



I love the temple

because it's a place where you can truly feel the Spirit. It's a place of purity where you can really feel the love of Christ.

I had the opportunity to live in the United States for a year. After I got there, for a while I was really lonely. I missed my family and my home, but I struggled with more than just that. I didn't have a lot of friends at school, I was having a hard time with the language and culture, and I had a little trouble with the family I was living with.

Even at church I sometimes felt alone. I felt like going home. I really wanted to see my family again.

But I started to think about Jesus Christ and how He suffered for me. I prayed, and God comforted me. Where I was staying, the temple was so close—just six minutes away. So I decided to go to the temple once a week, and that really was a blessing in my life.

Things began to change. I found some good friends, and God made it possible for me to continue to the end of my time away from home. I know that I felt comfort because of Jesus Christ. He gave me help and strength, and that gave me courage. People sometimes think that the Atonement of Jesus Christ is just about repentance. But Christ is also a source of great comfort. I know I can't possibly understand everything He endured, but He understands me.

Yona C., 17, France