits before we came to earth, and Heavenly Father intends for us to become like Him and live forever with immortal physical bodies. These truths mean that our time of testing in these mortal bodies is not arbitrary but has real meaning and purpose.

As Elder Christofferson has explained: “By our choices we would demonstrate to God (and to ourselves) our commitment and capacity to live His celestial law while outside His presence and in a physical body with all its powers, appetites, and passions. Could we bridle the flesh so that it became the instrument rather than the master of the spirit? Could we be trusted both in time and eternity with godly powers, including power to create life? Would we individually overcome evil? Those who did would ‘have glory added upon their heads for ever and ever’ [Abraham 3:26]—a very significant aspect of that glory being a resurrected, immortal, and glorified physical body.”¹³

Our experiences in our present bodies, including our relationships with one another, are meaningful because they are a likeness of that which is to come. As Joseph Smith learned, “That same sociality which exists among us here will exist among us there, only it will be coupled with eternal glory, which glory we do not now enjoy” (D&C:130:2).

*In His glorified,
resurrected state,
Jesus Christ represents
the perfect union
of spirit and body,
illustrating that “the
spirit and the body
are the soul of man”
(D&C 88:15).*



Ever since the sight of the empty tomb, the Resurrection of Jesus Christ has brought hope because we recognize in His Resurrection the prospect of our own.

We Have Hope in Jesus Christ

Ever since the sight of the empty tomb, the Resurrection of Jesus Christ has brought hope because we recognize in His Resurrection the prospect of our own, in which “all [our] losses will be made up to [us] . . . , provided [we] continue faithful.”¹⁴

The Savior’s early Apostles were able to bear a bold witness of His Resurrection because they had seen and felt His body. But there was much more to it than that. Just as Jesus Christ had healed bodily infirmities in order to show that He had power to forgive sins (see Luke 5:23–25), His Resurrection—the tangible evidence of His power to overcome physical death—became His followers’ assurance of His power to overcome spiritual death. The promises He gave in His teachings—forgiveness of sins, peace in this life, eternal life in the Father’s kingdom—became real and their faith unshaken.

“If Christ be not raised, [our] faith is vain” (1 Corinthians 15:17). But because He *did* rise from the dead, we can “have hope through the atonement of Christ and the power of his resurrection, to be raised unto life eternal, and this because of [our] faith in him according to the promise” (Moroni 7:41).

During His mortal life, Jesus Christ invited people to follow Him. After His death and Resurrection, the destination became even clearer. If we, by obedience to the laws and ordinances of the gospel, cultivate a “celestial spirit” within us, we can “receive the same body which was a natural body” and be “quickened by a portion of the celestial glory [and] then receive of the same, even a fulness” (D&C 88:28–29). He has shown the way. He is the way. It is by His power—through His Atonement and Resurrection—that this celestial fulness is possible, which includes a fulness of joy in a resurrected body. ■

NOTES

1. When Jesus Christ appeared to the people in the New World, He asked them—thousands of them—to come, “one by one,” and touch His hands, feet, and side so that they could witness that they had both felt and seen the resurrected Lord (see 3 Nephi 11:14–15; 18:25).
2. *Teachings of Presidents of the Church: Joseph Smith* (2007), 49.
3. See Genesis 1:27; Exodus 33:11; Acts 7:56.
4. Though similar ideas were contained in

- earlier Christian creeds, this particular formulation comes from the Thirty-Nine Articles of the Anglican Church (1563).
5. *Teachings: Joseph Smith*, 42.
6. Jeffrey R. Holland, “The Only True God and Jesus Christ Whom He Hath Sent,” *Ensign* or *Liahona*, Nov. 2007, 42.
7. D. Todd Christofferson, “The Resurrection of Jesus Christ,” *Ensign* or *Liahona*, May 2014, 113.
8. Even the revelation of the premortal Jesus Christ was a testimony of this fact,

- since it showed that the body of His spirit was human in form (see Ether 3:16).
9. *Teachings: Joseph Smith*, 211.
10. David A. Bednar, “We Believe in Being Chaste,” *Ensign* or *Liahona*, May 2013, 41.
11. *Teachings: Joseph Smith*, 211.
12. *Teachings: Joseph Smith*, 214.
13. D. Todd Christofferson, “Why Marriage, Why Family,” *Ensign* or *Liahona*, May 2015, 51.
14. *Teachings: Joseph Smith*, 51.

Come, Come unto Him

Heartfelt ♩. = 44-48

Words by Steven K. Jones
Music by Michael F. Moody

mp

R.H.

1. He
(2. He)
(3. He)

5

came to us; He loved us that much. There is - n't a soul He's un -
came to earth; He lived as a man. There's no earth - ly care He
lived like us, ac - quain - ted with grief. To those who be - lieve He

8

rall.

wil - ling to touch; No life so dark He can - not light; No
can't un - der - stand; No earth - ly pain He did not feel; No
of - fers re - lief. He o - pens eyes; He for - gives sin For the

11

a tempo

sad - ness, no sor - row He can - not right. Come, come un - to
hun - ger, no heart - ache He can - not heal. Come, come un - to
hum - ble, the faith - ful who fol - low Him. Come, come un - to

2



14

Him. _____
Him. _____ Come to Him. Come learn of Him. _____ He's
Him. _____

17

meek and hum - ble and low - ly of heart. Come, come un - to

20

1. 2. 3.
Him. _____ 2. He 3. He Oh,

23

rall.
come, come un - to Him. _____

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A BRIDGE TO Hope AND Healing

With appropriate help, victims of sexual abuse can find the healing they so deeply desire.

By Nanon Talley

LDS Family Services, Texas, USA

Imagine you are standing at the edge of a cliff and want to get to the other side of a deep canyon, where you have been told that great happiness awaits you. As you search for a way to cross, you find a pile of supplies that, if put together correctly, will build a bridge to cross the canyon.

If you don't know how to build the bridge, the supplies will be useless and you will feel frustrated and hopeless. But if you get help from someone who has experience in building bridges, your knowledge and understanding can increase and together the task can be accomplished.

Over the past 18 years, my job has been to provide tools and guidance to help people cross the gulf of emotional or mental suffering. Of all the people I have counseled, no other clients seem to come so wounded as those who have been victims of sexual abuse. I have seen the impact that this challenge has on the individual's ability to endure well to the end.

However, I have also come to know that lasting relief from our struggles and suffering is possible through our Savior. His love lifts people out of darkness into light.

Why Does Sexual Abuse Cause Such Harm?

Victims of abuse tell me of a life full of depression, self-doubt, and other deep emotional pains. President Gordon B. Hinckley (1910–2008) helped us understand why sexual abuse causes such deep hurt:

“There is the terrible, vicious practice of sexual abuse. It is beyond understanding. It is an affront to the decency that ought to exist in every man and woman. It is *a violation of that which is sacred and divine*. It is destructive in the lives of children. It is reprehensible and *worthy of the most severe condemnation*.”

“Shame on any man or woman who would sexually abuse a child. In doing so, the abuser not only *does the most serious kind of injury*. He or she also stands condemned before the Lord.”¹

The power of procreation is a sacred and divine power our Father in Heaven has given to His children. Elder David A. Bednar of the Quorum of the Twelve Apostles taught: “The power of procreation is spiritually significant. . . . Our Heavenly Father and His Beloved Son are

creators and have entrusted each of us with a portion of Their creative power.”² It’s no wonder, then, that violation of this sacred power is “worthy of the most severe condemnation” and causes the “most serious kind of injury.”

Understanding the Hurt

Sexual abuse is any nonconsensual interaction that involves touching or non-touching behaviors in which a person is used for the sexual gratification of another person. Far too often, victims of sexual abuse are left with confused thinking as well as feelings of unworthiness and shame that can be almost too heavy to bear. The pain and suffering victims experience is often intensified by others’ comments rooted in a misunderstanding of sexual abuse and its effects. Some victims are accused of lying or are told that the abuse was somehow their fault. Others are mistakenly led to believe that they must repent, as if they had somehow sinned by being victimized.

Many clients I have worked with who experienced sexual abuse in their childhood or youth are told to “get over it,” “leave it in the past,” or “just forgive and forget.” These types of statements—especially when coming from close friends, family members, or Church leaders—can lead the victim to increased secrecy and shame rather than healing and peace. Similar to a serious physical wound or infection, these emotional wounds do not just go away if ignored. Rather, the confusion that begins during the abuse grows, and together with the resulting painful emotions, one’s thinking may become altered, ultimately leading to the development of unhealthy behaviors. It is not uncommon for victims of abuse not to recognize that what occurred to them was abusive, yet they may still develop unhealthy behaviors and painful emotions.

Hannah (name has been changed) experienced sexual abuse early in her childhood. Like other victims, she grew up feeling like she was a terrible person who had no worth. She spent most of her life trying to serve others enough to make up for her feelings of not being “good



enough” for Heavenly Father or anyone else to love. In her relationships, she feared that if anyone truly knew her, they would think she was as awful as she believed she was. She experienced an intense fear of rejection that led to being afraid of trying new things in life or doing simple tasks like calling someone on the phone. She was blessed with a talent for artwork but gave up on it for fear of not being able to handle criticism.

For over 50 years her feelings of helplessness, powerlessness, fear, anger, confusion, shame, loneliness, and isolation guided her daily decisions.

Replacing Pain with Peace

The Savior suffered “pains and afflictions and temptations of every kind.” He did this so that He would “know according to the flesh how to succor his people” (Alma 7:11–12). His suffering was not just for our sins but also for our healing when someone else’s sins cause us suffering.

If He were here today, I imagine that the Savior would weep with and bless those who have been sexually abused, as He wept with and blessed the Nephites (see 3 Nephi 17). While He is not here physically, His Spirit can be with us, and He has provided a way for us to be healed, to feel peace, and to forgive.

For many who have been hurt, the



idea that the pain they carry could be replaced with peace is almost impossible to believe. Often the wounds of the abused go unnoticed and unrecognized by others for years. The hurt is masked by smiling faces, a willingness to help others, and living life as if nothing was wrong, yet the pain is constantly there.

Let’s compare the emotional healing process with that of caring for and treating a physical injury. Suppose that when you were young, you broke your leg. Rather than going to the doctor to get it set, you hobbled along until the deep pain was gone, but there is always a slight pain with each step you take. Years later you want the pain to go away, so you go to a doctor. The doctor must reset the bone, clean away any buildup that has grown, cast it, and send you to physical therapy to strengthen your leg.

The process of healing from abuse is similar in that the victim must first recognize that the pain is real and that something can be done about it. The process includes acknowledging

COMMON BEHAVIORS OF VICTIMS

Victims often struggle with relationships and may constantly seek approval from others, become passive, put up barriers to keep people at a distance to avoid getting hurt, become promiscuous to seek nurturing through sexual activity (including pornography and self-stimulation), or do the exact opposite and avoid anything related to sex. The shame associated with these behaviors often inhibits individuals from seeking help from parents, priesthood leaders, or professionals because they do not understand the connection between what happened to them and their behaviors.

In living the gospel, victims tend to go to one extreme or the other: Some become overly religious. In an attempt to cover what they think is their unworthiness, they try to do everything right. Others feel that they are never going to be worthy of eternal life and at times give up trying.

LESSONS FROM DOCTRINE AND COVENANTS 123

While the Prophet Joseph Smith was imprisoned in the jail at Liberty, Missouri, he wrote an epistle to the Church, comprising sections 121–124 of the Doctrine and Covenants, which include the “duty of the Saints in relation to their persecutors” (D&C 123, section heading). He did not tell the Saints who had suffered persecution and physical injuries to keep their hurt to themselves and pretend like nothing happened. Consider how the counsel given in section 123 can apply to the problem of abuse.



what happened and allowing the feelings of being hurt, scared, and sad to be felt, acknowledged, and validated. Often it is helpful to work with a professional experienced in this healing process. (Check with your priesthood leader to learn if LDS Family Services is available in your area.)

Whether or not the victim has access to professional help, it is best to pray, study the life of the Savior and His Atonement, and visit regularly with a priesthood leader. He can help ease the burdens and receive inspiration to help the victim understand their divine worth and relationship with Father in Heaven and the Savior. As Sister Carole M. Stephens, First Counselor in the Relief Society General Presidency, recently taught: “Healing may be a long process. It will require that you prayerfully seek guidance and appropriate help, including counseling with properly ordained priesthood holders. As you learn to communicate openly, set appropriate boundaries and perhaps seek professional counseling. Maintaining spiritual health throughout the process is vital!”³

For Hannah, her life had become so uncomfortable that she sought help. She knew from her testimony that she could feel peace and contentment in life but did not feel them on a consistent basis. Through prayer and talking with her bishop, she was guided to counseling, where she was able to gain the tools she needed to bring the truth out of darkness and share the awful burden she had been carrying alone. In doing so, she was able to release the pain and find the peace promised by the Savior (see John 14:27). Along with this peace and comfort came the desire and ability to forgive.

The Need to Forgive

The idea of forgiving is often difficult for victims of abuse to hear and is often misunderstood. If they think of forgiveness as letting the abuser off the hook or saying that what they did doesn’t matter anymore, the victim won’t feel validated. While we are commanded to forgive (see D&C 64:10), in situations where the harm is deep, healing typically must begin

before the victim can fully forgive the abuser.

Those who are suffering the pains caused by abuse may find comfort in this counsel from the Book of Mormon: “I, Jacob, would speak unto you that are pure in heart. Look unto God with firmness of mind, and pray unto him with exceeding faith, and he will console you in your afflictions, and he will plead your cause, and send down justice upon those who seek your destruction” (Jacob 3:1). The need for justice and the right to restitution can be turned over to the Lord so He can replace our hurt with peace.

Hannah eventually found that she could turn the need for justice over to the Savior and in return find a feeling of peace in her life as she had never before experienced. Previously, she had feared attending family gatherings where the abuser would be present. Now, due to her willingness to face difficult emotional wounds on her way to healing, she no longer fears being in his presence and can even have compassion for him in his old age.

Free of Needless Burdens

Elder Richard G. Scott (1928–2015) of the Quorum of the Twelve Apostles stated that “complete healing will come through your faith in Jesus Christ and His power and capacity, through His Atonement, to heal the

scars of that which is unjust and undeserved. . . .

“He loves you. He gave His life that you may be free of needless burdens. He will help you do it. I know that He has the power to heal you.”⁴

The adversary wants to keep people bound by pain and suffering because he is miserable (see 2 Nephi 2:27). With the help of our Savior, Jesus Christ, pain can truly be replaced with peace, only as the Savior is able to give, and we can live with joy. “Adam fell that men might be; and men are, that they might have joy” (2 Nephi 2:25). Living with joy will allow times of trial to be more bearable and enable us to learn and grow and become more like our Father in Heaven.

I am humbled by the blessing I have had in my life to sit with those who have been harmed by abuse and see the miracle of healing that truly comes only through the Savior. If you are suffering, please prayerfully turn for help. You do not have to carry the heavy burden alone. I know He heals, for I have witnessed it countless times. ■

NOTES

1. Gordon B. Hinckley, “Save the Children,” *Ensign*, Nov. 1994, 54; emphasis added.
2. David A. Bednar, “We Believe in Being Chaste,” *Ensign* or *Liahona*, May 2013, 42.
3. Carole M. Stephens, “The Master Healer,” *Ensign* or *Liahona*, Nov. 2016, 11.
4. Richard G. Scott, “To Be Free of Heavy Burdens,” *Ensign* or *Liahona*, Nov. 2002, 88.

COUNSEL FOR LEADERS, FAMILY, AND FRIENDS

When a victim trusts you enough to share with you their sufferings and abuses, conversations with them should begin with love and empathy for them. Far too often victims have shared with me that when they approached their bishop for help, the first focus was on needing to forgive the offender. This can leave the victim feeling as if all that matters is the offender. When this happens, individuals rarely return to their bishops for help and miss out on the spiritual healing that is possible with ecclesiastical love and support.

Forgiving is a vital piece in the healing process and is a commandment—but please trust that allowing someone to first acknowledge their suffering, feel their feelings, and talk about them with a trusted person will in time lead to the healing that comes from being able to forgive the abuser.

Church leaders can refer to **ministering.lds.org** to find “Abuse: Help for the Victim” for more information.

The Old Family Album:

The Power of Family Stories

My ancestors' legacies live on through me, continually influencing my life for the better.

By Amneris Puscasu

One summer morning before World War II, my great-grandfather woke up as he always did—before sunrise. He went outside his house on a hill overlooking a green valley and his village in Romania, and sat on the grass covered by the early morning dew, deeply absorbed in his thoughts—the same thoughts that had been on his mind for a while. An educated man with a big heart and an inquisitive mind, he was loved and respected by everyone in the village.

His village, situated in the land of the ancient river Olt, was the prototype of the eternal image of the

Romanian village, in which archaism combines with fairy-like landscapes, a treasure of picturesque customs, and a natural responsibility to care for the objects and traditions one inherits from one's forefathers and pass them to the next generation.

After the sun arose, he went inside the house and confessed to his wife that he had been curious to see what his funeral would be like, and he wanted to have a dress-rehearsal funeral. He set the date, bought the coffin, hired the priest and professional mourners, and acquired all other items required by the Greek Orthodox tradition. The day of the dress-rehearsal funeral came. The tables were set in the middle of the village for the remembrance feast, the family was all dressed in black, the priest came, my great-grandfather lay down in the coffin, rearranging the pillow so he could have a comfortable view, and the funeral procession began. When the ceremony ended, the whole village was invited to the feast, where my great-grandfather fulfilled his dream of dancing at his own funeral. He lived another 20 years, often checking to see if his coffin still fit him.

Not Just Names and Dates

I have never met my great-grandfather, but his story has always been my favorite. It was passed down to me by my



grandparents. Every day they would tell my siblings and me stories about our ancestors: where they came from, what they were like, their values, dreams, and hopes. After every Sunday meal, my grandparents took out the old family album. With every turn of the page, stories came to life, past and present, as hearts were knit together in a tapestry of love that defies the test of time.

They were not just old photographs with names and dates scribbled on the back. Behind every face was a father or a mother, a son or a daughter, a brother or a sister. To us they were real people with hopes and dreams, struggles and disappointments, successes and failures. Though they are no longer physically present, their stories continue to live, their legacies continue to shine, and their faces continue to smile from an old family album that today binds in love the hearts of six generations.

Strength in Times of Trial

By the time I was 19, my parents and most of my immediate family were dead, and many of the possessions that I had inherited were lost or stolen. And yet there is one thing that time, natural calamities, or even death could never destroy: the bridge spanning past, present, and future that

each of my family members built. Because of their diligence, the thread that binds our hearts has proven stronger than any mortal trials and has given me the strength to overcome difficult circumstances.

When my parents and grandparents died, I felt such deep sorrow that I wondered if I would have enough strength to keep going. But I felt their influence from beyond the veil, and that helped me gain an unshakable testimony of life after death and, later, of temple ordinances.

I don't remember how my mother looked, nor have I met my great-grandparents, but every time I pick up the old family album, I see myself in their eyes. I am who I am because of all those who came before me, and their experiences and wisdom have shaped my character and guided me.

I think often of my family on the other side of the veil and of the sacrifices they made for me in order to have a better life. I think of the temple ordinances that enable us to be together again as a family someday. And I think of the Atonement of Jesus Christ, who made all of this possible. He paid the price so that we might live. For this we love Him and worship Him with gratitude today and forever. ■

The author lives in New York, USA.





**By Elder Larry R.
Lawrence**
Of the Seventy



The War Goes On

*The war that began in heaven continues to this day.
In fact, the battle is heating up as the Saints
prepare for the return of the Savior.*

Anyone who follows international news will agree that we live in a time of “wars and rumors of wars” (D&C 45:26). Fortunately, everyone on earth is a war veteran. We have been battling the hosts of evil in an ongoing war that began in the premortal sphere before we were born.

Because we had not yet received physical bodies, we fought the War in Heaven without swords, guns, or bombs. But the fighting was just as intense as any modern war, and there were billions of casualties.

The premortal war was fought with words, ideas, debate, and persuasion (see Revelation 12:7–9, 11). Satan’s strategy was to frighten people. He knew that fear is the best way to destroy faith. He may have used arguments like these: “It’s too hard.” “It’s impossible to make it back clean.” “There’s too much risk.” “How do you know you can trust Jesus Christ?” He was very jealous of the Savior.

Thankfully, God’s plan triumphed over Satan’s lies. God’s plan involved moral agency for mankind and a great sacrifice. Jehovah, known to us as Jesus Christ, volunteered to be that sacrifice—to suffer for all our sins. He was willing to lay down His life for His brothers and sisters so that those who repented could come back clean and eventually become like their Heavenly Father. (See Moses 4:1–4; Abraham 3:27.)

*In the War in Heaven, we loved
and supported our Father in Heaven.
We wanted to become like Him.*

The other advantage that helped Jehovah win the hearts of God's children was the powerful testimonies borne by His supporters, led by Michael, the archangel (see Revelation 12:7, 11; D&C 107:54). In premortality, Adam was called Michael, and Satan was called Lucifer, which means the "lightbearer."¹ That may seem like a strange name for the prince of darkness (see Moses 7:26), but the scriptures teach that Satan was "an angel of God who was in authority in the presence of God" before he fell (see D&C 76:25–28).

How could a spirit with so much knowledge and experience fall so far? It was because of his pride. Lucifer rebelled against our Father in Heaven because he wanted God's kingdom for himself.

In his classic talk "Beware of Pride," President Ezra Taft Benson (1899–1994) taught that Lucifer "wished to be honored above all others" and that "his prideful desire was to dethrone God."² You have heard too that Satan wanted to destroy man's agency, but that was not the only reason he fell out of favor. He was cast out of heaven for rebellion against the Father and the Son (see D&C 76:25; Moses 4:3).

Why did you and I fight against the devil? We fought out of loyalty. We loved and supported our Father in Heaven. We wanted to become like Him. Lucifer had a different goal. He wanted to replace the Father (see Isaiah 14:12–14; 2 Nephi 24:12–14). Imagine how Satan's betrayal hurt our Heavenly Parents. In the scriptures, we read that "the heavens wept over him" (D&C 76:26).

After a heated campaign, Michael and his armies prevailed. Two-thirds of the heavenly hosts chose to follow

the Father (see D&C 29:36). Satan and his followers were cast out of heaven, but they were not sent immediately to outer darkness. First, they were sent to this earth (see Revelation 12:7–9), where Jesus Christ was to be born and where His atoning sacrifice would be carried out.

Why were Satan's hosts allowed to come to earth? They came to provide opposition for those who are being tested here (see 2 Nephi 2:11). Will they eventually be cast into outer darkness? Yes. After the Millennium, Satan and his hosts will be cast out forever.

Satan knows that his days are numbered. At the



Second Coming of Jesus, Satan and his angels will be bound for 1,000 years (see Revelation 20:1–3; 1 Nephi 22:26; D&C 101:28). As that deadline approaches, the forces of evil are fighting desperately to capture as many souls as they can.

John the Revelator was shown the War in Heaven as part of a grand vision. He was shown how Satan was cast down to earth to tempt mankind. This was John's reaction: "Woe to the inhabitants of the earth and of the sea! for the devil is come down unto you, having great wrath, because he knoweth that he hath but a short time" (Revelation 12:12).

So how does Satan spend his days, knowing he has no time to lose? The Apostle Peter wrote that "the devil, as a roaring lion, walketh about, seeking whom he may devour" (1 Peter 5:8).

What motivates Satan? He will never have a body, he will never have a wife or a family, and he will never have a fulness of joy, so he wants to make all men and women "miserable like unto himself" (2 Nephi 2:27).

The devil targets all men, but especially those who have the most potential for eternal happiness. He is clearly jealous of anyone who is on the pathway to exaltation. The scriptures teach that Satan "maketh war with the saints of God, and encompasseth them round about" (D&C 76:29).

The war that began in heaven continues to this day. In fact, the battle is heating up as the Saints prepare for the return of the Savior.

President Brigham Young (1801–77) prophesied "that the Church would spread, prosper, grow and extend, and that in proportion to the spread of the Gospel among the nations of the earth, so would the power of Satan rise."³

I think all of us would agree that this prophecy is being fulfilled as we watch evil infiltrate the societies of the world. President Young taught that we need to study the enemy's tactics in order to defeat him. I share four of Satan's proven strategies and some ideas on how to resist them.

Satan's Strategies

1. Temptation. The devil is brazen when it comes to putting wicked ideas into our minds. The Book of Mormon teaches that Satan whispers unclean and unkind thoughts and sows thoughts of doubt. He nags us to act on addictive urges and to entertain selfishness and greed. He doesn't want us to recognize where these ideas are coming from, so he whispers, "I am no devil, for there is none" (2 Nephi 28:22).

How can we resist this direct temptation? One of the most effective tools is to simply send Satan away. That's what Jesus would do.

The New Testament account of the Savior on the mount of temptations is instructive. After each temptation the devil presented to Him, Jesus used a two-step defensive technique: first, He ordered Satan to leave; then He quoted scripture.

Let me give you an example: "Get thee hence, Satan," commanded Jesus, "for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve" (Matthew 4:10). The next verse records, "Then the devil leaveth him, and, behold, angels came and ministered unto him" (Matthew 4:11). The Savior's defense was very effective!

The biography of President Heber J. Grant (1856–1945) gives insight into how President Grant, as a young man, resisted the devil. When President Grant recognized that Satan was whispering to him, trying to plant doubts in his heart, he simply said out loud, "Mr. Devil, shut up."⁴

You have the right to tell Satan to leave when you are confronted with temptation. The scriptures teach, "Resist the devil, and he will flee from you" (James 4:7).

The other part of the Savior's defense was to quote scripture. There is great power in memorizing scripture, as Jesus did. Scriptural verses can become an arsenal of spiritual ammunition.

When you are tempted, you can recite commandments such as "Remember the sabbath day, to keep it holy," "Love your enemies," or "Let virtue garnish thy thoughts unceasingly" (Exodus 20:8; Luke 6:27; D&C 121:45). Scripture power not only intimidates Satan, but it also brings the Spirit into your heart, reassures you, and fortifies you against temptation.



2. Lies and deception. The scriptures reveal that Satan is “the father of lies” (2 Nephi 9:9). Don’t believe him when he whispers messages such as “You never do anything right,” “You are too sinful to be forgiven,” “You will never change,” “No one cares about you,” and “You have no talents.”

Another of his oft-used lies is the following: “You need to try everything at least once—just to gain experience. One time won’t hurt you.” The dirty little secret that he doesn’t want you to know is that sin is addictive.

Another effective lie that Satan will try on you is this: “Everyone else is doing it. It’s OK.” It’s not OK! So tell the devil that you don’t want to go to the celestial kingdom—even if everyone else is going there.

Although Satan will lie to you, you can count on the Spirit to tell you the truth. That’s why the gift of the Holy Ghost is so essential.

The devil has been called “the great deceiver.”⁵ He attempts to counterfeit every true principle the Lord presents.

Remember, counterfeits are not the same as opposites. The opposite of white is black, but a counterfeit for white might be off-white or gray. Counterfeits bear a resemblance to the real thing in order to deceive unsuspecting people. They are a twisted version of something good, and just like counterfeit money, they are worthless. Let me illustrate.

One of Satan’s counterfeits for faith is superstition. His counterfeit for love is lust. He counterfeits the priesthood

You can count on the Spirit to tell you the truth. That's why the gift of the Holy Ghost is so essential.



by introducing priestcraft, and he imitates God's miracles by means of sorcery.

Marriage between a man and a woman is ordained of God, but same-sex marriage is only a counterfeit. It brings neither posterity nor exaltation. Although his imitations deceive many people, they are not the real thing. They cannot bring lasting happiness.

God warned us about counterfeits in the Doctrine and Covenants. He said, "That which doth not edify is not of God, and is darkness" (D&C 50:23).

3. Contention. Satan is the father of contention. The Savior teaches, "He stirreth up the hearts of men to contend with anger, one with another" (3 Nephi 11:29).

The devil has learned from centuries of experience

that where there is contention, the Spirit of the Lord will depart. Ever since he convinced Cain to kill Abel, Satan has influenced siblings to quarrel. He also stirs up problems in marriages, among ward members, and between missionary companions. He delights in seeing good people argue. He tries to start family arguments right before church on Sunday, right before family home evening on Monday night, and whenever a couple plans to attend a temple session. His timing is predictable.

When there is contention in your home or workplace, immediately stop whatever you are doing and seek to make peace. It doesn't matter who started it.

Contention often begins with faultfinding. Joseph Smith taught that "the devil flatters us that we are very righteous, when we are feeding on the faults of others."⁶ When you think about it, self-righteousness is just a counterfeit for real righteousness.

Satan loves to spread contention in the Church. He specializes in pointing out the faults of Church leaders. Joseph Smith warned the Saints that the beginning step to apostasy is to lose confidence in the leaders of the Church.⁷

Almost all anti-Mormon literature is based on lies about the character of Joseph Smith. The enemy works hard to discredit Joseph because the message of the Restoration hangs on the Prophet's account of what happened in the Sacred Grove. The devil is working harder today than ever before to make members question their testimonies of the Restoration.

In the early days of our dispensation, many priesthood brethren, to their regret, did not stay loyal to the Prophet. One of them was Lyman E. Johnson, who was excommunicated for unrighteous conduct. He later lamented having left the Church: "I would suffer my right hand to be cut off, if I could believe it again. Then I was full of joy and gladness. My dreams were pleasant. When I awoke in the morning my spirit was cheerful. I was happy by day and by night, full of peace and joy and thanksgiving. But now it is darkness, pain, sorrow, misery in the extreme. I have never since seen a happy moment."⁸

Think about those words. They stand as a warning to all Church members.

I am a convert to the Church. I was baptized when I was a 23-year-old young single adult attending medical school in Arizona, USA. I know first-hand how Satan works on investigators to confuse them and discourage them when they are seeking truth.

All during my youth, I had watched the examples of Latter-day Saint friends. I was impressed with the way they conducted their lives. I made the decision to learn more about the Church, but I did not want to tell anyone I was studying Mormonism. To avoid pressure from my friends, I decided to make my search a private investigation.

This was many years before the internet, so I went to the public library. I found a copy of the Book of Mormon and a book called *A Marvelous Work and a Wonder*, by Elder LeGrand Richards (1886–1983) of the Quorum of the Twelve Apostles. I began to read these books with great desire, and I found them inspiring.

While my spirit was yearning to learn more, Satan began to whisper in my ear. He told me that in order to be completely objective, I needed to read what was written by the critics of the Church also. I went back to the public library and began to look around. Sure enough, I found a book that discredited the Prophet Joseph.

Reading this anti-Mormon book confused me. I lost that sweet spirit and influence that had guided my investigation. I became frustrated and was about to abandon my search for truth. I was praying for an answer while reading anti-Mormon literature!

To my surprise, I received a phone call from a high



school friend who was attending Brigham Young University. She invited me to come visit her in Utah, promising that I would love the scenic trip. She had no idea that I was secretly studying about her Church.

I accepted her invitation. My friend suggested that we go to Salt Lake City to visit Temple Square. She was surprised by my enthusiastic response. She had no idea how interested I was to learn the truth about Joseph Smith and the Restoration.

The sister missionaries on Temple Square were very helpful. Without knowing it, they answered many of my questions. Their testimonies influenced me to “doubt [my]

The devil targets everyone, but especially those who have the most potential for eternal happiness.

doubts,”⁹ and my faith began to grow. The power of a heartfelt testimony cannot be overestimated.

My friend also shared her testimony with me and invited me to pray and ask God if the Church was true. On the long drive back to Arizona, I began to pray with faith—for the first time “with a sincere heart, with real intent” (Moroni 10:4). At some point on that trip, it seemed that my whole car lit up with light. I learned for myself that light can dispel darkness.

After I had decided to be baptized, the devil put up a final struggle. He worked on my family, who did everything in their power to discourage me, and they refused to attend my baptism.

I was baptized anyway, and gradually their hearts were softened. They began to help me research my family history. A few years later, I baptized my younger brother. The friend who invited me to visit her in Utah is now my wife.

4. Discouragement. Satan effectively uses this tool on the most faithful Saints when all else fails. For me, when I begin to feel discouraged, it helps me just to recognize who is trying to get me down. This makes me mad enough to cheer up—just to spite the devil.

Several years ago, President Benson gave a talk called “Do Not Despair.” In that insightful talk, he warned, “Satan is increasingly striving to overcome the Saints with despair, discouragement, despondency, and depression.”¹⁰ President Benson urged Church members to be on guard, and he gave 12 realistic suggestions for fighting discouragement.

His suggestions include serving others; working hard and avoiding idleness; practicing good health habits, which include exercising and eating foods in their natural state; seeking a priesthood blessing; listening to inspiring music; counting your blessings; and setting goals. And above all, as the scriptures teach, we are to pray always so we can conquer Satan (see D&C 10:5).¹¹

*Satan trembles when he sees
The weakest saint upon his knees.*¹²

It is important to know that there are limits to the power of evil. The Godhead sets those limits, and Satan is not

allowed to cross them. For example, the scriptures assure us that “power is not given unto Satan to tempt little children” (D&C 29:47).

Another significant limitation is that Satan does not know our thoughts unless we tell him. The Lord explained, “There is none else save God that knowest thy thoughts and the intents of thy heart” (D&C 6:16).

Perhaps this is why the Lord has given us commandments such as “Do not murmur” (D&C 9:6) and “Thou shalt not speak evil of thy neighbor” (D&C 42:27). If you can learn to bridle your tongue (see James 1:26), you won’t end up giving too much information to the devil. When he hears murmuring, complaining, and criticizing, he takes careful notes. Your negative words expose your weaknesses to the enemy.

I have good news for you. The armies of God are larger than the armies of Lucifer. You may look around and think to yourself, “The world is becoming more and more wicked. Satan must be winning the war.” Don’t be fooled. The truth is, we outnumber the enemy. Remember, two-thirds of God’s children chose the Father’s plan.

Brothers and sisters, make sure you are fighting on the Lord’s side. Make sure you are carrying the sword of the Spirit.

It is my prayer that at the end of your lives, you can say with the Apostle Paul, “I have fought a good fight, I have finished my course, I have kept the faith” (2 Timothy 4:7). ■

NOTES

1. Guide to the Scriptures, “Lucifer,” scriptures.lds.org.
2. Ezra Taft Benson, “Beware of Pride,” *Ensign*, May 1989, 5.
3. *Discourses of Brigham Young*, sel. John A. Widtsoe (1954), 72.
4. See Francis M. Gibbons, *Heber J. Grant: Man of Steel, Prophet of God* (1979), 35–36.
5. See, for example, Dieter F. Uchtdorf, “You Matter to Him,” *Ensign* or *Liahona*, Nov. 2011, 20; Gordon B. Hinckley, “The Times in Which We Live,” *Ensign*, Nov. 2001, 74; *Liahona*, Jan. 2002, 86.
6. *Teachings of Presidents of the Church: Joseph Smith* (2007), 454.
7. See *Teachings: Joseph Smith*, 318.
8. Lyman E. Johnson, in Brigham Young, *Deseret News*, Aug. 15, 1877, 484.
9. Dieter F. Uchtdorf, “Come, Join with Us,” *Ensign* or *Liahona*, Nov. 2013, 23.
10. Ezra Taft Benson, “Do Not Despair,” *Ensign*, Nov. 1974, 65.
11. See Ezra Taft Benson, “Do Not Despair,” 65–67.
12. William Cowper, in Robert Andrews, comp., *The Concise Columbia Dictionary of Quotations* (1987), 78.

Skaidrīte is one of the happiest people I have ever met. Her life seems picture perfect. But as a child she lived with her alcoholic mother, who was incapable of caring for her and her sister. Skaidrīte held her sister's hand as she died of starvation. Starting at age eight, Skaidrīte lived in a series of foster homes. She was kicked, beaten, and forbidden to pray. She was treated like a slave. Over the years, she contemplated suicide.

Years later, searching for hope, Skaidrīte entered an LDS meetinghouse.

LESLIE NILSSON, PHOTOGRAPHER

Skaidrīte Bokuma

Kurzeme Region, Latvia

A sister missionary greeted me and smiled. I thought she was an angel. Since that day my life has changed. It has been 17 years now, and all thoughts of ending my life have vanished. Today, I am positive. When I have burdens, I put them on God. I have learned to rely on Him for everything. Life is beautiful for me.

See more about Skaidrīte's journey from tragedy to faith at lds.org/go/41740.
Learn how to recognize and help those who may be considering suicide at lds.org/go/41738.





PLEASE DON'T PLAY THAT SONG

Some time ago, my family and I lived in Veracruz, Mexico, where my children attended elementary school. Each morning as I helped my three children get ready for school, we listened to the radio—the most popular station in the city—with a very pleasant program conducted by a young male radio announcer.

We began hearing a very catchy song. As I started paying closer attention to the lyrics, I realized that the things it said, though not vulgar, were suggestive and crude.

I said determinedly to my children, “We cannot listen to this type of language.” Perhaps they didn’t even pay attention to the lyrics of the song, but they did pay enough attention to be humming its tune.

They saw me turn off the volume on the stereo system and asked me what I was doing. “I am going to tell the radio announcer to take that song off the program.” Their astonishment encouraged me to take further action.

They couldn’t believe it and neither could I, but I picked up the telephone and called the radio station. I didn’t expect to get an answer, but to my surprise, the same radio announcer we had just heard on the show answered my call almost immediately.

I told him that I didn’t agree with listening to that song, since many

When we heard a very catchy song on the radio, I started paying closer attention to the lyrics.

families tuned in to the radio at that time in the morning. He asked me what I would suggest he replace it with, but his demeanor was so well-mannered that I asked only that he not play that song during the time when the children were at home.

I never found out if my call was on the air, but I was just grateful that the radio announcer had listened. And for the next few days, I could tell that my request had been granted.

That experience affirmed to me that we should be courageous when it is in our hands to make decisions and do what is necessary to protect our children from negative influences. As we do so, the Holy Ghost can continue being our constant companion. ■

Maria Hernandez, Texas, USA



THE LOST WALLET

Recently I moved to a new home and asked some Church members to help me with a project at my house. In the middle of the project, I left to buy some materials that we needed to finish. After we finished the project, I realized I didn't have my wallet. I panicked because inside my wallet were all my personal documents along with money I had just received from a client that morning. I retraced my steps to where I'd made the purchases but didn't have any luck. I went home and searched to see if I had dropped it somewhere, but I still didn't find it. I began considering the possibility that I would have to acquire new copies of all the documents. Then before leaving my home, a friend asked, "Have you prayed yet?"

I immediately thought, "Of course I've prayed already!"

But in reality, I had not prayed with real intent. Instead, I wanted to force my will on Heavenly Father and somehow make it His duty to help me find my wallet. But then I remembered the scripture in Isaiah 55:8: "For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord."



I asked Heavenly Father to answer our prayer in order to strengthen the faith of my wife and children.

On Sunday I went to church, and a member who had been with me the day before told me that he had prayed fervently to Heavenly Father that I might find my wallet. He said he had felt that I would find it. Later, as I sat down for my personal study, I began reading *Receiving Answers to Our Prayers* by Elder Gene R. Cook, emeritus member of the Seventy. The first page told a story with a problem identical to mine: Elder Cook's son lost his wallet, so the family gathered together and prayed to the Lord that they would find it.

After reading that experience, I put what I learned into practice and gathered my wife and children together. We formed a circle, and each person

offered a prayer, imploring the Lord to help us find the wallet if it were His will.

I had previously witnessed the power of prayer, but afterward, as I prayed in private, I asked Heavenly Father to answer our prayer in order to strengthen the faith of my wife and children.

The next day a man called me. He said he had found my wallet, including the money. I wept like a child because my prayer was answered and my family's faith was strengthened.

I know that Heavenly Father, even with so many children to attend to, responds to each of us according to His time and in His way. ■

Luiz Marcelino, Goiás, Brazil

RESCUED IN THE FOYER

My husband often has to work on Sundays, leaving me in charge of taking our four sons to church alone. One particular Sunday during sacrament meeting, my two toddlers were at odds with each other. If I got one of the boys interested in a book, his brother wanted it. I tried snacks, toys, and coloring, but nothing worked. I was overwhelmed with my boys, who just couldn't seem to sit quietly for one hour.

I pulled a small toy out of my bag and handed it to my one-year-old. Immediately a scream came from my three-year-old, Tyson, as he pounced on his younger brother, trying to retrieve the toy. I was humiliated as I carried two screaming, fighting little boys out into the foyer.

My face was immediately wet with hot tears. Why did this have to be so hard? I was doing what Heavenly Father wanted me to do by bringing my family to church, right? But I couldn't do it anymore. It was exhausting and embarrassing to fight my boys through sacrament meeting alone every week. I didn't ever want to come back.

I sat with these thoughts for only about 15 seconds, and then a sister who I barely knew came out into the foyer after me. Her name was Sister Beus. She usually sat alone, as her husband served in the bishopric

I was overwhelmed with my boys, who just couldn't seem to sit quietly for one hour.



ILLUSTRATION BY ALLEN GARNIS

and her children were grown. She said, "You're always here alone! I can see that you're trying so hard. Could Tyson sit with me?" I couldn't even think of a response! I just nodded as she took him by the hand and led him, now calm and happy, back into the chapel.

I wiped away my tears, picked up my baby, and humbly walked back into the chapel to enjoy the rest of the meeting in peace.

The next Sunday as we walked into sacrament meeting, Tyson searched for his new friend. At night he would pray, "Thank you, Heavenly Father, for Sister Beus. I love her so much!"

It's been over three years, and Tyson still often searches the chapel for Sister Beus. Last year she was called to be Tyson's Primary teacher. He was the happiest little boy alive.

I am so grateful for Sister Beus and her willingness to love and serve others. I know that we can bless the lives of others when we serve as the Savior did. ■

Kristi Lewis, Utah, USA

DONE!

During my interviews as a bishop one Sunday afternoon, I had the pleasure of sitting down with a good friend to talk about some challenges he was facing. After listening to his concerns for a few minutes, I felt that what he needed was consistency in reading the scriptures. I was also reminded that, as his bishop, I too should be more constant in my scripture study, which was something I had been struggling with. So I suggested that we become "accountability partners" in striving to study more consistently.

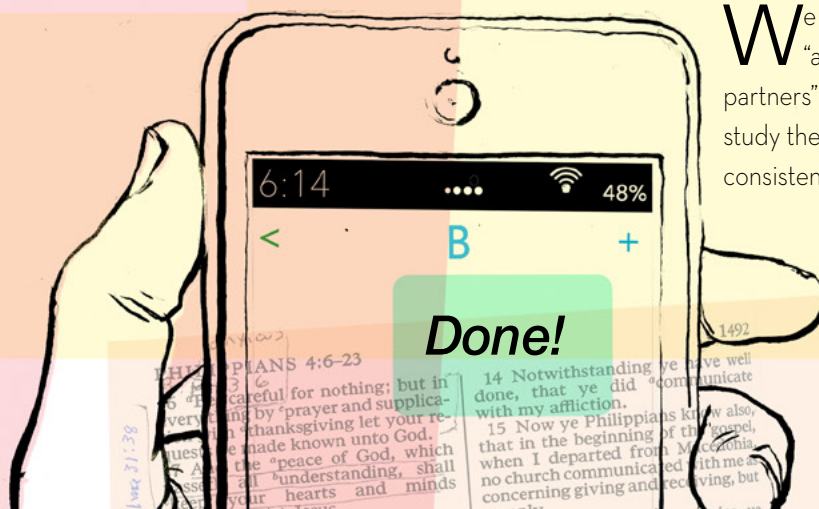
Every day after we finished reading our scriptures, we would text each other the word *Done!* Knowing that someone else was waiting to hear whether or not the other had completed his reading for the day was great motivation for the both of us. If one of us forgot, receiving a text was a reminder. If the other person did not text, he wasn't called out on it. We let each other take this challenge on without making the other person feel guilty.

We started the challenge six months ago now, and I don't recall

a day that we have missed reading our scriptures. This brother stood up during fast and testimony meeting a couple of months ago and shared his testimony of the positive impact that daily scripture study was having on him and his family.

I am grateful for this brother and his friendship, as well as his daily texts. I have seen how technology, when used properly, can enhance our lives. I'm also thankful for the scriptures and how they testify of Christ. I know that the Savior's atoning sacrifice makes it possible for each of us to return to live with Him someday. ■
Alex Whibley, British Columbia, Canada

We became "accountability partners" in striving to study the scriptures more consistently.





YOUR PERSONAL LIAHONA

"Your blessing is not to be folded neatly and tucked away. It is not to be framed or published. Rather, it is to be read. It is to be loved. It is to be followed. Your patriarchal blessing will see you through the darkest night. It will guide you through life's dangers. . . . Your patriarchal blessing is to you a personal Liahona to chart your course and guide your way."

President Thomas S. Monson, "Your Patriarchal Blessing: A Liahona of Light," *Ensign*, Nov. 1986, 66.



Understanding Your Patriarchal Blessing

By Allie Arnell and Margaret Willden

Life is full of uncharted waters: *Where should I go to school? What should I study? Should I go on a mission? Whom should I marry?* If you were given a personal map to navigate the decisions of life, would you follow it?

Heavenly Father and Jesus Christ have given us such a map—patriarchal blessings—to give us direction in our lives. Though we are given the gift of agency to make decisions of our own free will, patriarchal blessings can shed light on what paths will bring the greatest happiness.


But simply having a map isn't enough. We must study, understand, and apply the meaning within the map. Likewise, as you come to understand the language used in your patriarchal blessing—your own personal guide to life—you will be able to discern who you are in God's eyes and what you can become.

Discover Your Lineage

First and foremost, your patriarchal blessing declares your lineage, or the specific tribe of the twelve tribes of Jacob (who was later called Israel) to which you belong. Though we are not all literal descendants of Jacob, the scriptures teach us that Church members are adopted into the house of Israel: “For as many as receive this Gospel shall be called after thy name, and shall be accounted thy seed, and shall rise up and bless thee, as their father” (Abraham 2:10).

Shelisa Schroepel of Utah, USA, says, “Knowing that I’m from the house of Jacob helps me understand my purpose in this life and why I’m called to certain callings in the Church.”

Your patriarchal blessing may also describe any related blessings that accompany your particular tribe. For instance, many members of the Church belong to the tribe of Ephraim, a tribe that has the unique responsibility to



Identifying the parts of your blessing can help you find direction for your life.

spread the message of the restored gospel to the world (see Deuteronomy 33:13–17; D&C 133:26–34).

Find Personal Counsel

When used properly, a map keeps a traveler from becoming lost. Similarly, on this earthly journey, your patriarchal blessing may offer counsel and direction for your life. Your patriarchal



TIPS FOR STUDY

- Identify counsel, warnings, talents, and promises in your patriarchal blessing. Pray about how they might apply to you in your current stage of life.
- Study your blessing thoroughly and often throughout your life. The same sentence can have multiple meanings to you at different times.
- Remember that a patriarchal blessing doesn't mention every aspect of your life. Even if an important goal isn't mentioned in your blessing, it can still be an important thing to strive for.
- Be obedient to the gospel. The blessings in your patriarchal blessing are contingent upon your righteousness.
- Set goals to seek the gifts and develop the talents mentioned in your blessing.
- Reflect on where you are headed in life and where you eventually want to be. How do your goals align with your patriarchal blessing?
- Consider making a copy of your patriarchal blessing to use for study. You can write insights, highlight words that stand out, and note scriptures that relate to your blessing.

blessing doesn't simply tell you what to do, but it can offer personalized insights about which paths—if pursued in faith—can help you know when you're aligning your life with Heavenly Father's will. As you study your patriarchal blessing and seek to live in a manner that invites the Spirit of the Lord, you can find safety, joy, and direction.

Gabriel Paredes of Lima, Peru, says, "Some of the counsel that was given to me in my blessing I have only been able to fully apply with my family after being sealed to my wife.

"Recently we had been wondering what we could do to strengthen and build our new family. Our question was answered through my patriarchal blessing. In it I am advised to prioritize respect, tolerance, and love in my family, because these are some of the important foundations of the gospel of Jesus Christ.

"As we have focused on this, my wife and I have been able to overcome problems. We still have occasional challenges as a family, but we're happy. I felt like the Lord was reminding me how I could have the family that He promised me. I know that the Lord speaks through patriarchal blessings and that the counsel in them is to be used in our lives."

Heed Admonitions

A map won't necessarily mark every hazard along the way, but fortunately, patriarchal blessings often

sound warnings to protect us along the way. Some of these admonitions help protect us from Satan's influence; others might enlighten us on how we can overcome the natural man within us.

For Caitlin Carr of Utah, some of the admonitions in her patriarchal blessing weren't immediately clear, but later study of her blessing yielded new insights.

"When I received my patriarchal blessing, I was warned about people who would try and sway me from the truth with pleasing talk. I didn't think much of it; I had a firm belief in the doctrines I'd been taught.

"However, the following year I was confronted with ideas and philosophies that, on the surface, seemed rooted in fairness and love but were not. These messages seemed to be coming from everywhere: the media, school, even close friends. Even though I knew these philosophies were contrary to God's plan, I found myself wanting to support both these new worldly ideas *and* the Church. I soon realized that 'no man can serve two masters' (Matthew 6:24) and that I shouldn't rely on the wisdom of men. Heavenly Father resolved my doubts through the scriptures and spoke peace to my mind and heart. As a result, my testimony has been strengthened and I have become more firm in defending that which I know to be true."

Develop Gifts and Talents

Your patriarchal blessing can also mention spiritual gifts and talents that the Lord has given you to build up His kingdom. If your blessing mentions a talent that is unfamiliar to you, this could be because you may not yet have had the chance to discover or develop this talent. Through diligent seeking and the help of the Lord, you can grow to embody this talent and many more.

Developing your talents helps you recognize the unique things you contribute to the Lord's work. Johanna Blackwell of California, USA, ponders the gifts and talents in her blessing when she feels tempted to compare herself with others: "As I look over the words in my patriarchal blessing, I am reminded that I have been blessed with the gifts I've personally needed to overcome trials and participate in the hastening of the Lord's work.

"My blessing tells me of my ability to love, forgive, and have the courage to mingle with those around me. As I've practiced these gifts, the Lord has blessed me with an increased desire to encounter and connect with new people and cultures. Consequently, my testimony has grown that we are all children of a loving Heavenly Father, and I've been able to serve others as we each seek to become more like Christ."

Seek Promised Blessings

Lastly, our patriarchal blessings reveal Heavenly Father's promised blessings to us if we remain faithful to Him. There is no guarantee as to when these promises will be fulfilled, but we can know that as long as we obediently live the gospel, they will be fulfilled, whether in this life or the next.

Sergio Gutierrez of Nevada, USA, relies on a promise in his patriarchal

blessing whenever he feels worried about his future career plans: "At times I feel anxious about the uncertainty in my future, but there is a promise in my patriarchal blessing that always sets my mind at ease. This promise helps me know that as long as I work hard and remain faithful, I will have the necessary resources to be able to care for my family and to build up the Church. I don't know exactly what career path I want to pursue yet, but having this promise gives me faith and confidence."

If you've ever wondered what Heavenly Father's will is for you, you're not alone. The Lord understood that you would be faced with many different paths you could pursue in your life, so He has provided you with a personal map to keep your life aligned with His gospel. Patriarchal blessings can't make our decisions for us, but they can lead us to our own personal revelation. Through our patriarchal blessings, we are shown how we fit into the Lord's plan to gather Israel by learning of our tribe; we are given personal counsel, admonitions, and promises; and we are taught about the unique gifts and talents Heavenly Father has given us to serve Him. As long as you try to live in accordance with all of these elements of your own patriarchal blessing, you can know that your decisions have been within the Lord's will for your life. ■

The authors live in Illinois, USA, and New York, USA, respectively.



The Lord has provided you with a personal map to keep your life aligned with His gospel.

Preparing for a New Journey

By Karina Martins Pereira Correia de Lima

In the weeks leading up to my marriage and temple sealing, I started getting a little nervous about all the things I needed to do before I started my new family. Despite all the joy of that moment, I felt stressed about organizing our new routine, getting our finances in order, finding storage for our belongings, and all my new responsibilities as a wife. I wanted to make sure we started off our marriage the right way by making room in our activities for important things like keeping the commandments and spending time together as husband and wife in spite of our busy lives.

As the wedding day came closer, I was surprised by a series of nightmares involving all sorts of troubles that could affect a family. Because I come from a loving but afflicted family, threatened by constant and

intense arguments and broken hearts, the bad dreams affected me more than they should have. So one night, after several others like it, I woke up sweating and decided to follow the advice that Sister Neill F. Marriott, Second Counselor in the Young Women General Presidency, gave in her talk “Yielding Our Hearts to God” (*Ensign* or *Liahona*, Nov. 2015, 30–32). I closed my eyes and prayed, “Dear Heavenly Father, what can I do to keep these bad things away from my family?”

The answer hit me as fast and as strongly as if someone had opened a door into my head and put the thought there. The still, small voice prompted me, “Just do what you are supposed to do. Be faithful in each step.” The Spirit whispered some specific counsel, and I felt that if I did those things, everything would be fine.

Like Nephi sailing into the unknown, I needed to exercise faith in the Lord about starting a family.

I smiled and felt my chest filled with warmth. All the worries were suddenly forgotten, because I knew it was true. I had felt the Holy Ghost before, but never as strong as I did that night. I felt the love of our Heavenly Father and our Savior surround me, and I knew that the comfort and salvation of my family was as



important for Them as it was for me.

As an added assurance, a story from the scriptures came to my memory—the moment that the Lord ordered Nephi to build a ship: “And it came to pass that the Lord spake unto me, saying: Thou shalt construct a ship, *after the manner which I shall show thee*, that I may carry thy people across these waters” (1 Nephi 17: 8; emphasis added).

Nephi and his family had been in the wilderness for years, enduring all sorts of tribulations. He could have felt afraid of starting a journey across the sea and let his fears become stronger than his faith. But he didn’t. He accepted and obeyed the instructions of God. He had faith that His promises would be fulfilled. The Lord never told Nephi that storms wouldn’t occur or that waves wouldn’t hit the ship. But He told Nephi that if he followed His directions, he would be able to guide his family safely across the ocean to the promised land.

I realized that I had also traveled through a wilderness for many years,

but now I was in front of the sea, preparing for a new journey: marriage. I have been called—and I think that is the case for all Latter-day Saint families—to build a ship following God’s instructions.

Once my husband and I got married, troubles did come. I got sick, and we struggled to keep our financial affairs balanced and to put into practice all the good habits we had decided to follow.

But the counsel I had received that night remained in my heart. We tried daily to learn and treasure the word of God in our hearts, to follow the good examples of our dear leaders—including Christ—and to improve our own behavior. I gained a stronger testimony of prayer and truly tasted the Father’s love for us. I started to trust more and fear less. We realized that the difficulties we faced had become steps to improvement. Today our home seems like a little piece of heaven.

We are still in the beginning of our journey, but getting

married and starting a family was the best choice I have ever made. My heart is full of joy when I think about the temple ordinance we received and know that it was sealed by God’s authority. The more I understand about the importance of the family in Heavenly Father’s plan and the sacredness of the covenant we made, the more I want to help other families receive the same ordinance.

I learned that we don’t need to worry about what is going to happen, because “God hath not given us the spirit of fear; but of power, and of love, and of a sound mind” (2 Timothy 1:7). We simply need to be obedient, follow the instructions given through the scriptures and the words of modern-day prophets, and ask in prayer for more personal instructions. If we do these things, we can cross the ocean of these last days confident that no matter what kind of trouble hits us, our loved ones will be safe. ■

*The author lives in
Paraná, Brazil.*



How Can I Study in **MY MIND** and with

Find out what you can do when you have questions.

What should you do when you have a question about something doctrinal, historical, or personal? How do you find an answer? The Lord promises, “I will tell you in your mind and in your heart, by the Holy Ghost” (D&C 8:2). How do you use your mind *and* heart to recognize inspiration? Here are a few ideas.

MIND

Study, Pray, Listen

Elder Robert D. Hales of the Quorum of the Twelve Apostles said that when we are making “major life decisions . . . , Heavenly Father expects us to use our agency, study the situation out in our minds according to gospel principles, and bring a decision to Him in prayer” (“The Holy Ghost,” *Ensign* or *Liahona*, May 2016, 105).

It’s the same for any question. As you study, pray sincerely about answers you find along the way. The Holy Ghost will give you promptings—whether by ideas, words in your mind, or other personal reminders—to guide you to the further answers you need.

Use Resources

Search the scriptures, including the Guide to the Scriptures and other study helps. You can also search other LDS resources such as general conference talks, Gospel Topics on LDS.org, the Church magazines, the Joseph Smith Papers Project, and more. (See page 54 for a list of helpful Church resources.)

Talk about It

Don’t be afraid to ask for help. Elder Ronald A. Rasband of the Quorum of the Twelve Apostles encouraged, “I’m going to give you a challenge. . . . You need to think of someone [who can help you find answers]—a trusted friend, a parent or parents, grandparent, teacher, bishopric, [or] adviser . . . —and you need to get these questions answered” (Face to Face broadcast, Jan. 20, 2016). Give it a try! Talk to someone you trust about your questions and find answers together.

Pray

Listen

Talk

ILLUSTRATION BY JOSH TALBOT

MY HEART?

Study

Study

Pray

Listen

Patience

HEART

Study, Pray, Listen

These are important steps for pondering with both your mind *and* your heart. President Dieter F. Uchtdorf, Second Counselor in the First Presidency, said, “If you want to recognize spiritual truth, you have to use the right instruments. You can’t come to an understanding of spiritual truth with instruments that are unable to detect it” (“Receiving a Testimony of Light and Truth,” *Ensign* or *Liahona*, Nov. 2014, 22). The Holy Ghost is the instrument through which we learn spiritual things. So when you pray and listen to the Spirit, in time you will be able to find answers.

Be Patient

President Uchtdorf also explained, “The more we incline our hearts and minds toward God, the more heavenly light distills upon our souls. . . . Gradually, things that before seemed hazy, dark, and remote become clear, bright, and familiar to us” (“Receiving a Testimony of Light and Truth,” 22). Searching for answers can be a long process. But if you are willing to listen for the answers, even if it takes time, you will find them.

Practice Identifying Promptings

The more you identify promptings and are willing to act when the Spirit whispers to your heart, the easier it becomes to recognize additional promptings in the future. You may “feel that it is right” or experience a “stupor of thought” if it’s wrong (see D&C 9:8-9). You might also feel a gentle reminder, a feeling of peace, or another feeling that is specific to you. The Lord knows you, and He knows how you will understand the Spirit. He will give you loving guidance that is unique to you. So keep listening and keep practicing. ■



ANSWERS FROM GOD

“Addressing honest questions is an important part of building faith, and we use both our intellect and our feelings. The Lord said, ‘I will tell you in your mind and in your heart’ [D&C 8:2]. Not all answers will come immediately, but most questions can be resolved through sincere study and seeking answers from God.”

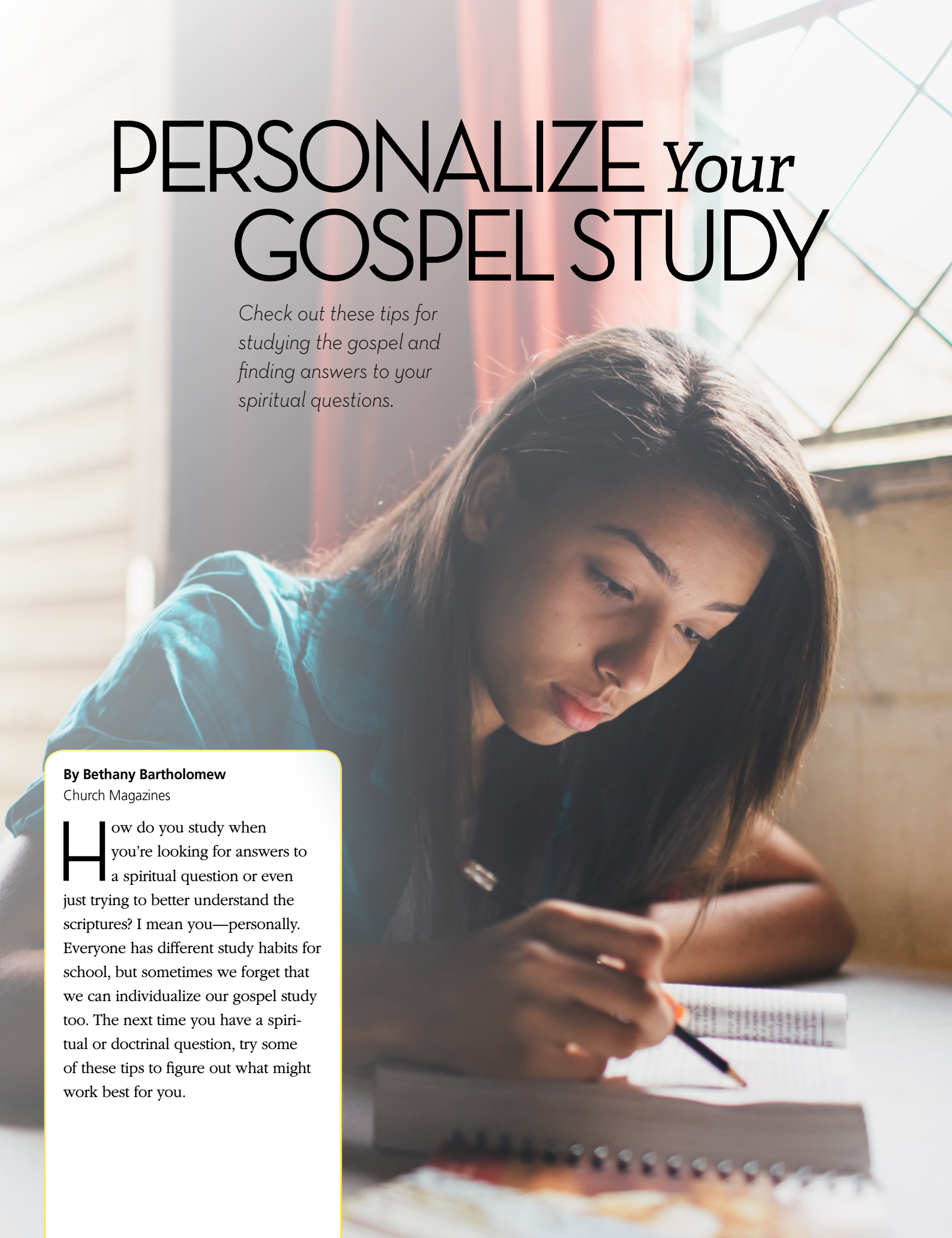
Elder Neil L. Andersen of the Quorum of the Twelve Apostles, “Faith Is Not by Chance, but by Choice,” *Ensign* or *Liahona*, Nov. 2015, 66.

PERSONALIZE *Your* GOSPEL STUDY

Check out these tips for studying the gospel and finding answers to your spiritual questions.

By Bethany Bartholomew
Church Magazines

How do you study when you're looking for answers to a spiritual question or even just trying to better understand the scriptures? I mean you—personally. Everyone has different study habits for school, but sometimes we forget that we can individualize our gospel study too. The next time you have a spiritual or doctrinal question, try some of these tips to figure out what might work best for you.





1. CREATE

Make a list, a chart, or a map.
(See below for an example.)

Make a study web. Write down words and ideas and then connect them with lines and bubbles to show how they're related.

CREATE A LIST, CHART, OR MAP

Sometimes it's helpful to visually organize your thoughts during gospel study by putting them into a list, chart, or map of some kind. Here is an example of the sort of chart someone could create when studying the epistles of Paul in the New Testament. You can create a list, chart, or map of your own using any format that helps you most. Get creative! Find fun ways to organize your gospel study.

PAUL'S EPISTLES			
EPISTLE	WITH A COMPANION?	WRITING FROM...?	MAIN TOPICS OF EPISTLE
Example: 1 Timothy	Not mentioned	Laodicea (see note at the end of 1 Timothy 6)	True doctrine, the Savior, prayer, faith and charity, leadership qualities, apostasy, caring for the poor, staying faithful, avoiding worldly riches

2. WRITE

Record thoughts and impressions you receive during your scripture study in a study journal and review those thoughts often.

Write down your thoughts and impressions after your prayers, even if the impressions aren't directly related to the topic you're studying. See what the Spirit is teaching you over time.

Jot down your questions in a notebook, on your phone, or on a notepad by your bed to remind you and to help you keep thinking about what you're learning every day.



3. LISTEN AND DISCUSS

Talk to a parent or trusted leader. Work it out together. It might take a while, but you'll both grow in the process.

Teach someone else. Take turns sharing what you *do* know. Discuss what you learned from each other.

Listen to scriptures or other LDS stories and resources out loud.

4. RESEARCH

Search study helps in the scriptures and online (see below for a list of helpful LDS resources).

Search on LDS.org for videos and songs about what you're studying.

Study context. Research the history or the chapters surrounding the topic or scripture you're studying.



ON LDS.ORG

- Scriptures (scriptures.lds.org)
- General conference (conference.lds.org)
- Gospel Topics (topics.lds.org)
- Magazines (liahona.lds.org)
- Church history (history.lds.org)
- Study helps (scriptures.lds.org)
- Lessons and teaching resources (lds.org/go/41754a)
- LDS Media Library (lds.org/media-library)
- Help with challenges (lds.org/go/41754b)

LET STUDY HELPS HELP YOU

There are a lot of valuable resources available in the scriptures and online to help you as you study important topics. Here's a list of some of the resources available to you and where to find them:



IN THE SCRIPTURES

- Guide to the Scriptures
- Bible Chronology (events from the Old and New Testaments put into chronological order with approximate dates)
- Harmony of the Gospels (stories about the Savior from the Gospels of Matthew, Mark, Luke, and John organized by events, places, and approximate dates)
- Joseph Smith Translation of the Bible
- Maps and photographs
- Abbreviations guide



OTHER ONLINE RESOURCES

- Family history (familysearch.org)
- Mormon Channel (mormonchannel.org)
- Scriptures cited in general conference (scriptures.byu.edu)
- Mormon Newsroom (mormonnewsroom.org)
- Missionary work and gospel sharing (mormon.org)
- Joseph Smith Papers Project (josephsmithpapers.org)

5. DO

Act out stories from the scriptures or other resources. How does putting yourself in that person's shoes help you better understand what you're studying? What would similar situations look like in your life?

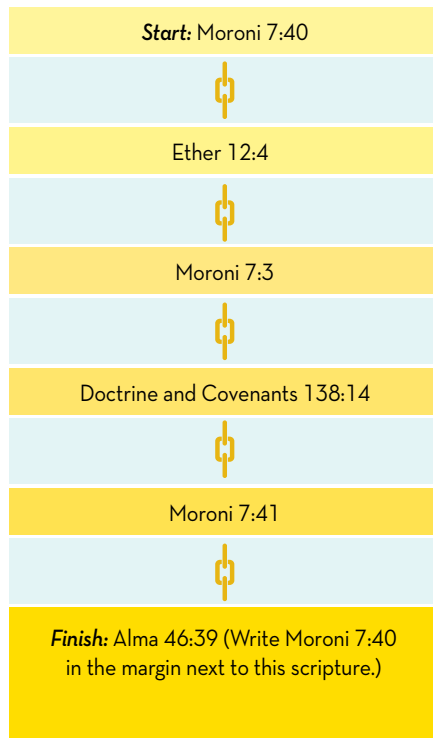
Make a scripture chain that connects answers you find in the scriptures. (See below for an example.)

MAKE A SCRIPTURE STUDY CHAIN

Sometimes it's helpful to make a note of several scriptures that cover the same topic. Check the Guide to the Scriptures for scriptures that relate to the topic you are studying. Then use footnotes and context to link to scriptures with more information on the same subject. Write the scripture that comes next in the chain in the margin of the previous scripture and so on. You can also search for conference talks about a specific topic to help you in your research (see the topics list at conference.lds.org). The scripture study chain on the topic of hope is an example.

SCRIPTURE STUDY CHAIN

Scriptures about hope:



Talks about hope:

- Bishop Dean M. Davies, "The Blessings of Worship," Oct. 2016 general conference.
- Elder Paul V. Johnson, "And There Shall Be No More Death," Apr. 2016 general conference.
- President Dieter F. Uchtdorf, "He Will Place You on His Shoulders and Carry You Home," Apr. 2016 general conference.
- Elder L. Whitney Clayton, "Choose to Believe," Apr. 2015 general conference.
- President Boyd K. Packer (1924–2015), "The Reason for Our Hope," Oct. 2014 general conference.
- President Henry B. Eyring, "A Priceless Heritage of Hope," Apr. 2014 general conference. ■





**By Elder
Quentin L. Cook**
Of the Quorum of the
Twelve Apostles

HOW TO FIND REAL PEACE

The heavenly aspiration of good people everywhere has and always will be for peace in the world. We must never give up on achieving this goal. But, President Joseph F. Smith (1838–1918) taught, “There never can come to the world that spirit of peace and love . . . until mankind will receive God’s truth and God’s message . . . , and acknowledge his power and authority which is divine.”

We earnestly hope and pray for universal peace, but it is as individuals and families that we achieve the kind of peace that is the promised **reward of righteousness**. This peace is a promised gift of the Savior’s mission and atoning sacrifice.

Peace is not just safety or lack of war, violence, conflict, and contention. Peace comes from **knowing that the Savior knows who we are** and knows that we **have faith in Him, love Him, and keep His commandments**, even and especially amid life’s devastating trials and tragedies (see D&C 121:7–8).

“Where can I turn for peace? Where is my solace when other sources cease to make me whole?” (“Where Can I Turn for Peace?” *Hymns*, no. 129). **The answer is the Savior**, who is the source and author of peace. He is the “Prince of Peace” (Isaiah 9:6).

Humbling ourselves before God, **praying** always, **repenting** of sins, entering the waters of **baptism** with a **broken heart** and **contrite spirit**, and **becoming true disciples** of Jesus Christ are profound examples of the righteousness that is rewarded by abiding peace.

The Church is a refuge where followers of Christ attain peace. Some young people in the world say they are spiritual but not religious. Feeling spiritual is a good first step. However, it is in the Church that we are **fellowshipped, taught, and nourished by the good word** of God. More importantly, 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.

Temples are where many of these sacred ordinances occur and are also a source of peaceful refuge from the world. Those who **visit temple** grounds or participate in temple open houses also feel this peace.

The Savior is the source of true peace. Even with the trials of life, because of the Savior’s Atonement and His grace, righteous living will be rewarded with personal peace (see John 14:26–27; 16:33). ■

From an April 2013 general conference address.

Forgotten Books, Remembered Testimony

All eyes were on me. Could I defend the Church with just my simple testimony?

By Abegail D. Ferrer

One year I had a goal to improve my spiritual learning. I would bring Church books, pamphlets, manuals, and scriptures everywhere, including to school, as I hungered for the words of God. But my efforts slowed when I became busy studying for an upcoming quiz.

One day our teacher led a discussion in which she asked all the non-Catholic students in the room to stand. I was the only Latter-day Saint in the class. Six other students also stood.

Then we were questioned: What church do you belong to? Who was the founder? How was your church established?

I was the last to answer. I was nervous when I realized I hadn't brought my Church books, but I tried to remember the things I had studied. A Bible verse came to mind:

"Trust in the Lord with all thine heart; and lean not unto thine own understanding.

"In all thy ways acknowledge him, and he shall direct thy paths" (Proverbs 3:5–6).

I stood in front of the class with boldness and forgot my fears. I

stated that I am a member of The Church of Jesus Christ of Latter-day Saints. I shared the story of a young boy, Joseph Smith, who saw God. I felt a burning in my bosom, and tears fell from my eyes. I shared that the Church had been organized on April 6, 1830, and I testified that a prophet of God had been called and the priesthood restored. I testified that I knew all this was true.

The many hours of gospel study had been worth it. It had helped me defend my faith and share the gospel. I was proud when, several weeks later, four of my classmates joined me at church.

That experience taught me the importance of a testimony. At first I wondered why the Lord hadn't prompted me to bring my books that day. They would have helped me perfectly answer the questions being asked. But then I realized that we need not memorize everything about the Church or rely on references—we should study, live, and share the gospel, relying on the Holy Ghost. I may not have had my books, but I had my testimony. ■

The author lives in Cagayan, Philippines.



THEY SAW HIM

*These individuals actually saw
the resurrected Savior, but you too
can be a witness of Christ in
your own way.*

What do you think it would be like to witness the resurrected Savior? For hundreds of people in Jesus's time, they didn't have to imagine it—they lived it. The scriptures tell of at least a dozen recorded instances in the New Testament and several others in the Book of Mormon when the resurrected Lord appeared to the people. These individuals witnessed one of the greatest miracles in history: Jesus Christ overcoming death and making it possible for each of us to live again. Pretty incredible, right?

So what does it exactly mean to be a witness of Christ? Let's check out a few of these moments in the scriptures and think how we, even without physically seeing Him, can also be witnesses of Christ.

Mary Magdalene

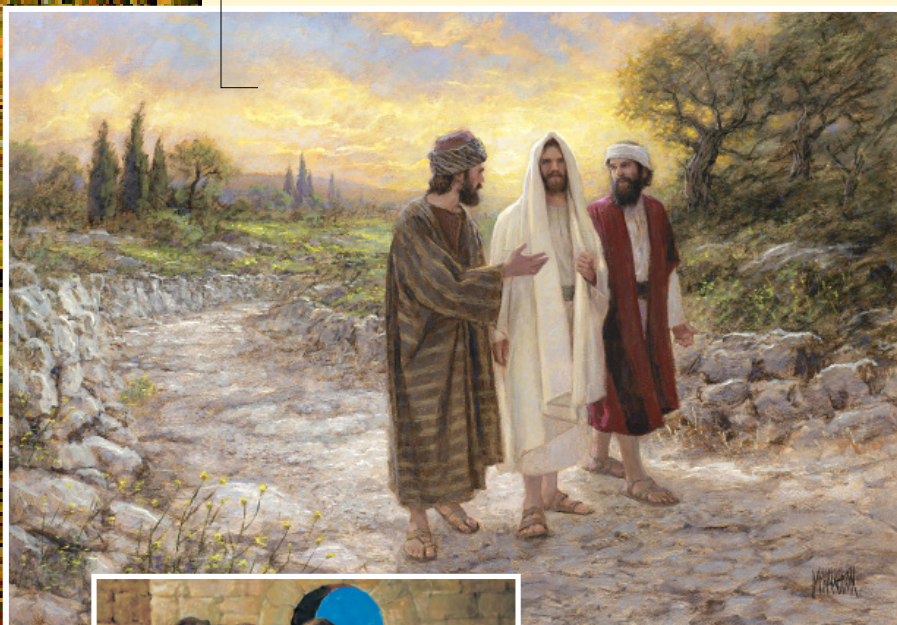
Mary Magdalene was the first witness. The Sunday morning after the Crucifixion, she came to the sepulchre with a few other women to anoint the Lord's body. When Mary discovered an empty tomb, she wept. Someone approached her from behind and asked, "Woman, why weepest thou?" Imagine her surprise when she discovered that it was Jesus, risen from the dead. (See John 20:1-18.)



PENNANT © ISTOCK/GETTY IMAGES

Two Disciples on the Road to Emmaus

Cleopas and another disciple were walking on the road to Emmaus when they were joined by a stranger. They didn't recognize their new companion, but during their evening meal together, the stranger broke bread. Then their eyes were opened, and they realized that they had been traveling with the Savior all along. "Did not our heart burn within us . . . ?" they asked each other, pondering the confirmation that they felt that He had truly been with them. (See Luke 24:13-34.)



The Ten Apostles

The two disciples who had traveled to Emmaus with Christ returned to Jerusalem and told ten of the Apostles about their experience. While they were speaking, the Savior Himself appeared to them, saying, "Behold my hands and my feet, that it is I myself: handle me, and see; for a spirit hath not flesh and bones, as ye see me have." (See Luke 24:36-41, 44-49.)

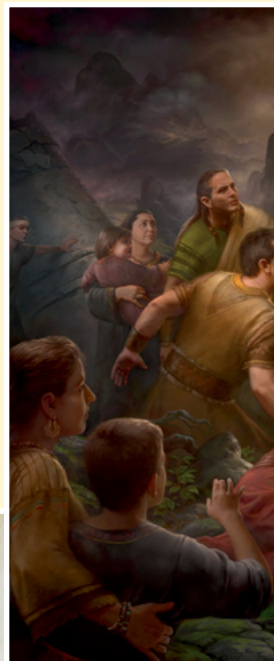


The Apostle Thomas

The Apostle Thomas wasn't present when the Savior first appeared to the other Apostles, so he didn't believe that Christ had been resurrected. One week later, Christ again appeared to the Apostles. This time Thomas was there, and because he saw Christ, he believed that He had risen. The Savior cautioned Thomas against believing only after seeing: "Because thou hast seen me, thou hast believed: blessed are they that have not seen, and yet have believed." (See John 20:24-29.)



PAINTING OF THOMAS BY BRIAN CALL



The Eleven Apostles at the Sea of Tiberias

One day not long after the Resurrection, several of the Apostles went fishing in the Sea of Tiberias but didn't have much luck. The next morning, the Savior appeared and advised them to cast the net on the right side of the boat. When they did, the net caught so many fish that they could hardly pull it in! After feasting together, the Savior taught about the importance of ministering to others, saying, "Feed my sheep." The Apostles would spend the rest of their lives doing just that—teaching the people about Christ—and in some cases, they even gave up their lives for the cause. (See John 21:1-22.)

THE RESURRECTED CHRIST AT THE SEA OF TIBERIAS, BY DAVID LINDSLEY





ONE SHEPHERD, BY HOWARD LYON

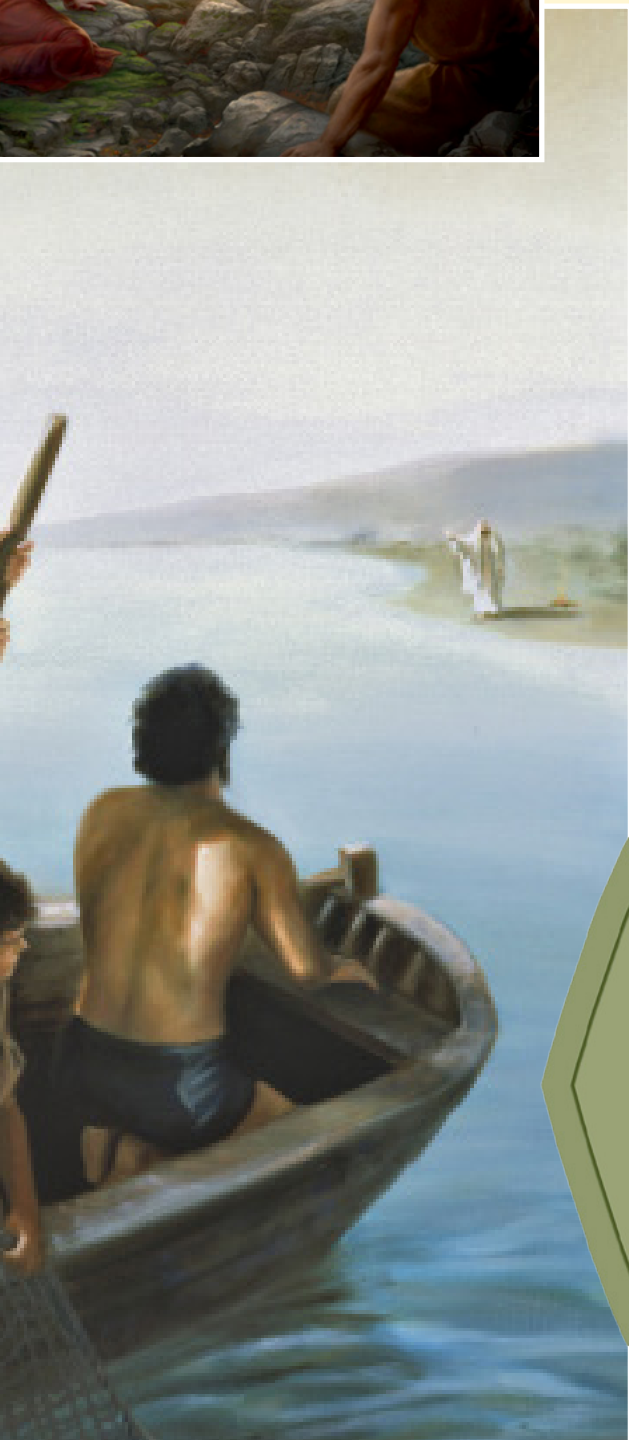
The Nephites in the Americas

During the Crucifixion, land in the Americas was ravaged by earthquakes, fires, other natural disasters, and three days of darkness to mark the Savior's death. Later, Christ descended from heaven and visited a multitude of 2,500 gathered near the temple at Bountiful. He invited the people to feel the wound marks in His hands and feet and side, offered a sermon, and blessed the children of the Nephites one by one. Even more people gathered the next day, and the Savior visited and taught them. The disciples eventually formed the Church of Christ, and the Nephites received such a powerful witness that they and the Lamanites too became converted unto the Lord. (See 3 Nephi 11–18; see also 3 Nephi 8–10; 4 Nephi 1.)

Witnesses Then and Now

Christ also appeared to many others, including several women who had come to the sepulchre to help Mary Magdalene anoint the body of Christ, a group of over 500 men, James, and Paul. (See Matthew 28:9; Acts 9:4–19; 1 Corinthians 15:6–7; see also 3 Nephi 19; 26:13.)

We may not have the opportunity to see the Savior as these witnesses did, but you can still be a witness of Christ. You can personally seek the Savior, like Mary did when she went to the tomb, by learning more about Him. Or you might exercise your faith in Him by keeping the commandments and following the counsel of the prophets. Or you could recognize the Savior's blessings in your life, as the two disciples walking to Emmaus did. This Easter season, think about what it means to be a witness of Christ. These people were literal witnesses who actually saw the resurrected Christ—but that's not the only way you can witness Him in your life. ■



LEARN OF HIM



"As you feel the Holy Spirit's testimony of [Christ], confirmed and reconfirmed to your spirit in many different experiences and settings, as you strive to hold up the light of His example in your own life day by day, and as you bear testimony to others and help them learn of and follow Him, you are a witness of Jesus Christ."

Elder D. Todd Christofferson of the Quorum of the Twelve Apostles, "Becoming a Witness of Christ," *Ensign* or *Liahona*, Mar. 2008, 63.

OUR SPACE

GOD GIVES US TOOLS

My uncle is an artist and makes small wooden ships in glass bottles. It takes a lot of time, concentration, and effort to make them.

One day I saw all of his tools and noticed how each tool was used for a specific detail or molding on the ship. As I watched him work, I was surprised by how he would use the tools to make these ships. I was reminded of the story of Nephi building a ship (see 1 Nephi 17–18). He built it according to the Lord’s way, not man’s way. God gives us tools to build our own ships in His way. The scriptures, faith, and the love of God are tools that I must use in my own life to carefully construct my own ship without any cracks. I am learning each day to be a disciple of the Lord. ■

María Mercedes G., Monagas, Venezuela



FEELING ALONE

It was a cold spring in Denmark. I had just begun my full-time mission, and my testimony was struggling. I was a convert of only 19 months and full of insecurities about facing a foreign country, a language I couldn’t speak, and a maze of streets I couldn’t fathom navigating. My once gratitude-filled prayers soon became sour accusations: “God, why have you left me all alone?”

One morning I pled with Him in prayer. But instead of asking “why” with anger in my heart, I begged for

a witness of the gospel’s truth and suppression of my doubts.

After praying, I flipped my scriptures open. I landed on Deuteronomy 31:6: “Be strong and of a good courage, fear not, nor be afraid of them: for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee.”

My heart was full of joy as I realized the answer to my prayer: God had been there all along. He was simply waiting for sincere prayer rather than accusations of abandonment.

God will never leave me, even when all seems hopeless. And we can feel His sunshine through prayer and His scriptures. ■

Clayton E., Texas, USA

IT’S YOUR TURN

The *Liahona* welcomes your experiences and insights in living the gospel. Submit your story at liahona.lds.org or email it to liahona@ldschurch.org. Please include your full name, ward and stake, and parent’s permission.

ONWARD

CHRISTIAN SOLDIERS

“The men and women, who desire to obtain seats in the celestial kingdom,
will find that they must battle every day.”

(Teachings of Presidents of the Church: Brigham Young [1997], 294.)



“How can I know God is listening to my prayers?”

Prayer is a great blessing, and we’re promised that Heavenly Father is always listening, but often it takes some work to recognize His answers.¹

Think about this: either God hears you or He doesn’t. If He doesn’t, then of course there’s no point in praying. But if He does (and He does!), we have to figure out how to *really* commune with Him in prayer, recognize answers, and faithfully move forward.

When we feel He’s not listening, maybe we need to experience some personal growth. You might ask yourself a few questions: Am I clean? Are my motives worthy? Am I willing to do what He asks?² If the answer to each of these is yes, you can trust that “the Lord thy God shall . . . give thee answer to thy prayers” (D&C 112:10). Remember, sometimes answers come in subtle or unexpected ways.

If you answered no to some of those questions, it’s never too late! Make the necessary changes in your life so you can have the Spirit. Be willing to act on promptings you receive.

And don’t forget that everyone receives answers differently. Pray that the Holy Ghost will teach you how *you* can recognize answers. It might not be easy to recognize them at first, but it’s like any other skill: practice makes perfect. Have faith and trust that Heavenly Father is *always* listening.

NOTES

1. See Matthew 7:7; James 1:5–6; Alma 33:4–11; Doctrine and Covenants 8:1–2.
2. See Richard G. Scott, “Learning to Recognize Answers to Prayer,” *Ensign*, Nov. 1989, 32.



Listen to the Spirit

Try to listen to the Holy Ghost. People hear the Holy Ghost in different ways, so maybe you’re listening for a still, small voice when the prompting may come as a feeling. I know that the Holy Ghost will tell you all that you need to know—you just have to listen.

Elise G., age 13, Alberta, Canada

Answers in Church

Once I had a huge doubt about whether to go on a date with a non-member. One Sunday in sacrament meeting, a sister gave a talk that seemed to be directed personally to me. At that moment, I received an assurance that the Lord had answered my prayer. Before, I had been confused about what to do, but then I was comforted by the Holy Ghost, who filled my heart with joy and courage. God answers us through feelings, thoughts, the scriptures, and even speakers at church!

Karen V., age 19, Minas Gerais, Brazil



Remember Who You Are

I know God hears us because prayer produces a feeling of peace, relief, and love in my heart. I see that He frees me from many dangers from day to day and that He protects my family, and I feel loved by Him. Before I go to school, I always

say the Young Women theme; it helps me remember that I am a daughter of Heavenly Father, who loves me.

Nicol M., age 19, Lima, Peru



A Child's Prayer

I know Heavenly Father hears my prayers because of these words in the Primary song

"A Child's Prayer" (*Children's Songbook*, 12): "Heavenly Father, are you really there? And do you hear and answer ev'ry child's prayer? Some say that heaven is far away, but I feel it close around me as I pray." When I remember that song, I know He is listening because I feel the Spirit and His infinite love for me. As I remember that He loves me, I feel comfort and know that He hears my prayers.

Elaine B., age 16, North Carolina, USA

Trust in Him

Heavenly Father always listens to our prayers, but sometimes it seems like He isn't answering our prayers because He may not answer us how or when we want Him to. We need to be willing to submit our will to His and have faith that He knows what's best for us. Heavenly Father loves us and will always try to help us learn and grow as He answers our prayers.

Mosiah M., age 17, Utah, USA

Ask and Ye Shall Receive

Through the scriptures, we are taught that God will always hear our prayers

and will answer them if we address Him with faith and real intent. In our hearts we will feel the confirmation that He does hear us, a feeling of peace and calm. We can also feel that everything will be fine when we follow the Father's will. If we doubt that He hears us, we ought to seek guidance in the scriptures and then ask if those things we read are true.

Constanza L., age 20, Bío Bío, Chile

Search It Out

I once wondered if God could hear my prayers, and then I felt the answer in my heart. I heard someone bear testimony about prayer, and I could feel the Holy Ghost. My other advice would be to ask your parents, bishop, or other members of your ward. You could even pray for help on this topic!

Joshua S., age 13, Oregon, USA

Pray Sincerely

After your prayer, you can listen to the feelings and intents that come



DON'T GIVE UP

"Be obedient, remember the times when you have felt the Spirit in the past,

and ask in faith. Your answer will come, and you will feel the love and peace of the Savior. It may not come as quickly or in the format you desire, but the answer will come. Do not give up!"

Elder James B. Martino of the Seventy, "Turn to Him and Answers Will Come," Ensign or Liahona, Nov. 2015, 59.

to your heart. One of them may be the answer to your prayer. When we pray with real intent and a sincere heart, our Heavenly Father responds according to the faith we have in Him. He doesn't respond just to satisfy our curiosity.

Jean-Claude N., age 16, Kasai-Central, Democratic Republic of the Congo

UPCOMING QUESTION

"How can I ask my friends not to talk unkindly or inappropriately about others?"

Submit your answer and, if desired, a high-resolution photograph by May 15, 2017, at liahona.lds.org (click "Submit an Article") or by email to liahona@ldschurch.org.

Please include the following information: (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.

Responses may be edited for length or clarity.

By Julie C. Donaldson

Based on a true story

"I'll try to repent, to do better, to pray"
(Children's Songbook, 98).

"**Y**ou think you're better than everyone else because you don't swear," Nikolai said at recess.

"That's not true," said Andrei.

"Then why won't you say one swear word? Just one? It's not going to kill you. Everybody else swears."

Andrei shrugged. "I just don't want to."

Andrei knew swearing was wrong and makes the Holy Ghost leave. Andrei wanted the Holy Ghost with him. So he didn't swear.

Andrei was new at school, and so far, Nikolai was the only one in his sixth-grade class who wanted to be his friend. But Nikolai bugged him about swearing every single day. And every day Andrei got a little more tired of saying no. Besides,

Andrei and the Bad Word

Andrei was afraid that Nikolai would stop being his friend, and then he'd really be lonely.

"Just say one swear word," Nikolai said after school. "Then I'll leave you alone."

Finally Andrei was so tired of being bothered that he

said one swear word—one that wasn't *too* bad.

Nikolai nodded. "Good, now you're one of us."

After that, Nikolai's other friends talked to Andrei too. They ate lunch with him and played football with him at recess. But





being in Nikolai's group of friends was like walking into quicksand. The more Andrei hung out with them, the more he talked and acted like them. And they all swore. A lot. They laughed at and insulted each other. They said rude things about their teachers. They got mad and acted mean a lot. Slowly Andrei started feeling angry more often and found more and more reasons to swear.

One night when Mom and Dad were gone, Andrei and his older sister Katya got into an argument about what show to watch. Before Andrei even thought about it, a swear word jumped out of his mouth.

Katya looked shocked. "I'm telling Mom."

Andrei ran to his bedroom and slammed the door. What was wrong with everyone? Why were they making him mad all the time? When his parents came home, Andrei cracked open his door and heard Katya say, "Mom, Andrei swore at me."

"What?" Mom sounded surprised. "Andrei would never swear."

Andrei closed the door and slumped down on his bed. He thought about how different he'd become since he started swearing. It had been a long time since he had felt the Holy Ghost.

Andrei knelt down by his bed and prayed. "Dear Heavenly Father, I'm so sorry I've been mean and angry. I'm sorry I started swearing. I'm going to do better."

As Andrei prayed, a warm feeling filled his heart. For the first time since he started swearing, he felt really happy. He knew God loved him, and he could feel the Holy Ghost. He felt forgiven and knew he could change and become better.

After his prayer, he told Mom the truth and apologized to Katya. Andrei felt better after that. It felt good to repent.

The next day at school, Andrei didn't eat lunch with Nikolai's group. Instead he sat next to some kids he didn't know. It would take time, but Andrei knew he would find friends who were good and happy and didn't swear. Just like him. ■

The author lives in Utah, USA.



CHALLENGE

"I will use the names of Heavenly Father and Jesus Christ reverently. I will not swear or use crude words" (My Gospel Standards).



On one side of a piece of paper, write or draw how good words make you feel. On the other, write or draw how bad words make you feel.



Read Leviticus 19:12. Why is it important to use the names of Heavenly Father and Jesus Christ with respect?



Ask a parent or leader why we should use good language and how it has blessed them.



I challenge myself to . . .





By Elder
David A. Bednar
Of the Quorum
of the Twelve
Apostles

How can I help my family be strong?



Tell your family you love them and show it by how you act.



Bear your testimony of the things you know to be true by the witness of the Holy Ghost. Share your testimony with the people you love the most.



Willingly join with your family in family prayer and scripture study. Be actively involved in family home evening and make it fun.



Be faithful in learning, living, and loving the restored gospel of Jesus Christ.



By Joy D. Jones

Primary General
President

Prepare for the TEMPLE Every Day

When I was nine years old, I had a wonderful Primary teacher named Sister Kohler. I was very shy, and she was so gentle that I loved being with her. One day she gave us each a piece of paper. We all wrote down what we wanted to do when we got older. I wrote: “Go to college and get married in the temple.” I taped my paper above my closet door. At night, light from the street lamp shone in through my window. I looked up at my piece of paper. It reminded me that I wanted to go to the temple.

Back then, there were only 12 temples in the world. I wanted to go to every one.

Whenever my mother and father planned a vacation, they always took our family to the temple. We lived in Oregon, USA. The nearest temple was 600 miles (965 km) away in Cardston, Alberta, Canada. Our car didn’t have an air conditioner. My brother and sister and I sat in the back seat. We would hang a wet washcloth outside the car window. Then we put it on our necks to cool off.

It was a thrill when we finally saw the temple. I didn’t know very much about what happened there, but my parents were always happy when they came out. I knew the temple was very important. I knew it was the Lord’s



house. (In the photo, that’s me in the white shirt.)

After I turned 12, I got to do temple baptisms in several temples. Then when I met my future husband, I found out that he loved the temple too! We got married in the Manti Utah Temple.

You can prepare for the temple every day. Go to the temple when you can. Touch its walls. When my grandson Jarret was 11 years old, he worked on family history every Sunday with his dad. He found many names of ancestors. Now that he is 12, he is doing baptisms in the temple for these ancestors!

When you are in the temple, you can walk where Jesus walks. It is His house. I hope you will pray every day for Heavenly Father to help you prepare to enter the temple and feel His love. ■

Star Shines

By Jane McBride

Based on a true story

*"It's nice to be here
with you in Primary"*
(Children's Songbook,
254).

Star tugged at her clothes. It still felt strange to wear a dress to church. In her old church the girls wore pants or shorts on Sunday. But not in her new church. She and her mom had just been baptized into The Church of Jesus Christ of Latter-day Saints.

Star sighed as she looked in the mirror. She was excited to go to church for the first time as an official member, but she was also nervous. Before, she stayed with Mom the whole time at church. But this time she was going to Primary.

Star blinked at her reflection. What if she didn't fit in? What if the other kids didn't like her?

"Star? Are you ready?" Mom called.

Star walked downstairs. "Do I look OK?" she asked.



Mom smiled. "You look beautiful."

Star made a face. "You have to say that. You're my mom."

"You're right. I do have to say that. Because it's true."

Star gave a small smile. Mom always had a way of making her feel better. But there were still butterflies in her stomach. What if none of the other kids wanted to talk to her?

She had friends at school, but they weren't members of her new church. She wished she had even one friend going to church with her.

"I just remembered something I have to do," she told Mom.

She ran back upstairs and knelt by her bed. "Dear Heavenly Father, please help me make friends. I believe what the missionaries taught is true, but I'm scared."

Star stayed on her knees and listened. After a moment she felt a sweet, peaceful feeling, and she wasn't so nervous anymore.

At church Star and Mom sat by a family with three

little girls. The parents introduced themselves and started talking with Mom before the meeting started. Star helped the girls color a picture of Jesus.

Bishop Andrews made his way toward them. “Sister Cunningham! Star! It’s good to see you today.” He gave them each a warm smile and a handshake. Star had forgotten how nice everyone at church was. Maybe she would make a friend after all.

After sacrament meeting Star went to Primary. She glanced at the other kids nervously as she sat down. They were talking to each other and didn’t seem to notice her. Star’s heart sank. She’d be on her own after all.

Just then a girl Star’s age walked into the room. “She looks nervous too,” Star thought. “I could go talk to her.”

Star took a deep breath, then walked over to the girl. “Hi, my name is Star. I’m new. Would you like to sit by me?” Star held her breath. Would the girl want to be her friend?

The girl’s mouth turned up in a half-smile. “I’m Sarah. I’m new too. My family just moved here from Ontario.”

“My mom and I were baptized two weeks ago,” Star said. “I’m not sure what I’m supposed to do.”

Sarah’s smile grew wider. “We’ll figure it out together.”



Star and Sarah sat with their class. Sometimes Star caught Sarah’s eye and smiled. Sarah smiled back. Star felt calm and happy. She knew that Heavenly Father had answered her prayer and helped her find a friend.

In class the teacher asked Star and Sarah to introduce themselves.

Star stood up. “My name is Star Cunningham. My mom and I were baptized two weeks ago.” She paused, and a smile grew on her face as she looked at her new friend. “And this is my friend Sarah.” ■

The author lives in Colorado, USA.

THINK ABOUT IT

How can you welcome someone who’s new at church?



Be a Light!

By Elizabeth Pinborough

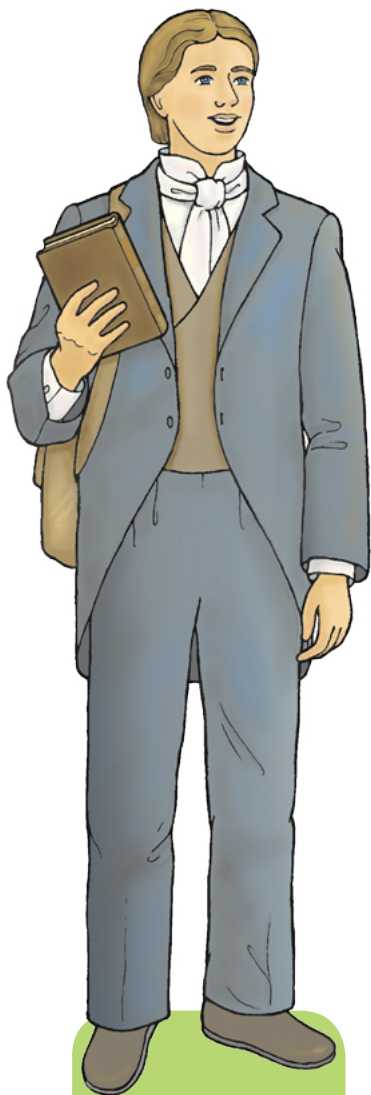
*"Hold up your light that it may shine unto the world.
Behold I am the light which ye shall hold up" (3 Nephi 18:24).*

We can be a light to others by being a true friend. Read the ideas below and add some of your own. Every time you write a name of someone you want to show love to, color in more of the sun.

1. **Love others:** You can make a big difference in their lives! Christ has love for them, so try to show them that love.
Who: _____
2. **Forgive:** If someone hurts you, try to see things from their point of view. You can help their heart soften if you forgive.
Who: _____
3. **Encourage:** Compliment your friends on their strengths. See the best in them even if they need to improve. Being your best helps them too!
Who: _____
4. **Listen to the Holy Ghost:** Your words can change a bad situation into a good one. The Holy Ghost can help you know what to say and how to show kindness.
Who: _____
5. **Never gossip:** Unkind words can hurt. Give others the benefit of the doubt, and ignore negative thoughts.
Who: _____
6. **Support your friends:** Just showing up for a friend's sports event or school play can help them feel your love.
Who: _____
7. **Invite others to learn about the gospel:** Even if they don't accept what you say, you've shown that you care enough to share.
Who: _____
8. **Make friends with different kinds of people:** Others have so much goodness to share. Christ helped and loved all people no matter what.
Who: _____

First Missionaries

Use these to share Church history stories!



Samuel Smith



Hyrum Smith



Parley P. Pratt

After the Church was organized, Heavenly Father wanted everyone to hear about the gospel. The first missionary was Joseph Smith's brother Samuel. Hyrum, Joseph's older brother, also taught others about the gospel. One day a man named Parley P. Pratt told Hyrum he had spent all day reading the Book of Mormon. Hyrum taught him more about the Church, and he was baptized. Then Parley served a mission! He became a leader in the Church.

Find more Church history scripture figures at liahona.lds.org.



Thinking of Jesus

By Lindsay Tanner

Based on a true story

Mía was excited. It was her first time at church! The missionaries told her family about this church. They decided to come.

Mía looked around. She saw a white cloth on a table. Something was under it.

“What’s under that cloth?” Mía asked one of the missionaries.

Sister Hanson smiled. “It’s the sacrament.”

Sacrament. That was a big word.

Mía had heard the missionaries telling Mommy and Daddy about it. But she wasn’t sure what it was.

Everyone sang a song. Two men lifted the white cloth. Trays of bread were under it! Mía watched them break the bread into pieces.

After the song a man said a prayer. Other men passed the bread to everyone.

“The bread helps us remember Jesus’s body,” Sister García whispered.



Mía took a piece of bread. She pictured Jesus standing in front of her.

Then there was another prayer. The men passed trays with tiny cups of water.

“The water helps us remember Jesus’s blood,” Sister García whispered. “He died for us because He loves us.”

Mía took a cup of water. She thought about how much Jesus loved

her. She felt like He was giving her a big hug.

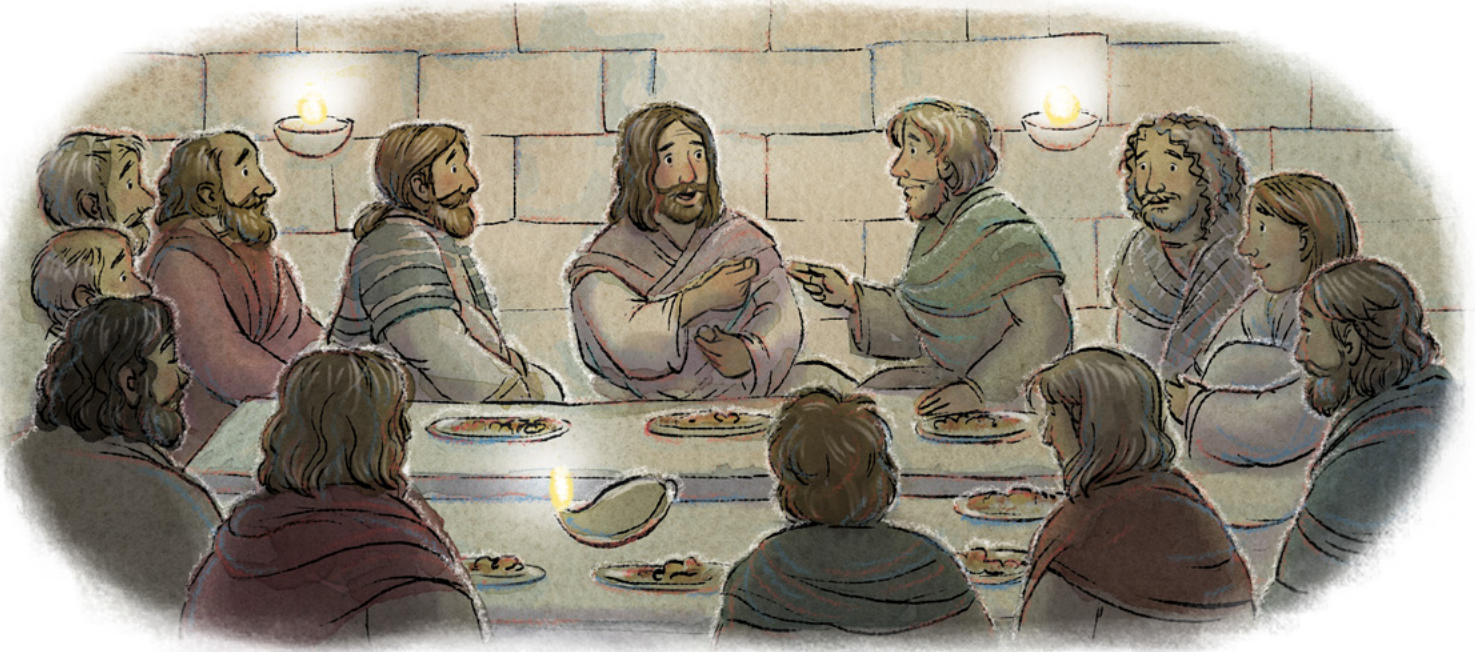
Later Sister Hanson gave Mía a little picture of Jesus. “We eat the bread and drink the water to remember Jesus and promise to follow Him.” She smiled. “What did you think of the sacrament?”

Mía looked at the picture of Jesus. She remembered the warm feeling she had. She smiled. “It was great! I love Jesus.” ■

The author lives in California, USA.

Jesus Gave Us the Sacrament

By Kim Webb Reid

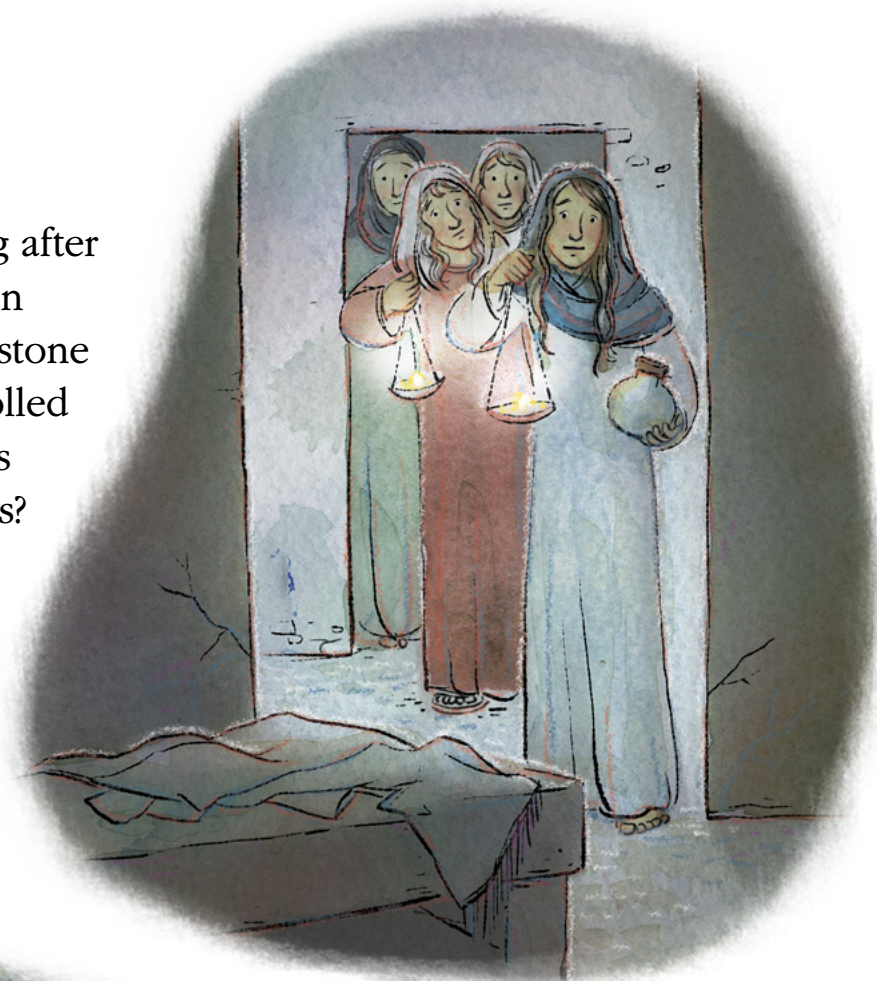


Jesus knew His time on earth was almost finished. He gathered His Apostles together for the Last Supper. He gave them the sacrament and asked them to always remember Him.



Jesus went to a garden to pray. He hurt for all the sins and sad things in every person's life. Then He died on a cross and was buried in a tomb.

On the Sunday morning after Jesus died, some women came to the tomb. The stone at the door had been rolled away, and the tomb was empty! Where was Jesus?



He was alive again! Mary Magdalene saw Jesus. He visited His Apostles so they would be ready to teach the gospel after He went back to heaven.



When I take the sacrament, I remember Jesus. I remember that He lived and died and was resurrected for me so I can live again! ■



Easter Lilies



Beautiful white Easter lilies can remind us of the wonderful day when Jesus was resurrected.

Five white lilies are hidden in this picture. Each time you find one, say one thing you have learned about Jesus.





By Elder Bruce R. McConkie (1915–1985)

Of the Quorum of the Twelve Apostles

THE POWER OF GOD

Faith is power and power is priesthood.

God is God because He is the Embodiment of all faith and all power and all priesthood. The life He lives is named eternal life.

And the extent to which we become like Him is the extent to which we gain His faith, acquire His power, and exercise His priesthood. And when we have become like Him in the full and true sense, then we also shall have eternal life.

Faith and priesthood go hand in hand. Faith is power and power is priesthood. After we gain faith, we receive the priesthood. Then, through the priesthood, we grow in faith until, having all power, we become like our Lord.

Our time here in mortality is set apart as a time of probation and of testing. It is our privilege while here to perfect our faith and to grow in priesthood power. . . .

The holy priesthood did more to perfect men in the days of Enoch than at any other time. Known then as the order of Enoch (see D&C 76:57), it was the power by which he and his people were translated. And they



were translated because they had faith and exercised the power of the priesthood.

It was with Enoch that the Lord made an eternal covenant that all who received the priesthood would have power, through faith, to govern and control all things on earth, to put at defiance the armies of nations, and to stand in glory and exaltation before the Lord.

Melchizedek was a man of like faith, “and his people wrought righteousness, and obtained heaven, and sought for the city of Enoch” (Joseph Smith Translation, Genesis 14:34). . . .

What, then, is the doctrine of the priesthood? And how shall we live as the servants of the Lord?

This doctrine is that God our Father is a glorified, a perfected, and an

exalted being who has all might, all power, and all dominion, who knows all things and is infinite in all His attributes, and who lives in the family unit.

It is that our Eternal Father enjoys this high status of glory and perfection and power because His faith is perfect and His priesthood is unlimited.

It is that priesthood is the very name of the power of God, and that if we are to become like Him, we must receive and exercise His priesthood or power as He exercises it. . . .

It is that we have power, by faith, to govern and control all things, both temporal and spiritual; to work miracles and perfect lives; to stand in the presence of God and be like Him because we have gained His faith, His perfections, and His power, or in other words the fulness of His priesthood.

This, then, is the doctrine of the priesthood, than which there neither is nor can be anything greater. This is the power we can gain through faith and righteousness. . . .

Truly there is power in the priesthood—a power which we seek to acquire to use, a power which we devoutly pray may rest upon us and upon our posterity forever. ■

From a general priesthood session address titled “The Doctrine of the Priesthood,” Ensign, May 1982, 32–34; capitalization standardized.