



Shelly Ellegood

Kentucky, USA



Life choices kept Shelly away from the Church for years. With the help of friends at church, Shelly eventually found the strength and faith to move forward and be a good example to her children.

CODY BELL, PHOTOGRAPHER

I know I can't go back and change anything, but my goal now is to do everything I can to give my kids a good example because they didn't have one for many years. I hope they can see I've overcome many challenges.

I want them to know that if they have bad spells, they can move past them as they turn to the Savior for help. It's a matter of having faith and never giving up. The Lord has helped me as I've gone along, and I know He can help them too. The progress has been painful, but the Lord has built me up and made me stronger.

LEARN MORE

Elder Dieter F. Uchtdorf offers hope and encouragement for those coming back to Church activity at [lds.org/go/021902](https://www.lds.org/go/021902). Learn how you can minister to those who are not attending or just returning to Church activity at [lds.org/go/021903](https://www.lds.org/go/021903). Find more Portraits of Faith at [lds.org/go/18](https://www.lds.org/go/18).