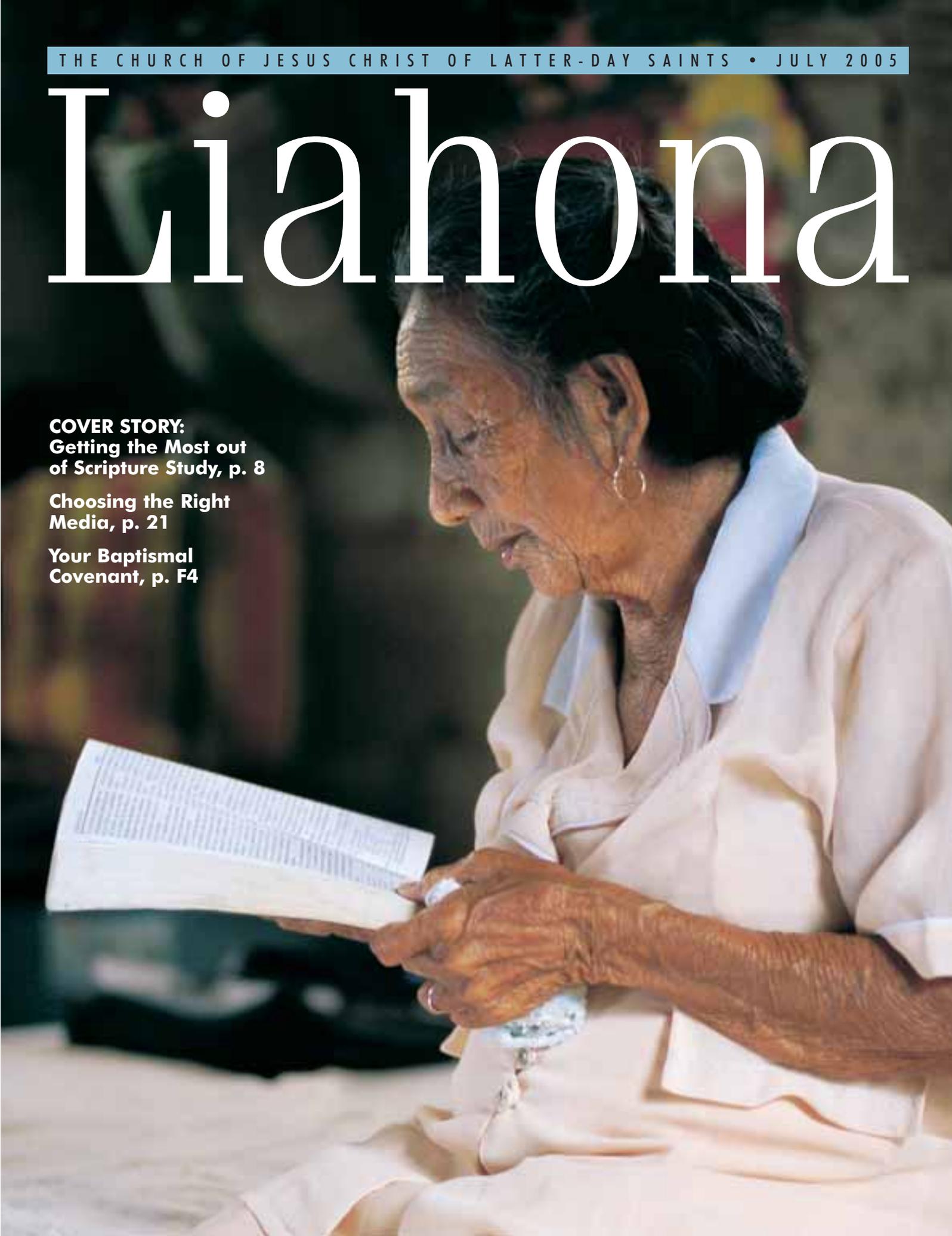


# Liahona



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**Getting the Most out  
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**Choosing the Right  
Media, p. 21**

**Your Baptismal  
Covenant, p. F4**

# Liahona



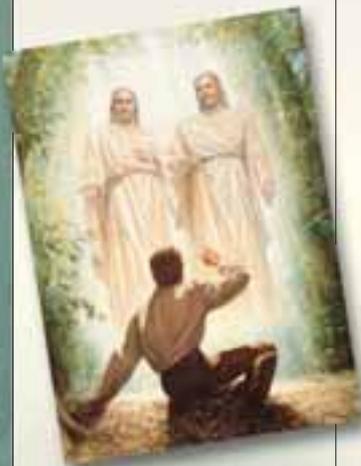
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Front: Photograph by Craig Dimond. Back: Photography by Welden C. Andersen and Robert Casey.



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Photograph by John Luke, posed by models.



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# Family Home Evening Ideas



*This page can help you use  
the Liahona to enhance  
your teaching in the class-  
room as well as in the home.*

### **"A Discussion on Scripture Study,"**

p. 8: Use some of the questions in  
this article to interview family mem-  
bers as if you were a reporter. Read  
Elder Henry B. Eyring's answers.  
Discuss ways your family could  
improve personal and family scrip-  
ture study.

### **"The Body, a Sacred Gift,"**

p. 16: Discuss what the author says is the  
worldly way of thinking about our  
bodies. Read aloud the last three  
paragraphs, and testify of the truths  
discussed in the article.

### **"Young Pioneers in Malaysia,"**

p. 38: Ask family members to describe  
a time when they felt like pioneers  
and to share what it means to be a  
pioneer in today's world. Discuss  
what we can learn from the youth  
in Malaysia.

### **"Set upon a Hill,"**

p. F2: Invite  
family members to draw a picture  
of a temple on a hill. What do you  
find inspiring about temples? Share  
President Gordon B. Hinckley's ex-  
perience. Study Matthew 5:14-16,  
and ask family members to suggest  
ways they may be examples.

**"Answered Prayers,"** p. F8:  
Study Alma 37:37 as a family,  
and share experiences

you have had when prayers were  
answered. Read aloud Elder Gerald N.  
Lund's experiences with prayer. Testify  
of the blessings of prayer.

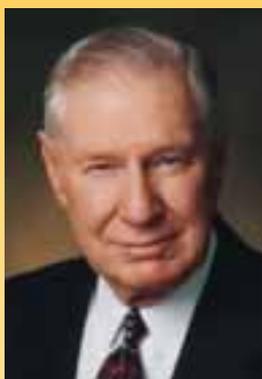
**"Logan's Baptism,"** p. F10: Invite  
family members to share how they felt  
at their own baptism or others' bap-  
tisms. Consider participating in the  
colored squares activity described in  
the article. Invite family members to  
stand on the square that represents  
where they think they are on the path,  
and discuss what they need to do to  
progress forward.

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# HE Healeth

## THE BROKEN IN HEART



BY PRESIDENT JAMES E. FAUST

Second Counselor in the First Presidency

I wish to give assurance that there is a sure cure for heartache, disappointment, torment, anguish, and despair. The Psalmist stated, “He healeth the broken in heart, and bindeth up their wounds.”<sup>1</sup> The healing is a divine miracle; the wounds are the common lot of all mankind. Shakespeare has said, “He jests at scars that never felt a wound.”<sup>2</sup> It seems that no one escapes the troubles, challenges, and disappointments of this world.

In today’s overloaded society, some of the healing agents that our parents enjoyed seem not to be at work in our lives. Fewer and fewer are able to relieve stress by working with their hands and by tilling the soil. The increasing demands, the diversity of voices, the entreat-ing sales pitches, the piercing noises, the entanglement of many personal relationships can rob our souls of the peace they need to function and survive. Our hurry to meet the relentless demands of the clock tears away at our inner peace. The pressures to compete and survive are great. Our appetite for personal possessions seems enormous. The increasing forces that destroy the individual and family bring great sadness and heartbreak.

One reason for the spiritual sickness of our society is that so many do not know or care about what is morally right and wrong. So many things are justified on the basis of expediency and the acquiring of money and goods. In recent times, those few individuals and institutions that have been courageous enough to stand up and speak out against adultery, dishonesty, violence, and other forms of evil are often held up to ridicule. Many things are just plain and simply wrong, whether they are illegal or not. Those who persist in following after the evil things of the world cannot know “the peace of God, which passeth all understanding.”<sup>3</sup>

Somehow, some way, we must find the healing influence that brings solace to the soul. Where is this balm? Where is the compensating relief so desperately needed to help us survive the world’s pressures? The offsetting comfort in large measure can come through increased communion with the Spirit of God. This can bring spiritual healing.

Spiritual healing is illustrated in the story of Warren M. Johnson, pioneer ferryman at Lee’s Ferry, Arizona. As a young man, Warren Johnson came west seeking his fortune in gold in the summer of 1866. He became very

**W**e believe  
in the gift  
of healing.  
Although the Warren  
Johnson family  
suffered a great  
tragedy, they  
discovered that  
this gift extends to  
healing of both the  
body and the spirit.  
The Spirit speaks  
peace to the soul.



ill, and his companions left him under a tree in the yard of a family in Bountiful, Utah. One of the daughters found him and reported there was a dead man out in the yard. Although he was a complete stranger, this kind family took him in and nursed him back to health. They taught him the gospel and he was baptized. He eventually ended up as the ferryman at Lee's Ferry.

In 1891 the Warren Johnson family suffered a great tragedy. Within a period of a short time, they lost four children to diphtheria. All four were buried in a row next to each other. In a letter to President Wilford Woodruff, dated July 29, 1891, Warren told the story:

"Dear Brother,

"In May 1891 a family residing in Tuba City, came here from Richfield Utah, where they had spent the winter visiting friends. At Panguitch they buried a child, and without disinfecting the wagon or themselves, not even stopping to wash the dead child's clothes, they came to our house, and remained overnight, mingling with my little children. . . .

"We knew nothing of the nature of the disease, but had faith in God, as we were here on a very hard mission, and had tried as hard as we knew how to obey the Word of Wisdom, and attend to the other duties of our religion, such as paying tithing, family prayers etc. etc., that our children would be spared. But alas, in 4 1/2 days [the oldest boy] choked to death in my arms. Two more were taken down with the disease and we fasted and prayed as much as we thought it wisdom, as we had many duties to perform here. We fasted some 24 hours and once I fasted 40 hours, but all of no avail for both my little girls died also. About a week after their death my fifteen year old daughter Melinda was stricken down and we did all we could for her but she followed the others, and three of my dear girls and one boy [have] been taken from us, and the end is not yet. My oldest girl 19 years old is now prostrate with the disease, and we are fasting and praying in her behalf. . . . What have we done that the Lord has left us, and what can we do to gain his favor again[?]

"Yours in the gospel

"Warren M. Johnson"<sup>4</sup>

In a subsequent letter to his friend Warren Foote, Brother Johnson testified that he had found a spiritual peace:

"I can assure you however, that it is the hardest [trial] of my life, but I set out for salvation, and am determined through the help of my Heavenly Father to hold fast to the iron rod, no matter what trials may come upon me. I have not yet slackened in the performance of my duties, and hope and trust that I shall have the faith and prayers of my brethren that I may live so as to receive the blessings, you having authority, have placed on my head."<sup>5</sup>

The seventh article of faith states that, among other spiritual gifts, we believe in the gift of healing. I believe this gift extends to healing of both the body and the spirit. The Spirit speaks peace to the soul. This spiritual solace comes by invoking spiritual gifts, which are claimed and manifested in many ways. They are rich, full, and abundant in the Church today. They flow from the humble and proper use of a testimony. They also come through administering to the sick following an anointing with consecrated oil. Christ is the Great Physician, who rose from the dead "with healing in his wings,"<sup>6</sup> while the Comforter is the agent of healing.

The Lord has provided many avenues by which we receive this healing influence. I am grateful that He has restored temple work to the earth. It is an important part of the work of salvation for both the living and the dead. Our temples provide a sanctuary where we go to lay aside many of the anxieties of the world. Our temples are places of peace and tranquillity. In these hallowed sanctuaries God "healeth the broken in heart, and bindeth up their wounds."

The reading and study of the scriptures can bring great comfort. President Marion G. Romney (1897–1988), First Counselor in the First Presidency, stated:

"I feel certain that if, in our homes, parents will read from the Book of Mormon prayerfully and regularly, both by themselves and with their children, the spirit of that great book will come to permeate our homes and all who dwell therein. The spirit of reverence will increase, mutual respect and consideration for each other will grow. The

spirit of contention will depart. Parents will counsel their children in greater love and wisdom. Children will be more responsive and submissive to that counsel. Righteousness will increase. Faith, hope and charity—the pure love of Christ—will abound in our homes and lives, bringing in their wake peace, joy, and happiness.”<sup>77</sup>

When I was young, the health benefits of the Word of Wisdom, including abstinence from tobacco, alcoholic drinks, tea, and coffee, were not as well established as they are today. However, the spiritual benefits have long been validated. The Word of Wisdom promises that those who remember to keep this counsel and walk in obedience to the commandments “shall receive health in their navel and marrow to their bones.”<sup>78</sup>

Marrow has long been a symbol for vibrant, healthful living. But in a day of life-saving bone marrow transplants, the phrase “marrow to their bones” takes on an additional significance as a spiritual covenant. The promises for those who keep the Word of Wisdom continue. Those who observe this law “shall find wisdom and great treasures of knowledge, even hidden treasures;

“And shall run and not be weary, and shall walk and not faint.

“And I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them.”<sup>79</sup>

If we are to be spared, we do indeed need to be fortified against the many destroying agents at work in the world today.

For many of us, however, spiritual healing takes place not in great arenas of the world but in our sacrament meetings. It is comforting to worship with, partake of the sacrament with, and be taught in a spirit of humility by



neighbors and close friends who love the Lord and try to keep His commandments. Our good bishop assigns the speakers to treat a gospel subject or principle. Invariably they speak by the power of the Holy Ghost, opening their hearts so that the audience can behold the jewels therein. The messages are given in humble witness and sweet counsel. We of the audience understand that which is taught by the Spirit of Truth and verify the accompanying testimonies.

Our sacrament meetings should be worshipful and healing, restoring those who attend to spiritual soundness. Part of the healing process occurs as we worship through music and song. Singing our beautiful, worshipful hymns is food for our souls. We become of one heart and one mind when we sing praises to the Lord. Among other influences, worshiping in song has the effect of spiritually unifying the participants in an attitude of reverence.

Spiritual healing also comes from bearing and hearing humble testimonies. A witness

**O**ur temples are places of peace and tranquillity. In these hallowed sanctuaries God “healeth the broken in heart, and bindeth up their wounds.”



**I** doubt that sincere members of this Church can achieve complete spiritual healing without being in harmony with the foundation of the Church, which the Apostle Paul stated is “the apostles and prophets.”

given in a spirit of contrition, thankfulness for divine providence, and submission to divine guidance is a powerful remedy to help relieve the anguish and concerns of our hearts.

I doubt that sincere members of this Church can achieve complete spiritual healing without being in harmony with the foundation of the Church, which the Apostle Paul stated is “the apostles and prophets.”<sup>10</sup> This may not be the popular thing to do based on the long history of rejection by the world of the prophets and their messages. Nevertheless they are the oracles of God on earth and those called to lead and direct the work in this day and time. It is also essential for us to be found sustaining our bishops, branch presidents, and stake and district presidents.

Recent information seems to confirm that the ultimate spiritual healing comes in the forgetting of self. A review of the accounts indicates that those who survived best in

prison and hostage camps were those who were concerned for their fellow prisoners and were willing to give away their own food and substance to help sustain the others. Dr. Viktor Frankl stated: “We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”<sup>11</sup> The Savior of the world said it very simply: “And whosoever shall lose his life shall preserve it.”<sup>12</sup>

Of all that we might do to find solace, prayer is perhaps the most comforting. We are instructed to pray to the Father, in the name of His Son, the Lord Jesus Christ, and by the power of the Holy Ghost. The very act of praying to God is satisfying to the soul,

even though God, in His wisdom, may not give what we ask for. President Harold B. Lee (1899–1973) taught us that all of our prayers are answered, but sometimes the Lord says no.<sup>13</sup> The Prophet Joseph taught that “the best way to obtain truth and wisdom is . . . to go to God in prayer.”<sup>14</sup> Prayer is most helpful in the healing process.

Wounds inflicted by others are healed by the “art of healing.” President Joseph F. Smith (1838–1918) stated, “But the healing of a wound is an art not acquired by practice alone, but by the loving tenderness that comes from universal good will and a sympathetic interest in the welfare and happiness of others.”<sup>15</sup>

There is hope for all to be healed through repentance and obedience. The prophet Isaiah verified that “though your sins be as scarlet, they shall be as white as snow.”<sup>16</sup> The Prophet Joseph Smith stated, “There is never a time when the spirit is too old to approach God. All are within the reach of pardoning mercy.”<sup>17</sup>

After full repentance, the formula is wonderfully simple. Indeed, the Lord has given it to us in these words: “Will ye not now return unto me, and repent of your sins, and be converted, that I may heal you?”<sup>18</sup> In so doing, we have His promise that “He healeth the broken in heart, and bindeth up their wounds.”

We find solace in Christ through the agency of the Comforter, and the Savior extends this invitation to us: “Come unto me, all ye that labour and are heavy laden, and I will give you rest.”<sup>19</sup> The Apostle Peter speaks of “casting all your care upon him; for he careth for you.”<sup>20</sup> As we do this, healing takes place, just as the Lord promised through the prophet Jeremiah when He said: “I will turn their mourning into joy, and will comfort them, and make them rejoice from their sorrow. . . . I have satiated the weary soul, and I have replenished every sorrowful soul.”<sup>21</sup>

And in the celestial glory, we are told that “God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain.”<sup>22</sup> Then faith and hope will replace heartache, disappointment, torment, anguish, and despair, and the Lord will give us strength, as Mormon says, that we

“should suffer no manner of afflictions, save it were swallowed up in the joy of Christ.”<sup>23</sup> ■

#### NOTES

1. Psalm 147:3.
2. *Romeo and Juliet*, 2.2.1.
3. Philippians 4:7.
4. Quoted in P. T. Reilly, “Warren Marshall Johnson, Forgotten Saint,” *Utah Historical Quarterly*, winter 1971, 19; spelling modernized.
5. Warren Foote Autobiography, Archives of The Church of Jesus Christ of Latter-day Saints (5 vols.), 2:260–61.
6. 2 Nephi 25:13.
7. In Conference Report, Apr. 1960, 112–13.
8. D&C 89:18.
9. D&C 89:19–21.
10. Ephesians 2:20.
11. *Man’s Search for Meaning* (1959), 86.
12. Luke 17:33.
13. See *The Teachings of Harold B. Lee*, ed. Clyde J. Williams (1996), 127.
14. *Teachings of the Prophet Joseph Smith*, sel. Joseph Fielding Smith (1976), 191.
15. *Gospel Doctrine*, 5th ed. (1939), 264.
16. Isaiah 1:18.
17. *Teachings*, 191.
18. 3 Nephi 9:13.
19. Matthew 11:28.
20. 1 Peter 5:7.
21. Jeremiah 31:13, 25.
22. Revelation 21:4.
23. Alma 31:38.

## IDEAS FOR HOME TEACHERS

After prayerfully studying this message, share it using a method that encourages the participation of those you teach. A few examples follow:

1. Show what you use or invite family members to show what they use to treat minor wounds, such as soap, water, and bandages. Discuss the process of physical healing. According to President Faust, why do we need spiritual healing today? (See the article’s first four paragraphs.) Discuss several of President Faust’s “agents” for obtaining the gift of healing. Bear testimony of the healing power of Jesus Christ.
2. Read aloud or tell in your own words the story of Warren M. Johnson. What can we learn from this story about spiritual wounds and healing?
3. Read what President Faust says about sacrament meetings. Invite family members to share how attending sacrament meeting has helped them feel the Holy Spirit and be healed.
4. Point out that President Faust uses the word of God from key scriptures to help heal wounded souls (see Jacob 2:8). Identify and share those scriptures that impress you.

*Go to the scriptures  
with a question.*

# A DISCUSSION ON SCRIPTURE STUDY

*Elder Henry B. Eyring of the Quorum of the Twelve Apostles shares thoughts and insights about the importance of scripture study in individual spiritual growth.*

## **How has scripture study benefited you personally?**

**Elder Eyring:** Throughout my life, the scriptures have been a way for God to reveal things to me that are personal and helpful. When I was a little boy, I was given a small Bible. If I remember correctly, it was only the New Testament. For some reason, I was drawn to 1 Corinthians 13, which is about charity. Somehow, even in my childhood, I knew that for me that chapter was about the family I would have someday. Years later, before I was married, I received a patriarchal blessing. In that blessing, the patriarch described the feeling that would be in the home I would someday have. He described exactly what I had felt years before when I read 1 Corinthians 13.

The scriptures were one of the ways God spoke to me—even when I was a child—about my needs, my situation, and my life. They still are. Since our needs change over a

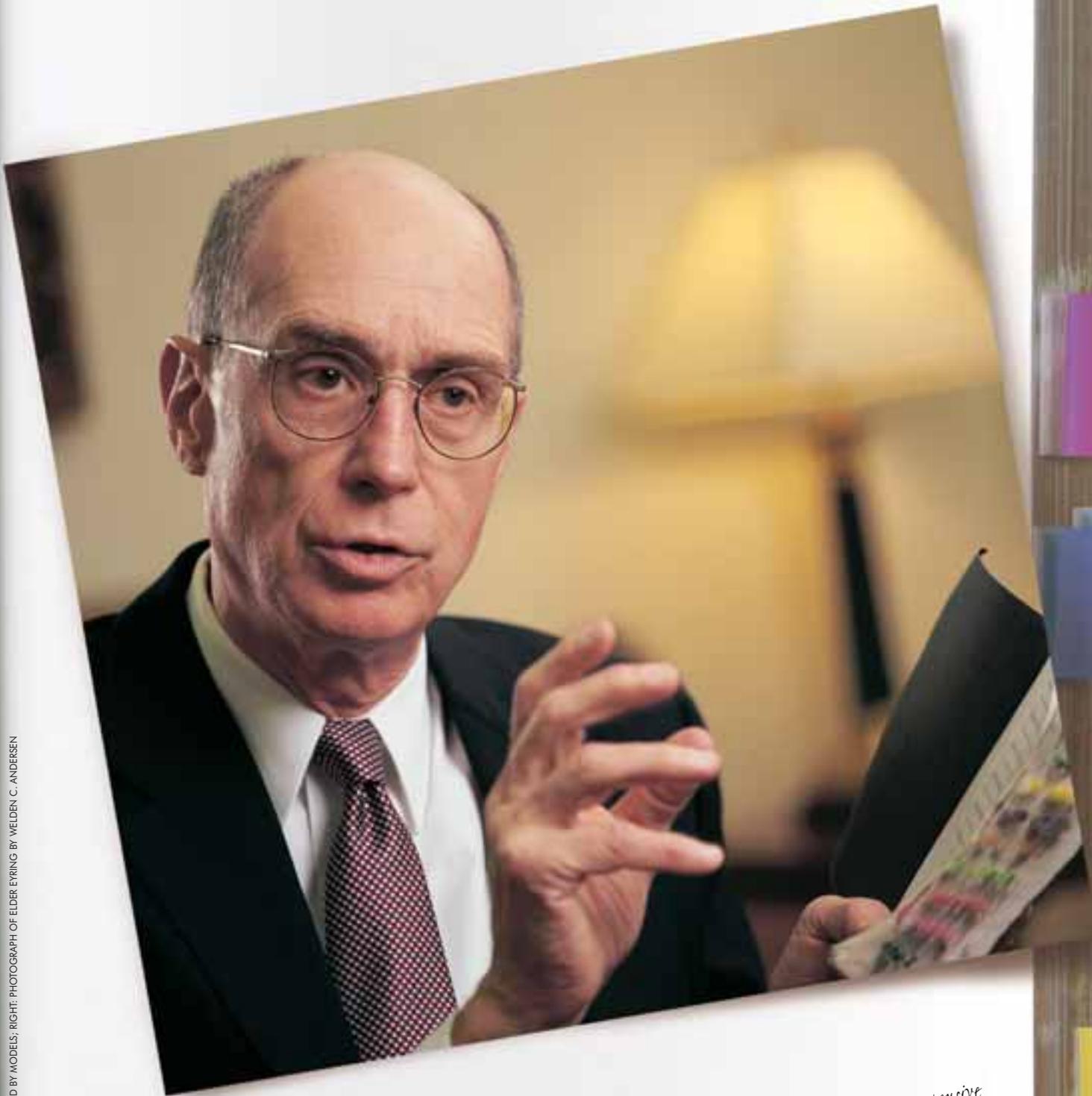
lifetime, God has different things to tell us at different times.

Sometimes I go to the scriptures for doctrine. Sometimes I go to the scriptures for instruction. I go with a question, and the question usually is “What would God have me do?” or “What would He have me feel?” Invariably I find new ideas, thoughts I have never had before, and I receive inspiration and instruction and answers to my questions.

## **Why should we read the Book of Mormon on an ongoing basis?**

**Elder Eyring:** The Book of Mormon is another testament of Jesus Christ, and we learn about Him in its pages. We know that it has great power. It has the power to change lives. It has the power to convert. If you read it with an open heart, you will know that it is the word of God and that it is true.

Through the Book of Mormon the Lord can also teach us about being with and serving people. This book reveals the will of the Lord for family life in a way that the other scriptures don’t even approach. I believe that is largely because of its interesting structure. It’s about families; it’s about people’s relationships. It starts with families, it ends with families, and we come to love these families.



Another reason to study it regularly, for me at least, is that I can pick up the Book of Mormon, open to any page, read, and the Holy Ghost bears personal witness to me that it is the word of God. I know the Lord is speaking. I know the Book of Mormon is what it claims to be.

**What have you done to make your own scripture study meaningful?**

**Elder Eyring:** When I came into the Quorum of the Twelve Apostles, Elder Richard G. Scott suggested I buy an inexpensive set of scriptures and mark the insights and revelations I would gain in my new calling.

*Buy an inexpensive set of scriptures and mark insights.*

So I did. But I went a little further.

I asked Heavenly Father what He would have me do as an Apostle. I wrote down what I felt His answers were. I typed, color coded, and pasted those answers in the front of my scriptures. For example, the first one was “I am to be a witness that Christ is the Son of God.” Then I read my scriptures looking for ideas that taught me how to witness that Christ is the Son of God. Every time I came to something, I marked it in blue. Soon I developed my own topical guide around what I thought the Lord wanted me to do. I have learned much through this process.

Going to the scriptures to learn what to do makes all the difference. The Lord can teach us. When we come to a crisis in our life, such as losing a child or spouse, we should go looking in the scriptures for specific help. We will find answers in the scriptures. The Lord seemed to anticipate all of our problems and all of our needs, and He put help in the scriptures for us—if only we seek it.

#### **How can Latter-day Saints make scripture study a priority?**

**Elder Eyring:** The only way you can be sure that a busy schedule doesn’t crowd out scripture study is to establish a regular time to study the scriptures. I have found that the beginning of the day and the end of the day are mine. Those are times I can usually control. So my pattern since I was a boy has been to read my scriptures at the beginning and end of the day. I read the Book of Mormon many times before I was 18 because of that pattern.



When I am in situations where I break out of the pattern, it’s hard on me. Once you get used to regular scripture study, you miss it if you don’t have it. It’s like food—you have to have it. I know that I need the scriptures like I need food. I don’t miss a regular meal, and I don’t miss regular scripture study.

#### **What role do fasting and prayer play in scripture study?**

**Elder Eyring:** We need to approach a fast by asking to be taught; we should be humble and eager like a child. That’s how we fast if we do it right. If we just miss meals, it’s not the same.

Likewise, we need to go to the scriptures humbly and eagerly, as we do when we fast. When I go to the scriptures asking to be taught, then adding fasting helps tremendously.

For instance, just before general conference, I fast to find out what the Lord wants me to speak about. I can’t prepare a conference talk until I know what He wants. Fasting helps me focus on the one thing the Lord needs me to know. That same focus carries over as I read the scriptures. Fasting and prayer work together with scripture study, making it easier for the Lord to teach us.

*Family scripture study works well only if your children know you love them and the scriptures.*

### **How can parents help their children love the scriptures?**

**Elder Eyring:** All of us have had various experiences and success with family scripture study, particularly as our children become teenagers. When they're little, gathering them around and reading the scriptures together is easier. As they get a little older, it can sometimes be harder to do. I know many families are very successful in getting their family up at some very early hour and they read the scriptures and then they read at night. But there are many patterns.

For me at least and I think my six children would agree, scripture study works well only if your children know you love the scriptures and they also know as individuals that you love them. Then whatever pattern you have will work. If scripture study is forced for either them or you, if your children feel pushed, or if you don't really love the scriptures yourself, then scripture study doesn't have as much power.

It's important to read the scriptures together in a way that lets your children know you include them because you love them. However, reading together may break down during the teenage years. Teens may say, "I'd rather read on my own." My encouragement to families in that situation is to see that as victory, not defeat. Your child may be saying, "I'm getting something when I'm alone that I don't get when we're all here together." Take that as a wonderful sign that scripture study is beginning to take hold in your teen's heart. The main purpose is to fall in love with the scriptures and feast upon them, whether we are alone or together.

You have to be realistic. Let teens know you love them. Make sure they know you

love the scriptures. However, if they want to go to their rooms and read, let them. They'll find their own pattern and fall in love with the scriptures.

I'm blessed with a wife who absolutely loves the scriptures. If I ask her, "What would you like to do?" she says, "Oh, read me the scriptures." I think our children have sensed that it wasn't a duty for us to read the scriptures—it was a pleasure.

### **How can seminary help young people learn to love the scriptures?**

**Elder Eyring:** I served as Commissioner of Church Education for a number of years, so I've had a chance to see that there are three powerful things seminary can do. First, it puts young people together who share the same values. Youth like to be with others who share their faith and who love the scriptures. Second, it puts youth together with a teacher who has a testimony, and they can feel the fire of it when it is borne. Third, seminary gets young people into the scriptures.

Seminary teachers have tried all sorts of methods—scripture chases, assignments, and scripture mastery. Success varies from student to student, but when seminary works, you find a teacher who has a testimony and who loves the young people.

### **Why is it important for us as teachers in our wards and branches to teach using the approved curriculum?**

**Elder Eyring:** Church curriculum is scripture based, so a teacher who follows the curriculum will be taking the students to the scriptures. The greatest teachers I have known introduce a scripture during class discussion that speaks to the need or the

*When seminary works, you find a teacher who has a testimony and who loves the young people.*

interest of the student who has just spoken. There is tremendous power in doing that. The moment a young person actually sees a teacher using the scriptures to clarify and to help in a very personal way—oh my, that is a great moment.

I taught with a wonderful professor at Ricks College (now Brigham Young University—Idaho). I would turn to him and say, “How do you know where those scrip-

tures are?” I wanted to be like him in the sense of having scriptures at my fingertips. I could do that with a few scriptures, but he could do it with many. It is a great blessing for a teacher to have

the Lord draw out of his or her memory the very scripture that will help a student.

Remember that a short scripture can be more powerful than a lengthy one. It can respond directly to the question or interest of someone in the room. That’s powerful because it teaches students by example. It says, “Someday when you have a problem, the answer will be in the scriptures.”

#### **What is the role of the Holy Ghost in scripture study?**

**Elder Eyring:** The Holy Ghost confirms to us the word of God when we read it. That confirmation, repeated often, strengthens our faith. And it is by faith that we overcome obstacles and resist temptation.

I’ve taught deacons. I’ve been an assistant Scoutmaster. I found that if the boys began to

get restless, I would, just for a moment, read a scripture or two. There is a peaceful effect in a classroom when you read the word of God. The words of the scriptures themselves bring the Holy Ghost. And you can feel the difference. So I would say to a teacher, if you’re having a little trouble with unruliness in the classroom, find a way to read a scripture or to have one of the students read a scripture. It has a calming effect because it invites the Spirit.

#### **What can we look forward to as we consistently study the scriptures?**

**Elder Eyring:** In time, if you truly begin to feast upon the scriptures, you will find that they become a part of you. I remember that with Elder Bruce R. McConkie (1915–85) of the Quorum of the Twelve Apostles, who was as familiar with the scriptures as anyone I know. I would sometimes listen to him and say to myself, “Now is he quoting the scriptures, or are those his own words?”

President Gordon B. Hinckley is the same way. His ordinary speech is scriptural prose, and even in his pleasant, easy moments, that prose is a part of him. I think he has a great literary gift, in part because of his knowledge of the scriptures. I was with him just the other day when he very casually pulled a scripture into the conversation and it fit perfectly. Obviously the scriptures are in him; they’re part of him.

We all can have the dream of someday having the word of God be so much a part of us that the Lord can draw upon it and we can learn to think as He does. And in the process we can come unto Him. ■

*This interview was conducted by LaRene Porter Gaunt, Church Magazines.*



# DEVELOP A GOOD ATTITUDE



**FEELING NEGATIVE?  
LIFE MIGHT NOT BE PICTURE-PERFECT,  
BUT A POSITIVE ATTITUDE WILL ALWAYS GIVE YOU SOMETHING  
TO SMILE ABOUT. (SEE D&C 78:18.)**

# IF YOU Listen



BY ELDER LINDSAY T. DIL

Area Authority Seventy  
Australia/New Zealand Area

I grew up in Auckland, on North Island, New Zealand. I was a student at the Church College in Hamilton, and I had a lot of good experiences there. I played rugby on an undefeated team. I went to deacons quorum presidency meetings in the office of the school treasurer, who was our bishop. I learned a lot about the priesthood from good teachers who showed us how to sit in council and consider the needs of the other boys. But one of the most important things I learned was about following the Spirit.

We didn't have seminary in those days, but we did have religion classes at the college. One year the requirement was to read the Book of Mormon. It was getting near the end of the year, and I hadn't finished reading it, so I stayed up one night to read. That was the first time I recognized the Spirit while I was reading the Book of Mormon. Suddenly I realized that the Book of Mormon is not just a book; it is what we say it is—the word of God. I learned to associate reading the scriptures with feeling the Spirit. I also learned there is a difference between just feeling the Spirit and being able to recognize the Spirit and act upon it. Once you put that combination together, then you learn to make that your guideline for making right choices in your life.

Later, when I was 19, I was a missionary in French Polynesia, and I had to learn to

speaking two languages, French and Tahitian, without the benefit of the Missionary Training Center. It humbled me to the depths of my soul. I learned that missionaries did better when they would do everything they could to learn. Even though they made mistakes, the Spirit helped them. I found that without the Spirit, we couldn't do anything. But when we had the Spirit, the languages, as well as the missionary work, started to unfold.

Still later, when I was in my last year at Auckland University Law School, I had one exam left to finish my degree. I was married with two children, working, and second counselor in a bishopric at the same time. So life was fairly busy, and I was looking forward to being done with college so some of the pressure would be gone.

At 9:30 in the morning, I went to the law library to get “warmed up” for the exam at 2:30 that afternoon. As I was sitting there studying, I looked around. I couldn't see anybody from my class there, and I thought that was a bit unusual. The Spirit said to me, “Your exam is about to start.”

I thought, “That can't be right, because my exam is at 2:30.”

I ignored what I had heard and carried on studying. Fortunately for me, about five minutes later the Spirit said, “Your exam has just started.” I didn't wait for a third prompting.

I ran down to the basement of a building where a board displayed all the exam times.

*At 9:30 I went to the law library to get “warmed up” for a 2:30 exam. The Spirit said to me, “Your exam is about to start.”*



## EXTRA! EXTRA!

To learn more about the Holy Ghost, read these scriptures: John 14:26; Galatians 5:22–23; Mosiah 4:20; 5:2; D&C 6:15–16, 22–23; 9:8–9; 11:12–14.

There it was: “Company Law, B-28, 9:30.” I met the two examiners coming off the lift—the elevator. I said, “I know I’m late; I have made a mistake. Can I still get in?” They let me in even though I was 40 minutes late for the three-hour exam. I sat down, my heart pumping. I looked at the questions and thought, “I can’t do any of this!”

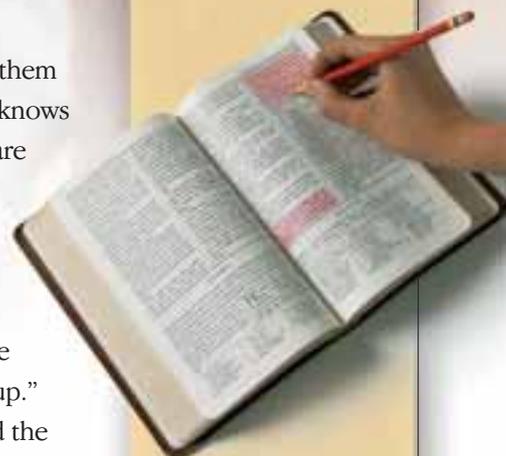
So I said a silent prayer: “Heavenly Father, I’m grateful for Thy promptings. Forgive me for ignoring the first prompting, but please bless me now so that I can finish.”

Peace descended upon me. I looked again at the exam and thought, “Ah, I know that one,” and I started writing. I stopped writing

when the examiner said, “Time to finish.” Later, when I found out I had passed the exam, all I could feel was gratitude.

These experiences and others like them have taught me that Heavenly Father knows us individually and will bless us if we are trying to make the right choices. In D&C 84:88 the Savior says: “I will go before your face. I will be on your right hand and on your left, and my Spirit shall be in your hearts, and mine angels round about you, to bear you up.”

It is my testimony that He will send the Spirit to you and that if you listen, He will guide you. ■



# The Body, a Sacred Gift

*Let us regard our bodies in the Lord's way rather than the world's way.*

BY DIANE L. SPANGLER

When you look into a mirror, what thoughts run through your mind about your body? If you experience a flood of disparaging thoughts, you are far from alone. Recent studies find that approximately 63 percent of women and 50 percent of men in the United States are dissatisfied with their body and view it negatively—statistics that are reflected in the Latter-day Saint community.<sup>1</sup>

In my practice as a psychologist, I have seen talented, righteous Latter-day Saint women who despise themselves because their bodies do not look like what they see in movies or magazines. Many say they are no good unless they look good. Other clients have been so seduced by pornography that they view the body as a thing to be consumed and exploited. Often they eventually feel duped, trapped, and degraded themselves, since along with a loss of respect for the body and for others comes an inevitable loss of respect for oneself.

The world teaches that bodily appearance determines individual worth and desirability. The more “ideal” one’s body type, the greater one’s worth and the greater one’s chances of leading a happy, fulfilling life. Those without ideal bodies are often criticized or ignored, while those

with ideal bodies are sought after, envied, or given authority.

Is this the way God intends us to regard our bodies? In the scriptures God reveals a perspective on the body that is radically different from that of the world. The scriptures and other revelations offer unparalleled truths about the body that free us from worldly ideas and practices that weigh us down.

## **The Body Is Godlike and Helps Us Progress**

One foundational gospel truth about the body is the principle that having a physical body is a godlike attribute—you are more like God with a body than without. Our religion stands virtually alone in believing that God has a tangible body of flesh and bone and that our bodies were literally created in His likeness. In the Pearl of Great Price we read that “in the image of his own body, male and female, created he them” (see Moses 6:8–9). To become as God is requires gaining a body like He has and learning to correctly comprehend and use it. Those who chose not to follow God in the premortal state were denied mortal bodies. The Prophet Joseph Smith

***T****hrough the First Vision, the Prophet Joseph Smith learned that God the Father and His Son, Jesus Christ, have bodies of flesh and bone. Our bodies were literally created in the image of God.*



stated that Satan’s lack of a body is a punishment to him.<sup>2</sup>

The body then is necessary for progression and for obtaining a fulness of joy. Having a mortal body indicates that you chose righteously in the premortal state. Inherent in the mortal body are powers and capabilities that enable you to continue to progress toward godhood. The body is not merely a mobile unit for the head nor a carnal vexation for the spirit, as some believe. Rather, it is an integral, powerful component of the soul, for “the spirit and the body are the soul of man” (D&C 88:15). Being privileged to know about the literal embodiment of God and the progressive nature of the body gives us a rare vantage point from which to comprehend and enjoy its tremendous capabilities.

### **The Body Is a Sacred Gift**

A second truth the scriptures offer about the body is the clarification of its nature as a sacred gift from God. Though in mortality we will all die, because of the Atonement of Jesus Christ we will all be resurrected and united with our bodies forever (see 1 Corinthians 15:22). Indeed, one of the essential purposes of Christ’s Atonement was to give us the opportunity to overcome death. In sharp contrast to the world’s definition of a “perfect” body is our belief in a *perfected* body—a body together with a spirit—that has overcome both physical and spiritual death. A perfect or perfected body can ultimately be obtained only through Jesus Christ.

The scriptures warn us not to trifle with sacred things and to be wary of treating the body disrespectfully.

Alma asks:

“Can ye lay aside these things, and trample the Holy One under your feet; yea, can ye be puffed up in the pride

of your hearts; yea, will ye still persist in the wearing of costly apparel and setting your hearts upon the vain things of the world . . . ?

“Yea, will ye persist in supposing that ye are better one than another[?]” (Alma 5:53–54).



**A** *perfected body has overcome physical and spiritual death and can be obtained only through Jesus Christ.*

Such scriptures beg us to consider how we regard our bodies. If you become preoccupied with manipulating or adorning your body, for what purpose are you using your gift? If you do not properly care for your body, to what extent are you limiting your gift? If you use your body in direct opposition to the commandments of God, what ends will your gift serve? The scriptures ask a pointed question: “What doth it profit a man if a gift is bestowed upon him, and he receive not the gift?” The sobering reply is “Behold, he rejoices not in that which is given unto him, neither rejoices in him who is the giver of the gift” (D&C 88:33).

The purpose of the body is to help us learn, progress, serve, and glorify the Giver of the gift: God. Too often,

however, people mistakenly presume that the body is intended to glorify the self. Disrespecting our body in any manner—flaunting it, disparaging it, participating in immoral behavior, or neglecting it—constitutes rejecting the gift. A wise and loving God counsels us instead to be grateful for our body and to become a wise steward of it.

To become a grateful and wise steward of the body often requires giving up something worldly to gain something heavenly. For some, such an offering may include giving up a quest to become model-thin, while for others, it may include giving up excessive grooming habits and the wearing of costly or immodest apparel. For still others, it may include giving up the short-term pleasures of overeating, the avoidance of proper exercise, or the viewing of

others' bodies as objects for self-gratification. With such forsaking of worldly practices come tremendous spiritual gains. Realizing and following the truth about the body brings freedom—freedom from the tyranny of vanity, fashion, envy, superficiality, self-criticism, backbiting, the ill effects of over-eating or under eating, lust, pornography, substance addiction, tattooing, and a host of other forms of worldly weight and oppression. Developing an understanding of the true purpose of the body enhances our ability to use our agency, to progress, and to find joy.

### **The Body Is a Temple**

Another truth the scriptures teach about the body is that it is a temple (see 1 Corinthians 6:19). A temple not only is sacred, but it also radiates light and truth.

When the Lord sent the prophet Samuel to anoint a new king from among the sons of Jesse, Samuel saw one of the eight sons of Jesse named Eliab and assumed, based on Eliab's physical appearance, that he was to be anointed king. But the Lord informed Samuel that his judgment was mistaken and counseled him to "look not on his countenance, or on the height of his stature; . . . for the Lord seeth not as man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart" (1 Samuel 16:7).

We must learn, as Samuel did, that the body and the person are not to be judged using worldly criteria. A person's worth is not dependent upon his or her appearance. What makes a temple precious is what it allows us to learn and to do. Many buildings are outwardly beautiful, but only within the

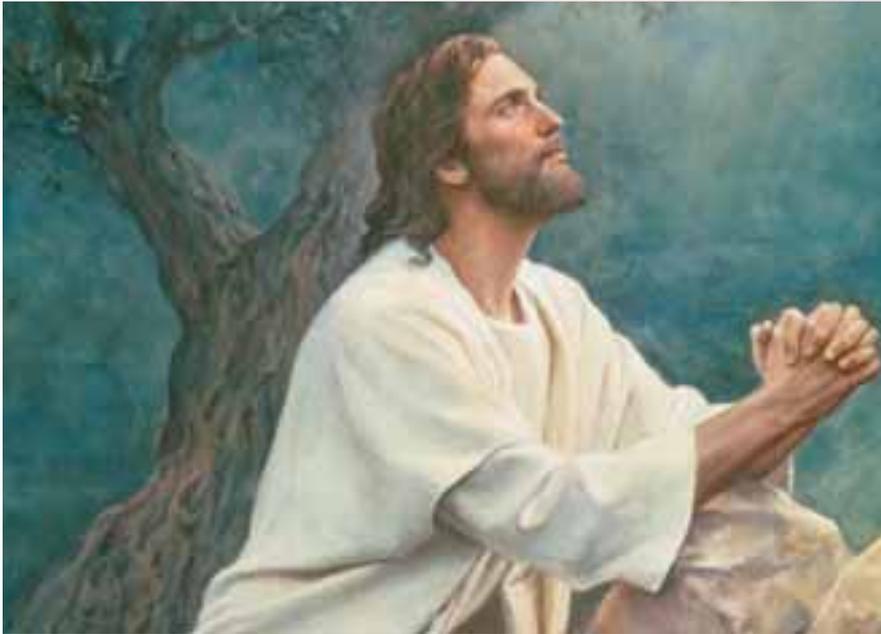


temple can the splendor and magnificence of God's eternal truth and promises be found. Likewise, the worth of the body is great in the sight of God, but the preciousness of the body comes from what it allows us to learn and do and from what it radiates from within. We must enable our temple-bodies to radiate the light, love, and truth of Christ. Alma asks: "Have ye spiritually been born of God? Have ye received his image in your countenances?" (Alma 5:14). A Christlike countenance that radiates truth, charity, and hope constitutes true beauty—beauty in the eyes of the ultimate beholder, God. True beauty comes from who and what an individual is. Such divine beauty is felt more than it is seen and is not bound by culture, age, or other worldly criteria.

### **Relying on God versus the Arm of Flesh**

Because he was denied a mortal body, Satan understands all too well how precious bodies are. He seeks to confuse and tempt us to misuse the body or even to reject it so

**W**hile temples are outwardly beautiful, what makes a temple precious is what it allows us to learn and to do.



**T**hrough the Atonement, Jesus Christ can heal your mind and heart concerning your body.

others' bodies in a manner consistent with the scriptures, your vision of the body will be transformed. You will recognize the illusions of the world, and you will experience a release from worldly views and practices. Faith

in these principles about the body shall help make you whole. ■

in these principles about the body shall help make you whole. ■

*Diane L. Spangler is a member of the Cedar Hills Fifth Ward, Cedar Hills Utah Stake.*

that we might be miserable as he is (see 2 Nephi 2:27).  
Ways of mistreating the body abound in all cultures. Amid such influences, treating the body properly requires deliberate thought and effort.

If you find yourself preoccupied with the appearance of your own body or those of others or if you struggle to feel at peace with your body, you might ask of God what you can do to remedy this. If you ask this question with real intent, the strength and assistance you need can be given to you through the scriptures, the Holy Ghost, and other means. Our Father in Heaven will help us with the struggles we face with our mortal bodies. He created us and our bodies and pronounced all that He had made as very good (see Moses 2:31).

If your struggle is particularly significant and you have a problem such as anorexia nervosa, bulimia nervosa, morbid obesity, or substance addiction, you may require assistance from mental health or medical professionals. However, seeking to understand the divine nature of the body and accepting the healing that comes from that understanding are the most powerful means by which you can overcome worldly weight associated with the body—whether that weight is physical, ideological, emotional, or behavioral.

As Satan would conspire to have you be discontent with and disrespectful of your own and others' bodies, God will inspire a different view. Through the Atonement, Jesus Christ can heal your mind and heart concerning your body, if you so choose. As you treat your own and

#### NOTES

1. See AnnMarie Carroll and Diane L. Spangler, "A Comparison of Body Image Satisfaction among Latter-day Saint and Non-Latter-day Saint College-Age Students," *Journal of the Association of Mormon Counselors and Psychotherapists*, fall 2001, 6–18.
2. See *Teachings of the Prophet Joseph Smith*, sel. Joseph Fielding Smith (1976), 181.

### TIPS FOR PARENTS

These suggestions can aid you in helping your children develop a healthy body image:

- Teach your children that God values us because of who we are, not how we look.
- Help your children understand the differences between the worldly perspective on the body and the gospel perspective.
- If your children criticize another's appearance, teach them that this behavior is inconsistent with gospel teachings.
- Teach your children that God created our bodies to help us be able to progress and become like Him. Ask them to identify what their bodies allow them to learn and do.
- Teach your children that we can show God we appreciate our bodies by caring for them and using them as they were intended.

**M**aking wise media choices is essential to keeping the Spirit with you. Whether you're looking for a library book, picking out a movie, or just browsing the Internet, you can apply these ideas from the youth in the Clondalkin Ward, Dublin Ireland Stake, on how to choose good media. (See also *For the Strength of Youth* [pamphlet, 2001], 17–21.)

- Always let the Spirit guide you as you make decisions about what to watch, play, or read. Follow the promptings you receive.

- Get software that blocks pornography and pop-ups on your Internet service.

- With your parents' permission, place the computer in an open place in your home where others usually walk by.

- Check book reviews, and read book covers before buying books. Avoid books that are obviously inappropriate.

- When you go to the pictures or rent a movie, make sure you know the rating, and read the reviews ahead of time. That way you will be able to make an informed decision about whether to watch the film.

- Don't look at inappropriate

magazine covers in shops. Focus on something else so your eyes won't stray to the section where they are displayed.

- Be aware of the words in the songs you listen to or sing along with. Think about whether the words, message, volume, or beat of the music would be offensive to the Spirit.

- Check ratings on CDs before you buy them.

- Be careful watching television at night when programming tends to be less family oriented.

- If you have seen or heard something you didn't want to see or hear, sing a hymn to yourself and say a prayer to invite the Spirit.

- Have your parents block channels you do not want to accidentally switch to on your television.

- Avoid gossip stories even if they are in what seems to be a reputable magazine or newspaper.

- Stay away from video games that are violent, immoral, or use bad language. Check the ratings of the games you buy or play.

- If you realize you have made a bad media choice, turn it off, put it down, or walk out immediately. ■

# CHOOSE THE RIGHT... MEDIA

ILLUSTRATED BY RANDALL ROYTER



# The Hope of a Missionary

BY TAFADZWA TANJANI

**W**hen I was a young boy about eight years old, in my small heart swelled a desire to serve a mission. When I was 14, I started going with the elders on exchanges. This increased my desire for the work, and I also developed a love for it.

Who could have predicted that a dark cloud would soon threaten my desire to be a missionary?

When our most precious earthly possessions were taken from us, including our small house in Gweru, Zimbabwe, there was nowhere to go. Our few possessions were soaked by the rains, so everything was rotting. We were destitute, and the load of care hung heavily on my single mother's shoulders.

There was nothing to be done except move to my grandmother's rural homestead. I proceeded to do my advanced-level studies at a local rural high school. Life had changed. School was far away, so I had to walk many kilometers daily. There was no electricity; I had to study by candlelight. Water had to be fetched from a nearby borehole.

In the midst of these tribulations, my family was united in prayer, but we were far away from where the chapel was. We often felt the Spirit in that remote area as we sang hymns and taught one another the gospel. There was little hope, but I found more hope in those moments when the Spirit embraced us so strongly.

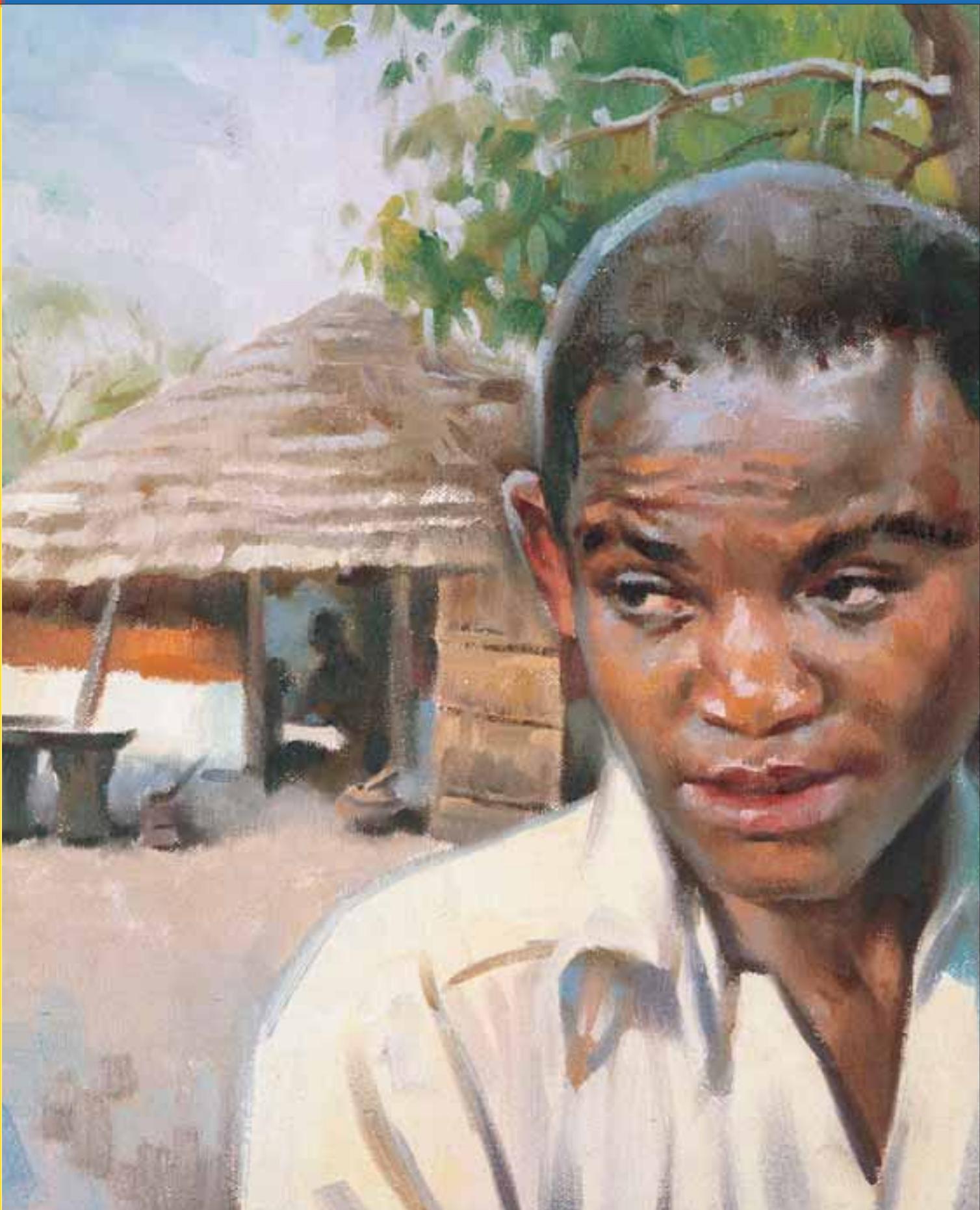
*I had been preparing for my mission since I was eight. But how could I leave while my family was suffering?*

My flickering hope and desire to serve a mission had to overcome arduous times. My country fell into political turmoil and economic decline. It became expensive for me to travel to my aunt's house in the city, where I could attend church on school holidays. In the midst of all these hardships, I lost view of what I had hoped for—to serve a full-time mission.

After two years of education in my rural area, I went back to Gweru. I started attending church again, and the Spirit I had felt before returned. My family remained in the rural area, and they suffered many problems there.

During that time I submitted my mission papers. The money I used for medical and dental checkups could have been used to sustain my suffering family. But they did not murmur or question my motives. Both my grandmother and mother knew that I had grown in my desire to serve the Lord. My mission call came in February 2003. I was to serve in the South Africa Durban Mission. The preparations were difficult, since I had to do it all on my own.

Time neared for me to leave for the mission field. In April I traveled to the rural area to bid my family farewell. When I walked toward the small hut my family slept in, the gladness I was expecting was not there. My grandma lay on a mattress, ailing. No words could come out of her mouth. Tears welled up in my eyes, and my heart was heavy. Grandma could not even tell I was there.





The next morning before the cock crowed, I woke up to go back to the city. I said my last good-bye to my seemingly lifeless grandma. Then she spoke in Shona—a language of Zimbabwe—in a clear voice: “Tafadzwa, ufambe zvakanaka.” Travel safely. That is all she could say. I knew that she would die while I was on my mission.

That night my grandmother stopped breathing. I went back for the funeral, and my departure to my mission was filled with sorrow, grief, and heartache. There were no smiles that usually accompany someone leaving for the mission field.

As I served, I couldn’t help but imagine what my family was going through back home, where life, at least for the moment, was almost unbearable.

But it was for my family, my country, and

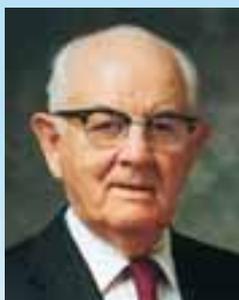
everyone facing hardships that I hoped to continue in faith on my mission. The heavens are not blind. To all who suffer in many nations, remember the words of the Lord to the Prophet Joseph Smith: “Let your hearts be comforted; for all things shall work together for good to them that walk uprightly, and to the sanctification of the church” (D&C 100:15).

I can’t say that things were easy on my mission or that they were easy when I returned, but I am comforted by the fact that nothing can separate us from the love of Christ (see Romans 8:35–39).

I’m grateful for the opportunity to serve a mission. I solemnly testify that Jesus is the Christ and that through Him we can find hope where there is no hope. ■

*Tafadzwa Tanjani is a member of the Mkoba First Branch, Gweru Zimbabwe District.*

## A MARK OF GREAT FAITH



*“The missionary work of the Church is a panorama of more than a century of service and privations and hardships and sacrifices. The closer one is to the program, the more completely one can understand and appreciate it. When my grandfather*

*Heber C. Kimball left for his mission, he and Brigham Young left their families destitute and ill and they themselves needed help to get into the carriage which took them from their homes. As they started off they raised themselves . . . and waved back to their weeping wives and children. Thousands of people came into the Church as a result of those missions, and tens of thousands have been benefited indirectly and are now enjoying*

*the blessings of the gospel because of those sacrifices. To one who did not understand, such devotion and sacrifice on the part of those men would have been considered foolhardy and silly. But to the Young and Kimball families it was a mark of great faith. And to the thousands who will, through the eternities, call the names of those missionaries blessed, the privations and sacrifice were not wasted.”*

**President Spencer W. Kimball (1895–1985), *The Teachings of Spencer W. Kimball*, ed. Edward L. Kimball (1982), 253.**



# Rejoice in Missionary Work



*Prayerfully select and read from this message the scriptures and teachings that meet the needs of the sisters you visit. Share your experiences and testimony. Invite those you teach to do the same.*

**The Prophet Joseph Smith:** “What if all the world should embrace this Gospel? They would then see eye to eye, and the blessings of God would be poured out upon the people, which is the desire of my whole soul” (*History of the Church*, 5:259).

## Why Do We Rejoice in Sharing the Gospel?

**Elder M. Russell Ballard of the Quorum of the Twelve Apostles:** “The restored gospel of Jesus Christ has within it the power to bring deep and abiding happiness to the human soul—something that will be valued and cherished for the rest of time and for all eternity. We are not just trying to get people to join our Church; we are sharing with them the fulness of the restored gospel of Jesus Christ” (“The Essential Role of Member Missionary Work,” *Liabona* and *Ensign*, May 2003, 40).

**President Gordon B. Hinckley:** “You never can foretell the consequences of that which you do when you talk about the Church with another. . . . Try it. Taste the sweet and wonderful joy of sharing your

testimony of this work with others” (*Teachings of Gordon B. Hinckley* [1997], 373–74).

## How Can I Prepare the Way for a Gospel Discussion?

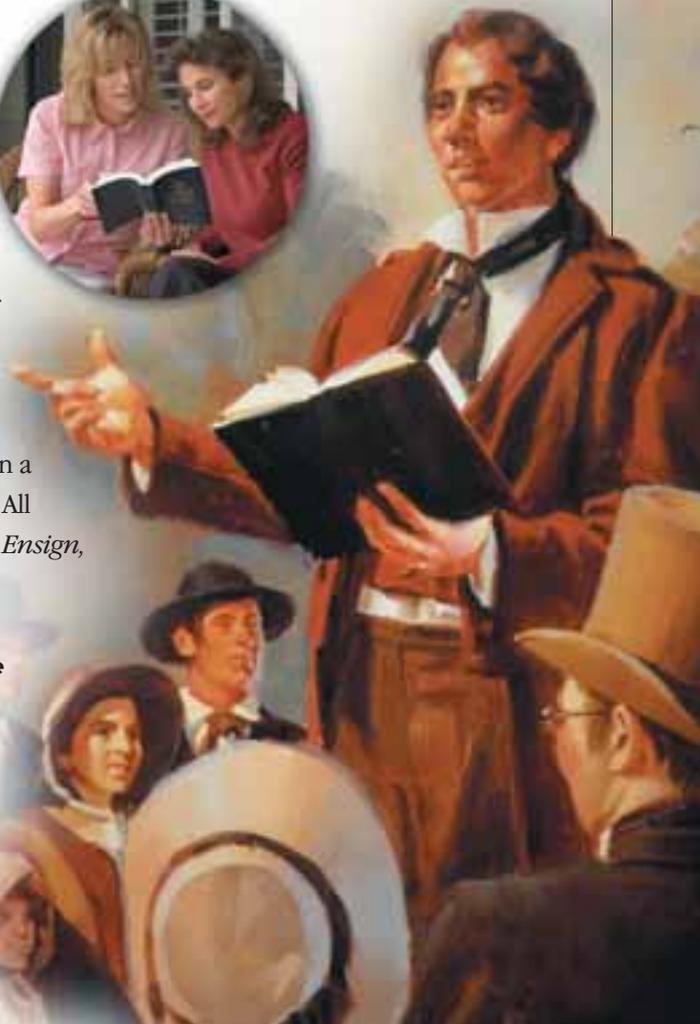
**Alma 17:11:** “Go forth . . . that ye may show forth good examples unto them in me, and I will make an instrument of thee in my hands unto the salvation of many souls.”

**President James E. Faust, Second Counselor in the First Presidency:** “No matter what circumstances you sisters experience, your influence can be marvelously far-reaching. I believe some of you have a tendency to underestimate your profound capacity for blessing the lives of others. More often than not, it is not on the stage with some public pronouncement but in your example of righteousness and the countless gentle acts of love and kindness done so willingly, so often on a one-to-one basis” (“You Are All Heaven Sent,” *Liabona* and *Ensign*, Nov. 2002, 111–12).

**Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles:** “Pray daily for [your] own personal missionary experiences. Pray that under the divine management of such

things, the missionary opportunity you want is already being prepared in the heart of someone who longs for and looks for what you have” (“Witnesses unto Me,” *Liabona*, July 2001, 16; *Ensign*, May 2001, 15).

**Bonnie D. Parkin, Relief Society general president:** “Too often we allow inhibitions and fears, unexpected obstacles, uncertainty, tenacious distractions, misinformed others—the list is endless—to inhibit our sharing of the truths we hold so dear. . . . [But] we can remember that all of us who lose our lives for Jesus’ sake shall find them” (“Bearing Record: Nothing Compares to It,” in *Ye Shall Bear Record of Me: Talks from the 2001 BYU Women’s Conference* [2002], 21–22). ■





# Rescued at Camp

BY MARÍA ESPINOZA ALVEAL

*We'd had a lot of fun, but the end required a bit of a rescue.*

I remember one year when our Young Women camp had been almost perfect. Our camp, named Mirror of the Moon, took place at the foot of a mountain in central Chile. A special atmosphere prevailed, and our happiness and love highlighted the natural beauty of the place.

Looking at the mountains, listening to the cascading waterfalls and the songs of birds, seeing the sun in the morning and the stars and moon at night all

caused us to acknowledge the existence of our divine Creator. We appreciated more than ever Heavenly Father's great love for us.

During the week, our testimonies had been strengthened as had our bonds of friendship. We had learned to do so many things—to build, to cook, to believe in our own abilities. Plus, we had been happy.

Now it was our fourth and final day, the



one we had looked forward to. We were going to have a testimony meeting at sunrise. We had to get up very early, but we were eager for this experience. Before the testimony meeting, we received letters that our parents had written. Many of us cried as we read them, and we felt a spirit of gratitude for those moments.

Later as we shared our testimonies, the stars disappeared and the sun rose above the mountains. What a beautiful morning! The meeting ended, and we were preparing to go on with the day when the sky became clouded. A light drizzle began.

As the rain began to fall, we gathered together to pray and ask Heavenly Father to stop the bad weather so we could complete our camping experience. Of course, we prayed that His will would be done. If He felt the rain should continue, we would accept it cheerfully.

The rain began to fall harder, and it became much colder. We started to pack up the tents and put everything away.

Then the camp leader and I went down beside a waterfall, and there in the rain, we knelt and asked Heavenly Father to help us be all right. Rising from our knees, we felt a peace and confidence that everything would be fine.

A few minutes after we returned to camp, a man who lived a few miles away drove up. He had seen us as we traveled to our camp four days before. Now he had come to help us. He asked for a telephone number so he could call into the city to have our bus come and get us earlier than planned.

After getting the information he needed, he left, made the phone call, and returned to take us to his house and give us shelter. He had to make a lot of trips, but he didn't seem to be bothered. Although not a member of the Church, he was truly an angel to us.

We realized that God really was watching over us and was concerned about us. He met our needs through this kind man. "God did hear our cries and did answer our prayers" (Mosiah 9:18).

For us, this was a great way to finish camp. ■

*María Espinoza Alveal is a member of the Antártica Chilena Ward, Cbillán Chile Nuble Stake.*

## PLANNING A GREAT YOUNG WOMEN CAMP

Camp can be a wonderful place where young women learn about our Heavenly Father and His plan for them. A good way to make the camp meaningful is to choose a theme, which "can be a scripture, a name for the camp, or a slogan or phrase that supports gospel principles, the Young Women values, or camp goals" (*Young Women Camp Manual* [2002], 81).

Here are some guidelines for using the certification requirements in the camp manual. Plan activities that help young women to:

- **Serve.** At least nine certification requirements center on service to others. Young women "can find joy in an outdoor setting that will strengthen their love for each other and the gospel and their commitment to stand together as 'witnesses of God at all times and in all things, and in all places' (Mosiah 18:9)" (*Camp Manual*, 1).

- **Have spiritual experiences.** At least 19 certification requirements in the camp manual encourage young women to seek the Spirit. "Somewhere in nature you will find a surprise, and it will lift and inspire you for days to come" (*Camp Manual*, 1).

- **Prepare to be wives, mothers, homemakers, and leaders.** At least 42 certification requirements involve skills young women can use in future roles. Imagine young women "returning home knowing how to do things [they] have never done before" (*Camp Manual*, 7).

- **Understand their identities as daughters of God.** At least 12 certification requirements give young women experience with work and physical activity, and 16 requirements help young women discover who they are through leadership. "Physically demanding activities . . . can help young women develop self-confidence and enjoy a sense of accomplishment" (*Camp Manual*, 52).





# Why Adversity?



**BY ELDER D. ALLEN ANDERSEN**

Area Authority Seventy  
Asia Area

*How we deal with challenges helps to define who we are and what we may become.*

**I**t has been said that into every life a little rain must fall. But why does it sometimes seem that it pours? A loving God created this world for our benefit, so why do we often face events that are unpleasant and challenging or that bring us pain, sorrow, and heartache? And it certainly doesn't seem fair that some people appear to experience much more adversity than others!

What are some causes of adversity in our lives? In addressing the subject of sin, King Benjamin noted, "I cannot tell you all the things whereby ye may commit sin; for there are divers ways and means, even so many that I cannot number them" (Mosiah 4:29). The same could be said of the adversities that attend the human condition. They cannot be numbered. Some result from our own actions; others result from the actions of those around us. Still others result from conditions of mortality or from causes unseen or not yet understood. There is,

in fact, no effective way to comprehend or cope with all the difficulties of this life without faith in a loving Heavenly Father and without understanding the plan of salvation and the reality of a premortal and postmortal existence.

#### **To Be Chastened**

Perhaps the simplest way to look at these difficult events in our lives is to separate them into two categories: those that occur because of our personal choices and actions and those that come from all the other events that impact our lives. We are responsible for the first.

During a time of great persecution of the Saints, after they were driven from their homes in Jackson County, Missouri, the Lord said, "I, the Lord, have suffered the affliction to come upon them, wherewith they have been afflicted, in consequence of their transgressions" (D&C 101:2). Afflictions and difficulties that come directly as a result of our actions are perhaps the easiest for us to understand. And they have a divine purpose.



*Sister Ye did not have much in the way of material things, but she was as peaceful and cheerful as anyone I had ever met.*

#### **God's Great Wisdom**

We also face other adversities in life, those that can cause us to think, "What did I do to deserve this?" How we deal with these challenges helps to define who we are and what we may become.

I have a hero. She does not know that I think of her as a hero. I have met her only once, but the

The Lord explained, "All those who will not endure chastening, but deny me, cannot be sanctified" (v. 5).

We have a choice when the Lord chastens us. We can be among those who, when faced with the consequences of our actions, spurn our responsibility and turn from God and His chastening love. Or we can be like those who patiently submit, learn, and grow in righteousness.

The Apostle Paul taught, "For whom the Lord loveth he chasteneth, and scourgeth every son whom he receiveth" (Hebrews 12:6). Scourging is not a painless process!

Paul continues:

"If ye endure chastening, God dealeth with you as with sons; for what son is he whom the father chasteneth not? . . .

"Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby" (vv. 7, 11).

impression she left on me was lasting. After meeting her I inquired about her of the missionaries, her stake president, and the mission president, and I found even more reasons to respect her. She is Sister Ye Hui Hua of the Tainan Taiwan Stake. I met her when I was visiting Tainan for a stake conference. She was tending the grounds of the meetinghouse. I was drawn to the obvious happiness that enveloped her as she worked. As we spoke she shared her testimony and her gratitude for her many blessings. I left our only encounter carrying the radiance of her joyful spirit and pondering my relative ingratitude for my blessings. She obviously did not have much in the way of material things, but she was as peaceful and cheerful as anyone I had ever met. When I asked others about her, I found out the rest of her story.

As a young adult she had a great desire to attend university but knew the financial burden would be too heavy for her parents. Instead she worked and gave her income to

*During a time of great persecution, the Saints in Missouri learned that their afflictions had a divine purpose.*



her father, whom she dearly loved and who was a good and righteous man. After she married and in answer to her prayers, the missionaries visited her and her family and they joined the Church. Her husband, however, suffered from lingering health problems and passed away, leaving Sister Ye with three children and little means of support. Following her husband's death, Sister Ye had to work several jobs to support her family. She managed to save a little every day so her children could serve missions. All three of her children have now served missions; two served in Taiwan and one in the Utah Salt Lake City Temple Square Mission. After returning from his mission, one of her sons became ill and passed away.

As missionaries spoke with Sister Ye at my request, she commented: "I can't think of any reason why I would have these trials, but I have faith that it is according to God's great wisdom. I have come to have a very deep appreciation and understanding of Heavenly Father's plan of salvation. I believe that only when we keep God's commandments can we understand His will for us. I thank God daily for allowing me to be here. When I have trials, I remember the pain of others. If someone is sick or has a need, I pray about what I can do to help, and the Lord leads me to know what I can do."

The missionaries often see Sister Ye—"Ye Mama," as they fondly call her—trimming the bushes or cleaning



*When the Prophet Joseph Smith pleaded for help in Liberty Jail, he learned that the Lord will help us through our adversities and sorrows.*

around the meetinghouse. They say that she is every missionary's "second mother" and that she is as thoughtful of them as if they were her own children.

#### **Principles of Faith**

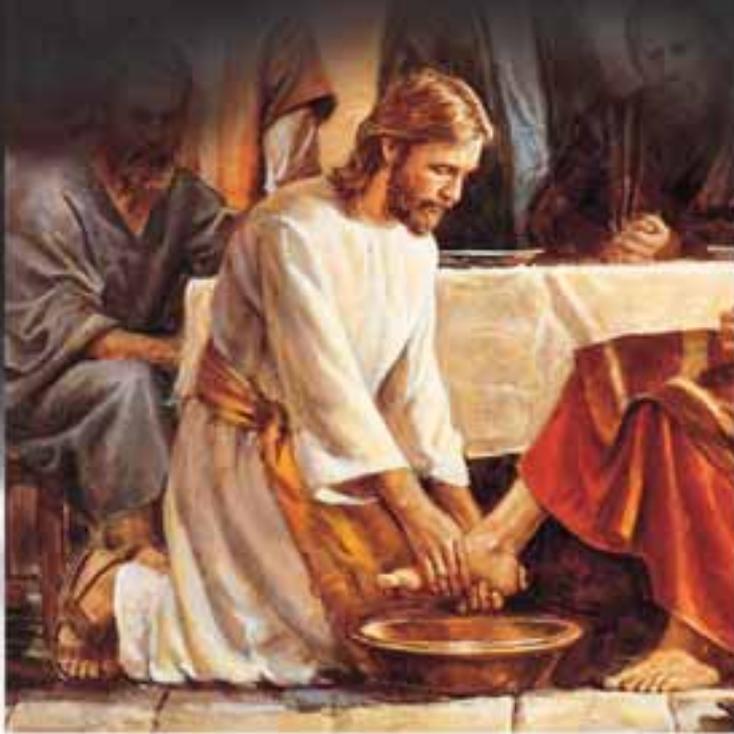
I will long carry a mental picture of a beaming Sister Ye on the grounds of the Tainan meetinghouse, garden tools in hand, sharing with me her gratitude for her blessings—Sister Ye, who has lost opportunities for education and material benefits, who has suffered the loss of those close to her, and who has repeatedly sacrificed for her children and others. What principles of faith separate Sister Ye from those who, when met with the trials of this life, "curse God, and die" (Job 2:9)?

Important is the assurance that a loving Heavenly Father and an understanding Savior are aware of our individual situations. With Their deeper wisdom and greater vision, They will not allow any trial to afflict our lives that will not be to our eternal good if it is properly dealt with. I take great comfort in the guidance given to the Prophet Joseph Smith in Liberty Jail. The Lord recites a list of horrific trials, and then come the words of comfort and guidance:

"Know thou, my son, that all these things shall give thee experience, and shall be for thy good.

"The Son of Man hath descended below them all. Art thou greater than he?

"Therefore, hold on thy way, and the priesthood shall remain with thee; for their bounds are set, they cannot pass.



*As our Lord approached His hour of greatest trial, He was serving others.*

### **Joy through Service**

Even with faith and patience, is there more to coping with the trials of this mortal existence? I believe there is another key, a key that has allowed Sister Ye in Tainan to not only survive her trials but to

find joy in this life. The Savior, as always, is our exemplar. He taught this key on the eve of His great suffering in the Garden of Gethsemane, at a time when He knew that within hours He would be facing incomprehensible pain and sorrow. He met with His Apostles in an upper room and taught them sacred ordinances and principles. With His hour of greatest need so imminent, He could have looked to those most dear to Him for comfort and support. Rather, “he poureth water into a bason, and began to wash the disciples’ feet, and to wipe them with the towel wherewith he was girded.” He then taught: “If I then, your Lord and Master, have washed your feet; ye also ought to wash one another’s feet. For I have given you an example, that ye should do as I have done to you. . . . If ye know these things, *happy are ye if ye do them*” (John 13:5, 14–15, 17; emphasis added).

As our Lord approached His hour of greatest trial, He was serving others. I believe that is the secret Sister Ye has found and that all of us can discover for ourselves. Amid our trials, our faith and patience can bring us comfort and peace, and our love and service to others can bring us joy. Let us follow the example of the Savior and know that if we will turn to Him, all our afflictions can be for our good, just as He promised. ■

Thy days are known, and thy years shall not be numbered less; therefore, fear not what man can do, for God shall be with you forever and ever” (D&C 122:7–9).

What wonderful counsel in such short verses! The Lord knows our trials; He has suffered worse and can understand and help us through our adversities and sorrows. Our afflictions can be for our good and cannot exceed the bounds He has set.

The scriptures and the prophets give wise counsel on how we should cope with the challenges and trials that enter our lives. We must meet afflictions with patience and faith. While suffering for months in Liberty Jail, the Prophet Joseph Smith pleaded with the Lord to alleviate the trials of the Saints. The Lord replied in part,

“My son, peace be unto thy soul; thine adversity and thine afflictions shall be but a small moment;

“And then, if thou endure it well, God shall exalt thee on high; thou shalt triumph over all thy foes” (D&C 121:7–8).

The Lord also taught the Prophet in a revelation concerning the persecution of the Saints in Missouri: “Therefore, let your hearts be comforted concerning Zion; for all flesh is in mine hands; be still and know that I am God” (D&C 101:16).

FROM LEFT, MISSOURI BURNING, BY GLEN S. HOPKINSON, DETAIL FROM JOSEPH IN LIBERTY JAIL, BY LIZ LEMON SWINDLE, MAY NOT BE COPIED; DETAIL FROM JESUS WASHING THE FEET OF THE APOSTLES, BY DEL PARSON



STRENGTHENING THE FAMILY

## A SOLEMN RESPONSIBILITY TO LOVE AND CARE

*A continuing series giving insights for your study and use  
of “The Family: A Proclamation to the World.”*

*“Husband and wife have a solemn responsibility to love and care for each other and for their children. . . . Parents have a sacred duty to rear their children in love and righteousness, to provide for their physical and spiritual needs, to teach them to love and serve one another, to observe the commandments of God and to be law-abiding citizens wherever they live.”<sup>1</sup>*

### **Love and Unity**

“I have long felt that happiness in marriage is not so much a matter of romance as it is an anxious concern for the comfort and well-being of one’s companion,” said President



Gordon B. Hinckley. “That involves a willingness to overlook weaknesses and mistakes.”<sup>2</sup>

“The secret of a happy marriage is to serve God and each other,” taught President Ezra Taft Benson (1899–1994). “The goal of marriage is unity and oneness, as well as self-development. Paradoxically, the more we serve one another, the greater is our spiritual and emotional growth.”<sup>3</sup>

Unity in marriage does not come automatically or without effort. Romantic love must mature into a commitment to seek and sustain spiritual harmony in marriage. “Achieving marital unity takes tremendous patience and persistence and a clear vision of what our

priorities are in this life,” explains marriage counselor Victor B. Cline. “Spousal love is a wonderful gift, but we have to learn to give it fully in order to receive it in full measure.”<sup>4</sup>

### None Else

In 1831 the Lord declared, “Thou shalt love thy wife with all thy heart, and shalt cleave unto her and none else” (D&C 42:22). Of this commandment, President Spencer W. Kimball (1895–1985) taught: “The words *none else* eliminate everyone and everything. The spouse then becomes preeminent in the life of the husband or wife, and neither social life nor occupational life nor political life nor any other interest nor person nor thing shall ever take precedence over the companion spouse.”<sup>5</sup> A husband or wife who places children, friends, careers, hobbies, or Church callings before the marital relationship is in direct violation of the commandment “none else.”

Satan is determined to drive wedges of discord between marriage partners. If he can convince one partner or the other that something else should take precedence over this central relationship of both time and eternity, he has won a battle in his war against the family and against God’s plan. We must therefore take special care to build, nurture, and deepen the marriage relationship.

### A Balancing Act

Being a devoted marriage partner and a loving, dutiful parent is a delicate balancing act. Parents have a divine charge “to bring up [their] children in light and truth” (D&C 93:40). But that responsibility can become so time-consuming and emotionally demanding that at times, if mothers and fathers are not watchful, it can supersede or even impede the marriage relationship. To help marriage partners keep their familial priorities in order, President David O. McKay (1873–1970) and other Church leaders have quoted this wise counsel from Theodore Hesburgh, president of the University of Notre Dame: “The most important



**P**raise your children more than you correct them. Praise them for even their smallest achievement.”

thing a father can do for his children is to love their mother.”<sup>6</sup> Children who grow up in the reflected glow of a loving marriage enjoy a sense of security that is often absent when other concerns are allowed to eclipse that primary relationship. “Husbands and wives who love each other,” said President Benson, “will find that love and loyalty are reciprocated. This love will provide a nurturing atmosphere for the emotional growth of children.”<sup>7</sup>

### Children Need Love and Praise

“Our young people need love and attention, not indulgence,” taught President Benson. “They need empathy and understanding, not indifference, from mothers and fathers. They need the parents’ time. A mother’s kindly teachings and her love for and confidence in a teenage son or daughter can literally save them from a wicked world.”<sup>8</sup> “Praise your children more than you correct them,” he counseled. “Praise them for even their smallest achievement. . . . Encourage your children to come to you . . . with their problems and questions by listening to them every day.”<sup>9</sup>

“My plea . . . is a plea to save the children,” President Hinckley has said. “Too many of them walk with pain and fear, in loneliness and despair. Children need sunlight. . . . They need kindness and refreshment and affection. Every home, regardless of the cost of the house, can provide an environment of love which will be an environment of salvation.”<sup>10</sup> ■

### NOTES

1. “The Family: A Proclamation to the World,” *Liabona*, Oct. 2004, 49; *Ensign*, Nov. 1995, 102.
2. *Teachings of Gordon B. Hinckley* (1997), 325.
3. “Fundamentals of Enduring Family Relationships,” *Ensign*, Nov. 1982, 60.
4. “Healing Wounds in Marriage,” *Ensign*, July 1993, 16.
5. *The Teachings of Spencer W. Kimball*, ed. Edward L. Kimball (1982), 311.
6. In “Quotable Quotes,” *Reader’s Digest*, Jan. 1963, 25; see also Gordon B. Hinckley, “Reach Out in Love and Kindness,” *Ensign*, Nov. 1982, 77.
7. *Ensign*, Nov. 1982, 59.
8. *The Teachings of Ezra Taft Benson* (1988), 497.
9. “The Honored Place of Women,” *Ensign*, Nov. 1981, 107.
10. “Save the Children,” *Ensign*, Nov. 1994, 54.

# The Presiding Bishopric



*The sixth in a series of articles about priesthood and its purposes.*

**BY BISHOP KEITH B. McMULLIN**

Second Counselor in the Presiding Bishopric

**N**ot long ago I was presiding at a stake conference. It was a new stake, organized just six months before, and this was the stake's first conference after being constituted out of a district. The new stake

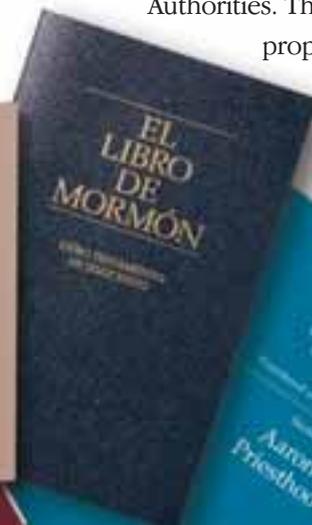
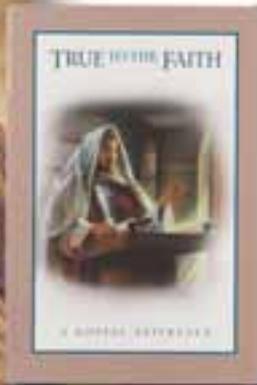
president and I had our interview, and at the conclusion of our time I asked if he had any questions he would like to ask. His first question was "What is the Presiding Bishopric?" He added, "I didn't even know there was a Presiding Bishopric until I received a letter indicating that you would be presiding at our conference." This is not an uncommon question.

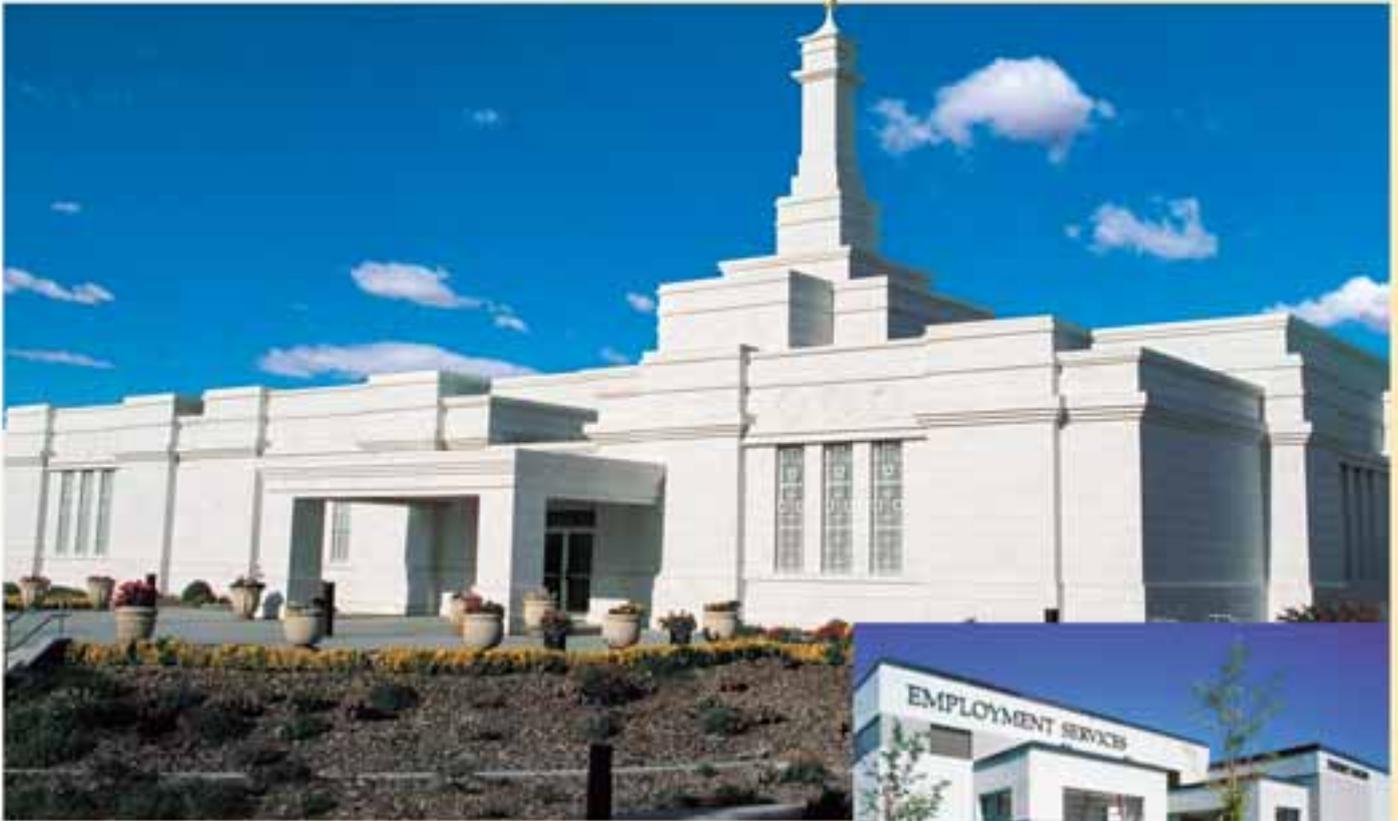
I proceeded to explain to this stake president what the Presiding Bishopric is, to whom we report, and what our responsibilities entail. I explained that under the direction of the First Presidency the Presiding Bishopric serves as the presidency of the Aaronic Priesthood of the Church (see D&C 107:15) and that the Presiding Bishopric also administers the Church's temporal affairs (see D&C 107:68).

## **Presidency of the Aaronic Priesthood**

The Presiding Bishop of the Church—Bishop H. David Burton—holds the keys as president of the Aaronic Priesthood. He exercises those keys as directed by the First Presidency and the Quorum of the Twelve Apostles.

Bishop Burton serves as a member of the Priesthood Executive Council, which includes members of the Quorum of the Twelve Apostles and other General Authorities. This council hears and evaluates proposals from the Young Men general presidency and gives counsel and direction regarding the Young Men program.





***The Presiding Bishopric serves as the presidency of the Aaronic Priesthood and also helps provide the earthly, or temporal, support for Saints worldwide to obtain the blessings of the everlasting gospel. Above left: Bishop Richard C. Edgley, First Counselor; Bishop H. David Burton, Presiding Bishop; Bishop Keith B. McMullin, Second Counselor.***

In this way, the Presiding Bishopric is kept abreast of the work of the Young Men general presidency and the young men's activity program in the Church.

#### **Administration of Temporal Matters**

The Presiding Bishopric is also the channel through which temporal matters of the Church are carried out. These temporal matters include issues that deal with tithes; fast offerings; the recording, disbursement, and management of funds; and the welfare program of the Church and its humanitarian efforts. The Presiding Bishopric is also responsible for Church buildings; for membership records; for the production of temple clothing; and for the translating, printing, binding, and distributing of materials that are used in support of proclaiming and teaching the gospel. These materials include the scriptures, curriculum materials, posters,



DVDs, videos, teaching aids, and the Church magazines—all in support of the spiritual purposes of the Church. All members of the Presiding Bishopric are General Authorities and as such can do whatever the First Presidency or Quorum of the Twelve Apostles asks of us. And so it was that I was on assignment to preside over a stake conference when this question came to me.

In most people's minds, the temporal affairs for which the Presiding Bishopric is responsible are the business aspects of the Church. But in the 29th section of the Doctrine and Covenants, the Lord says, "Wherefore, verily I say unto you that all things unto me are spiritual, and not at any time have I given unto you a law which was temporal; . . . for my commandments are spiritual" (vv. 34–35).

The Lord does not look at things the way we do. And so it is with the temporal affairs of the Church. Because a copy of the Book of Mormon is a printed book, to the unknowing eye it may appear to be like any other book. But this book is produced to introduce to the world the everlasting gospel of Jesus Christ. And so the "temporal affairs" that bring about the translating, printing, binding, and distributing of the Book of Mormon are rife with spiritual implications. This

principle is true for everything "temporal" the Church does.

In a very real way our purpose as the Presiding Bishopric is to help bring about all that Heavenly Father's children need to obtain the blessings of the everlasting gospel. We help provide the earthly, or temporal, support in order for that to happen.

There are wonderful scriptures in the 78th section of the Doctrine and Covenants in which the Lord talks about His storehouse. In the broadest terms, this storehouse could be described as the time and resources Church members make available for the building up of the kingdom of God. Herein we learn about the harmony between earthly and heavenly things:

"It must needs be that there be an organization of my people, in regulating and establishing the affairs of the storehouse for the poor of my people. . . .

"For a permanent and everlasting establishment and order unto my church, to advance the cause, which ye have espoused, to the salvation of man, and to the glory of your Father who is in heaven" (vv. 3–4).

In my capacity as a member of the Presiding Bishopric, I have come to know that the mantle of the priesthood and the spirit of prophecy and revelation are vital and alive in these temporal aspects of the Lord's work. ■



# TYPHOONS AND TRIALS

BY PERCIVAL TOMMY

In our family there are only three of us, my younger brother, my mother, and me. My brother and I decided to prepare ourselves to go on missions. We had to save our money because my mom did not have any money to help us.

A lot of trials came to us. One day a typhoon in our province caused a big coconut tree to fall down on our house, and our small house was destroyed. My brother and I used the money we had saved for our missions to rebuild our house. We had to start saving our money again.

A few months later I contracted malaria. I had

to go to the hospital, so my mission money had to be spent again.

Discouraged about saving for a mission, I prayed to God and fasted to overcome the trial. Then our Father in Heaven helped me, and I was able to earn the money I needed.

One of my favorite scriptures is a simple verse: “Seek ye first the kingdom of God and his righteousness, and all these things shall be added unto you” (3 Nephi 13:33). That verse is very encouraging to me. I have overcome trials and challenges in my life because of my faith and desire to go on a mission.

My brother and I are both serving missions now. I know God helps His children if we do His will. ■

*Percival Tommy is a member of the Roxas Branch, Puerto Princesa Philippines District.*



# I AM NOT ASHAMED

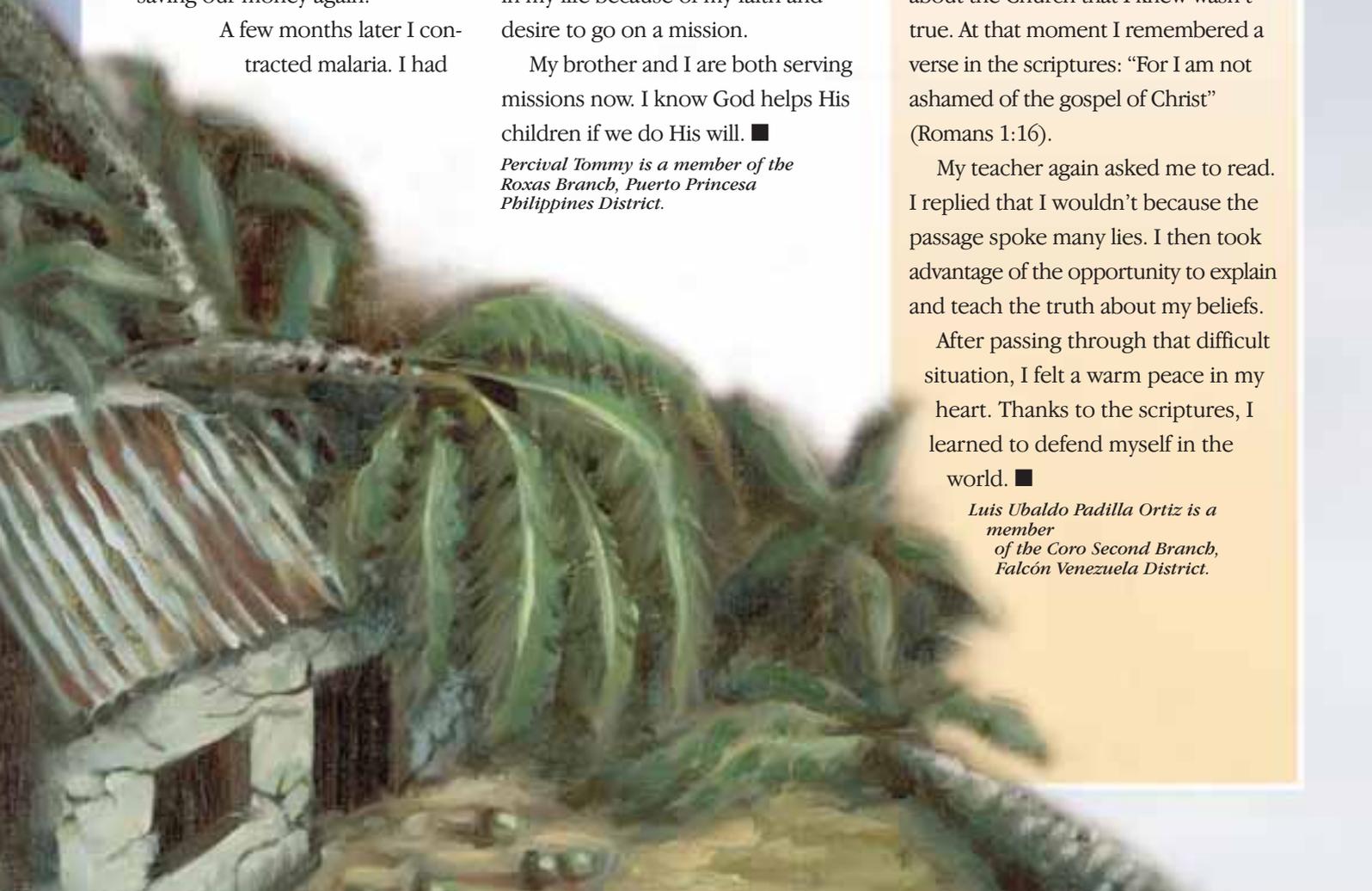
BY LUIS UBALDO PADILLA ORTIZ

In my school one day my class was talking about religion. My teacher asked me to read something about the Church that I knew wasn't true. At that moment I remembered a verse in the scriptures: “For I am not ashamed of the gospel of Christ” (Romans 1:16).

My teacher again asked me to read. I replied that I wouldn't because the passage spoke many lies. I then took advantage of the opportunity to explain and teach the truth about my beliefs.

After passing through that difficult situation, I felt a warm peace in my heart. Thanks to the scriptures, I learned to defend myself in the world. ■

*Luis Ubaldo Padilla Ortiz is a member of the Coro Second Branch, Falcón Venezuela District.*



*The teens in Malaysia are involved in a lot of firsts as the Church grows in their nation. Clockwise from top: Gah Wei Shieng, Tian Ming, Lau Kar Yee Amie, Goh Wei Seng, Toren B. Parsons, Ariana Dabier, branch president Steven C. Parsons and teens from the Penang Branch.*





## YOUNG PIONEERS IN

# Malaysia

BY HENRY AND JENEAL CALL

**B**eing first means different things to different people. First may mean crossing the finish line just ahead of the nearest competitor or being the first child in the family, the first to leave on a mission, or the first to graduate from school.

For the past couple of years, the lives of Latter-day Saint youth in Malaysia have been filled with a different kind of firsts—gospel firsts. The Ipoh Malaysia District was organized in 2003. And since then youth here

have planned and participated in their first-ever youth conference and attended their district’s first seminary graduation. There are only three branches in the Ipoh Malaysia District, but the youth are determined to share their testimonies with others so they can help the Church grow. They hope they will one day belong to the first ward in western Malaysia.

“You don’t always get to be first in everything,” says Malvinder Singh, 16, who joined

*These pioneers are still in their teens, but they are building a new way of life in their own country.*

PHOTOGRAPHY (EXCEPT AS NOTED) BY HENRY AND JENEAL CALL AND KENT AND GLORIA ROBERTSON; LEFT AND RIGHT BACKGROUND: PHOTOGRAPHY BY GETTY IMAGES

## MALAYSIA

A country in South-east Asia, Malaysia is almost completely covered with dense, green jungle. The Ipoh Malaysia District is on the western side of the country, nestled on the end of the peninsula south of Thailand. The western and eastern halves of Malaysia are separated by more than 400 miles (650 km) of sea. Malaysia miraculously escaped widespread damage from the December 2004 tsunami as the nation was protected by the island of Sumatra.

Malaysia is home to more than 60 nationalities. Most of the youth speak at least three languages, including Malay, Chinese, and English. Some of the youth speak as many as four or five languages.



the Church in 1998. “But we are pioneers here.”

### Strengthening Each Other at Youth Conference

At a youth conference last year, the air was filled with cries of excitement as the teens experienced yet another first—baseball. Only two or three of the youth who attended the conference had ever played the game before, so they were given the assignment to explain the rules to the others.

“It was a brand-new experience to learn how to play baseball, since soccer and badminton are the sports we play here,” says Malvinder.

In addition to baseball, youth conference was filled with other fun games and activities. Although the youth enjoyed the activities, they say what they will remember most about the experience was the opportunity to meet people with similar beliefs and to draw courage from knowing they are not alone.

Ariana Dabier, a Mia Maid, says, “It was great to see so many Malaysian youth who are just like me—faced with similar trials and temptations—and yet they stand firm in their faith. I now know that no matter where I go on this earth, the gospel will be the same.”

### Learning from Seminary Graduates

Another gospel first the youth recently experienced was the opportunity to attend their district’s first seminary graduation ceremony. Three Malaysian youth—Kelvin Anand Kumar, Aun Luck Tan Ernest, and Hamish Steven Parsons—earned seminary diplomas.

Kelvin, who was baptized in 1999, attended seminary during the first four years he was a

member of the Church. He says the knowledge he gained there increased his testimony. “I am glad I graduated from seminary,” he says. “Seminary helped me to make correct decisions and plan my education. Because of the things I learned in seminary, I know someday I will marry in the temple.”

The youth say the examples of Kelvin and other graduates encourage them to attend seminary faithfully. Attending seminary is difficult for Malaysian teens because studies and homework take up most of their free time. They go to school six days a week, and most students also study with a private teacher after school ends for the day.

Jaslinder Kaur, a Mia Maid in the Ipoh Second Branch, says most of her friends don’t understand her decision to attend



seminary. “When I told my friend I was going to church early in the morning to learn more about our Heavenly Father and His Son, she told me I was crazy and my grades would drop,” she says. “But seminary helps me do well in school because I have sacrificed my time for our Father in Heaven. When I go to school, my mind is fully awake, and I can concentrate better on my studies.”

Malvinder Singh also says attending



**Left: Esme Tan, Lau Kar Yee Amie, and Yoon Khee Chin on the grounds of the meetinghouse. Above: Youth from the Ipoh Second Branch. Top: The busy streets of Ipoh in western Malaysia. Inset: Christie Helen.**

seminary has helped him succeed in school. Malaysian students must complete rigid testing twice during their school careers. Test results determine which colleges students can attend and which professions they can pursue. Although this year was an important exam year for Malvinder, he still chose to go to seminary. He says he knows Heavenly Father blessed him for this decision by helping him do well on his tests. “Faith is the most important thing I have learned in attending seminary,” he says.

### **Like the Pioneers**

Missionaries have been a permanent presence in western Malaysia only since 1980, so there aren’t many members there yet. In fact, only 1 in 12,015 people in Malaysia—or .01 percent of the population—belongs to the Church. Like the early pioneers, the young men and young women in Malaysia know that many of their peers

have not had an opportunity to hear the gospel. These youth know they can help the Church grow when they share their testimonies with their friends.

The youth also know that before they will be prepared to share the gospel with others, they must work hard to develop testimonies of their own. Aun Luck Tan Ernest’s parents taught him the gospel when he was young, but he always knew he needed to find out for himself if the gospel was true.

“I wanted to learn more about Jesus Christ when I was baptized,” Ernest, 17, says. “I knew He was the Son of God when I first bore my testimony in sacrament meeting. It was the happiest moment in my life, and I am still trying my best to strengthen my faith and grow in my testimony of Christ.”

Ernest and the other youth in the Ipoh district know that their testimonies will grow as they are shared. There are approximately 10 young men and 10 young women in the Ipoh Second Branch, and when possible they share their testimonies in testimony meeting. Young Women president Liew Siew Ling Chris says, “Hearing their testimonies is the greatest blessing I have.”

Youth in western Malaysia have been blessed with many gospel firsts. Through experiences like youth conference and seminary, they have learned they are not alone in their beliefs. And now they are determined to develop lasting testimonies of their own and help spread the good tidings of the gospel throughout Malaysia. ■

*Henry and JeNeal Call are members of the Spanish Hills Ward, Las Vegas Nevada Lakes Stake. They served in the Singapore Mission.*

## How Could We Go to the Temple?

By Marina Timofeeva

I was baptized on December 5, 1993, in the city of Minsk. At that time, it was the only city in Belarus with a branch of The Church of Jesus Christ of Latter-day Saints. I attended worship services there, but I lived in Borisov, 40 miles (70 km) away. I was 17 years old, and there was sharp opposition in my family. But because of the trials I had at that time, my faith and testimony of the truth were strengthened. I was even fortunate enough to go to the temple twice in Freiberg, Germany, to perform baptisms for the dead. I impatiently awaited the time when I could receive my endowment.

In 1996 I began dating my

future husband. Igor gladly accepted the news of the Restoration and was baptized on February 23, 1997. On March 1 we were married. Having a strong testimony of temple work, I wanted more than anything to go to the temple as soon as possible.

In September 1997, we moved

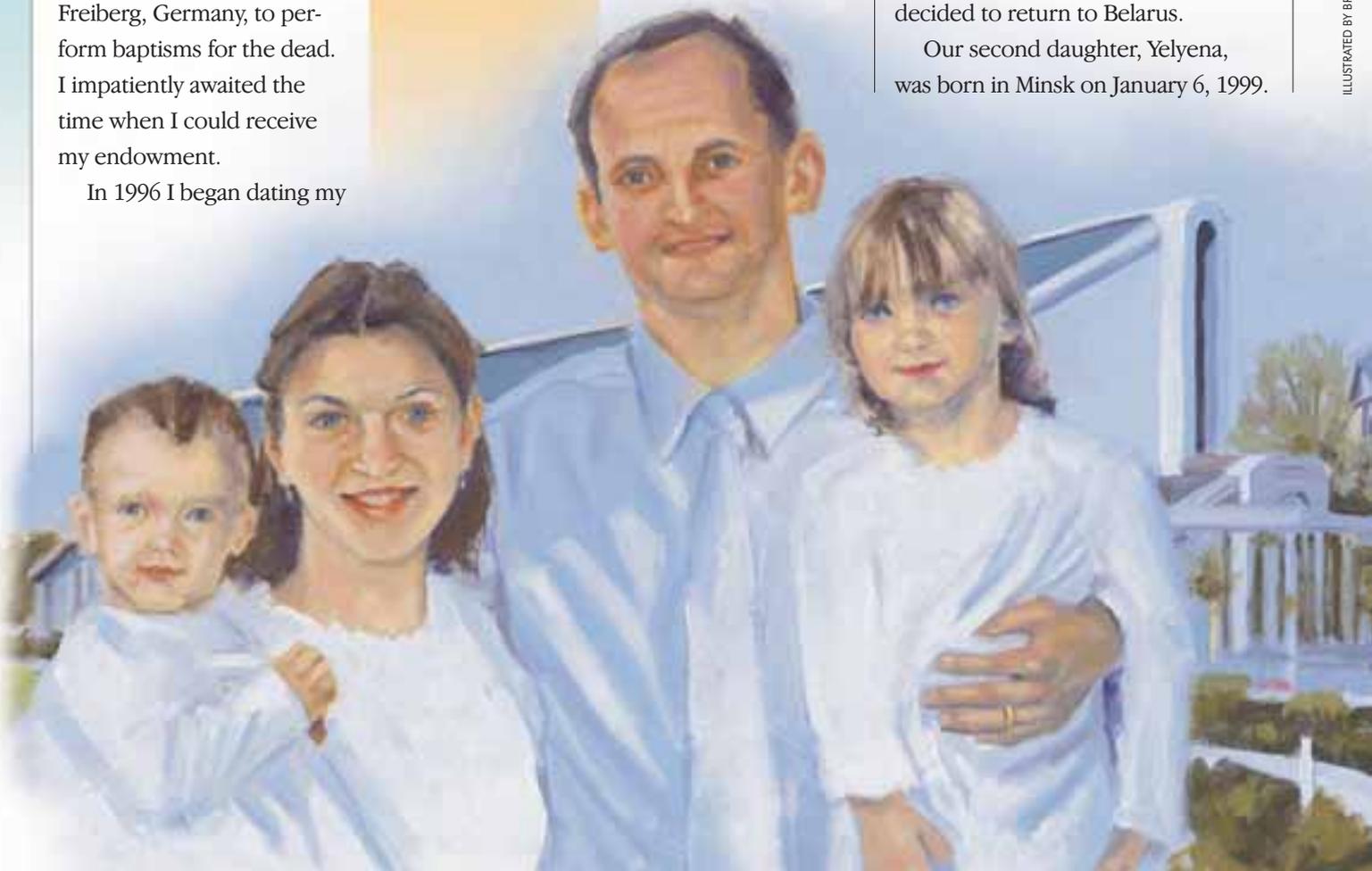
to St. Petersburg, Russia, where Igor studied at the university. Our daughter Nelly was born there. Even after Igor had

been a member for a year and a year had passed since our marriage, we still couldn't go to the temple because we didn't have visas and couldn't get exit papers.

When Nelly was six months old, I became pregnant. It seemed to me we were in a hopeless situation. Igor couldn't find steady work because he didn't have a visa. He was holding down three jobs, but it wasn't enough money for us to live on. Igor's parents helped by sending money and food from time to time, but I was practically in despair because of our financial struggles. I felt even worse because we couldn't go to the temple. In August 1998, after the exchange rate rose sharply, we decided to return to Belarus.

Our second daughter, Yelyena, was born in Minsk on January 6, 1999.

**T**he day we were sealed in the temple was the most wonderful day of our lives.



Igor had a steady job now, but we still didn't have enough money to go to the temple. Gradually we saved, however, and at the end of August 2000, we took the children to Germany. Igor has relatives in Kaiserslautern, and we stayed with them.

Early on the morning of September 2, we began our journey to the temple in Frankfurt. Although the trip was very tiring and included two transfers, we were full of enthusiasm and joy. We are grateful to all the temple workers, the temple president, and also the sisters who watched our daughters while we went through the endowment session. That was an unforgettable day! It is difficult to put into words the feelings we experienced there, but they were very good.

After the endowment session, we went into the sealing room, where Yelyena was already crying (it was her nap time). I hardly heard any of the sealing ceremony because of the crying, but we were very happy anyway. That was the most wonderful trip of our lives because we were in the house of the Lord.

We even managed to return to the temple. In February 2001 a group of members from Minsk went to Freiberg. I wanted to participate in the ordinance of sealings for the dead, since I had heard so little during our own sealing. I was grateful when Igor and I were invited to participate.

We now have a son, Robert, and as a family we attend the Minsk Second Branch (or, as it is known in Belarus, the Second Religious Community of The Church of Jesus Christ of Latter-day Saints in Minsk). And while we have overcome several difficulties, we now have new ones. I am very grateful for all of these trials. No matter

what happens to us on this journey, Heavenly Father wants only good for us. No one else can help us in our most difficult hour. If we reject Him because of some difficulties, it would be like throwing away a life preserver because it did not keep us from falling into the river.

The burden is easy and the yoke light when we are with the Lord. He will not give us trials we cannot bear. ■

*Marina Timofeeva is a member of the Minsk Second Branch, Russia Moscow South Mission.*

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## *We Had No Food*

By Adam N. Ah Quin

**A**s missionaries in the Canada Winnipeg Mission, my companion and I were serving in the beautiful city of Prince Albert, Saskatchewan. I had grown up in Laie, Hawaii, in the shadow of the Laie Hawaii Temple. My companion, Elder Larmour, came from Belfast, Northern Ireland. Our families and wards back home supported us, but at times our monthly allotment of funds was held up en route. Such was the situation that brought about this experience.

At the beginning of one month, after I received my check, we waited for Elder Larmour's to be forwarded from the mission office. As usual, our rent was due and the cupboards were getting bare. We had to decide

whether we should pay the rent with my check or buy food. We paid the rent.

A few days passed and we still hadn't received Elder Larmour's money. We had eaten all the food in our apartment, except for half a bag of frozen mixed vegetables and an old freezer-burned soup bone that took some effort to pry loose from its icy confines. With these ingredients I cooked a vegetable soup. It wasn't much, but we were grateful for what we had.

The next day we decided to tract in an area not too far from home. The street seemed endless, and no one was interested in our message. Hunger pangs tormented us, and we were both getting faint from lack of

food. As we came to the end of the street, we decided to take a break. We found a bench in a park at the end of this street and tried to recover our strength. My companion said in a sincere plea, "I'm hungry." My heart went out to him as we sat there. I was twice his size. I knew I would be able to endure for quite a while, but I did not think he'd be able to go on for long if he didn't get something to eat.

I was the senior companion, so in my heart I pleaded with Heavenly Father to provide the means we needed to get us through. I looked across the park and noticed a short street with about five homes on it. It was a continuation of the long

street we had just tracted. I turned to my companion and said, "Come on, let's finish this street." He turned to me and said, "Let's just go home." We came to an agreement that if we finished the street and no one was interested, we would then head home.

As we walked past the first home, a couple was busy in the driveway doing some work on their car. A call of "Not today, guys" kept us moving to the next home. As we approached the door, we could smell the wonderful aroma of home cooking. Suddenly the door opened wide, and a smiling,

middle-aged woman greeted us with "Come in, boys. I hope you're hungry!"

***A*** *s we sat on the park bench, trying to recover our strength, my companion said in a sincere plea, "I'm hungry."*



# A Symbol of His Love

By Freddy W. Carreño

As I was leaving one of our Church buildings in Montevideo, Uruguay—10 minutes away from the temple construction site—I received a call from my wife telling me that soon the statue of the angel Moroni would be placed on the spire of the temple. Many feelings came into my heart as I listened to the anxious voice of my wife asking me to come get her and our son so we could witness this event. There wasn't much time left. I had to travel to the other end of the city and then return to the temple.

Our hearts beat rapidly and the minutes seemed like hours as we traveled. The heavy traffic almost wouldn't let us through, but we finally arrived, thanks to the Lord's help.

The weather had been gray, rainy, and moderately windy for several days. But this afternoon the sky was a clear, calm blue, and the sun's rays fell upon our heads like the blessings of heaven.

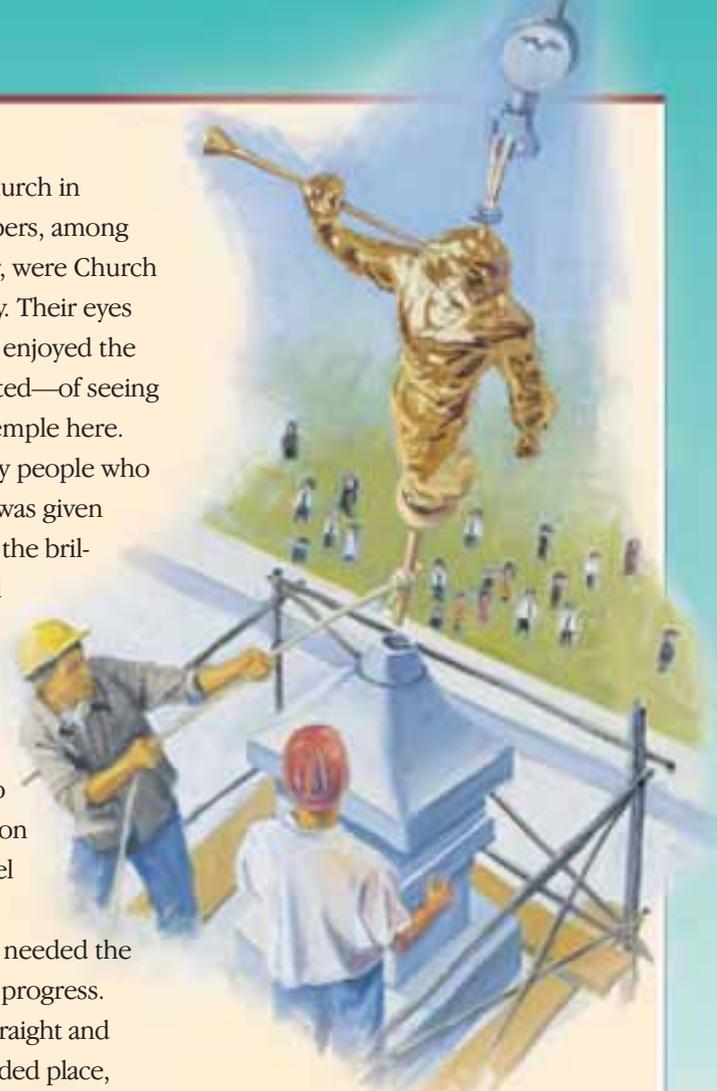
When we arrived we found several other members who had also come to witness this important milestone

in the history of the Church in Uruguay. Several members, among them my wife's mother, were Church pioneers in our country. Their eyes filled with tears as they enjoyed the blessing—so long awaited—of seeing the construction of a temple here.

The sacrifice of many people who had spread the gospel was given symbolic expression in the brilliant sheen of the angel Moroni as he seemed to fly through the sky and then come to rest in a place of honor. There he announced to the world the Restoration of the everlasting gospel and the opening of the doors of a country that needed the Lord's helping hand to progress.

We saw the statue, straight and majestic, reach its intended place, reminding us of the love of the Eternal Father, which would soon allow us to be sealed together in love in our own land. We hope that our children and grandchildren will go into the temple and make sacred covenants and be a blessing to the country.

We knew that there was much left to do—both before and after the temple's dedication in March 2001. We needed to prepare for the times



still to come, and above all else, we needed to remember our ancestors, because they also would be blessed by this holy house. But we will never forget that beautiful September day. Our hearts overflowed with gratitude that we were allowed to witness the placing of a symbol of our Heavenly Father's love. ■

*Freddy W. Carreño is a member of the Buceo Ward, Montevideo Uruguay East Stake.*

With hesitation we entered her home, not knowing what to expect. She led us to the dining room, where two places were already set. We sat down and she busied herself with serving us. I started to get a lump in

my throat, anticipating a feast fit for kings. Or perhaps we would be thrown out when she finally came to her senses and realized who we were.

After filling the table with pork chops, mashed potatoes, gravy, and

all the fixings, she said, "I don't know why I cooked all this food, but something told me to do it. I wasn't expecting company, and I live here alone. I'm sure glad you boys happened by. You haven't eaten, have you?"

I replied, “No, but do you know who we are?”

“You’re Mormon missionaries, aren’t you?” she answered. “So don’t you say a blessing on the food before you eat?”

We did bless the food and give thanks for the many blessings the Lord had given us. And to this day I cannot think of a better meal than that meal the Lord provided in our time of need.

For the Lord has said, “Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: . . . and, lo, I am with you alway, even unto the end of the world” (Matthew 28:19–20). ■

*Adam N. Ab Quin is a member of the Villa Bonita Ward, Las Vegas Nevada Paradise Stake.*

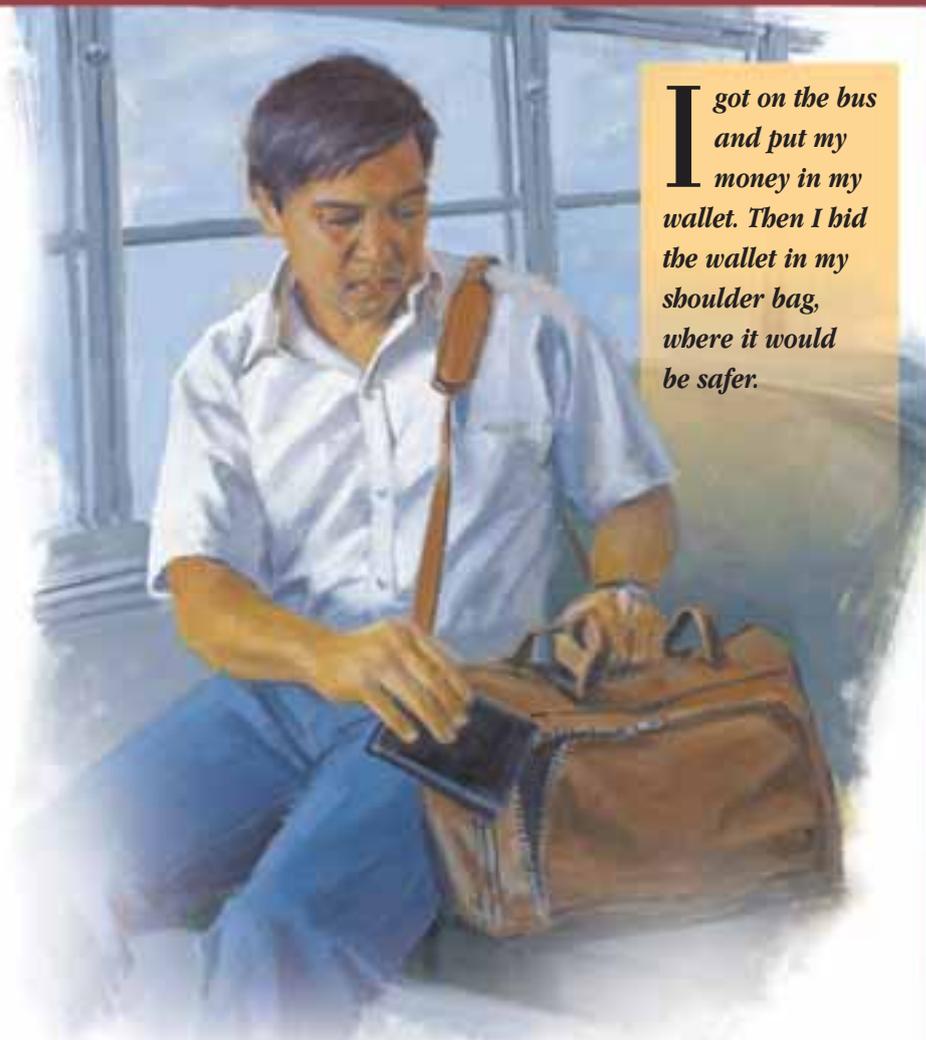
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## My Wallet Was Gone

By Héctor Castellanos Turcios

I have had many blessings from paying tithing and have come to understand that when we pay our tithing, whether it’s a little or a lot, it’s the same to the Lord.

Once when I received my pay at work, I cashed the check and headed home to pay some bills and to help my wife, who was expecting our first child. I got on the bus and put my money in my wallet. Then I hid the wallet in a pouch that was part of my



**I** got on the bus and put my money in my wallet. Then I hid the wallet in my shoulder bag, where it would be safer.

shoulder bag, where it would be safer. I was quite surprised when I got home, looked for my wallet, and wasn’t able to find it. I was very worried. It was my whole two-week salary, and losing it would cause us many problems.

I looked diligently for my wallet, and when I couldn’t find it I decided to go back to the bus that had brought me home. I couldn’t find it there either.

After some time I went home, feeling very frustrated. I went into my room and knelt down. With a sincere heart and in tears, I lifted my prayer up to God and asked Him to help me. I told Him I paid a full tithing and now I needed a blessing. I know that the Lord doesn’t always answer our

prayers in the way we desire, but on this occasion He did bless me in a wonderful way.

Later that night the bishop knocked on our door and asked me if I had a social security card. I told him I did, but it had been lost with my wallet that very day. He showed me a wallet and asked if it was mine. I saw that it was and that all of my money was still there. The bishop explained that a friend, who was not a member of the Church, had found it outside her house. When she saw the temple recommend in it, she took it to him. He told me this was nothing less than a miracle and it had happened because I faithfully paid tithing. ■

*Héctor Castellanos Turcios is a member of the Amatitlán Ward, Amatitlán Guatemala Stake.*

# Did You Know?

## It Happened in July

*July 8, 1775:* Lucy Mack Smith, the mother of Joseph Smith, was born in Gilsam, New Hampshire.

*July 10, 1804:* Emma Hale Smith, wife of the Prophet Joseph and first president of

the Relief Society, was born in Harmony, Pennsylvania.

*July 8, 1912:* The first Latter-day Saint to win an Olympic medal, Alma Richards, won a gold medal in the high jump.

*July 31, 1920:* President James E. Faust, Second Counselor in the First Presidency, was born in Delta, Utah.

## Leadership Tip

Try to see beyond the tasks you do in your quorums or classes and remember the people you are serving. "The Savior's leadership was selfless," said President Spencer W. Kimball (1895–1985). "He put himself and his own needs second and ministered to others beyond the call of duty, tirelessly, lovingly, effectively. So many of the problems in the world today spring from selfishness and self-centeredness in which too many make harsh demands of life and others in order to meet their demands. This is a direct reversal of the principles and practices pursued so perfectly by that perfect example of leadership, Jesus of Nazareth" ("Jesus: The Perfect Leader," *Ensign*, Aug. 1979, 6; see *Tambuli*, Aug. 1983, 8).



## From Australia to Japan

Ammon Arvidson and Brooke Noble of the Maitland Ward, Newcastle Australia Stake, were chosen to represent Port Stephens, Australia, at the first World Child Summit, held in Kushiro, Japan, last summer. The theme was "The Natural Environment and Our Future."

Speaking of the presentations he made at the summit, Ammon, 12, said, "It makes me very aware of the beautiful world our Lord has created for us to enjoy." Then thinking about all the people, languages, and cultures created by the Lord, Ammon added, "It makes me look forward to serving a mission wherever Heavenly Father sends me."

Brooke, 15, added that being so far away from home also strengthened her testimony of the gospel: "It really helped me to know that the gospel goes with you wherever you go. It was such a comfort to be able to kneel down and pray to my Father in Heaven."



## Honoring the Pioneers

*"Integrity, inclusion, cooperation, unity, unselfishness, sacrifice, and obedience . . . are as vital today as when they guided the actions of our pioneer forebears, early and modern. To honor*

*those pioneers, we must honor and act upon the eternal principles that guided their actions. As President Hinckley [has] reminded us, . . . 'We honor best those*

*who have gone before when we serve well in the cause of truth.' That cause of truth is the cause of our Lord and Savior, Jesus Christ, whose servants they were, and whose servants we should strive to be. I testify of this and pray that we, too, may be 'true to the faith that our parents have cherished.'*"

**Elder Dallin H. Oaks of the Quorum of the Twelve Apostles, "Following the Pioneers," *Ensign*, Nov. 1997, 74.**

## CALL FOR ARTICLES

We are looking for articles, experiences, suggestions, and success stories on the topic of food storage. How have you applied the counsel to have a year's supply of food? How has your life been blessed by following this counsel? Please send accounts to Food Storage, *Liabona*, Room 2420, 50 East North Temple Street, Salt Lake City, UT 84150-3220, USA; or e-mail to [cur-liahona-imag@ldschurch.org](mailto:cur-liahona-imag@ldschurch.org). Include your full name, home address, and ward and stake (or branch and district). Please respond by September 15, 2005.



### Preparing to Serve

I am grateful for the *Liabona*. Besides strengthening us spiritually and assisting in our family home evenings, it has also been a compass in my responsibilities as bishop.

We have been concerned about how to help the young people in our ward who are preparing to serve missions. To our joy and delight, the March 2004 issue contained two excellent articles, "Be One of the Greatest" and "About Patriarchal Blessings," which I feel will help our future missionaries prepare to serve.

I am so thankful that we have this inspired magazine to guide us in our responsibilities.

*Amarildo Martins,  
Parque Dorotéia Ward,  
Diadema Brazil Stake*

### Heavenly Father Loves Us

I was touched by the teachings of Susan W. Tanner, the Young Women general president, in the October 2003 *Liabona*. Knowing that our Heavenly Father loves us in times of happiness and in times of sadness helps us grow spiritually. I often pray that Heavenly Father will allow me to avoid difficult situations, and when that doesn't happen, I wonder, "Does God love me? Does He listen to my prayers?" When I ask those questions,

the Spirit always reassures me that Heavenly Father does love me and is mindful of my prayers of faith. His timing may be different from mine, but it is always right.

*Crispin Mitago Kubala,  
Binza Ward,  
Kinsbasa Democratic Republic of Congo  
Ngaliema Stake*

### Fret Not

I was worried about my future. Then I read "Improving Our Prayers" by Elder Joseph B. Wirthlin of the Quorum of the Twelve Apostles in the August 2004 issue. I realized that, as Elder Wirthlin says, I must "fret not"—meaning I must stop worrying about things I cannot control—so I will not create unhappiness in my life.

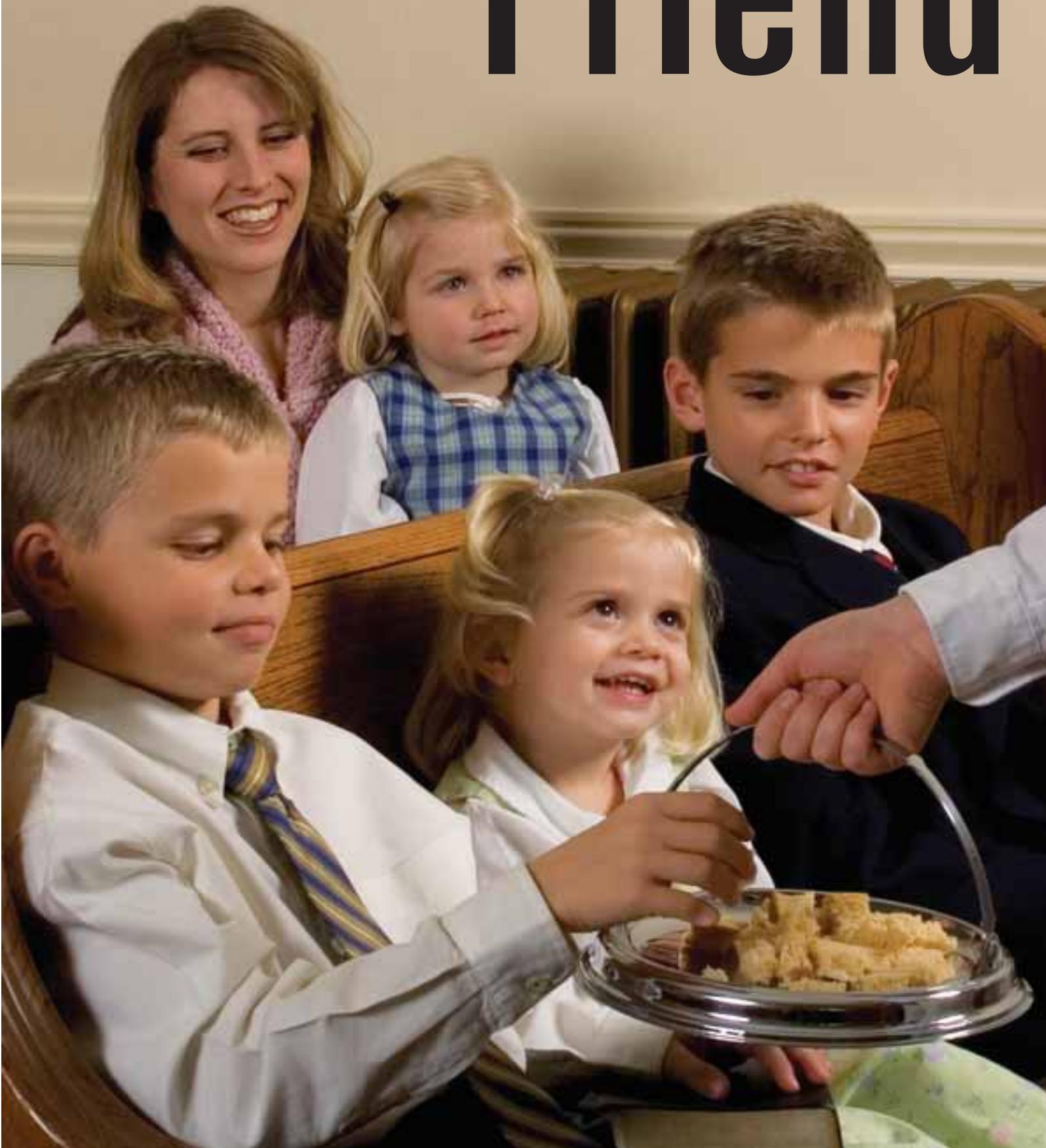
*Belle C. Dacudag,  
Bata Ward,  
Bacolod Philippines North Stake*

### Liabona Strengthens Testimonies

We are eternally grateful for the *Liabona*. Every month it gives us the opportunity to strengthen our gospel ties. It adds to our testimonies of the Church, the Book of Mormon, and Jesus Christ. Its articles, news, pictures, talks, and even the games for our children refresh the testimonies we gained years ago.

*Cazorla family,  
Málaga Third Ward,  
Granada Spain Stake*

# the Friend



# Set upon a Hill

BY PRESIDENT GORDON B. HINCKLEY



**President Hinckley teaches us that we can be an example to the world if we live the standards of the Church.**

I shall always remember the great experiences I had at the open house prior to the dedication of the Washington D.C. Temple. For part of a week, I stood in the entrance to the temple as a host to special guests. Those guests included the wife of the president of the United States, justices of the Supreme Court, senators and congressmen, ambassadors from various nations, clergymen, educators, and business leaders.

Almost without exception, those who came were appreciative and respectful. Many were deeply touched in their hearts. Upon leaving the temple, the wife of the president of the United States commented: "This is a truly great experience for me. . . . It's an inspiration to all."

One day while riding in the traffic in Washington, D.C., I looked with wonder at the gleaming spires of the Lord's house rising heavenward from a hill in the woods. Words of scripture came into my mind, words spoken by the Lord as He taught the people. Said He:

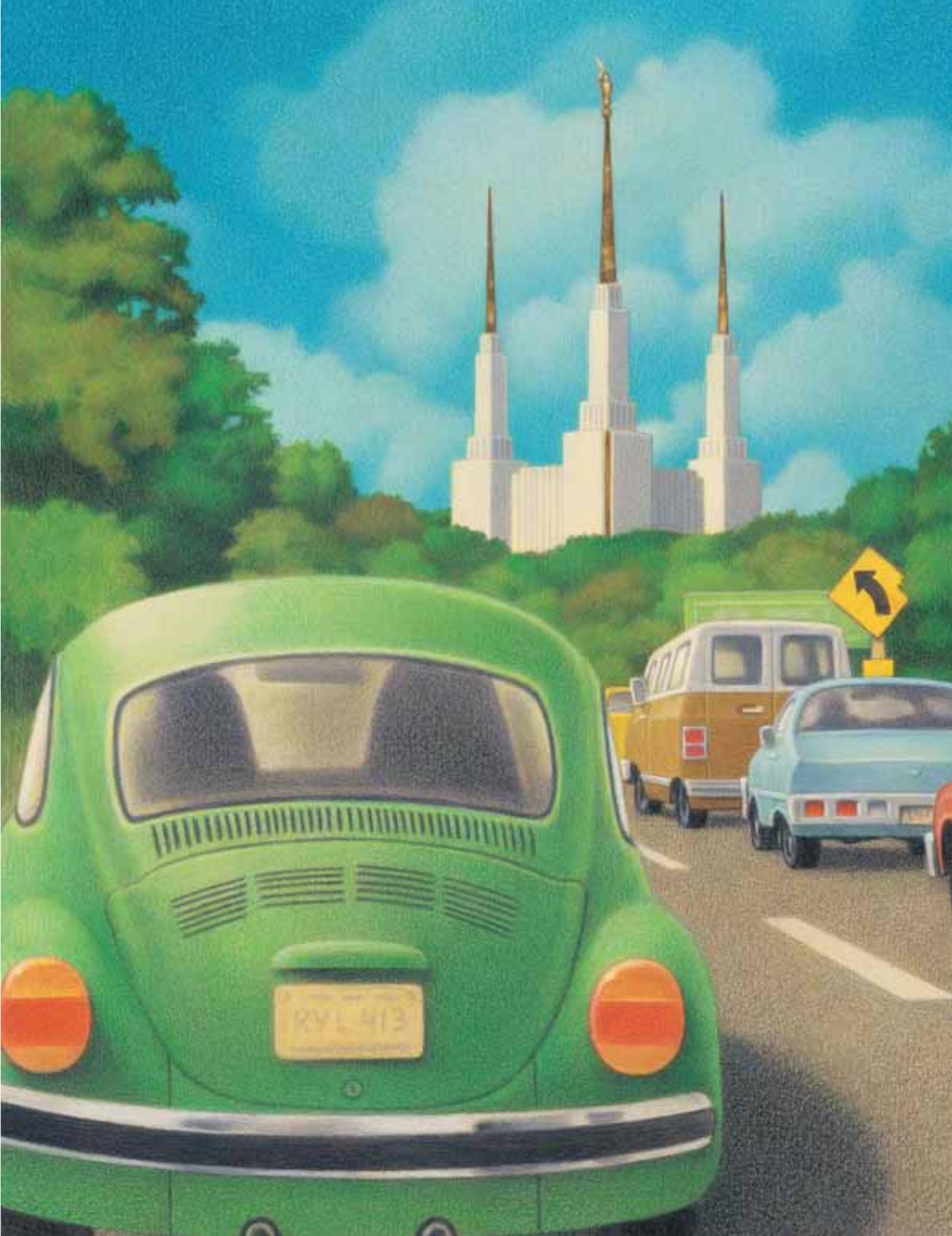
"A city that is set on a hill cannot be hid. Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house.

"Let *your* light so shine before men, that they may see your good works, and glorify your Father which is in heaven" (Matthew 5:14–16; emphasis added).

This entire people has become as a city upon a hill which cannot be hid. The world expects something better of us. It is not always easy to live in the world and not be a part of it. We have a responsibility to take our places in the world. We can be gracious. We can be inoffensive. We can avoid any spirit or attitude of self-righteousness. But we can maintain our standards.

As we observe standards taught by the Church, many in the world will respect us and find strength to follow that which they too know is right. ●

*From "A City Set upon a Hill," Tambuli, Nov. 1990, 2–8; Ensign, July 1990, 2–5.*





Glue

2 Nephi 9:23

Matthew 3:16-17

Mosiah 18:8-10

Matthew 26:26-28

3 Nephi 18:5-11

D&C 20:72-79

*Note: If you do not wish to remove pages from the magazine, this activity may be copied, traced, or printed out from the Internet at [www.lds.org](http://www.lds.org). For English, click on "Gospel Library." For other languages, click on the world map.*



Illustration



# I CAN REPENT AND BE BAPTIZED

**“And he commandeth all men that they must repent, and be baptized in his name, having perfect faith in the Holy One of Israel, or they cannot be saved in the kingdom of God” (2 Nephi 9:23).**

BY MARGARET LIFFERTH



Have you ever been so happy that you clapped your hands for joy? The Book of Mormon tells about people who did just that!

Because King Noah and his priests did not keep the commandments, the Lord sent Abinadi to warn them that they must repent. Abinadi also taught them about Jesus Christ. King Noah put Abinadi to death. But one of King Noah’s priests, Alma, believed everything Abinadi taught.

Alma “repented of his sins and iniquities, and went about privately among the people, and began to teach the words of Abinadi” (Mosiah 18:1). Alma knew this would make King Noah angry, so Alma’s people hid.

Alma taught the people that they could be baptized and that if they kept the commandments, God would give them His Spirit. “When the people had heard these words, they clapped their hands for joy” (Mosiah 18:11).

Baptism is the first covenant we make. We renew our covenant each week when we take the sacrament. When we keep our baptismal covenant, the Lord promises us “that [we] may have eternal life” (Mosiah 18:9).

## My Baptismal Covenant Diorama

1. Remove page F4 from the magazine, and mount it on heavy paper. Cut out the large rectangle.
2. Fold the rectangle along the broken lines, and cut slits on the nine solid lines.
3. Cut out the figures. Insert the tab on the baptism figure into the slit in the baptism scene (see illustration).

4. Glue the back of the sacrament figures to the tab that folds out of the sacrament scene (see illustration).

5. Cut out the scripture boxes, and read the references. Insert the tabs into the remaining slits.

## Sharing Time Ideas

1. Help the children memorize D&C 58:42. Then refer to the steps of repentance found in Primary 3, lesson 10: (1) feel sorry, (2) ask forgiveness, (3) right the wrong, (4) don’t repeat the wrong. Draw a large circle, and divide it into four sections. Write one step in each section. Place the circle on the floor. Prepare case studies with situations that require repentance. For example: “You see a new girl, but you don’t ask her to join you.” Invite a child to toss a small object onto one of the four sections, read a case study, and tell what he or she would do for that step of repentance. Continue the game with other children. Read 3 Nephi 9:22. Bear testimony of the role of the Savior’s Atonement in repentance.

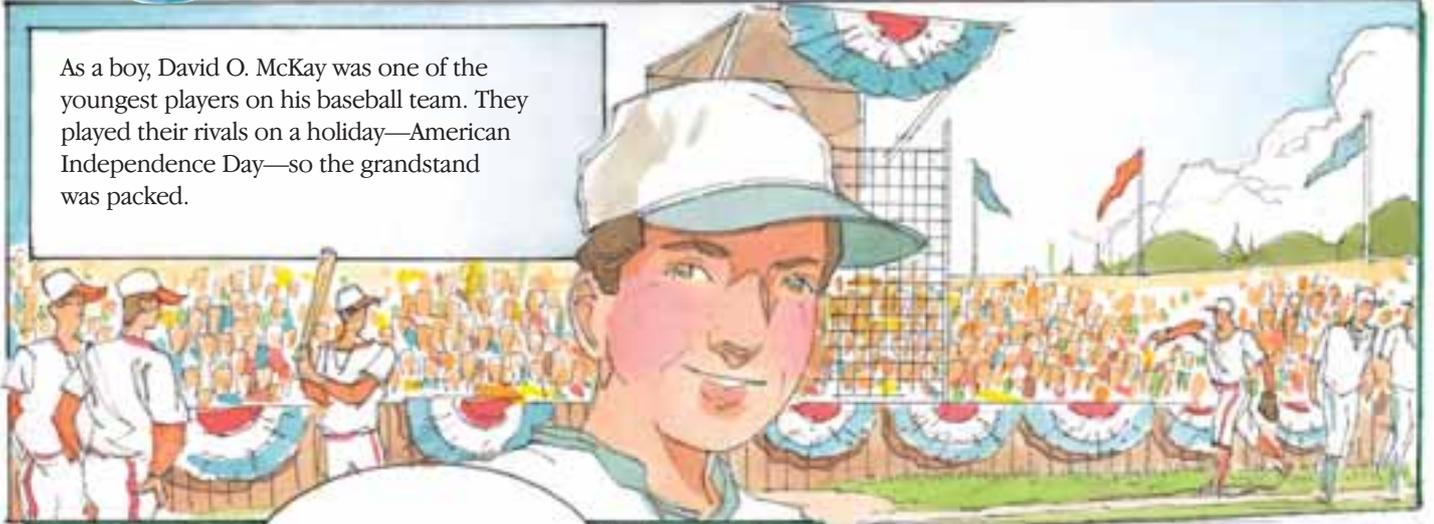
2. Talk about Christ’s baptism (see Matthew 3:13–17) and that we follow His example (see 2 Nephi 31:4–13). Explain the following: (1) You must be at least eight. Sing a song or hymn about baptism. (2) You will have an interview with the bishop or branch president. Invite a member of the bishopric or branch presidency to talk about the interview. (3) You will wear white clothing. If possible, show some baptismal clothing. (4) The baptism must be performed by a worthy priest or Melchizedek Priesthood holder. See activity for no. 5. (5) Baptism is by immersion, so you will be completely covered with water. Invite a priest or returned missionary to explain how a baptism is performed. (6) You will also be confirmed a member of the Church. Invite children to tell about when they were baptized and confirmed (some people are confirmed immediately following baptism; others are confirmed in sacrament meeting). (7) You will receive the gift of the Holy Ghost. Then you can receive a remission of sins. Sing a song or hymn about the Holy Ghost. ●



FROM THE LIFE OF PRESIDENT DAVID O. MCKAY

# Standing Up to a Bully

As a boy, David O. McKay was one of the youngest players on his baseball team. They played their rivals on a holiday—American Independence Day—so the grandstand was packed.



Hey, are you OK?

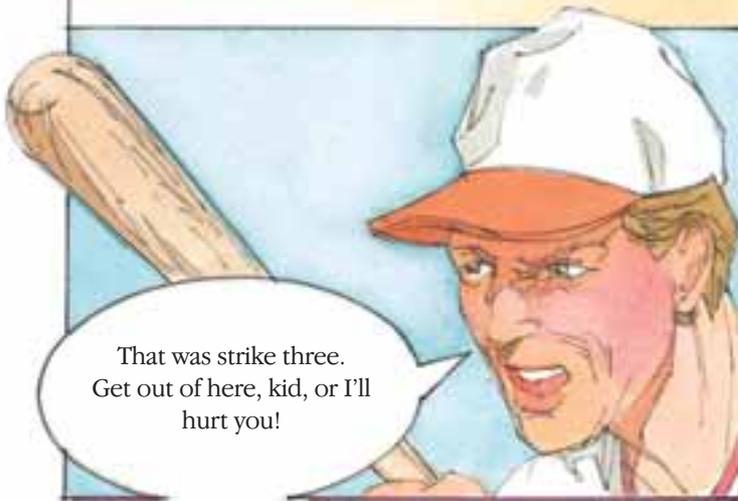
He'll be fine, but you'll take his place at bat.

During the game, one of David's teammates was injured.

**STRIKE TWO!**

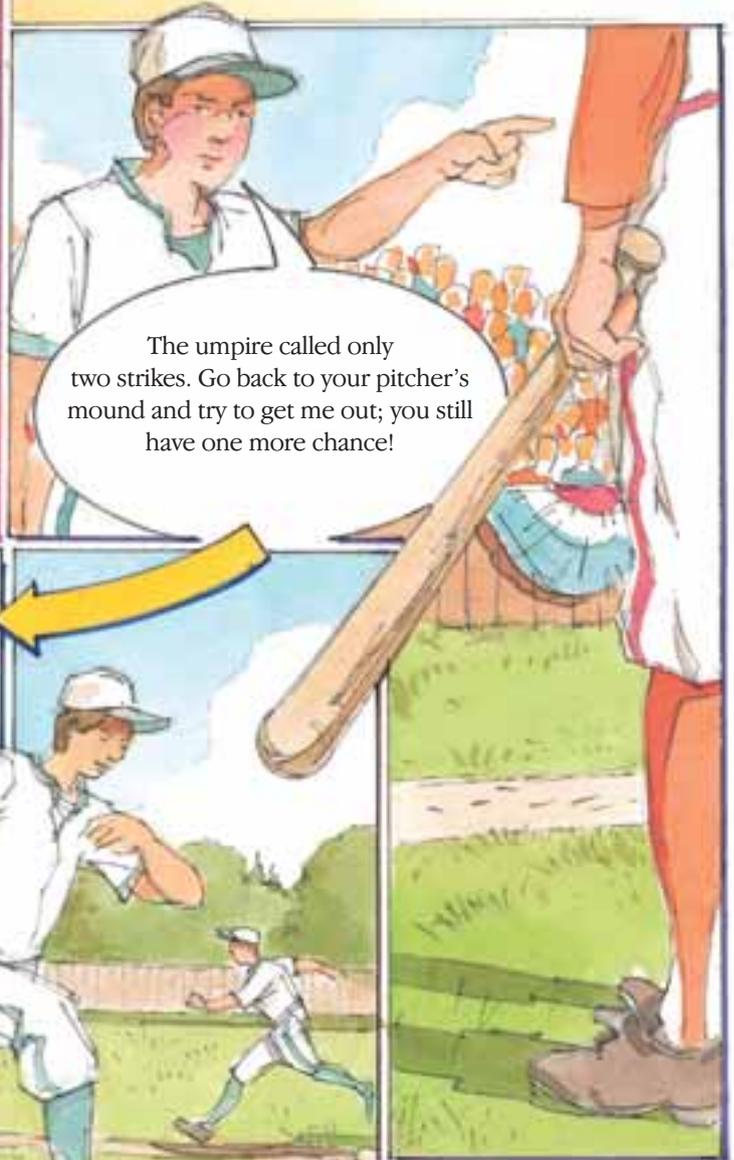
David was excited and nervous. The score was tied. When it was his turn to bat, the crowd cheered. But David soon had two strikes. One more strike would put him out.

The pitcher stormed toward David and picked up a baseball bat.



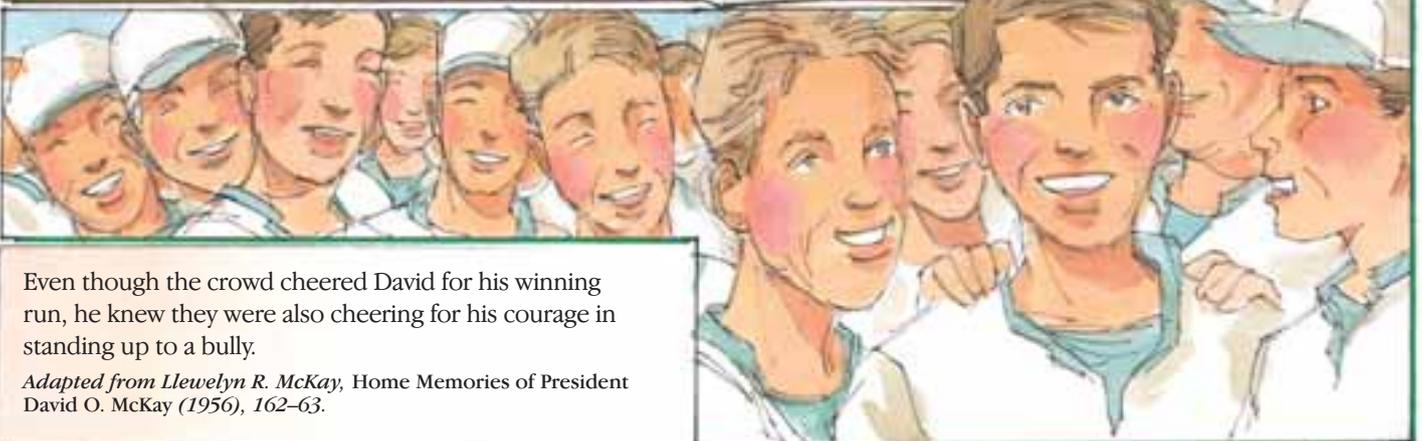
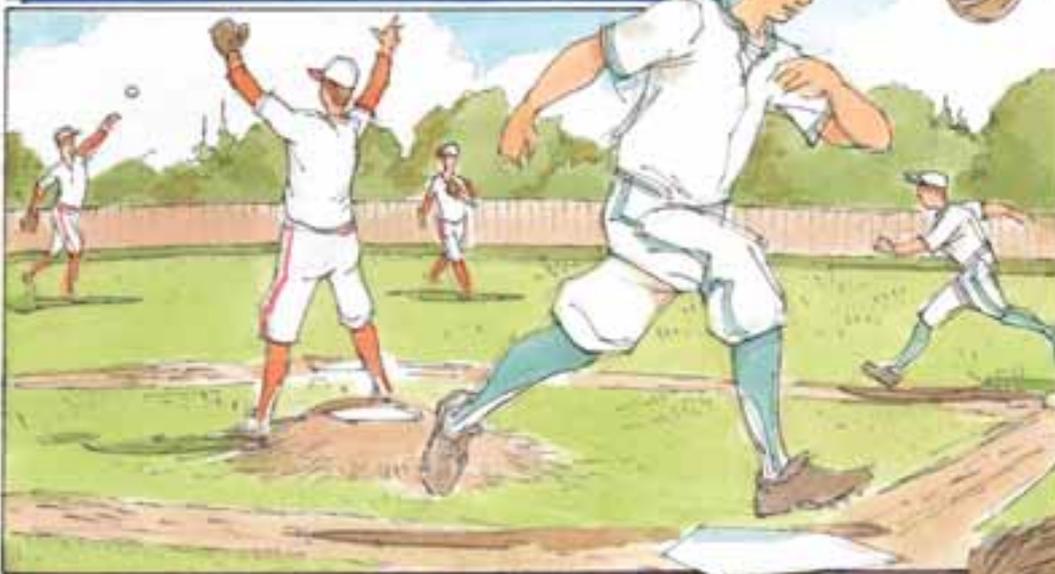
That was strike three. Get out of here, kid, or I'll hurt you!

The field went silent. David stayed calm.



The umpire called only two strikes. Go back to your pitcher's mound and try to get me out; you still have one more chance!

The pitcher saw the determination on David's face and returned to the pitcher's mound. David's bat smacked the ball, and he ran to second base. The next batter sent David to home plate; it was the deciding run of the game.



Even though the crowd cheered David for his winning run, he knew they were also cheering for his courage in standing up to a bully.

*Adapted from Llewelyn R. McKay, Home Memories of President David O. McKay (1956), 162-63.*

# Answered Prayers

*“Counsel with the Lord in all thy doings, and he will direct thee for good” (Alma 37:37).*



**From an interview with Elder Gerald N. Lund of the Seventy, currently serving in the Europe West Area Presidency; by Melvin Leavitt, Church Magazines**

**E**ach fast Sunday my wife and I have a family night with all the grandchildren who can come. One night I told them about losing something as a small boy. It was a little thing, but it was very important to me. I looked and searched and hunted and couldn't find it. Finally I thought, "Well, why not ask Heavenly Father?" I knelt and prayed, and when I opened my eyes, there it was right in front of me.

Although we have all also had experiences that didn't turn out this way, during

the family night I asked my grandchildren, "Have any of you had a similar experience to mine?" and every child's hand went up.

A coin or a toy may not seem very important in the eternal scheme of things. But it is extremely important for you to learn that Heavenly Father is there and that He hears and answers prayers. He wants us to learn while we are young that He is waiting for us to call on Him. He wants us to know that He is willing to intervene in our lives to bless us, protect us, and preserve us.



As we get older, we may have to pray longer and harder before getting an answer, but we will receive one. As a young man, I always planned to go on a mission until the time to go actually came. I was dating a young woman quite seriously, I had started an excellent job and was making good money, and I had just bought a new car. Suddenly leaving for two years didn't sound so attractive. I decided to stay home and serve a stake mission instead. I thought my dad would be angry, but he just said, "Well, that's your choice. But it's a pretty big decision. Would you be willing to take two separate days and go off by yourself somewhere and fast and pray about this? If you do and you still feel the same way, I will not say another word."

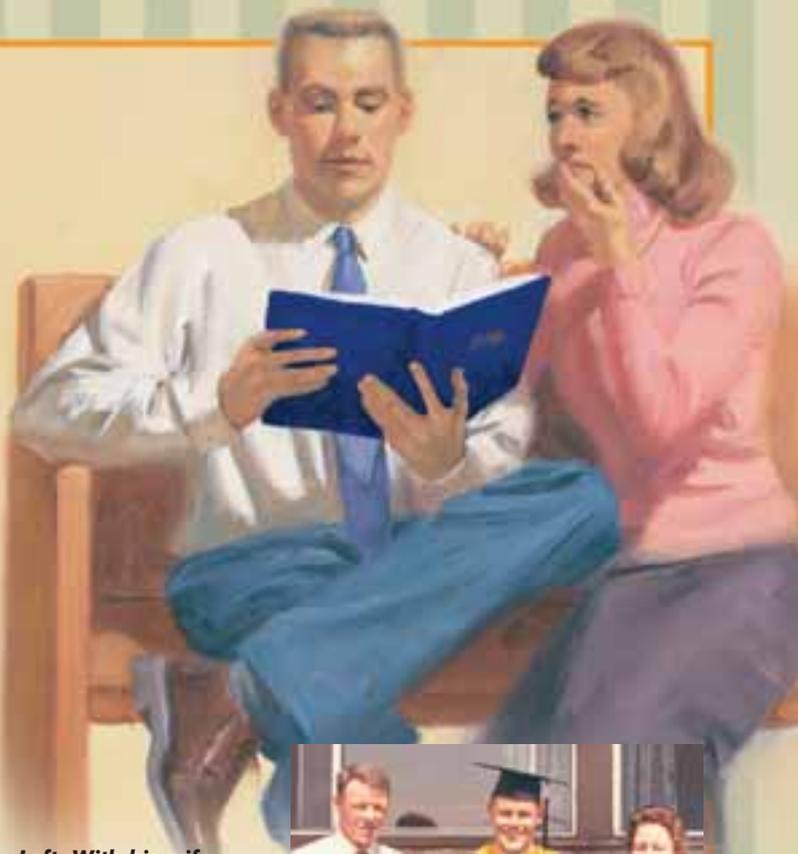
I agreed immediately because I was sure that my decision was acceptable to the Lord. I took my scriptures up into the mountains one Saturday and fasted and prayed and read. I went home and told my dad, "My feelings haven't changed."

He smiled and said, "You promised me two days."

The next week I had to work on Saturday, so I went up into a canyon on Sunday morning and again studied and prayed. I stayed until it was time to leave for sacrament meeting, which was held in the afternoon. I still felt the same way about a mission, and I wanted to hurry down and tell my dad. But as I backed the car around, I got stuck in a snowbank. By the time I pulled the car out and got home, my parents had left, so I picked up my girlfriend and went to sacrament meeting.

During the meeting I idly picked up the hymnbook. It fell open to the hymn that in those days was called "It May Not Be on the Mountain Height" (see "I'll Go Where You Want Me to Go," *Hymns*, no. 270). Part of me said, "Don't read it!" But I read all three verses, including the words "I'll go where you want me to go, dear Lord." In that instant my heart and mind changed. When I finished reading, I closed the book and looked up. Tears were streaming down my girlfriend's face. She said, "You're going, aren't you?" I said, "Yes, I am."

I can't imagine where my life would have gone if I



**Left: With his wife and family in the summer of 2000.**

**Above: Deciding to serve a mission.**

**Right: With his parents when receiving a master's degree from Brigham Young University.**



had chosen to stay home. My mission led me to great happiness, and prayer led me to my mission. This experience taught me the importance of going to the Lord with my decisions.

A vital part of a testimony is knowing that God is our Heavenly Father and that He knows us and loves us and will answer our prayers. I'm only now beginning to understand how deeply He loves us and how well He knows us. He knows our hearts. He knows our loneliness. He knows our fears. He will not force Himself on us though, because He respects our agency. We must ask. When we do, our Heavenly Father will confirm the reality of His existence. How comforting it is to know that the Creator of the universe is standing by to answer a child's prayer. ●



*“The gate by which ye should enter is repentance and baptism” (2 Nephi 31:17).*

BY JANE McBRIDE CHOATE

Based on an experience of a family in the author’s ward

Logan had turned eight years old last week. Today was a special day—he was going to be baptized. He and his father dressed in white clothes and took their seats near the baptismal font.

Logan’s brother-in-law, Ryan, was asked to give a talk at the baptism. After the opening song and prayer, Ryan read the fourth article of faith: “We believe that the first principles and ordinances of the Gospel are: first, Faith in the Lord Jesus Christ;

second, Repentance; third, Baptism by immersion for the remission of sins; fourth, Laying on of hands for the gift of the Holy Ghost.”

Then Ryan placed a blue paper square on the floor at one side of the room and a white paper square at the other side. “Logan, come stand on this blue square,” he said. “Can you get from the blue square to the white square without stepping on the carpet?”

Logan looked across the room and shook his head. “It’s too far.”

Ryan nodded. “It’s too far for you to get there by yourself. And do you think

# Logan’s Baptism



JOHN BAPTIZING JESUS, BY HARRY ANDERSON; PHOTOGRAPHY (EXCEPT AS NOTED) BY JOHN LUKE, POSED BY MODELS; ELECTRONICALLY COMPOSED BY PAUL KILLPACK; PHOTOGRAPH OF DENVER COLORADO TEMPLE BY CRAIG DIMOND

you can return to Heavenly Father without help?"

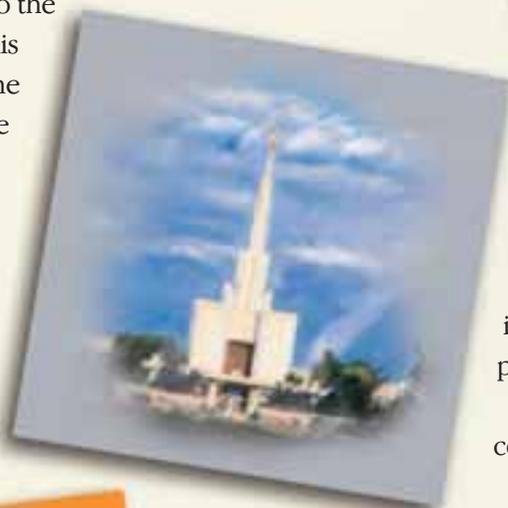
Logan shook his head again.

Ryan placed six more squares on the floor, each square a different color. "Heavenly Father has given us steps to bring us back to Him. Do you know what they are?"

Logan thought of the article of faith Ryan had just read. "The first one is faith." Ryan nodded as Logan stepped onto the red square. "And the second one is repentance." Logan moved to the yellow square.

Ryan pointed to the green square. "This one represents one of the steps you're taking today."

Smiling, Logan stepped onto the green square.



temple ordinances. What do you think the last square stands for?"

Logan couldn't remember any more steps. Then it dawned on him—it was the simple truth taught by prophets and scriptures. "Stay righteous," he said.

"Exactly," Ryan said. "After making all of these covenants, we must stay faithful."

Logan sat down and Ryan finished his talk. Then Logan and his father entered the baptismal font. With the authority of the priesthood, Logan's father baptized him. After they had changed into dry clothes, Logan was confirmed a member of The Church of Jesus Christ of Latter-day Saints.

"Baptism,"

he said. He was much closer to the white square now, but there were still three more in between.

"The orange square represents receiving the gift of the Holy Ghost,"

Ryan said, "another step you'll take today."

Logan stepped onto the orange square.

"What do you think the last two squares represent?"

Ryan asked.

Logan thought for a moment. The fourth article of faith included only the *first* four principles and ordinances of the gospel. He had learned in Primary that baptism was the first of many covenants he would make. "Does the gray square stand for the temple?" he asked.

"Right!" Ryan beamed. "After your baptism and confirmation, you'll prepare to receive the priesthood and



"The [ordinances] of baptism and receiving the gift of the Holy Ghost [take] us out of this world and into the kingdom of God."

**Elder Robert D. Hales of the Quorum of the Twelve Apostles, "The Covenant of Baptism: To Be in the Kingdom and of the Kingdom," *Liahona*, Jan. 2001, 6-7; *Ensign*, Nov. 2000, 7.**

"Remember the Spirit you feel right now," Ryan said afterward as he hugged Logan. "Try to keep it with you for the rest of your life."

Logan knew he would never forget this special day—a day he had taken two important steps toward his heavenly home. ●

*Jane McBride Choate is a member of the Big Thompson Ward, Loveland Colorado Stake.*

# A Second Mile

BY BARBARA HOPF

*“He that followeth me shall not walk in darkness, but shall have the light of life” (John 8:12).*

**M**y three children and I were on our way home after shopping when we passed the man with the newspapers for the first time. I let Emmily, 2, hand him some money to buy a paper. Lisa, 6, asked, “What is that man doing? Why is he selling newspapers on the street instead of in the store?”

I explained that he was selling a special newspaper and that the people who sell the special newspaper don't have much money. They often don't have a home or a family to help them. But they can earn a little money by selling newspapers, and we can help them by buying one.

Many weeks later—on a rainy day—we were on

our way to the children's gymnastics lesson. Because we had to stop at the store, we didn't take the direct route. After we had made our purchases, I wondered out loud which route we should take to the lesson. We could take a shorter route through a side street or a longer one taking us past the corner with the street vendor. I looked at Lisa and waited for her to choose.

“Let's take the long way, Mom, and buy a newspaper,” she said. “Jesus would have done that.” We went the second mile that rainy day and bought one of many more newspapers. ●

*Barbara Hopf is a member of the Stade Branch, Hamburg Germany Stake.*

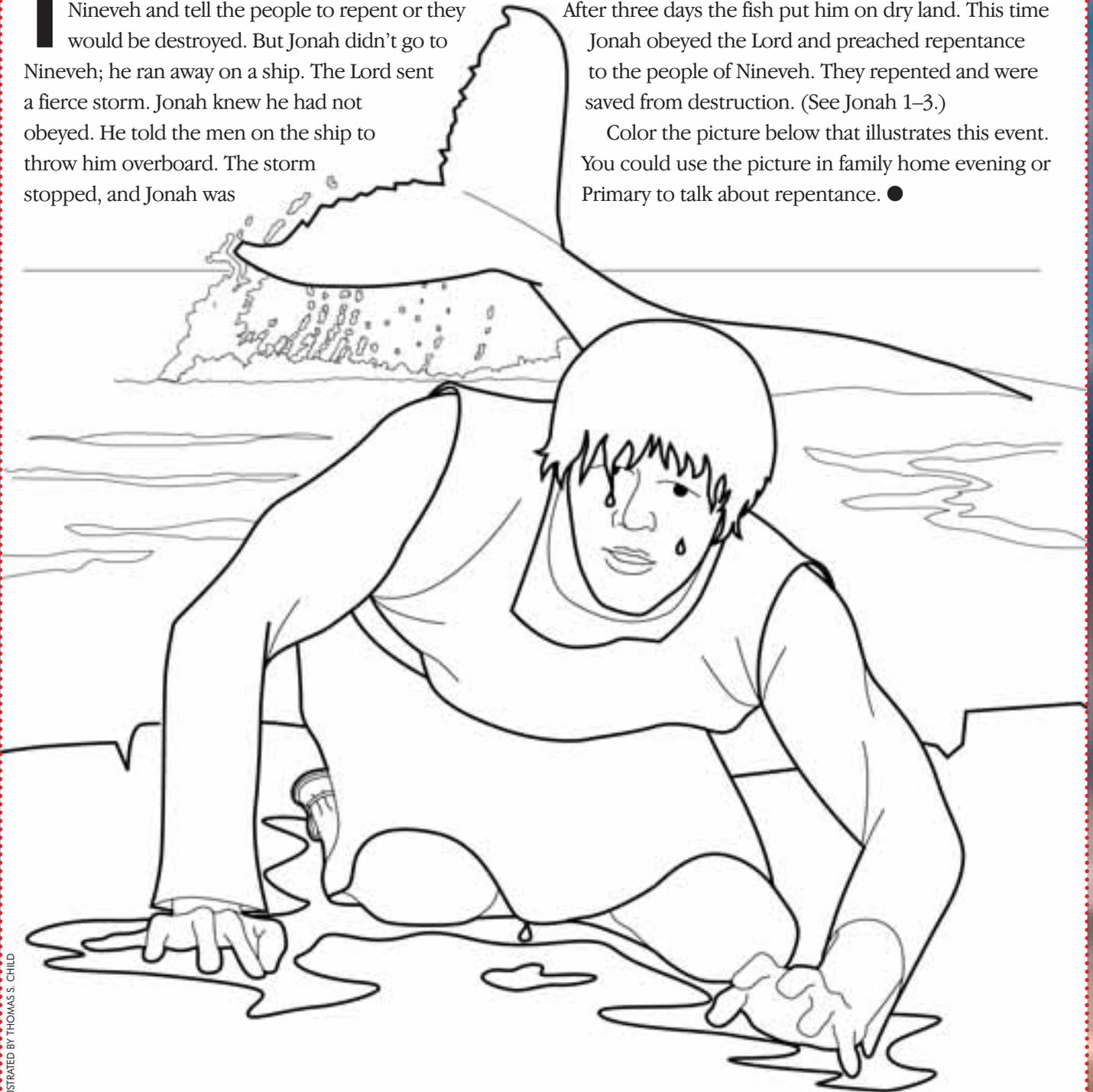


# Jonah Repents

**T**he Lord told the prophet Jonah to go to the city of Nineveh and tell the people to repent or they would be destroyed. But Jonah didn't go to Nineveh; he ran away on a ship. The Lord sent a fierce storm. Jonah knew he had not obeyed. He told the men on the ship to throw him overboard. The storm stopped, and Jonah was

swallowed by a large fish. Jonah prayed and repented. After three days the fish put him on dry land. This time Jonah obeyed the Lord and preached repentance to the people of Nineveh. They repented and were saved from destruction. (See Jonah 1–3.)

Color the picture below that illustrates this event. You could use the picture in family home evening or Primary to talk about repentance. ●



*“Behold, we have forsaken all, and followed thee” (Matthew 19:27).*

# The Skipper’s Son

BY LISA FERNELIUS

Based on experiences of the author’s grandfather

**F**eike jumped from the edge of the canal onto the deck of the boat where his family lived. His wooden shoes clunked loudly as he raced toward the white cabin at the back of the boat.

“Today is the day,” the 12-year-old boy thought excitedly. “Today Father will give the missionaries his answer.”

Latter-day Saint missionaries had begun preaching in the Netherlands a few years earlier, in the 1860s. Feike had seen them and brought them home, hoping they would teach him English. He soon learned, however, that the elders had greater things to teach him and his family.

At the door of the small cabin, Feike removed his wooden shoes, turning them upside down to keep out water. His classroom at school was larger than the small cabin that was his home, but Feike loved the tiny kitchen with its wood-burning stove. His parents and younger brothers and sisters slept on wall beds that folded up behind the cupboard doors at the back of the kitchen. Feike, the oldest, slept in the storage compartment at the front of the boat.

He slipped into the living room and sat down quietly. Elder Swensen was speaking, carefully reviewing the teachings he and Elder Lofgren had shared on so many winter nights in this very room. Feike had felt the warmth of the Spirit each time and wanted to be baptized right away. He thought his mother did too because

she spoke often of going to the temple. But Father would not commit to something unless he knew he could do it, and so he wouldn’t be baptized until he was sure he could keep his baptismal promises. Today was the day Father would tell the missionaries his decision. Feike had been praying so sincerely for weeks that he was certain his father’s answer would be yes.

“Brother Wolthuis,” Elder Lofgren said to Father, “I feel you know the gospel is true.”

Father, looking at the floor, nodded his head.

“Are you willing to be baptized?” Elder Lofgren asked. “Can you make the necessary sacrifices?”

The room was silent. Even Feike’s younger brothers and sisters didn’t wiggle. Everyone stared at Father. Slowly he raised his weatherworn face.

“Yes, I know The Church of Jesus Christ of Latter-day Saints is true. I will be baptized.”

Feike beamed. Heavenly Father had heard his prayers. Mother was smiling through the tears streaming down her cheeks.

“We will be ready to sail to America within the month,” Father promised.

“Sail to America?” Feike blurted out.

“Yes, Feike,” Father said. “Church leaders have asked all the Saints to come to Salt Lake City.” He paused. “Uncle Geert has agreed to buy our boat.”

“But the boat was to become mine one day! I was





“Our commitment to the kingdom should match that of our faithful ancestors even though our sacrifices are different.”

**Elder M. Russell Ballard of the Quorum of the Twelve Apostles, “The Law of Sacrifice,” *Liahona*, Mar. 2002, 18; *Ensign*, Oct. 1998, 11.**

to become the skipper!” Feike desperately reminded his father.

“I know. I have not forgotten my promise,” Father said. “Uncle Geert has agreed to keep you on as his hired man if you choose not to go to America. Then when you are old enough, he will sell the boat to you.”

Anger washed over Feike’s whole body, erasing all the joy he’d felt about his father’s baptism.

“I thought this Church was true,” Feike exploded, “but to choose between the Church and your country, your relatives, and your boat—it is too much to ask!”

Feike stormed to his small room in the bow of the boat. Out of habit he banged on the side of the boat with a small hammer to signal he’d made it without falling overboard. Tonight he pounded again and again.

A long time passed as Feike lay on his mattress. He thought of the mules pulling the boat through the canals of the Dutch provinces. He thought of the small grocery boats that pulled up alongside their boat so Mother could do her shopping. But mostly Feike thought of the wind filling the tall sails of their boat as they crossed the open waters of the sea. One day he would sail on open waters as the skipper . . . if he said good-bye to his family when they went to America.

Just then he heard a knock at his door.

“Come in,” Feike mumbled.

His father sat on the end of the bed. “I’m sorry, Feike. I thought you understood that if we were baptized we would go to America.”

“I knew others were going, but I didn’t think you would ever leave the boat. I thought you loved being a skipper.”

Father’s eyes filled with tears. “I do—more than you’ll ever know.”

“What will you do in America?”

“I don’t know. Sailing has been my life. But the Lord

has called His people to Salt Lake City, and your mother and I have decided to go.”

“But to give up my dream of being skipper—to leave the boat?”

“It is a difficult decision that only you can make,” his father agreed. “A couple of nights ago as I struggled with the same questions, I found a scripture that helped me. When Jesus called James and John, they were fishermen. But the Bible says that ‘they immediately left the ship . . . and followed him’ (Matthew 4:22).”

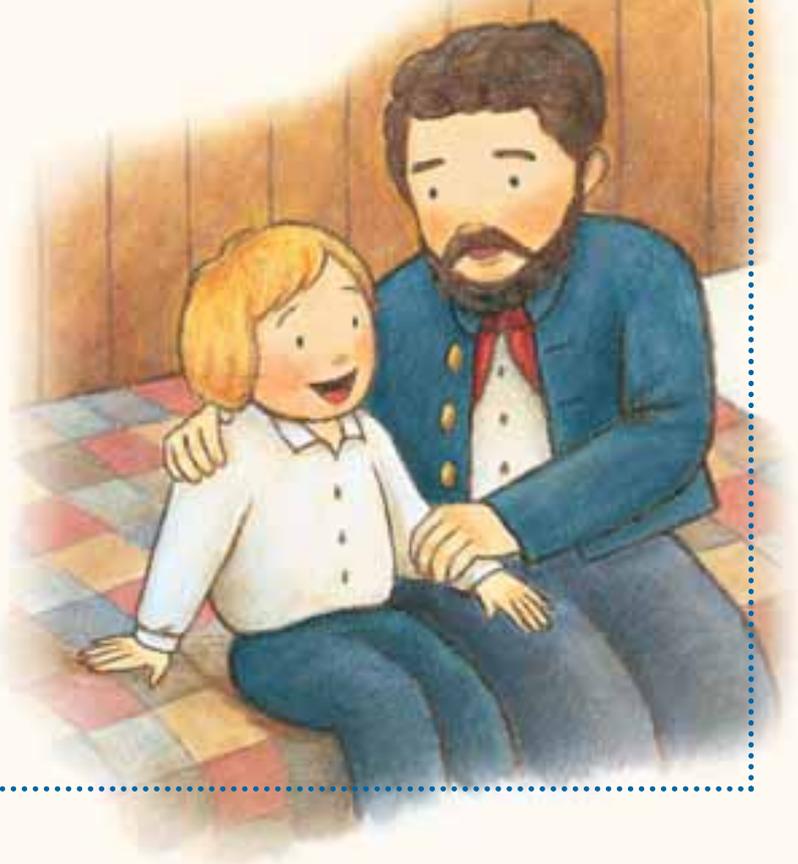
The skipper and his son sat in silence for a long time. Feike looked into his father’s clear blue eyes. He sensed his father’s faith and courage, and he knew what he needed to do. Finally he spoke.

“Can we take the boat out once more before we sail to America together?”

The skipper pulled his son into a hug.

“Yes, I’d like that very much.” ●

*Lisa Fernelius is a member of the Chambersburg First Ward, York Pennsylvania Stake.*

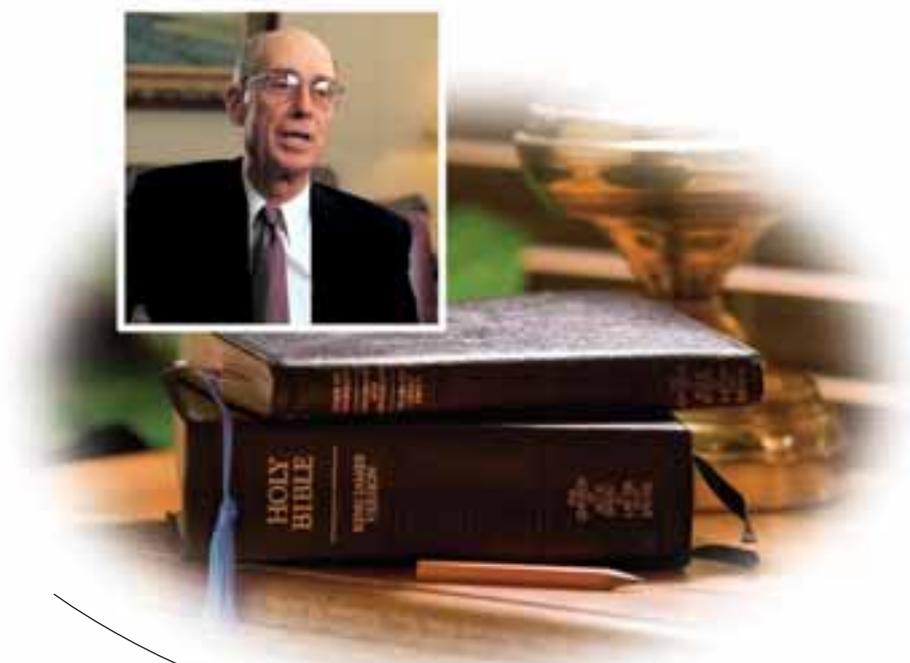




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**The McKay Farmhouse, Huntsville, Utah, by Cynthia M. McKay**

*David O. McKay (1873–1970), ninth President of the Church, was born and reared in this home in Huntsville, located in a picturesque valley in the mountains near Ogden, Utah. On this farm, young David learned to work hard as he helped with the crops and farm animals. The artist, who is the wife of David O. McKay's grandson Robert, featured President McKay's large horse Sonny Boy on the right.*



*"Sometimes I go to the scriptures for doctrine. Sometimes I go to the scriptures for instruction. . . . Invariably I find new ideas, thoughts I have never had before, and I receive inspiration and instruction and answers to my questions." See "A Discussion on Scripture Study: An Interview with Elder Henry B. Eyring," p. 8.*