

Liahona

Enhancing YOUR Study OF THE Book of Mormon

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Be More Than
“One More Thing” page 8

PRESIDENT BALLARD:
**God’s Preparation
for the Restoration** page 12

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THE
CHURCH
IS HERE

Leipzig Germany

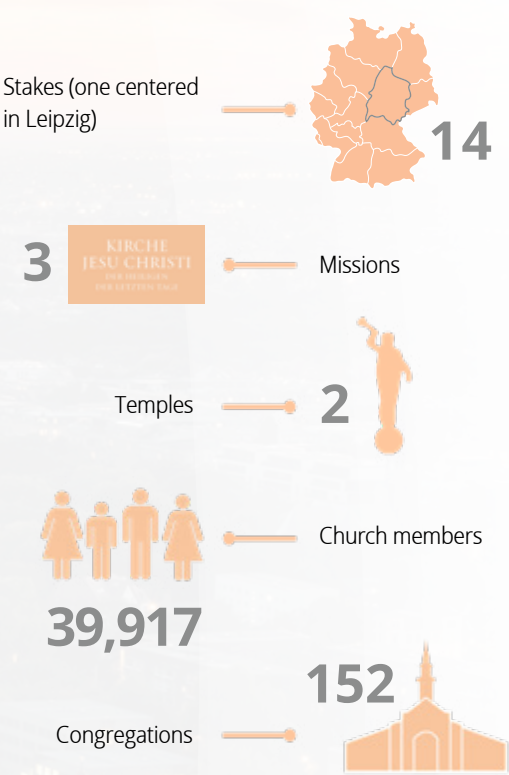




PHOTOGRAPH FROM GETTY IMAGES

In Leipzig in 1519, Martin Luther engaged in a debate that strengthened the Protestant Reformation, helping prepare the world for the Restoration.

Here are a few facts about The Church of Jesus Christ of Latter-day Saints in Germany today:



- 1843** First congregation organized in Darmstadt.
- 1961** Three stakes created.
- 1985** Freiberg Temple dedicated in what was then East Germany; rededicated in 2016.
- 2019** Frankfurt Temple rededicated in October.





Gathering Israel through Ministering

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How the Lord Prepared the World for the Restoration

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Motivating the Rising Generation

Wendy Ulrich

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Looking to the Future, Lifted by the Past



For most of the world, the new year is a time to consider the future. But it's also a time to learn from the past. At this intersection of where we've been and where we're going, we find opportunities to grow.

In that spirit, not only does this issue feature some exciting new changes for the future, but it also explores our past in order to understand our part in what is to come.

This year we commemorate the 200th anniversary of the First Vision. The First Presidency and others have prepared a series of articles that examine the past and help us to shape our future. This month President M. Russell Ballard, Acting President of the Quorum of the Twelve Apostles, helps us understand our place in the ongoing Restoration of God's kingdom and His efforts to prepare us for the Second Coming (see page 12).

Looking to the future, this issue also provides resources for the Church's new effort to support children and youth (see pages 20 and 26) and launches the Book of Mormon course of study for individuals and families (see pages 34 and 38). Our content for youth introduces the new youth theme (see pages 56 and 60).

We hope the *Liahona* continues to be a valuable resource in supporting your home-centered gospel study as we move forward together, propelled by the progress of the past.

Adam C. Olson

Managing Editor

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Photograph by
Christina Smith



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Children

Friend

Celebrate the precious Book of Mormon. Read about members of the Church in Mongolia. Learn how **you can grow as Jesus did.**



JANUARY'S DIGITAL-ONLY ARTICLES



Guided by the Spirit, before I Even Knew It

By *Raisa Schreiter*

A young adult in Brazil realizes she had felt the Spirit guiding her to join the Church.



Getting Back on the Path after My Unplanned Pregnancy

By *Jori Reid*

A young adult from Delaware, USA, shares her journey back to Christ.



Choosing Eternity

By *Evita Alabodi*

A young adult from Belgium shares her story of repentance and forgiving herself.



How the Book of Mormon Opened the Heavens For Me

By *Jessica Patterson Turner*

A young adult shares how the Book of Mormon: Another Testament of Jesus Christ has changed her for the better.

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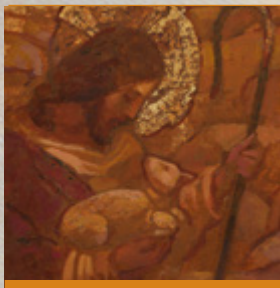
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JESUS CHRIST IS THE . . .

HOLY ONE OF ISRAEL

CREATOR

SAVIOR

LAMB OF GOD

SON OF GOD

Only Begotten Son

REDEEMER

MESSIAH

GOOD SHEPHERD

"Behold, the way for man is narrow, but it lieth in a straight course before him, and the keeper of the gate is the **HOLY ONE OF ISRAEL**; and he employeth no servant there" (2 Nephi 9:41).

"He shall be called Jesus Christ, the Son of God, the Father of heaven and earth, the **CREATOR** of all things from the beginning" (Mosiah 3:8).

"If it so be that ye believe in Christ, and are baptized, first with water, then with fire and with the Holy Ghost, following the example of our **SAVIOR**, . . . it shall be well with you in the day of judgment" (Mormon 7:10).

"The **LAMB OF GOD** is the Son of the Eternal Father, and the Savior of the world; and . . . all men must come unto him, or they cannot be saved" (1 Nephi 13:40).

"Because he dwelleth in flesh he shall be called the **SON OF GOD**" (Mosiah 15:2).

"Whosoever repenteth, and hardeneth not his heart, he shall have claim on mercy through mine **ONLY BEGOTTEN SON**, unto a remission of his sins" (Alma 12:34).

"I know that thou art redeemed, because of the righteousness of thy **REDEEMER**; for thou hast beheld that in the fulness of time he cometh to bring salvation unto men" (2 Nephi 2:3).

"[Lehi] testified that the things which he saw and heard, and also the things which he read in the book, manifested plainly of the coming of a **MESSIAH**" (1 Nephi 1:19).

"The **GOOD SHEPHERD** doth call you; yea, and in his own name he doth call you, which is the name of Christ" (Alma 5:38).

Rachel Lighthall

California, USA



Walk around the ashes and rubble where Rachel used to live, and of course you notice all that's gone. But even after the fire that destroyed Paradise, California, you'll notice Rachel's faith as she speaks of how she has seen God's hand in her life.

RICHARD M. ROMNEY, PHOTOGRAPHER

Everyone who believes in God has seen His hand in this fire. You probably couldn't prove to somebody that there's a God because of one huge miracle, but God has brought about a million small miracles here in Paradise. If you believe in God, you can see His hand everywhere. Even though it's been challenging, it has also been miraculous. God has helped us learn exactly what we need to learn.

God has worked with me for years to prepare me for this situation. I've had other "disasters" in my life that have helped me know that God is beautifully guiding my life.

There's nothing hard I go through that doesn't have perfect and beautiful purpose and meaning. I've noticed that when I've allowed God to teach me, I've always learned from my challenges. God allows us to go through these challenges so we can come to trust Him and love Him. I know that when things get hard, He's always there.



DISCOVER MORE

See more about Rachel's journey of faith, including additional photos, in the online or Gospel Library version of this article at ChurchofJesusChrist.org/go/1206.

President Russell M. Nelson shares his experience meeting fire victims in Paradise, California, and shares what matters most in life at ChurchofJesusChrist.org/go/1207.



Ministering Principles

GATHERING ISRAEL THROUGH MINISTERING

Ministering is an opportunity to follow the prophet's counsel to gather Israel.

President Russell M. Nelson has invited us to help gather Israel—“the most important thing taking place on earth today.”¹

For those who want to be a part of this work of gathering Israel, ministering can be a wonderful opportunity. Because the Lord’s work of salvation is all one work, ministering is an inspired way to change people’s lives. Whether we are ministering to less-active members or inviting them to help us as we serve those outside of our faith, ministering provides opportunities to gather Israel.



Bearing One Another's Burdens

"Our sheep may be hurting, lost, or even willfully astray; as their shepherd, we can be among the first to see their need. We can listen and love without judgment and offer hope and help with the discerning guidance of the Holy Ghost." —Bonnie H. Cordon²

"I quietly observed the woman sitting next to me on my 7:00 a.m. flight home. She had ordered an alcoholic drink before the plane had taken off, and when she asked me if I was married, my **negative judgments** of her began piling up.

"Yes, I have four children and four grandchildren,' I answered with some pride.

"She then told me something that changed everything. Her husband had passed away the previous day after being in a coma for five days. Though she was an emergency physician, she had been unable to save him after he collapsed while on vacation.

"I was ashamed that my quick judgments were so far off the mark. What could I say to her? As I gathered my composure, I felt Heavenly Father **pour out His Spirit** so I could minister to this woman and share some of the precious truths of the gospel.

"I **learned** that though she didn't attend any church, she believed in Jesus Christ and read the Bible. When I asked if she knew about The Church of Jesus Christ of Latter-day Saints, she replied that she knew very little. I shared with her a general conference message by Elder Richard G. Scott (1928–2015) titled, 'The Eternal Blessings of Marriage,' and then **testified** of eternal families and how Heavenly Father knows and loves each of us individually. I found that she was going to Hawaii, USA, where she had grown up, and I **encouraged** her to visit the Laie Hawaii Temple.

"We parted in the Salt Lake City, Utah, airport. I am so grateful that the Lord was able to use me, in spite of my faults, to reach a sister in need of love and comfort."

John Tippetts, Utah, USA



PRINCIPLES TO CONSIDER

"Negative judgments"

Being quick to judge can keep us from seeing divine potential (see Matthew 7:1).

"Pour out His Spirit"

Trust God's promise to give us what to say in the very moment (see Doctrine and Covenants 100:5–6).

"Learned"

Ask what others believe, listen with compassion, and treat their beliefs with dignity.

"Testified"

Look for opportunities to share testimony of how the Lord has worked in your life (see Mosiah 24:14).

"Encouraged"

Invite them to act on truth so the Holy Ghost can testify to them (see John 7:17; Moroni 10:5).



PRINCIPLES TO CONSIDER

“Visited me every month, despite her allergy to dogs”

How can you show that you care about those you minister to more than other things? (see Doctrine and Covenants 121:44).

“Questions”

Asking the right questions can help provoke self-assessment. Remember that our ministering has a purpose that goes beyond being social.⁴

“Waiting for me”

Everyone should feel welcome (see 3 Nephi 18:32).

“There at my side on my journey back”

Our support can make a significant difference to those who have stumbled to return to the Savior and be healed (see Hebrews 12:12–13).

Rescuing Returning Members

“With love as the motivation, miracles will happen, and we will find ways to bring our ‘missing’ sisters and brothers into the all-inclusive embrace of the gospel of Jesus Christ.” —Jean B. Bingham³

“I had been inactive for at least six years when my husband and I moved to a new town. My new Relief Society president visited me, asking if she could send a sister to visit me. With some trepidation, I agreed. This sister **visited me every month, despite her allergy to dogs**—and I have a very affectionate dog! Her ministering continued for two years, and it had an enormous impact on me.

“Though her visits were usually purely social, occasionally she asked me **questions** that led us to spiritual conversations. These made me a little uncomfortable, but they prompted me to decide whether to go forward in the gospel or stay where I was. This decision was a struggle for me, but I chose to visit with the sister missionaries.

“On the day I went to attend sacrament meeting for the first time in six years, I was scared to go inside. When I walked into the church, my ministering sister was **waiting for me**, and she walked with me into the chapel. Afterward, she walked me back to my car, asking me what she could do to help me best as I grew closer to the Savior.

“My ministering sister’s time and love helped guide me back to activity, and I hold her efforts as one of the greatest gifts ever given to me. I’m so grateful she was **there at my side on my journey back** to the Savior’s Church.”

Name withheld, British Columbia, Canada

Ministering and Gathering

“In whatever ways seem natural and normal to you, share with people why Jesus Christ and His Church are important to you. . . .

“ . . . Your role is to share what is in your heart and live consistent with your beliefs.” —Elder Dieter F. Uchtdorf⁵

Ministering and sharing the gospel go hand in hand. Here are some ways we can gather our friends and neighbors while we minister—or minister while we gather our friends and neighbors:

- **Serve together.** Look for opportunities to invite a friend or neighbor to join you in ministering to someone’s needs. Ask them to help you prepare a meal for a new mother, do yard work for an elderly neighbor, or clean the home of someone who is sick.
- **Teach together.** Consider inviting a friend or neighbor who doesn’t attend often to host a missionary lesson in their home for someone meeting with the missionaries, to support you in hosting a lesson in your home, or to go with you to a lesson in someone else’s home.

- **Reach out.** In addition to ministering to those to whom you are assigned, you can also reach out to others when you see a need. Offer to give them a ride to church meetings. Invite their children to youth or Primary activities. What other ways could you minister and gather?
- **Use the resources the Church has provided.** The Church offers many resources for members to help them with sharing the gospel. You can browse through the “Missionary” section in the Gospel Library app, watch the “Come and See” videos (at ChurchofJesusChrist.org/go/12011), and visit ComeUntoChrist.org for ideas on how to gather Israel in our communities. ■

NOTES

1. Russell M. Nelson, “Hope of Israel” (worldwide youth devotional, June 3, 2018), HopeOfIsrael.ChurchofJesusChrist.org.
2. Bonnie H. Cordon, “Becoming a Shepherd,” *Ensign* or *Liahona*, Nov. 2018, 76.
3. Jean B. Bingham, “Ministering as the Savior Does,” *Ensign* or *Liahona*, May 2018, 106.
4. See “Ministering Principles: The Purpose That Will Change Our Ministering,” *Ensign* or *Liahona*, Jan. 2019, 8–11.
5. Dieter F. Uchtdorf, “Missionary Work: Sharing What Is in Your Heart,” *Ensign* or *Liahona*, May 2019, 17.





THE FORCES OF LIGHT AND DARK, BY WARREN LUCH, COURTESY OF CHURCH HISTORY MUSEUM
PHOTOGRAPH OF SACRED GROVE BY TROY CORBETT



**By President
M. Russell
Ballard**

Acting President
of the Quorum
of the Twelve
Apostles

HOW THE LORD *Prepared the World* FOR THE RESTORATION

In countless ways, the Lord prepared the world for the Restoration of His gospel to bless individuals, families, communities, nations, and the world.

The Lord prepared the world for the Restoration of the gospel of Jesus Christ long before the Father and the Son appeared to Joseph Smith in 1820. In fact, the Lord's preparation to restore the fulness of His gospel in the last days began before the earth was created.

In the October 1918 revelation known as Doctrine and Covenants section 138, received by President Joseph F. Smith (1838–1918), we learn that the early leaders of The Church of Jesus Christ of Latter-day Saints and many “*other choice spirits* . . . were reserved to come forth in the fulness of times to take part in laying the foundations of the great latter-day work” (Doctrine and Covenants 138:53; emphasis added).

President Smith saw “that they were also among the noble and great ones who were chosen in the beginning” (Doctrine and Covenants 138:55). He added that “they, *with many others*, received their first lessons in the world of spirits and were prepared to come forth in the due time of the Lord to labor in his vineyard for the salvation of the souls of men” (Doctrine and Covenants 138:56; emphasis added).

Following the creation of the earth, ancient “prophets since the world began” talked, sang, dreamed, and prophesied about the future “restitution of all things” (Acts 3:21; see also Luke 1:67–75).

One of the most important ways the Lord prepared the world for the Restoration was a manuscript revolution that coincided with the invention and use of papyrus and parchment. Below: Papyrus page of oldest existing New Testament manuscript.



Speaking specifically about the first prophet of the Restoration of the Church of Jesus Christ, President Brigham Young (1801–77) observed, “The Lord had his eye upon [Joseph Smith], and upon his father, and upon his father’s father, and upon their progenitors clear back to Abraham, and from Abraham to the flood, from the flood to Enoch and from Enoch to Adam. He has watched that family and that blood as it has circulated from its fountain to the birth of that man. [Joseph Smith] was foreordained in eternity to preside over this last dispensation.”¹

As we celebrate the 200th anniversary of the First Vision this year, it may be appropriate to remember the numerous women and men over the course of centuries who were inspired by the Lord as He prepared the world for the Restoration that began when the Father and the Son appeared to young Joseph Smith, who was seeking forgiveness and direction in 1820.

As we look back in history, we will discover

that many revolutions swept across the world preparing people for the Lord’s Church to be restored in the last days.²

THE MANUSCRIPT REVOLUTION

One of the most important ways the Lord prepared the world for the Restoration of His gospel was a manuscript revolution that grew out of the invention and use of papyrus and parchment.³

Parchment, made from animal skin, was used in ancient times and the early modern period as a writing surface.⁴ The earliest known copies of the Hebrew Bible (Old Testament) and many important later copies of the Bible were preserved on parchment.⁵

Papyrus, made from the pith of the papyrus plant, is another material used in ancient times as a writing surface. The earliest copies of the New Testament books are preserved on papyrus.

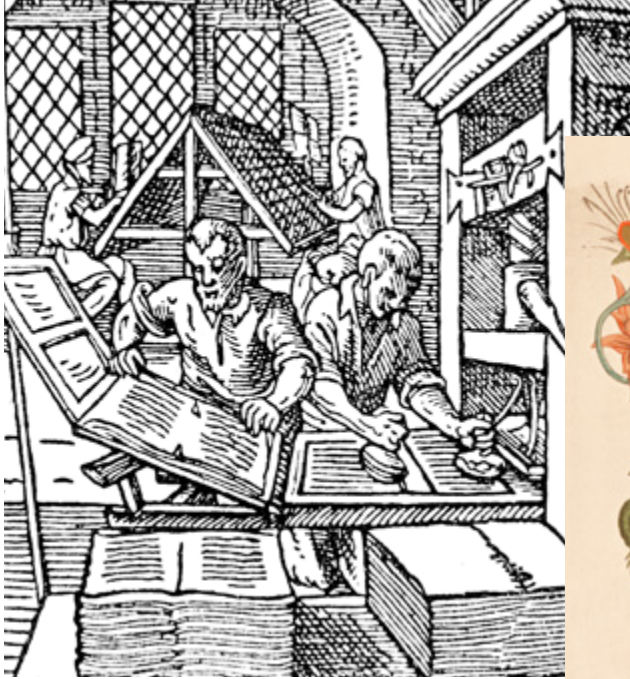
These writing materials made it easy, compared to writing on stone or clay tablets, for scribes to record God’s words received through inspired prophets and apostles. Using these writing materials, many countless and unknown scribes diligently copied, transmitted, and preserved sacred writings in multiple copies so that the flames of faith were never extinguished.

For example, I recently learned that “there are over one hundred manuscripts of the Gospel of Matthew written in Greek,” with many other biblical manuscripts produced during the Middle Ages on parchment.⁶

THE PRINTING REVOLUTION

As I have often taught, the Lord inspired another monumental step in preparing the world for the Restoration of His saving gospel when a

Johannes Gutenberg was an instrument in the Lord's hand to increase knowledge, understanding, and religious faith in the world. Far right: Engraving page of Gutenberg Bible.



German goldsmith, Johannes Gutenberg, adapted printing technologies first introduced in China to produce the printing press in 1439 or 1440.⁷

Gutenberg was an instrument in the Lord's hand to increase knowledge, understanding, and religious faith in the world.⁸ His invention ignited a printing revolution that changed the world forever by facilitating the wide circulation of ideas and information that became "agents of change."⁹

Scholars estimate that about 30,000 books existed in Europe at the time Gutenberg published the Bible on his printing press. Within 50 years after his invention, more than 12 million books were found in Europe.

The Protestant Reformation utilized Gutenberg's invention to spread its ideas and to bring the Bible to the common people in ways that no one of an earlier generation ever could have imagined.

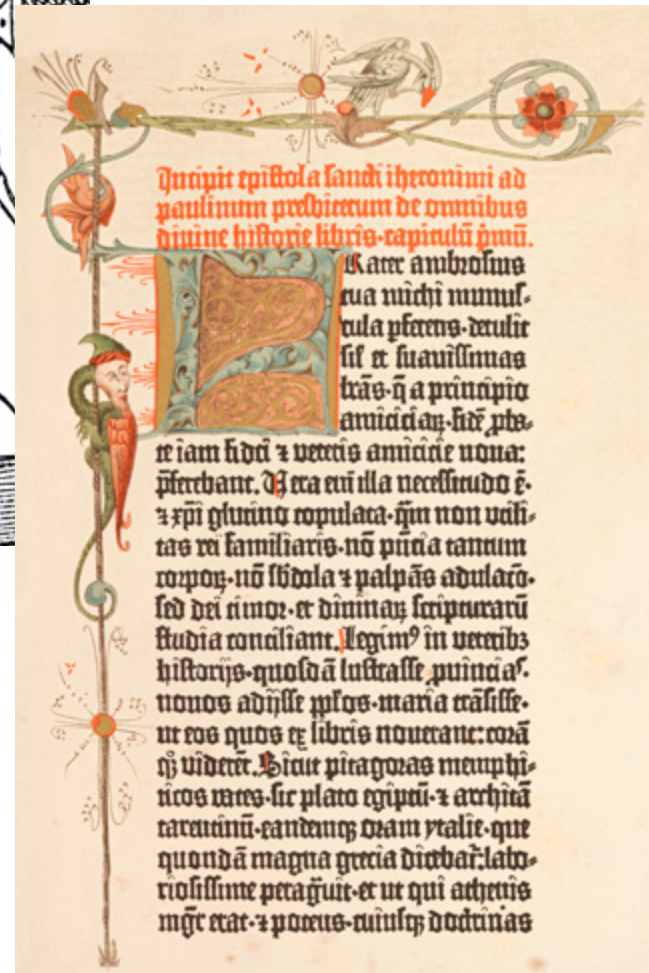
THE LITERACY REVOLUTION AND THE TRANSLATION OF THE BIBLE

The printing revolution fed and was fed by an increase in literacy and a growing thirst among the common people of Europe to read the sacred words of scripture in their own languages.

The Latin Bible, translated from Greek and Hebrew in the fifth century AD, had been the official Bible of the western Catholic church for 1,000 years.¹⁰ For centuries many Europeans learned about the Bible mainly through sermons given by priests.

But in the 15th and 16th centuries, religious reformers created new Bible translations in the common languages of Europe, such as German, Italian, English, Spanish, and French. These translations were typically based on the original Hebrew and Greek texts—not on the Latin Bible. They enabled tens of thousands of readers to experience the stories and teachings of the Bible in their own language.

Martin Luther, born in 1483, was one of the leaders in publishing the Bible in the language of his day. His German translation was published in



1534—a pivotal year in the history of western Christianity.¹¹ Luther's belief in the power of the scriptures helped fuel the Reformation. Other reformers promoted universal education so that everyone could have the opportunity to read the scriptures for themselves.

Some religious leaders were concerned that widespread reading of the Bible would lead to heresies, the undermining of the church's authority, and even civil unrest. They responded by imprisoning, torturing, and even putting to death many who were discovered translating the Bible into the common language of the day or owning common-language translations of the scriptures.

William Tyndale, born about 1494, came upon the scene during Martin Luther's courageous work on the German translation of the Bible.¹² While still a young man, Tyndale conceived the idea of making a new and better

English version of the Bible based on the original languages of Hebrew and Greek.

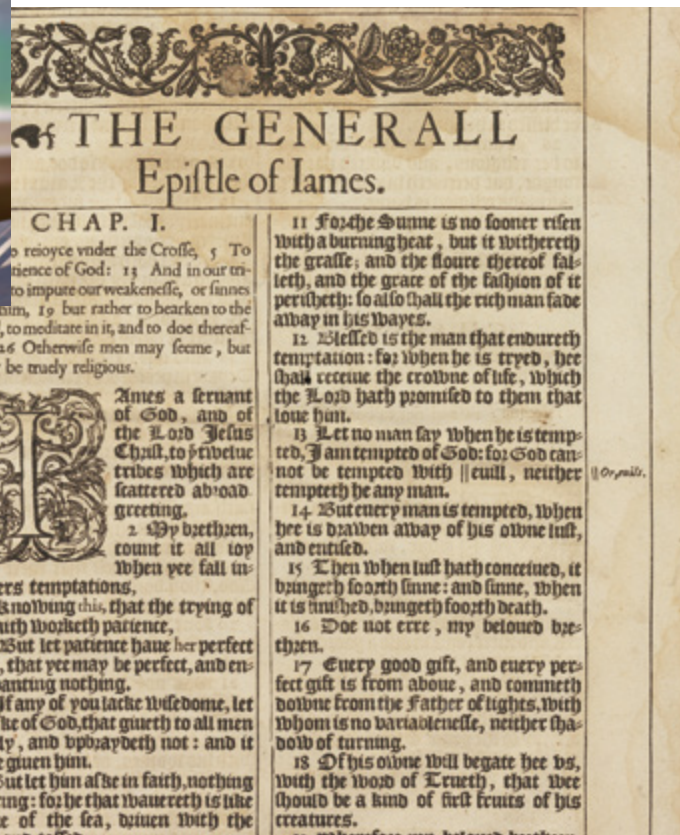
About 1523 he sought help and encouragement from the Catholic bishop of London to produce such a version but was vigorously rebuffed. Because a prohibition against translating the Bible had been passed by the convocation of Oxford in 1408, Tyndale needed official permission to proceed without interference.

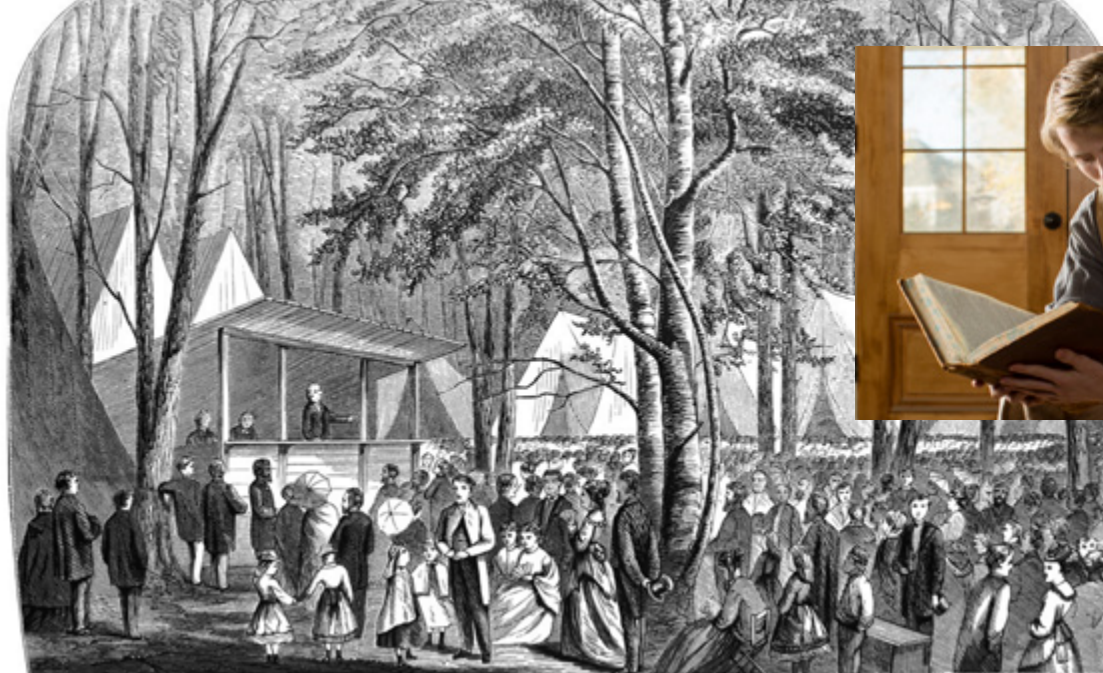
Dedicated to the task of translating the Bible into English, Tyndale secretly began his work and finished translating the New Testament in 1525. Printed in Cologne, Germany, Tyndale's translation was smuggled into England, where it was being sold in early 1526.

Eventually, Tyndale, like many other men and women who were put to death for wanting the common people to have access to the scriptures



Eventually, William Tyndale, like many other men and women who wanted the common people to have access to the scriptures in their own language, was put to death for the cause of Jesus Christ. Right: Page from the original King James Bible.





As the Lord raised up His Prophet, He inspired men and women to invent technologies so the gospel could go forth to all the world.

in their own language, was strangled while tied to the stake in early October 1536.¹³ Nevertheless, his English translation lived on as his words and phrases and entire sections of his translation were incorporated into the King James Version.¹⁴

The King James Version, published in 1611, was officially adopted by the Church of England and later influenced the Restoration of the gospel of Jesus Christ in several significant ways.¹⁵ It was the most widely read English Bible at the time of Joseph Smith's birth in 1805. By then most families, including that of Joseph and Lucy Mack Smith, owned a Bible and read from it on a regular basis. In fact, many people learned to read by hearing it read at home and by studying it themselves.

THE POLITICAL AND COMMUNICATION REVOLUTIONS

The printing, translation, and literacy revolutions prepared the way for political and technological revolutions that swept across Europe and the Americas between the 17th and 19th centuries. The changing political climate in Europe and America gave people greater freedom to choose their own religious path. Religious freedom was one of many results of the political revolutions that occurred during this period.

The Lord also began to “pour out [His]

spirit upon all flesh” (see Joel 2:28; Joseph Smith—History 1:41), including on those who were prepared to dream of new transportation and communication technologies that would move His Restoration forward in dramatic ways.

As the Lord raised up His Prophet, He inspired men and women to invent technologies, such as canals, telegraphs, railroads, and steam engines, so the gospel could go forth to all the world.

In countless other ways, the Lord prepared the world for the Restoration of His gospel to bless individuals, families, communities, nations, and the world.

GUIDING THE SMITH FAMILY

As we consider how the Lord prepared the world for the Restoration, we should always remember that much of what He accomplished was through the lives of individuals—ordinary men and women who, in some cases, accomplished extraordinary things.

Many individuals and families in countries around the world were prepared to receive the message of the Restoration. These included the Prophet's parents, Joseph and Lucy Mack Smith, two deeply spiritual individuals who were raised in a culture that taught them to love Jesus Christ and study the Bible.

For years, Joseph and Lucy had experienced financial, health, and other setbacks in New England, in the northeast corner of the United States. By 1816, when they lost their crops because of the worldwide climate change caused by the eruption of Mount Tambora in Indonesia, Joseph and Lucy had little choice but to give up on New England and make a courageous decision to leave the safety net of family, friends, and community.

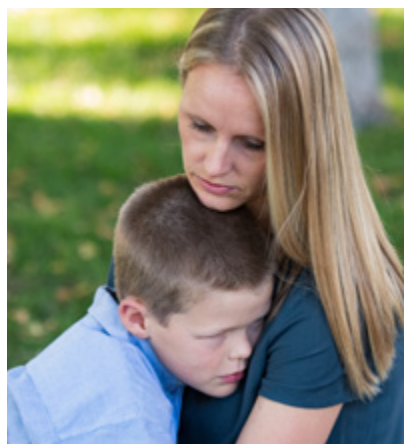
As volume 1 of the new history of the Church states: “Joseph Sr. loved his wife and children dearly, but he had not been able to provide them

much stability in life. Bad luck and unsuccessful investments had kept the family poor and rootless. Maybe New York would be different.”¹⁶

In many ways, the Smith family’s failures in New England pushed them to western New

York, where religious excitement increased and inspired Joseph Smith Jr. to seek the Lord in his quest for forgiveness and direction. It was also where the gold plates lay hidden, waiting for him to locate, translate, and publish them.

personal life histories can provide a lens to see how the Lord’s hand is manifest in our lives. In a revelation given in 1831, the Lord warned the world, “And in nothing doth man offend God, or against none is his wrath kindled, save



The Lord is able to make us strong, teach us new lessons, and prepare us through failures and setbacks for a much different future than we imagine.

York, where religious excitement increased and inspired Joseph Smith Jr. to seek the Lord in his quest for forgiveness and direction. It was also where the gold plates lay hidden, waiting for him to locate, translate, and publish them.

RECOGNIZING THE LORD’S HAND IN OUR LIVES

As the Lord did with the Smith family failures, He is also able to make us strong, teach us new lessons, and prepare us through failures and setbacks for a much different future than we imagine.

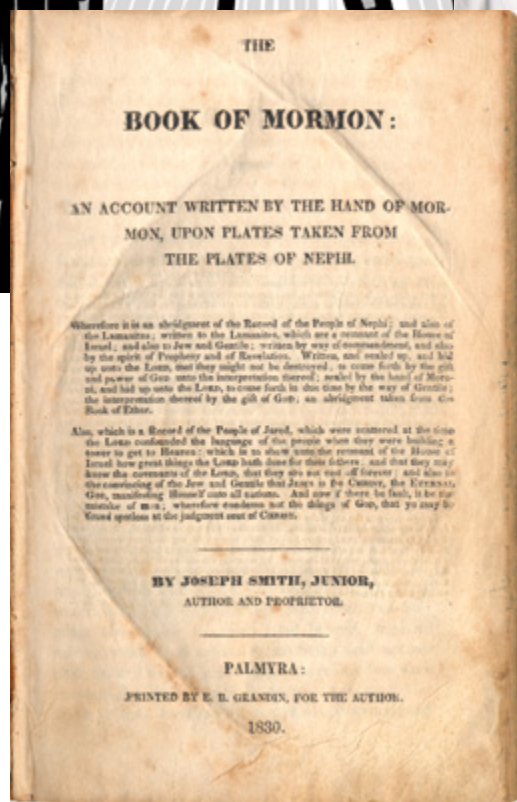
As we consider how the Lord’s hand was manifested in the lives of the Smith family, we need to recognize that His hand is also manifested in each of our lives. Looking for the hand of the Lord in our lives takes spiritual sensitivity and, in many cases, time and perspective. Fortunately, patriarchal blessings, personal journals, and

those who confess not his hand in all things, and obey not his commandments” (Doctrine and Covenants 59:21).

Our willingness to obey the commandments of the Lord Jesus Christ, especially the two great commandments to love God and our neighbor as ourselves, will be enhanced as we look for and acknowledge the hand of the Lord in our lives and His hand in preparing the world for the Restoration of the Church of Jesus Christ. It is “a marvelous work and a wonder” (2 Nephi 25:17).

The Lord is now preparing the world for His Second Coming, just as He prepared the world for the Restoration of His eternal gospel. Again, His hand is visible not only in the events of historical change but also in the lives of individuals.

When Joseph Smith went into the grove we now call sacred, he was seeking forgiveness and direction in his life.¹⁷ In one sense, He was



The Lord is now preparing the world for His Second Coming, just as He prepared the world for the Restoration of His eternal gospel. Left: Title page of an 1830 Book of Mormon.

responding to the Lord's inspired invitation recorded in the Gospel of Matthew:

"Come unto me, all ye that labour and are heavy laden, and I will give you rest.

"Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

"For my yoke is easy, and my burden is light" (Matthew 11:28–30).

I testify that in the very beginning, the Lord's hand prepared the world for the Restoration of the "true, pure, and simple gospel" of Jesus Christ, the "saving doctrines of Christ" that are available to all God's children.¹⁸ I also testify that the Lord's hand is in our individual lives inviting us to follow Him, serve others, and love Him as He prepares the world for His glorious Second Coming. ■

NOTES

1. Brigham Young, in *Teachings of Presidents of the Church: Joseph Smith* (2007), 544; see also Brigham Young, "Remarks," *Deseret News*, Oct. 26, 1859, 266.
2. Transportation, communication, engineering, and medical advances are a significant part of the Lord's preparation for the Restoration of His gospel and Church.
3. See L. D. Reynolds and N. G. Wilson, *Scribes and Scholars: A Guide to the Transmission of Greek and Latin Literature*, 4th ed. (2013).
4. For example, the U. S. Declaration of Independence, official Acts of the British Parliament, Torah scrolls used in Jewish synagogues, and diplomas from some universities.
5. See Timothy H. Lim and John J. Collins, *The Oxford Handbook of the Dead Sea Scrolls* (2010) and Bruce M. Metzger and Bart D. Ehrman, *The Text of the New Testament: Its Transmission, Corruption, and Restoration*, 4th ed. (2005).
6. Thomas A. Wayment, *The New Testament: A Translation for Latter-day Saints, A Study Bible* (2019), 2.
7. See Diana Childress, *Johannes Gutenberg and the Printing Press* (2008).
8. See, for example, M. Russell Ballard, "The Miracle of the Holy Bible," *Ensign or Liahona*, May 2007, 80–82.
9. See Elizabeth L. Eisenstein, *The Printing Press as an Agent of Change* (1980), 703.
10. See James Carleton Paget and Joachim Schaper, eds., *The New Cambridge History of the Bible, Vol. 1, From the Beginnings to 600* (2013); see also vols. 2–4.
11. This fourth-century Latin translation became the Catholic church's official version; see Richard Marius, *Martin Luther: The Christian between God and Death* (1999).
12. See David Daniell, *William Tyndale: A Biography* (1994).
13. Tyndale's dead body was then burned at the stake.
14. William Tyndale's English translation, although unacknowledged, is preserved in the 1611 King James Version of the Bible.
15. See David Norton, *The King James Bible: A Short History from Tyndale to Today* (2011).
16. See *Saints, Vol. 1: The Standard of Truth, 1815–1846: The Story of the Church of Jesus Christ in the Latter Days* (2018), 6.
17. See "First Vision Accounts," Gospel Topics, topics.ChurchofJesusChrist.org.
18. See Joseph F. Smith, in M. Russell Ballard, "The True, Pure, and Simple Gospel of Jesus Christ," *Ensign or Liahona*, May 2019, 29.



CHILDREN AND YOUTH: Starting Strong

Church leaders share how parents and wards can help children become like the Savior.

Whether you're excited or a little bit anxious about the Church's new effort—Children and Youth—you probably have some questions: “How will it help my children?” “How do we do this?” “What is my role in it?”

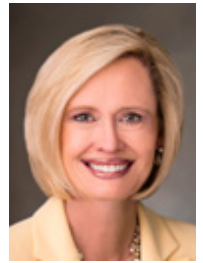
Church leaders provide some answers.

Why is the Church making this change?

Sister Bonnie H. Cordon: As President Russell M. Nelson has taught, we all need to increase our capacity to receive revelation.¹ Children and Youth is set up to invite individuals and families to seek inspiration from the Spirit on how to progress and find joy on the covenant path. It's a wonderful parallel to what the prophet is envisioning for each one of us.

Brother Stephen W. Owen: President Nelson is also teaching us that we are a home-centered Church, no matter what our homes look like.² We're not a program-centered Church. Church leaders and teachers can help our children and youth learn and live the doctrine, but that responsibility begins in the home, and it's a daily responsibility.

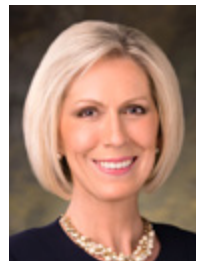
As the prophet has taught, we need to seek revelation and follow the Spirit, and Children and Youth will help us do that—partly because it's a simplification. In the past, there have been hundreds of requirements for parents to track and understand in Personal Progress, Duty to God, Faith in God, and other Church programs as their children progressed through



Bonnie H. Cordon
Young Women
General President



Stephen W. Owen
Young Men
General President



Joy D. Jones
Primary General
President

their teens. This new approach invites youth and children to seek inspiration as they set goals according to their needs and interests.

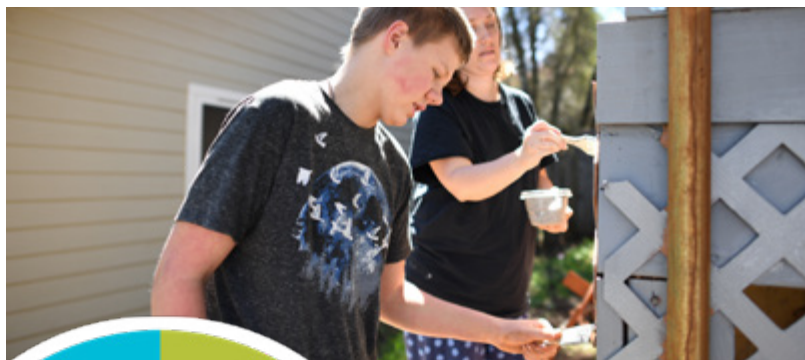
Sister Joy D. Jones: This is an exciting opportunity for our children and youth, the rising generation, to deepen their faith in Jesus Christ. As they learn to seek and respond to the guidance of the Holy Ghost, they will better understand their eternal identity and purpose and how they can progress and feel Heavenly Father's love for them. The Children and Youth focus can bless and strengthen our youth and their families in establishing and nurturing relationships in their homes, at church, and with their Heavenly Father.

What are the first steps families can take to start applying Children and Youth?

Sister Jones: Pray together for the guidance of the Spirit. Parents can begin by talking with their family about the three areas of application in Children and Youth: gospel learning, service and activities, and personal development. What are they currently doing? How can they grow as individuals and as a family in these three areas? How will focusing on Luke 2:52 help guide their plans and goal setting to remember and follow the Savior? What a wonderful opportunity to strengthen youth, home, and family in very simple, consistent, and meaningful ways.

Sister Cordón: We start with a little bit at a time. Walking on the covenant path really is just placing one foot in front of the other. Make one goal. Start simply. The guidebooks for youth and children will give us a wonderful pattern to follow.

Brother Owen: We shouldn't make this too complicated. This is very simple. Read Luke 2:52. Start there. A parent can then sit down with their child or youth at home and talk about it. "How



are we going to help you grow in wisdom and stature and in favor with God and man?” “What could we learn or do together?” “What goals can you set?” Just make it simple.

If there was one thing you wanted children and youth to know as this rolls out, what would that be?

Sister Cordon: This is an amazing opportunity to grow as the Savior did! If we’re wondering, “What do I focus on?” we can remember that we are already doing many things to become like Him. Gospel learning is happening in many homes and at church. We’re serving and participating in activities. This new effort is simply a way for us to be intentional and accountable about acting on what we are learning—and to focus that growth in the four areas that the Savior grew: spiritually, socially, physically, and intellectually (see Luke 2:52). This will bring joy, peace, and lasting happiness to us all as we follow the Savior!

Sister Jones: Development is focused on the Savior, centered in the family, and supported by the Church. This is simplification and personalization as we step away from past programs. Growth will come individually. I hope children, youth, leaders, and their families will understand that this is an attainable, adaptable way for all of Heavenly Father’s children around the globe to progress together and experience enduring joy on the covenant path. This won’t be a big change or a difficult learning curve. It is doing more of what we are already doing, as we are guided by the Spirit, so that our sincere efforts can expand our ability to lovingly and effectively follow the Savior.

Why is it important for youth and children to develop like the Savior?

Sister Jones: First and foremost, they have made covenants to always follow Him. They have made covenants “to stand as witnesses of God at all times and in all things, and in all places” (Mosiah 18:9). So they need to develop as He did: spiritually, socially, physically, intellectually. Their covenants are not only the *reason* they should do so, but they also provide the empowering *ability* to help them accomplish their goals.

Brother Owen: Our whole purpose in life is to follow and become like our Heavenly Father and His Son, Jesus Christ. We want to be like Them. We start practicing this at a young age, so we have a pattern for the rest of our lives. And we are really following the Savior when we do the things He did.

Sister Cordon: The Savior is our example in all things. We study His life and mission and teachings because He is everything we aspire to become. But since each of us is unique, we each have attributes and skills that we need to develop to become like Him. This new approach gives children and youth a customized opportunity to grow in those unique ways, to develop their individual gifts, and to identify those things they feel prompted to do to become more like the Savior. That’s what makes this so personal. There is not a set checklist. The goals we each set to move forward on the covenant path will be different, but together we will be learning and growing and drawing closer to our Savior.

What do you hope children and youth will feel when they participate?

Sister Cordon: I hope they gain a deeper understanding of their eternal identity and feel that they belong. When we know who we are and Whose we are, we act differently. They’ll learn to recognize that what some social media says is not true, because they have experienced how the Spirit speaks to them. They’ll gain confidence in themselves and in their divine potential as daughters and sons of God.

Sister Jones: We want them to feel faith and hope in Jesus Christ, to feel the peace that comes from keeping the commandments, to experience healthy relationships, to learn resilience, to feel the joy of service to others, and to feel the happiness and fulfillment of participating in the work of salvation.

Brother Owen: I hope that children will understand the gospel in a way that will get from their head down into their heart. This is not about checking things off. It’s a process of learning and becoming like the Savior. I would

really hope that our children and those we minister to will feel confident enough in their gospel understanding to teach it to others. For example, I would hope that we could ask our children a question about the gospel and we would hear a very profound response because they have learned it and it's part of who they are.

How will parents know if Children and Youth is successful in their home?

Brother Owen: I would be looking for the fruits of the Spirit mentioned in Galatians 5, such as more peace at home. I think their children will be more kind, more loving. Their children will want to be with the family. They'll be more likely to pray and seek answers. They'll see improvement not just spiritually but also socially, physically, and intellectually.

Sister Jones: They will know it is successful as relationships are strengthened, as family members experience realistic improvement and keep trying even when they struggle, as they demonstrate mutual support and caring for one another, and as the influence of the Holy Ghost is actively sought after and present in their home. Family members might see a clearer connection between what they are doing every day and the life of Christ. Perhaps there will be greater appreciation of agency and repentance, improved attitudes, increased confidence, efforts to reach outward rather than turning inward, and a greater appreciation for the Savior, His life, His teachings, His example, and His Atonement.

What counsel would you give to parents who might feel a little anxious about leaving behind the previous Church programs?

Sister Cordon: Of course we love the previous programs, because each one of us developed and had an opportunity to see others develop within those programs. They were inspired for their time. But aren't we grateful for continuing revelation? The Lord needs us to continue to progress and change, and He needs our programs to progress and change to meet the needs of members worldwide. We are always striving to improve and to become the Church and people our Heavenly Father knows and needs us to be.

Sister Jones: We have been very blessed by the programs of the past and can be grateful for all that we have learned and experienced. This is a wonderful new season, and it is an opportunity to seek the Lord's guidance to learn and grow in new and inspired ways.

How can leaders help children and youth grow in personal development?

Brother Owen: First of all, I think the adult leader needs to see that child or that young man or young woman as God sees them, meaning who that person can become, not just who they are now. Start with the end in mind. Have the long view. This is going to take time. See what children and youth can become. Develop enough of a relationship that when you need to speak to the youth, they respect you enough to listen.

Also, get to know the parents. Find out from them how you can help. Respect their role as parents.

Sister Jones: Primary doesn't have the structure of quorum and class presidencies that young men and young women have. Primary leaders and teachers, as well as ministering brothers and sisters, provide help for children who don't have gospel support in their homes. It's important, however, that we always honor the relationship between children, youth, and their parents, whatever the home situation might be. Children and Youth can provide a way to invite the entire family to come and see and come and help. It could be a means of strengthening the entire family, whether or not they are members of The Church of Jesus Christ of Latter-day Saints.

Sister Cordon: We have many children and youth without their parents at church on Sunday but who still have loving parents. I would encourage leaders to get to know the parents and find out what dreams and aspirations they have for their children. We can help. As we work in tandem with parents, we'll strengthen the individuals *and* their homes and also encourage the children and youth to strengthen each other's homes.



What would you say to overwhelmed parents who fear that they won't be able to help their children succeed in Children and Youth?

Sister Cordon: The great thing is that we're already doing most of it. Families are already learning the gospel together. We're already doing service and activities. We have always had a personal development effort; now we're just focusing on the ways that Christ grew.

As we sit down with our children, I think we're going to really enjoy it. You can just listen to the heart of your child in a normal, natural way. Our Heavenly Father wants your child to grow, find joy, and return to live with Him. You will feel the Holy Ghost guide you as *together* you strive to make the gospel and our Savior Jesus Christ part of every aspect of your life.

Sister Jones: Begin in the way it works for your family. Trust that you will have heaven's help. Seek the Spirit's guidance. Children and Youth will be a valuable parenting tool. There are many demands on parents today as they guide and nurture their families. It is easy to sometimes feel overburdened. Children and Youth will help parents distill what is essential from what is important. Helping our families learn how to follow the Savior through the inspiration of the Holy Ghost is vital for all of us and will bring the Lord's love and blessings.

Brother Owen: I think you're going to really be able to help your children and youth. You don't have to do some great thing. It comes down to being faithful and prayerful and creating some holy habits and righteous routines in your family. Start with some basic, simple, righteous habits, and you will see miracles happen in the lives of your children. ■

NOTES

1. See Russell M. Nelson, "Revelation for the Church, Revelation for Our Lives," *Ensign* or *Liahona*, May 2018, 93–96.
2. See Russell M. Nelson, "Opening Remarks," *Ensign* or *Liahona*, Nov. 2018, 6–8.

RESOURCES TO HELP

In the *Liahona*:

- Wendy Ulrich, "Motivating the Rising Generation," *Liahona*, Jan. 2020, 26.
- Heather Bergeson and Amanda Dunn, "Children and Youth: A Focus for Everyday Life," *Liahona*, Jan. 2020, 52.
- Joy D. Jones, "A Little Better Every Day," *Friend*, Jan. 2020, F8.
- Brittany Beattie, "Ministering to Children and Youth," *Liahona*, Dec. 2019, 36.

Online: childrenandyouth.ChurchofJesusChrist.org





Motivating the Rising Generation

Here are four ways to help your children set and achieve meaningful goals to grow as the Savior did.

By Wendy Ulrich, PhD

As parents and leaders, we want to help children and youth become lifelong disciples of Jesus Christ who are motivated from within to serve the Lord and fulfill their personal missions.

Children and Youth is a simple but powerful set of resources to help children and youth grow spiritually, socially, physically, and intellectually, as the Savior did (see Luke 2:52). This can happen as they learn and live the gospel of Jesus Christ, participate in meaningful and exciting service and activities, and set and achieve their own goals. Like the parents in the story below, however, we may already feel overburdened without adding someone else's goals to our list. Or we may worry that our children won't grow unless pushed.

Goal-setting Conversation, Example 1:

Alana, 15, sat with her mother, Rachel, scanning a list they had made of potential goals that Alana could work on. Alana's dad, Jeff, walked by. "Which of these should I do, Dad?" Alana asked.

Jeff looked at his watch, grimacing a little, and glanced at the list. "Um, this one looks easy. How about 'Memorize a hymn'? You can get that one checked off pretty fast. What else looks easy?"

Rachel jumped in, remembering how reluctant Alana had been to try out for the school track team. "Actually, maybe you need to try something hard! How about something with exercise?" she suggested.

"Ugh," mumbled Alana, reaching for her phone. "I think I'm done."

How Can Parents and Leaders Help?

Parents and leaders can do a lot to help children and youth be motivated from within to adopt good values, make good choices, and enjoy both their progress and their accomplishments.

Think of a time when you were highly motivated to work toward a goal. What motivated you? Chances are you saw an opportunity or skill you really wanted or a problem you needed to solve. The example and support of others inspired you to try.

Likewise, children and youth will be more motivated from within when they (1) prayerfully decide what they want (not just what others want for them), (2) create a plan for getting it, (3) aren't overly influenced by rewards or punishments, and (4) feel parents and leaders are on their side.

1. Help youth figure out what they want most

Everyone wants something: to make the team, get more sleep, feel less lonely, be closer to God. The Lord and His messengers often ask people, "What do you want?" (see Mark 11:24; 1 Nephi 11:1–2; Alma 18:15; 3 Nephi 27:1–2; Ether 2:23–25). But knowing what we want most, not just what we want right now, takes experience and self-reflection.

As you think of a child or youth you want to help, ask yourself:

- How could I introduce them to new experiences, values, and ideas in a context of positive relationships and fun?
- Do I let them experience the consequences of poor choices so they want to make better ones?
- When can I ask them about what they believe and value? (See the accompanying list, "Helpful Discovery Questions.")
- How can I point out their strengths? (Try: "I see you being really good at _____. How could you use that to serve the Lord?")

2. Help youth create a plan

Once they settle on a goal, youth are often pretty good at figuring out a plan. Younger children may need more ideas.



Add your suggestions only when they are stuck. But be excited, not defensive, if they like their ideas better than yours!

To help others create a plan, you could ask:

- What's your goal? (Abstract goals like "Be nicer" are hard to define unless they include specific actions like "Compliment someone every day" or "Apologize when I get mad.")
- Why is this goal important to you? (How will it help them live their values or become more like the Savior?)
- Is this a good time to work on this goal? (Why or why not?)
- What is a small, easy step you could take to get started? (Remind them that action creates motivation. Help them start, or start again, with something small and simple.)
- How could you set things up to support your plan? (Consider creating reminders, posting words of encouragement, making a chart or timetable to track progress, removing temptations, getting the right tools, or asking for help.)
- What obstacles might get in your way? How could you handle them? (Help them remember their plan, get curious about what went wrong, practice the hard parts more, try a new strategy, or adjust the goal.)



To help others through setbacks, you could share experiences from your life or family about people facing trials and being resilient. Also try asking:

- What have you tried? What else could you try?
- Who can help? How can I help?
- What ideas come to mind as you pray about this?

3. Be cautious with rewards or punishments

Small rewards can help people try something new, make a hard task more fun, or celebrate success. When overdone, however, rewards can actually undermine motivation. People who already enjoy a task will often do it less, not more, if they are paid for doing it, concluding that it isn't worth doing just for the reward. And while children need to experience the consequences of poor choices, they

learn to fear and avoid people who punish them rather than learning to internalize good values.

Of course, people expect to be paid at work, where bonuses or recognition can also provide helpful feedback. But when it comes to living the gospel and achieving personal goals, internal rewards are the most motivating in the long run. Internal rewards include:

- Feeling the Spirit.
- Feeling connected with parents, leaders, and friends.
- Living their values.
- Learning, trying new things, and

solving problems.

- Having fun.
- Making a difference for good.

Help young people recognize and value these internal rewards. And occasionally provide a small related reward to celebrate a job well done!

4. Help youth feel your love

Loving relationships are one of the most important ways to influence others' values, goals, and motivation. How have people communicated to you that they truly love and cherish you? How do you decide who is safe to be honest with about your mistakes or struggles? If you didn't really feel loved at home, what do you think you needed that you didn't get?

Your answers can help you know how to communicate to young people that they are cherished and safe with you.

With practice and heaven's help, we can help motivate and influence the rising generation.

Goal-setting Conversation, Example 2:

Alana, 15, sat with her mother, Rachel, scanning a list of goals Alana could work on when Alana's dad, Jeff, walked by. "Which of these should I do, Dad?" Alana asked.

Jeff looked at his watch, grimacing a little, and glanced at the list. "Um, this one looks easy. How about 'Memorize a hymn'? You can get that one checked off fast. What else looks easy?"

Jeff paused. Something didn't feel right, so he took the time to think about what it was.

I'm late, he thought. I just want to get this over with. I'm not very good at this parenting stuff. Hmmm. He looked at his daughter and then realized he felt other feelings too. Hope. Delight. This was not just about checking things off. This was about her growth. And this was a chance to connect with her. A smile spread across his face.

"Let's stop and think about this," he said. "What if we each write

down what we have felt prompted to work on lately?"

"Um, OK," said Alana. Rachel found pencils and paper, and they spent a few minutes thinking and writing.

"OK," said Rachel. "Now what?"

Alana remembered, "I think we're supposed to pray about it and then choose a goal and make a plan. But Dad, do you really think

Heavenly Father cares about what goal I choose?"

Jeff reflected. "You have lots of good ideas, so maybe Heavenly Father just wants you to choose one to start with. But I am absolutely sure of one thing. Heavenly Father cares about you."

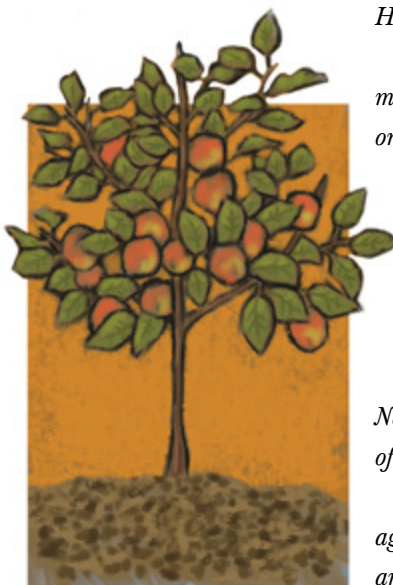
"I know you want to use your gifts to make a difference," added Rachel, "so if one of these is more important, I'm sure Heavenly Father will help you feel that."

Alana smiled, then remembered, "President Nelson asked the youth to do a thorough assessment of our lives. Can I go get what I wrote?"

"Sure!" said Jeff, smiling. He looked at his watch again. "Oops, I've got to run. Find what you wrote and let's talk at dinner, OK? I have some questions that might help."

"Great!" said Alana, smiling. "And, Dad? Mom? Thanks." ■

The author lives in Utah, USA.



HELPFUL DISCOVERY QUESTIONS

To help children and youth find what they want most, discuss some of these questions with them:

Whom do you admire? Why?

How do you like to be treated? How do you want to treat others?

What promises in the scriptures, teachings of prophets, or your patriarchal blessing seem important to your future?

What would you like more or less of in your life?

When are you happy and engaged with life? Doing what?

What would you do with your life if you weren't afraid to fail?

What problem is bugging you these days?

What do you think the Lord wants for you and from you?

What would you like to try or learn this year? Why?

What are your goals this week? Why might they matter to the Lord?

As we talk, I hear you saying you want _____. Is that right?

What else?

A Reservoir of Testimony

During my freshman year of high school, my parents got divorced. For years, I had watched my dad not take the sacrament. I knew he struggled to keep the commandments, but I did not understand the extent or length of those struggles. It was only when my parents told me about his excommunication that my sister and I finally learned the details.

“I hate you!” I yelled over and over, sobbing. I was furious. *How could he do this to our family?* I thought. *How could he lie to us for so long?*

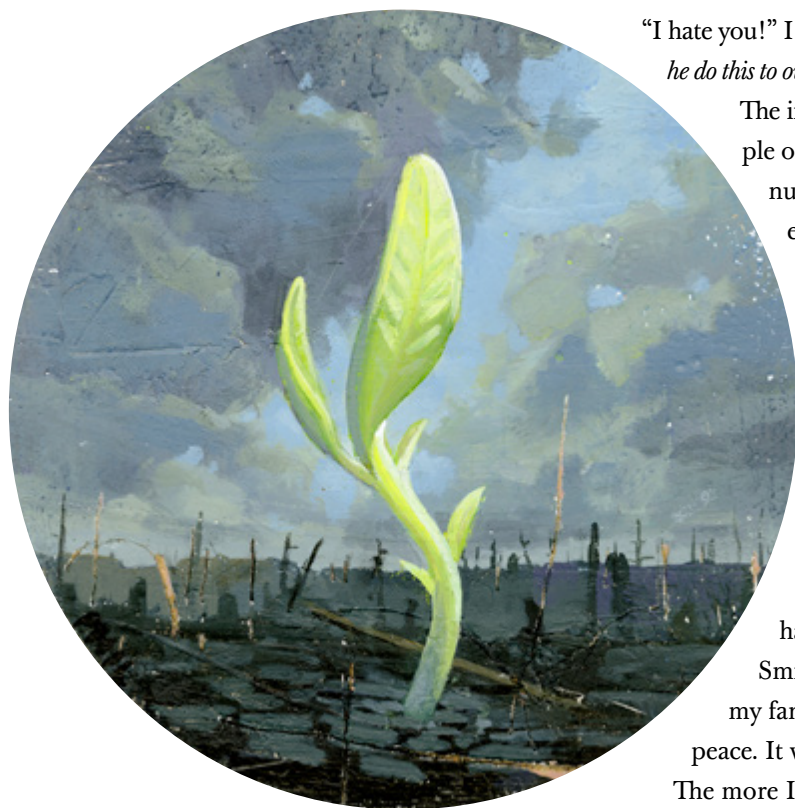
The initial shock and anger didn’t last long. Within a couple of weeks, my anger gave way to numbness. At first, numbness was a relief from the anger and pain I felt, but eventually my relief changed to desperation. I felt my life crashing down around me. More than ever before, I needed to feel connected to heaven. I needed to feel God’s love, guidance, peace, and healing.

Soon, general conference came. During one session, I listened and waited to feel God’s comfort. But it didn’t come. There in the dark chapel, I thought, *I cannot feel the Holy Ghost, but I’m sure He’s here. He has to be here.* As I thought this, I started remembering the many small witnesses I had received that the scriptures were true, that Joseph Smith was a prophet, that Heavenly Father had blessed my family, and that keeping the commandments brought peace. It was as if I had a reservoir of testimony.

The more I reflected on my past spiritual witnesses, the more I realized that even though I desperately wanted to feel the Spirit, it really didn’t matter that I could not feel His influence at that exact moment. I already had a store of quiet, constant witnesses that the gospel was true.

That knowledge sustained me and gave me the desire to continue keeping the commandments even when there seemed to be no immediate payoff. Gradually, I felt Heavenly Father’s and the Savior’s love more in my life. Staying close to Them, even when I couldn’t always feel Them near, brought me an undeniable peace and a stronger testimony of the Savior’s gospel. This continues to influence me now when I face uncertainty or heartache. I know I can trust Heavenly Father and the Savior, and that They will heal, uplift, and strengthen me and each one of us. ■

Name withheld, Utah, USA



It really didn’t matter that I could not feel the Spirit at that moment. I already had a store of quiet, constant witnesses.

Would He Understand?

In 2005, I gave birth to premature triplets: Milena, Mateo, and Nelson. Milena was born healthy, but my two little boys suffered complications. Mateo died of those complications three months after he was born.

A month after we lost Mateo, Nelson was diagnosed with cerebral palsy and deafness. We were devastated. Doctors told us he would never walk. At that moment, we were grateful for our knowledge of the gospel of Jesus Christ. It helped us understand why we experience adversity in this life.

Through faith and hard work, Nelson learned to walk and to communicate through sign language. He has done much better than his doctors ever predicted. He has grown up happy in our family and in the gospel.

Despite his limitations, we have had several goals for Nelson: that he

understand the meaning of baptism before he was baptized, that he receive the Aaronic Priesthood at age 12, and that he go to the temple to do baptisms for the dead.

In 2017, Nelson turned 12. We helped him prepare to do baptisms for the dead. It was a challenge for him to understand that those who have died without baptism need our help. Soon after Nelson's birthday, he, Milena, his older siblings Franco and Brenda, and other youth from our ward went to the Córdoba Argentina Temple. The temple president greeted them and spoke to them about the importance of vicarious baptism. I sat with Nelson and signed for him. Before long, it was his turn. When he stepped into the baptismal font, we wondered, would he truly understand?

As he entered the

water, Nelson became emotional. At that moment, the Holy Ghost manifested to us that he did in fact understand that he was doing something for his deceased ancestors that they could not do for themselves. We knew he understood that family members on the other side of the veil were happy he was helping them. The Spirit also manifested to us that Mateo was there to accompany his brother and sister. When Nelson came out of the water, he was very happy.

Since then, Nelson has been baptized and confirmed for many family members, including my father, who passed away in 2016. We love the temple. Serving there has become one of our family traditions. Each time we go, we remember that special day. ■

Miriam Rosana Galeano, Córdoba, Argentina

Serving in the temple has become one of our family traditions. Each time we go, we remember Nelson's special day.



“In the Wisdom of Him Who Knoweth All Things”

When I entered the missionary training center, I found out there was a lot to learn. I did my best to study, to strengthen my testimony, and to build on the foundation I already had. I would pray, ask Heavenly Father a question, and then search for answers. This practice changed my life.

One day while I was serving as a missionary in Peru, a fellow elder received a letter telling him that his best friend's father had died unexpectedly. He was in tears. “Why would Heavenly Father let this happen?” he cried.

This question penetrated my heart. That night, I knelt and asked Father in Heaven the same question. Then, searching in the Book of Mormon, I read 2 Nephi 2:24: “But behold, all

things have been done in the wisdom of him who knoweth all things.”

That passage landed in my heart and didn't leave. I wrote a card to the elder and included that scripture as part of my testimony. I assured him that everything would be OK because Heavenly Father does things in wisdom. We can trust Him because He loves us and knows all things.

About a year and a half later, I was serving in the mountains of Peru when I received an unexpected phone call from my mission president. He told me my father had suffered a stroke and was in critical condition. After a short time, my father passed away. I was devastated, and I felt plagued with questions like, “How can I ever get over this?”

I prayed to Heavenly Father for an answer. Mostly I wanted to know why my father had to be taken away without me even having the chance to say goodbye. I turned to the Book of Mormon, opened it, and read the same words I had shared with that elder many months before: “But behold, all things have been done in the wisdom of him who knoweth all things.” Those words covered me with peace like a blanket and gave me grace when I felt lost.

My earthly father was gone, but my Heavenly Father would always be there for me. Heavenly Father does all things in His wisdom, and as we search and do our best to prepare ourselves, we can find precious answers. ■

Christopher Deaver, California, USA

While serving in the mountains of Peru, I received an unexpected call from my mission president.



My new call to serve confirmed that the Lord had brought me to the right place at the right time.



A Magnificent New Chapter

I closed one chapter in my life when I became a widow in October 2010. At that time, I worked as an educator in southern France. An accident at work limited my mobility, and I was frustrated that I couldn't quickly regain my health and strength. I had enjoyed a rewarding professional life for 11 years. I loved my work. I had many friends. But I could no longer meet the requirements of my job.

I must admit that, after more than 33 years of practicing the Word of Wisdom, I wondered why I was unable to “run and not be weary” or “walk and not faint” (see Doctrine and Covenants 89:20). Finally, I had to retire earlier than expected, closing

another chapter in my life.

I was living with my daughter when she received notice that her work was transferring her to the Paris area. I decided I should go with her and open a new chapter in my life in a new place.

Shortly after arriving, we were both called to work in the Paris France Temple. My call to serve in the temple confirmed to me that I was in the right place at the right time because the Lord had brought me here. I have found much joy serving on a regular basis in the house of the Lord, and it's fantastic to share moments in the temple with my daughter. It fills my heart with joy!

Today, I see the great blessing that

was at first hidden behind an affliction. Being reduced in my mobility, unable to practice my profession, and having to retire early was difficult. But I know that our Lord Jesus Christ carried me. He has helped me to slow down and find the rest, hope, and peace that are now such a large part of my life.

Every time I walk through the doors of the temple, I feel the Holy Spirit. In difficult times with so much pressure from the world upon us, it is wonderful to know that the Lord has given us holy places where everything is orderly and beautiful. I feel immense gratitude for this new chapter of temple service in my life. It is magnificent! ■

Sylvie Cornette, Île-de-France, France



Joseph Smith



Samuel Smith



Lucy Mack Smith



Hyrum Smith



Hiram Page



The Three Witnesses
Martin Harris David Whitmer Oliver Cowdery



Rhoda Greene
(Brigham Young's sister)



Sally Parker



William McLellin



Rebecca Williams

Knowing Is Nice but Not Enough

Here are some accounts of early Church members who heard testimonies from the Book of Mormon witnesses.

By Steven C. Harper

Professor of Church History and Doctrine, Brigham Young University

Hearing the testimony of a Book of Mormon witness could be the next best thing to seeing the gold plates or an angel. Many early Church members had that opportunity.

What follows are the accounts of several members who spoke with the Book of Mormon witnesses. We will see, however, as President Russell M. Nelson taught, that gaining a testimony of the Book of Mormon is “nice, but it is not enough!”¹

Rebecca Williams: “Their Word Is Believed”

Rebecca Swain Williams heard several Book of Mormon witnesses in Ohio beginning in 1830. She bore her testimony to her father and brothers: “I have heard the same story from several of the [Smith] family and from the three witnesses themselves. I heard them declare in public meeting that they saw a Holy Angel come down from heaven and brought the plates and laid them before their eyes.”

When her family members rejected her testimony, Rebecca did not cower. She continued to love them, pray for them, and value her father’s good counsel. She also continued to testify to him that the Book of Mormon witnesses told the truth: “They are men of good character and their word is believed. . . . They have seen an angel of God and conversed with him.”²

In the late 1830s, a period of widespread dissent in the Church, Rebecca remained faithful, choosing to abide by the precepts of the Book of Mormon.³

William McLellin: “Bound . . . to Acknowledge the Truth”

One morning in 1831 a young schoolteacher named William McLellin heard that some men on their way to Missouri would be preaching about a new book that was

described as “a Revelation from God.” He hurried to hear them. He listened to David Whitmer testify that he had “seen an Holy Angel who made known the truth of this record to him.” He deeply desired to

know whether their testimonies were true. He followed them 400 miles (644 km) to Independence, Missouri, where he met and interviewed other witnesses, including Martin Harris and Hyrum Smith.⁴

William interviewed Hyrum for hours. “I inquired into the particulars of the coming forth of the record,” William recorded. The next morning, after praying to be directed to the truth, he realized that he was “bound as an honest man to acknowledge the truth and validity of the Book of Mormon.”⁵

In the following years, William’s faith was tested and strengthened by his choices and by the persecution the Latter-day Saints suffered. When Saints in Jackson County, Missouri, were attacked, William’s friend Hiram Page, one of the Eight Witnesses, was clubbed and whipped by men who said they would let him go if he would deny the Book of Mormon. “How can I deny what I know to be true?” Hiram said, and they beat him again.

William was strengthened by Hiram’s testimony—and understandably terrified of being beaten. When William heard that men in the area were offering a reward for the capture of him and Oliver Cowdery, they left town to hide in the woods with David Whitmer. There William interviewed two of the Three Witnesses. “I have never seen an open vision in my life,” he said, “but you men say you have, and therefore you positively know. Now you know that our lives are in danger every hour, if the mob can only catch us. Tell me in the fear of God, is that Book of Mormon true?”

“Brother William,” Oliver said, “God sent his holy angel to declare the truth of the translation of it to us, and therefore we know. And though the mob kill us, yet we must die declaring its truth.”

David added, “Oliver has told you the solemn truth, for we could not be deceived. I most truly declare to you its truth!”⁶

David, Martin, Hiram, Oliver, and William each came to know that Joseph Smith translated the Book of Mormon by the power of God. They knew that the gospel written on the gold

plates was true. But later they let frustrations with Joseph fester until they stopped living by the teachings of the Book of Mormon.

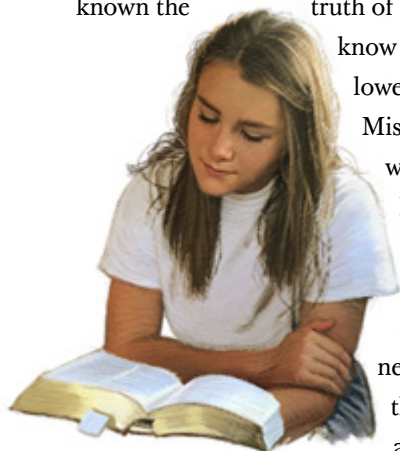
Having witnessed their choices, the Prophet Joseph testified not only that the Book of Mormon was true—“the most correct of any book on earth, and the keystone of our religion”—but that we “would get nearer to God by abiding by its precepts, than by any other book.”⁷

Sally Parker: “Strong in the Faith”

Sally Parker was a neighbor of Lucy Mack Smith in Kirtland, Ohio. “She told me the whole story,” Sally wrote. When she asked Lucy if she had seen the plates, “[Lucy] said no, it was not for her to see them, but she hefted and handled them and I believed all she said for I lived by her eight months and she was one of the best of women.”

In 1838, Sally heard Hyrum Smith share his witness too: “He said he had seen the plates with his eyes and handled them with his hands.”⁸

In the late 1830s, as many people were leaving the Church, Sally Parker lamented the loss of their fellowship and renewed her determination to abide by the precepts of the Book of Mormon. “I mean to hold on to that faith which is like a grain of mustard seed,” Sally wrote. “I feel the power of it in my heart now.



I am as strong in the faith as I was when we were baptized and my mind is the same. I mean to hold on by the gospel till death.”⁹

Rhoda Greene: “He Had the Spirit of God”

Lucy Mack Smith spoke in general conference in 1845, after all of the Book of Mormon witnesses in her family had died of illness or been killed. She told a story from her son Samuel’s first mission.

Samuel, one of the Eight Witnesses, visited the home of Rhoda Greene, whose husband was on a mission for another church. Samuel asked Rhoda if she would like a book. “It is a Book of Mormon that my Brother Joseph translated from plates out of the ground,” he explained.

Rhoda accepted a copy of the book to read and show her husband. When Samuel returned later, Rhoda told him her husband had no interest, and she could not buy the book. Sad, Samuel took the book and began to leave. Rhoda later told Lucy that Samuel then paused and looked at her. “She never saw a man look so,” Lucy said in her conference talk. “She knew that he had the Spirit of God.”

“The Spirit forbids me taking this book,” Samuel told Rhoda, who knelt and asked Samuel to pray with her. She kept the book, read it, and received a testimony of it. So, eventually, did her husband. They chose to abide by its precepts throughout their lives.

“And thus the work began,” Lucy testified, “and then it spread like a mustard seed.”¹⁰

Rhoda Greene is my ancestor. I am edified by her testimony of the Book of Mormon and by the recorded testimonies of the witnesses and those who heard them. I am strengthened by their choices to abide by what the Book of Mormon teaches.

Each of us can be modern-day witnesses of the



Book of Mormon, when the Holy Ghost confirms to us the truth of the book. Shortly before leaving for my mission, I finished reading the Book of Mormon, then knelt and prayed simply but with real intent, a sincere heart, and faith in Jesus Christ (see Moroni 10:3–4). I felt a powerful impression that conveyed, “You already know it’s true.” It came with peace I have never desired to resist. I have known since that the Book of Mormon is true.

That is not enough, however. President Russell M. Nelson taught: “Whenever I hear anyone, including myself, say, ‘I know the Book of Mormon is true,’ I want to exclaim, ‘That’s nice, but it is not enough!’ We need to feel, deep in ‘the inmost part’ of our hearts, that the Book of Mormon is unequivocally the word of God. We must feel it so deeply that we would never want to live even one day without it.”¹¹ President Nelson’s teachings are true. My ongoing effort to live by the teachings of the Book of Mormon has brought me closer to God than anything else. ■

NOTES

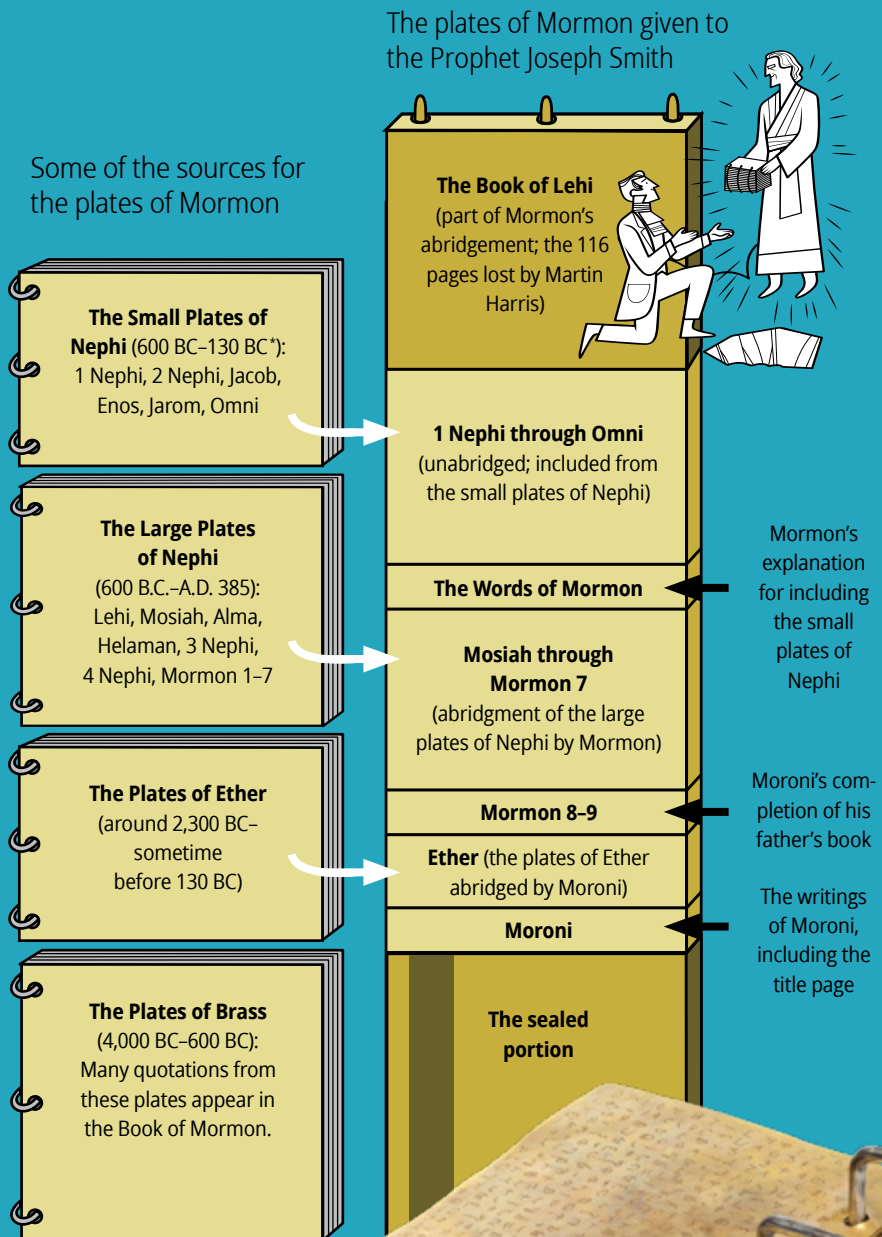
1. Russell M. Nelson, “The Book of Mormon: What Would Your Life Be Like without It?” *Ensign* or *Liahona*, Nov. 2017, 63.
2. Rebecca Swain Williams to Isaac Swain, Youngstown, New York, June 12, 1834, spelling standardized. See transcription and photographs of the letter in Janiece Johnson, “Give Up All and Follow Your Lord,” *BYU Studies*, vol. 41, no. 1 (2002), 97–102.
3. See also Janiece Lyn Johnson, “Rebecca Swain Williams: Steadfast and Immovable,” *Ensign*, Apr. 2011, 38–41.
4. See *The Journals of William E. McLellin: 1831–1836*, ed. Jan Shippis and John W. Welch (1994), 29–33.
5. *The Journals of William E. McLellin*, 33, capitalization standardized.
6. In *William E. McLellin’s Lost Manuscript*, ed. Mitchell K. Schaefer (2012), 165–67.
7. Joseph Smith, in Introduction to the Book of Mormon. For an analysis of this teaching, see Scott C. Esplin, “Getting ‘Nearer to God’: A History of Joseph Smith’s Statement,” in *Living the Book of Mormon: Abiding by Its Precepts*, ed. Gaye Strathearn and Charles Swift (2007), 40–54.
8. In Janiece L. Johnson, “‘The Scriptures Is a Fulfilling’: Sally Parker’s Weave,” *BYU Studies*, vol. 44, no. 2 (2005), 116, 115.
9. In Johnson, “‘The Scriptures Is a Fulfilling,’” 117.
10. Lucy Mack Smith, “This Gospel of Glad Tidings to All People,” in Jennifer Reeder and Kate Holbrook, eds., *At the Pulpit: 185 Years of Discourses by Latter-day Saint Women* (2017), 24.
11. Russell M. Nelson, “The Book of Mormon: What Would Your Life Be Like without It?” 63.

The Book of Mormon was written by many ancient prophets who recorded their words on different sets of metal plates. These records were later abridged to create the plates of Mormon, or the gold plates that Joseph Smith translated.

DISCUSSION

Compared to all that could have been recorded on the gold plates, Mormon and others were inspired to choose only a small portion for the Book of Mormon (see Words of Mormon 1:5 and 3 Nephi 26:6). How can knowing this influence your perspective of the chapters we have today? ■

Which Plates Did the Book of Mormon Come from?



* Dates represent the approximate time period covered by each set of plates.

JANUARY 6–12

1 Nephi 1–7

Jerusalem. The capital city of the kingdom of Judah, filled with political intrigue and wickedness. The past decade has been especially calamitous. Judah's kings were killed or captured; Jews were marched off to Babylon; prophets, such as Jeremiah, were threatened and imprisoned. It's no wonder the Lord told Lehi to flee (see 1 Nephi 2:1–2).

- POPULATION:

25,000

(big by ancient standards)

- TERRAIN: desert, fertile valleys, sloping hills
- CURRENCY: **money by weight** (silver, copper, gold; no coins)
- LANGUAGE: **Hebrew**
- WORKFORCE: craftsmen, merchants, slaves (considered members of the family); **most also farm**
- FOOD: fruit, bread, olives, figs, stew
- CLOTHING: **coarse wool, sandals**; white robes for priests

What Was Jerusalem Like in Lehi's Time?



- RELIGION: **corrupt, idolatrous**; false prophets proclaim peace; a trumpeting ram's horn announces daily prayer
- SOCIAL STRUCTURE: **patriarchal**, including *elders* of the city, *chiefs* of the families, and the *excellent*, or "men of good birth"
- FAMILIES: households consist of multiple **homes surrounding a courtyard**, led by the father. Includes sons' families, unmarried daughters and aunts, and aging relatives.
- MILITARY: **none at present**. Any soldiers are Babylonians, to whom Judah pays tribute. ■



WEEK

2

January 2020

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What Does the Fruit in Lehi's Vision Symbolize?



In Lehi's vision, what does the fruit, which is “most desirable above all things,” symbolize? (1 Nephi 11:22).

“The fruit on the tree is a symbol for the blessings of [Jesus Christ's] Atonement. Partaking of the fruit of the tree represents the receiving of ordinances and covenants whereby the Atonement can become fully efficacious in our lives” (David A. Bednar, “Lehi's Dream: Holding Fast to the Rod,” *Ensign* or *Liahona*, Oct. 2011, 34).

These ordinances include baptism, confirmation, the sacrament, priesthood ordination for men, and temple ordinances.

Finding the Fruit

The iron rod, or the word of God, leads us to Jesus Christ because scriptures and modern prophets invite us to participate in ordinances and covenants and help us understand Jesus Christ's teachings, mission, and sacrifice.

- What words from the scriptures or from modern prophets have led you to Jesus Christ?

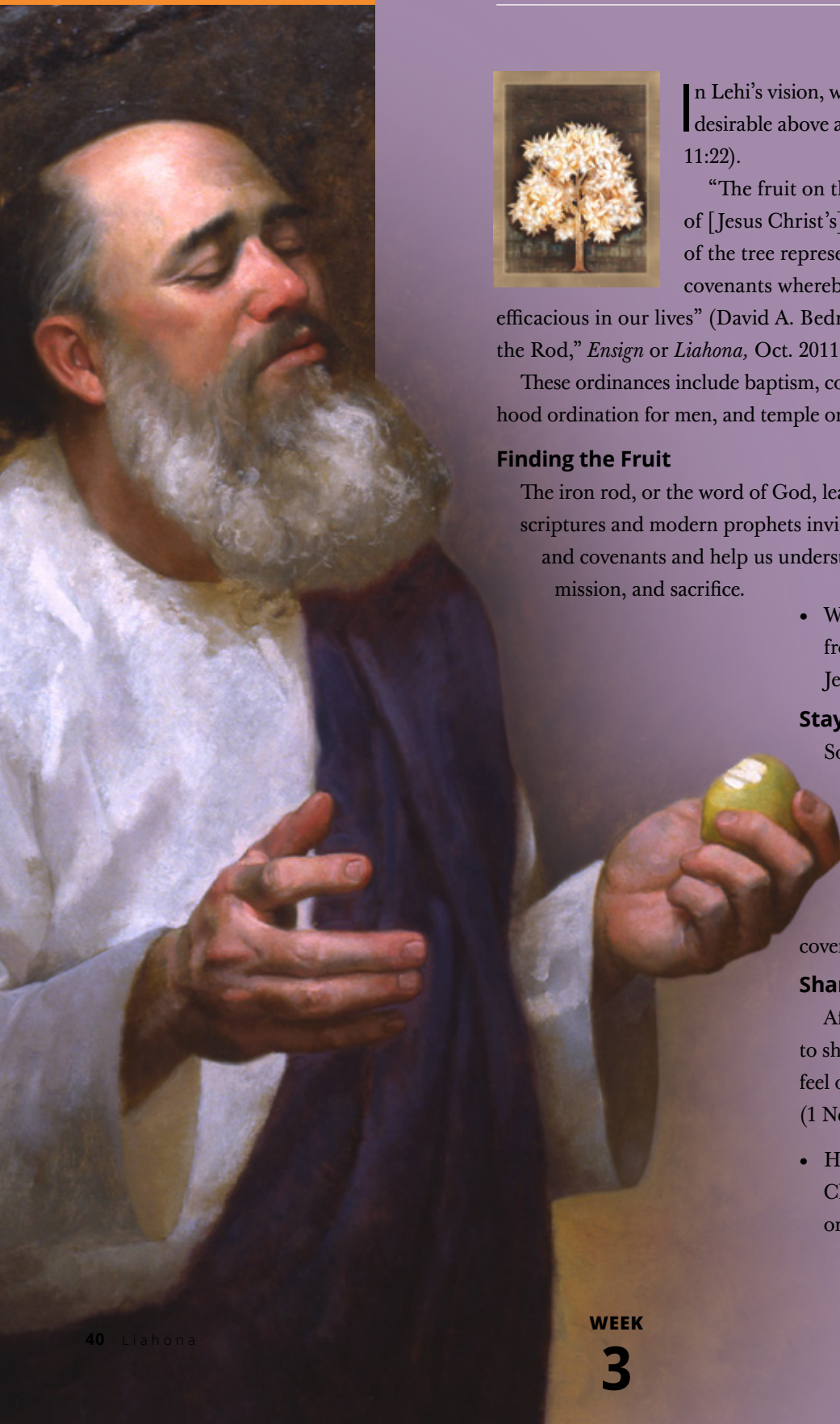
Staying with the Fruit

Some people in Lehi's vision abandoned the fruit because of the scoffing and ridicule of others. To remain with the fruit is to stay true to our covenants and to frequent those places where covenants are made.

Sharing the Fruit

After Lehi ate the fruit, he wanted to share it with his family so they could feel of the “exceedingly great joy” he felt (1 Nephi 8:12).

- How can you share your love of Jesus Christ and help others participate in ordinances? ■



JANUARY 20–26

1 Nephi 11–15

In a vision, Nephi saw that many of the teachings in the Bible would be changed over time but that God would prepare a way for those truths to be restored (see 1 Nephi 13:26–40).

2

We existed as spirits before this life, learning and preparing for mortality (see Alma 13:3).



4

Baptism is not needed for infants because they are not yet accountable (see Moroni 8:10). ■

What Plain and Precious Truths were Restored by the Book of Mormon?

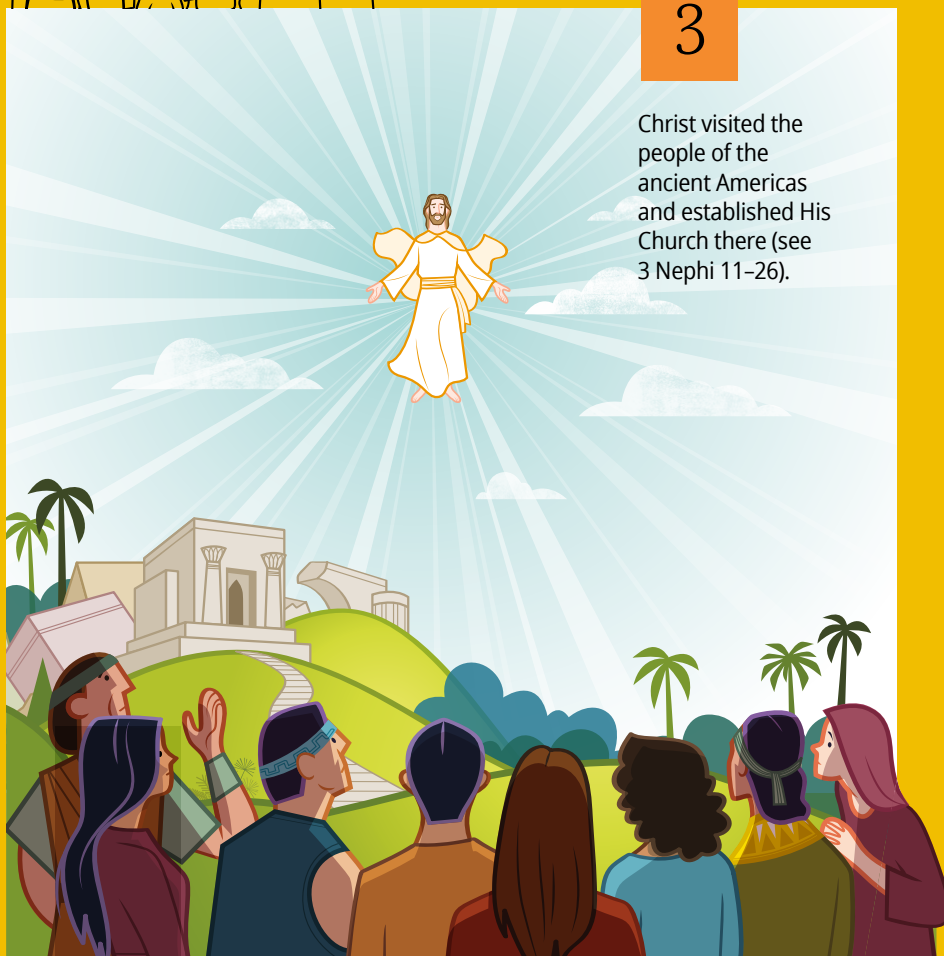
1

The Fall of Adam and Eve was a part of Heavenly Father's plan (see 2 Nephi 2:22–25).



3

Christ visited the people of the ancient Americas and established His Church there (see 3 Nephi 11–26).



WEEK

4

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Young Adults

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Not Where I've Been**
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Digital Only

Choosing Eternity
By Evita Alabodi

You Can't Rush Repentance
By Leah Barton

**How I Got Back on the Path
after My Unplanned Pregnancy**
By Jori Reid

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Repentance Is a Gift

I think sometimes it's easy for young adults to believe that repentance is a scary thing. It's true that it can be scary to admit what we've done if we're afraid it means a loss of love from people we care about or from our Heavenly Father. With that view of repentance, we might be tempted to confess "just enough" to pass what feels like a test to move up to the next level. However, I have learned through my experiences that that's not **what true repentance is like**. Repentance isn't always comfortable, but if we understand how much **the Lord loves us and wants to help us**, the fear melts away as we exercise our faith in His ability to make us clean. I've learned that as I exercise my faith in Christ through repentance, **my past mistakes don't have to define my present or my future** (read more in my article on page 44).

In digital-only articles, Evita points out that **true repentance brings us gratitude for the Savior and His Atonement** and gives us strength to resist future temptation. Leah adds that we don't even have to wait for the sacrament on Sunday—**turning to the Lord through repentance each day gives us power** to break even small habits that take us away from Him. And if we do make serious mistakes, Jori shares that the process of **repentance can teach us about the Savior's love** for each one of us.

Repentance is a gift that I'm grateful to have in my life. God knows that we're human and that we make dumb choices sometimes. As imperfect as we are, **there's hope** for us. If we put our trust in the Savior, He will walk with us on the road back to our Father in Heaven—however long it takes.

Cheers,
Richard Monson





PHOTOGRAPH FROM GETTY IMAGES

YOUNG ADULTS



It's Where I'm Headed, Not Where I've Been

By Richard Monson

My life didn't exactly turn out the way I thought. At 18, I expected to serve a full-time mission, get married relatively soon thereafter, and start a family by 25. Now, I'm 32 years old. I didn't serve a mission, and I was inactive in the Church for most of my adult life. I got married—got divorced—and got married again.

Because I took a path that diverged from the strait and narrow multiple times, I haven't always felt like I fit in at church. However, I've come to realize that there is a place for me. My experiences have taught me that the power of the Savior and His Atonement is real and that what matters most isn't where I've been, but which way I'm going now.

I think I initially questioned what I believed because I wasn't confident that my testimony was strong enough to go on a mission. I remember around the time I graduated high school thinking something like, *What if my testimony isn't fully mine? What if I've been relying too much on the testimonies of other people?*

That bothered me. I wanted to go on a mission, but I wondered if the spiritual experiences I had had up to that point were enough to make me what I thought a successful missionary was supposed to be—someone who had enough spiritual strength and knew enough about the gospel to teach other people.

I took a path that diverged from the strait and narrow multiple times, but through it all, I've learned that the power of the Savior and His Atonement is real.



I got lost
in comparing
my **spiritual**
stature to
others'.

Looking back, I should have asked God to help me understand the counsel given in Doctrine and Covenants 124:97: “Let him be humble before me, . . . and he shall receive of my Spirit, even the Comforter, which shall manifest unto him the truth of all things, and shall give him, in the very hour, what he shall say.”

But rather than asking God, I got lost in comparing my spiritual stature to others', and I was afraid that my inadequacies would keep people from accepting the gospel.

Out on my own as a young adult, I continued trying to figure out what I believed. I didn't see the harm of what I saw as isolated decisions that didn't redefine who I was as a person. I began to pull away from those that I loved because I knew they would be disappointed in the choices I was making. Instead, I surrounded myself with people who didn't really care what I was doing.

One day I tried an alcoholic drink out of curiosity. Drinking became a part of my life and eventually went from just recreation to something I used as a crutch to cope with difficult experiences. The negative changes in my life during that time weren't necessarily tied to any one choice; they were gradual. It took me two years to realize that the small choices I made over time had led me to a place I didn't want to be.

Now, I'm not saying that in order to learn the truthfulness of the gospel, you should experience the opposite. My actions caused pain not just for me but also for people I loved—much of it unnecessary. I'm grateful that I was able to humble myself enough to realize that (1) I was miserable, and (2) I had been happiest when I was living God's commandments. That was something I knew for myself, something I could stand behind and share with others.

I went to my bishop to make things right, and we met regularly to prepare me to serve a mission. My papers were almost finished when I was prompted to make sure that he understood some of the choices I had made. That conversation wasn't easy, but even more than I wanted to go on a mission, I wanted to be right before God. I was willing to own what I had done wrong and lay it all out before Him so I could be clean.

Soon after, I came before a disciplinary council. It was scary in some ways to admit what I had done in front of people who had been my leaders and mentors for years, but as I looked around the room, I felt peace. I could see that they were there to understand and help me. As I left, I felt the Spirit assure me that no matter what the decision was, I was doing my part and I was going to be OK. God and leaders who loved me would work with me to get me where I needed to be. I walked away feeling the love of the Savior and knowing that I wasn't beyond His redemption.

A Place for Imperfection

Despite the peace I had felt, it was hard to face the questions from people about why I wasn't on a mission. As I continued working through the repentance process with the help of my bishop, it became less and less likely that serving a mission was in my future. I had to figure out how to move forward with my life. At 21, because I didn't fall into the pre-missionary, returned missionary, or married groups of young adults, it was hard to feel like I belonged anywhere.

Dating was tough. Sometimes girls would treat me differently after I would tell them I didn't serve a mission and that I was inactive for a period of time. For one reason or another, most interactions never made it past the first date.

I was happy that I eventually did get married in the temple, but sometimes I still felt like I didn't fit in. I had a testimony, but I couldn't figure out how to share it, and church classrooms felt like tests

where my peers would see me fail. I thought that because most of them had the lives I wanted, they hadn't stumbled as much as I had.

One day the bishop called me in and extended the call to teach elders quorum. I was surprised, since I had only been to elders quorum twice in the last year. Despite feeling incredibly anxious, I accepted the calling. On my first Sunday teaching, I found myself starting out with probably the strangest introduction they had ever heard:

"Hi, brothers, I'm Richard Monson. I never served a mission and I've been inactive most of my adult life. I haven't attended elders quorum pretty much ever because I don't feel like I belong or fit in. I won't be able to answer all your questions, but I'm hoping that you will participate so we can learn together. If you're OK with where I'm coming from, then we'll get started."

I realized that day that I could admit to others—and to myself—that even though I didn't consider myself a "straight arrow" (someone who served a mission, was active all their lives, and hadn't made serious mistakes), I was

I realized that even though I didn't consider myself a "straight arrow," **I was pointed in the same direction** as they were, and that was what mattered.



pointed in the same direction as they were, and that was what mattered. To my amazement, I found that more than one of these men whom I thought led perfect lives had made mistakes too. I think it reinforced the idea to all of us that perfection isn't a requirement to bring value to the class or the Church as a whole.

Difficult Times and a Decision

Unfortunately, my activity in the Church didn't last. My marriage was difficult, and I turned to old vices to escape my pain. Hobbies began to replace church attendance.

Three years passed, and I reached rock bottom. I had to make a choice. Could I live the gospel for myself regardless of what was happening in my life? Or would I just give in to the darkness? I knew that committing to the strait and narrow path meant getting rid of negative influences in my life. Also, my desires to go back to church highlighted that my spouse and I were on different paths. With the state of our marriage at that point, we were headed toward divorce already.

I was scared. There was no guarantee that my efforts would grant me the good things I wanted in this life. But my decision came back to what I had learned years before—that I was happiest living the gospel. I decided to commit fully and put myself in God's hands, come what may. From here on out, it was me and Him.

Once again, I started going back to church and getting my life on track. One of the happiest days of my life was when I received a temple recommend again. I found solace in the temple as my marriage continued to fracture and ultimately came to an end.

Finding My Source of Self-Worth

As scary as that decision felt, through that experience I learned to appreciate God's hand in my path. Even though I had stumbled, the race wasn't lost. I wasn't competing with anyone else. When I relied on the Savior for my self-worth, I could stop spending all my efforts trying to change others' perspective of me.

I found myself at church being OK sitting alone or amidst members who were in different stages of life. I made an effort not to hide and made myself available to talk with people in my ward. I was able to enjoy attending my meetings for their intended purpose.

Having that peace also helped as I got back into dating. I still didn't get a lot of second dates, but I now knew I didn't have to compromise my standards just because I had slipped up in the past. I was living the gospel to the best of my ability, and I was good enough to date those who were living the gospel to the best of theirs too.

I ultimately found a worthy daughter of God who I married in the temple. Her path was very different than mine, but when it came to a love of the Savior

and an understanding of His Atonement, we were on the same page.

Over the years, I have learned not to let my past or other people's approval define my current self-worth. I've let go of the idea that success looks like one set of life experiences. Not everyone has appreciated where I am now because of how I've gotten here, and that's OK. It's not my goal to convince them. It is my goal to keep repenting and coming closer to the Savior. It's because of Him that, like Alma the Younger after his repentance, I can be "harrowed up by the memory of my sins no more" (Alma 36:19). I can be at peace knowing that it's where I'm headed—toward the Savior—that counts. ■



Richard Monson

lives in Utah, USA, and works as a software

development project manager. He and his wife enjoy going on motorcycle rides, traveling, and cooking together in their free time.

Even though I had stumbled, the race wasn't lost. **I wasn't competing with anyone else.**



I really like participating in Children and Youth

because I get to set my own goals to accomplish.

For one of my goals, I chose to find family names and perform baptisms for the dead for them. It took a lot of work to learn how to do family history, but I felt so happy every time I found a new name to take to the temple.

Once I got the hang of it, I just kept going and going because it was so fun. Soon I had too many names to do by myself. So a whole bunch of my cousins and I all went to the temple with the names I found, and together we did baptisms and confirmations for 172 people.

My parents are working on finishing the rest of the temple ordinances for those people, which is cool because I feel like my whole family is on a team! Our goal is to help as many of our ancestors as we can.

Doing family history has helped me become closer to both my living family and my ancestors. I'm happy that I completed my goal, and now I hope to make an even more challenging goal so I can keep accomplishing more.

Eldon M., age 13, Ohio, USA

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CHILDREN and YOUTH:

A Focus for Everyday Life

By Heather Bergeson and Amanda Dunn

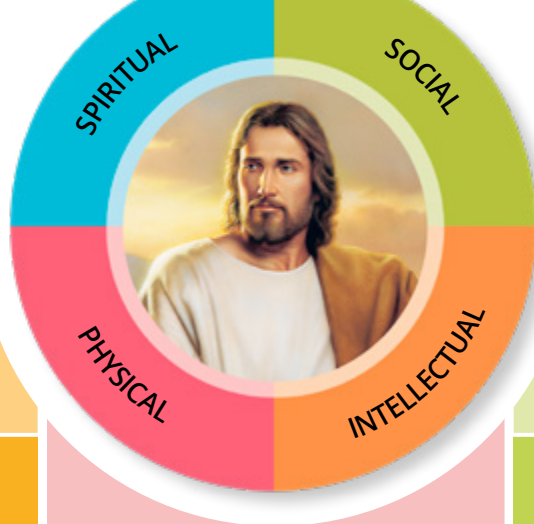
Church Magazines

It may have surprised you that Children and Youth doesn't include detailed checklists of every goal you should do. You are already doing so many amazing things! Instead, this personalized approach was created to help you come closer to the Savior in ways that are inspired by your individual needs and interests.

The main purpose of Children and Youth is to help you strengthen your faith in Jesus Christ. Luke 2:52 teaches us that in Jesus Christ's youth, He "increased in wisdom and stature, and in favour with God and man." He lived a balanced life, and so can you. By focusing on the spiritual, social, physical, and intellectual aspects of your life, you can become more like the Savior.

HOW IT WORKS

Children and Youth encourages you to grow spiritually, socially, physically, and intellectually by engaging in gospel learning, service and activities, and personal development.



GOSPEL LEARNING

Just as the Savior “increased in wisdom” (Luke 2:52), you can grow in your knowledge and understanding of the gospel. Every gospel principle you learn will help you know how the Savior can strengthen and bless you in all parts of your life.

We have so many resources we can use to learn more about gospel principles and become like the Savior. For example, prayer, scripture study, and the Spirit provide the foundation. Your family and Church leaders can help you learn more about the Savior. The *Come, Follow Me* curriculum and seminary can help guide your study. As you use your resources to learn about Jesus Christ and His gospel, your relationship with Him will improve.

PERSONAL DEVELOPMENT

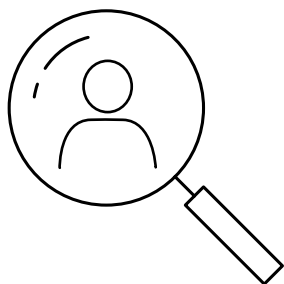
Heavenly Father and Jesus Christ care deeply about you and about the person you are becoming. As you make goals to grow into the person Heavenly Father wants you to become, you can come closer to Him and His Son.

Everyone is unique, so your goals to personally improve should be tailored to your needs. For example, if you want to learn to play hymns on the piano, you might make a goal to practice daily. If you want to get better at scripture study, you might set a certain time each day to read. Seek the guidance of the Spirit to come up with a plan that will work best for you.

SERVICE AND ACTIVITIES

Serving others is one of the main things the Savior did while He was on the earth. By finding simple and natural ways to help those in your family and community, you are following His example and committing to becoming more like Him.

Meaningful group activities can help you and other youth find ways to serve others as well as grow spiritually together. Fun, uplifting activities are healthy. And when you gather together as a group of young, faithful Latter-day Saints, you can often learn and accomplish much more than you can on your own.



CHILDREN AND YOUTH IS FOR *YOU*

The person who most benefits is you! As you set your own goals to study and live the gospel, participate in service and activities, and develop personally, you will learn more about yourself and who you really are. The work of becoming a disciple of Jesus Christ can be challenging, but it is the most rewarding goal we can set for ourselves.

TWIN SISTERS PUT CHILDREN AND YOUTH INTO ACTION

Youth just like you have already started seeing the blessings of striving to become more like Jesus Christ in their everyday lives. Danika and Natasha R., 15, from Ohio, USA, are twin sisters who decided to do just that. Their dad is from Thailand, and because they sometimes visit family there, Danika and Natasha decided they wanted to learn more about Thai food and language.

Danika made a goal to learn to cook some Thai soup recipes. She shopped for the ingredients and practiced new cooking techniques with her dad. Natasha wanted to learn to communicate with her family in Thailand, so she set a goal to learn one new Thai word each day. She used a website to aid her language study and practiced pronouncing words with her dad.



As Danika and Natasha worked on their goals, they wanted to share what they learned with the other young women in their ward. Their leaders helped them organize an activity to learn more about Thailand. At the activity, Danika cooked soup for everyone while Natasha taught them some Thai words.

The sisters also included their friend Grace in the activity. Grace had a personal goal to get better at public speaking, so she gave a presentation on how to use chopsticks so they could eat their soup!

By practicing their goals and working with their leaders and other young women, Danika and Natasha were able to plan a fun night to enjoy with their friends.





BLESSINGS OF PARTICIPATING IN CHILDREN AND YOUTH

Danika and Natasha share that they have received many blessings from striving to learn more about their heritage and celebrating it with their family and other young women. Their experience didn't come without challenges. Natasha explains, "I was in school while I was learning Thai, so it was sometimes hard to find time to do it." Danika adds, "At the activity, I had a little bit of trouble making the soup on my own since my dad wasn't there." But the sisters both agree that in the end, it was worth it.

Danika says, "I like that I got to spend time with my dad, and it helped me feel closer to my family." She also explains, "Making and keeping my personal goals helped me come closer to Jesus Christ by giving me a clear path to helping myself and others. Instead of mindlessly milling around like some nights, I had a set standard to follow and keep to, and that gave me more time to think about Christ."

Natasha says making and keeping her goal "really got me to think deeply about what I needed and wanted to do to

become closer to Christ." She also notes that although she has shifted her focus to a new goal, she was inspired to keep learning Thai: "My original goal was to learn Thai so I can speak to my family in Thailand, so I want to keep learning Thai so I can talk to them."

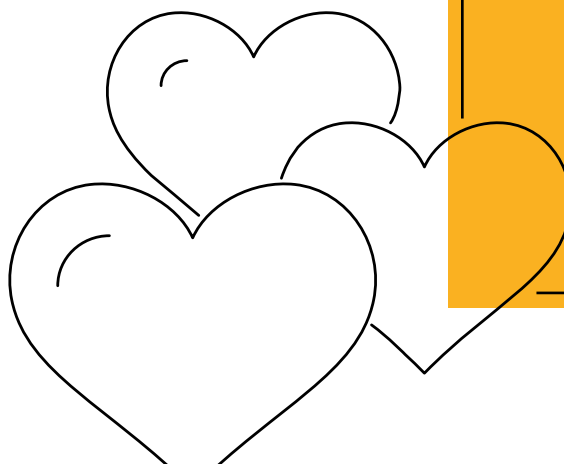
Danika and Natasha's balanced approach to their personal development helped them learn more about their dad's culture, have fun with friends, and come closer to their family and the Savior—and that's what Children and Youth is all about.

Your participation in Children and Youth can also help you build relationships with your family, other youth and ward members, and especially the Savior as you focus on how to become your best you. ■

Tips for Participating in Children and Youth

The best way to approach your growth is to prayerfully personalize your goals so that they work for you, your family, and your circumstances. Here are some tips:

1. **Seek Personal Revelation**
Heavenly Father will guide you as you seek and follow inspiration.
2. **It's Not Just at Church**
You'll get the most out of Children and Youth if you make plans to improve in all parts of your life, not just at church meetings and activities.
3. **Include Your Family**
Family members can help you develop your goals and track your progress.
4. **Use and Share What You Learn**
When you share what you are learning with family, friends, and others, you are helping to fulfill the Lord's commandment to spread the gospel and gather scattered Israel.



An abstract geometric design featuring a dark blue background. A large, light blue, three-dimensional rectangular shape is positioned in the upper right, with a white rectangular cutout in its center. The shape appears to be casting a shadow onto the dark blue surface below it. The year '2020' is printed in a bold, light blue font on the dark blue background.

2020

go and do



Act in Faith

By the Young Women General Presidency

Our theme this year is centered on the words “go and do,” a bold declaration given by the faithful Book of Mormon prophet Nephi in 1 Nephi 3:7. But perhaps the most comforting part of this verse comes when Nephi teaches that the Lord will always “prepare a way” for His work to be accomplished.

The belief that God will prepare the way before you comes from a place of profound faith. Nephi knew that if God asked him to do something, God would also help him to accomplish the task. And we know that because of Nephi’s faith and confidence in the Lord, he was able to successfully retrieve the brass plates.

Like Nephi, we can have the faith to “go and do.” You may not always understand the “why” behind instructions from Church leaders or parents or even promptings from the Holy Ghost. It won’t always make sense, or it may even seem like it’s impossible to accomplish. But “with God nothing shall be impossible” (Luke 1:37). As you step forward with faith, you will find that God always has a reason and a plan.

God will never ask you to do something that He knows you cannot do. He will never simply set you up to fail. But He may ask you to do something that requires strong faith and reliance on the Spirit for guidance.

The key to acquiring the faith to “go and do” is developing confidence. When you have confidence in the Lord, you trust that He will make you equal to every task. Think about it—you were sent to the earth at this time because you are ready and capable to do the Lord’s work here and now. You have been chosen to live at this time because the Lord trusts you.

The blessings you receive for acting with faith and confidence are incredible. You will come to know your identity and purpose in a greater and more focused perspective; you will increase your trust in Jesus Christ and His Atonement; and you will know that, with the Lord’s help, you are enough. ■





Be Like Nephi

By the Young Men General Presidency

When Nephi said to his father, “I will go and do the things which the Lord hath commanded” (1 Nephi 3:7), he provided us an inspiring example of faith and diligent obedience. Nephi’s commitment to go and do was rooted in two important qualities all of us can develop: his personal testimony of the Lord and His prophets, and his spiritual resilience.

Developing a Testimony

Nephi was obedient because he had sought and received his own testimony of the Lord’s commandments to his father (see 1 Nephi 2:16–20). He knew that the task of getting the brass plates would be hard. But unlike his brothers, he knew that the Lord would be with him and prepare a way for them to accomplish it.

This faith in God and His prophet blessed and sustained Nephi throughout his life and helped him accomplish miraculous things. Like Nephi, we can do great things in our lives as we strive to obey the counsel we receive from living prophets, the whisperings of the Holy Ghost, and the scriptures. For instance, the Lord’s prophet today, President Russell M. Nelson, has asked us to help gather Israel and prepare for the Savior’s return.¹

As we study God’s word and obey it, our faith will grow and we will feel within our hearts a determination to continue to be obedient, even when we know things are hard.

Developing Spiritual Resilience

Nephi’s example also teaches us about the Christlike attribute of resilience—working through challenges rather than looking for an easy way out. There are times in all our lives when we are asked to do difficult and demanding things. In those situations, if we rely on our faith in Christ and choose the “harder right instead of the easier wrong,”² we will be blessed.

When you find yourself facing a difficult decision or task, having a “go and do” attitude will help you persist. Faithfully responding to the guidance that you receive shows the Lord that He is able to rely on you and increase your faith in Jesus Christ.

As you faithfully work to develop your testimony, spiritual resilience, and a “go and do” attitude, the Lord will bless you, strengthen you, and sustain you this year and throughout your life. ■

NOTES

1. See Russell M. Nelson, “Hope of Israel” (worldwide youth devotional, June 3, 2018), [HopeOfIsrael.ChurchOfJesusChrist.org](https://www.HopeOfIsrael.ChurchOfJesusChrist.org).
2. Thomas S. Monson, “Choices,” Apr. 2016 general conference.

Unlocking the Power of the **BOOK** of **MORMON**

By Symmony Ann Park

While on my mission in the Philippines, my companion and I taught a particularly powerful lesson about the importance of studying the Book of Mormon daily. At the end of the lesson, my companion bore one of the most powerful testimonies of scripture study that I had ever heard. She testified that reading the Book of Mormon added a new power into her life that was impossible to explain.

It was obvious that her experience with the Book of Mormon had changed her life, and I wanted that for myself.

I decided that night that I would read the Book of Mormon again. From the beginning.

I spent a lot of time on my knees explaining to God that I wanted to experience the conversion and power that comes from the Holy Ghost.

The answer I received was: Read. Just read.

So that's what I did. I threw myself into reading with a new vigor. I paid special attention to each verse, chapter, and page. As I read, I found verses that answered my questions, soothed my worries, and helped lift the burdens of those I was teaching.

After about a month, I realized that something inside of me was changing. My capacity to love others increased; I had more hope in the future; I was able to work harder and longer each day; I was more focused on the work; and I started to feel so much joy.

One day in my studies I came across a quote from President Ezra Taft Benson (1899–1994), former president of the Church: “There is a power in the [Book of Mormon] which will begin to flow into your lives the moment you begin a serious study of the book. . . . When you begin to hunger and thirst after those words, you will find life in greater and greater abundance.”¹

As I continued to study, I began to really understand what he meant. I was finding life in greater abundance.

Looking back, I am convinced that one of the reasons I was put with that companion was so I could be there that night to hear her testimony. I felt like all the good parts of life—love, hope, trust, hard work, determination, and joy—were amplified.

There was a new light in my life, and I knew that it was real. ■

The author lives in Arizona, USA.

How Can You Unlock the Power of the Book of Mormon in Your Life?

1. Read daily.
2. Study by topic.
3. Use the study manual.
4. Discuss with others.

“I promise that as you prayerfully study the Book of Mormon *every day*, you will make better decisions—*every day*.”²

NOTES

1. Ezra Taft Benson, “The Book of Mormon—Keystone of Our Religion,” *Ensign*, Nov. 1986, 7.
2. Russell M. Nelson, “The Book of Mormon: What Would Your Life Be Like without It?” *Ensign* or *Liahona*, Nov. 2017, 62.

I Will Go and Do

2020 Youth Theme Song

Words and Music by Nik Day

Thoughtfully ♩ = 78

Sheet music for the first system, measures 1-3. The key signature is two sharps (F# and C#). The time signature is 4/4. The tempo is marked "Thoughtfully" with a quarter note equal to 78 beats per minute. The system includes a treble and bass staff. Chords A, C#m, and F#m are indicated above the staff.

Sheet music for the second system, measures 4-6. The system includes a treble and bass staff. Chords D, A, and C#m are indicated above the staff.

1. No mat - ter where I go, I know I'm not a - lone.
2. When I feel o - ver - come and all my strength is gone,

Sheet music for the third system, measures 7-9. The system includes a treble and bass staff. Chords D, A, and C#m are indicated above the staff.

*(2nd verse only)

Sheet music for the fourth system, measures 10-12. The system includes a treble and bass staff. Chords F#m, D, and A are indicated above the staff.

I feel my Sav - ior there be - side me. He leads me through the night.
I think of all the ways He's blessed me. *(My jour - ney may seem long,)

Sheet music for the fifth system, measures 13-15. The system includes a treble and bass staff. Chords F#m, D, and A are indicated above the staff.

Sheet music for the sixth system, measures 16-18. The system includes a treble and bass staff. Chords C#m, F#m, and D are indicated above the staff.

— He's al - ways been my guide. He pro-mised He will nev - er leave me. Though my
but He'll lift me with His love— A per - fect love that's ne - ver - end - ing. He will

Sheet music for the seventh system, measures 19-21. The system includes a treble and bass staff. Chords C#m, F#m, and D are indicated above the staff.

13
8
bur - dens seem too much to bear, He'll bless me. So, what - ev - er He com-
give me, give me all the strength I'm need - ing. So, what - ev - er He com-

13
Bm⁷ A E Bm⁷

16
8
mands, I will go__ and do. I will stand for truth. Though the world may
mands,

16
D A C#m

19
8
back a-way, I will walk__ right__ through. I know if I fol - low Him, fol - low Him in

19
F#m D A

⌘

22
8
faith, He will ease my bur - dens and He'll pro-vide__ a way. He'll pro-vide__ a

22
C#m F#m D

To Coda ☪

25 1. 2.

way. way for me to cross the de - sert, to sail a-cross the o -

25 A E F#m

28

cean. If that's where He sends me, I'll fol - low His plan.

28 E⁷ A

30

I'll do what-ev - er He com-mands me, for I know that He will lead

30 D E

32

me to the pro-mised land. I will go and do. I will stand for

32 Bm⁷ D E A

D.S. al Coda

36

truth. Though the world may shut Him out, I will make__ Him__ room. I know if I

36 C#m F#m D

CODA

39

way. He'll pro-vide a way.

39 A C#m F#m

42

No mat - ter where I go,

42 D A

44

I know I'm not a-lone. I feel my Sav - ior there be - side me.

44 C#m F#m D

Go and Do with Trust in God

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

The young Nephi in the Book of Mormon stirs in us a desire to develop trust in the Lord to obey His commandments. Nephi faced danger and possible death when he said these words of trust that we can and must feel steadily in our hearts: “I will go and do the things which the Lord hath commanded, for I know that the Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the thing which he commandeth them” (1 Nephi 3:7).

That trust comes from knowing God. More than any other people on earth, we have, through the glorious events of the Restoration of the gospel, felt gratitude for what God has revealed about Himself that we might trust Him.

For me it began in 1820 with a young boy in a grove of trees on a farm in the state of New York. The boy, Joseph Smith Jr., walked to a secluded spot and knelt to pray with complete trust that God would answer. Each time I read his account, my trust in God and His servants expands:

“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!*” (Joseph Smith—History 1:16–17).

The Father revealed to us that He lives, that Jesus Christ is His Beloved Son, and that He loved us enough to send that Son to save us. And because I have a testimony that He called that boy as a prophet, I trust His apostles and prophets today and those they call to serve God.

You show your trust in God when you listen with the intent to learn and repent and then you go and do whatever He asks. If you trust God enough to listen for His messages of encouragement, correction, and direction from His servants, you will find them. And if you then go and do what He would have you do, your power to trust Him will grow, and in time you will be overwhelmed with gratitude to find that He has come to trust you. ■

From an October 2010 general conference address.



go and do



"And it came to pass that I, Nephi, said unto my father: I will go and do the things which the Lord hath commanded, for I know that the Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the thing which he commandeth them."

1 NEPHI 3:7

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

[ChurchofJesusChrist.org/youth](https://www.ChurchofJesusChrist.org/youth)

YOUNG ADULTS

**READY FOR
A NEW START?**

*Young adults share their
stories of repenting and turning
toward the Savior.*

42



YOUTH

2020 YOUTH THEME

56, 60,
64

PARENTS

**USE THIS BOOK OF
MORMON CHART
TO READ ALONG
THIS YEAR!**

F12



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

the Friend

Read the
**Book of
Mormon!**

See page F12



By President
Russell M.
Nelson

The Precious Book of Mormon

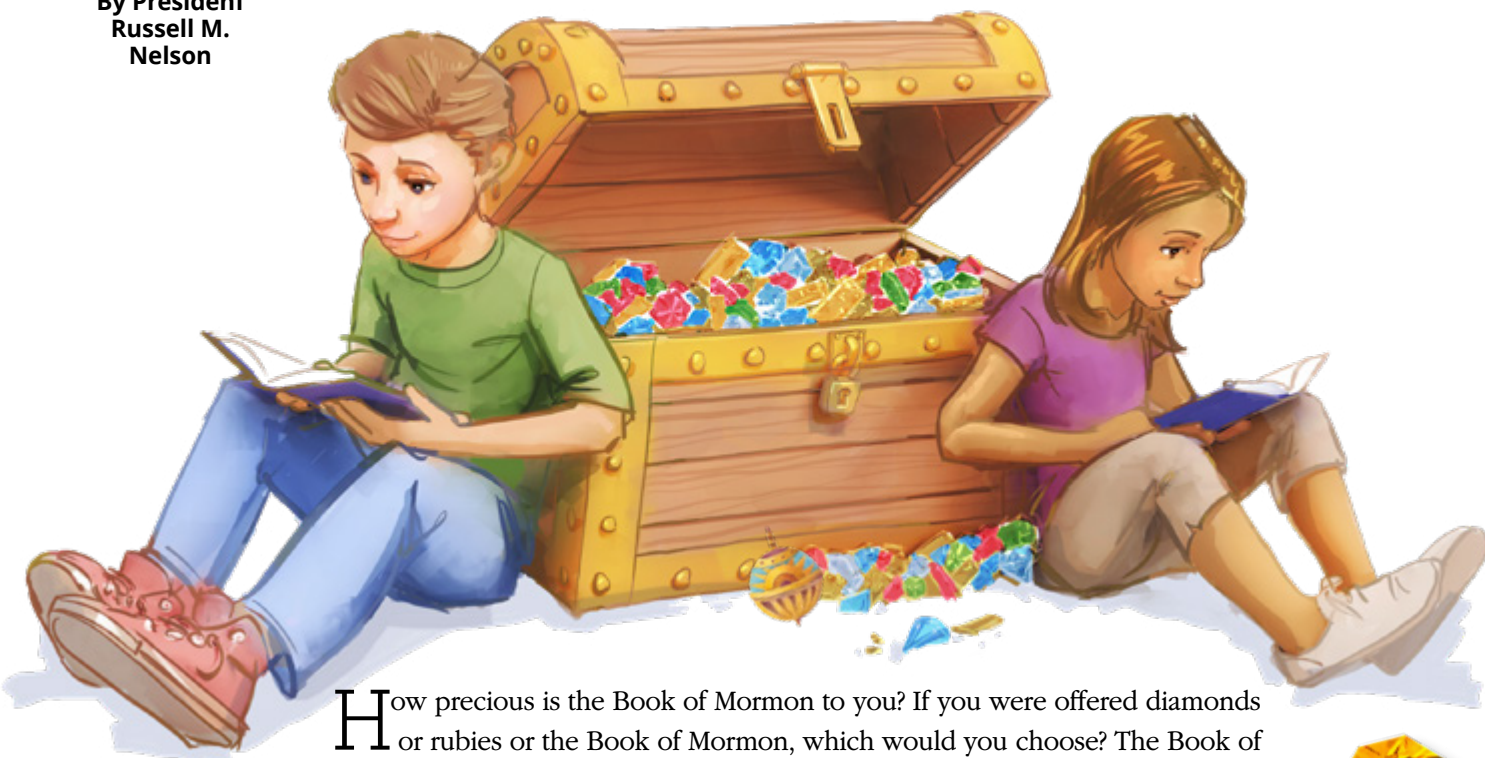


ILLUSTRATION BY STEVE JAMES

How precious is the Book of Mormon to you? If you were offered diamonds or rubies or the Book of Mormon, which would you choose? The Book of Mormon is truly the word of God. It teaches about Jesus Christ.

I invite you to read the Book of Mormon every day. Pray and think about what you are learning.

As you do this, I promise:



Adapted from "Sisters' Participation in the Gathering of Israel," Ensign or Liahona, Nov. 2018, 68–70; and "The Book of Mormon: What Would Your Life Be Like without It?" Ensign or Liahona, Nov. 2017, 60–63.



You will feel closer to the Savior.



You will make better decisions—every day.



Heavenly Father will help and inspire you.



You will be able to overcome temptations.



It will comfort you, make you strong, and cheer you up.



Changes and miracles will begin to happen!



How Is the Book of Mormon Precious to You?

This year we're collecting stories, photos, and drawings about the precious Book of Mormon. We'll put them on display and publish some of them in the magazine!



Ari K., age 9, Nuevo León, Mexico

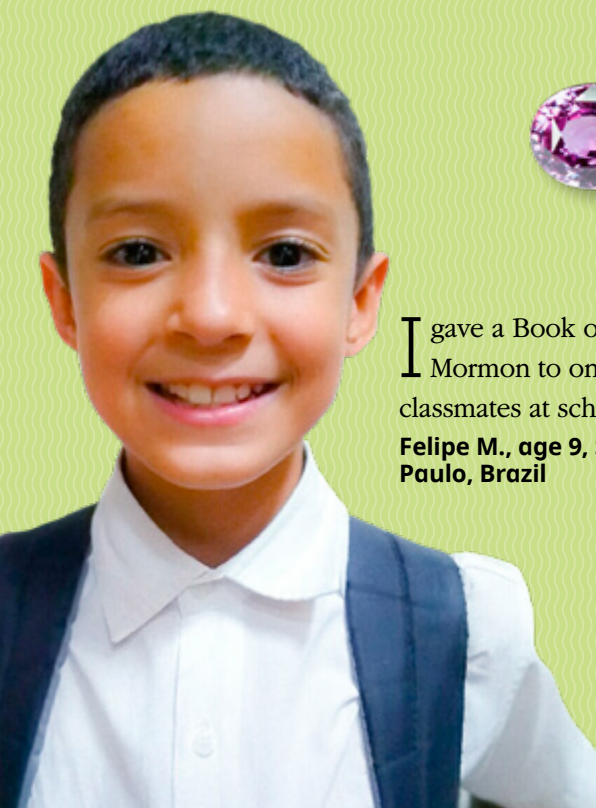


When I learned to read, my mother gave me a Book of Mormon and asked me to read it as preparation for my baptism. Since then, I read it every day. My favorite story is when Lehi found the Liahona.

Keyla S., age 7, Mexico City, Mexico



"Tree of Life,"
Russell K., age 8,
North Carolina, USA

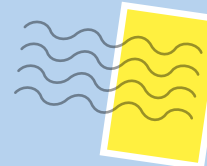


I gave a Book of Mormon to one of my classmates at school.

Felipe M., age 9, São Paulo, Brazil

SEND US YOUR ART OR EXPERIENCE!

1. Draw a picture, take a photo, or write about the Book of Mormon.
2. Send it to us! See the back cover to find out how.
3. Watch the *Friend* each month to see how children are following President Nelson's invitation to read the Book of Mormon.



Batbayar and the Book

By Richard M. Romney

Church Magazines

(Based on a true story)

It was a windy day in Mongolia. Nine-year-old Batbayar was walking home from the bus stop after school. He hugged his coat tighter in the wind. Luckily, it wasn't far to his grandparents' house, where he lived.

"Hi!" Batbayar said as he came inside.

"Welcome home,"

Grandma said. "I made some *khuushuur* for a snack."

"Thank you!" Batbayar reached for one of the warm, spicy meat pies.

"Wait! Don't eat any until the missionaries get here," Grandpa said. "They'll be coming any minute."

Batbayar loved it when the missionaries from Grandma and Grandpa's church came to visit. He always learned a lot from them. But there was just one problem.

"Will they ask me to read from the Book of Mormon again?" Batbayar asked. "Reading is hard for me."

"That's why they're bringing another book today," Grandma said.

"What book?" Batbayar said.

"You'll see," Grandpa said.

Soon the missionaries arrived. They ate



Grandma's delicious meat pies together. Then Batbayar said, "Grandma says you brought me a book."

"I think you'll like this book," Sister Heitz said. "It has lots of pictures."

Batbayar looked at the cover. *Book of Mormon Stories*, it said. A picture on the cover showed people building a boat.

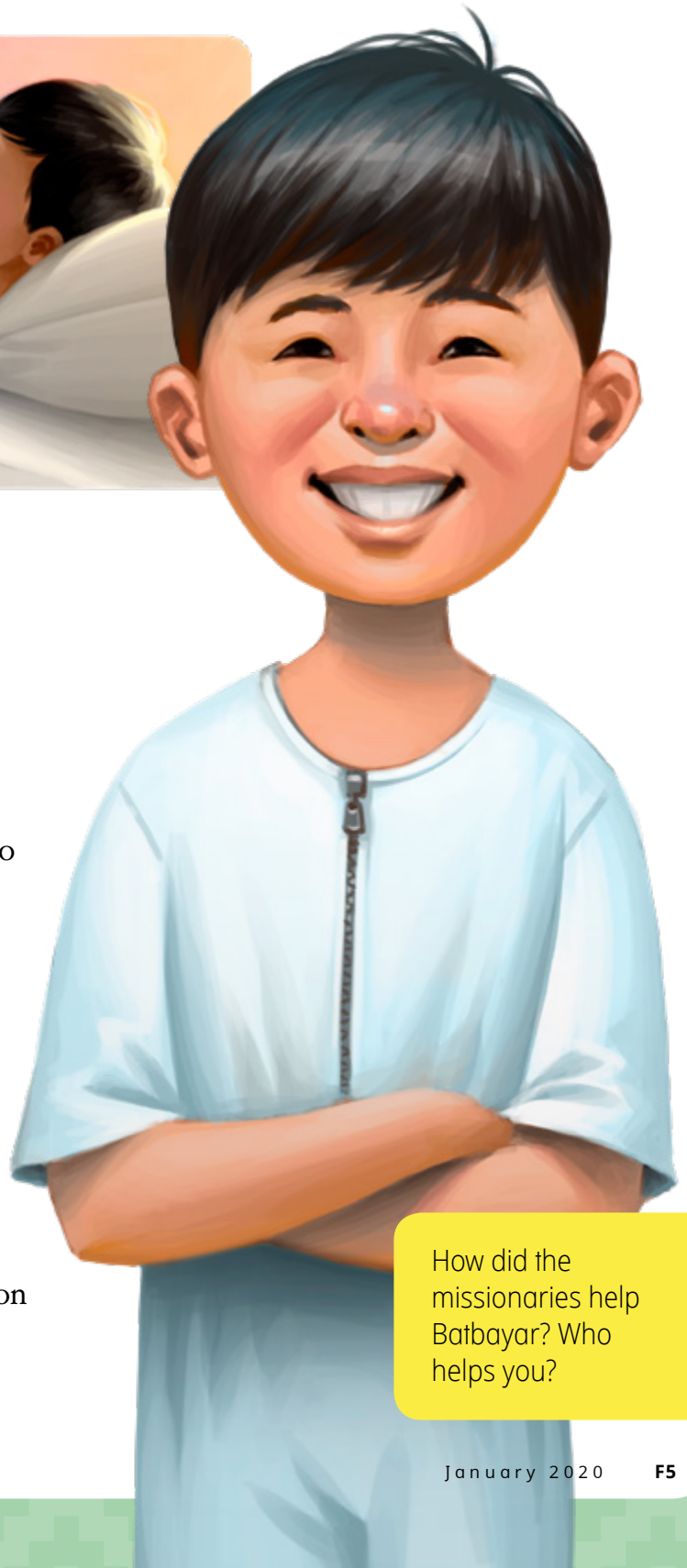
"I remember that story," Batbayar said. "The man didn't know how to build a boat. So he prayed. And God helped him."

"That's right," Sister Enkhtuya said. "Will you try reading this book? Then you can pray to know that what it teaches is true."

"I will," Batbayar promised.

That night he read from the book with pictures. He read the story about the boat. Then he prayed. He fell asleep thinking about the man who built the boat and how God helped him.

with Pictures



From then on, each night Batbayar read a story. Then he prayed. And each night, he fell asleep thinking about what he read.

When the sister missionaries came again, they taught Batbayar more about Jesus Christ. Batbayar learned about prophets. He learned about God's commandments. He kept going to church with Grandma and Grandpa. And he kept reading and praying.

One day Batbayar had something important to tell his grandparents. "When I read the stories in the book with pictures, my heart feels good," he said. "When I pray, I feel they are true. I think I should be baptized."

Today, Batbayar is a member of the Church. He has gotten better and better at reading. And he still reads the Book of Mormon every night! ●

How did the missionaries help Batbayar? Who helps you?

Hello
from
Mongolia!



We're
Margo and
Paolo.

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

Mongolia is in Asia,
in between China and Russia.

There are more horses
in Mongolia than people!
Mongolian festivals have
horse racing, archery,
wrestling, dancing, and
tasty food.

There are about 3 million people in Mongolia and about 12,000 members of the Church. What do you notice in this picture that is the same as your family? What is different?



This is the *Mopmohpi Hom*,
the Book of Mormon.

Many families in Mongolia live in the capital city, Ulaanbaatar.



Other families live in the countryside. They live in tents called *gers* and herd animals like yaks, horses, and camels.

Yaks are like cattle, only with more hair!



Meet some of our friends from Mongolia!



I know Jesus Christ is the Son of God and that He loves me and all children everywhere. I love to go to church and Primary, because when I go there I can learn about Jesus.

Bilegt, age 7



I know that we have a living prophet, President Russell M. Nelson. He teaches things that are true.

Gerelchimeg, age 4

**Thanks
for exploring
Mongolia with us.
See you next
time!**

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



By Sister
Joy D. Jones
Primary General
President

A Little Better Every Day

When I was a child, I played the violin. I wanted it to sound pretty. I wanted to play for my parents and have them say, “Oh, Joy, that’s beautiful!” But it didn’t sound beautiful. It squeaked!

Sometimes when I didn’t practice, my teacher would say, “Joy, did you practice this week?” It made me want to practice so I could play better the next week.

Looking back, playing the violin was a good experience because it was hard. Even though I didn’t always like practicing, I learned so much from setting a goal to practice a little bit every day.

That is what I hope you will do. Try to do a little

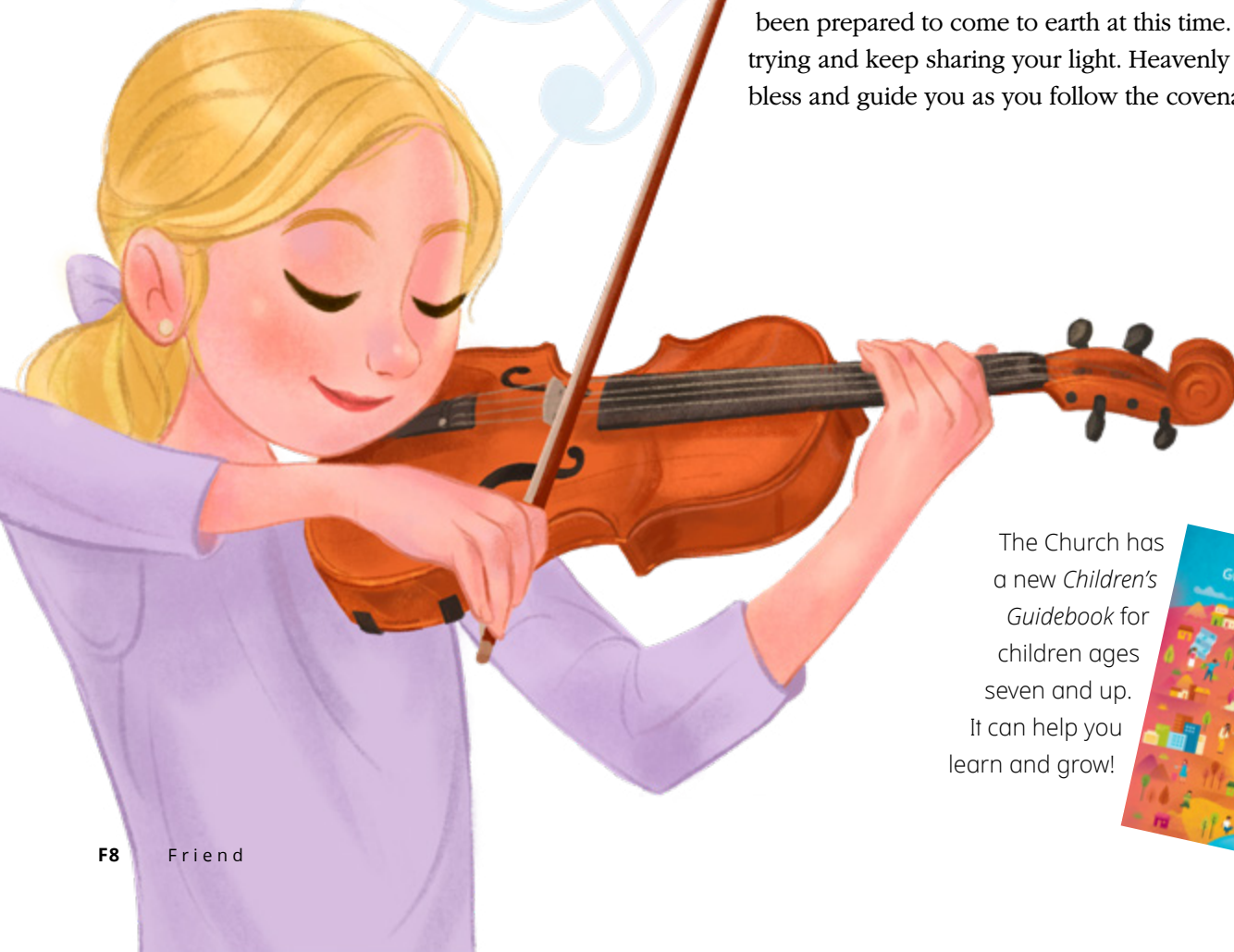
better each day. Heavenly Father doesn’t expect you to be able to do everything at once. Life is about learning and growing a little at a time. He wants you to keep trying. And He wants you to enjoy the growth!

Sometimes we are hard on ourselves. We think, “I failed. I can’t do it,” and then we give up. But the Savior is saying, “Keep going. I’m right here to help you!”

Because of Jesus Christ, we don’t have to do it alone.

We can get up and try again with His help. That’s what this life is all about.

If there was one thing I wish you could know in your heart, it would be that Heavenly Father loves you. You might be facing hard things, but you have been prepared to come to earth at this time. Just keep trying and keep sharing your light. Heavenly Father will bless and guide you as you follow the covenant path. ●



The Church has a new *Children's Guidebook* for children ages seven and up. It can help you learn and grow!



Growing Like Jesus

You can use the new *Personal Development: Children's Guidebook* to help you grow in ways that Jesus grew when He was your age. It's also a fun way to try new things!

Spiritual

Jesus increased in favor with God.



Social

Jesus increased in favor with man.



Physical

Jesus increased in stature.



Intellectual

Jesus increased in wisdom.

“Jesus increased in wisdom and stature, and in favour with God and man” (Luke 2:52).

The Apology



**Minchan K., age 11,
Gyeonggi-do, South Korea**

One day at school, a few of my classmates were making fun of another student by calling him names. It looked like fun, so I joined them. For a few weeks, I made fun of him with my friends.

Several weeks later, the boy told me how he was feeling. He was hurt by our words even though he pretended like he didn't care that we were making fun of him. He said he cried every night. I almost cried when he told me. I wanted to help him and decided to apologize for what I had said to him.

So the next day, I went up to him and put my arm around his shoulder. I said, "I'm really sorry that I made fun of you." He nodded at my words, and his eyes filled

up with tears. But the other kids were still making fun of him. Then I remembered what I learned in my Primary class: choose the right.

I told my classmates valiantly, "Stop making fun of him! Do you guys know how hard this has been for him? Please say you're sorry for what you have done and be his friend."

But they wouldn't change that easily. Instead, they were mad at me and said, "What's the matter with you all of a sudden? You made fun of him too!"

I still felt bad for what I had done before. So I said, "I already said sorry to him. I want you to understand how he feels and stop making fun of him too."

One of them said sorry, and the three of us became good friends. A few people still make fun of him, but he feels better because he has us. I will choose the right by helping a friend in need. ●

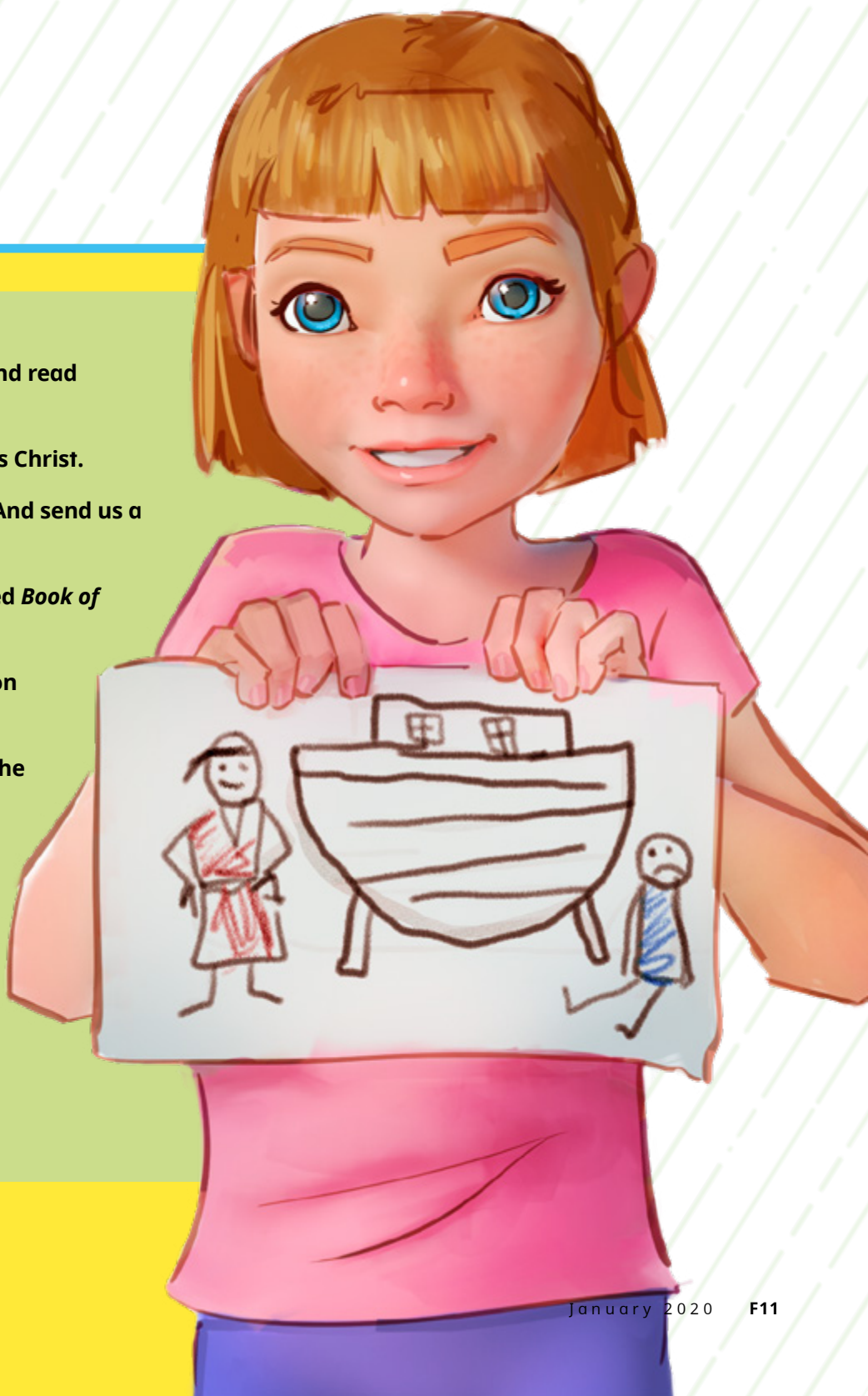


KINDNESS CHALLENGE

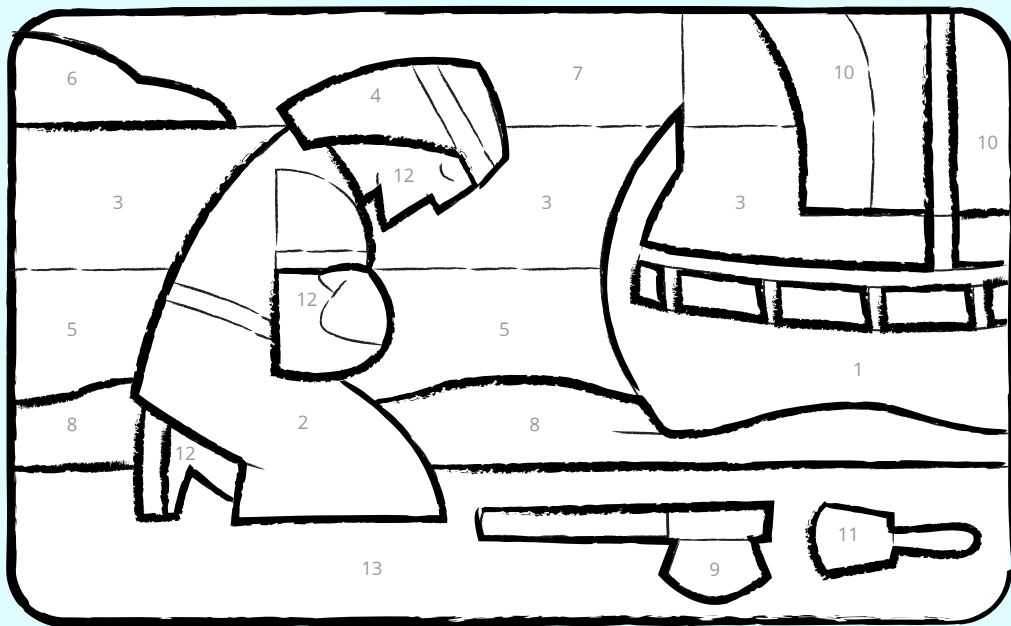
If you see someone new at school or Primary, smile and say hello.

8 Ideas for Reading the Book of Mormon

1. Find a reading buddy and read together.
2. Mark verses about Jesus Christ.
3. Draw favorite scenes. (And send us a picture! See page F3.)
4. Read from the illustrated *Book of Mormon Stories* book.
5. Use the coloring chart on page F12.
6. Listen to scriptures on the Gospel Library app.
7. Act out favorite stories.
8. Watch Book of Mormon videos online.



This year you can follow along with the *Come, Follow Me* lessons by reading the verses for each week on page F14. Then color in the matching spaces on these pages. Your testimony of Jesus Christ will grow as you read the Book of Mormon!



I Can Read the



Book of Mormon

Book of Mormon Reading Chart

These scripture verses go along with the *Come, Follow Me* lessons for each week in 2020.

1. Introduction to the Book of Mormon, paragraphs 1, 8–9	18. Mosiah 8:16–18	36. Helaman 13:2–3; 14:2–8
2. 1 Nephi 3:7; 4:1, 4–8, 17, 38	19. Mosiah 13:1–5	37. 3 Nephi 1:8–15
3. 1 Nephi 8:10–12, 19–22	20. Mosiah 18:1, 8–16	38. 3 Nephi 11:8–17
4. 1 Nephi 11:1–6, 24–27	21. Mosiah 27:23–26	39. 3 Nephi 12:13–16
5. 1 Nephi 16:18–20, 23–24, 28–31	22. Alma 2:27–31	40. 3 Nephi 17:6–10, 20–24
6. 2 Nephi 2:25–28	23. Alma 5:14–16	41. 3 Nephi 19:25–28
7. 2 Nephi 9:49–52	24. Alma 8:14–22	42. 3 Nephi 20:3–9
8. 2 Nephi 25:23, 26, 29	25. Alma 14:26–28	43. 3 Nephi 27:3–10
9. 2 Nephi 27:23–26	26. Alma 19:16–17, 28–30	44. Mormon 1:2–5
10. 2 Nephi 31:4–12, 20	27. Alma 26:12–16	45. Mormon 9:21–25
11. Jacob 4:6–8, 12–13	28. Alma 31:31–38	46. Ether 3:4–14
12. Jacob 5:71–75	29. Alma 32:26–31	47. Ether 6:3–9, 12
13. Enos 1:3–12	30. Alma 37:6–7, 33–37	48. Ether 12:27–29
14. 2 Nephi 9:6–8, 11	31. Alma 40:9, 23–25	49. Moroni 4:1–3; 5:1–2
15. Alma 7:11–13	32. Alma 46:12–15	50. Moroni 7:45–48
16. Mosiah 2:5–7, 17–19	33. Alma 56:44–48, 56	51. Moroni 10:3–6, 32
17. Mosiah 4:9–12	34. Helaman 5:12–14	52. 1 Nephi 11:16–23
	35. Helaman 10:2–7	

The Book of Mormon Tells of Christ

Brightly ♩ = 72

Words and music by Nathan Howe

1. When Le - hi lis-tened to the Lord And his fam - ily left their home and rich - es, His
 2. So Le - hi's peo - ple knew the Lord, As the plates of brass helped them re - mem - ber. When
 3. The Sa - vior vis - it - ed their land Af - ter He had ri - sen in His glo - ry. He

sons re - turned back home a - gain So they could get the scrip - tures.
 they o - beyed the pro - phet's voice, They pros - pered all to - geth - er. The
 blessed the chil - dren just like me; I love to read the sto - ry.

Book of Mor - mon tells of Christ And helps me feel the Ho - ly Spi - rit. Heav - en - ly

Fa - ther's voice is call - ing me, And the scrip - tures help me hear it.

Book of Mormon Cutouts

Cut out these pictures to act out the stories of Lehi and Sariah's family.
You can draw and add more objects and people—like Nephi's sisters and younger brothers!

**Nephi gets the
brass plates: 1 Nephi 4**

**Lehi receives the Liahona:
1 Nephi 16:9–11, 16**

**Nephi breaks his bow:
1 Nephi 16:17–24, 30–31**

**Nephi builds a ship:
1 Nephi 17:7–11, 16–18, 52–55**



Nephi



Sariah



Lehi



Sam



Laman

Lemuel



I like learning from the scriptures at church. But how can I study at home if my family doesn't read the scriptures?
—Seeking in Salzburg

Dear Seeking,

Even if your family doesn't study the scriptures, remember that you can! Do your best to read on your own, even if it's just a little each day. You could start with the reading chart on pages F12–F14. Read some more ideas on page F11!

Whether you read the scriptures with others or by yourself, the Holy Ghost is with you.

You are not alone!

The *Friend*

P.S. Here's a scripture bookmark for you! Cut it out and tape it closed.



"Something
POWERFUL
happens when
a child of God
seeks to know more
about Him and
His Beloved Son.
Nowhere are
those truths taught
more clearly
and powerfully
than in the
**BOOK OF
MORMON."**

President Russell M. Nelson,
"The Book of Mormon: What Would
Your Life Be Like without It?"
Oct. 2017 general conference.



MY FAVORITE SCRIPTURES





The Best Hug Ever!

By Lori Foote
(Based on a true story)



Ellie loved hugs. Hugs from Dad. Hugs from Grandma and Grandpa. Hugs from Mom. Hugs made her feel warm. And safe. And happy.

That's why Ellie hugged Mom during church. She loved sitting on Mom's lap. Mom always held her close.

Then sacrament meeting ended. It was time for Primary. Ellie loved Primary. She was a big girl now. Three years old! She even had her own scriptures!



But today Ellie just wanted to keep hugging Mom forever.

Mom carried Ellie down the hall. In the Primary room, Mom sat Ellie down on a chair.

“Can I go with you?” Ellie said.

“No,” Mom said. Her voice was kind. “You need to be in your class,” she said. “And I need to be in my class.”

Mom kissed Ellie’s cheek. Then she walked out the door.

Ellie felt tears rolling down her cheeks.

She thought about Mom holding her. Mom always held her when they read the Book of Mormon. They usually read with the family. But sometimes Ellie and Mom read by themselves.

Ellie picked up her Book of Mormon. Inside was a picture of Jesus.

Ellie closed the book and hugged it. She felt like she was hugging Jesus. She felt warm. And safe. And happy. It was the best hug ever! ●

The author lives in Utah, USA



What helped Ellie feel better when she was sad?

Nephi Gets the Brass Plates



Lehi and Sariah's family was traveling to the promised land. God told Lehi to send his sons back to Jerusalem to get the scriptures. They were written on metal plates.

Laman and Lemuel said it would be too hard. But Nephi said he would go and do what God commanded. Sam followed Nephi's example.



The Spirit told Nephi how to get the brass plates from a wicked man named Laban.



Nephi and his brothers brought the brass plates back to their family. Lehi and Sariah were so happy! They studied the scriptures on the plates. They learned about God's commandments.



I can help my family study the scriptures. I can be brave like Nephi and “go and do” what God commands! ●

Read about this story in 1 Nephi 3–5.

Lehi's Family Studied the Scriptures



What is your favorite scripture story?

Dear Parents,

We are happy to start a new year with you! We will learn about the Book of Mormon together. What Book of Mormon stories does your family like? Please help your children draw a picture and send it to us (see page F3). We will show some of these drawings in the magazine this year! Here are some other pages about the Book of Mormon from this issue:

- A message from the prophet (page F2)
- A reading chart (pages F12–F14)
- A scripture-story activity (page F16)
- A story about Lehi and Sariah's family (pages F20–F23)
- A story about a boy who finds a new way to read the Book of Mormon (pages F4–F5)

Happy New Year!
The Friend

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 social media platforms, and possibly in Church reports, print products, videos, publications, and training materials." We can't wait to hear from you!



Find the Liahona hidden inside!

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ON THE FRIEND COVER
Illustration by Andrew Bosley