

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS • FEBRUARY 2020

Liahona



PRESIDENT EYRING:
**Joseph's
Example**

A PATTERN FOR
PERSONAL REVELATION,
page 12

8 Truths
Restored through the
First Vision, page 18

Celebrate the Restoration
with These Activities, page 22

Eternal Lessons from a
Ten-Dollar Bill, page 28

THE
CHURCH
IS HERE

Palmyra New York,



USA

Many significant events in the early days of the Restoration took place in and around Palmyra, beginning with the First Vision in a grove by the Smith family home (replica shown at left).

Acres of wooded land that the Smith family purchased in 1817



100,000

People visit the Sacred Grove each year

From the Smith home to the Hill Cumorah



5,000

First-edition copies of the Book of Mormon printed at the Grandin Print Shop in Palmyra

Members when the Church was officially organized in Fayette, New York, 30 miles (48 km) from Palmyra



1820 The First Vision

1823 Angel Moroni visits Joseph Smith

1830 Book of Mormon published; Church officially organized on April 6

2000 Palmyra New York Temple dedicated on April 6



Learn more about other Church history sites at history.ChurchofJesusChrist.org.

PHOTOGRAPH BY ANNE MICHELLE BAILEY



Ministering through Family History

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Celebrating the Restoration

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Eight Truths from the First Vision

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The First Vision: A Pattern for Personal Revelation
President Henry B. Eyring

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On Sacred Ground

This year we celebrate the 200th anniversary of Joseph Smith's First Vision. It began the Restoration of the gospel of Jesus Christ in the beautiful Sacred Grove. That miraculous event changed the course of history, including all of our lives. But most importantly to me, it has become personal and life changing.

Serving with my husband in the New York/Pennsylvania Historic Sites Mission, I spent a lot of time walking that sacred ground. At the Smith family farm in Palmyra, New York, I had the privilege of giving tours to visitors from around the world and all walks of life.

We can all learn from the examples of the Smith family and other early Church members. Joseph Smith's First Vision teaches us how to receive revelation, as President Eyring explains on page 12. Other General Authorities testify of the truthfulness of that vision on page 18.

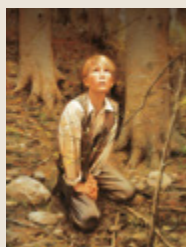
It is my simple prayer that as we commemorate 200 years since the First Vision, we may reflect on all the blessings that we have received as part of this ongoing Restoration of the gospel of Jesus Christ.

Sister Karen Russon Neff

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Going through **hard times**? Life isn't easy, but **Heavenly Father has a plan** for each of us. This month, young adults share how they **find hope and healing** in adversity.



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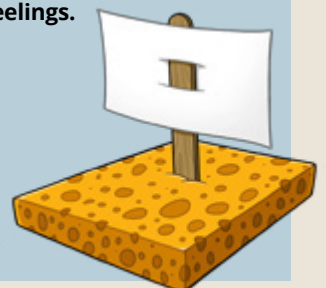
Learn what the **First Vision teaches about who you are**; like Nephi, a young man finds **the value of hard work**; Joseph Smith shows **how we can receive answers from God**.



Children

Friend

Build a ship **as Nephi** did. Read about members of the Church in Brazil. **Learn how to handle unhappy feelings**.



FEBRUARY'S DIGITAL-ONLY ARTICLES



4 Truths I've Learned from Studying Joseph Smith

By Jessica Nelson

A young adult historian shares insights regarding questions about Church history.



How I Found Faith When I Felt Like I Had Lost Everything

By Jennifer Enamorado

A member in Honduras shares how she pressed forward after a life-altering accident.



Turning My "Whys" into "Hows"

By Lydia Tava'esina Pickard

A young missionary in Australia shares how one question changed how she views trials in her life.



Heavenly Father Sometimes Makes Us Wait for Revelation—and That's OK

By Meg Yost

A young adult shares the goodness and truth of God's timing in answering our prayers.

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WHAT HAPPENS AFTER WE DIE?



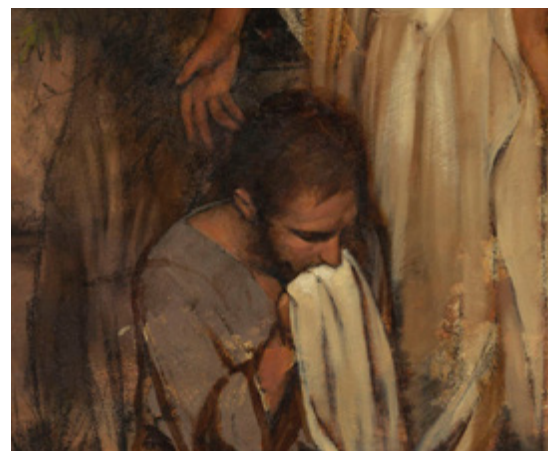
1. Spirit world:

"The spirits of those who are righteous are received into a state of happiness, which is called paradise, a state of rest, a state of peace" (Alma 40:12).



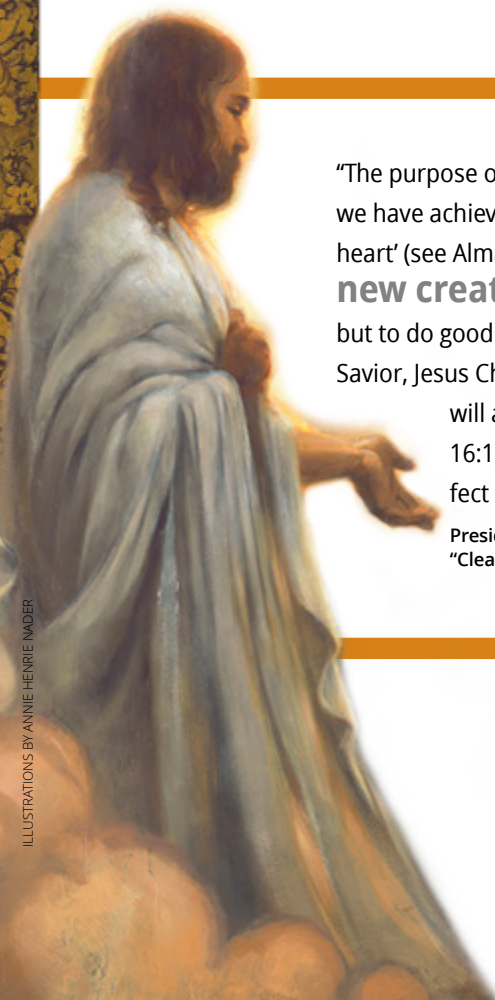
2. Resurrection:

"The soul shall be restored to the body, and the body to the soul; yea, and every limb and joint shall be restored to its body; yea, even a hair of the head shall not be lost; but all things shall be restored to their proper and perfect frame" (Alma 40:23).



3. Judgment:

"When all men [and women] shall have passed from this first death unto life, inasmuch as they have become immortal, they must appear before the judgment-seat of the Holy One of Israel" (2 Nephi 9:15).



"The purpose of this Final Judgment is to determine whether we have achieved what Alma described as a 'mighty change of heart' (see Alma 5:14, 26), where **we have become new creatures**, with 'no more disposition to do evil, but to do good continually' (Mosiah 5:2). The judge of this is our Savior, Jesus Christ (see 2 Nephi 9:41). After His judgment we will all confess 'that his judgments are just' (Mosiah 16:1), because His omniscience has given Him a perfect knowledge of all of our acts and desires."

President Dallin H. Oaks, First Counselor in the First Presidency, "Cleansed by Repentance," *Ensign or Liahona*, May 2019, 93.



4. Degree of glory:

"All things shall be restored to their proper order, every thing to its natural frame—mortality raised to immortality, corruption to incorruption—raised to endless happiness to inherit the kingdom of God, or to endless misery to inherit the kingdom of the devil" (Alma 41:4).



Esther Cox

Louisiana, USA



It was just another day of flooding after heavy rains hit southern Louisiana. But when Esther Cox's two-year-old son, Matthew, fell into the deep, swift current of a nearby ditch, it became the worst day of her life. By the time Esther's husband, George, found Matthew, he had been in the water for 15 minutes.

LESLIE NILSSON, PHOTOGRAPHER

They call Matthew's condition "near drowning with hypoxia," which means brain damage from lack of oxygen. It was the worst day of my life, but Heavenly Father gave him back to me. He's still my baby. I've been taking care of him for 20 years. We have our ups and downs, but he's a blessing. He's great. And Heavenly Father has helped me through it all.

There's no love like the love from a person with special needs. We love each other very much. We have a very special bond. God blesses me. He really does.

DISCOVER MORE

See more about Esther's journey of faith, including additional photos, in the online or Gospel Library version of this article at ChurchofJesusChrist.org/go/2206.

Learn about resources for families of those with special needs at ChurchofJesusChrist.org/go/2207.

Ministering Principles

MINISTERING THROUGH FAMILY HISTORY

Helping someone with their family history is a powerful way to minister. As you connect others with their ancestors through family stories and details, you end up filling gaps in their hearts that they sometimes never knew they had (see Malachi 4:5–6).

Whether it's a lifetime Church member or someone who has never heard of the restored gospel of Jesus Christ, all of God's children have a yearning to know about where they came from.

It often doesn't take long to leave a deep and lasting impression, as demonstrated in the following stories.





ILLUSTRATION BY JOSHUA DENNIS; BACKGROUND IMAGE AND CELL PHONE FROM GETTY IMAGES

Finding Family at 30,000 Feet

Recently on a flight home, I found myself next to Steve, who shared with me parts of his personal story. He had graduated from high school, entered the U.S. Army as a communications specialist at 18 years old, and soon began working at the White House, providing communications support to the President of the United States. From age 18 to 26, he served two U.S. Presidents. His stories were fascinating!

“Steve,” I said, “you have to write these stories down for your posterity! They need to have these stories firsthand from your perspective.” He agreed.

Then the Spirit prompted me to ask him what he knew about his ancestors. Steve knew plenty about his mother’s side, including a story of how his family had once eaten dinner with Abraham Lincoln while he had been campaigning through the countryside during the 1860 U.S. presidential election.

He knew very little about his father’s side, however. He really wanted to know more. I pulled out my phone and opened the FamilySearch app. “Steve, we can find your family right now!”

I connected to the in-flight Wi-Fi. I rested my phone on the tray table in front of me so we could both see. We searched FamilyTree. Within minutes we were both staring at his great-grandfather’s marriage certificate to his great-grandmother.

“That’s them!” he said. “I remember her last name now!”

The spirit of excitement poured over both of us. We worked on building profiles for his lesser-known ancestors for the next 45 minutes. He asked me to promise him that we



would continue searching together in Colorado. We exchanged contact information as the plane was landing.

Here we were, flying 30,000 feet (9,144 m) in the air, with a device as small as my hand, searching for a man and a woman married 100 years ago who had been lost to him and his family. Incredible! But we found them. Families were linked. Stories were remembered. Feelings of gratitude were felt for the technology and the tools. It was nothing short of a miracle.

Jonathan Petty, Colorado, USA

Recipe for Ministering

Ashley, a sister I minister to, and I both have cookbooks from our grandmothers. Hers is from her great-grandmother, and mine is a book I put together when I inherited my Grandma Greenwood's recipe box after she passed away.

Ashley and I both chose a recipe from our cookbooks, and we got together after work one night to try them out. She chose a blondie dessert recipe, so we made it first and put it in the oven. I chose "pink chip dip"—a staple at every Greenwood family party. Ashley's daughter Alice helped us taste test the food. Then, because Ashley didn't want her kids to eat all the blondies, she cut them up and delivered them to the sisters to whom she ministers.

The thing I loved most about our recipe night is that as we cooked and baked, we talked about all the regular ministering topics—her struggles and mine. But we also talked about our grandmothers and moms, which was tender for both of us.

Jenifer Greenwood, Utah, USA

Surrounded by New Family

Maria had been less active for more than 20 years. A few months ago, we spent a couple of hours with her in our home, exploring her family through census and other records. At one point she burst into tears exclaiming, "I've learned more about my family in two hours than I've known in my whole life!"

At the end of our time together, we introduced to her the Relatives Around Me feature of the FamilyTree app. It turned out that my husband and I both are distantly related to Maria. She burst into tears again, saying she had thought she was alone. She never knew she had family in the area. A few weeks later Maria met with our bishop. She is now working on preparing for the temple, and she has met many "new" cousins in our ward!

Carol Riner Everett, North Carolina, USA



Specific Ways to Help

Family history can open doors for ministering opportunities when it seems like nothing else will. Here are a few ideas you might try.

- Help them upload family photos to FamilySearch.
- Help them record and upload audio recordings of family history stories, especially ones that match photos.
- Create a fan chart or other printable family history document that you can give as a gift.
- Teach ways to capture their own history through keeping a journal in a way they enjoy. Audio journal? Photo journal? Video logs? There are many options for those who don't prefer standard journal formats.
- Go to the temple together to do ordinances for ancestors. Or offer to do ordinances for their family names if they have more than they can handle.
- Get together to share family traditions.
- Take a family history class together.
- Find other ideas at ministering.ChurchofJesusChrist.org > Family History Activities > In-Home Activities. ■



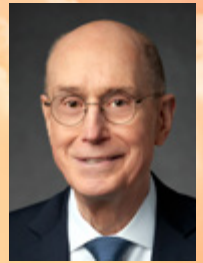
INVITATION TO ACT

Consider those you minister to. How could you use family history to bless their lives?

SHARE YOUR EXPERIENCES

Send us your experiences as you have ministered to others or have been ministered to. Go to liahona.ChurchofJesusChrist.org and click "Submit an Article or Feedback."





**By President
Henry B. Eyring**
Second Counselor
in the First
Presidency

The First Vision

A Pattern for Personal Revelation

The Prophet Joseph Smith taught from his experience in the Sacred Grove how we can receive personal revelation as a part of our daily lives.


The 200th anniversary of what we call “Joseph Smith’s First Vision” is a great opportunity for us to increase our faith in his prophetic mission and to learn from his example how to increase our own capacity to receive personal revelation from God.

When 14-year-old Joseph Smith walked out of a grove of trees in Palmyra, New York, USA, he knew for himself that God communicates with His children in mortality. He believed the words he had read in his Bible:

“If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.

“But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed” (James 1:5–6).

Joseph Smith acted fearlessly on that promise, as can we all. President Russell M. Nelson has said this about our opportunity: “If Joseph Smith’s transcendent experience in the Sacred Grove teaches us anything, it is that the heavens are open and that God speaks to His children.”¹



God keeps His promise to communicate with His children in mortality if they ask and qualify to receive that communication. The Prophet Joseph Smith taught from his experience in the First Vision, and from the great flood of revelation that came to him through the Restoration, how we can receive personal revelation as a part of our daily lives.

“When we are ready to come to Him,” Joseph taught, “He is ready to come to us.”²

The Heavens Are Open

Our challenge is to act so that we can receive the messages of truth Heavenly Father is ready to send to us as revelation and to recognize what He has already sent. Joseph Smith’s experience provides an example of that. He had likely read the book of James and other biblical books several times, as we have. But one day, by the influence of the Holy Ghost, he recognized the message that led him to the Sacred Grove. Here is his account of discovering a message from God sent long before:

“While I was laboring under the extreme difficulties caused by the contests of these parties of religionists, I was one day reading the Epistle of James, first chapter and fifth verse, which reads: *If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.*

“Never did any passage of scripture come with more power to the heart of man than this did at this time to mine. It seemed to enter with great force into every feeling of my heart. I reflected on it again and again, knowing that if any person needed wisdom from God, I did; for how to act I did not know, and unless I could get more wisdom than I then had, I would never know; for the teachers of religion of the different sects understood the same passages of scripture so differently as to destroy all confidence in settling the question by an appeal to the Bible” (Joseph Smith—History 1:11–12).

Joseph Smith’s experience is a pattern we can follow to recognize personal messages from God. Why did a scriptural passage come with great power and enter with great force into every feeling of his heart? And why did he reflect on it again and again?

There may be many reasons God could speak so powerfully to young Joseph, but a primary reason was that his heart was ready.

A Broken Heart Is a Prepared Heart

Joseph had a broken heart for at least two reasons. He wanted forgiveness of his sins and weaknesses, which he knew could come only through Jesus Christ. And he was desperate to know which of the contending churches was right and which he should join.

Joseph had been prepared with faith that Jesus is the Christ, his Savior. With that faith and with a humble heart, he was ready. He said of his feelings at that time, “I cried unto the Lord for mercy, for there was none else to whom I could go and obtain mercy.”³

He was prepared, as we can be, to claim the promise of James. The flow of revelation that came allowed the Lord to change Joseph’s life and bless the lives of all of Heavenly Father’s children, and their families, who have come or will ever come into mortality.

A transcendent blessing for you and me is that we can learn from Joseph’s example how to receive light and knowledge from God. By following Joseph’s example, we can bring lasting joy to those we love and serve for the Lord. And then their example can pass the blessing of personal revelation along in a chain whose end we cannot see but that Heavenly Father can see.

Preparing Ourselves for Revelation

Joseph’s pattern of preparation to receive personal revelation was simple and is easy to emulate, but it is not necessarily a single set of steps, one leading to another. You are a unique child of God, so you have different capacities for learning and different ways of learning truth.



Yet from Joseph's example, you can see how a few revelations of light and truth are essential to preparing to receive continuing personal revelation. The Lord knew that fact when He gave the sacrament prayers to each of us as a template for preparing to receive personal revelation through the Holy Ghost.

It may be different for you, but when I hear the words "O God, the Eternal Father" (Doctrine and Covenants 20:77, 79), a warm feeling of love comes to me. The words of the sacrament prayers bring to my mind the memory of what I felt coming out of a baptismal font in Philadelphia, Pennsylvania, USA, when I was eight years old. I knew then that Jesus was my Savior, and I felt the joy of being clean. Sometimes I remember a painting of Him on the cross and coming out of His tomb. Mostly what comes to me is a feeling of gratitude and love for Him.

When I hear the words that I am to witness my willingness to "always remember him and keep his commandments," I feel a humbling need for repentance and forgiveness. Then, when I hear the promise that I may have His Spirit to be with me (see Doctrine and Covenants 20:77), I feel that it is true. And every time, I feel light, peace, and confidence that I can hear revealed messages from God.

Fourteen-year-old Joseph Smith did not have the sacrament prayers

when he was being prepared for the personal revelations that came in the Sacred Grove and during the rest of his life. But he followed a pattern we can all follow to qualify for continuing personal revelation:

- He studied the words God had already revealed in the scriptures.
- He pondered what he had read and felt.
- He returned to the scriptures often and carefully.
- Out of the faith he gained by studying and pondering, he resolved to pray.
- When revelation came, he received truth and light, lived the truth he had been given, and sought more truth.
- He returned to the scriptures again and received further revelation from God, which he wrote down.
- He continued to pray and obey, thus receiving even further light and instructions.



President Nelson has described the wonderful opportunity that comes as we follow the example of Joseph Smith: “In like manner, what will your seeking open for you? What wisdom do you lack? What do you feel an urgent need to know or understand? Follow the example of the Prophet Joseph. Find a quiet place where you can regularly go. Humble yourself before God. Pour out your heart to your Heavenly Father. Turn to Him for answers and for comfort.”⁴

Satan Opposes Revelation

As you follow the example of Joseph Smith, you will study carefully his example of courage and persistence. You may not encounter the resistance he faced in the Sacred Grove as you pray, but you would be wise to remember it. Joseph described that resistance this way:

“After I had retired to the place where I had previously designed to go, having looked around me, and finding myself alone, I knelt down and began to offer up the desires of my heart to God. I had scarcely done so, when immediately I was seized upon by some power which entirely overcame me, and had such an astonishing influence over me as to bind my tongue so that I could not speak. Thick darkness gathered around me, and it seemed to me for a time as if I were doomed to sudden destruction.

“But, exerting all my powers to call upon God to deliver me out of the power of this enemy which had seized upon me, and at the very moment

when I was ready to sink into despair and abandon myself to destruction—not to an imaginary ruin, but to the power of some actual being from the unseen world, who had such marvelous power as I had never before felt in any being—just at this moment of great alarm, I saw a pillar of light exactly over my head, above the brightness of the sun, which descended gradually until it fell upon me” (Joseph Smith—History 1:15–16).

That terrible opposition, which continued throughout Joseph’s life, came because Lucifer wanted to stop the revelation that would lead to the Restoration of the gospel of Jesus Christ. Your prayers for revelation from God will face lesser opposition, but you need to follow Joseph’s example of courage and persistence.

Satan will likely use more subtle means to oppose your efforts to receive and retain personal revelation. One way will be his intent to send you lies, his method of false revelation. He will try to reach you with messages intended to make you believe that there is no God, no

resurrected Jesus Christ, no living prophets or revelation, that Joseph Smith was deluded, and that your feelings and the whisperings from the Holy Ghost are the delusion of “a frenzied mind” (Alma 30:16).

He will launch those lies at you, just as he assailed Joseph Smith, at the very moment you are about to pray and again after you have received revelation. I have found two ways to escape those attacks.

First, never delay an impression to pray. Leave no opening for doubts to arise. President Brigham Young (1801–77) said that the person who waits to feel like praying is less likely to pray.⁵

Second, quickly write down the messages you receive from God. I have found that the spiritual impression that was clear one minute can be blurred or gone a few minutes later. Even in the middle of the night, I have learned to get up and write down impressions. Otherwise they may be lost.

In this, Joseph provides another lesson for us. He wrote down the experience of his First Vision several times, and he described it to several people over the years. Like other prophets, even the Prophet Joseph learned the importance, and difficulty, of capturing revealed truth in words.

Revelation Blesses Our Posterity

Like Joseph Smith, we can bless our children and our children’s children with words of revelation we receive from God. Because we are individuals with unique needs, perhaps only some of the revelation we

receive for ourselves will apply to those for whom we are responsible to God. But the written evidence that God has spoken to us can be to them the same blessing the Prophet Joseph gave to us.

The First Vision shows us that the heavens are open. God listens to our prayers. He reveals Himself and His Son to us. The Holy Ghost speaks to the hearts of those who are prepared to hear and feel the still, small voice. We can pass those lessons and that message on to those we love and who will follow us.

Thanks be to our benevolent Father in Heaven, who loves us, hears our prayers, and said of the Savior in our day, “*This is My Beloved Son. Hear Him!*” (Joseph Smith—History 1:17). Thanks be to the Lord Jesus Christ, who restored His Church through the Prophet Joseph Smith. And thanks be to the Holy Ghost, who is eager to be our constant companion.

I testify that the answer is “Yes” to the child’s prayer:

*Heavenly Father, are you really there?
And do you hear and answer ev’ry child’s prayer?*⁶

I pray that we will, as did the Prophet Joseph Smith and as does our living prophet today, accept the invitation from our loving Heavenly Father, from our Savior, and from the Holy Ghost to receive the light and truth of personal revelation every day of our lives. ■

NOTES

1. Russell M. Nelson, “Revelation for the Church, Revelation for Our Lives,” *Ensign* or *Liahona*, May 2018, 95.
2. *Teachings of Presidents of the Church: Joseph Smith* (2007), 41.
3. Joseph Smith, in “First Vision Accounts,” 1832 Account, Gospel Topics Essays, ChurchofJesusChrist.org/topics/essays; punctuation modernized.
4. Russell M. Nelson, “Revelation for the Church, Revelation for Our Lives,” 95.
5. See *Teachings of Presidents of the Church: Brigham Young* (1997), 45.
6. “A Child’s Prayer,” *Children’s Songbook*, 12–13.







Eight Truths from the First Vision

On a clear spring morning two hundred years ago in rural, upstate New York, in a quiet grove of trees, God the Father and His Son, Jesus Christ, appeared to young Joseph Smith. This miraculous event ended centuries of uncertainty and speculation about the nature of God, the need for continuing revelation, and other eternal truths long forgotten or clouded by spiritual darkness.

President James E. Faust (1920–2007), Second Counselor in the First Presidency, who referred to the First Vision as “possibly the most singular event to occur on the earth since the Resurrection,” outlined eight truths restored to the earth by this remarkable event.¹ As we commemorate the 200th anniversary of the First Vision, consider these truths and the many testimonies of modern prophets who give witness not only to the reality of the First Vision but also to the truths it reveals.



1. God our Father is a personal being, and men and women were made in His image.

Joseph Smith learned in those minutes [of the First Vision], however long or brief, more about the nature of God than all of the learned divines of all time had ever learned.”

—President Gordon B. Hinckley (1910–2008)²

God our Father has ears with which to hear our prayers. He has eyes with which to see our actions. He has a mouth with which to speak to us. He has a heart with which to feel compassion and love. He is real. He is living. We are his children made in his image.” —President Thomas S. Monson (1927–2018)³

2. Jesus is a personage, separate and distinct from the Father.

In his First Vision, Joseph Smith saw two distinct personages, two beings, thus clarifying that the then-prevailing beliefs concerning God and the Godhead were not true.

“In contrast to the belief that God is an incomprehensible and unknowable mystery is the truth that the nature of God and our relationship to Him is knowable and is the key to everything else in our doctrine.” —President Dallin H. Oaks, First Counselor in the First Presidency⁴

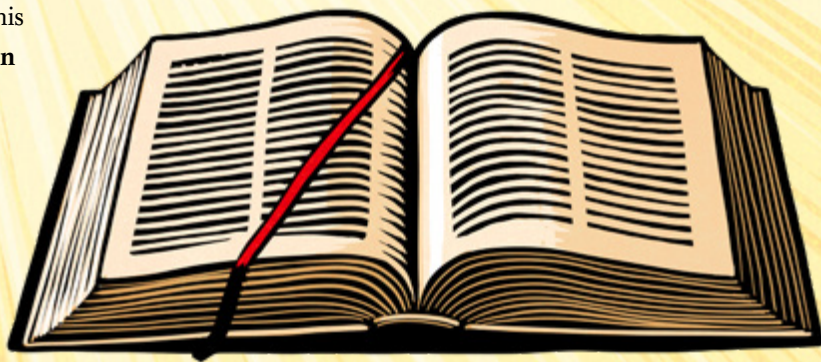
3. Jesus Christ was declared by the Father to be His Son.

We bear testimony, as His duly ordained Apostles—that Jesus is the Living Christ, the immortal Son of God. He is the great King Immanuel, who stands today on the right hand of His Father. He is the light, the life, and the hope of the world. His way is the path that leads to happiness in this life and eternal life in the world to come.” —

“The Living Christ: The Testimony of the Apostles”⁵

4. Jesus was the conveyer of revelation, as taught in the Bible.

All revelation since the fall has come through Jesus Christ, who is the Jehovah of the Old Testament. . . . The Father [Elohim] has never dealt with man directly and personally since the fall, and he has never appeared except to introduce and bear record of the Son.” —President Joseph Fielding Smith (1876–1972)⁶

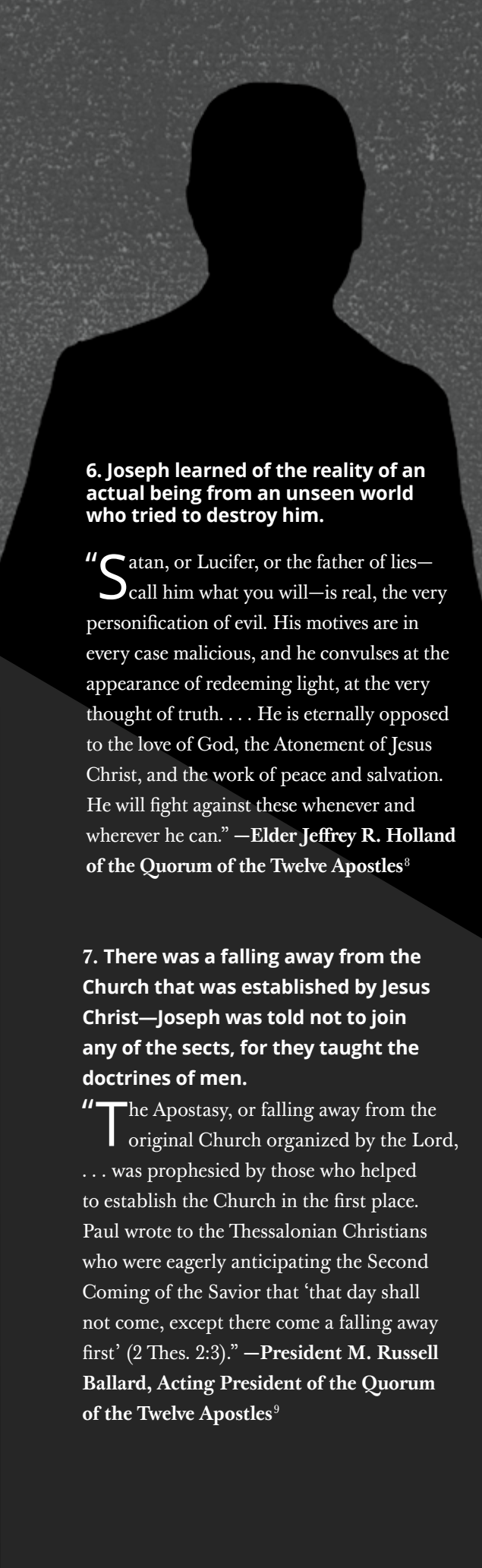


5. The promise of James to ask of God for wisdom was fulfilled.

The Prophet Joseph Smith set a pattern for us to follow in resolving our questions. Drawn to the promise of James that if we lack wisdom we may ask of God, the boy Joseph took his question directly to Heavenly Father. . . .

“In like manner, what will your seeking open for you? What wisdom do you lack? What do you feel an urgent need to know or understand? Follow the example of the Prophet Joseph. Find a quiet place where you can regularly go. Humble yourself before God. Pour out your heart to your Heavenly Father. Turn to Him for answers and for comfort.”

—President Russell M. Nelson⁷



6. Joseph learned of the reality of an actual being from an unseen world who tried to destroy him.

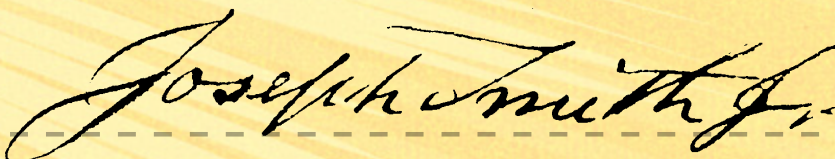
"Satan, or Lucifer, or the father of lies—call him what you will—is real, the very personification of evil. His motives are in every case malicious, and he convulses at the appearance of redeeming light, at the very thought of truth. . . . He is eternally opposed to the love of God, the Atonement of Jesus Christ, and the work of peace and salvation. He will fight against these whenever and wherever he can." —Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles⁸

7. There was a falling away from the Church that was established by Jesus Christ—Joseph was told not to join any of the sects, for they taught the doctrines of men.

"The Apostasy, or falling away from the original Church organized by the Lord, . . . was prophesied by those who helped to establish the Church in the first place. Paul wrote to the Thessalonian Christians who were eagerly anticipating the Second Coming of the Savior that 'that day shall not come, except there come a falling away first' (2 Thes. 2:3)." —President M. Russell Ballard, Acting President of the Quorum of the Twelve Apostles⁹

8. Joseph Smith became a witness for God and His Son, Jesus Christ.

"Joseph Smith's testimony of Jesus is that He lives, 'for [he] saw him, even on the right hand of God; and [he] heard the voice bearing record that he is the Only Begotten of the Father' (D&C 76:23; see also verse 22). I appeal to all who hear or read this message to seek through prayer and study of the scriptures that same witness of the divine character, the Atonement, and the Resurrection of Jesus Christ." —Elder D. Todd Christofferson¹⁰ ■



NOTES

1. James E. Faust, "The Magnificent Vision Near Palmyra," *Ensign*, May 1984, 67.
2. Gordon B. Hinckley, "Inspirational Thoughts," *Ensign*, Aug. 1997, 3.
3. Thomas S. Monson, "I Know That My Redeemer Lives," in Conference Report, Apr. 1966, 63.
4. Dallin H. Oaks, "The Godhead and the Plan of Salvation," *Ensign* or *Liahona*, May 2017, 100.
5. "The Living Christ: The Testimony of the Apostles," *Ensign* or *Liahona*, May 2017, inside front cover.
6. Joseph Fielding Smith, *Doctrines of Salvation*, comp. Bruce R. McConkie (1955), 1:27.
7. Russell M. Nelson, "Revelation for the Church, Revelation for Our Lives," *Ensign* or *Liahona*, May 2018, 95.
8. Jeffrey R. Holland, "We Are All Enlisted," *Ensign* or *Liahona*, Nov. 2011, 44.
9. M. Russell Ballard, "How Is It with Us?" *Ensign*, May 2000, 33; *Liahona*, July 2000, 39.
10. D. Todd Christofferson, "The Doctrine of Christ," *Ensign* or *Liahona*, May 2012, 89.

FAMILY DISCUSSION

- Why is it important for each of us to have our own testimony of the First Vision?
- Share a time when you felt that your prayers were answered or you felt confident that God was listening.
- Share your testimony of Joseph Smith and invite other family members to do the same.



Celebrating the **RESTORATION**

Easy activity ideas for families and other groups

Two hundred years ago, a 14-year-old boy went to the woods with questions. The answers he received opened the doors for the Restoration of the Lord's Church. In commemoration, the following ideas could be adapted for use in families, youth groups, wards, or branches.

Musical Presentation with Narration

Identify songs and scriptures that you could organize to tell the story of the Restoration. These could come from Joseph Smith—History, other scriptures, and hymns about the Restoration from the hymnbook and the *Children's Songbook*. Invite people to help read the parts and perform the music. If possible, consider having a 14-year-old boy read Joseph Smith's words.

Art Display

Invite people to create artwork about the early events of the Restoration. It could include paintings, illustrations,

sculptures, photographs, and so on. Ask them to choose an event or theme from the Restoration for their art. Schedule a time and place to display them all together and invite others to come and see them.

Sacred Grove Activity

Find a peaceful place away from distractions, like Joseph did. Consider a setting in nature if there's a place near enough to your home. Read Joseph Smith's account of his going to the Sacred Grove to pray. Invite participants to share how they received a testimony of the Restoration of the gospel or experiences when Heavenly Father answered their prayers.

Special Devotional

Ask someone to prepare a presentation about the Restoration. The speaker could be a Church leader, a gifted teacher, or someone with a good background in Church history. Invite friends or neighbors to learn about the Restoration and what it means for us today.



Scripture Power

Gather everyone together with their personal copies of the scriptures. Joseph Smith studied the scriptures, believing he would find answers. Read James 1:5 together. Joseph said these words entered “with great force into every feeling of [his] heart” (Joseph Smith—History 1:12). Invite participants to share verses of scripture that have had a powerful effect on them or that have provided answers to their questions.

Parade

Organize a simple parade with different individuals or groups representing different events, revealed truths, or blessings of the Restoration. If circumstances allow, invite each individual or group to share the significance of the event, truth, or blessing they represented. Perhaps you could have a parade just for children.

Movie Time

Get together to watch the short video “Ask of God: Joseph Smith’s First Vision,” found on Church of JesusChrist.org. Discuss what you can learn about prayer from Joseph’s example. Share how communicating with Heavenly Father makes you feel.

STORYTELLING

Can you tell the account of Joseph Smith’s First Vision? Cut out the 10 statements below, mix them up, and then try to arrange them in the right order. Make it a game by making multiple copies and seeing who can finish first or with the fewest mistakes. Check your answers by reading Joseph Smith—History 1:7–20. Then pair up and tell the account or share your testimony about it to a friend. (Correct order: 3, 9, 8, 5, 7, 1, 10, 6, 2, 4.)

1. Joseph prays aloud for the first time in his life.
2. Jesus Christ tells Joseph not to join any of the existing churches.
3. Members of Joseph’s family join one of the Christian churches.
4. Joseph tells his mother that he knows that the churches his family members have joined are not true.
5. Joseph decides to pray and ask God for wisdom.
6. Heavenly Father and Jesus Christ appear.
7. Joseph goes into the woods.
8. Joseph reads James 1:5 in the Bible.
9. Joseph wonders which church is true.
10. Satan attacks Joseph so he cannot speak. ■

What Did It Take to Build the Ship?

For Nephi, building a ship was no small feat. He had no blueprints, no catalog for ordering materials, and no tools. But he had faith, a strong work ethic, and instructions from the Lord (see 1 Nephi 17:8).

Discussion

How are faith in the Lord and hard work related?

Like Lehi and Sariah's family journeying to the promised land, what journey are you on as a family?

What work is required to reach your destination?

Timber

Since timber is not typically found on the coast of the Arabian Peninsula, Nephi probably had to “go forth” (see 1 Nephi 18:1) to the hills to cut timber and painstakingly drag it to the beach. It likely took many trips to get enough wood.



Tools

To make woodworking tools, Nephi had to find and extract ore—a backbreaking process that includes mining rock for minerals, crushing the rock, and smelting the concentrated minerals together under enormous heat using fire and bellows to forge metal (see 1 Nephi 17:9–11).



Faith

Nephi had faith that God could dry up the sea if that was His will. But he also had faith that the Lord could help him achieve what seemed impossible (see 1 Nephi 17:50–51).



What Blessings Did the Fall Make Possible?

Adam and Eve's decision to partake of the forbidden fruit was an essential part of Heavenly Father's plan. Without the Fall, we wouldn't have access to some of Heavenly Father's choicest blessings. Consider these:

1. Our existence on the earth (see 2 Nephi 2:20, 25)

2. Families (see 2 Nephi 2:19–20, 22–23)

3. Knowledge of good and evil (see 2 Nephi 2:26)

4. Growth and progress (see 2 Nephi 2:11, 22)

5. The ability to feel joy and happiness (see 2 Nephi 2:23–25; 5:27)

6. Freedom to choose between right and wrong (see 2 Nephi 2:16, 26–27)

8. Resurrection (see 2 Nephi 2:8)

9. Eternal life (see 2 Nephi 2:27)

7. Redemption through the Atonement of Jesus Christ (see 2 Nephi 2:5–10, 26)



In what ways could you express gratitude to Heavenly Father for these blessings? ■

FEBRUARY 10–16

2 Nephi 6–10

How Do We Overcome Death?

The Fall of Adam and Eve introduced physical and spiritual death to the world (see 2 Nephi 9:6).

Discussion

How does the Savior's Atonement bring you hope? (See 2 Nephi 9:7, 19–23 for some ideas.)

Spiritual Death

Sin, the “death of the spirit,” separates us from God (see 2 Nephi 9:8–10).



Physical Death

At the end of our mortal life, we experience the “death of the body,” or the separation of the spirit from the body (see 2 Nephi 9:4–7, 10).

The Solution

Christ's Atonement overcomes physical and spiritual death so we can reenter God's presence (see 2 Nephi 9:11–12, 21–23). After the Resurrection, our spirits and bodies will be reunited. To be worthy of eternal life, we must have faith in God, repent of our sins, and faithfully live the gospel.



CHRIST RESURRECTED BY J. KIRK RICHARDS

THE TRUMPET SHALL SOUND, BY J. KIRK RICHARDS

FEBRUARY 17–23

2 Nephi 11–25

Who Was Isaiah?

The Savior taught, “Great are the words of Isaiah,” and He has commanded us to study them (see 3 Nephi 23:1). Many of Isaiah’s teachings are symbolic of the mortal ministry and Second Coming of Jesus Christ. His words are so valuable that, in 2 Nephi 12–24, Nephi wrote them down so that the people who read them may “lift up their hearts and rejoice” (2 Nephi 11:8).

ISAIAH served as prophet from **740–701 BC**, almost 40 years! At the time of his calling, Isaiah might not have been the white-haired old man we often imagine. You can read about his calling in 2 Nephi 16.

HE HAD A FAMILY.

You can read about his wife, “the prophetess,” and the naming of his newborn son by the Lord in 2 Nephi 18:3.

He was **CHIEF ADVISER TO KING HEZEKIAH**. Isaiah had a lot of influence in Jerusalem. How might that have helped him in his role as prophet?

Isaiah is the most **FREQUENTLY quoted prophet** in scripture. Thirty-two percent of the book of Isaiah is quoted in the Book of Mormon; another three percent is paraphrased.

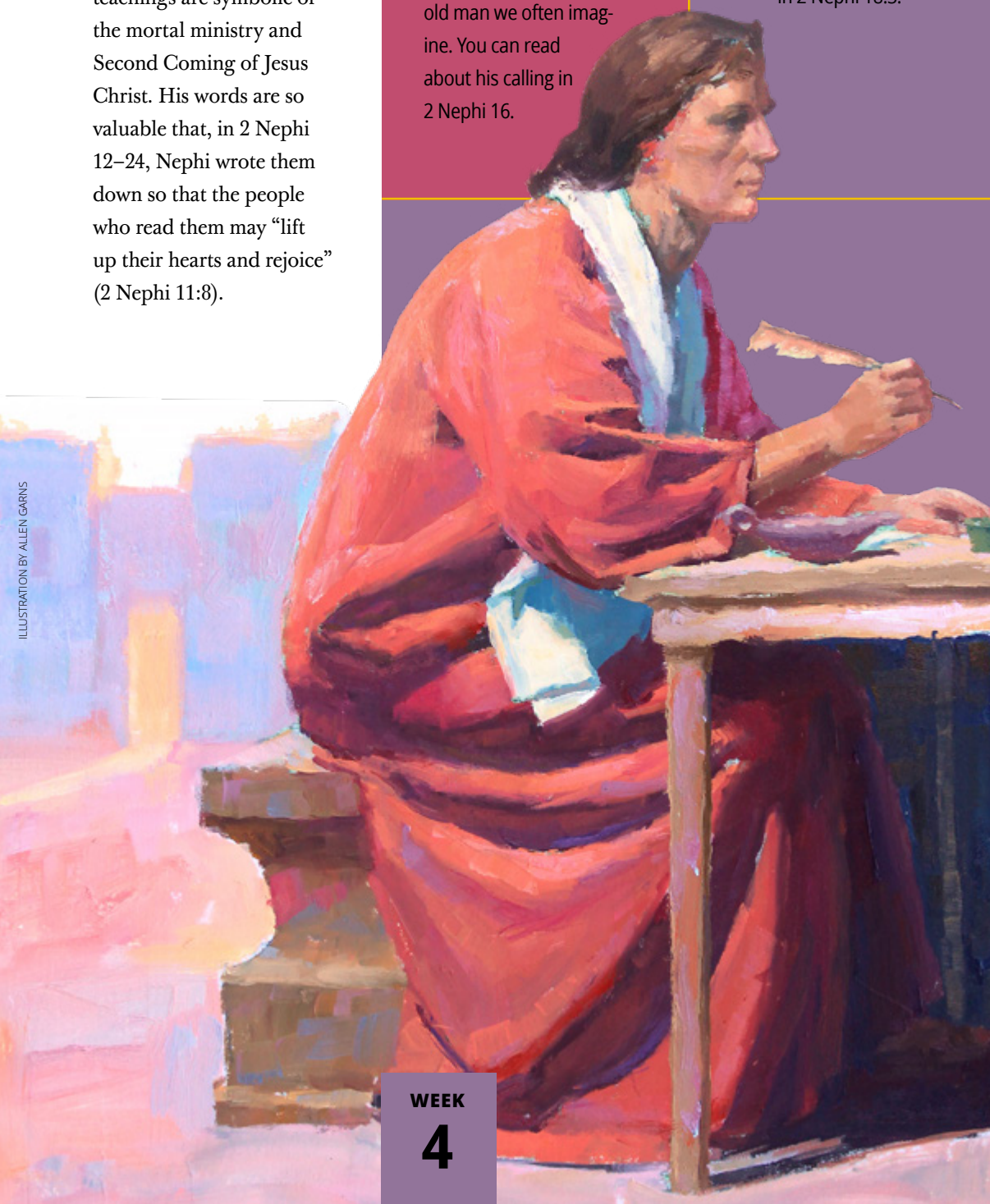
(See *Old Testament Student Manual*, 3rd ed. [Church Educational System manual, 2003], 131.)

What is your favorite verse from Isaiah?

The name *Isaiah* means **“THE LORD IS SALVATION.”** Isaiah certainly taught that! How does taking upon you the name of Jesus Christ guide your decisions?

WEEK

4





**By Bishop
Gérald Caussé**
Presiding Bishop

Are You Living a **TEN-DOLLAR LIFE?**

Years ago, when I was a stake president in Paris, France, I was told that President Gordon B. Hinckley (1910–2008) was coming to Paris for a couple of days and that I was going to be his driver. I would pick him up at the airport and take him to his hotel so he could rest. The next day I would take him to do a number of visits. One visit he wanted to make was to a U.S. military cemetery, where his brother, who died of influenza during World War I, is buried.

But when I picked up President Hinckley, he didn't look very tired. He held his cane up and said, "President Caussé! Let's go to work!"

He wanted to go to the cemetery right away. Unfortunately, I had arranged with the director to go there the next day, so when we arrived, it was closed and nobody was there.

The next day, we were so busy that we didn't have time to go back to the cemetery. That evening, President Hinckley handed me a \$10 (U.S.) bill and said, "I'm so sorry I wasn't able to go to the cemetery. I would be very grateful if you could buy flowers and put them on my brother's grave."

I bought flowers, but I didn't use that bill. The following Sunday afternoon, I went with my family and put the flowers on the grave. We took a picture of our family in front of the grave with all the flowers and sent it to President Hinckley.

I still have that \$10 bill. It's in my scriptures. If I were to ask, "What is the value of this bill?" most people would say, "Ten dollars." But for me, it's worth far more. This bill *was* worth ten dollars, but for me, it's priceless now. It's a memory of a moment I had with a prophet of God.

Are you looking
at the temporal
value of things
or the eternal
value of things?



Give Your Life Eternal Purpose and Meaning

In our lives, there are a lot of things that have a very finite, temporal value. There are a lot of people who live what I would call a “ten-dollar” life. These are the kind of people who might say, “Eat, drink, and be merry, for tomorrow we die” (2 Nephi 28:7).

But the value of every minute of life here on earth has a tremendous impact that goes beyond this life into the eternities. The opposite of the attitude of “eat, drink, and be merry” is to “lay up for yourselves treasures in heaven” (Matthew 6:20).

Here are just a few examples of placing eternal value on things:



1 The temple. For most people, it’s just a beautiful building. It is beautiful, but for us, it’s the house of the Lord, where we can receive ordinances and make covenants that allow our lives with our family to be eternal.



2 The Book of Mormon. Most people would say it’s just a book with a nice story. But for us, it’s the word of God.



3 Tithing. Most people would say, “That’s money you give to your church.” For us, it’s not just money. It’s an expression of faith and obedience to the Lord’s commandments. And it represents blessings we can receive when we’re faithful.



4 The Word of Wisdom. A lot of people would say it’s about physical health. That’s true, but it’s more than that. We know that if we follow the Word of Wisdom, the Spirit of the Lord will be with us.

Find Harmony between the Temporal and Spiritual

The temporal and spiritual sides of our lives are closely intertwined, and we shouldn’t try to separate them. The material aspects should be in service of eternal objectives.

The Lord has said, “All things unto me are spiritual” (Doctrine and Covenants 29:34). He has also said that “man is spirit. The elements are eternal, and spirit and element, inseparably connected, receive a fulness of joy; and when separated, man cannot receive a fulness of joy” (Doctrine and Covenants 93:33–34). Our spirit without the body cannot be made perfect, and that’s the reason there is a resurrection. Exaltation is in the harmonious relationship and unity between the temporal and spiritual.

Make Decisions with the Spirit

Decisions about seemingly temporal or material things should be made with the Spirit of the Lord. The Lord has an eternal perspective. He knows everything from the beginning

to the end. He loves us perfectly—even better than we love ourselves. Seeking His will, rather than our own, will make our lives happier and better. We can know His will through His Spirit, which comes through prayer, reading and pondering the scriptures, and counseling with our families.

So, how can we know His Spirit? The Lord has said:

“That which doth not edify is not of God, and is darkness. That which is of God is light; and he that receiveth light, and continueth in God, receiveth more light; and that light groweth brighter and brighter until the perfect day” (Doctrine and Covenants 50:23–24).

In other words, what edifies us, what builds us up, what brings us joy, what creates light in our lives is inspired from God. Sometimes even our own thoughts are inspired by God.

I’ve made decisions based on spiritual impressions when my intellect was saying to do something else. That has always proven to be superior to what my intellect would dictate.

For instance, after my wife and I decided to get married,



5 Marital intimacy. Most people think it's only physical pleasure. But between a man and woman who are married, and especially those who are sealed in the temple, it's more than that. It's about having a family and expressing love and unity within a marriage.



6 Education and work. Most people would say it's how we have a comfortable life and meet our families' needs. But we believe it's also about building self-reliance, which is a spiritual principle. We can exercise our agency to become independent and help others.

we agreed to put an eternal perspective on our marriage—to always be active in the Church, to be married in the temple, and so on. Those choices have blessed us tremendously and have given duration and depth to our marriage.

At one point in my life, I had a highly paid job with great responsibility and recognition. One day my wife said, “You are so busy in your work. You should pray and think about whether you should find a new job that would make you more available to serve the Lord.” We prayed and received a confirmation by the Spirit that I should change jobs. But I was still a little resistant. When I prayed about it, I told the Lord the name of the only company I would consider working for if I quit my job.

Three weeks later, I contacted a recruiting agency and had an interview. In the end, the person said one of his clients had just requested a new director. It was the company I had mentioned in my prayer. It's a small company that has such openings only every 10 years or so. It was a miracle.

I jokingly told my wife, “I have good news and bad news. The good news is I'm going to be hired by that company. The bad news is I think the Lord has something in store for me.”

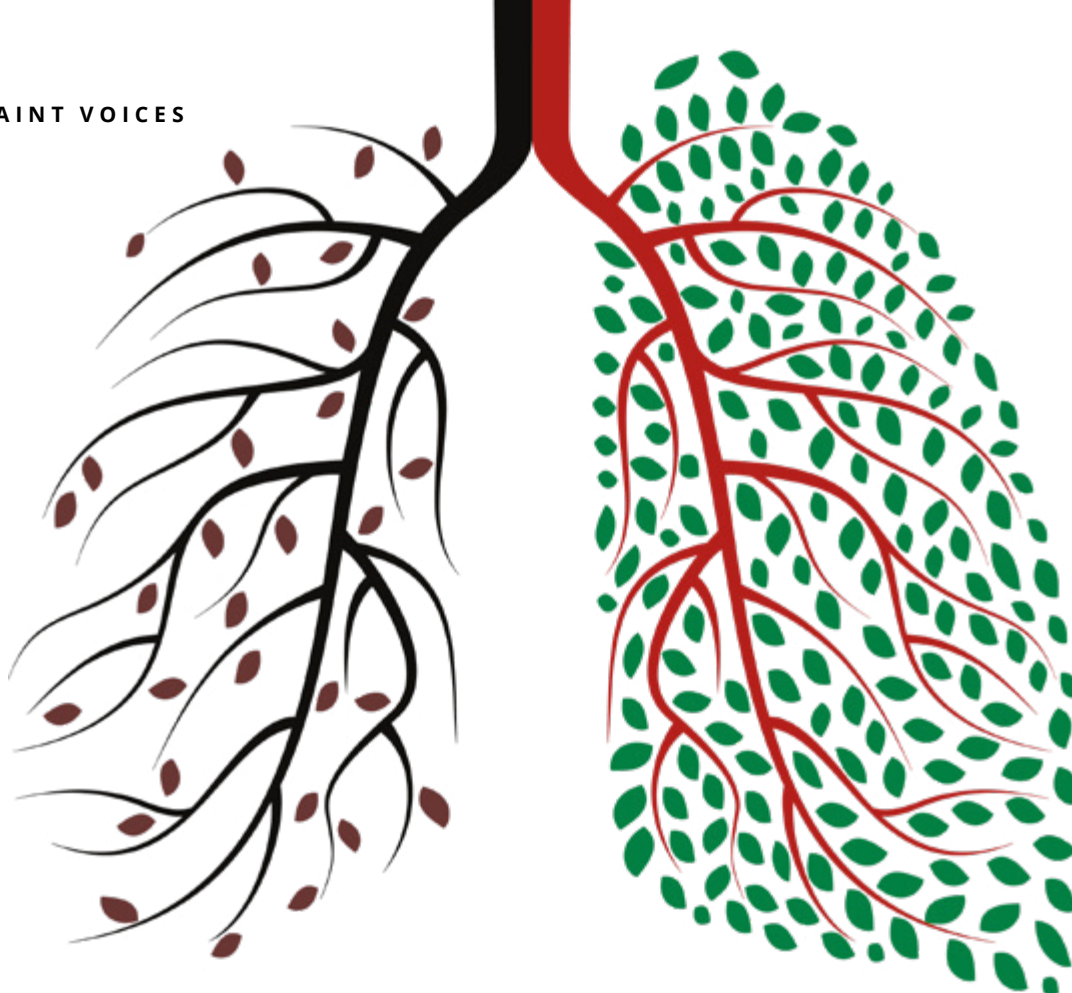
I signed on with that company on a Friday. On Saturday I was called as the stake president.

My wife and I placed greater value on the promptings of the Spirit and serving God than in material blessings or our intellectual satisfaction or social recognition. We sought the Lord's will and received spiritual confirmation that everything would be all right. That was one of the greatest experiences in my life.

See the Real Value

I've never regretted putting the spiritual above any other consideration. Sometimes it feels like a sacrifice, but I've learned that in the long run, this is the only thing that counts. Don't live a “ten-dollar” life. Aligning our lives with the purpose of our existence is a combination for joy and happiness, not only in this life but in the life to come. ■

With only one functioning lung and a curved spine, I felt my future was not going to be as bright as I imagined.



He Wants Me to Be Happy

When I was rushed to the emergency room with both of my lungs collapsed, I thought I was at the end of my life. I was not yet ready emotionally or spiritually for the end, but my body was giving up on me. It was hard for my family to see me in that condition, but they remained strong, and I was blessed to have survived.

My struggles did not end there. Since then, I've had to live my life with only one functioning lung and a curved spine. Every day is painful and difficult. I once thought that I would be better off dead rather than to continue suffering. I felt weak, not just

physically, but mentally and spiritually as well. I lost hope and confidence. I began to push away the people in my life who encouraged me. But my family never gave up on me. They loved and cared for me, and my friends continued to support me. Even so, I still felt that my future was not going to be as bright as I had imagined.

One night I found myself feeling so down. I decided I needed to read my patriarchal blessing. Tears came to my eyes the moment I read the first few lines, "Our Father in Heaven cares for you and loves you. He wants you to be happy in this life."

In that moment, I realized that Heavenly Father really has a very bright future in store for me and wonderful blessings for me to anticipate as long as I follow the path He wants me to take.

Our Father in Heaven knew that we would all struggle, so He sent His Son, Jesus Christ, to suffer for us and to comfort us. That's how vast Their love for us is. I may still struggle every day of my life here on earth, but I know that Their love will always be there for me and Their promises will be all fulfilled if I hold on and follow Them. ■

Precious Guiuo, Rizal, Philippines

The Book of Mormon Was Our Missionary

After our nephew got into a serious accident, my wife, Ana María, and I talked about our desire to know the truth among so many different religions and beliefs. One afternoon I sat down on my bed and prayed, “Lord, please help me find a way to know which church is true.”

Five minutes later, the phone rang. A friend called to invite my wife and me to his home to learn about some nutritional products. We went, and while we were there, our friend gave us a Book of Mormon. On the title page was a personal note: “I hope this book helps you get closer to our Lord Jesus Christ.”

The next day, I looked at the book and prayed again, “Lord, tell me if this book is true. I don’t want to offend you by reading something bad.”

I began reading. As I read, I felt as if I knew the people in the Book of Mormon. When I reached the end, I was so pained by the destruction of the Nephites that I wept. I had read hundreds of books, but no book had touched me the way the Book of Mormon did. I knew it was true.

One Sunday I invited Ana María to accompany me to a nearby chapel of The Church of Jesus Christ of Latter-day Saints. I thought she wouldn’t want to come, but she agreed. We liked what we heard. Afterward, ward members asked if they could send the missionaries over. “Of course,” we replied.

The missionaries soon arrived with the Book of Mormon in hand and said

they had a message to share with us. “That’s a beautiful book,” I said.

“I’ve already read it.” This surprised them. Then Ana María surprised me. “And I’m reading it now,” she said. “I’m in Mosiah.”

She had found the book on the table where I left it every day before work and began reading herself. Later she surprised me again when she said that when I was praying for direction from

Heavenly Father a few weeks earlier, she had been uttering the same prayer in another part of our home.

I told the missionaries I was ready to be baptized. They taught us the lessons, and two weeks later, my wife and I were baptized and confirmed. We are so thankful that the Lord sent us the Book of Mormon to help us know which church is true. ■

Raúl Hernandez, Texas, USA



When I was praying for direction from Heavenly Father, my wife had been uttering the same prayer in another part of the house.

“I Want to Go Home”

While my husband and I were eating lunch at a local sandwich shop, a man walked in looking disheveled, lost, and confused. When he walked toward our table, I was surprised he didn't ask for money. He only asked for directions to Flagstaff, Arizona. My husband and I gave him directions. He thanked us and left.

After lunch we started for home. Soon I saw the man walking toward a gas station. I had a strong impression to help him and asked my husband to pull into the gas station. I found the man and introduced myself. He had sad and tired eyes. His face seemed etched with deep lines from a hard life.

I asked how he planned to get to Flagstaff. He said he was going to walk. I knew that would be impossible since Flagstaff was more than 120 miles (193 km) away. I gave him some money

and told him he could go to a nearby fast food restaurant to get some food and that I would return to take him to the bus depot and buy him a ticket to Flagstaff.

I returned to the truck and told my husband what had happened. Because of his health issues, I called a friend and asked her to go back with me. She agreed. We gathered some supplies, food, and water. Then we drove to the restaurant and picked the man up.

As we headed to the bus depot, this poor man began repeating, “I want to go home.” I asked if Flagstaff was his home. It wasn't, but his daughter, whom he hadn't spoken to for several years, lived there. He explained that he had been released from prison two weeks earlier. He and another released prisoner had been dropped off at the bus depot and each given a ticket. The

other prisoner had stolen his ticket and what little money he had. He had been wandering the streets since. Nobody would help him.

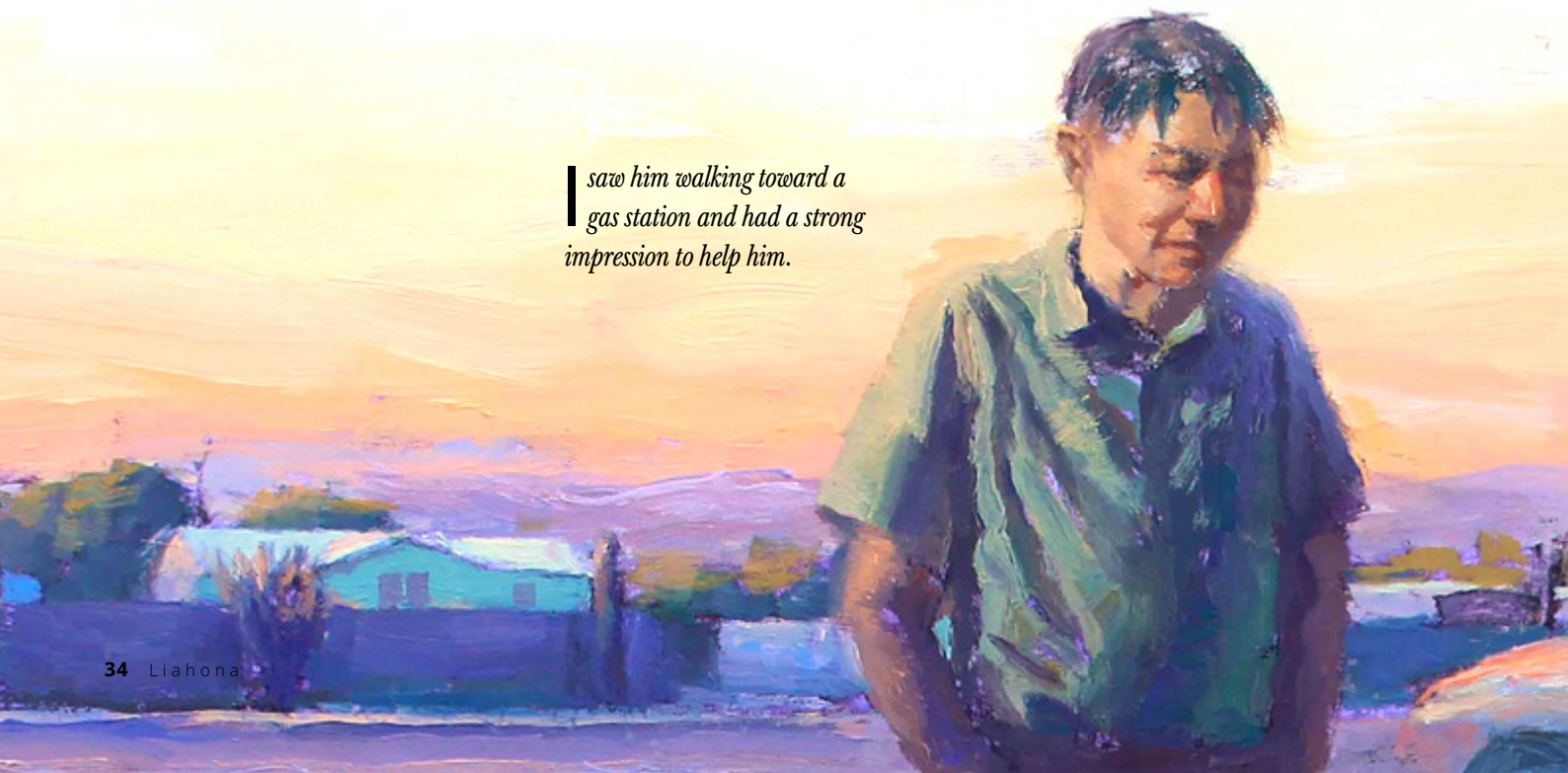
“I want to go home,” he said again.

We arrived at the bus depot. I purchased his ticket and gave him some money and the supplies we had gathered. He thanked us and sat down. As we drove away, this man's words repeated in my mind: “I want to go home.”

Isn't that what we all want? We are all absent from the loving home we left when we came to earth. We can all lose our way, so Jesus Christ showed us the path to follow and, through His atoning sacrifice, paid the ultimate price for our sins. Just as this man couldn't return home on his own, neither can we return to our heavenly home without our Savior. ■

Audrey Simonson, Arizona, USA

I saw him walking toward a gas station and had a strong impression to help him.



The Lord Had Other Plans for Us

I used to leave the house at 8:00 a.m. and return at midnight after working all day and going to class at night. During the little time my husband, Daniel, and I had together, we argued. Things were bad. We were on the verge of separating.

One Sunday evening after an argument, Daniel said, “Maybe we should get closer to God.” The next day, while Daniel was home watching our son, missionaries knocked on our door.

When the missionaries started visiting us, I disagreed with everything they taught. But after a few discussions, we began to feel something. We didn’t know what it was, but we described it as “magical,” a feeling of peace and harmony. It would linger even after the missionaries left. We realized that we needed that feeling more often in our home.

Inspired by the missionaries’ message about the importance of family, Daniel and I came closer together in our marriage. I had hoped that going to school would lead to a better position at my work. But we decided to focus on our family, spend more time together, and have more children. I quit school, quit my job, and went to work as Daniel’s secretary at his pest control business.

Less than three months after the missionaries’ first visit, we were baptized and confirmed. Our life changed dramatically. We began living the law of tithing. We began praying at home and at work with Daniel’s employees. We began serving in the Church. Daniel’s business grew, and he needed to hire more workers.

A year after our baptism, we went to the temple to be sealed. A few days after our sealing, I found out I was expecting.



Sundays aren’t easy for us. Daniel leaves early for high council meetings. I have to prepare our three children for church by myself. But we are able to share a lot of time together throughout the week. So even if we are apart at times on Sunday as we serve the Lord, we know that we are blessed.

We have gained a testimony that when we do our part, the Lord can help us, and blessings come. We have received a lot more than we had ever hoped for from our own plans. The Lord had better things in mind for us. ■

Claudia Zepeda, Coquimbo Region, Chile





"AS WE FOLLOW
GOD'S VOICE AND
HIS COVENANT PATH,
HE WILL STRENGTHEN
US IN OUR TRIALS."

Elder Jorge M. Alvarado,
"After the Trial of Our
Faith," 50.

ABIDE WITH ME

"Surely the most thrilling sight and sound in life is that of Jesus not only passing by but His coming to us, stopping *beside* us, and making His abode *with* us."

Elder Jeffrey R. Holland, "The Message, the Meaning, and the Multitude," 8.

DIVING DEEPER

What Does It Mean to Be a Disciple?

"Discipleship is not about doing things perfectly," said Elder Dieter F. Uchtdorf, "it's about doing things intentionally" ("Your Great Adventure," 87). It's our choices, he and other general conference speakers said, rather than our abilities that show who we truly are.

- "Are we true followers of Him who gave His all for us? . . . I plead with all who hear and read these words: Please, please don't put your total commitment off until you get around to it at some nonexistent, future time" (Elder Terence M. Vinson, "True Disciples of the Savior," 11).
- "Saints are those who have entered into the gospel covenant through baptism and are striving to follow Christ as His disciples. Thus, 'the joy of the saints' denotes the joy of becoming Christlike" (Elder D. Todd Christofferson, "The Joy of the Saints," 15).
- "I invite you to commit to a lifelong process of discipleship. Make and keep covenants. Throw your old ways into deep, churning waterfalls. Completely bury your weapons of rebellion with no handles sticking out" (Elder Dale G. Renlund, "Unwavering Commitment to Jesus Christ," 25).
- "Our promise to always remember the Savior gives us strength to stand for truth and righteousness—whether we are in a large crowd or in our solitary places, where no one knows our actions except for God" (Lisa L. Harkness, "Honoring His Name," 61).
- "True disciples of Jesus Christ love God and His children without expectation of something in return. We love those who disappoint us, who don't like us. Even those who ridicule, abuse, and seek to hurt us" (Elder Dieter F. Uchtdorf, 88).

All page numbers come from the November 2019 Liahona.

MAKING CHURCH “SIX DAYS LONGER!”

“Studying the scriptures with *Come, Follow Me* as a guide is strengthening our conversion to Jesus Christ and His gospel. We are not simply trading one hour less in church on Sunday for one hour more of scripture study at home. Learning the gospel is a consistent effort throughout the week.

As one sister insightfully shared, ‘The goal is not to make church one hour shorter; it is to make church six days longer!’”

Mark L. Pace, “Come, Follow Me—the Lord’s Counterstrategy and Proactive Plan,” 46.



HOW TO . . .

Receive Revelation

“The Church’s new program for children and youth is built on the foundation of learning to seek revelation, discovering what the Lord would have us do, and then acting on that direction,” said Sister Michelle Craig, First Counselor in the Young Women General Presidency. She shared four ways we can increase our spiritual capacity to receive needed revelation:

1. Create a time and space to hear God’s voice.
2. Act without delay.
3. Ask Heavenly Father for an errand.
4. Believe and trust God to lead you.

See Michelle Craig, “Spiritual Capacity,” 19–21.

The Spirit Made the Difference

By Michael R. Morris

Church Magazines

Thanks to a Self-Reliance Services course and guidance from the Holy Ghost, Molly Kohrman found the courage to start her own business.

How does someone with a degree in recreational therapy and 10 years of experience in the mental health field end up opening a dessert shop selling colorful brownies, blondies, and ice cream?

For Molly Kohrman, the answer is simple. In 2017 she took a 12-week Self-Reliance Services course on how to start and grow your own business. That course gave her the courage to pursue a dream.

“I did pastry school in Washington, D.C., and I went to culinary school in Utah,” she says. “When my stake said they were going to do self-reliance classes, I thought, ‘Maybe I should look into this. I’ve always wanted to have my own business. I’ve done other business classes. It wouldn’t hurt to learn more.’”

The course was different from any other business or pastry class Molly had taken. What made it unique, she says, was the presence of the Holy Ghost and the spirit of camaraderie among course members.

“The business discussions were good and helpful,” she says, “but it was the spiritual side tied into the business discussions that made the biggest difference for me.”

Talents and Turmoil

“I went through an inner turmoil,” Molly says. “I wondered if using all of my savings, time, and energy to start a business would really be the best use of my resources when, at the time, I was working in suicide prevention.”

During her first class, Molly and other attendees discussed the Lord’s desire that His Saints be successful and choose a livelihood that brings them joy. She asked the group, “How do you reconcile using the talents you’ve been given for weighty matters versus using your talents for something you just want to do?”

As the group discussed her question, Molly realized that she wouldn’t just be selling brownies. If her business proved successful, she would be employing people, she would have financial

resources to donate to worthy causes, and, once her work hours slowed down, she could return to social work as a volunteer.

“It took me until that discussion to really understand. It didn’t sink in until I was in a room full of like-minded people,” she says. “We were all at different stages of the business process and at different stages of life, but the Spirit was there, and it definitely guided our discussion—in every class. I realized that if having my own business was really what I wanted, then Heavenly Father would support me.”

Brownies and Blessings

About halfway through her 12-week course, Molly began baking and sharing brownies with the 10 members of her self-reliance group.

“They weren’t mad at all about that, and some of them had really good feedback,” she says. “I started trying different flavors, frostings, and compositions. By the end of the class, I had a pretty good idea of what I wanted to do.”



Molly says it was vital to get together weekly with her group, hold each other accountable for weekly commitments, learn how and whom to ask for help, and direct each other to needed resources.

“During the whole time we were together, I felt blessed and supported by the people in my group,” she says. “The class helped me become aware of all the things I had to figure out.”

After opening her brownie shop in the fall of 2018, Molly quickly discovered that running a business takes more time than she had imagined. But a principle she remembers from her self-reliance class continues to bless her.

“We discussed how we’re going to have extreme demands on our time, but it will make a difference if we set aside time for the Spirit,” she says. “I have found that to be true. If I am suddenly feeling overwhelmed and stressed, I listen to the scriptures or a general conference talk while I’m working alone in the morning, and it eases my mind and gives me peace.”

That sense of peace, coupled with excited, happy, satisfied customers, keeps Molly going—even after long workdays.

“I could not have started this business without Heavenly Father’s help,” she says. “And without the help and support of many other people, it just wouldn’t have been possible. This is such a great opportunity. I’ve wanted to do it for so long.”

And thanks to her self-reliance class, “I’ve been blessed with the chance to try.” ■



How Do I Talk to My Kids about Mental Health?

Article produced in consultation with counselors from Family Services



5 Ways to Start a Conversation

- Uncomfortable feelings are part of life. It's OK to feel angry, sad, or worried sometimes. These feelings don't always mean you did something wrong.
- You know how doctors help if you break a leg? There are also people who can help with upset thoughts and feelings. We should ask for help when we need it.
- Mistakes are part of how we learn and grow here on earth. No one is perfect! Heavenly Father loves us, even when we make mistakes. He wants us to keep trying.
- Some activities—like deep breathing, talking to someone, playing sports, or drawing—can help you feel better when you're upset. We shouldn't do things that hurt ourselves, other people, or animals.
- Sometimes people have upset feelings or troubling thoughts that don't go away. Some people have other problems with the way their mind works. That's not their fault. We should be kind and helpful to everyone and treat them as Jesus Christ would.

Talking Tips

- It's important to ask your children questions about their thoughts and feelings, and then really listen. Questions could include: What's been on your mind lately? What changes are going on in your life? Have you noticed any new feelings lately? Do you have any questions you've been wanting to ask someone?
- Your children's questions are important. They can help you know what your children are ready to learn about. Instead of dumping everything you know about a topic on a child at once, answer the question with basic information. Then invite them to respond. If they don't have any follow-up questions, maybe the basics were enough for now. If they have more questions, they might be ready for additional details.
- Avoid arguing with your child about the feelings they share, even if those feelings don't match your perception of the situation.
- Sometimes writing is easier than speaking. If conversations aren't going well, try inviting your child to write or draw about how they feel.

Activity Ideas



- For young children, draw faces to represent different feelings and help your children name the feelings.



- Brainstorm with your children a list of activities to try when they're upset.



- Think of someone sad or struggling in some way. What could your family do to show them love?



- Read and talk about articles in this month's *Friend* about mental health (listed under "Additional Resources").

I Need Help!

If you feel like your child's emotions and behavior are out of control, or their mental health is at risk, reach out to a mental health professional. (There's an article below with tips about that process.) Your bishop could help you connect with Family Services or other counseling resources in your area. Also, mentalhealth.ChurchofJesusChrist.org has a list of free crisis lines and other resources. You are loved, and you are not alone! ■

ADDITIONAL RESOURCES

- "Anxious but All Right" (Feb. 2020 *Friend*)
- "Six Ways to Feel Better" (Feb. 2020 *Friend*)
- "Why Should I Try New Things If I Might Fail?" (Feb. 2020 *Friend*)
- For other child-friendly stories, activities, and media, visit [lessonhelps.org](https://www.lessonhelps.org) and click on topics like "Feelings."
- "Finding a Mental Health Professional Who's Right for You" (Jan. 2019 *Ensign*, digital-only article)
- [Mentalhealth.ChurchofJesusChrist.org](https://www.mentalhealth.churchofjesuschrist.org)

Young Adults

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How I Found Faith When I Felt Like I Had Lost Everything

By Jennifer Enamorado

Find these articles and more:

- At liahona.ChurchofJesusChrist.org
- In **YA Weekly** (under the Young Adults section in the Gospel Library)
- At facebook.com/liahona

Share Your Story

Do you have an amazing story to share? Or do you want to see articles about certain topics? If so, we want to hear from you! You can submit your articles or your feedback at liahona.ChurchofJesusChrist.org.

Perspective on Those Dark and Gloomy Times

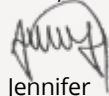
We've all had dark and gloomy days where we feel like nothing's going right. During those moments **we may ask ourselves, "Why me? Why now? How am I going to endure this?"** Fortunately, **we haven't been left alone.** We can count on the loving guidance of our Heavenly Father.

When I was younger, I used to complain about and question the adversity I faced—until something happened that impacted my life forever: I had an accident in which, unfortunately, I completely lost the fingers on my left hand. As hard as that was to endure, **that trial taught me to trust in Heavenly Father.** And, in spite of everything, I learned to be optimistic and grateful and to never give up. Something in me changed completely, and I felt how Heavenly Father extends His love to us and leads us through all of the difficult things we go through in life. You can read my story in the digital version of this issue.

In her article on page 44, Julieta also reminds us that we can be happy even in the midst of purifying fire and to look to the future with faith. In a digital-only article, Lydia reminds us to **look for the purpose in our trials.** Trials are what help us become like our Heavenly Father. And on page 48, Brixton testifies that while the Savior can heal our wounds, including challenges with mental health, sometimes it's necessary—and most definitely OK—to reach out to others for help.

I know with all my heart that **every difficulty—every dark and gloomy time in our lives—can lead to a sacred purpose** and that that purpose is to refine us and change us so that one day we can ultimately become perfect like our Heavenly Father.

Love,



Jennifer



PHOTOGRAPH FROM GETTY IMAGES

YOUNG ADULTS



Paralyzed but Not Pessimistic

After I was shot and paralyzed, my faith in Jesus Christ made the impossible possible.



By Julieta Olmedo

Ever since I was a little girl, I loved sports, especially football. I played whenever I could, and I dreamed of competing someday for Argentina in the Olympics or the World Games.

My dreams were shattered one day when I was 15 years old. I had just visited my sick seminary teacher and was riding my bicycle home when two gangs in my neighborhood started shooting at each other. A stray bullet hit me in the back.

When I woke up in the hospital the next day, I learned that I was paralyzed from the waist down.

The Question to Ask When Bad Things Happen

While I was healing, family and friends would ask me how I was doing. I could see that they all felt bad for me, so I would console them by saying I was OK. Comforting others helped me, but I knew I wouldn't walk again and had to learn how to live with being paralyzed.

At the time, I had started going to seminary and was becoming active again in the Church. Seminary was the pillar that supported me in coming back and in not getting mad at Heavenly Father over what had happened to me.

In seminary our teacher taught us that when bad things happen, we shouldn't ask, "Why did this happen to me?" She said the question we should ask is, "What can I learn from this?"

It was hard to keep going and to always be positive, but my seminary teacher's question gave me a lot of strength. When I lost hope and when doubts filled my mind, I always returned to that question: "What can I learn?" That helped me get up every day, and it carried me when I felt like giving up.

As for the man who shot me, Heavenly Father blessed me not to feel resentment toward him. He eventually went to trial and was sentenced to prison. While there, he wrote me a letter, asking my forgiveness and telling me he had changed his ways. I told him I didn't feel any bitterness toward him and that I was happy he had changed.

Finding a New Passion

For a few years after I was shot, I didn't feel like doing much. I missed playing sports, and I didn't know then that many sports have been adapted for people with disabilities. When

I found that out, my enthusiasm for sports returned. If a sport was new to me, I tried to learn it. And I gave it the same passion I did with football before I was paralyzed.

Soon I found a sport I loved as much as football—wheelchair basketball. Eventually, after a lot of play and practice, I was selected to represent Argentina internationally. I love the high level of competition between rival international teams.

I played on our women's national wheelchair basketball team in the Para-South American Games in Chile in 2014, during which we won a gold medal. Then we competed in the South America Championships in Colombia, winning a silver medal in 2015. I also competed in the Parapan American Games in Canada in 2015, where we qualified for the 2016 Paralympic Games in Rio de Janeiro, Brazil. Later, after qualifying for the World Cup, we played in Hamburg, Germany, in 2018. And in August 2019, we played at the Parapan American Games in Lima, Peru.

The Blessings That Help Me Endure

Sometimes I still get discouraged, and every day has its challenges that I have to overcome. But I thank my Heavenly Father for the wonderful family and friends He has given me. He has brought many important people into my life who have helped me face this difficult trial. Family support is vital in overcoming challenges—not just our physical challenges but our mental, emotional, and spiritual ones too.

When I lost hope and when doubts filled my mind, I always returned to that question: "What can I learn?"



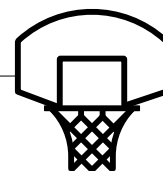


Because of the gospel in my life, I appreciate the many blessings my Father has given me and continues to give me. I know He loves me. Without faith in Him and Jesus Christ, I wouldn't have been able to endure this challenge.

Yes, I have to travel life in a wheelchair, but even with my wheelchair, I've still achieved many of my childhood dreams after all. I tell people, "Believe in our Father. He is with us. With His help, we can overcome our challenges. Don't lose your faith. Stay firm in the gospel. Set goals, and you'll achieve them. Our Heavenly Father will help you."

Along with supporting me in my challenges and goals, my faith also helps me live the principles of the gospel of Jesus Christ. Participating in tournaments can bring temptations, but keeping gospel principles and my standards in mind helps me make good choices.

With His help, we can overcome our challenges. Don't lose your faith. Stay firm in the gospel. Set goals, and you'll achieve them. Our Heavenly Father will help you.



I try to help others through my example. I don't drink. I don't smoke. I don't do other things some athletes do. It can be difficult to share my testimony or the scriptures, but I try to teach others by the things I do and don't do.

Heavenly Father Has All the Answers

Sometimes we get angry with Heavenly Father because of hard things that happen to us or to people we love, but even if we don't always have all the answers to our trials, He does.

Heavenly Father doesn't give us challenges we can't overcome. As my seminary teacher said, sometimes bad things happen for a reason. And sometimes those difficult things can end up blessing us and others. If we hold on to our faith in the midst of our trials, our examples of faith may strengthen others who need help facing their trials and moving forward. ■

The author lives in Córdoba, Argentina.

Reaching Out for Help after My Friend's Suicide

I thought I could overcome my depression on my own, but finally asking for help changed everything.

By Brixton Gardner

While working one day a few summers ago, I got the news that a good friend of mine passed away from suicide. I was shocked—I honestly didn't know how to react. I remember sitting at my desk in silence, unable to think or do anything.

All sorts of thoughts and emotions came flooding in, leaving me confused. But I kept telling myself that I was OK and that I would get over it. The following months, however, brought an overwhelming wave of depression and sadness over me. There were many tears and sleepless nights. Some mornings, I couldn't even get out of bed. I didn't think my prayers were being answered or heard. Reading the scriptures felt flat and uninspiring. I felt hopeless and didn't think things would get better.

For the longest time, I was afraid to talk to anyone about what I was feeling. People knew about my loss and would offer to talk or give support, but I always turned them down. "I don't want to bother them," I would think. "Besides, they have their own problems to worry about. Why would they care about mine?"

There was one Sunday where my grief seemed too much to bear. I couldn't sit still during sacrament meeting. When the meeting finally finished, I bolted into the hallway to get out of the building. Just before I made it to the door, I ran into a woman in my ward who had lost a son to suicide years earlier. When we made eye contact, the Spirit told me it was time to say something about what I was feeling.

It was scary, but with a shaky voice I stopped her and asked, “Can I talk to you for a bit? I need help.”

She listened to me explain what had happened and how I was feeling. Then, without hesitation, she held my arm and looked at me with tears in her eyes. “I just want you to know that this is not your fault and that you are so loved,” she said.

We both couldn’t help but cry as we kept talking. For me, it felt like the clouds were parting. There was finally some sort of a light shining through on my life. Everything she said to me in the hallway that day was an answer to my prayers.

What I learned most from that moment was

that sharing my feelings had finally allowed me to start healing. For some reason, I had convinced myself that I could face everything alone and that I didn’t need any help. Though I couldn’t see it, I was surrounded by people who loved me and wanted to help me.


I’ve learned that when we say that we are to be “of one heart and one mind” (Moses 7:18), it means that your heartaches are my heartaches and my pains are also your pains. It means not only giving help when needed but also being willing to receive help when we need it as well. Simply letting others help me is what made the difference and ultimately what led me to make a full mental recovery.

Now, a few years after this experience, I can honestly say that I am the happiest I have ever been in my life. With a lot of hard work, and ultimately by the grace of God, I have become someone stronger than I was before all this happened. Prayer, service, vulnerability, humility, therapy, countless blessings, and so much more have helped me get to where I am today. I owe a lot to Heavenly Father, my family, and my close friends for helping me through all this. How grateful I am that I reached out for help—it was a key to healing. ■



Brixton Gardner was raised in California, USA, and is currently studying at Brigham Young University. He served a mission in British Columbia, Canada, and he loves fitness, cooking (and eating) new recipes, and finding new music to enjoy.



A young girl with blonde hair, wearing a pink shirt, is seen from the side, looking out over a lush green garden. In the background, there is a building with a large arched doorway. The scene is bright and sunny, with various colorful flowers in the foreground and middle ground.

At first I thought seminary would be hard.

I had to change schools, and seminary was early in the morning. I didn't think it would work because I had a lot of homework and other things going on.

But when I started going to seminary, time just opened up for me. Now I always have enough time for my homework. And I'm always excited the next day to get up and go back to seminary. My friends and I support each other and learn a lot while we're there.

The happiness I feel in seminary is a lot like the happiness I feel when I'm in the temple. Before I turned 11, my siblings and friends had all been to the temple but I hadn't.

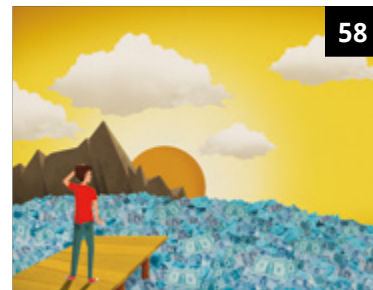
When I was finally old enough to go inside and do baptisms, I felt a great peace. Even though my family and friends had described to me the feeling of being in the temple, I was so excited that I was able to feel that for myself.

Sofia D., age 14, Colombia



YOUTH

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THE BLESSING OF THE RESTORATION FOR YOU



**By Elder
Dale G. Renlund**

Of the Quorum of the
Twelve Apostles

Because of the restored gospel, you can know who you really are and what God expects you to do.

IN THE MUSICAL *Fiddler on the Roof*, the lead character, Tevye, described one benefit of the traditions of his community, saying, “And because of our traditions, every one of us knows who he is, and what God expects him to do.”¹ You do not need to rely on tradition for this knowledge. Because of the Restoration, you can know who you are and what God expects you to do. If you are not sure yet, you have a right and an obligation to claim that knowledge.

It has been 200 years since 14-year-old Joseph Smith received the first heavenly vision that began the Restoration. Joseph entered those woods near his home in upstate New York, USA, because he was concerned about the welfare of his soul and wanted to know which church to join. He wanted to know who he was and what God expected of him. He received the answers he sought, but he learned so much more on that day and in the 24 years that followed. Because of restored truth, you can not only know why God created you, but you can also learn of your ultimate destiny. Like Joseph Smith, you can know for yourself.

WHO ARE YOU?

You are a beloved child of God, known to Him and loved by Him. Joseph learned this when God the Father and Jesus Christ appeared to him in 1820. Joseph recorded, “One of them spake unto me, calling me by name and said, pointing to the other—*This is My Beloved Son. Hear Him!*” (Joseph Smith—History 1:17).

God knew Joseph. The same is true for you. God knows you. He has known you for a long time and He has loved you for as long as He has known you. He knows your divine potential to progress and be exalted with Him. This means that you



have the potential to become like Him.²

“The Family: A Proclamation to the World” declares this profound, restored truth: “All human beings . . . are created in the image of God. Each is a beloved spirit son or daughter of heavenly parents, and, as such, each has a divine nature and destiny.”³ This truth might seem obvious to long-term members of the Church. Not so for many prominent Christian theologians who declare that your main purpose is to worship, adore, and venerate God and that God’s only motive to create you was so that you could praise, adore, and serve Him.

Through Joseph Smith, God revealed that His work and His glory is to glorify you, to bring to pass your immortality and eternal life.⁴ While glorifying you glorifies Him, God’s goal and purpose is to create the environment that allows you to progress. The ultimate end of your progression can be enduring joy. King Benjamin taught his people: “Consider on the blessed and happy state of those that keep the commandments of God. For behold, they are blessed in all things, both temporal and spiritual; and if they hold out faithful to the end they are received into heaven, that thereby they may dwell with God in a state of never-ending happiness” (Mosiah 2:41).

God has your best interest in mind. He is kind and loving. He knows that for you to progress, you needed to come to earth, receive a body, and learn right from wrong by your own experience. He does not want you to remain a



child or adolescent forever, nor does He want to transform you into a blindly obediently trained pet. No, He wants you to choose to follow Him and mature through your experiences to grow up and become an heir to all He has.⁵ This is your divine destiny.

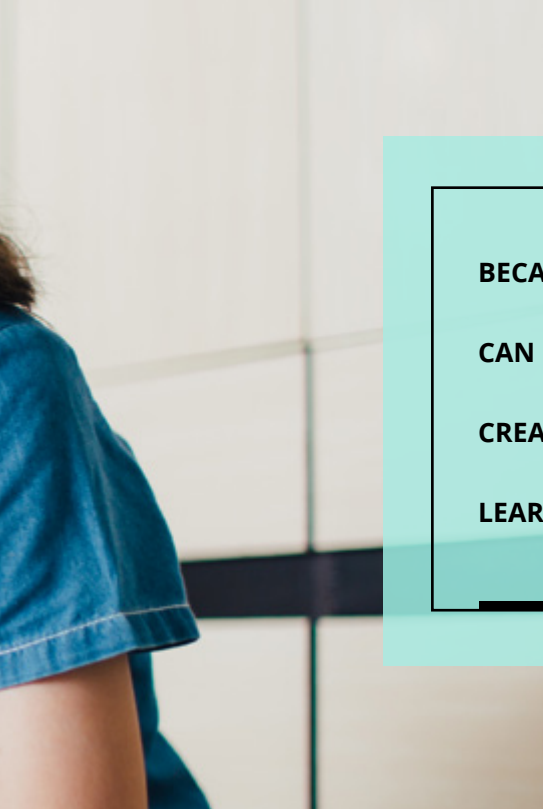
These truths are foundational to the restored doctrine that began with that simple prayer uttered by Joseph Smith.

WHAT DOES GOD EXPECT OF YOU?

God has two key expectations for you. First, He expects you to learn of and follow His plan. Second, He expects you to help others to learn and follow His plan.

You were taught God’s plan of salvation in premortal realms and accepted it. This may not have been an easy decision. One-third part of Heavenly Father’s children rejected the plan. But you desired to come to earth, receive a body, and use your agency to choose to follow the plan. God knew, and you knew too, that when on this earth you would make mistakes and commit sin. These sins would permanently prevent you from living in God’s presence unless you could be redeemed from your sins. God’s plan provided for Jesus Christ to be your Redeemer. Jesus Christ atoned for your sins and mistakes to allow God’s plan of salvation to work for you.⁶ He paid the ultimate price so that He could “claim of the Father his rights of mercy” for you (Moroni 7:27).

God’s plan also provided for you to have the gift of agency so that you can know “good from evil” (2 Nephi 2:5). You are an “agent” unto yourself (see Doctrine and Covenants 58:28), capable of making decisions for yourself. But when you make poor decisions or mistakes, God expects you to use your agency to repent. Repentance is made possible through the Atonement of Jesus Christ and is needed so you can be clean before God.⁷



**BECAUSE OF RESTORED TRUTH, YOU
CAN NOT ONLY KNOW WHY GOD
CREATED YOU, BUT YOU CAN ALSO
LEARN OF YOUR ULTIMATE DESTINY.**

You repent as you turn to God and exercise faith in Jesus Christ. Conditioned on repentance, Jesus Christ's Atonement enables you to be pardoned from the punishment you would otherwise receive. You show you have repented by being obedient to the laws and ordinances of the gospel. And, as you repent, you become pure, clean, and holy.

As God declared to Adam, "This is the plan of salvation unto all men, through the blood of mine Only Begotten" (Moses 6:62). Because of our faith in Christ and in Heavenly Father's plan, we can "enjoy the words of eternal life in this world, and eternal life in the world to come, even immortal glory" (Moses 6:59).

The second key thing God expects of you is to help others learn His plan and help them follow it. Once you understand that God and His Son, Jesus Christ, love you, you naturally desire to share this truth with others. Sharing the gospel of Jesus Christ is also referred to as the "gathering of Israel." President Russell M. Nelson affirmed:

"My dear extraordinary youth, you were sent to earth at this precise time, the most crucial time in the history of the world, to help gather Israel. There is *nothing* happening on this earth right now that is more important than that. There is *nothing* of greater consequence. Absolutely *nothing*.

"This gathering should mean *everything* to you. This *is* the mission for which you were sent to earth."⁸

Fulfilling this covenant obligation will bring you joy⁹ and contribute to your personal salvation.¹⁰

Because the gospel of Jesus Christ was restored to the earth, you may know who you are and what God expects of you. We celebrate the Restoration that began in the woods near the Smith farm in upstate New York 200 years ago because of the scope and significance it holds for you. Joseph's earnest prayer

opened a flood of revelation that continues to this day through His Apostles and prophets. Jesus Christ directs His Church and His work on the earth so that you can reach your divine potential to live again with your Heavenly Father. ■

NOTES

1. Joseph Stein, Jerry Bock, Sheldon Harnick, *Fiddler on the Roof* (1964), 3.
2. "God himself, finding he was in the midst of spirits and glory, because he was more intelligent, saw proper to institute laws whereby the rest could have a privilege to advance like himself . . . that they may be exalted with himself" (*Teachings of Presidents of the Church: Joseph Smith* [2007], 210).
3. "The Family: A Proclamation to the World," *Ensign* or *Liahona*, May 2017, 145.
4. See Moses 1:39.
5. See Dale G. Renlund, "Choose You This Day," *Ensign* or *Liahona*, Nov. 2018, 104.
6. See Isaiah 53:3–12. Isaiah mentions 10 times Christ's vicarious suffering for sin.
7. God said, "[You] must repent, or [you] can in nowise inherit the kingdom of God, for no unclean thing can dwell there." So, you "must be born again into the kingdom of heaven, of water, and of the Spirit, and be cleansed by blood, even the blood of [God's] Only Begotten; that [you] might be sanctified from all sin" (Moses 6:56, 59).
8. Russell M. Nelson, "Hope of Israel" (worldwide youth devotional, June 3, 2018), [HopeofIsrael.ChurchofJesusChrist.org](https://www.ChurchofJesusChrist.org).
9. See Doctrine and Covenants 18:15–16.
10. See Doctrine and Covenants 4:2, 4; 31:5; 36:1; 60:7; 62:3; and 84:61.

MEET THE FOUR JOSEPHS *of 2 Nephi 3*

Did you know that a prophet named Joseph spoke about Joseph Smith almost 4,000 years ago?

See if you can keep track of all the Josephs mentioned in 2 Nephi 3: Lehi tells his son Joseph about some of the prophecies that Joseph of Egypt made about Joseph Smith, who was named after his father, Joseph.

Take a look at the time line below to better understand who those Josephs were and when they lived.

What Did Joseph of Egypt Say about Joseph Smith?

The Lord inspired Joseph of Egypt to see many centuries into the future. He shared the following truths about Joseph Smith:

- **“A seer** shall the Lord my God raise up, who shall be a choice seer unto the fruit of my loins [descendants]” (verse 6).



About 1700 BC

Joseph, son of Jacob (who was renamed Israel), lived in Egypt. He had two sons, named Ephraim and Manasseh.

About 600 BC

Lehi, a descendant of Manasseh, left Jerusalem and traveled in the wilderness for several years. There, he and his wife, Sariah, had a son named Joseph.



- **“He shall** be great like unto Moses, whom I have said I would raise up unto you, to deliver my people” (verse 9).
- **“Unto him** will I give power to bring forth my word unto the seed of thy loins—and not to the bringing forth my word only, saith the Lord, but to the convincing them of my word, which shall have already gone forth among them [such as the Bible]” (verse 11).
- **“Out of** weakness he shall be made strong, in that day when my work shall commence among all my people, unto the restoring thee, O house of Israel, saith the Lord” (verse 13).
- **“That seer** will the Lord bless; and they that seek to destroy him shall

be confounded” (verse 14).

- **“His name** shall be called after me; and it shall be after the name of his father” (verse 15).

How Was Joseph Smith Like Joseph of Egypt?

Joseph of Egypt was appointed by the pharaoh to oversee the stockpiling of food to prepare for a famine. When the famine came, people in Egypt and elsewhere came to Joseph to buy food. Even his brothers came to Egypt from the Holy Land for food. The pharaoh allowed Joseph’s brothers and father to have food and to live in Egypt. This saved them from starvation.

In Joseph Smith’s day, people were facing a “famine” of the word of God;

How Did Lehi Know about Joseph of Egypt?

After Lehi and his family had left Jerusalem, the Lord commanded them to return and get the brass plates that Laban had. These plates contained the writings of Old Testament prophets, including Joseph of Egypt.

they were starving for the true gospel of Jesus Christ. Joseph Smith was the prophet the Lord called to save us from that famine—by restoring His gospel and priesthood so we could receive the ordinances necessary for our spiritual salvation. ■



AD 1771

Joseph Smith Sr. was born in Massachusetts.

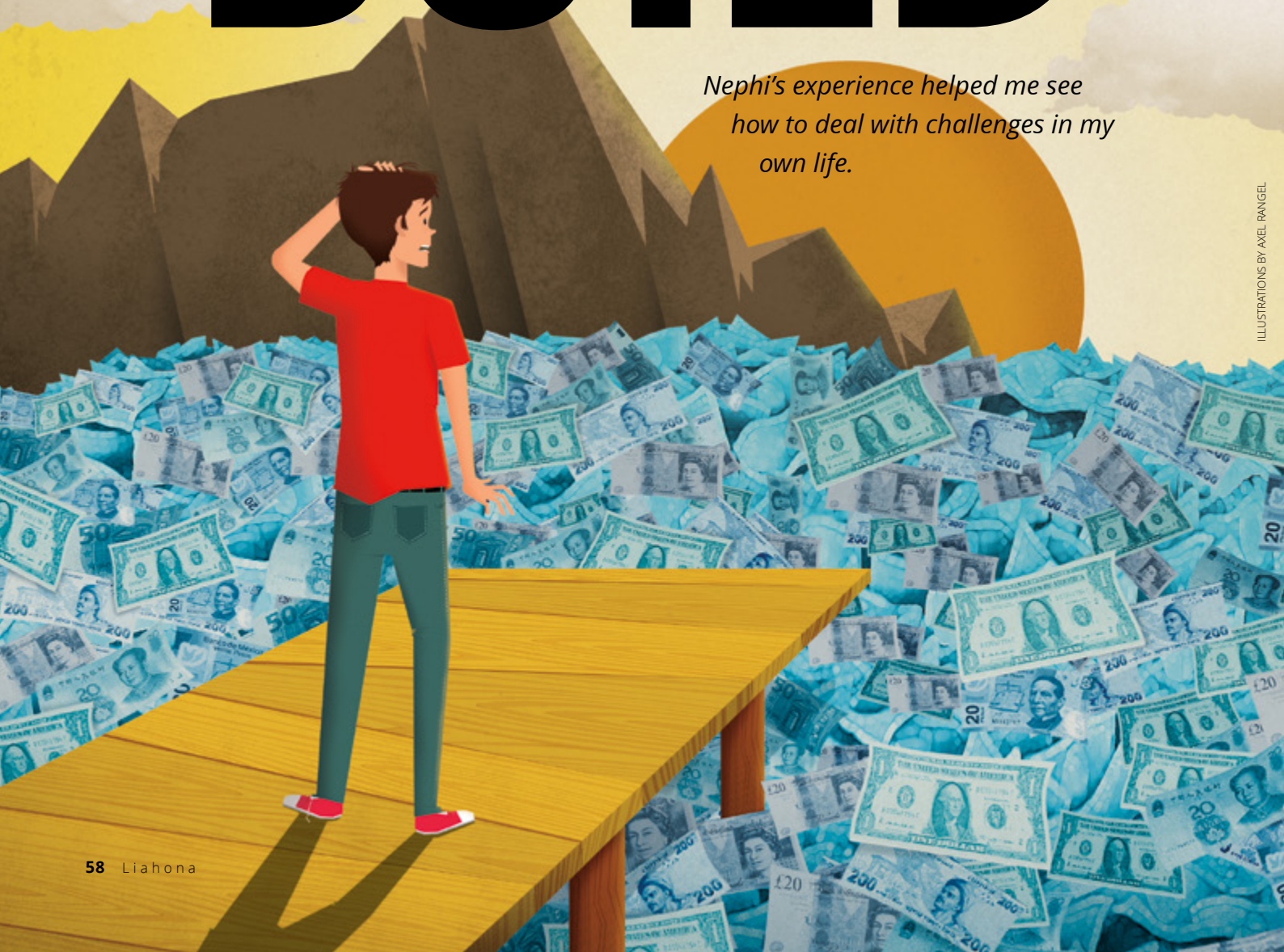
AD 1805

Joseph Smith Jr. was born on December 23, 1805, in Vermont. In the First Vision in 1820, he saw Heavenly Father and Jesus Christ. He translated and published the Book of Mormon several years later, just as Joseph of Egypt said he would (see 2 Nephi 3:11).



I Had a **SHIP** to **BUILD**

*Nephi's experience helped me see
how to deal with challenges in my
own life.*



ILLUSTRATIONS BY AXEL RANGEL



**By Elder
Juan Pablo Villar**
Of the Seventy

When I told my parents I wanted to serve a mission, they were not happy. My older brother, Ivan, and I were the only members of The Church of Jesus Christ of Latter-day Saints in our family. I had joined when I was 18, and now, one year later, I had decided to serve full-time. Although my parents ultimately agreed to let me go, my Dad warned that when I returned, he could not guarantee he would keep paying my college tuition.

However, I knew that if I served, the Lord would help me.

Throughout my mission, I rejoiced as I saw people embrace the gospel of Jesus Christ and progress toward salvation. When I returned home, I started my studies again. But soon my father said, as he had warned, “I cannot pay anymore.”

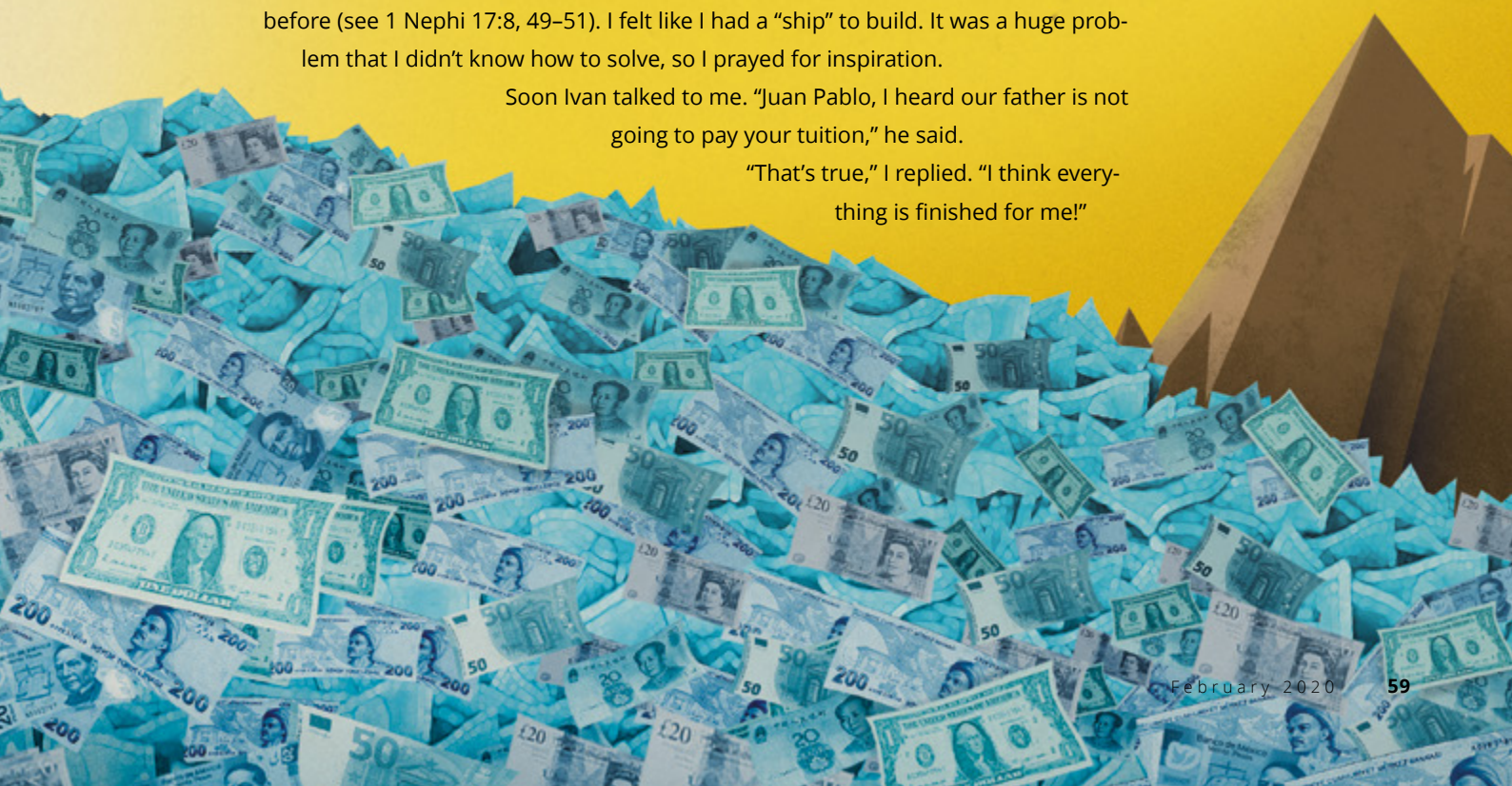
How is this possible? I thought. I served a mission. I did what the Lord wanted me to do. Why is this happening to me?

Study and Work

Then I remembered reading in the Book of Mormon. Nephi, who had kept all the commandments, was commanded to build a ship, something he had never done before (see 1 Nephi 17:8, 49–51). I felt like I had a “ship” to build. It was a huge problem that I didn’t know how to solve, so I prayed for inspiration.

Soon Ivan talked to me. “Juan Pablo, I heard our father is not going to pay your tuition,” he said.

“That’s true,” I replied. “I think everything is finished for me!”



Ivan's response was simple, but it inspired me. "Do you know that you can both study and work?" he said. "That way, you'll be able to pay for your tuition." It was the first time I realized I could do both! Soon I found a part-time job that enabled me to continue my studies.

I thought again about Nephi and the boat: "Now I, Nephi, did not . . . build the ship after the manner of men; but I did build it after the manner which the Lord had shown unto me" (1 Nephi 18:2).

If I had listened to myself, I would have given up on my education. But the Lord inspired me, through the words of my brother, to continue. Sometimes when we have challenges in our lives, we think the Lord is not blessing us. But I can now clearly see how He blessed me with an opportunity to develop and grow.

Don't Quit!

As a student, I also got married. Then, when I had nearly completed my degree, I realized I didn't really like what I was studying. I wanted to give up. But my wife said, "You cannot quit. You don't know what the Lord has prepared for you, so you have to finish."

I thought of Nephi once again. Despite being mistreated by his older brothers, he didn't quit. Instead, Nephi looked to God and praised Him. "I did not murmur against the Lord because

of mine afflictions," he said. Eventually he was freed, and "it came to pass that I, Nephi, did guide the ship, that we sailed again towards the promised land.

"And it came to pass that after we had sailed for the space of many days, we did arrive at the promised land" (1 Nephi 18:16, 22–23).

Listening to my wife's counsel, I finished my degree. But I began work in a different career field.

A couple of years later, I had the strong impression that I needed to improve my education, and I felt I should go to graduate school. When I started the application process, one of the first things I was asked was whether I had a bachelor's degree. In that moment, my wife's words came quickly to me: "You don't know what the Lord has prepared for you, so you have to finish." If I had not completed my bachelor's degree, it would not have been possible for me to obtain my master's degree.

Prophets Guide Us

Every time I read the Book of Mormon, I ask myself, What does this prophet from thousands of years ago want me to know and apply in my life and in the life of my family? Nephi, for example, has taught me that we need to be prepared when the Lord calls us, to trust Him, and to serve Him faithfully.

I know without any doubt that when the Lord calls you, He will prepare the way, just as He did for Nephi (see 1 Nephi 3:7). ■



TESTIMONY ^{OF} JESUS CHRIST



HE LIVES!

- Jesus Christ rose from the tomb (see Matthew 28:6).
- He has a body of flesh and bone (see Luke 24:39; Doctrine and Covenants 130:22).
- His resurrected body is glorified and immortal.



INHABITANTS THEREOF ARE BEGOTTEN SONS AND DAUGHTERS

Some other worlds are inhabited. We don't know much about those people (see Moses 1:35), but we do know they are children of Heavenly Father and are saved through Jesus Christ's Atonement.



"And now, after the many testimonies which have been given of him, this is the testimony, last of all, which we give of him: **THAT HE LIVES!**

"For **WE SAW HIM**, even on the right hand of God; and **WE HEARD THE VOICE** bearing record that he is the Only Begotten of the Father—

"That by him, and through him, and of him, the **WORLDS ARE AND WERE CREATED**, and the **INHABITANTS THEREOF ARE BEGOTTEN SONS AND DAUGHTERS UNTO GOD.**"

Doctrine and Covenants 76:22–24; emphasis added.

WE SAW HIM

- God has always followed the pattern of calling eyewitnesses (see Acts 5:32).
- He called Joseph Smith as a latter-day witness of the living Christ.



"THIS IS MY BELOVED SON"

WE HEARD THE VOICE

A heavenly voice, often the Father's voice, has testified at other times that Jesus Christ is the Son of God (see Matthew 3:17; 3 Nephi 11:7; Joseph Smith—History 1:17).

WORLDS ARE AND WERE CREATED

Under the direction of the Father, Jesus Christ created "worlds without number" (Moses 1:33).



How can I enjoy church when I'm having issues with people there?

"All of us are imperfect; we may offend and be offended. We often test one another with our personal idiosyncrasies. In the body of Christ, we have to go beyond concepts and exalted words and have a real 'hands-on' experience as we learn to 'live together in love' [Doctrine and Covenants 42:45]."

Elder D. Todd Christofferson of the Quorum of the Twelve Apostles, "Why the Church," *Ensign* or *Liahona*, Nov. 2015, 109.



You Can Control Only Yourself

I can't control those around me, even other members, but I can

control myself and how I react to the situations. I realized that going to church was between me and God, not between me and anybody else. I reminded myself that it wasn't fair to God or to myself to stop living the gospel.

Erica Y., age 18, Hawaii, USA

Respect Everyone

We all have different backgrounds and different upbringings. You never know what people are going through.

Logan B., age 15, Oregon, USA

Talk to Your Leaders

You shouldn't be going to church because of a person. You should be going because of your belief in Christ. I would also recommend talking to your bishop.

Asher D., age 15, Washington, USA

Responses are intended for help and perspective, not as official pronouncements of Church doctrine.



Love as Jesus Did

Jesus Christ said, “Love one another; as I have loved you. . . . By this shall all men know that

ye are my disciples” (John 13:34–35). This helped me understand that I have to love others no matter who they are, just as the Savior loves me, even with all my imperfections and mistakes.

Ema F., age 15, Chaco, Argentina

Enjoy Your Ward Family

Even though I have struggled with feelings of hurt or resentment associated with Church members, I’ve realised more and more how much people there care about me. It has helped me to enjoy church because of the joy my ward family brings me. There will always be people there who love you.

Sophia D., age 16, Bristol, England

What Do You Think?

“I don’t understand a lot of the scriptures. How can I get more out of scripture reading?”

Submit your answer and, if desired, a high-resolution photograph by March 15, 2020, at liahona.ChurchofJesusChrist.org (click “Submit an Article or Feedback”).

Responses may be edited for length or clarity.



How can I explain to my friends why we need the Book of Mormon?

We believe that the Book of Mormon was prepared by the Lord for our day and is necessary for us. Here are a few reasons why (as explained by President Russell M. Nelson):

- It contains the answers to life’s most compelling questions.
- It teaches the doctrine of Christ.
- It expands and clarifies many of the “plain and precious” truths from the Bible that were lost (see 1 Nephi 13:29–33).
- It provides the fullest and most authoritative understanding of the Atonement of Jesus Christ to be found anywhere.
- It teaches us about the gathering of scattered Israel.
- It exposes the tactics of the adversary (see 2 Nephi 26–33).
- It dispels false religious traditions.
- It abolishes forever the false concepts that revelation ended with the Bible and that the heavens are sealed today.

(From Russell M. Nelson, “The Book of Mormon: What Would Your Life Be Like without It?” *Ensign* or *Liahona*, Nov. 2017, 62).

I Had Beheld a Vision

By the Prophet Joseph Smith (1805–44)
First President of the Church

In the spring of 1820, 14-year-old Joseph Smith wondered which church he should join. He turned to the scriptures for answers. In James 1:5 he read that if we lack wisdom, we may ask of God.

At length I came to the conclusion that I must either remain in darkness and confusion, or else I must do as James directs, that is, ask of God. . . .

So, in accordance with this . . . I retired to the woods to make the attempt. It was on the morning of a beautiful, clear day, early in the spring of eighteen hundred and twenty. . . .

After I had retired to the place where I had previously designed to go, having looked around me, and finding myself alone, I kneeled down and began to offer up the desires of my heart to God. I had scarcely done so, when immediately I was seized upon by some power which entirely overcame me, . . . Thick darkness gathered around me, and it seemed to me for a time as if I were doomed to sudden destruction.

But, exerting all my powers to call upon God to deliver me out of the power of this enemy

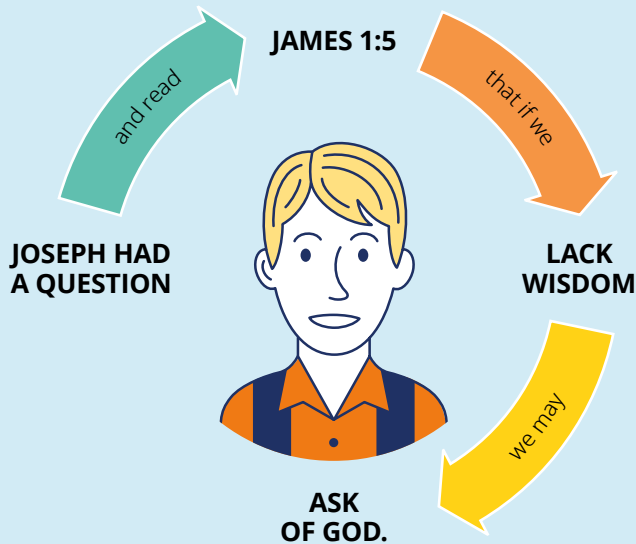
which had seized upon me, and at the very moment when I was ready to sink into despair and abandon myself to destruction . . . I saw a pillar of light exactly over my head, above the brightness of the sun, which descended gradually until it fell upon me.

. . . When the light rested upon me I saw two Personages, whose brightness and glory defy all description, standing above me in the air. One of them spake unto me, calling me by name and said, pointing to the other—*This is My Beloved Son. Hear Him!* . . .

. . . I had actually seen a light, and in the midst of that light I saw two Personages, and they did in reality speak to me; and though I was hated and persecuted for saying that I had seen a vision, yet it was true; . . . I had seen a vision; I knew it, and I knew that God knew it, and I could not deny it. ■
From Joseph Smith—History 1:13–17, 25.

A PATTERN FOR SEEKING TRUTH

How can we know what's true?
The Prophet Joseph Smith set a
pattern for us to follow.



Joseph's seeking led to the Restoration
of the gospel of Jesus Christ. What will
your seeking lead to?



When you have questions,
where do you go for answers?

President Russell M. Nelson
has shared how we can follow the
example of the Prophet Joseph:



"Find a quiet place. Humble
yourself before God."



"Pray in the name of
Jesus Christ about your
concerns, your fears, your
weaknesses—yes, the very
longings of your heart."



"And then listen!"



"Write the thoughts that
come to your mind."



"Follow through with actions
that you are prompted to take."

**"Does God really *want* to
speak to you? YES!"**

(From the April 2018 general conference.)



**COMMEMORATING
200 YEARS SINCE THE
FIRST VISION**

Joseph Smith's First Vision is as important to us today as it was 200 years ago. Several articles this month help explain why.

YOUNG ADULTS

**WHEN LIFE'S
NOT FAIR**

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YOUTH

**THE RESTORATION
AND YOU**

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SEEKING TRUTH?

**FOLLOW THIS
PATTERN**

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TO PARENTS

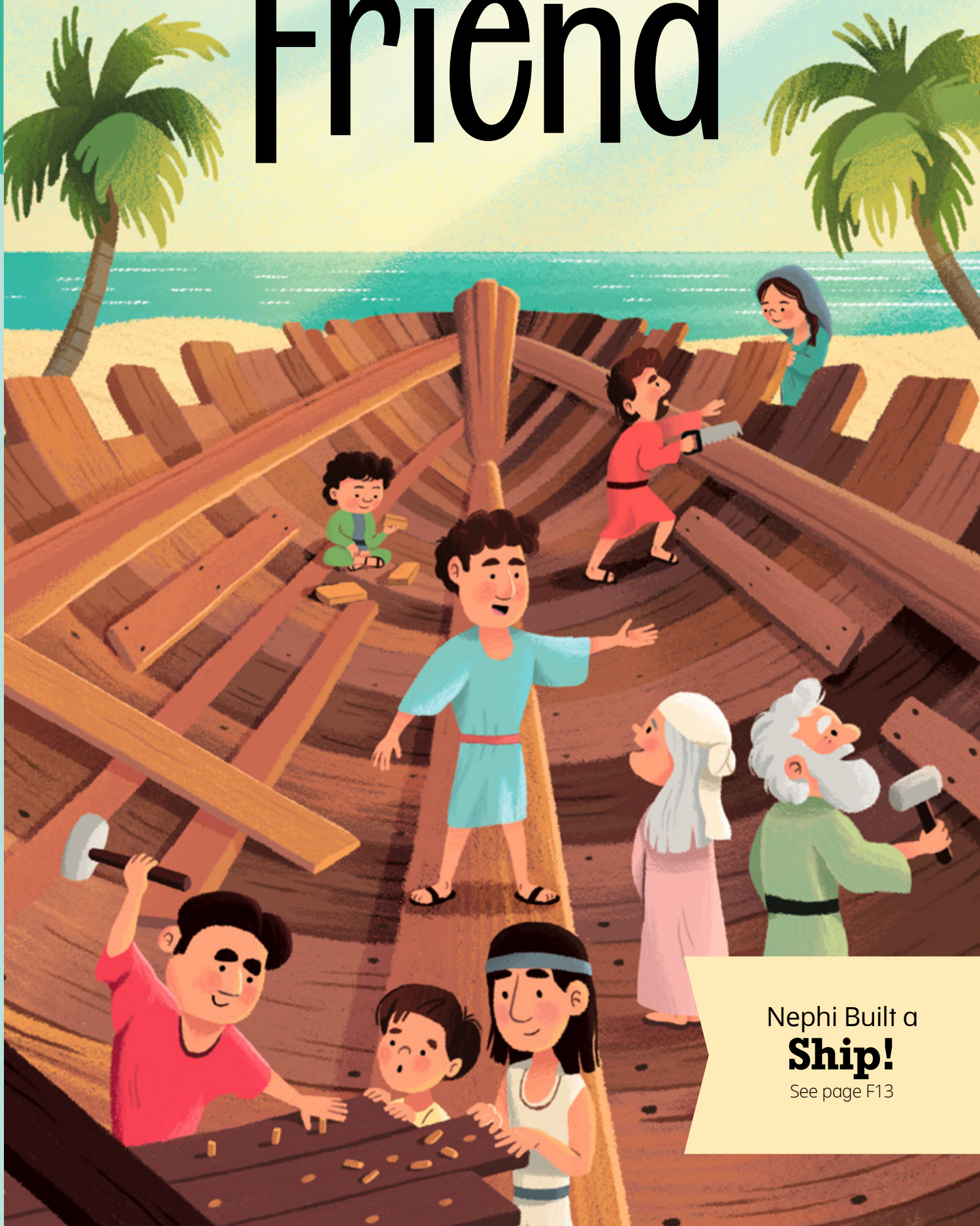
**KIDS AND
UNHAPPY FEELINGS**

40, F6

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS



the Friend



Nephi Built a
Ship!

See page F13



**By President
Henry B. Eyring**
Second Counselor in
the First Presidency

GO and DO

When I was growing up, many people were out of work and homeless. The Relief Society president in our small branch was an older woman from Norway. She knew that God wanted her to care for those in need. So she asked her neighbors for old clothes. She washed the clothes and ironed them. Then she put them

in cardboard boxes on her back porch. When someone needed clothes, her neighbors would say, “Go to the house down the street. There is a lady there who will give you what you need.”

This sister found out what God wanted her to do, and then she did it! She helped hundreds of Heavenly Father’s children who were in need.

In the Book of Mormon, Nephi teaches us to follow God’s commandments, no matter how hard they seem. He said, “I will go and do the things which the Lord hath commanded” (1 Nephi 3:7).

You show your trust in God when you listen to Him and then go and do whatever He asks. ●



*Adapted from “Trust in God, Then Go and Do,”
Ensign or Liahona, Nov. 2010, 70–73.*

What can you do to help
someone today?

I Will Walk with Jesus

Earnestly ♩ = 80-88

Words and music by Stephen P. Schank

B \flat E \flat B \flat E \flat B \flat E \flat B \flat E \flat

1. Je - sus walked in wis - dom; Je - sus grew in truth.
2. I can grow like Je - sus. I will try each day,
3. I will trust in Je - sus. I will hear His call.

B \flat E \flat B \flat Cm7 F B \flat E \flat

He showed love to God and man while in His youth. Je - sus wants to guide me.
Prom - is - ing to walk His path and there to stay. Stan - ding by my Sav - ior,
He will nev - er leave me, e - ven when I fall. Je - sus gives me pow - er,

B \flat E \flat Cm B \flat E \flat F

Je - sus shows the way, Call - ing me to come and walk with Him each day.
safe with - in His care, Step by step I'll fol - low, and His love I'll share.
lifts and com - comforts me, Help - ing me to live and grow e - ter - nal - ly.

Chorus B \flat E \flat F B \flat Gm Cm7

As I walk with Je - sus to my home a - bove, He will bless me with His Spir - it and

F7 B \flat Gm Cm7 D7 Gm

fill me with His love, Change my heart for - ev - er and help me clear - ly see.

E \flat B \flat Cm7 F7 B \flat E \flat B \flat E \flat B \flat

I will walk with Je - sus, and He will walk with me.

Keep Going, Josie!

By Juliann Doman

(Based on a true story)

"Let us run with patience the race that is set before us"
(Hebrews 12:1).

Josie yawned as she slowed her jog to a walk. Today was the big race! She had been looking forward to this day for months. But instead of feeling excited during warm-ups, Josie felt tired.

"How's it going?" her older sister, Christine, asked. She sat down with Josie on the grass so they could stretch their legs.

"I'm really tired today," Josie said, reaching for her toes.

She had been sick and had to miss several days of school. So last night she stayed up late catching up on her schoolwork.

"I hope I don't let our team down," Josie said.

"Just do the best you can," Christine said. "Looks like we're about to start!"

The girls jogged over to join their teammates. As they lined up with the other runners, Josie closed her eyes and took a deep breath. She knew her team was counting on her to run fast, as she usually did. The race time from the top five runners on their team would determine whether their team went on to the finals. She barely had time to get in position when the gun sounded to start the race. *Bang!* The runners pushed off the starting line and sprinted forward.

Josie pumped her arms and lengthened her steps. She knew she needed to get ahead in the beginning if she wanted to be a top finisher. At first Josie could keep up with the other lead runners. But when she tried to run faster, she couldn't.

Josie breathed harder. She just couldn't get her legs to move any faster. The runners behind her started passing her. Usually *Josie* was the one doing the passing! *Maybe I should just give up*, she thought.



Josie looked down at the ground as she heard another runner pass her. “Keep going, Josie!” the runner said as she ran by. Josie looked up. Then she smiled. It was one of her teammates.

“You can do it!” another teammate said as she ran past. One by one as Josie’s teammates passed her, they encouraged her to keep running.

Josie felt a surge of determination. Maybe she wouldn’t be in the top five, but she could still finish the race. She focused on her steps and didn’t stop until she finally crossed the finish line.

“I’m sorry if I . . . didn’t help us . . . qualify for the next race,” she said between big breaths.

“Our team *did* qualify!” Josie’s coach said as she

ran over to the girls. Everyone on the team cheered, and Christine threw her arms around Josie in a big hug.



That night as Josie knelt to pray, she thought about how her teammates had helped her. Their words gave her strength to keep going when she wanted to quit.

Josie looked up at the picture of Jesus hanging above her bed. *Jesus does the same thing for us*, she thought. She smiled as she imagined the Savior cheering her on. “Keep going, Josie! I am here to help you.”

Josie thanked Heavenly Father for His help in running the race of life. She felt like she could do anything with Jesus cheering her on! ●

The author lives in Colorado, USA.



Six Ways to Feel Better

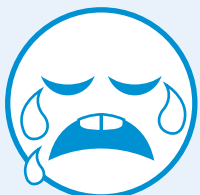
Here are some things to try when you have unhappy feelings. Color the face that matches how you feel, or draw a new face. Then color the ideas for feeling better.



I feel angry!



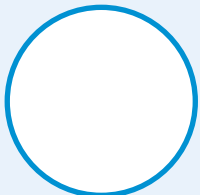
I feel scared.



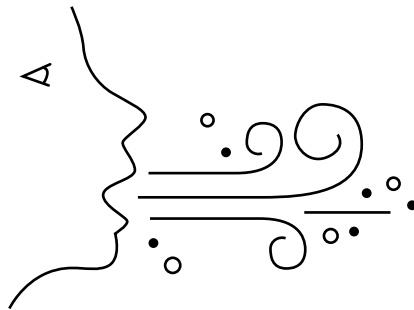
I feel sad.



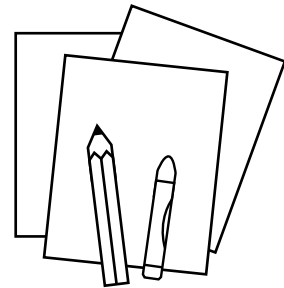
I feel worried.



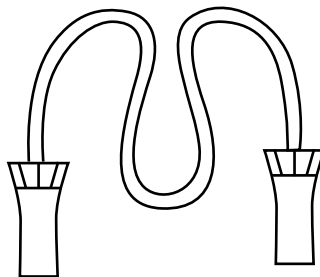
I feel _____.



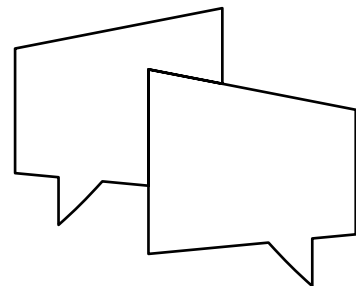
Slowly breathe in and out.
Let your body relax.



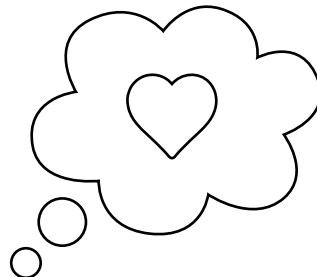
Write in a journal or color a
picture about how you feel.



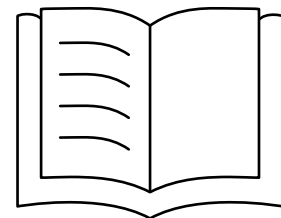
Try an activity that gets
your body moving.



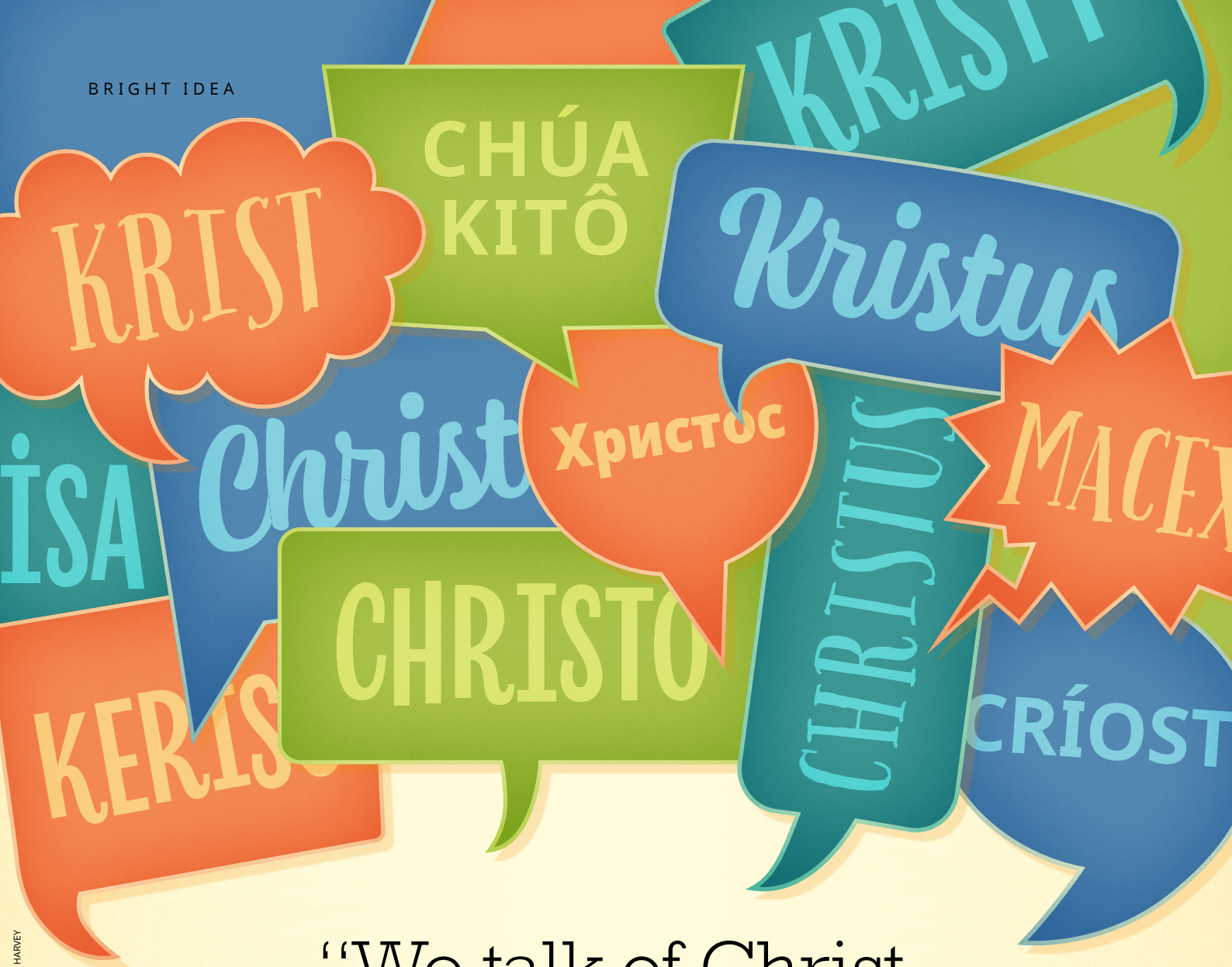
Talk to someone about
how you feel.



Be kind to yourself. Try to think
nice thoughts about yourself.



Say a prayer and read a few
scriptures. God loves you,
no matter what!



“We talk of Christ,
we rejoice in Christ”

(2 Nephi 25:26).



Hello from Brazil!



**We're Margo
and Paolo.**

We're traveling around the world to
learn about children of God. Join us
as we visit Brazil!

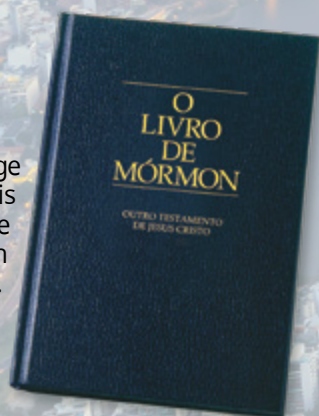


Soon there will
be 11 temples in
Brazil! On page
F10, you can read
about a Brazilian
boy's first temple
trip.

Brazil is the largest
country in South America.
More than a million
members of the Church
live there.



The main language
spoken in Brazil is
Portuguese. This is the
Book of Mormon in
Portuguese.





Football is the most popular sport in Brazil.

The Amazon River is the longest river in the world. And the Amazon rainforest is the biggest in the world! It's home to many amazing animals.



A giant statue of Jesus Christ stands on a mountaintop near the city of Rio de Janeiro.

Meet some friends from Brazil!



I like going to church with my little sister and my family. I feel the Savior's love when I am with my family in sacrament meeting. I feel it when I am in Primary too. I know that Jesus lives and loves us.

Yago V., age 4, and his sister, Laís, age 2, Minas Gerais, Brazil



Before my baptism, I was afraid of drowning because I could not swim. My father said I could trust Jesus to be with me. After that I felt great courage and knew I was not alone. The day of my baptism was one of the best days of my life.

Ana Luiza M., age 9, Paraná, Brazil

Thanks for exploring Brazil with us. See you next time!



**Are you from Brazil?
Write to us!
We'd love to hear from you.**



A Temple for Ítalo

He couldn't wait to go inside someday!

By Sadey Ludlow

(Based on a true story)

"I love to see the temple. I'm going there someday" (Children's Songbook, 95).

Ítalo was excited for the ward temple trip. They were going to the Recife Brazil Temple. It was 15 hours away!

Ítalo, his older brother, Henrique, and their parents left early in the morning. As they rode along, Ítalo kept thinking about something Mom had told him. "This year, you can see how beautiful the temple is from the outside," she said. "Next year, you'll be old enough to see how beautiful it is on the inside."

Ítalo hadn't been to any temple before. But he had been watching the new temple being built in Fortaleza, where his family lived. It was amazing!

They stopped for lunch. Ítalo had his favorite, *feijoada*, black bean stew with rice. While he ate, he kept thinking about the temple. When the temple in Fortaleza was finally dedicated, it would be a temple his family could visit over and over again. They wouldn't have to drive so far.

The sun was setting when Ítalo and his family arrived at the temple in Recife. "*Que bonito!*" Ítalo said. "How beautiful!" He couldn't stop smiling.

The next morning, Mom showed Ítalo where he would be waiting with his friends from the ward. "Even though you can't go inside the temple yet," she said, "pay attention to the special spirit you can feel while you're on the temple



grounds.” Then the rest of Ítalo’s family went inside the temple.

Members of the ward sat with Ítalo and the other children on the grass near the temple. They read stories from the Book of Mormon. *Reading scriptures is a good way to get ready for the temple*, Ítalo thought. He felt calm and safe. *Mom’s right*, he thought. *There is a special feeling here.*

Then the adults took Ítalo and the other children for a walk around the temple grounds. That’s when Ítalo noticed the words over the entrance to the temple. “*Santidade ao Senhor: A casa do Senhor*,” they said. “Holiness to the Lord: the House of the Lord.”

No wonder I feel so peaceful here, he thought. *This is God’s house.*

When the temple trip was over, Ítalo and his family returned home. He wanted to remember how he had felt at the temple. What could he do?

Sometimes Ítalo felt he could draw his feelings better than he could write about them. So he drew a picture of the temple. Then he showed it to Mom and Dad.

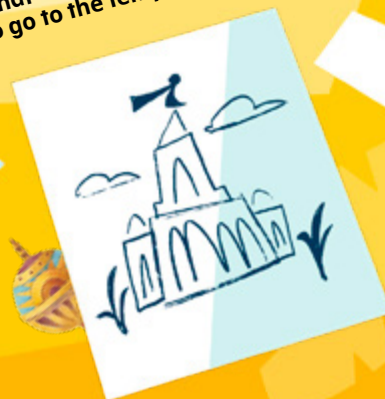
“This will remind me of where I want to go,” he said. He kept the picture in his room where he could look at it each day.

“I want to be ready,” he said. “Because I want to go inside someday!” ●

The author lives in Utah, USA.



What can you do to get ready to go to the temple?



Scripture Boats

Lots of scriptures talk about boats! What do you learn from these stories?



Who Am I?

Match each person below with their story.

- 1** God warned me He was going to flood the earth. He told me to build a huge ship called an ark so my family and the animals could survive.
- 2** We were on a boat with Jesus when a storm came. Jesus calmed the wind and the waves.
- 3** My brother and I built ships to travel to a promised land. I asked God to make stones glow to give us light in our ships.
- 4** Our boat couldn't land because the harbor was frozen! I led our group in prayer asking God for help. The ice broke long enough for our boat to pass through.



Lucy Mack Smith



Jesus's disciples



Noah

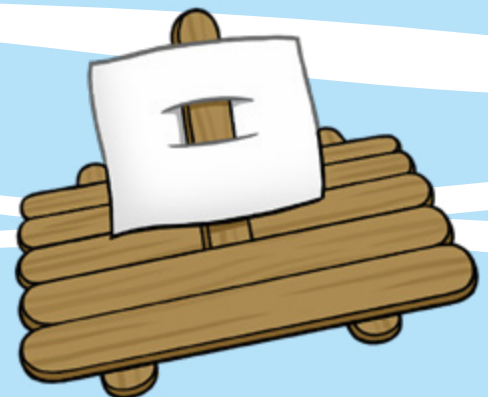
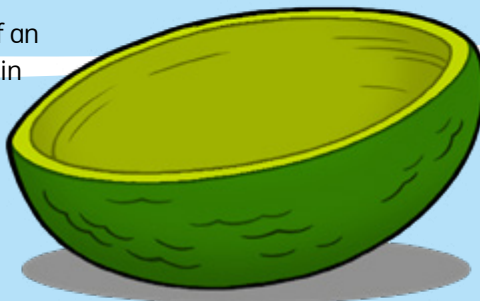


The brother of Jared

Build Your Own

Here are ideas for making different kinds of boats. What ideas can you come up with?

- Use the skin of half an avocado as the main part of a ship.



- Glue or tape craft sticks together to make a floating deck.

Nephi Builds a Ship

Use this script to act out parts of 1 Nephi 17.

Narrator: After Nephi's family traveled through the wilderness, they came to an ocean. The Lord told Nephi to make tools and build a ship.

[Nephi is building. Laman and Lemuel walk onto the scene.]



Nephi: Brothers, come help me build our boat!

Laman: No! You don't know how to build something like that.

Lemuel: You are foolish, like our father.

Nephi: The Lord will lead us to a promised land, just like He led the people of Moses. I'm sad you don't believe God's promises.

Laman: *[angrily turning to Lemuel]* Let's throw him in the ocean!

[Laman and Lemuel try to grab Nephi, but Nephi steps back.]

Nephi: I can do anything God commands me to do.

[Nephi stretches his hand toward Laman and Lemuel. They start shaking and fall on their knees.]

Laman: I felt the power of the Lord!

Lemuel: I did too! It made me shake!

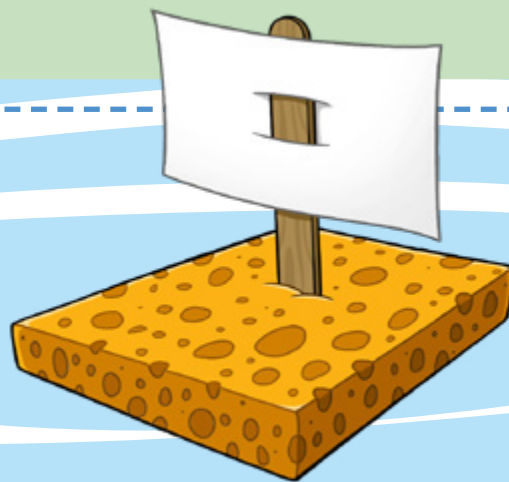
[Nephi helps them to their feet.]

Nephi: I hope you will believe in God. Now let's finish this boat together.

Narrator: Nephi and his family finished their ship and sailed to the promised land.



- Fold a boat out of paper.



- Use sticks and paper to decorate a sailing sponge.

Book of Mormon Puzzle

Fill in the empty squares so that all six pictures are in each row (across),
each column (up and down), and each blue box.



What do these symbols remind you of in the story of Nephi and his family?

Hint:
Which symbol is
missing here?

Show and Tell



I like to invite my friends to come to church or to the activities with me.

Jacob K., age 12, New South Wales, Australia



I felt very happy to enter the waters of baptism. My brother, who served a mission, baptized me!

Astrid V., age 8, Arequipa, Peru



Lynn P., age 11, Santa Cruz, Bolivia



We have family living in Tonga, so we were sad when a cyclone hit there. We thought of an idea to send water purifiers so that they could have clean water to drink. We worked hard and earned enough money to send three boxes of water purifiers! Our family in Tonga had enough to share with their community.

Kalea and Christopher L., both age 8, Saskatchewan, Canada



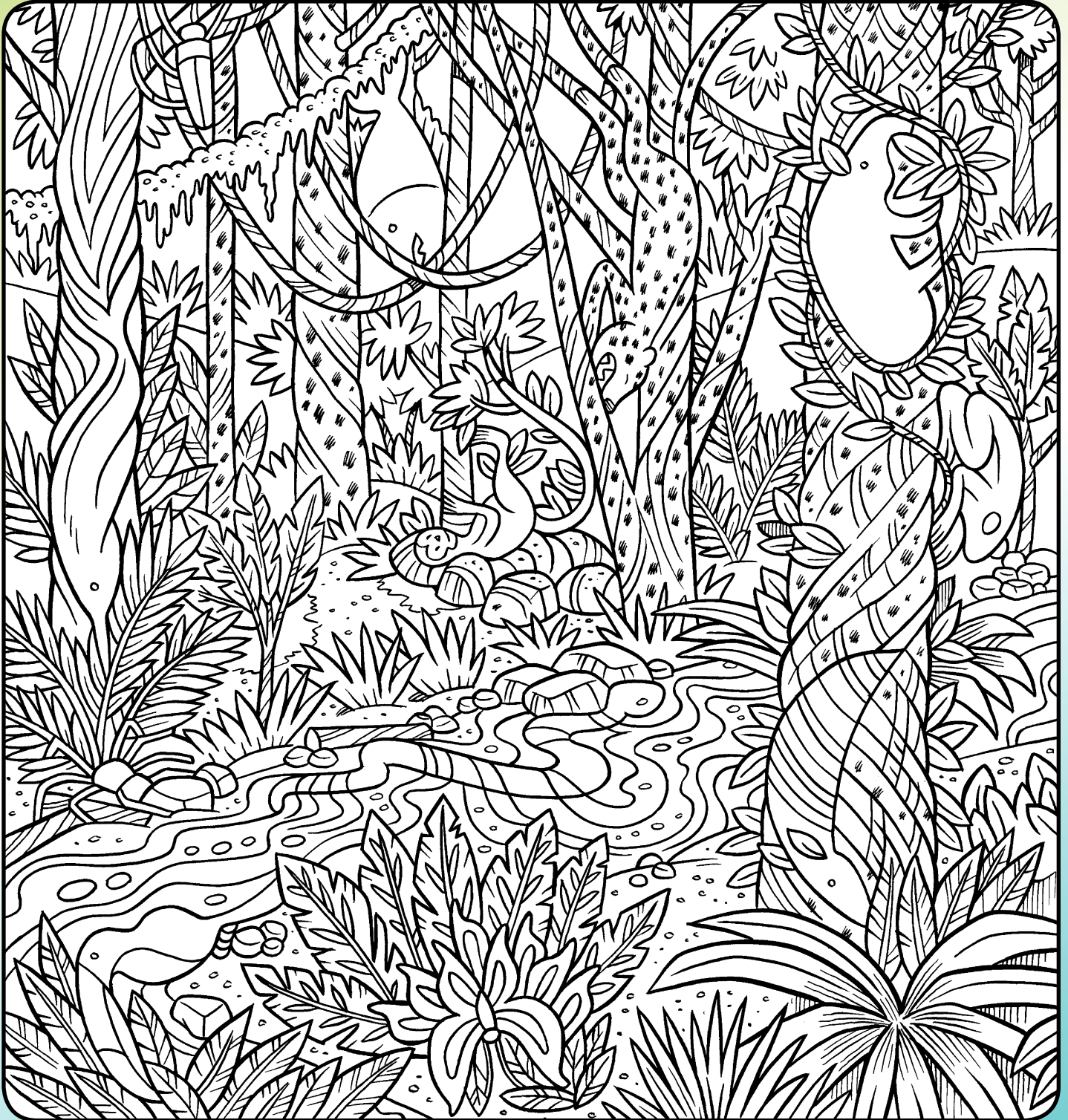
Primary children in the **San Luis Province, Argentina**, practiced for the Primary program and were excited to present it!



Primary children in the **Ping Chen District, Taiwan**, put fuzzy balls in a container to represent prayers given, scriptures read, and when they felt love from God. Each week they shared what they had done, felt, prayed about, or learned. They had many reminders of God's love!

Find It!

About half of Brazil is covered in rainforest. Can you find and color all 12 animals and insects in this rainforest scene?
Look on the back cover for help.



Go to page F8 to learn more about Brazil.

Sometimes I'm afraid to try new things.
What if I fail?
—Afraid in Accra



Dear Afraid,

All people who are really good at something started out as beginners! You won't be an expert when you first try, and that's OK. It's all part of the adventure! When you mess up, just try again. Life is about learning and growing.

You can do it!

The *Friend*

Trace the lines to learn more about
how these people kept trying.

President Dallin H. Oaks

Apostle and former
Utah Supreme
Court Justice



Was told by his first
violin teacher that
he would never be
successful.



Bessie Coleman

famous pilot



Was never a top
student, popular
in school, or the
president of any-
thing when she
was younger.

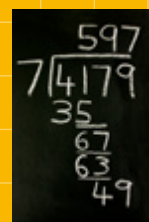


Jean B. Bingham

Relief Society
General President



Struggled in
school, especially
with long division.



Ludwig van Beethoven

world-famous composer



Was rejected by
every flight school
she applied to in
the United States.



Want to try something new? Your *Children's Guidebook* can help you
set a goal. Don't give up if you don't reach it right away!

What's in the Box?



By Lori Fuller Sosa

Church Magazines (Based on a true story)

Ava wiggled in her seat. She heard her Primary teacher talking. But Ava could not pay attention. All she could think about was the box under Sister Obi's chair.

It was wrapped in shiny blue paper. It had a gold bow on top. What could

it be? Ava leaned her head *way* down. She stared at the box. She wished she could see through the shiny paper. She could hardly wait to find out what was inside.

Finally Sister Obi pulled out the box. She set it on her lap.



“Inside this box is one of Heavenly Father’s greatest creations,” Sister Obi said. “Look inside. Then pass it on without saying anything.” She passed the box to Noah.

Noah slowly lifted the lid. He stared inside the box. He smiled. Then he

passed the box to June.

Ava watched everyone take a turn. One by one, each of her friends opened the box. They looked inside. They smiled.

What could be so important to Heavenly Father? And how could something so special fit in such a little box?

Finally it was Ava’s turn. She lifted the shiny lid and looked inside. It was a mirror! Ava looked at the mirror in the box. She saw her own face looking back.

Ava saw her eyes get big. Was *she* one of Heavenly Father’s greatest creations? Did Heavenly Father love her *that* much?

Ava smiled. She felt warm and happy inside. It was like a big hug. A big hug from Heavenly Father. He *did* love her! She was one of His greatest creations. ●

What did Ava see in the box?
What did she learn?

Nephi's Broken Bow



One day in the wilderness, Nephi's hunting bow broke. His family was worried. They didn't know how they would get food without it.



Nephi had faith.
He made a new
bow and arrow.
His father, Lehi,
prayed for help.

They looked at the Liahona. It was
a special ball the Lord gave them.
When they kept the command-
ments, the Liahona showed them
where to go.



Nephi was able
to get food for
his family!



When bad or sad things happen, I won't give up! Heavenly
Father will help me solve problems. ●

Read about this story in 1 Nephi 16.

Nephi Trusted God



How can you be brave like Nephi?

Dear Parents,

Nephi was faithful. Your children can learn about him in this month's magazine. On page F2, President Eyring talks about how we can follow Nephi's example. Use page F13 to act out the story of Nephi building a ship. On pages F20–F23, read about when Nephi's hunting bow broke. Ask your children what words they would use to describe Nephi. What are some words that could describe your family? Stay faithful!
The *Friend*



See page F16.

HOW TO SEND YOUR CHILD'S ARTWORK OR EXPERIENCE TO THE LIAHONA

Go to liahona.ChurchofJesusChrist.org and click on "Submit an Article or Feedback." Or email it to us at liahona@ChurchofJesusChrist.org along with your child's name, age, city of residence, and this permission statement: "I, [insert your name], give permission to The Church of Jesus Christ of Latter-day Saints to use my child's submission in the Church magazines, on Church websites, and on social media platforms." We can't wait to hear from you!



Find the Liahona hidden inside!

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