

Liahona

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FAMILY HOME EVENING IDEAS

*These ideas can help you use
the Liahona to enhance
your teaching in the
classroom as well as
in the home.*

**"By Ship, Handcart, or
Tennis Shoe,"** p. 10: As

a family pretend you
are explorers, and make a map
that represents one's journey
through life. In the testimonies of
the Portuguese youth, find some
personal qualities and gospel prin-
ciples that help you make the jour-
ney safely. Write those on the map.

Testify that we can courageously
chart a course that leads to Jesus
Christ.

"On the Wings of Eagles,"

p. 14: Have family members
make paper airplanes and

try to fly them. Discuss
what it might take

to build a real plane. Read the
Wright brothers' story, and find the
three requirements for successful
flight. Assign family members to
read the article and report on how
these three principles can apply to
our own lives.



FOR YOUTH

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26 Yelled At, Barked At, and Rained On



As you look for the CTR ring hidden in this issue, remember to always say your prayers.

“Breaking the Chains of Sin,” p. 36: Read the section “Spiritual Captivity,” and discuss specific things that lead to spiritual bondage. Write answers on strips of paper, and make a paper chain. Read the last two paragraphs of the article, and discuss ways that the Savior can help break the chains of sin. Tear the loops in the paper chain, and talk about how to remain free from spiritual bondage.

“My Sister, My Example,” p. F8: Discuss what it means to be honest. Read the quote by President

James E. Faust. Including the stories in the article, pass out other stories with examples of honesty and dishonesty. Let each family member read or role-play his or her story and discuss the blessings of being honest.

“Blessed by the Priesthood,” p. F14: Display items of both temporal and spiritual worth. Ask the family to choose which one is the most valuable. Read the article. Look at the items again, and discuss why the items have value. Testify of the need to focus on things of spiritual worth.

THE FRIEND: FOR CHILDREN

- F2 Come Listen to a Prophet’s Voice: Frame Your Life with Faith *President Thomas S. Monson*
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- F14 Friend to Friend: Blessed by the Priesthood
Elder Douglas L. Callister
- F16 Special Witness: Guess Who?



F10 Welcome to Young Women

ON THE COVER

John the Baptist Baptizing Jesus, by Greg Olsen, may not be copied.

THE FRIEND COVER

Photograph by Miriam Oliveira Versiani Nery, posed by model.

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"WE BELIEVE IN GOD, THE ETERNAL FATHER, . . .

*I believe without equivocation or reservation in God the
Eternal Father. He is the great Creator, the Ruler of the universe.*

In These Three I Believe

BY PRESIDENT GORDON B. HINCKLEY

The first article of faith is surely familiar to all members of the Church. It is the pivotal position of our religion. It is significant that in setting forth the primary elements of our doctrine, the Prophet Joseph put this number one:

“We believe in God, the Eternal Father, and in His Son, Jesus Christ, and in the Holy Ghost” (Articles of Faith 1:1).

The preeminence given that declaration is in accord with another statement the Prophet made. Said he:

“It is the first principle of the gospel to know for a certainty the character of God” (*History of the Church*, 6:305).

These tremendously significant and overarching declarations are in harmony with the words of the Lord in His great Intercessory Prayer:

“And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent” (John 17:3).

I recall reading a tract some years ago written by a critic, an enemy of the Church whose desire was to undermine the faith of the weak and the unknowing. The tract repeated fallacies that had been parroted for

a century and more. It purported to set forth what you and I, as members of The Church of Jesus Christ of Latter-day Saints, believe.

Without wishing to argue with any of our friends of other faiths, many of whom I know and for whom I have the highest regard, I take this opportunity to set forth my position on this most important of all theological subjects.

I believe without equivocation or reservation in God the Eternal Father. He is my Father, the Father of my spirit, and the Father of the spirits of all men. He is the great Creator, the Ruler of the universe. He directed the Creation of this earth on which we live. In His image man was created. He is personal. He is real. He is individual. He has “a body of flesh and bones as tangible as man’s” (D&C 130:22).

In His Image

In the account of the Creation of the earth, “God said, Let us make man in our image, after our likeness” (Genesis 1:26).

Could any language be more explicit? Does it demean God, as some would have us believe, that man was created in His express



They are distinct beings, but They are one in purpose and effort. They are united as one in bringing to pass the grand, divine plan for the salvation and exaltation of the children of God.

image? Rather, it should stir within the heart of every man and woman a greater appreciation for himself or herself as a son or daughter of God. Paul's words to the Corinthian Saints are as applicable to us today as they were to those to whom he wrote. Said he:

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?

"If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are" (1 Corinthians 3:16-17).

I remember the occasion more than 70 years ago when, as a missionary, I was speaking in an open-air meeting in Hyde Park, London. As I was presenting my message, a heckler interrupted to say, "Why don't you stay with the doctrine of the Bible which says in John, 'God is a Spirit?'"

I opened my Bible to the verse he had quoted and read to him the entire verse:

"God is a Spirit: and they that worship him must worship him in spirit and in truth" (John 4:24).

I said, "Of course God is a spirit, and so are you in the combination of spirit and body that makes of you a living being, and so am I."

Each of us is a dual being of spiritual entity and physical entity. All know of the reality of death when the body dies, and each of us also knows that the spirit lives on as an individual entity and that at some time, under the divine plan made possible by the sacrifice of the Son of God, there will be a reunion of spirit and body.

Jesus's declaration that God is a spirit no more denies that He has a body than does the statement that I am a spirit while also having a body.

I do not equate my body with His in its refinement, in its capacity, in its beauty and radiance. His is eternal. Mine is mortal. But that only increases my reverence for Him. I worship Him "in spirit and in truth." I look to Him as my strength. I pray to Him for wisdom beyond my own. I seek to love Him with all my heart, might, mind, and strength. His wisdom is greater than the wisdom of all men. His

power is greater than the power of nature, for He is the Creator Omnipotent. His love is greater than the love of any other, for His love encompasses all of His children, and it is His work and His glory to bring to pass the immortality and eternal life of His sons and daughters of all generations (see Moses 1:39).

Our Almighty Father

He "so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life" (John 3:16).

This is the Almighty of whom I stand in awe and reverence. It is He to whom I look in fear and trembling. It is

He whom I worship and unto whom I give honor and praise and glory. He is my Heavenly Father, who has invited me to come unto Him in prayer, to speak with Him, with the promised assurance that He will hear and respond.

I thank Him for the light and knowledge and understanding He has bestowed upon His children. I thank Him for His voice, which has spoken eternal truth with power and promise. I thank Him for His declaration at the baptism of His Beloved Son in the waters of Jordan when His voice was heard saying, "This is my beloved Son, in whom I am well pleased" (Matthew 3:17).

I thank Him for His similar declaration on the Mount of Transfiguration, when He spoke again to Jesus and His Apostles and angels also, when

"after six days Jesus taketh Peter, James, and John his brother, and bringeth them up into an high mountain apart,

"And was transfigured before them: and his face did shine as the sun, and his raiment was white as the light.

"And, behold, there appeared unto them Moses and Elias talking with him.

"Then answered Peter, and said unto Jesus, Lord, it is good for us to be here: if thou wilt, let us make here three tabernacles; one for thee, and one for Moses, and one for Elias.



Jesus said they who had seen Him had seen the Father. Could not the same be said by many a son who resembles his parent?

. . . AND IN HIS SON, **JESUS CHRIST**, . . .

When Jesus was baptized by John in Jordan, His Father's voice was heard declaring His divine sonship, and the Holy Ghost was manifest in the form of a dove.



“While he yet spake, behold, a bright cloud overshadowed them: and behold a voice out of the cloud, which said, This is my beloved Son, in whom I am well pleased; hear ye him” (Matthew 17:1–5).

I thank Him for that voice heard again when the risen Lord was introduced to the people of the Western Hemisphere with the voice of God declaring, “Behold my Beloved Son, in whom I am well pleased, in whom I have glorified my name” (3 Nephi 11:7).

I stand in awe and reverence and gratitude for His appearance in this dispensation when, as He introduced the risen Lord to one who had sought Him in prayer, the Father declared: “*This is My Beloved Son. Hear Him!*” (Joseph Smith—History 1:17).

... AND IN THE HOLY GHOST”

(Articles of Faith 1:1).

His Firstborn Son

I believe in the Lord Jesus Christ, the Son of the eternal, living God. I believe in Him as the Firstborn of the Father and the Only Begotten of the Father in the flesh. I believe in Him as an individual, separate and distinct from His Father. I believe in the declaration of John, who opened his gospel with this majestic utterance:

“In the beginning was the Word, and the Word was with God, and the Word was God.

“The same was in the beginning with God. . . .

“And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth” (John 1:1–2, 14).

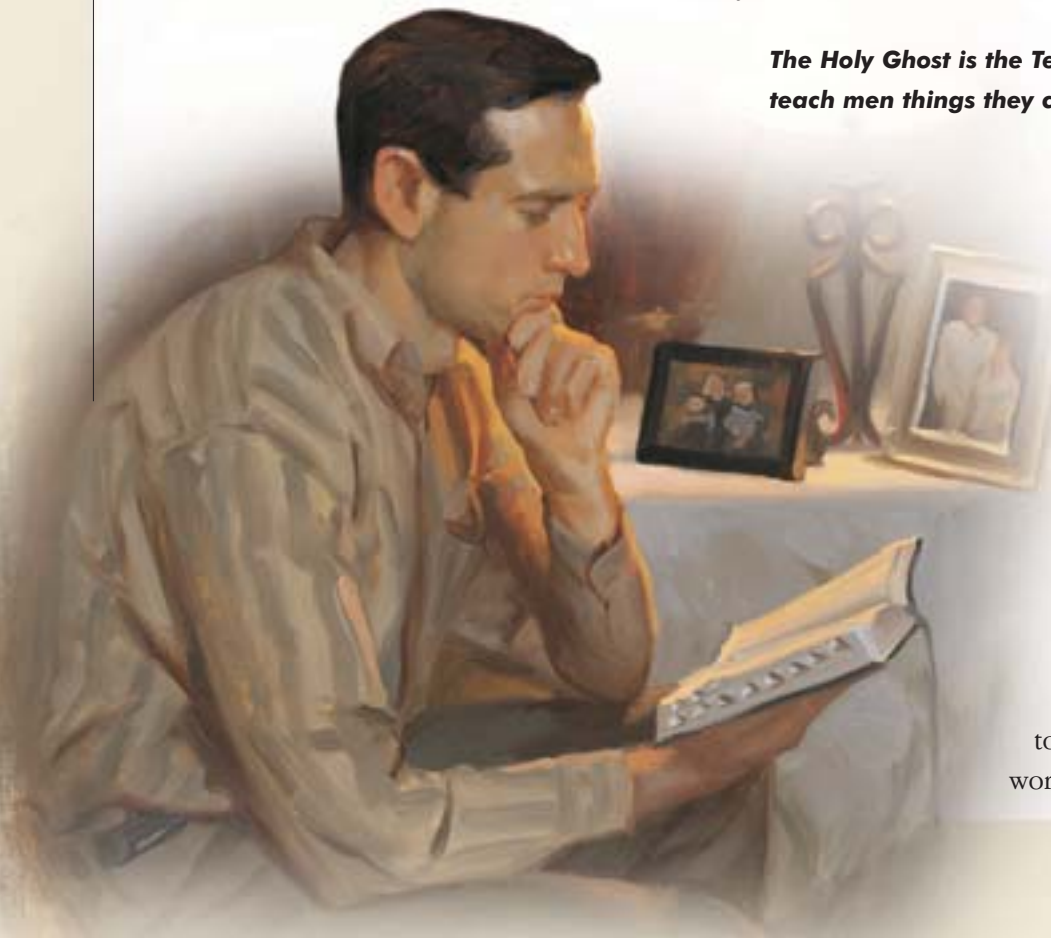
I believe that He was born of Mary of the lineage of David as the promised Messiah, that He was in very deed begotten of the Father,

The Holy Ghost is the Testifier of Truth, who can teach men things they cannot teach one another.

and that in His birth was the fulfillment of the great prophetic declaration of Isaiah:

“For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace” (Isaiah 9:6).

I believe that in His mortal life He was the one perfect man to walk the earth. I believe that in His words are to be found that light and



truth which, if observed, would save the world and bring exaltation to mankind. I believe that in His priesthood rests divine authority—the power to bless, the power to heal, the power to govern in the earthly affairs of God, the power to bind in the heavens that which is bound upon the earth.

I believe that through His atoning sacrifice, the offering of His life on Calvary's Hill, He expiated the sins of mankind, relieving us from the burden of sin if we will forsake evil and follow Him. I believe in the reality and the power of His Resurrection. I believe in the grace of God made manifest through His sacrifice and redemption, and I believe that through His Atonement, without any price on our part, each of us is offered the gift of resurrection from the dead. I believe further that through that sacrifice there is extended to every man and woman, every son and daughter of God, the opportunity for eternal life and exaltation in our Father's kingdom, as we hearken to and obey His commandments.

Divine Savior and Redeemer

None so great has ever walked the earth. None other has made a comparable sacrifice or granted a comparable blessing. He is the Savior and the Redeemer of the world. I believe in Him. I declare His divinity without equivocation or compromise. I love Him. I speak His name in reverence and wonder. I worship Him as I worship His Father, in spirit and in truth. I thank Him and kneel before His wounded feet and hands and side, amazed at the love He offers me.

God be thanked for His Beloved Son, who reached out long ago and said to each of us:

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

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

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

He lives, the firstfruits of the Resurrection. I know He lives today as really, as certainly, as individually, as He lived when, as the risen Lord, He beckoned His discouraged disciples to “come and dine. . . .

“ . . . [Jesus] taketh bread, and giveth them, and fish likewise” (John 21:12–13).

The scripture tells of others to whom He showed Himself and with whom He spoke, as the living, resurrected Son of God.

Likewise in this dispensation He has appeared, and those who saw Him declared:

“And now, after the many testimonies which have been given of him, this is the testimony, last of all, which we give of him: That he lives!

“For we saw him, even on the right hand of God; and we heard the voice bearing record that he is the Only Begotten of the Father—

“That by him, and through him, and of him, the worlds are and were created, and the inhabitants thereof are begotten sons and daughters unto God” (D&C 76:22–24).

This is the Christ in whom I believe and of whom I testify.

The Holy Ghost

That knowledge comes from the word of scripture, and that testimony comes by the power of the Holy Ghost. It is a gift, sacred and wonderful, borne by revelation from the third member of the Godhead. I believe in the Holy Ghost as a personage of spirit who occupies a place with the Father and the Son, these three comprising the divine Godhead.

The importance of that place is made clear from the words of the Lord, who said:

“All manner of sin and blasphemy shall be forgiven unto men: but the blasphemy against the Holy Ghost shall not be forgiven unto men.

“And whosoever speaketh a word against the Son of man, it shall be forgiven him: but whosoever speaketh against the Holy Ghost, it shall not be forgiven him, neither in this world, neither in the world to come” (Matthew 12:31–32).

That the Holy Ghost was recognized in ancient times as a member of the Godhead is evident from the conversation between Peter and Ananias when the latter held back a part of the price received from the sale of a piece of land.

“Peter said, Ananias, why hath Satan filled thine heart to

lie to the Holy Ghost . . . ? Thou hast not lied unto men, but unto God” (Acts 5:3–4).

The Holy Ghost stands as the third member of the Godhead, the Comforter promised by the Savior who would teach His followers all things and bring all things to their remembrance, whatsoever He had said unto them (see John 14:26).

The Holy Ghost is the Testifier of Truth, who can teach men things they cannot teach one another. In those great and challenging words of Moroni, a knowledge of the truth of the Book of Mormon is promised “by the power of the Holy Ghost.” Moroni then declares, “And by the power of the Holy Ghost ye may know the truth of all things” (Moroni 10:4–5).

I believe this power, this gift, is available to us today.

Three Distinct Beings

And so I believe in God the Eternal Father, and in His Son, Jesus Christ, and in the Holy Ghost.

I was baptized in the name of these three. I was married in the name of these three. I have no question concerning Their reality and Their individuality. That individuality was made apparent when Jesus was baptized by John in Jordan. There in the water stood the Son of God. His Father’s voice was heard declaring His divine sonship, and the Holy Ghost was manifest in the form of a dove (see Matthew 3:16–17).

I am aware that Jesus said they who had seen Him had seen the Father. Could not the same be said by many a son who resembles his parent?

When Jesus prayed to the Father, certainly He was not praying to Himself!

They are distinct beings, but They are one in purpose and effort. They are united as one in bringing to pass the grand, divine plan for the salvation and exaltation of the children of God.

In His great, moving prayer in the garden before His betrayal, Christ pleaded with His Father concerning the Apostles, whom He loved, saying:

“Neither pray I for these alone, but for them also which shall believe on me through their word;

“That they all may be one; as thou, Father, art in me, and I in thee, that they also may be one in us” (John 17:20–21).

It is that perfect unity between the Father, the Son, and the Holy Ghost that binds these three into the oneness of the divine Godhead.

Miracle of miracles and wonder of wonders, They are interested in us, and we are the substance of Their great concern. They are available to each of us. We approach the Father through the Son. He is our intercessor at the throne of God. How marvelous it is that we may so speak to the Father in the name of the Son.

I bear witness of these great, transcendent truths. I do so by the gift and power of the Holy Ghost, in the sacred name of Jesus Christ. ■

IDEAS FOR HOME TEACHERS

After prayerfully studying this message, share it using a method that encourages the participation of those you teach. Following are some examples:

1. Ask family members to repeat the first article of faith. Discuss the nature and divine role of each member of the Godhead. Relate President Hinckley’s missionary experience concerning the nature of God. Invite family members to share their own testimonies of a member of the Godhead.
2. Before your visit, prepare three pieces of paper: on each one, write a word, phrase, or scripture from the article that refers to a member of the Godhead. During the visit read the papers, and have family members identify which member of the Godhead each description refers to. Share President Hinckley’s testimony regarding each personage.
3. Read President Hinckley’s comments about the personal nature of God. Invite the family to share times when they have felt a similar closeness. Discuss ways they can deepen their testimony of members of the Godhead.

SMILES DESPITE MY TRIALS

BY MARÍA LUISA GONZÁLEZ HARO

When I was 17, I left my home in Guadalajara to study at Benemérito de las Américas, a Church institution for young people in Mexico. I was very happy there, even though I wasn't in the best of health. I always had people who were willing to help and encourage me, but my illness kept getting more and more serious, and I didn't know what was wrong with me. Finally, I was given a week off school to go back to Guadalajara for some tests.

When I got home, I suffered total facial paralysis. I was hospitalized in very serious condition with kidney failure. I don't remember what happened for the next two weeks. My mother told me I couldn't see or hear or eat anything. The doctors had no hope for me because my vital levels indicated I couldn't survive.

My mother called the bishop, who came and gave me a blessing. I could feel the power of the priesthood, and

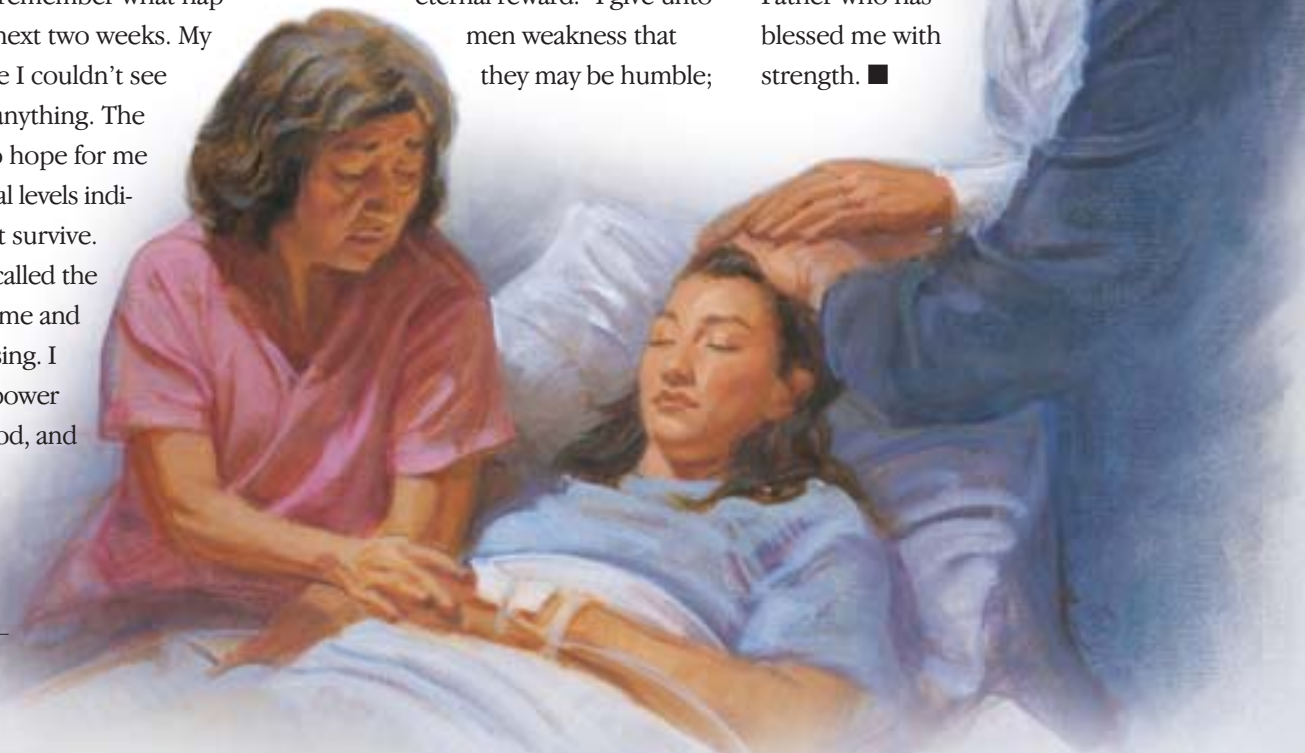
I started to recover. I was in a wheelchair for a while, but I wasn't able to hold my head up, and I couldn't see or hear. With the help of my ward members and their fasting and prayers, I continued to recover. I was put on dialysis. My mother donated a kidney, and the doctors performed a transplant. However, five months later my body rejected the kidney, and I am now on dialysis again. I am on the waiting list for another kidney transplant.

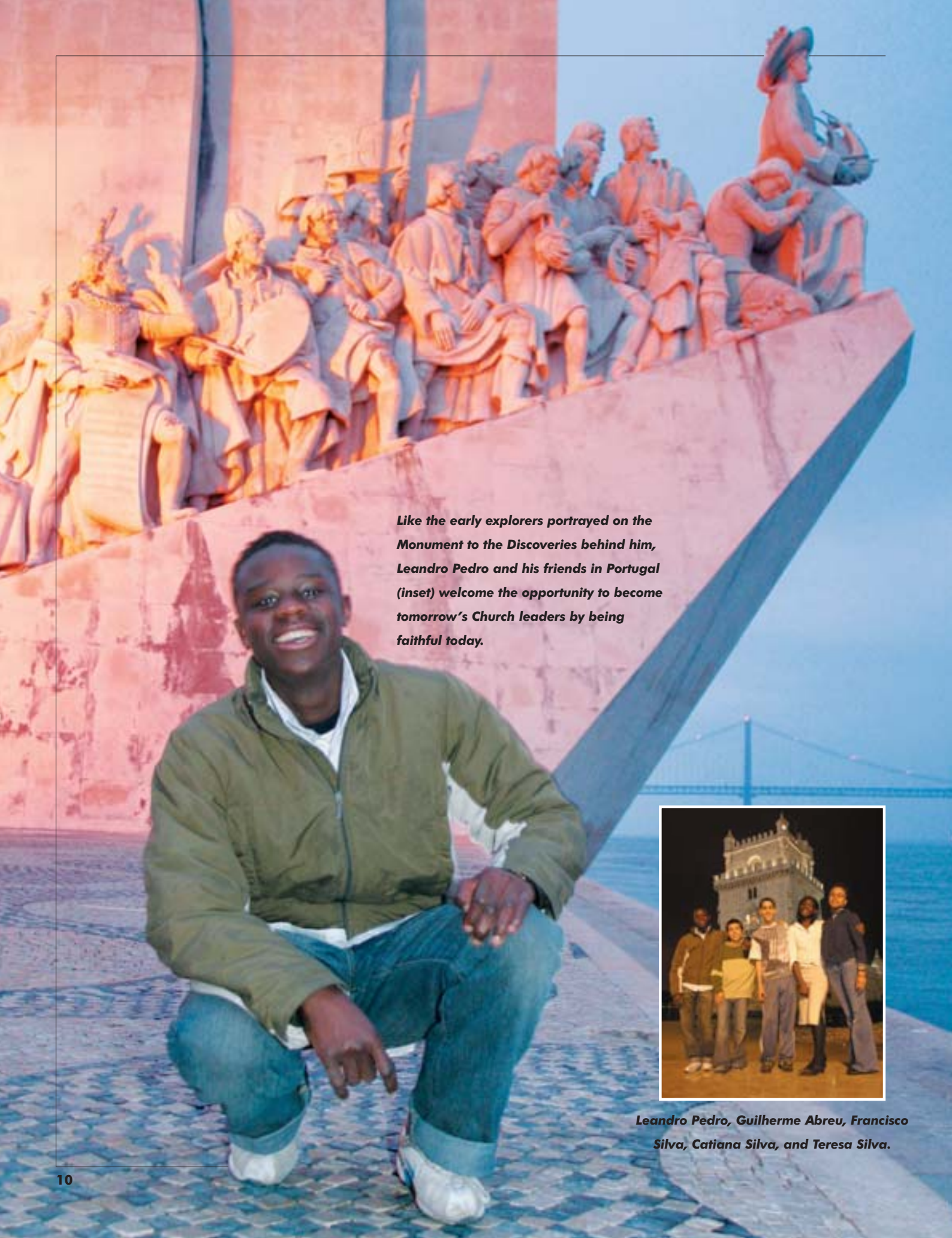
Despite these trials, Heavenly Father has given me the opportunity to graduate from seminary and to complete my Personal Progress, which gives me a great deal of satisfaction. I know I still have a long way to go before I'm healthy again, but I'm grateful to the Lord for this experience because I've gained a stronger testimony and it continues to grow every day. I think we all have different trials to overcome before we can obtain our eternal reward. "I give unto men weakness that they may be humble;

... then will I make weak things become strong unto them" (Ether 12:27).

What I want more than anything else is to be able to return to the presence of my Heavenly Father. I know I can achieve this if I'm faithful and obedient. Sometimes it's not very easy to accept the will of the Lord, but I try to face my trials with a smile and remember that we're not here on earth very long when compared to eternity.

When I get discouraged I remember the hymn "Count Your Blessings" (*Hymns*, no. 241), and then I feel happy again. That hymn gives me peace and a feeling of gratitude. I remember the people who love me, including a loving Heavenly Father who has blessed me with strength. ■





Like the early explorers portrayed on the Monument to the Discoveries behind him, Leandro Pedro and his friends in Portugal (inset) welcome the opportunity to become tomorrow's Church leaders by being faithful today.



Leandro Pedro, Guilherme Abreu, Francisco Silva, Catiana Silva, and Teresa Silva.

By Ship, Handcart, or Tennis Shoe

Inspired youth in Portugal are charting a course to Christ and setting a good example too.

BY ADAM C. OLSON
Church Magazines

Leandro Pedro, 16, has heard stories in Sunday School about the faith of the pioneers who crossed the plains. He has always admired the courage they had to walk into the unknown. It reminds him of some of the men who played a part in the history of his own country, Portugal.

Before the pioneers could cross the vast, uninhabited plains of North America, routes to the New World had to be discovered by courageous explorers such as Christopher Columbus, Amerigo Vespucci, and Ferdinand Magellan during the Age of Exploration in the late 1400s and early 1500s. Many of these explorers were educated as navigators in Portugal or were sponsored by the Portuguese government.

Leandro and his friends from the Lisbon Portugal Stake look out across the Tagus River toward the Atlantic Ocean. It was from near here at the Monument to the Discoveries that

many of these great explorers sailed into unknown waters that were believed by many at the time to take a man to the edge of the earth or grow hotter and hotter until the sea boiled.

But like the pioneers, these explorers were courageous.

“It was dangerous,” says Guilherme Abreu, 13. “They had to be valiant.”

“Not everyone believed they could do it,” agrees Catiana Silva, 14.

“The explorers led and others followed,” Leandro says. “They had a purpose, and others followed their dreams.”

Just like the pioneers of 1847. Just like many of the youth in the Church today.

Modern Explorers

In a dangerous world where so many sail blindly through life with no compass or map, who will lead? Who will be the brave explorers with vision?

“We will be,” says Guilherme, speaking of the youth of the Church. “We have the faith of the explorers. We search. We explore. We have found the word of the Lord.”





These Portuguese youth understand that the courage and faith they have will inspire others to follow them.

“Our family will follow us through our example,” says Teresa Silva, 15.

“Our friends will follow us,” says Guilherme.

And in a few short years, today’s youth will be tomorrow’s Church leaders.

“We must prepare to be the future,” says Catiana.

Dangerous Seas

Being an explorer during the fifteenth century was not the safest occupation in the world—Old or New. It required courage. Many suffered from poor nutrition, faced mutinous crew members, survived shipwreck, or were killed in unfamiliar lands.

Today’s world harbors dangers as well. Satan’s influence often strengthens the storms of life.

“Wherever we go, there’s always something dangerous waiting for us,” says Catiana.

She and her friends suggest a number of important instruments that every youthful explorer should rely on to navigate life’s storms. Prayer and scripture study top the list.

“We must follow the prophet,” Leandro adds.

“We need to be brave too,” says 14-year-old Francisco Silva as he looks up at the long line of explorers portrayed along the

Monument to the Discoveries. “It’s not always easy to stand up for what you believe when your friends are making fun of you.”

But what would have happened if Columbus had been more worried about being accepted than about doing what he was prompted to do?



COURAGE TO LEAD

“God bless you, my dear young friends. You are the best generation we have ever had. You know the gospel better. You are more faithful in your duties. You are stronger to face the temptations which come your way. Live by your standards. Pray for the guidance and protection of the Lord. He will never leave you alone. He will comfort you. He will sustain you. He will bless and magnify you and make your reward sweet and beautiful. And you will discover that your example will attract others who will take courage from your strength.”

President Gordon B. Hinckley, “An Ensign to the Nations, a Light to the World,” *Liahona and Ensign*, Nov. 2003, 84.

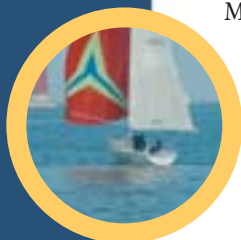
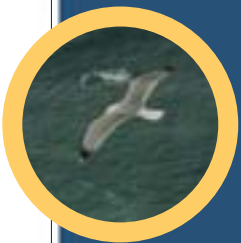
The Promised Land

The Book of Mormon prophet Nephi foresaw the Age of Exploration, that it was inspired by God:

“I looked and beheld a man among the Gentiles, who was separated from the seed of my brethren by the many waters; and I beheld the Spirit of God, that it came down and wrought upon the man; and he went forth upon the many waters, even unto the seed of my brethren, who were in the promised land.

“And it came to pass that I beheld the Spirit of God, that it wrought upon other Gentiles; and they went forth out of captivity, upon the many waters” (1 Nephi 13:12–13).

These explorers helped prepare the way for the Restoration of the gospel. They were part of God’s plan to put the right 14-year-old boy in the right place at the right time. The results





are the blessings and promises enjoyed by members of the Church all over the world because of the Restoration of the gospel through the Prophet Joseph Smith.

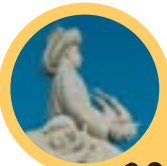
Leandro and his friends feel like they have been “wrought upon” by the Spirit as well, inspiring them to set a course, with faith in Christ, for another promised land—an earth “full of the knowledge of the Lord, as the waters

cover the sea” (Isaiah 11:9) and, beyond that, returning to live with God.

“If we are faithful, we will have more people who are humble and righteous,” says Leandro.

“If we are faithful,” Guilherme concludes, “we will find eternal life.”

It’s a course that the Savior will help anyone travel, whether by ship, handcart, or tennis shoe. ■



PORTUGUESE EXPLORERS

There were a number of famous explorers who had ties to Portugal during what historians call the Age of Exploration. Some were Portuguese; others studied navigation in Portugal or sailed under the Portuguese flag. Among them were:

Christopher Columbus—This famous Italian explorer’s historic voyage that connected the Eastern and Western Hemispheres in modern times was based on learning he gained while living in Portugal.

Amerigo Vespucci—Sailing under the Portuguese flag, this Italian mapmaker showed that the Americas (a name based on his own) were continents rather than islands.

Ferdinand Magellan—This Portuguese explorer led the first circumnavigation of the globe, charting the Straits of Magellan at the tip of South America.

Bartholomeu Dias—This Portuguese explorer was the first from Europe to round the Cape of Good Hope at Africa’s southernmost tip in search of a shipping route to the Far East.

Vasco da Gama—Also from Portugal, he built on Dias’s success and was the first from Europe to make it to the Far East by sea.

Pedro Álvares Cabral—This Portuguese explorer firmly established Portuguese settlements in what would become Brazil.

Today, a new generation of explorers is growing among the more than 37,000 members of the Church who live in Portugal. The Portugal Lisbon Mission was formed in November 1974 with four missionaries who were transferred from Brazil. The Portugal Porto Mission was created in 1987, and the Cape Verde Praia Mission was formed in 2002, covering the Azores and Madeira Islands, Portuguese territories. The Lisbon Portugal Stake, the first of the country’s six stakes, was created in June 1981.

On the Wings of Eagles



The Wright brothers realized that a practical flying machine needed a pilot to control the aircraft, wings to produce lift, and an engine to keep it aloft. Similar principles apply to your own journey through life and toward the destination of eternal life.

BY ELDER DIETER F. UCHTDORF
Of the Quorum of the Twelve Apostles

On December 17, 1903, a dream of mankind was fulfilled as Wilbur and Orville Wright made the first controlled, powered flight. The distance was about 120 feet, or 37 meters—about half the length of a 747 jumbo jet—and the duration was about 12 seconds. That’s shorter than the time it takes me to climb the stairs leading up to the 747 cockpit. By today’s standards, it was a very short flight, but at that time it was an accomplishment that few believed would ever be possible.

Wilbur and Orville had parents who encouraged education, religion, and family values. Both brothers had their share of serious illnesses. They went through difficult times of trouble, perplexity, and even despair, wondering if they would ever succeed. They tried different vocations as printers, bicycle repairmen, bicycle manufacturers, and, eventually, aircraft inventors. Throughout their lives, whenever they

picked a project to work on, they were focused and worked as a team.

The Wright brothers committed themselves to do what no one else had ever done before. They took time to do their homework. They were humble and smart enough to appreciate and learn about the work of others who went before. And they tackled the problem line upon line, precept upon precept. They realized that there were three main requirements for a practical flying machine: first, the pilot had to be able to



control the aircraft; second, the wings had to produce lift; third, it had to be powered by an engine to stay aloft.¹

They had their goals defined and worked diligently on them one day at a time. Leonardo da Vinci said, “He turns not back who is bound to a star.”²

Similar principles and requirements apply to your own journey through life and toward the destination of eternal life. Divine principles have to be learned and lived as you prepare to rise up on the wings of eagles.

First: You Have to Learn to Control Yourself

It isn't until you come to a spiritual understanding of who you are that you can begin to take control of yourself. As you learn to control yourself, you will get control of your life. If you want to move the world, you first have to move yourself.

Divine principles have to be learned and lived as you prepare to rise up on the wings of eagles.

Be responsive to the counsel of the prophets, seers, and revelators, who will help you to reach true self-mastery. Be responsive to the promptings of the Spirit. The Spirit will influence your conscience and help you to refine yourself by working on the little tasks of self-control—like controlling your thoughts, words, and actions—which leads to self-control of your whole self, of mind, body, and spirit. Remember, *anger* is only one letter short of *danger*.

Your choices are the mirror of your self-control. They will lead you to your eternal destination if they are made with divine direction and control. Stay morally clean. Keep

President Spencer W. Kimball (1895–1985) often quoted an unknown author: “The greatest battle of life is fought out within the silent chambers of the soul. A victory on the inside of a man’s heart is worth a hundred conquests on the battlefields of life. To be master of yourself is the best guarantee that you will be master of the situation. Know thyself. The crown of character is self-control.”³

a clean mind and heart. Your thoughts will determine your actions. Control your thoughts. Don't submit yourself to temptation. Aristotle said, "For where it is in our power to act it is also in our power not to act."⁴

Control wisely and select carefully what you will invite via a mouse click or remote control into your home or office. Select reading material, movies, TV shows, and any other form of entertainment that bring good, uplifting thoughts rather than unwholesome desires.

Second: Your Attitude Will Determine Your Lift and Altitude

The Wright brothers knew that in addition to keeping control of the aircraft, they needed to produce enough lift to keep their flying machine aloft. Dictionaries describe *lift* something like the following: to carry or direct from a lower to a higher position; the power or force available for raising to a new level or altitude; a force acting in an upward direction, opposing the pull of gravity.

The Psalmist sets the goals even higher: "Unto thee, O Lord, do I lift up my soul" (Psalm 25:1) and "I will lift up mine eyes unto the hills, from whence cometh my help" (Psalm 121:1). He invites you to fly with the eagles, not to scratch with the chickens.

Lifting your eyes toward the God of heaven is a process of cultivating your own very personal spirituality. It is a desire to live in harmony with the Father; the Son, our Savior; and the Holy Ghost. It is also your ability to be truly "submissive, meek, humble, patient, full of love, willing to submit to all things which the Lord seeth fit to inflict upon [you], even as a child doth submit to his father" (Mosiah 3:19).

Sincere prayer. With the right attitude—which, incidentally, is also needed to produce sufficient lift for an airplane—you will be able to effectively communicate with your Heavenly Father and not to just say your prayers. You will be able to say prayers that will go beyond the ceiling of the room, prayers not filled with trite repetitions or

spoken without thinking but filled with your deep yearning to be one with your Father in Heaven.

Prayer, if given in faith, is acceptable to God at all times.

If you ever feel you cannot pray, that is the time when you definitely need to pray. Nephi taught in plainness, "If ye would hearken unto the Spirit [of God] which teacheth a man to pray ye would know that ye must pray; for the evil spirit . . . teacheth him that he must not pray" (2 Nephi 32:8).

President Harold B. Lee (1899–1973) taught, "The sincere prayer of the righteous heart opens to any individual the door to divine wisdom and strength in that for which he righteously seeks."⁵


Obedience assures us an answer to our prayers. We read in the New Testament, "And whatsoever we ask, we receive of him, because we keep his commandments, and do those things that are pleasing in his sight" (1 John 3:22).

The Prophet Joseph Smith learned in a revelation given to him in Kirtland in 1831, "He that asketh in the Spirit asketh according to the will of God; wherefore it is done even as he asketh" (D&C 46:30).

In order to lift, enhance, and cultivate your relationship with God as His spiritual children, you have the unique opportunity to converse with the supreme source of wisdom and compassion in the universe.

Daily, simple but sincere and mighty prayers will help you lift your lives to a higher spiritual altitude. In your prayers you praise God, give thanks to Him, confess weaknesses, petition needs, and express deep devotion to your Heavenly Father. As you do this in the name of Jesus Christ, the Redeemer, you perform a spiritual effort that leads to increased inspiration, revelation, and righteousness—not self-righteousness—and brings the brightness of heaven into your lives.

This brings back memories from my professional life as an airline captain: departing from a dark and rainy airport, climbing through thick and threatening winter clouds,



In aerodynamics, gravity and drag work in opposition to lift. This same important principle has been an integral part of the plan of salvation from the beginning.

and then, suddenly, breaking through the cloud tops and steeply gaining altitude into the bright sunshine and into the endless blue sky, feeling free, safe, and home at last. But this beautiful feeling reflects only the smallest part of what you can experience through your daily prayers.

Opposition and agency. A word of caution: in aerodynamics, gravity and drag work in *opposition* to lift. This same important principle has been an integral part of the plan of salvation from the beginning. As Lehi explained, “For it must needs be, that there is an *opposition* in all things” (2 Nephi 2:11; emphasis added). And as the angel taught King Benjamin, “For the natural man is an enemy to God . . . *unless* he yields to the enticings of the Holy Spirit” (Mosiah 3:19; emphasis added).

This leads us to God’s great gift to His children: agency.

Lehi taught this most important doctrine to his children. He said: “The Lord God gave unto man that he should act for himself. . . . And they are free to choose liberty and eternal life, through the great Mediator of all men, or to choose captivity and death, according to the captivity and power

of the devil; for he seeketh that all men might be miserable like unto himself” (2 Nephi 2:16, 27).

You have agency, and you are free to choose. But there is actually no *free* agency. Agency has its price. You have to pay the consequences of your choices.

Human agency was purchased with the price of Christ’s suffering. The power of Christ’s Atonement overcomes the effect of sin on the condition of wholehearted repentance. Through and by the Savior’s universal and infinite Atonement, all have been redeemed from the Fall and have become free forever to act for themselves (see 2 Nephi 2:26).

Agency is a spiritual matter. Without awareness of alternatives, you could not choose. Agency is so important in your lives that you not only *can* choose obedience or rebellion, but you *must*. During this life you cannot remain on neutral ground; you cannot abstain from either receiving or rejecting the light from God.

By learning to use the gift of agency to make right decisions, you will increase your spiritual

*As an
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hours a day, 7 days a week but should not be treated like a fast-food service. Jesus asked listeners to go home and ponder what He had taught them (see 3 Nephi 17:3). This pondering, feasting, and meditating will help you “know to what source [you] may look for a remission of [your] sins” (2 Nephi 25:26).

Praying and feasting upon the word of God are two elements of a heavenward attitude that will also enhance your work ethic and your willingness to serve and lift others. It will help you to carry Church responsibilities with the willingness to magnify your callings without trying to magnify yourself. With this divine attitude you will be more concerned about *how* you serve rather than *where* you serve. King Benjamin taught, “I tell you these things that ye may learn



wisdom; that ye may learn that when ye are in the service of your fellow beings ye are only in the service of your God” (Mosiah 2:17). And we do this by “lift [ing] up the hands which hang down” (Hebrews 12:12).

Third: You Need to Find and Trust the True Source of Divine Power

The Wright brothers needed engine power to make the airplane fly. Without it there would have been no lift, no forward motion to enable flight—no airplane.

You have an all-encompassing true source of power available to help you reach the purpose of your creation. This is the power of God, exercising a subtle and loving influence in the lives of His children, lifting you and keeping you aloft. It is manifested as the Light of Christ, the Spirit of Christ, the Spirit of God, the Holy Ghost, and the gift of the Holy Ghost.

As airplanes need engine power to fly, you have an all-encompassing source of power available to lift you and help you reach the purpose of your creation. This is the power of God.

lift and altitude. You will also quickly recognize one other prime source of spiritual truth: the written word of God.

Feasting on the word. Lifting your eyes toward heaven requires an attitude directed upward. With this positive attitude toward life comes the desire to *feast* “upon the word of Christ” (2 Nephi 31:20), not to just occasionally nibble on the scriptures or the words of the prophets.

Feasting includes searching, pondering, asking, praying, and living the word of God. Read the holy scriptures as if they were written for you—for they are. Nephi said, “For behold, the words of Christ will tell you all things what ye should do” (2 Nephi 32:3).

One powerful scripture in the New Testament, James 1:5, initiated a wonderful process that led to the Restoration of all things. May I ask you to take time to feast upon the word of God? It is available 24

The Latin source of the word *comforter*—*com fortis*—means “together strong.” As the Holy Ghost visits your own spirit, you become stronger than you are by yourself. When you receive the Holy Ghost, you receive strength, power, peace, and comfort.

The Prophet Joseph Smith taught: “There is a difference between the Holy Ghost and the gift of the Holy Ghost. Cornelius received the Holy Ghost before he was baptized, which was the convincing power of God unto him of the truth of the Gospel, but he could not receive the gift of the Holy Ghost until after he was baptized. Had he not taken this sign or ordinance upon him, the Holy Ghost which convinced him of the truth of God, would have left him. Until he obeyed these ordinances and received the gift of the Holy Ghost, by the laying on of hands, according to the order of God, he could not have healed the sick or commanded an evil spirit to come out of a man.”⁶

Elder Parley P. Pratt (1807–57) of the Quorum of the Twelve Apostles stated that the Holy Ghost “inspires virtue, kindness, goodness, tenderness, gentleness and charity. It develops beauty of person, form and features. It tends to health, vigor, animation and social feeling. It develops and invigorates all the faculties of the physical and intellectual man. It strengthens, invigorates and gives tone to the nerves. In short, it is . . . marrow to the bone, joy to the heart, light to the eyes, music to the ears, and life to the whole being.”⁷

President Marion G. Romney (1897–1988), First Counselor in the First Presidency, gave us encouragement: “You can make every decision in your life correctly if you can learn to follow the guidance of the Holy Spirit. This you can do if you will discipline yourself to yield your own feelings to the promptings of the Spirit. Study your problems and prayerfully make a decision. Then take that decision and say to him, in a simple, honest supplication, ‘Father, I want to make the right decision. I want to do the right thing. This is what I think I should

do; let me know if it is the right course.’ Doing this, you can get the burning in your bosom, if your decision is right. . . . When you learn to walk by the Spirit, you never need to make a mistake.”⁸

The Prophet Joseph Smith talked about the promptings of the Spirit as “sudden strokes of ideas.”⁹

The Holy Ghost will make you independent. If you will learn how to have the Holy Ghost as a constant companion, all other needful things will fall in place. Through your personal righteousness the Spirit of God will guide you to learn to control yourself, to enhance your attitude, to increase your spiritual altitude, and to find and trust the true source of divine power.

The Wind beneath Your Wings

To stay one more time within the metaphor of flying an aircraft, many things are required to make an airplane fly and fly safely, but the most important thing, as I used to call it, is the “wind beneath your wings.” Without it, there is no lift, no climb, no flight into the wild blue yonder or to faraway, beautiful destinations.

The Holy Ghost will be the wind beneath your wings, placing in your hearts the firm conviction of the divinity of the Lord Jesus Christ and His place in the eternal plan of God your Eternal Father. Through the Holy Ghost you will know your place in this plan and your divine eternal destination. You will be converted to the Lord, His gospel, and His Church, and you will never fall away. ■

From a Brigham Young University devotional address given on November 11, 2003.

NOTES

1. See Tom D. Crouch, *The Bishop’s Boys: A Life of Wilbur and Orville Wright* (1989), 166.
2. *The Notebooks of Leonardo da Vinci*, ed. Irma A. Richter (1980), 261.
3. *The Miracle of Forgiveness* (1969), 235.
4. *Nicomachean Ethics*, trans. W. D. Ross, book 3, chapter 5 (see Internet, <http://classics.mit.edu/Aristotle/nicomachaen.3.iii.html>).
5. *Stand Ye in Holy Places* (1974), 318.
6. *History of the Church*, 4:555.
7. *Key to the Science of Theology*, 9th ed. (1965), 101.
8. In Conference Report, Oct. 1961, 60–61.
9. *History of the Church*, 3:381.



The Holy Ghost will be the wind beneath your wings, placing in your hearts the firm conviction of the divinity of the Lord Jesus Christ.

Songs of the

Members share how hymns have brought peace and courage to their hearts during difficult times.

A Foundation of Faith in the Wilderness

The years 1998 and 1999 were a period of somber events in the Congo. I fled my village because of war and spent more than seven months traveling in the wilderness with a group from my village. We had no way to return home.

Every evening our group prayed and sang together, and each person took a turn suggesting a hymn. When it was my turn, I suggested “How Firm a Foundation” (*Hymns*, no. 85). Even though no one else knew this hymn, I felt that it answered our concerns exactly.

I sang “How Firm a Foundation” many times in those seven months. It comforted me in my moments of isolation and suffering when life was so difficult with sickness and famine in the wilderness. I sang it alone, but the words and music penetrated the ears and hearts of the others: “In ev’ry condition—in sickness, in health, / In poverty’s vale or abounding in wealth, / At home or abroad, on the land or the sea— / As thy days may demand, . . . so thy succor shall be.” Because of these words, others told me they wanted to learn more about the Church.

One of the men in our group was the leader of a church in our country. After we returned to our village, this brother told me he wanted to find out more about the gospel. I responded to him, following the example set by Alma in Mosiah 18 (see vv. 8–10). In the end he joined the Church.

The hymn “How Firm a Foundation” touched my soul



and brought me great joy and comfort while I was in the wilderness, and it brings me joy today knowing that it helped a good brother to join the Church.

Thierry Alexis Toko, Republic of Congo

Hymns Soothe My Soul

Sacred hymns brought me peace even before I joined the Church. I was converted to the gospel long before I was actually baptized. My parents required me to wait until I was 18 years old and a legal adult. I appreciated their concern for me, but this was a difficult situation. I dreamed of having a Latter-day Saint family that studied the scriptures, held family home evening, and shared testimonies with each other. I wished my mother would ask me about my Young Women Personal Progress instead of ridiculing me for not drinking tea. I wished my father would understand that my desire to join God’s true Church was sincere, not fanatical. As I withstood the criticism, I realized that the tribulations were a test of my faith. Still, my heart was heavy.

Frustrated and exhausted, I attended stake conference just 43 days before I would turn 18. As I sat in the conference hall filled with friendly faces, I felt the Spirit instantly. Right then, I found my refuge. Between inspiring talks, the full-time missionaries sang “Love One Another” (*Hymns*, no. 308), first in English then in Chinese. I didn’t understand the English lyrics, and I hardly knew any of the missionaries, but I was deeply moved. The hymn seemed to describe The Church of Jesus Christ of Latter-day Saints, where members truly love and care about one another. When I was at church, I felt right at home; people loved and supported me.

Now I am a Church member and still face similar trials.

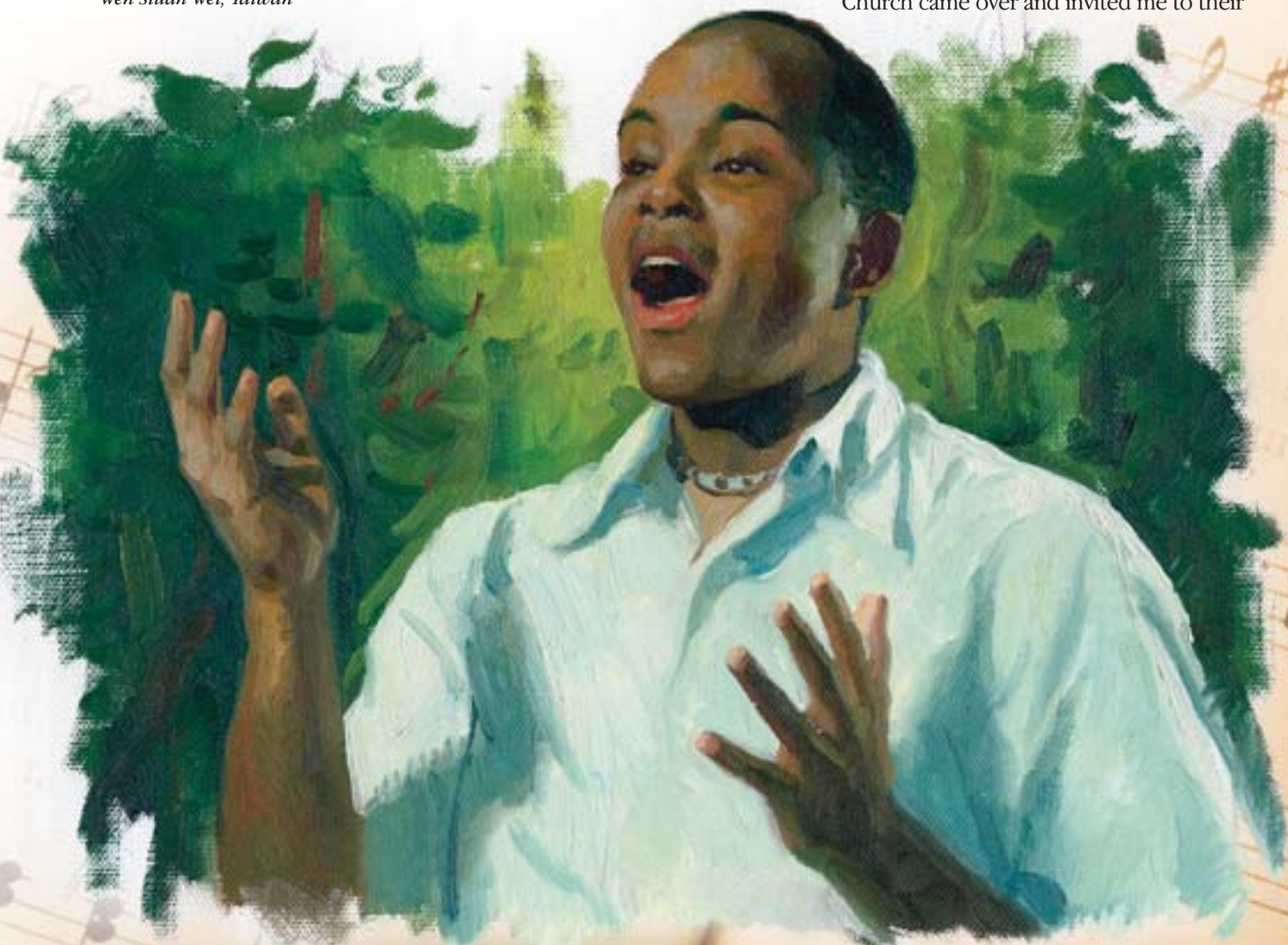
Righteous

However, when I feel down and lonely I sing hymns, and my heart is comforted. Hymns quench my thirsty heart and feed my hungry soul. They bring peace at times of weariness and give me courage to move forward. They make me realize that God knows who I am and that He loves me.

Wen Siuan Wei, Taiwan

The Hymns Brought Me to Baptism

On October 28, 2000, I moved into a home behind a Latter-day Saint meetinghouse. While putting my things away that night, I noticed activity in the building. Not accustomed to so much noise in the evening, I was upset at first. Then a woman from the Church came over and invited me to their



activity that night. Since I was a member of another faith, I declined and said that I did not want to mix up my beliefs. During the activity I heard the Church members singing hymns, and I found the music very beautiful.

On Sunday I got up early and went to my church, but when I returned home, I saw that the meetinghouse was full of people, and I again heard the hymns. The music was so pretty, and I could feel something touch me deep in my heart. People were in the church again in the afternoon. This time I turned off the television and paid attention to their music.

As they sang I stood at the window. I felt something special, a great peace within my heart. I wanted to go out to the garden to feel closer to them. My emotions were so great that I started to cry.

My daughter and I walked outside. A gentleman came out of the church, looked at me, and invited us to attend a baptism. At first I refused, but then I felt I should go in. I called to my daughter, but she would not go. Even so, I did not resist. My daughter finally came too, and we attended the baptism. I was moved and felt the Spirit touch me. On December 10, 2000, my daughter and I were baptized into The Church of Jesus Christ of Latter-day Saints.

The hymns changed my life. I was a profoundly sad person, and now I am happy. I am grateful for the hymns that praise and express love to the Lord. They helped bring me to baptism.

Carmelinda Pereira da Silva, Brazil

A Child of God

I was a missionary in Seoul, Korea, and had just been transferred to a new area. The bustling city of millions of people was still overwhelming, and my Korean was far from fluent, but I knew I was where the Lord wanted me to be.

One day my companion and I had the blessing of meeting a member who hadn't attended church for years. Her father had recently passed away, and she was in great

need of spiritual and emotional comfort. We visited her at home, but I was not able to understand much of the conversation.

One night at about 3:00 a.m. our telephone rang. When I answered the phone, I couldn't understand what the woman was saying at first. She was upset, but I had no idea how to help or what to say.

I began to pray silently. As I prayed I recognized the woman's voice and realized it was the less-active sister we had recently met. Though I couldn't completely understand her, I felt she was lonely and needed to know she was loved. But how could I tell her? I couldn't find the words in English, much less in Korean.

Suddenly I remembered that I had memorized the words to the hymn "I Am a Child of God" (*Hymns*, no. 301) in Korean. After the sister stopped speaking, I slowly asked if we could sing the hymn together. She said yes. As we sang I felt a wonderful feeling of peace and comfort. It was as if Heavenly Father were holding both of us, reminding us that He loved us and would always be there when we needed Him.

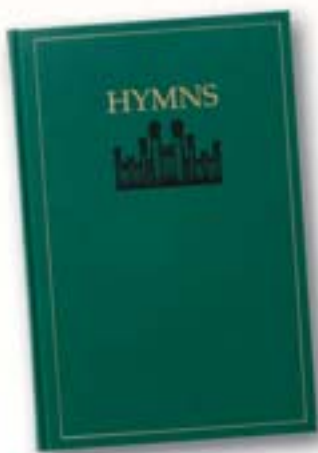
After we finished singing, the sister told me that she would be all right, and we said good night. I walked back into the bedroom, amazed at the Spirit that still lingered in my heart. I was so grateful to know that when a child of God calls for help on a dark night, Father in Heaven will always be there to answer.

Diantha Smith, Utah, USA

A Spirit of Peace during Difficult Times

My family joined the Church in 1977, when I was 11 years old. At that time a violent civil war was beginning in our native land of El Salvador. The political situation was serious, and there were constant armed confrontations between the army and the rebels, forcing the government to order a curfew of 6:00 p.m. for all citizens. There was no freedom of assembly or freedom of speech, and we felt threatened by both the army and the rebels.

These events caused many people to look for ways



to emigrate to wherever they could. My family was no exception. My father accepted an offer of employment in Venezuela, hoping he could get us out of danger. For a time my mother was left as the head of our household.

The war made it a difficult time for the Church. The same flight that took my father to Venezuela took the last 15 missionaries out of El Salvador. This meant the end of any chance to receive the messengers of the gospel of Jesus Christ for a long time.

At the end of 1979 we and other members of the Church, especially the youth, began doing missionary work of our own. We organized small choirs and sang in the streets to give people hope. By doing this we found many people wanting to learn about the gospel.

Meanwhile we learned to live in danger. Whenever the confrontations or shelling occurred, we threw ourselves on the floor and hoped it would all be over soon. Mama

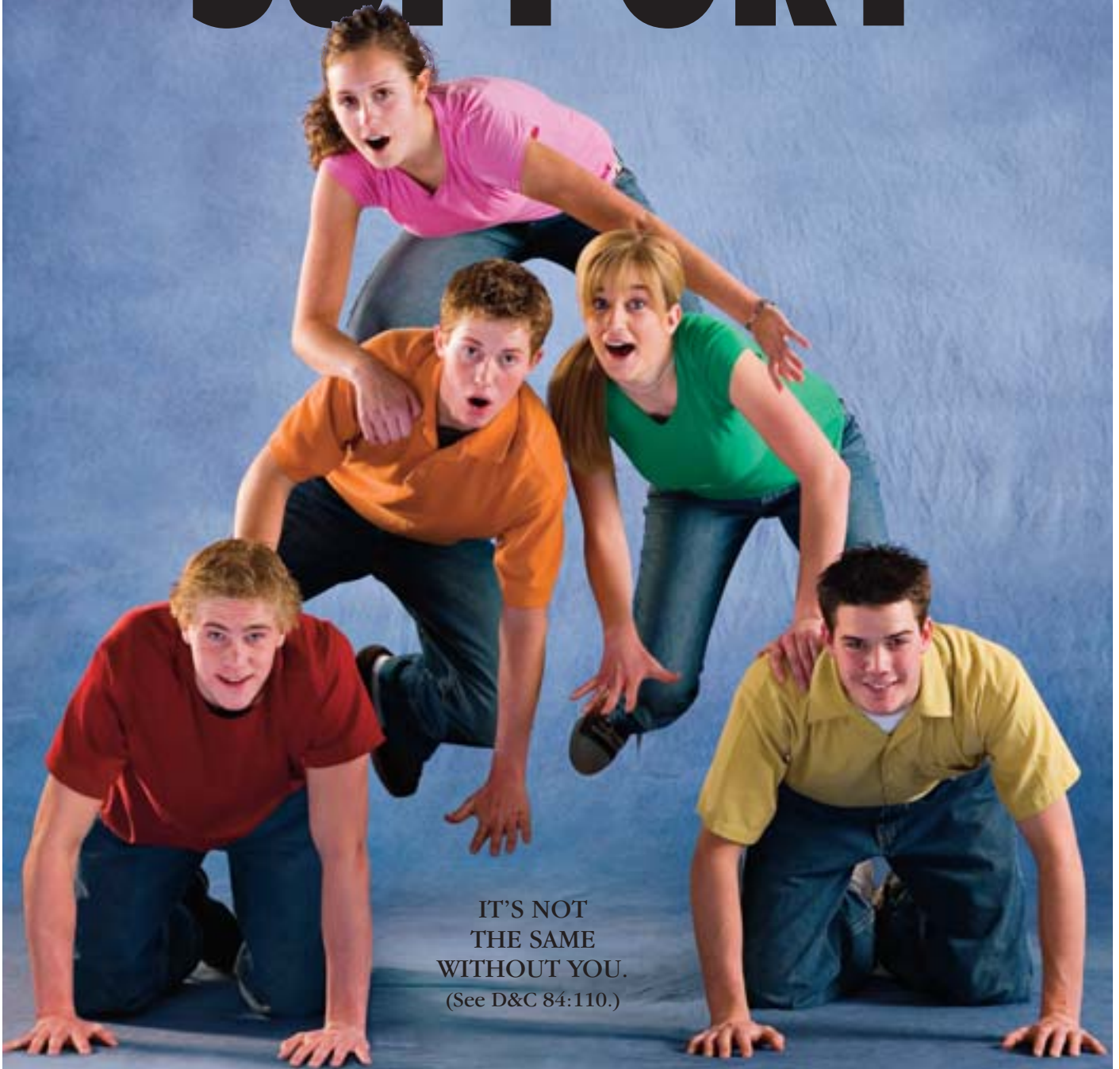
would cover us with our mattresses for protection. What brought peace to us in these difficult moments were the hymns. Lying on the floor, we would hold our hymnbooks, and Mama would encourage us to sing “Come, Come, Ye Saints” (*Hymns*, no. 30), “How Firm a Foundation” (no. 85), “Joseph Smith’s First Prayer” (no. 26), “High on the Mountain Top” (no. 5), “O My Father” (no. 292), “I Stand All Amazed” (no. 193), and many other hymns that comforted us in our adversity. We often cried from the stress, but singing the hymns gave us the courage to face such a terrible situation.

Some time later Papa succeeded in bringing us to Venezuela, where we began a new life. We thanked our Heavenly Father for keeping us together and alive. Through this experience, I learned that the hymns invite a spirit of peace during difficult times. ■

Ana Gloria Hernández de Abzuela, Venezuela



MUTUAL SUPPORT



IT'S NOT
THE SAME
WITHOUT YOU.
(See D&C 84:110.)

Strengthening Families



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.

Blessings of Belonging to Relief

Society: Relief Society encourages provident living, wise home management, and participation in temple and family history work to help each sister honor her heritage.

Bonnie D. Parkin, Relief Society general president: “My belonging to Relief Society has renewed, strengthened, and committed me to be a better wife and mother and daughter of God. My heart has been enlarged with gospel understanding and with love of the Savior and what He’s done for me. So to you, dear sisters, I say: Come to Relief Society! It will fill your homes with love and charity; it will nurture and strengthen you and your families” (“How Has Relief Society Blessed Your Life?” *Liabona* and *Ensign*, Nov. 2004, 35).

How Does Wise Home Management Strengthen Our Families?

D&C 93:43, 50: “Set in order your own house. . . . See that [you] are more diligent and concerned at home.”

Proverbs 31:10, 13, 25, 27: “Who can find a virtuous woman? for her price is far above rubies. . . .

“She . . . worketh willingly with her hands. . . .

“Strength and honour are her clothing; and she shall rejoice in time to come. . . .

“She looketh well to the ways of her household.”

President Gordon B. Hinckley:

“I urge you to be modest in your expenditures; discipline yourselves in your purchases to avoid debt to the extent possible. Pay off debt as quickly as you can, and free yourselves from bondage.

“. . . If you have paid your debts, if you have a reserve, even though it be small, then should storms howl about your head, you will have shelter . . . and peace in your hearts” (“To the Boys and to the Men,” *Liabona*, Jan. 1999, 66; *Ensign*, Nov. 1998, 54).

How Do Temple Worship and Family History Work Strengthen Our Families?

President Ezra Taft Benson

(1899–1994): “The temple is an ever present reminder that God intends the family to be eternal. . . . Go to the temple . . . that you may be entitled to the highest blessings of the priesthood. . . .

“. . . When you attend the temple and perform the ordinances that pertain to the house of the Lord, certain blessings will come to you:

“You will receive the Spirit of Elijah, which will turn your heart to

your spouse, to your children, and to your forebears.

“You will love your family with a deeper love than you have loved before” (“What I Hope You Will Teach Your Children about the Temple,” *Tambuli*, Apr.–May 1985, 2, 6; *Ensign*, Aug. 1985, 6, 10).

President Howard W. Hunter

(1907–95): “Attend the temple as frequently as personal circumstances allow. Keep a picture of a temple in your home that your children may see it. Teach them about the purposes of the house of the Lord. Have them plan from their earliest years to go there.

“. . . Gather in the history of your family and prepare the names for the sacred ordinances performed only in the temple. This family research is essential to the work of the temples, and blessings surely will come to those who do that work” (“Exceeding Great and Precious Promises,” *Ensign*, Nov. 1994, 8). ■



Yelled At, Barked At, and RAINED On

*I had heard my friends'
glowing stories about their missions.
So why was I so miserable?*

BY KATHARINA BETZ BIRCH

How could you not tell me how horrible it is?" I wrote to Elder Newman, one of my instructors at the Missionary Training Center. When I arrived in the mission field 20 years ago, it was hard, and I was hating it. I would stick it out because I wasn't a quitter, but I would never tell anyone it was the best 18 months of my life.

Elder Newman wrote back: "I'm sorry you feel that way, Sister Betz. Actually, Elder Bradford and I tried to tell you. All of you. We always do, but no one ever wants to believe it. Don't worry. It will get better. And by the time you get home, you'll be glad you went."

I decided to make the best of it. After all, I was sure Heavenly Father wanted me to come, and I couldn't deny the Spirit I had felt when I had approached Him with my decision to serve a mission. Many of my friends had served missions or were serving, and they seemed to have insights into the gospel that I felt I was missing. Every one of my missionary friends told glowing stories of people whose lives were touched by the gospel and of miracles they witnessed on a daily basis. They all said that serving a mission was the greatest thing they had ever done, and their experiences had helped me choose to serve.

Yet there I was in northern Germany with jet lag, a senior companion who was almost as green as I was, and cool weather in June. We were soaked to the skin at least twice a day and generally looked like we had been dragged through large puddles. Riding bikes didn't make matters any better. We lived at the top of one of the few high hills in northern Germany, and our investigators, it seemed, all lived at the top of another. Most discouraging, however, was my awareness that I had not yet learned to recognize the subtle influence of the Spirit. I worried that I was doomed to failure as a missionary. And I hadn't even been in Germany two months yet.

Incredibly, however, I came to find out that Elder Newman was right. It did get better. None of the hard stuff went away, but I learned to see and savor the good times.

There was, for example, the return trip from my second zone conference. We had transferred trains and were busy talking to a woman about the new temple in Freiberg when I noticed that the train had stopped in a city we shouldn't have been in. We realized we had gotten on the wrong train and quickly jumped off. Unfortunately, the next train headed in the right direction would not pass through for another two hours, and our connection after



that would be even later. Waiting in that train station, we had the chance to do some reading. “The Inconvenient Messiah,” an article by Elder Jeffrey R. Holland, then president of Brigham Young University, appeared in the *Ensign* we had just received, and his thoughts seemed directed straight to me:

“And so I ask you to be patient in things of the Spirit. Perhaps your life has been different from mine, but I doubt it. . . . My mission was not easy. . . .

“ . . . All but a prophetic few must go about God’s work in very quiet, very unspectacular ways. And as you labor to know him, and to know that he knows you; as you invest your time—and inconvenience—in quiet, unassuming service, you will indeed find that ‘his angels [have] charge concerning thee: and in their hands they shall bear thee up’ (Matthew 4:6). It may not come quickly. It probably won’t come quickly, but there is purpose in the time it takes. Cherish your spiritual burdens because God will converse with you through them and will use you to do his work if you will carry them well” (*Tambuli*, Mar. 1989, 23; *Ensign*, Feb. 1984, 70).

My experience in the mission field helped me understand those words, and the Spirit bore strong, penetrating, comforting witness to me of those truths in that lonely train station.

It was getting late one evening when Sister Gubler and I were tracting in a large apartment building. We were a little surprised when an elderly woman invited us into her apartment, but we both sensed that this woman was hurting inside. While we sat in her darkened room, she told us the story of her husband’s death and her stepchildren’s rejection, and we knew that she needed desperately to feel her Heavenly Father’s love for her. Asking for her Bible, I read to her these beautiful words: “Take my yoke upon you, and learn of me; . . . and ye shall find rest unto your souls. For my yoke is easy, and my burden is light” (Matthew 11:29–30). The Spirit entered that room. As tears streamed down three faces, my companion and I bore testimony to her that her Father in Heaven knew of her sorrow and loved her. At

least one conversion took place in those brief, precious moments—mine.

Gradually I realized that my perceptions were changing. We still got yelled at, barked at, rained on, stood up, and ignored; my shoulder bag grew heavier; my clothes wore out more every day; and the responsibility of reaching those thousands of people sometimes seemed overwhelming. But the barbs stung less and less, the aches and pains got duller and duller, and life got brighter and brighter as my testimony grew stronger and stronger. I felt changes take place within me, and I saw them take place in those to whom we taught the gospel.

There was Uwe, the young, idealistic environmentalist, who heard about the plan of salvation and knew the message was true. He bicycled 5 miles (8 km) to church on Sunday morning in answer to our invitation, even though his long, leather-clad legs wouldn’t fit into the chapel’s pews. When he prayed on his knees for the first time, we felt the peace that entered his heart, and we watched his countenance change.

A doctor and his wife wanted to fight everything we taught them, but somehow they knew they couldn’t. Even though they didn’t accept the restored gospel of Jesus Christ at that time, they were happy to let their children visit the branch in Glückstadt for Sunday meetings and branch activities.

One day while my new companion, Sister Neumann, and I were teaching a sweet young woman, her boyfriend, Tom, came to see her. She had warned us that he did not want her to continue meeting with us. Tom saw our bicycles in front of the house and knew we were there that morning, so he decided to wait outside until we left. As he waited his curiosity grew stronger and stronger, and he thought of more and more questions to ask us. Eventually his interest overcame his reservations, and he came inside to put us to the test. After briefly explaining the basic principles of the gospel and outlining the Apostasy and the Restoration, we made an appointment to begin teaching him



the next evening. He was baptized 10 weeks later. I was so full of joy I would have re-enlisted for 10 years if I could have.

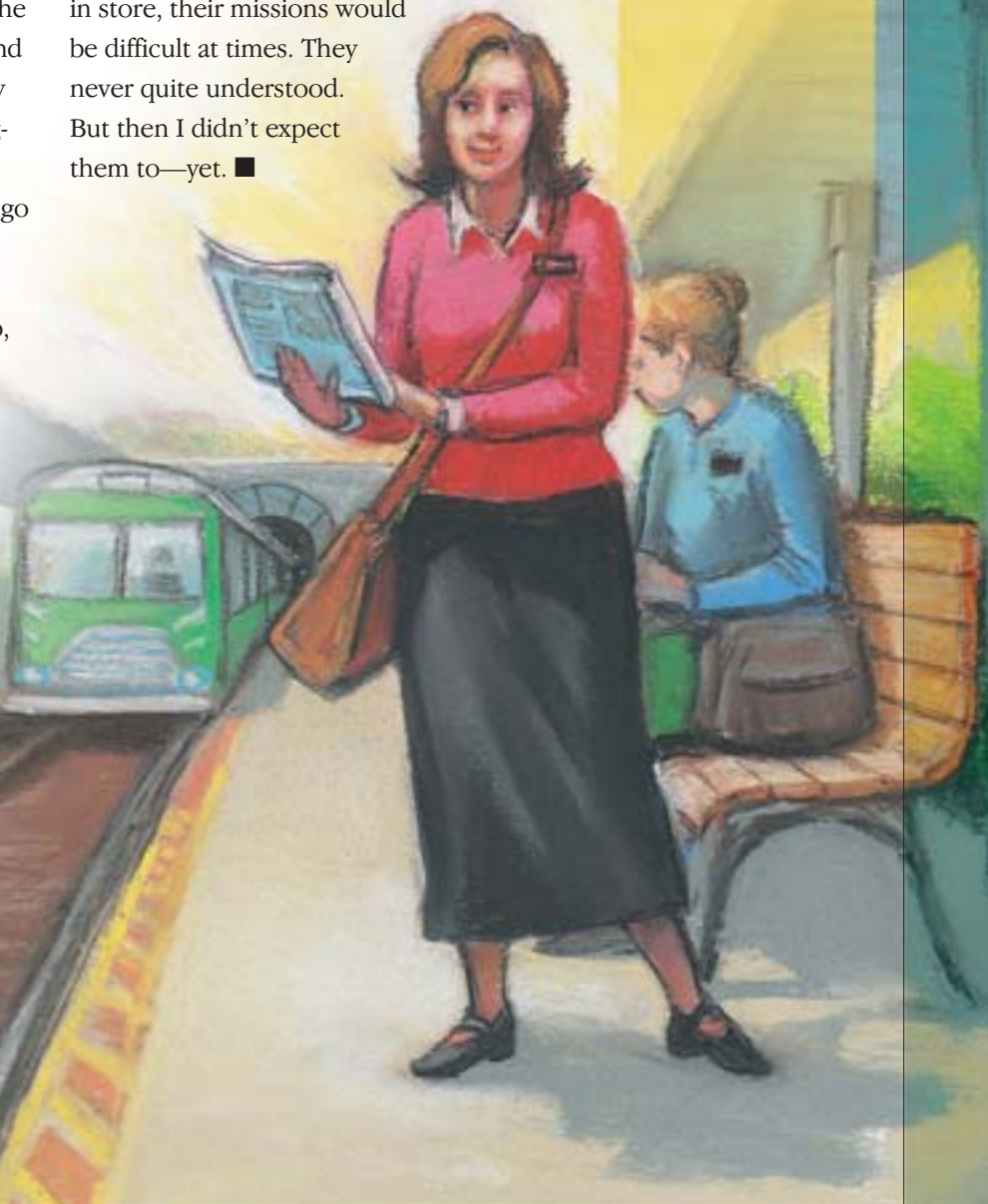
Astrid and Jennifer, sisters, found the Church before the missionaries could find them. Jennifer was interested when she heard about the Church in a religion class at school and did some research. In the local library she found German translations of the Book of Mormon and William E. Berrett's *The Restored Church*. She and Astrid read them together. Skeptically, they looked in the Bremen phone book to see if they could find a reference to this "American" church. They were pleasantly surprised to find a meetinghouse in their very own hometown. They wrote to the meetinghouse, asking how to go about joining this restored Church of Jesus Christ. Of course, we were glad to help.

The Oehlers, the Kaldeweys, Frau Sirisko, Herr Lange, Herr Tödt, and thousands of others stopped to talk or listen for just a moment—and sometimes longer—so that we could bear testimony and plant a gospel seed. In this life I'll never see the fruit that most of those seeds will bear, but the Claassens were baptized after I was transferred from their city, and Frau Mahnke gained a testimony and joined the Church long after I was released from my mission.

Elder Newman was right. By the time I left Germany, my heart had expanded to include an entirely new world full of people, ideas, traditions, and customs—not to mention spiritual impressions—that will remain inscribed on my heart forever. I learned to love, to give, and to suffer for people I had once thought of as strangers.

After returning home, while working with missionaries at the MTC, I tried to help them see that although great blessings were in store, their missions would be difficult at times. They never quite understood. But then I didn't expect them to—yet. ■

"Cherish your spiritual burdens because God will converse with you through them." As I read these words in a lonely train station, the Spirit bore witness to me of their truth.



Putting Off the *Natural Man*



A continuing series examining doctrines unique to The Church of Jesus Christ of Latter-day Saints.

For centuries philosophers and theologians have debated the question of human nature. Over the years three general philosophies have taken center stage: that people are basically good, that they are fundamentally evil, and that they are neutral (a blank slate to be written upon). We can be thankful that the restored gospel of Jesus Christ reveals the true nature of man and gives purpose, meaning, and direction to life's challenge of putting off "the natural man" (Mosiah 3:19).

A Dual Nature

Because of the Fall of Adam and Eve "all mankind became a lost and fallen people" (Alma 12:22). King

Benjamin taught that fallen man or "the natural man is an enemy to God, and has been from the fall of Adam, and will be, forever and ever, unless he yields to the enticings of the Holy Spirit, and putteth off the natural man and becometh a saint through the atonement of Christ the Lord" (Mosiah 3:19).

President David O. McKay (1873–1970) taught that because of the Fall we have a dual nature: "One, related to the earthly or animal life; the other, akin to the Divine. Whether a man remains satisfied within what we designate the animal world, satisfied with what the animal world will give him, yielding without effort to the whims of his appetites and passions and slipping farther and farther into the realm of indulgence, or whether, through self-mastery, he rises toward intellectual, moral, and spiritual enjoyments depends upon the kind of choice he makes every day, nay, every hour of his life."¹

Our spirits come from the presence of God, and “every spirit of man was innocent in the beginning” (D&C 93:38). Our physical bodies are also gifts from God. One reason we wanted to come to this earth was to become more like our Heavenly Father, who has a physical body. Consequently, one of our challenges in mortality is to learn how to manage, care for, and use our bodies properly. If we can govern the natural tendencies of the flesh, we will rise toward the kind of spiritual life President McKay described. But if we let “the natural man” govern, we will find ourselves at enmity with God and His purposes (see Mosiah 3:19).



It takes spiritual food and spiritual exercise to control the body and keep it subject to the will of God.

The Battle

Elder Melvin J. Ballard (1873–1939) of the Quorum of the Twelve Apostles taught that “all the assaults that the enemy of our souls will make to capture us will be through the flesh, because it is made up of the unredeemed earth, and he has power over the elements of the earth. The approach he makes to us will be through the lusts, the appetites, the ambitions of the flesh. All the help that comes to us from the Lord to aid us in this struggle will come to us through the spirit that dwells within this mortal body. So these two mighty forces are operating upon us through these two channels.

“ . . . If you would have a strong spirit which has dominance over the body, you must see to it that your spirit receives spiritual food and spiritual exercise. . . .

“The man or woman who is taking neither spiritual food nor spiritual exercise will presently become a spiritual weakling, and the flesh will be master. Whoever therefore is obtaining both spiritual food and exercise will be in control over this body and will keep it subject unto the will of God.”²

Elder Ballard identified several forms of spiritual food and exercise: praying, partaking of the sacrament, and

serving one another. The scriptures and the prophets remind us of others, such as attending Sabbath meetings, serving in the temple, and studying the scriptures.

Changing Our Nature

Spiritual food and exercise can strengthen us in our quest to govern the body, but this endeavor becomes much easier if the body can be sanctified from its corrupt, or “natural,” state (see Moroni 10:32–33). This sanctification comes through the grace of Christ and the ministering of the Holy Spirit. Elder Parley P. Pratt (1807–57) of the Quorum of the Twelve

Apostles taught that “the gift of the Holy Spirit . . . quickens all the intellectual faculties, increases, enlarges, expands and purifies all the natural passions and affections; and adapts them, by the gift of wisdom, to their lawful use.”³ Passions are not inherently evil. Passions in righteous people can be a vehicle to create great goodness.

The message of the gospel, then, is that we don’t have to surrender to our weaknesses and the yearnings of the flesh. The good news of the gospel is that through the Atonement of our Savior and the appropriate use of agency we can experience a fundamental change in our nature. President Ezra Taft Benson (1899–1994) taught that the world attempts to “shape human behavior, but Christ can change human nature.”⁴ Indeed, as Peter declared, by the Lord’s power we can “be partakers of the divine nature, having escaped the corruption that is in the world through lust” (see 2 Peter 1:3–4). Through the Atonement of Christ we can put off the natural man and become saints, “submissive, meek, humble, patient, [and] full of love” (Mosiah 3:19). ■

NOTES

1. *Gospel Ideals* (1953), 347–48.
2. “The Struggle for the Soul,” *Tambuli*, Sept. 1984, 37; *New Era*, Mar. 1984, 36.
3. *Key to the Science of Theology*, 9th ed. (1965), 101.
4. “Born of God,” *Ensign*, Nov. 1985, 6.

Cambodia

a Land of Developing Peace



In 1994 Cambodia opened the door to proselytizing missionaries, who now enjoy the enthusiastic support of more than 6,000 members.

BY MARISSA A. WIDDISON
Church Magazines

Since the Cambodian government officially recognized the Church in 1994, stories of faith, courage, and conversion have become a part of Cambodia's pioneer legacy. Lives are changed daily as Saints and missionaries continue to work side by side in this tropical Asian land.

In 1994 Elder Donald and Sister Scharlene Dobson were transferred from their labors in India to serve as Cambodia's first missionaries. On March 27 of that year the first Church meeting in Cambodia was held at a hotel, with a total of six members and nine investigators in attendance.

On May 9, 1994, Sister Pahl Mao became the first member baptized in Cambodia. Two years later, in May 1996, President

Gordon B. Hinckley visited and dedicated Cambodia for the preaching of the gospel while he stood on a hill overlooking the Mekong River. The work had officially begun!

Reaching Out: Humanitarian Aid

In 1993 Larry R. White was serving as president of the Thailand Bangkok Mission when he heard a favorable report about religious progress in Cambodia. He, along with Elder John K. Carmack of the Seventy and Brother Vichit Ith, a member living in Bangkok, traveled to Cambodia to ask government representatives about the possibility of beginning missionary work and humanitarian aid projects. The request to begin humanitarian aid projects was granted.

Since that time many humanitarian missionaries have served here. Recently, Elder Robert and Sister Virginia Scholes served as country directors for Latter-day Saint Charities, a humanitarian organization sponsored by the Church that often teams up with local government or civic

PHOTOGRAPHY BY CHHOUR MALY AND DAVID L. FRISCHKNECHT AND COURTESY OF RACHEL PACE AND JUSTIN JOHNS; PHOTOGRAPH OF BIRD © CORBIS IMAGES; MAP BY THOMAS S. CHILD

CAMBODIA

Phnom Penh



organizations to bring relief to the needy people in countries throughout the world. They understand that the power of charitable service can break barriers, bridge political rifts, and bring credibility to the name of the Church.

When Elder and Sister Scholes heard that more than 500 innocent Cambodian citizens are maimed, injured, or killed every year by undetected land mines, they decided to do something to help the victims. They teamed up with the Wheelchair Foundation and the Cambodian Red Cross to participate in a project they dubbed “Triple Combination,” which presented many victims of land mines—as well as others with physical limitations—with new wheelchairs.



Family History: A Shared Value

In a culture of traditional ancestor worship, it is no wonder that the people of Cambodia would be intrigued by the genealogical work of the Church. Senior missionaries Elder Michael and Sister Donna Frame organized and taught family history seminars in Phnom Penh, the capital of Cambodia. Over the past few years hundreds of men and women have attended these seminars, sponsored by Latter-day Saint Charities and taught by humanitarian aid missionaries.

“There are many surviving Cambodians who went through the Pol Pot era, when so many records were destroyed,” says Sister Frame. “We want to help families write down their histories so their children and grandchildren can read them. We want to show how easy it is to record a pedigree.”

Interested people have come from all over Phnom Penh to attend the family history classes and have been rewarded with information on recording family histories, interviewing



Opposite page: Commuters cross a bridge over the Mekong River; Latter-day Saints use a puppet show to teach the importance of being healthy; a pedicab on the streets of Phnom Penh; a Latter-day Saint chapel in Phnom Penh. Above: Families and missionaries gather for a baptism; boats on the Mekong River.

parents and grandparents, and collecting important and interesting information about their ancestors. After witnessing years of political turmoil, many are understandably interested in preserving current family information for future generations.

Proselytizing in Cambodia

Thanks to the efforts of humanitarian missionaries and the proselytizing elders and sisters,

thousands of Cambodians have accepted the gospel.

On a preparation day in the Cambodia Phnom Penh Mission, Elder Trent Nielson of Mesa, Arizona, watched as his fellow missionaries began a game of soccer. The field was adjacent to a school, and the activity of the missionaries attracted some of the local teenagers who approached Elder Nielson and asked why so many Americans were playing soccer in Cambodia. He explained that they were all missionary teachers of the gospel of Jesus Christ. The young men wanted to know how much these teachers were paid. When they learned that the missionaries paid their own way, they were dumbfounded. Why would anybody do such a thing?

Soon the curiosity of the teens led to probing spiritual questions, and they became engrossed in the missionary's message. Before long Elder Nielson was teaching 10 young men on the grass of a soccer field about the Restoration of the gospel.

Below, left to right: Sisters Sodaly's Sean and Rachel Pace; Brother Eng Bun Huoch; Sister Sam Nang; sister missionaries and others help clean up after a fire in Phnom Penh.



The member of the group who was the most antagonistic in the beginning became the most interested in the end. He and others asked for copies of the Book of Mormon. Elder Nielson realized that he did not have enough to give one to each of the inquisitive young men, so he hurriedly searched through the bags of the missionaries on the field for additional copies. Before the group left, Elder Nielson told them how they could get more information about the Church.

Sisters and Native Members

The arrival of the first sister missionaries was celebrated in Phnom Penh as a sign of the tremendous expansion of work in that area. Sisters Meagan Jones, Kirsten Downing, and Rachel Pace arrived in the capital city on August 21, 2003. On their first day, these sisters went proselytizing in Central Market, the busiest open market in the city. They were a bit nervous, but their companions—the first Cambodian sister missionaries, Sisters Sokhom Suon,

Molis Chan Soun, and Sodalys Sean—were comfortable on the familiar turf.

Geographic familiarity is just one example of how native missionaries are a tremendous asset to the mission. Native missionaries also seem to cherish the opportunity to serve in their homeland, and they bring a contagious spirit of enthusiasm with them wherever they go.

“I want to tell all the members of the Church that I loved my mission very much,” says Cambodian member Eng Bun Huoch, who was baptized on October 25, 1998. He served a mission in Phnom Penh two years later. “Serving a mission is not easy, but it is worth it. I can’t describe how important and profitable it was to my life. My two-year mission instilled in me leadership skills and teaching skills and showed me how to be a better friend, son, and member.”

After returning home on July 17, 2002, Elder Huoch was able to find a job that improved his quality of life. His testimony had been strengthened, and he felt better prepared to deal with the challenges of life.

“I thank the Lord that He brought the gospel to Cambodia before I was too old to serve a mission,” he says. “I would be very sad if I missed the opportunity to do this marvelous work.”

Thanks to missionaries—sisters and elders, native and foreign—the work is rolling forth every day.

Blessed by Priesthood Power

The power of the priesthood is a sustaining influence in the lives of new Cambodian members as they mature in the gospel. Many people, such as Sam Nang, have experienced medical miracles that continue to strengthen their faith.

Early one morning as Sam rode to work on the back of



WORK WITH FAITH

“The Church has grown across the world until our membership outside of North America exceeds that in North America. We have become a great international family scattered through 160 nations. . . .

“Our hope concerning the future is great and our faith is strong. . . .

“I now repeat what I said 10 years ago, let us ‘stand a little taller, . . . lift our eyes and stretch our minds to a greater comprehension and understanding of the grand millennial mission of this The Church of Jesus Christ of Latter-day Saints.’”

“I now repeat what I said 10 years ago, let us ‘stand a little taller, . . . lift our eyes and stretch our minds to a greater comprehension and understanding of the grand millennial mission of this The Church of Jesus Christ of Latter-day Saints.’”

President Gordon B. Hinckley, “Opening Remarks,” *Liahona and Ensign*, May 2005, 4–6.

a motorbike, a large truck ran into her, throwing her violently onto the pavement. No one wanted to move her until she could be identified, and being only semiconscious, she was unable to answer the bystanders’ questions. She lay in the street unattended for almost two hours.

At the hospital a doctor examined her injuries and said the bones in her right leg were “smashed to fragments.” His immediate plan was to amputate the leg just above the knee or, at best, try to pin the bones back together. Sam’s family was distraught, and they called branch president Un Son and senior missionary couple Elder LaVon and Sister Marianne Day. These leaders told the doctor to do nothing until they arrived.

After arriving at the hospital, President Son and Elder Day gave her a blessing. Despite earlier

protests the doctor agreed to delay the surgery briefly, while he reviewed the recent X-rays and saw something that he couldn’t quite believe: the leg showed no fracture or sign of trauma! The only real damage was a torn muscle and large laceration, which he stitched closed. The doctor seemed to have no explanation for the abrupt change in Sam’s condition.

With some additional surgery and skin grafting, Sam will have the complete use of her leg again.

Cambodia: Toward a Peaceful Life

Cambodia is a small country, but a great spirit is found within its people. As missionaries and Cambodian Saints strive to nurture peace in this once war-torn area, they pave the way for future generations to prosper in the gospel. ■

Breaking the Chains of Sin



Sacrificing the object of desire or passion is the key to becoming free from captivity.

BY ELDER H. ROSS WORKMAN
Of the Seventy

The evil practice of slavery has existed in various civilizations throughout the history of the world. We are astonished that men, women, and children could be a commodity bought, sold, and subjected to prolonged misery to further the interests of others. We recoil at descriptions of “man’s inhumanity to man” in these accounts, and we are horrified at reports of slavery existing in some parts of the world even today.

How is it, then, that many willingly relinquish their freedom and submit themselves and their loved ones to captivity by that master whose only purpose is to make them “miserable like unto himself”? (2 Nephi 2:27).

Spiritual Captivity

Many think of captivity only in terms of imprisonment by other people. Physical captivity is abhorrent, but the effects may not endure eternally. The greater bondage is to the father of lies—a form of captivity that is far more devastating and potentially longer lasting. Remarkably, this spiritual captivity results from personal choice as one yields to uncontrolled desires and passions. One can be in captivity to sin or to the pursuit of worldly honors such as fame, wealth, political power, or social standing. One can also be in captivity

through obsessive preoccupation with activities such as sports, music, or entertainment.

A particularly powerful source of captivity is tradition. Traditions exist in every culture. In some countries, tribal traditions run deep. Some of these traditions are wonderful, preserving culture and defining social order. Other traditions are contrary to the gospel and priesthood government and, when followed blindly, result in captivity.

Even individual and family traditions can lead to spiritual captivity. Traditions that are contrary to gospel principles offend the Spirit and, if followed, obscure one’s ability to be guided by the Spirit to recognize righteous choices that would expand freedom. For example, consider family traditions regarding the Sabbath. How does your family feel when a major sports event conflicts with Church responsibilities? Yielding to unrighteous influences diminishes your freedom and amplifies the danger of captivity.

One Small Step at a Time


Freedom to choose all that is “expedient” is a gift given by God to His children. Thus, we can choose liberty (freedom) and eternal life through Christ, or we can choose captivity and death according to the power of the devil (see 2 Nephi 2:27). It is often said that we are free to choose whatever course we desire, but we



are not free to avoid the consequences of that choice.

Spiritual captivity rarely results from a single choice or event. More often, freedom is surrendered one small step at a time until the way to regain that freedom is obscured.

A young man once pleaded with me for help. He had become addicted to pornography, which he accessed via his home computer. It burdened him with such guilt that he could not feel good about attending church or participating in priesthood assignments. It adversely affected his social life. He was powerfully drawn to spend hour upon hour alone in front of the computer viewing that which he acknowledged brought only frustration and



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The Lord requires sacrifice to test the faithful. He asked Abraham to sacrifice his son Isaac. He asked the rich young ruler to “sell that thou hast, and give to the poor.”

despair. It was as if he were chained by a master whose only purpose was to make him miserable.

He did not decide at once to become a slave to the computer screen. Rather, he decided at some earlier time that viewing destructive images “just this once” would not hurt and would satisfy a “curiosity.” Once became twice, and twice became several times, until a powerful addiction had lessened his power of choice. Only after he was enchained by his addiction did he recognize that he had willingly submitted to captivity.

If we are succumbing to spiritual captivity, we may not recognize the growing loss of freedom in our lives. Yet the more spiritual captivity we experience, choose, or permit, the less freedom of choice we feel in matters of spiritual importance.

Some seek to explain spiritual captivity as something out of their control. Is it really out of their control? Typically, freedom to make righteous choices is measured by a willingness to sacrifice that which is the object of desire or passion. Hence, sacrifice is a guiding principle and is the key to setting oneself free from captivity.

An Example of Sacrifice: Couple Missionaries

Couples who are physically and financially able are urged to sacrifice to serve full-time missions. Clearly, poor health, inadequate financial resources, and other circumstances influence the ability to serve. However, careful attention to the reasons for not serving may reveal a risk of being imprisoned by worldly desires. Concern about the house, car, or boat; preoccupation with investments; plans for travel; a desire to enjoy a summer

home; and similar obstacles compel the question: do you feel free to choose to serve a mission? If not, why? Have you chosen to be held captive by worldly things?

Consider the choice made by one faithful couple. After recently purchasing a farm for their retirement, they felt prompted to accept a mission call. They were called to serve in a village far from other Church units. They built their own housing, dug their own water well, attended to all their personal needs, and proselytized by bicycle. While the living conditions were extremely difficult, they enjoyed wonderful success in teaching, training members, and bringing converts to the gospel.

In the course of their mission this couple received a letter from a family member reporting that thieves had broken into their farm and stolen all their farm implements and machinery. They were urged to return home and seek to reclaim their much-needed property. The mission president gave them the option to do so. This couple considered their choice and decided to stay. They were not held captive by their worldly goods. They were free to choose the Lord’s service, and they so chose.

The Lesson of Balaam

I am intrigued by the story of the Old Testament prophet Balaam, which teaches us much about captivity and freedom. Balaam was an Israelite prophet residing near the borders of Moab at the time Moses was leading the children of Israel through the wilderness. Balak, the Moabite king, fearing the incursion of the children of Israel



journeying through Sinai, appealed to Balaam for help in cursing them. Balaam sought the will of the Lord in the matter. In response the Lord said to Balaam, “Thou shalt not curse the people: for they are blessed” (Numbers 22:12).

When Balaam made the Lord’s response known, the king’s ministers tempted Balaam with ever greater promises of gifts: great riches and worldly honors. While Balaam at first refused to oppose the will of God, the Moabite king tempted him with wealth, position, and political influence. Step by step Balaam compromised his divine calling as his desire to gain the king’s honor grew. At last he was so consumed with the desire for those gifts promised by the king that he conspired to bring a curse upon the children of Israel (see Numbers 31:16). He made choices that put him in bondage to his desire for the wealth and power promised by the king. In so doing he lost his life to the sword of Israel—and he lost the spiritual freedom he once had (see Numbers 31:8).

The Pattern of Christ

Some people feel they are in captivity because of their poverty. Poverty can indeed be disabling, limiting some of the choices one can make. However, poverty is not a source of captivity in the eternal sense.

The mortal Jesus had few possessions, and He relied on others for His food and keeping. Yet He was not in captivity. His willingness to sacrifice all that Heavenly Father required and to keep all the Father’s commandments



brought Him ultimate freedom.

The Lord requires sacrifice to test the faithful. He asked Abraham to sacrifice his son Isaac. He asked the rich young ruler to “sell that thou hast, and give to the poor” (Matthew 19:21). The Prophet Joseph Smith and the pioneer Saints sacrificed much to establish the

Church “in the top of the mountains” (Isaiah 2:2). The Lord asks us to sacrifice too.

Father Lehi, in his last recorded discourse to his sons, pleaded with them to “shake off the awful chains by which ye are bound, which are the chains which bind the children of men, that they are carried away captive down to the eternal gulf of misery and woe” (2 Nephi 1:13). His words evoke the Savior’s message: “Whosoever committeth sin is the servant of sin” (John 8:34).

How, then, does one “shake off the awful chains” of spiritual captivity? As we purify our hearts through repentance and turn to the Savior with a firm determination to obey His commandments, He will enlarge our strength through the power of His grace. Each righteous choice we make can then lead to future righteous choices. The struggle to escape spiritual captivity and regain our freedom is not always an easy process; indeed, it may lead us through the refiner’s fire. But because of the Atonement and the great gift of repentance, “though [our] sins be as scarlet, they shall be as white as snow” (Isaiah 1:18).

The Savior promised, “If ye continue in my word, then are ye my disciples indeed; and ye shall know the truth, and the truth shall make you free” (John 8:31–32). Let us implement in our lives those principles that we know to be true. Rather than submitting to captivity, let us make righteous choices and “continue in [the Savior’s] word.” Then we shall be truly free. ■

Check the Boys

By Mary Rich Goodwin

Our home in Manti, Utah, was small, and our family was very close. Our sons, Stewart and Chandler, played together constantly and shared a bedroom. The room was small, and the boys didn't seem to mind sharing a twin bed, one sleeping at each end. Their toes would barely reach to the middle, and often the sounds of giggling would escape as they tickled each other's feet.

They soon outgrew the bed, though, so we shopped around and decided to get bunk beds. Their excitement was overwhelming as my husband, Rex, set up the new beds. He attached a board across the top bunk to keep Stewart, age four, from rolling off the bed. Chandler was younger and smaller and had the bottom bunk. After family prayer they climbed happily into their new beds, and we heard giggling and whispering through their closed door. Eventually they went to sleep, and the house was quiet.

Housework, dishes, and laundry filled the rest of my evening, and I clutched Rex's hand tightly as we had our evening prayer. Finally we climbed into bed, exhausted from the day's work. It must have been only seconds before I was in a deep sleep.

I woke up around 2:00 a.m., opened my eyes, looked at the clock, and was ready to doze back to sleep when I heard a very quiet voice say, "Check the boys." I looked at Rex to see if he was awake, but he was sleeping soundly. I closed my eyes a second time, but again I heard,

After family prayer the boys climbed into their new beds, and we heard giggling and whispering through their closed door.



“Check the boys.” My body was so tired I wasn’t sure if I was awake, and once more I closed my eyes to go to sleep when I heard the voice a third time: “Check the boys.” My mind began to fill with stories I had heard about the still, small voice. I couldn’t imagine why I should check the boys, but finally I climbed out of bed and headed toward their room.

I walked down the dark hall and through the kitchen. All was quiet. I walked through the family room and finally reached the boys’ door. I heard a faint whimpering in the bedroom. As I quietly opened the door, I looked at the new bunk beds, and to my horror, Chandler was hanging from the top bed. His skinny body had slipped through the space between the mattress and the board, but his head had caught. His small body hung limp. His only cry was a muffled whimper as his face was buried in the mattress. Stewart slept soundly on the bottom bunk, unaware of his brother’s distress. They must have switched beds after we tucked them in for the night.

I quickly slipped Chandler back through the small space and held him tightly in my arms. His frightened, tear-filled eyes met mine. I realized how close he had come to death. I rocked him back to sleep and placed him in the bottom bed beside his brother. The image of Chandler hanging from the top bed haunted me. I knew he couldn’t have survived for more than a few minutes.

As I watched my two sons sleep, I felt the protective Spirit of the Lord within my heart and realized I had been given a miracle that night. After returning to my bedroom, I knelt and thanked my Heavenly Father for the repeated prompting I had received and for the safety of our family. ■

True to My Decision

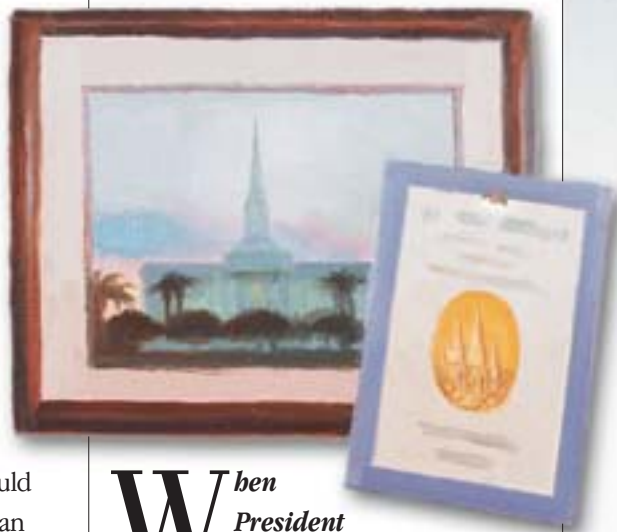
By Yazmin Ojeda

I was 11 years old when I learned about the Church. From the moment I first entered the meetinghouse, I felt a beautiful spirit. I continued to attend for several months, during which time I turned 12 and started the Personal Progress program in Young Women. Two months later, on August 14, 1994, I was baptized.

It was surprising to the ward members to see a girl of 12 baptized by herself, without her parents. How did this happen? I asked my father if I could be baptized. He replied, “You’re an intelligent young woman, and you will know what decision to make.” I had already made the decision in my heart that I would never again be without the beautiful feeling I had when I heard the true gospel.

During middle school and high school I experienced wonderful and difficult years at the same time, because during adolescence a young person wants support from her parents. It wasn’t easy to be the only member of the Church at home when my parents did things that were at odds with the Church’s teachings. But I remembered what Nephi said, “If ye shall . . . endure to the end, behold, thus saith the Father: Ye shall have eternal life” (2 Nephi 31:20).

Years later my younger siblings were baptized, but my parents were not. The missionaries talked to them, but they did not want to be baptized. Their decision saddened me, but I knew I had set a good example.



When President Hinckley visited our island and encouraged us to go to the temple, I made a firm decision that I would be married for eternity.

When I was 16 I traveled to the temple in Orlando, Florida, and it was one of the most beautiful experiences of my life. I went by myself and was able to be baptized for my ancestors. Two years later, when I received my Young Womanhood Recognition, my joy could not be contained. I felt that our Heavenly Father was pleased with me.

When President Gordon B. Hinckley visited our beautiful island of Puerto Rico and spoke to the members, I had the privilege of singing in the choir. He urged us to go to the temple on the neighboring island of the Dominican Republic. I did, and in that temple I made a firm decision that I would be married for eternity to a returned missionary.

I reached this goal when I found a worthy priesthood holder who is a returned missionary. We were sealed in the Dominican Republic temple for time and eternity. We now have a baby boy, and I am serving in the stake Young Women presidency. My parents are still not members, but I am pleased with the example I have given them. I try to build on the good in my parents while forgetting their imperfections.

I know I belong to the true Church and that Jesus Christ is my Savior. My dream, which I pray for, is to be sealed someday to my parents and siblings. I love this gospel that has given me so much joy and hope in my life. ■

The Blessing

By Joel R. Bryan

Evan Payne owned and operated a gasoline and auto repair station in Thousand Oaks, California. He was quick with a smile and even quicker to remember people's names. He knew his customers, their children, and their cars. Evan worked long hours, six days a week, and was genuinely interested in helping people. He gave jobs to teenagers who had family problems or who were preparing for or returning from missions. He would stay late or arrive early to accommodate a customer. Nearly everyone in town knew Evan Payne and liked him.

Evan was also busy at home and at church. He and his wife, Becky, had five children, ages 7 to 13. He had served twice as a counselor in the bishopric, as bishop, and now as a counselor in our stake presidency.

Evan was young, athletic, happy, and outgoing. He had dark hair and a handsome face. He loved to ski and play Church softball and basketball. So it didn't seem possible when I heard that Evan had leukemia.

In the months following his diagnosis there were family, ward, and stake fasts. Evan went through chemotherapy and radiation. When Evan's illness did not go into remission, his brothers were tested to determine if they could be bone marrow donors. None

matched. He and Becky got their affairs in order and prepared for the worst, but in spite of the pain Evan remained upbeat and positive. He continued to work nearly every day, although he was clearly suffering.

One day my office phone rang. "Joel," Evan said, "what are you doing tonight? I want you to come with me to give a blessing to someone in your ward. Can you do it?"

"Sure," I said. "Who are we going to bless?"

"Sally Carlisle (names have been changed). She is an elderly lady from San Diego. She is in town visiting her daughter, Joan Wilson, who isn't active. I should be taking the Wilsons' home teacher, but I don't know who it is, and she needs a blessing right away. Can you pick me up?"

I had a sudden sinking feeling, and a wave of guilt flooded over me. For many months I had been assigned to home teach the Wilson family, but I had not even called them. Numerous times I had intended to call or stop by, but each time I rationalized my way out. I had not done my duty. I told Evan I would pick him up at 7:00.

As we drove Evan explained that the Wilsons had been customers at his service station for many years. Joan had been raised in the Church but had drifted into inactivity as a young adult. She had married Mike Wilson, who was not a member of the Church, and they had raised their four boys in Mike's religion. Evan explained that we would be giving a blessing to

Joan's mother, who had the flu. Joan had called Evan at the station and asked him to come. He was the only member of the Church she knew.

When we arrived at the Wilson home, Joan greeted us at the door but excused herself while we visited with her mother. Sally explained how much she wanted her daughter to come back to the Church and how she prayed for Mike and Joan to be able to receive the


blessings of the gospel. After we visited for a few minutes, I anointed Sally and Evan blessed her. It was a simple blessing of comfort and good health.

As I drove Evan home, I felt grateful to have witnessed that priesthood blessing. I was also grateful for the introduction to the Wilson family and for spending those moments with Evan Payne, who passed away just a few months later.

In the following years I visited the Wilson home regularly. They welcomed me and remembered me as Evan's friend. At first we just talked about Evan and what a great power for good he had been in our community. I remained the Wilsons' home teacher for 15 years, and I tried to be like Evan and help whenever I could. Mike and Joan became my good friends and blessed my life in return.

Although Joan did not return to activity and Mike did not join the Church, I will always treasure their love and friendship. I was serving as bishop when Joan passed away. At the time of her death, Mike donated a large sum to the ward missionary fund. That money supported a missionary from our ward who joined the Church as a teenager and had no family resources to allow him to serve. Mike's contribution indirectly touched the lives of the many converts that young elder taught.

Although I am certain Evan Payne did not intend to teach me any lessons that night many years ago, I learned that it is no burden to be about the Lord's business. I try to be, as Evan was, truly interested in and concerned for our Heavenly Father's children. And as a home teacher I try to be as faithful as Evan was and as the Savior would want me to be. ■



I anointed Sister Carlisle, and Evan blessed her. As I drove him home, I felt grateful for spending those moments with Evan Payne.

BY PAUL VANDENBERGHE
Church Magazines

MAYOR FOR A

Imagine you're a young Latter-day Saint living in Trujillo, Peru. Now imagine you're the mayor.

One local newspaper ran a story about Amy Arreátegui Pozo. In the newspaper photographs (opposite page), Amy meets with the full-time mayor of Trujillo and goes over the schedule for her day as mayor.

It's tough making the right choices when you're 15 years old. But when your decisions affect the lives of hundreds of thousands of people, the pressure gets a little greater. That was the situation facing Amy Arreátegui Pozo when she was selected from 123 students to be the mayor of Trujillo, Peru, the third largest city in the country. Mayor for a day, that is.

When Amy was a Mia Maid in the Mousserat Ward, Trujillo Perú Laureles Stake, she attended a secondary school called the Academy of Engineering. "One of my goals," says Amy, "was to become the student mayor [like a student-body president] from this school, and I did. That was my dream. My next goal was to win the 'Mayor for a Day' contest, and here I am. I finally made it. What helped me win was my confidence in myself."

Of course, showing that she had a lot of great ideas about improving schools and neighborhoods in the city also helped. Coming up with these ideas for the contest was a lot of work, but deciding which ones to include was pretty easy. To decide, Amy used a method she's come to depend on—a method that has given her the confidence she talks about. It's the process of asking and receiving answers through prayer.

"Always go to Heavenly Father when you're making a decision, and you will always make the right choice," Amy says. That's one reason she could handle the responsibility so well when the city of Trujillo issued the resolution recognizing her as "mayor for a day." The city council acted to accept her activities during her 24 hours as mayor. All contracts, decisions, and authorizations would be legally binding.

Mayor for a Day

Amy arrived at the city hall at 7:30 a.m., even before Mayor José Murgia Zannier, Trujillo's mayor for more than 10 years. After being officially installed in her post, she met with Mayor Murgia to go over the day's schedule and coordinate some details. Thus began her busy day as mayor.

In the mayor's official vehicle, Amy made a visit to inspect a park where the city plans to build a sports and recreation center. She then visited a public school, where she met with the principal and surveyed the

DAY

QUINCENARIO DE INFORMACIÓN, COMENTARIO E INVESTIGACIÓN
EL HERALDO
ÓRGANO DE DIFUSIÓN DEL CONSORCIO EDUCATIVO MAS GRANDE DEL NORTE DEL PERÚ

Director: Manuel Rodríguez R.



Andy Arredondo de la Comandante al Png. José María



Andy Arredondo Comandante Comandante de la Comandante al Png. José María



gui en conferencia de prensa

muchísimo por hacer...

...se prolongue por una semana. Por ejemplo, está en Huerta Bella, en el Centro Educativo N° 82050 y puede comprobar que tiene múltiples necesidades. Pero, contestando su pregunta, uno de mis proyectos sería realizar una reunión de concertación entre el alcalde y los burgueses de tres vecinales para que estos expongan sus problemas y necesidades.

apoyando con la construcción de dos aulas, pero lamentablemente la municipalidad no puede atender a todos por falta de presupuesto.

- Finalmente, ¿cual sería tu análisis de la ciudad de Trujillo?

- En el breve recorrido que he realizado por algunas zonas de Trujillo, me he dado cuenta de la verdadera realidad trujillana. Es una realidad que muchos trujilla-



progress on the construction of two classrooms.

Back at city hall, Amy met with an official from the public defenders office and with the director of the San José Children's Home. Amy quickly decided to send a group of workers to the children's home to make some needed repairs. She also received visits from several other schools seeking funding.

At a press conference, Amy launched her teen leadership program, titled "A Challenge for the Future." Since her program started, teen leaders from more than 100 schools in the city have met monthly with government officials to discuss the needs of education.

Then Amy presided over the city council meeting, opening the session and calling roll. She also planted a tree at the opening of a newly renovated city park and listened to the requests of neighbors living in the area. That evening, she attended a cultural event in one of the town plazas.

It was a busy day for Amy, a young woman one of the local newspapers described as "outstanding in intellect, sobriety, eloquence, and leadership abilities, but most of all in her great goals and objectives."

Education and Priorities

The experience Amy had while serving as mayor for a day opened her eyes to the



many needs within her community. One of those needs—education—was already a primary focus of Amy’s plans and programs. But Amy realizes that while school is important, there are other aspects of our lives that should take precedence over a secular education.

“I feel that here in Trujillo, which is considered the culture capital of Peru, many put the Church aside and put more focus on their studies,” Amy says. “There are many youth within the Church who don’t go on missions so they can continue with their schooling at the university or who stop going to institute classes and Church meetings.”

So while Amy studies hard in school and plans to become a psychologist, she also works hard in her calling as a Sunday School teacher and on her personal spiritual progression. She understands that there is a time for everything: a time for study, a time for church, and a time for friends, family, and fun.

It’s a question of perspective and priority. Amy explains: “The prophet wants the youth to get as much schooling as possible, and the Lord will always prepare the way for us to do it, so we don’t have to leave the Church to do something that is secular. Even though it’s important to get an education, it’s more important to do what our Heavenly Father commands.”

Principles over Peers

The youth in Peru face many of the same challenges youth face all over the world. The temptations to follow the ways of the world call loudly: pornography, immorality, and dishonesty.

“Fashion and all the trends like music are also a problem because most of us are surrounded by nonmembers, so at times it’s easy to be led by our peers and not our principles,” Amy says. She warns that we should not give in to pressure from those who would have us relax our standards. “Another problem,” she says, “is that when a young person joins the Church, he or she sometimes loses friends.”

Amy feels blessed that she has found friends and strength among her family, ward members, and fellow seminary students. They have been there to support and encourage her to follow the Lord.

Confidence in Your Decisions

Now that Amy has had a taste of what it’s like to be mayor of Trujillo, what are her plans for the future? “I will start out as a student mayor,” Amy explains, “and then perhaps become mayor of a local unit, and then mayor of a district, and then become the first woman president of Peru.”

Amy says that many young people lack the confidence to set goals and reach them because they don’t understand why they’re here on earth and what they should do in their lives. By building her life around the gospel, Amy has gained the confidence to succeed in whatever she righteously desires.

“I’ve grown closer to my Heavenly Father by praying and asking for His confirmation in whatever decision I have to make,” she says. “It is very special for me to feel His Spirit and know He approves of my choices. By having His approval, I feel that things will always, always turn out well.” ■

The newspaper photograph (opposite page) shows Amy as she opens a newly renovated city park. Inset: Amy (center front) stands with her friends from seminary.



A Fountain of Knowledge

The *Liabona* has been a fountain of knowledge for me and helps me overcome difficulties from day to day. The interview with Elder Henry B. Eyring, titled "A Discussion on Scripture Study," in the July 2005 issue was sensational. Thanks to this material, I learned to use the scriptures in an efficient way.
Sandro Everaldo Ponte Machado, Brazil

An Important Resource

I have loved reading the *Liabona* in Tongan since I joined the Church. The magazine became an important resource to me as my knowledge and understanding of the gospel increased. I am an institute teacher, and I like to use the *Liabona* in preparing my lessons, talks, and spiritual thoughts. I often focus on the First Presidency Messages. The principles and doctrines of the gospel they teach become a light to my life. As I diligently read the *Liabona* and study the scriptures, I feel a divine power and the guidance of the Holy Spirit, which help me stay on the strait path as I travel this perilous journey. I also enjoy reading

the news about members of the Church in other countries.

Saiatua 'Te'ula Fa'apoi, New Zealand

Liabona Online

I am very grateful for the *Liabona* magazine and the things it has in it. I am even more grateful to have it online so I can look it over no matter where I am. I occasionally read the *Liabona* on the Internet, and it helps me so much. I would like to see the entire Book of Mormon published online, and if possible, all the scriptures in Spanish. It would be a blessing to read them from anywhere.

José Carrasco Benites, Peru

Editors' note: *The Liabona is available online in 12 languages. Go to www.lds.org, and click on the world map. Then select a language. The scriptures in Spanish are also now available at www.lds.org.*

LOOKING AHEAD

Are you a new member of the Church, or do you know someone who is?

Don't miss the October 2006 issue of the *Liabona*. It's especially for new members of the Church and for other readers to share with their new member friends.

HELP DESIGN A POSTER

Below is a potential poster with no title or text. Help us turn this picture into a poster. What gospel truth could this picture illustrate? Write a short, catchy title (1–6 words) for the top of the poster and some text for the bottom. You can even include a scripture reference. Check previous issues and page 24 of this issue to see examples of posters.

We need your ideas by August 15, 2006. Please send them to:

Liabona Poster

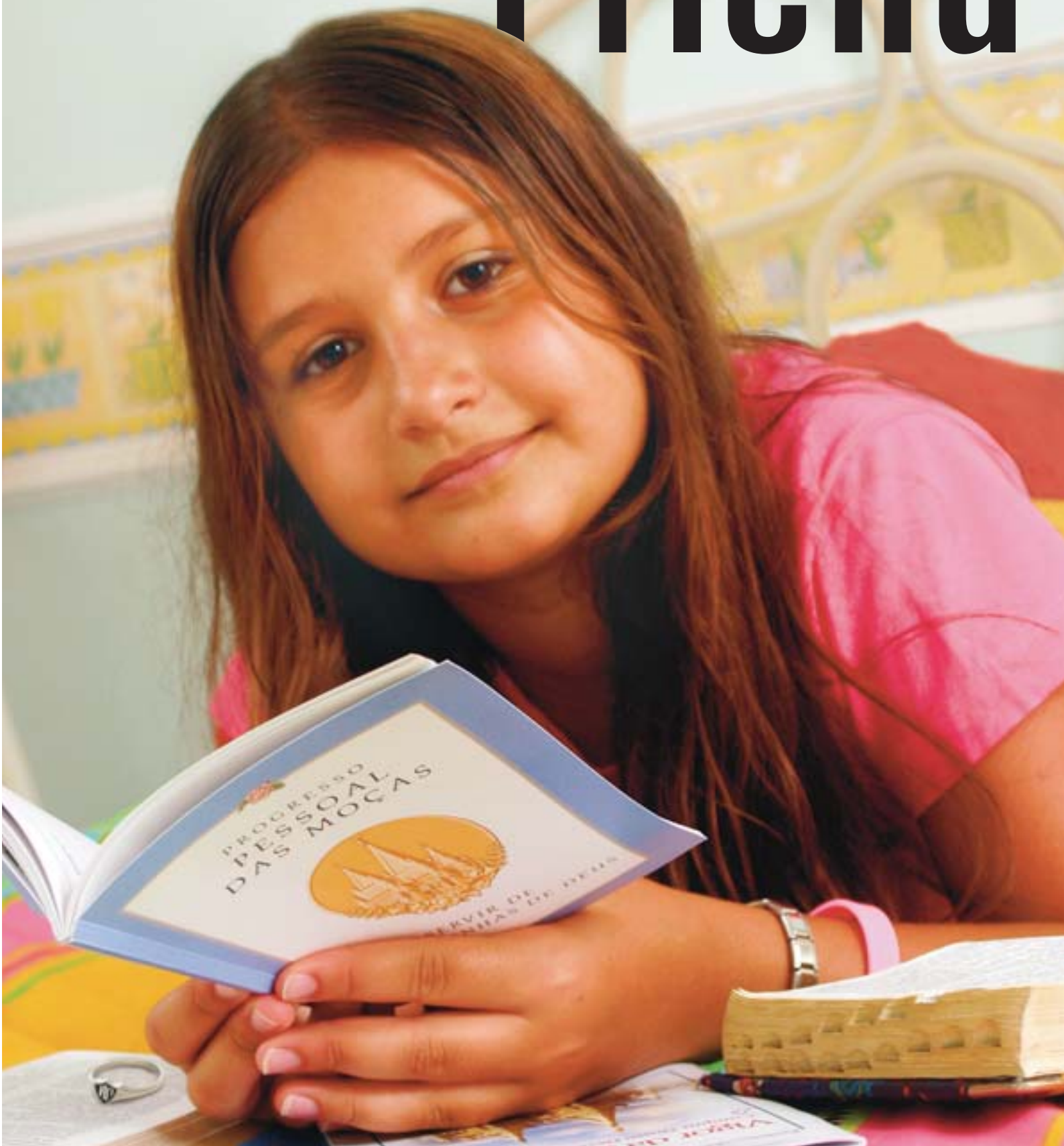
50 E. North Temple St. Rm. 2420
Salt Lake City, UT
84150-3220, USA

Or e-mail:

liabona@ldschurch.org



the Friend



Frame Your Life with Faith

BY PRESIDENT THOMAS S. MONSON

First Counselor in the First Presidency

Amidst the confusion of our age, an abiding faith becomes an anchor to our lives. By seeking Heavenly Father in personal and family prayer, we will develop what the great English statesman William E. Gladstone described as the world's greatest need: "A living faith in a personal God."

Wherever we may be, our Heavenly Father can hear and answer the prayer offered in faith.

Many years ago, on my first visit to the village of Sauniatu in Samoa, my wife and I met with a large gathering of small children—nearly 200 in number. At the conclusion of our messages to these shy yet beautiful youngsters, I suggested to the native Samoan teacher that we go forward with the closing exercises.

As he announced the final hymn, I suddenly felt compelled to greet personally each of these children. My watch revealed that the time was too short for such a privilege, for we were scheduled on a flight out of the country, so I discounted the impression. Before the benediction was to be spoken, I again felt that I should



President Monson teaches that as we live with faith, the Holy Ghost will be with us.

shake the hand of each child. I made the desire known to the instructor, who displayed a broad and beautiful Samoan smile. In Samoan, he announced this to the children. They beamed their approval.

The instructor then revealed to me the reason for his and their joy. He said, "When we learned that a member of the Quorum of the Twelve Apostles was to visit us here in Samoa, so far away from Church headquarters, I told the children if they would earnestly and sincerely pray and exert faith like the Bible accounts of old, that the Apostle would visit our tiny village at Sauniatu and through their faith he would be impressed to greet each child with a personal handclasp."

Tears could not be restrained as the precious boys and girls walked shyly by and whispered softly to us the sweet Samoan greeting "talofa lava." A profound expression of faith had been evidenced.

When you, my dear young friends, frame your life with faith, you will merit the companionship of the Holy Ghost. You will have "a perfect brightness of hope" (2 Nephi 31:20). ●

From "The Lighthouse of the Lord: A Message to the Youth of the Church," Liahona, May 2001, 2–7; Ensign, Feb. 2001, 2–7.





**Heavenly
Father Hears
and Answers
Prayers**

Glue

Fold

Fold

Fold

Three vertical columns of lined paper for writing, each containing ten horizontal lines.

Heavenly Father Hears and Answers Prayers

“Be thou humble; and the Lord thy God shall lead thee by the hand, and give thee answer to thy prayers” (D&C 112:10).

BY LINDA MAGLEBY



Heavenly Father loves us and wants us to pray to Him. We can pray to Him anytime, no matter where we are. He hears and answers our prayers.

Charlotte Clark was just six years old when her family left Nauvoo, Illinois, to travel west to the Salt Lake Valley. It was a long, long way to walk. Charlotte walked so much that she wore out her only pair of shoes. Every night when Charlotte knelt to pray, she asked Heavenly Father for a pair of shoes.

One day Charlotte and her sister were picking berries when Charlotte saw a pair of shoes. She and her sister ran back to their mother and father, saying, “Heavenly Father sent me shoes, and they fit perfectly!” Charlotte’s father was concerned that the shoes belonged to someone who had lost them. He told Charlotte that if the shoes belonged to someone in their wagon train, she should return the shoes to their owner. Charlotte’s family showed the shoes to everyone, but no one claimed them. Charlotte’s prayer was answered.

Heavenly Father answers our prayers. The answers may not always be what we expect, but He will answer in the way that is the best for us. We can pray to Him anytime, anywhere.

Activity

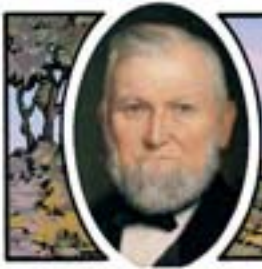
To remind you of the parts of prayer, cut out the shapes on page F4 on the heavy dark lines. Fold on the dotted lines, and glue the larger shape to make a flattened

tube. On the narrow strip, write on the lines provided some things you are thankful for and some blessings you pray for. Slide the narrow strip inside the folded piece. You could place this reminder on your pillow to remind you to pray before you go to bed. At night, place it beside your bed to remind you to pray in the morning.

Sharing Time Ideas

1. Use a readers’ theater (see Teaching, No Greater Call [1999], 177) to tell the story of Daniel. Before Primary write a simple script using Daniel 6 as a guideline. Use words directly from the scriptures to tell the story. Participants include a narrator, Daniel, King Darius, assorted presidents and princes, and lions. For example, the presidents and princes would say from verse 8, “Now, O king, establish the decree, and sign the writing.” Daniel would say from verse 22, “My God hath sent his angel, and hath shut the lions’ mouths.” Discuss how the scriptures record the stories of others who have had prayers answered. Divide the Primary into groups, and give each a scripture reference about people whose prayers were answered, such as Hannab (1 Samuel 1:8–20), Zacharias (Luke 1:5–13), Nephi (1 Nephi 17:8–10), Enos (Enos 1:1–6), and Alma the Elder (Mosiab 27:8–14). Have the children read the stories and then share with the group how Heavenly Father answered the prayers. Testify that Heavenly Father bears and answers prayers today.

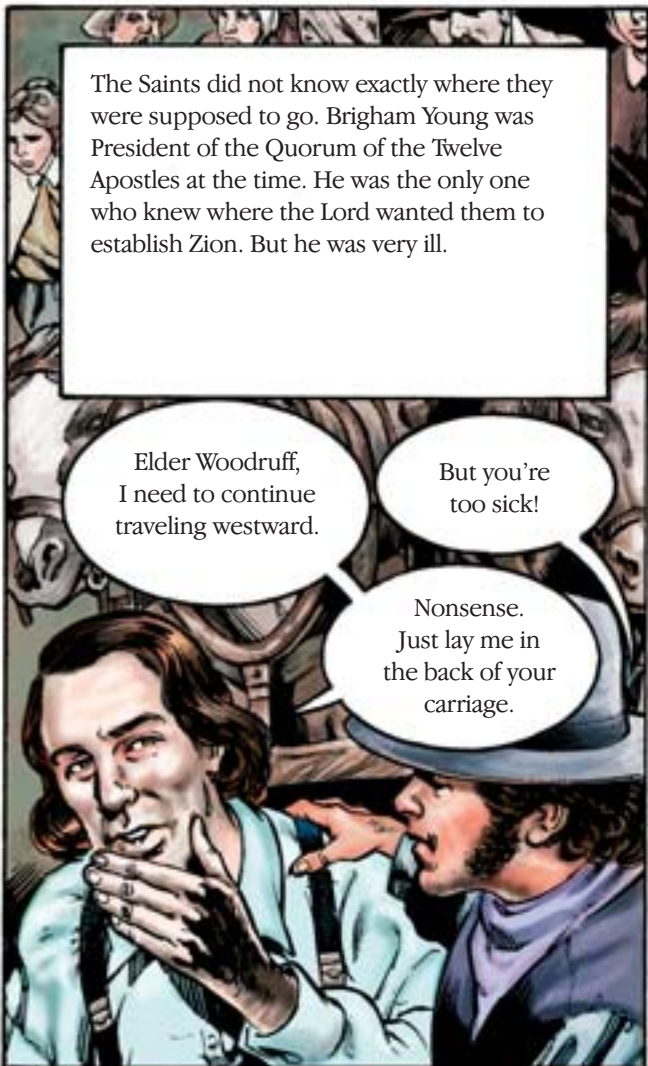
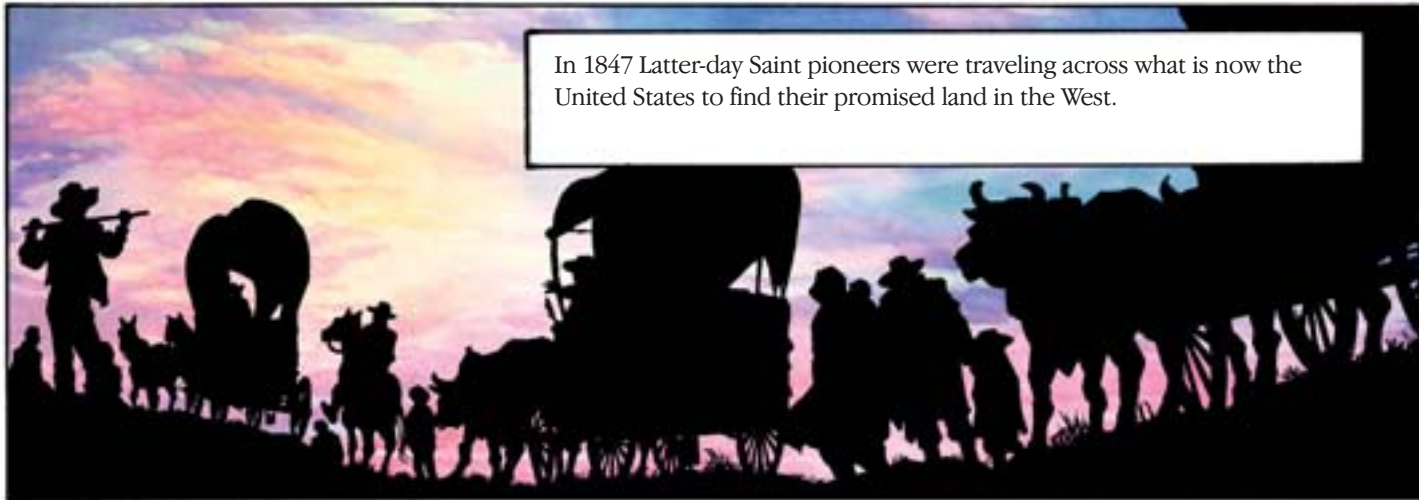
2. Invite two or three people from the ward or branch to dress as pioneers and tell true stories about how Heavenly Father answered the prayers of the pioneers. Tell the stories in first person (see Teaching, No Greater Call, 165, 179). Use personal family history stories, or tell the story about Charlotte Clark on this page. Bear testimony that Heavenly Father will answer your prayers. ●



FROM THE LIFE OF PRESIDENT WILFORD WOODRUFF

This Is the Place

In 1847 Latter-day Saint pioneers were traveling across what is now the United States to find their promised land in the West.

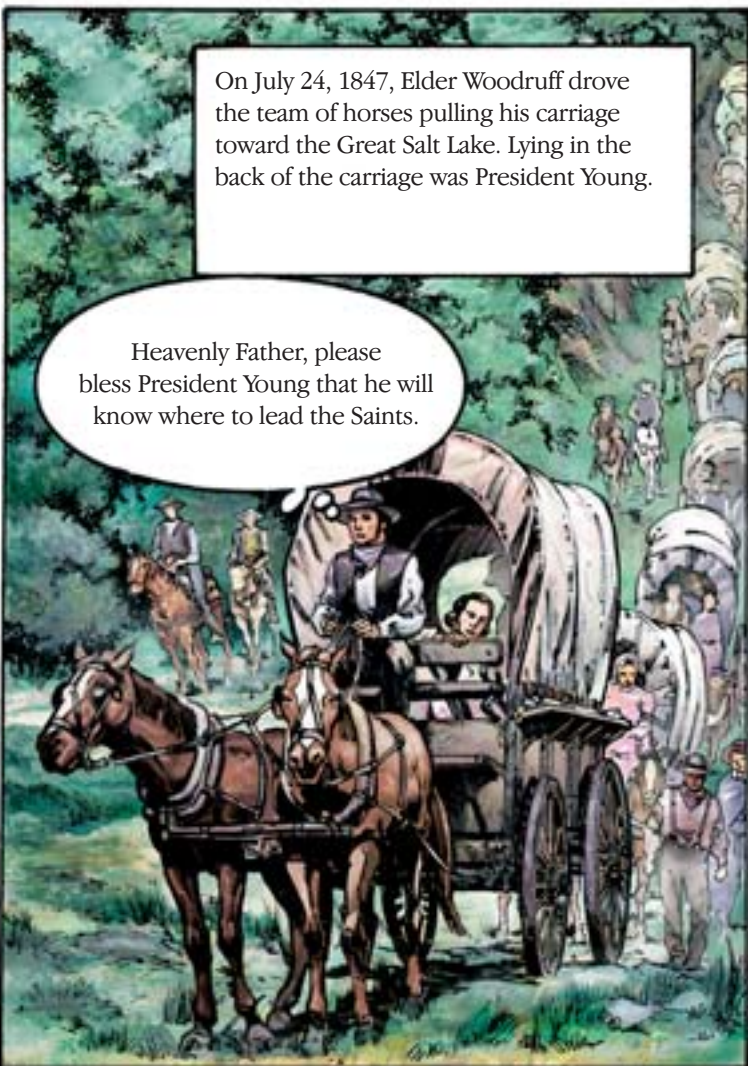


The Saints did not know exactly where they were supposed to go. Brigham Young was President of the Quorum of the Twelve Apostles at the time. He was the only one who knew where the Lord wanted them to establish Zion. But he was very ill.

Elder Woodruff, I need to continue traveling westward.

But you're too sick!

Nonsense. Just lay me in the back of your carriage.



On July 24, 1847, Elder Woodruff drove the team of horses pulling his carriage toward the Great Salt Lake. Lying in the back of the carriage was President Young.

Heavenly Father, please bless President Young that he will know where to lead the Saints.

As soon as President Young saw the desert valley of the Great Salt Lake, he told Elder Woodruff to stop.

This is the right place; for the Lord has shown it to me in a vision.



Twenty-two years later, Elder Woodruff remembered that event as he was writing in his journal.

Today I attended a Pioneer Day celebration. We now number more than 100,000 souls. See what God hath wrought!

Adapted from Teachings of Presidents of the Church: Wilford Woodruff (2004), 146–48.

"Keep all your pledges one with another" (D&C 136:20).

My Sister, My Example

BY SHANNA BUTLER

Church Magazines
Based on a true story

When I was about eight years old, I lived in Jamaica. Jamaica can be very hot. I was so excited one day when my aunt invited me to go with her and my cousin to the house of a friend who had a swimming pool. A cool pool on a sunny day sounded great.

My mother said I could go but that I couldn't swim since she didn't know who would be there to watch us. I told her I would just put my feet in the pool to get cool.

When I got to the house, my cousin immediately jumped in the pool. Some of our other friends came over and started to swim too. Everyone kept begging me to come in the pool, and finally I gave in. It was so hot outside, and I thought my mom wouldn't know because my aunt said she wouldn't tell her.

I knew my aunt was wrong to keep secrets from my mother, but I played with my friends for a while in the pool anyway. I was so scared the whole time about what would happen if my mother knew I had disobeyed her. When we got home, my hair was a little wet, even though I had tried to keep it out of the water. My mom asked me if I had gone swimming, and I lied. I told her no. I felt really bad about it for a really long time, but I didn't want to get in trouble.

A few years later, when my sister, Briélan, was seven, she was invited to go to the beach with some friends



and their parents. My mom told her the same thing she had told me: go and have fun, but don't go swimming. When my sister got to the beach, her friends' parents told her she could go ahead and swim. They wouldn't tell her mother, so it would be OK.

Even though my sister thought my mom would never know, she told her friends' parents that she would not go swimming because her mother had asked her not to, and she wanted to be obedient. The grown-ups tried to convince her it was OK, but she still said no because she knew she should do what was right, and they were trying to get her to do something wrong.

My sister's day at the beach was just as hot as mine at the pool, and she wanted to swim just as badly as I did. But my little sister became my big example when she chose to honor our parents by obeying them.

When my mom told me this story about my sister, I told her how I had lied to her. She was thankful that I finally told her the truth. She was very proud of my little sister, who had chosen to obey her, and so was I. ●



“Honesty is a very important part of character. . . .
Honesty begins when we are young.”

**President James E. Faust, Second Counselor in the
First Presidency, “We Seek After These Things,”
Ensign, May 1998, 44.**

Welcome to Young Women

BY KIMBERLY WEBB
Church Magazines

A special message to 11-year-old girls.

M*utual. Personal Progress. Theme.*
Do these words sound familiar? If you're a girl about to turn 12, you'll soon be hearing them all the time. We asked Sister Susan W. Tanner, Young Women general president, and her second counselor, Sister Elaine S. Dalton, to tell us everything you need to know about entering Young Women.

The first thing?

"We love you!" Sister Tanner says. "You are so fresh and beautiful and enthusiastic. You desire to do good in your lives. We're excited for you to enter Young Women, and we're there with arms to wrap around you and make you feel welcome."

Your First Sunday

Finally you've turned 12. What will be different about this Sunday? Instead of going to sharing time, you'll enter Young Women. Sister Tanner says, "There will be loving people there to meet you: Young Women leaders who have been watching your progress and are excited to welcome you, a Beehive class presidency, and other friends."



A Beehive is a young woman age 12 or 13—in other words, you! Young women ages 14 to 15 are called Mia Maids, and those 16 to 18 are called Laurels.

Even though Young Women is different from Primary, you have nothing to fear. "You've been lovingly prepared in Primary, and you're ready," Sister Dalton says. "You have the beginnings of a strong testimony, and it will continue to grow as you advance in Young Women."

The Young Women Theme and Values

"We are daughters of our Heavenly Father, who loves us, and we love Him."

You've heard the same message in Primary, Sister Tanner explains, when you learned to sing "I Am a Child



of God” (*Children’s Songbook*, 2–3). But it’s not a new verse—it’s the first line of the Young Women theme.

“It’s so important for that message to be instilled in your heart,” Sister Tanner says. “If you have a firm testimony that you are His beloved spiritual daughter, it affects everything you think and every way you respond to life’s challenges. It gives you courage.”

Sister Dalton adds, “If you know who you are, you will have the strength, desire, and commitment to stand as a witness of God. That’s so important in these latter days.”

Being a part of Young Women can help prepare you for the future as you learn about the seven values listed in the theme: faith, divine nature, individual worth, knowledge, choice and accountability, good works, and integrity.

As you stand to recite the theme, don’t worry if you don’t know the words yet. Before long, you will not only memorize them but also want to live by them.

Personal Progress

“I love the name of Personal Progress because it’s exactly what it says it is,” Sister Tanner says. “Heavenly Father’s plan is for each of us to progress throughout our lives.”

Like Primary’s Faith in God program, Personal Progress is a way to “develop a closeness to Father in Heaven. You can practice keeping commitments and learn to keep covenants,” Sister Tanner says. But Personal Progress is different from Faith in God because the goals are listed by seven categories—the seven values.

Sister Dalton points out, “As you work on Personal Progress you’ll use your scriptures, and they’ll help you feel the Spirit.” You’ll begin to better understand the scriptures, your own great worth, and your baptismal

covenants. Then you’ll be prepared to make temple covenants.

“That’s why the Personal Progress book has a temple on the cover,” Sister Tanner says. “It reminds you that Personal Progress is a way to prepare.”

Activities and Firesides

Activity night, or Mutual, is held every week. Usually you’ll meet with the young women or just your Beehive class, but once a month your activity will include the young men too. You might enjoy a cultural event, give service, learn a skill, play a sport—and always have fun!

Being a part of Young Women can also give you the chance to attend firesides, youth conferences, and other meetings. Each year you’ll enjoy a special session that is broadcast all over the world like general conference. It’s the general Young Women meeting, the Saturday before April general conference. You’ll hear counsel from our prophets and leaders just for you.



PHOTOGRAPHY BY MIRIAM OLIVEIRA, VERSIANI NERY, POSED BY MODELS

Camp

“This is a time when you get to leave the rest of the world behind, go out into Heavenly Father’s beautiful world, and feel His love for you,” Sister Tanner says. You’ll not only have a great time in the outdoors, but you’ll also feel “a great sense of belonging to Heavenly Father’s eternal family.” You might hike, sing, laugh, learn, and make crafts; but many young women agree that the testimony meeting is the best part of all.

Wait, There’s More!

You will not only *receive* many gifts from being a part of Young Women; you’ll be able to give of yourself too.

Sister Dalton says, “In Young Women you’ll be able to develop your talents more and also use them to bless others. You can be preparing for Young Women now with your own talents.” For example, if you’re taking piano lessons, you may be asked to accompany during Young Women or Mutual opening exercises.

You may even receive your first calling in Young Women. If it is large enough, each class has a president, two counselors, and a secretary. Sister Dalton says, “The class presidency will look out for you and make sure that you’re happy and that you’re informed about all the activities. As you watch them, be sure that you pay attention because you will be called at some point to be in a class presidency. In that role, you’ll be able to learn leadership qualities that will help you all throughout your life.”

Another way to contribute is to be

excited. Sister Tanner says, “Share your enthusiasm when you come into Young Women! I visited a Young Women group that had about seven girls. The youngest girl raised her hand every time a question was asked, and she had good ideas. I thought, ‘She’s not afraid!’”

Don’t be afraid to give of yourself, and you’ll receive even more.

A Young Woman Wherever You Are

Perhaps your ward or branch is too small for your class to have a class presidency. Maybe you live too far away to attend weekly activities. But you can still participate in Young Women! Even if you are the only young woman in your ward or branch, you can say the theme each week. You can learn to live by its values, and you can always work on Personal Progress.

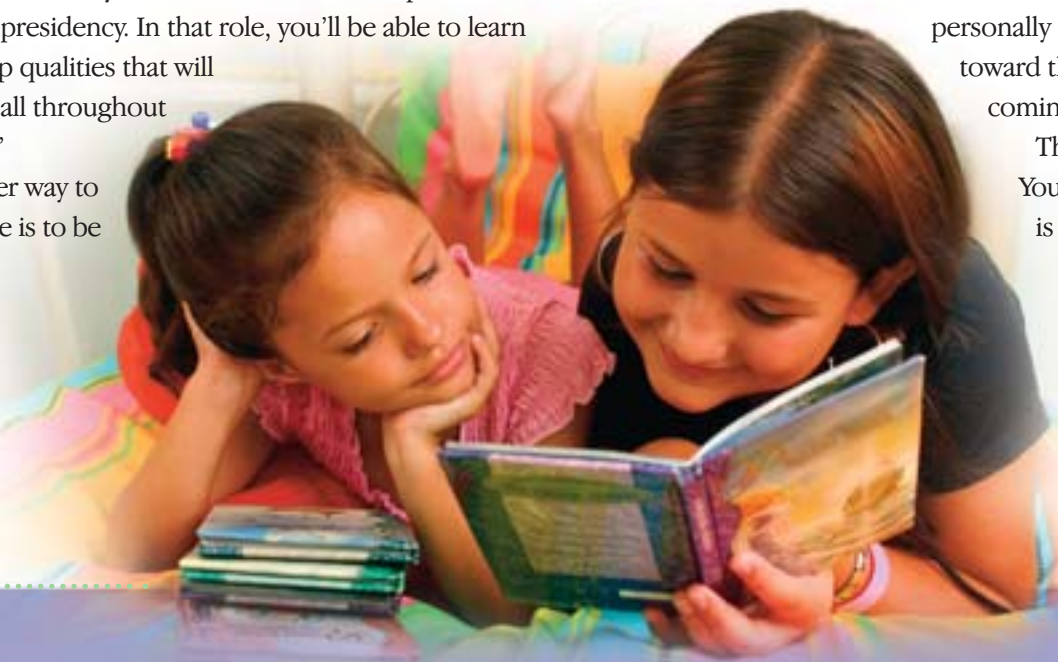
Sister Tanner says, “No matter where you are and no matter what your circumstances are, you are a young woman in The Church of Jesus Christ of Latter-day Saints. You can always be

personally progressing toward the temple and coming unto Christ.”

That’s what Young Women is all about. ●



When you complete the Personal Progress program, you’ll receive this medallion. Personal Progress is one way to prepare for the temple.



This is a fun game for family home evening, or you can add it to your Sunday Box (see Liahona, June 2006, F16).



SUNDAY BOX Pencil Spin

Tell a favorite scripture story.

Lead the group in singing your favorite Primary song.

Instructions

1. Cut out each square.
2. Place the squares in a paper bag, close the bag, and shake it to mix them up.
3. Have the players sit in a circle on the floor.
4. Place a pencil in the center of the circle, and choose a player to spin the pencil. When the pencil stops, the person it points to draws one square from the paper bag and answers the question or does what it says. Then it is his or her turn to spin the pencil.

Tell one way you can prepare to be a full-time missionary someday.

Give your mom or dad a hug.

Show what you should do when a prayer is being said.

Tell about something nice someone has done for you.

Tell an experience you have had in trying to be like Jesus.

Name three things you are thankful for.

Why do we take the sacrament?

Name three things you can do on the Sabbath.

Explain why we celebrate Christmas.

What are you learning in Primary or Sunday School?

Tell something you like about the person sitting across from you.

Why do we celebrate Easter?

Name one thing the prophet has asked us to do.

What is one miracle Jesus performed?

Who visited Joseph Smith in the Sacred Grove?

What is the name of our prophet today?

Tell why we are baptized.

Tell one way you can honor your parents.



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

Blessed by the

“He took their little children, one by one, and blessed them” (3 Nephi 17:21).



From an interview with Elder Douglas L. Callister of the Seventy; by Marissa A. Widdison, Church Magazines

While my wife and I served in Eastern Europe, we lived in Russia. One day I spent about an hour in the Hermitage, a famous museum in St. Petersburg. Our guide said to us, “Be careful that you do not touch any of these important treasures, because the great wealth of Russia is found in the Hermitage.”

The next day was Sunday, and during sacrament meeting a young girl was confirmed a member of the Church. As I and other Melchizedek Priesthood holders stood next to her and placed our hands on her head, a thought came to me: “The wealth of Russia is not found in the Hermitage. The wealth of Russia is found in its children. As priesthood holders, we are allowed to stand close, lay our hands upon their heads, and bless the children.”

Years ago our youngest

child had a serious bone tumor in his lower back. When he was taken to the hospital for surgery, I overheard the doctors in the hallway talking about his condition. They said it was likely that nothing could be done to save our boy’s life.

When I went back in my son’s room, I tried to encourage him. I assured him that he was receiving the finest medical care. He said, “Daddy, I’m not counting on the doctors. I’m counting on my blessing. You laid your hands on my head, and you blessed me. And I have faith that the blessing will be fulfilled.”

My son was healed. His life is an example of the power of a priesthood blessing. One of the lessons I’ve learned through my

Church service is that our Father in Heaven loves little children. He loves to bless them, and He often blesses them through His priesthood servants. ●



Priesthood



GUESS WHO



Can you guess who this is? Read the clues about this member of the Quorum of the Twelve Apostles. Then find the answer below.

1 As the oldest child in his family, he set a good example for his two sisters and two brothers. He was kind, helpful, and a good student.

2 One of his favorite scripture stories is of the birth of the Savior.

3 He enjoyed school from kindergarten through college. He liked many different subjects, but history was his favorite.

4 His parents taught him of the blessings that come from work. Growing up, he kept busy working in the garden and taking care of the family's rabbits, chickens, and dogs.

5 He and his wife, Elisa, were married in the Salt Lake Temple. She said he

was "kind and gentle," and she "liked his spirituality."

6 He served a mission in Germany, Austria, and Switzerland.

7 At dinner on Sunday nights he asked his children what they had learned in Sunday School. They would talk about their lessons, and he would expand on the subject using the scriptures.

8 He and his wife have seven daughters and one son.

The members of the Quorum of the Twelve Apostles are called as prophets, seers, and revelators to be special witnesses of Jesus Christ. They have the responsibility to testify of Him to the whole world.

Words of Wisdom

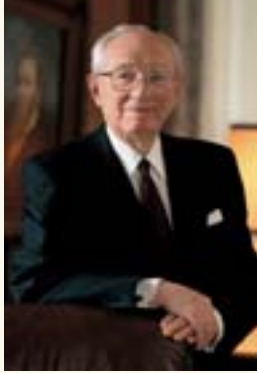
"We have scriptures that reveal the word of God to mankind through the ages. When we feast upon the word of God, we open our minds to eternal truths and our hearts to the gentle whisperings of the Holy Ghost"
 ("One Step after Another," Liahona, Jan. 2002, 29; Ensign, Nov. 2001, 26).



MAY NOT BE COPIED

Into the Storm, by Byron Pixton

On this 150th anniversary of the handcart pioneers, we remember the 10 handcart companies that made their way from Iowa City, Iowa, and Florence, Nebraska, to the Salt Lake Valley between 1856 and 1860. While most of these companies traveled the more than 1,000 miles (1,600 km) with little trouble, two companies became stranded in early snowstorms in Wyoming, where many died.



“I believe in God the
Eternal Father, and in His
Son, Jesus Christ, and in
the Holy Ghost. . . . I have
no question concerning
Their reality and Their

individuality. That individuality was made apparent
when Jesus was baptized by John in Jordan.
There in the water stood the Son of God. His
Father’s voice was heard declaring His divine
sonship, and the Holy Ghost was manifest in
the form of a dove.” See President Gordon B.
Hinckley, “In These Three I Believe,” p. 2.