

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS • JUNE 2001

LIAHONA



LIAHONA



ON THE COVER

Front: Photo illustration by Craig Dimond.
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THE FRIEND COVER

Photograph by Julie D. Averkamp.
See "Angela Miller of Council Bluffs, Iowa," page 2.

SEE PAGE 2



FEATURES

- 2 FIRST PRESIDENCY MESSAGE: WHO DO YOU THINK YOU ARE?—A MESSAGE TO YOUTH PRESIDENT JAMES E. FAUST
- 14 A DISPOSITION TO DO GOOD CONTINUALLY ELDER SPENCER J. CONDIE
- 25 VISITING TEACHING MESSAGE: INCREASING OUR SPIRITUALITY THROUGH FASTING AND PRAYER
- 28 LATTER-DAY SAINT VOICES: "A TESTIMONY AND WITNESS"
A HIGHER VIEW HUGO IBAÑEZ
I TRIED THE EXPERIMENT LYDIE ZEBO BAHIE
NOT REALLY ALONE KELLY A. HARWARD
- 34 WORDS OF THE LIVING PROPHET
- 36 BECOMING OUR CHILDREN'S GREATEST TEACHERS RONALD L. KNIGHTON
- 48 USING THE JUNE 2001 LIAHONA

ESPECIALLY FOR YOUTH

- 8 A FULFILLMENT OF PROPHECY JUAN CARLOS GÓMEZ FLÓREZ
- 10 FIRST THING IN THE MORNING JANET THOMAS
- 22 QUESTIONS AND ANSWERS: WHY SHOULD I WORRY ABOUT PAYING TITHING?
- 26 LINE UPON LINE: APPRECIATING THE SAVIOR'S SACRIFICE
- 46 "REMEMBER WHO YOU ARE"

THE FRIEND

- 2 MAKING FRIENDS: ANGELA MILLER OF COUNCIL BLUFFS, IOWA JULIE D. AWERKAMP
- 5 FUN PAGE: PACKING THE HANDCART
- 6 SHARING TIME: BLESSINGS COME WHEN WE FOLLOW THE PROPHET DIANE S. NICHOLS
- 8 THE PROPHET'S COUNSEL: THE SIX B'S
- 10 FICTION: FAMILY HOME EVENING HUNT JENNIFER JENSEN
- 12 NEW TESTAMENT STORIES: JESUS TEACHES ABOUT PRAYER; JAIRUS'S DAUGHTER IS RAISED FROM THE DEAD

SEE THE FRIEND, PAGE 5



SEE PAGE 10



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"MEMBERS ARE THE KEY"

I want to extend my heartfelt thanks for
 Elder M. Russell Ballard's wonderful
 article, "Members Are the Key," in the
 September 2000 *Liahona* (English). It was
 an article that is needed in every ward and
 that can be a powerful tool in teaching and
 helping members involve themselves in the
 glorious work of sharing the gospel and
 fellowshipping new converts. I am plan-
 ning to make use of this article in the
 training of our stake missionaries. It's true
 that member-missionary work is essential
 to establishing and building up the Lord's
 Church.

Ruben N. Angeles,
Legazpi First Ward,
Legazpi Philippines Stake

**FIRST PRESIDENCY MESSAGES BRING
 STRENGTH**

The *Liahona* (Spanish) is a blessing
 from Heavenly Father. I have been a
 member of the Church for three years and
 a subscriber for two. I urge the members of
 the Church to subscribe and enjoy the
 spiritual feasts found in the magazine.

It is a great testimony to me in the daily
 struggles of life. The First Presidency
 Messages and other articles give me guid-
 ance in doing my home teaching and in
 preparing effective talks.

Eduardo E. Ortíz Picaluá,
El Bosque Branch,
Sincelejo Colombia District



A GREAT JOY

I first learned about the Church in
 Cartagena, Bolívar, Colombia, from my
 neighbors. I found out how wonderful the
 Church is, and I know it is the true
 Church. I now live in Bogotá, where I
 moved to complete my professional
 training at the police academy. I've been
 here for six months, and I've been able to
 go to church only a few times because my
 weekends off are few. But my dad bought
 me a copy of the *Liahona* (Spanish), and
 this gift was a great joy. Although my
 parents are not members, they know the
 Church is very important to me. I know my
 Heavenly Father is with me and He hears
 my prayers.

Andrea Del Pilar Rojas,
El Socorro Branch,
Cartagena Colombia Los Alpes District

HELP FOR NEW MEMBERS

I've been a member of the Church for
 a short time, and I'm the only member in
 my family. The *Liahona* (Spanish) has
 really helped me with all the things I want
 to learn. I always carry the magazine in my
 bag so I can read it, and I know that the
 people who see me reading are interested
 in it too. The *Liahona* gives me enthusiasm
 for the gospel.

Giuliana Aguero Pareja,
Zamácola Ward,
Arequipa Perú Zamácola Stake

WHO DO YOU THINK YOU ARE?

A MESSAGE TO YOUTH

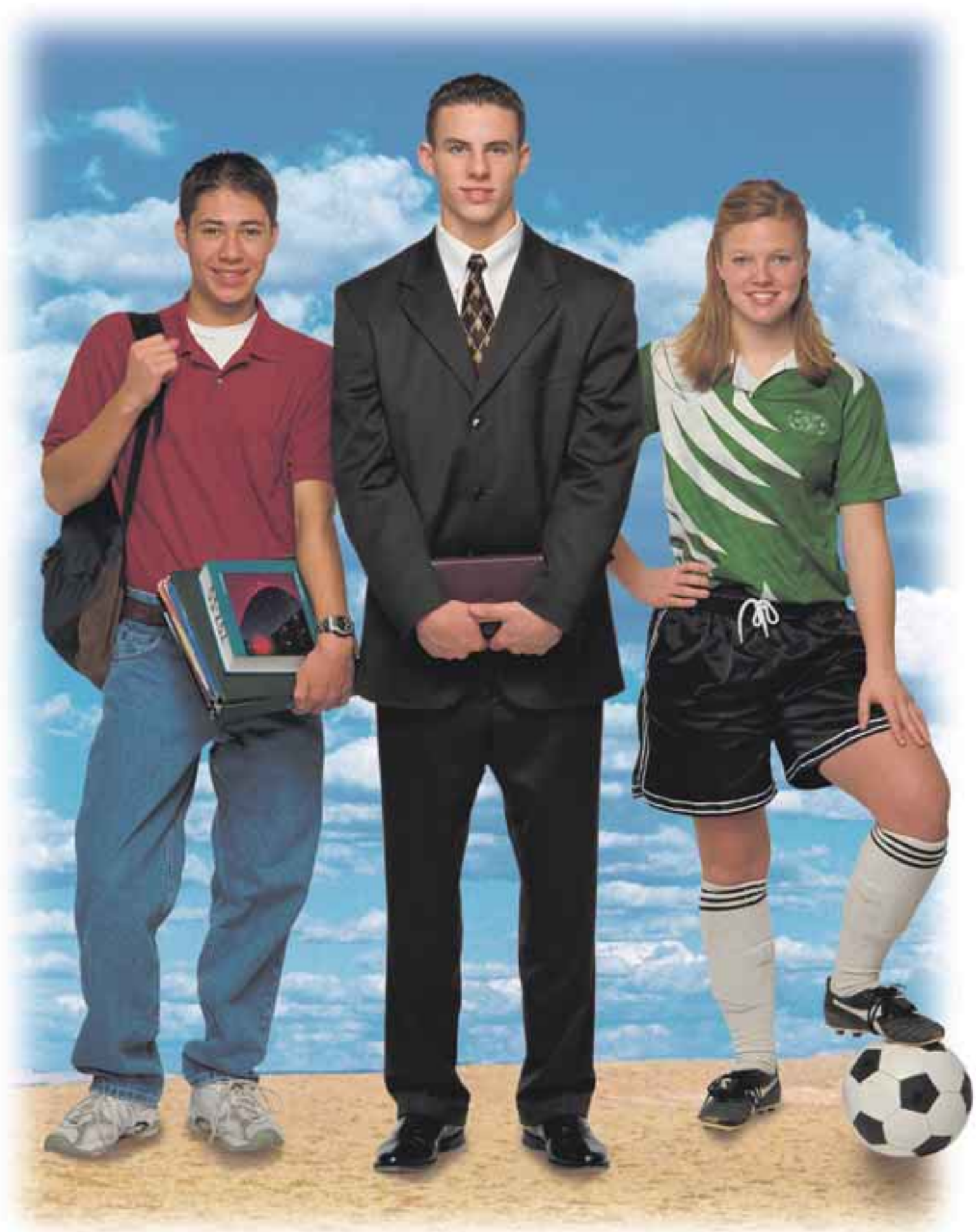


As sons and daughters of God, we are obligated to develop as many of our divinely given talents as we can. You will be happier if you know who you are and feel good about yourself.

By President James E. Faust
Second Counselor in the First Presidency

I salute you young people as chosen, special spirits who have been reserved to come forth in this generation. You are beginning the struggle to discover who you are and to find your place in life. You have new, strong feelings. You have great challenges. I hope you are beginning to achieve and excel in some special way. Perhaps it is your smile, your personality, or your ability to lift others. Perhaps you are discovering your talent as an athlete, scholar, computer specialist, musician, builder, artist, or in a hundred different areas. This might give you some personal recognition. These accomplishments may cause you to think about who you really are.

Dr. Fred Riley, a prominent social worker, has treated many athletes who identify themselves as athletes rather than as children of God. He relates: "What happens when they can't play basketball? Their identity is shot."¹ Their self-worth is related to their physical skills rather than their character. Many who achieve world-class recognition may not like themselves. Some of the rich and famous, even though they have great talent and ability, are insecure and succumb to drugs, alcohol, or immorality, and their lives become shattered.



Instead of being happy with who they are, they become dissatisfied and discontent. They measure their self-worth solely in terms of their talent and accomplishments instead of who they really are inside. It is not always true that the more you achieve, the happier you will be or that you will like yourself more.

As sons and daughters of God, we are obligated to develop as many of our divinely given talents as we can. All of us should work to achieve worthwhile objectives. We should learn skills and get an education. You will be happier if you know who you are and feel good about yourself.

So who do you think you are? Who you *think* you are and who you *really* are can be two different versions of yourself. From an eternal perspective, these two versions need to come together. God knows you and what you can become because He has known you from the beginning when you were His spirit sons and daughters. What you become will depend in large measure upon how you follow righteous principles and do good works.

You may ask, “How do I learn to like myself?” I suggest five ideas that may be helpful.

1. CHANGE BAD BEHAVIOR.

We need to change our bad behavior. We need to repent. As Alma said to his son Corianton, “Wickedness never was happiness.”² It’s hard to like ourselves if we are doing things that we know to be wrong. Most of you have been taught about good behavior by your parents and youth leaders. You also have the scriptures and the pamphlet *For the Strength of Youth* to guide you.

In your quest to define yourselves, do not get caught up in comparisons with role models or body types that may seem to be macho or chic but in reality are not becoming to you as sons and daughters of our loving Heavenly Father. One 17-year-old girl became so obsessed about her figure that she began to skip meals and ended up with an eating disorder. When it became apparent to her father, he insisted that she eat a

substantial meal. This confrontation ultimately brought her to her senses, and she wrote:

“All my life I had done things for everyone else. The grades, the manners, the awards—everything for them, nothing for me. This eating thing, this losing weight had become *mine*. It represented me and *my* choices, and now my dad was trying to take that away from me, too!

“As I lay in bed that night crying and feeling fat, I knew I needed help. I knew I was hurting people I loved.

“After staying up all night, I came to the conclusion that it wasn’t my dad I hated. I hated ME! I realized that I wasn’t in control. For the first time in my life, I understood that this was *my* problem. I needed to take control of my life—not let the disease control it.

“Things didn’t change overnight. In fact, it was one long road to recovery. But slowly, with the help of friends and family, I began to heal. Now that I’m at my ideal weight, I have stopped weighing myself altogether. I no longer peruse fashion magazines, either—I may not be ‘in style,’ but I feel just right!”³

Feeling “just right” about ourselves contributes to our happiness and our sense of identity.

As we change our bad behavior and turn to the Lord, we qualify for the companionship of the Holy Ghost, which has a profound effect upon our well-being. This great gift comes through righteous living, obedience to the commandments of God, and service to others. Parley P. Pratt had this insight concerning the gift of the Holy Ghost:

“It quickens all the intellectual faculties, increases, enlarges, expands and purifies all the natural passions and affections. . . . It inspires virtue, kindness, goodness, tenderness, gentleness and charity. . . . It invigorates all the faculties of the physical and intellectual man.”⁴

2. FORGIVE OURSELVES AND OTHERS.

Forgiveness is an important part of putting bad behavior behind us. As we make the necessary changes, we need to forgive ourselves. But we may also need to forgive others

who have been traveling with us on the wrong path. Forgiveness will help us to let go of the bad behavior we are forsaking. The Book of Mormon tells us how we can know that we have made the turn from bad to good. After King Benjamin had delivered his masterful discourse about Christ, the Nephites all cried with one voice:

“The Spirit of the Lord Omnipotent . . . has wrought a mighty change in us, or in our hearts, that we have no more disposition to do evil, but to do good continually. . . .

“And it is the faith which we have had on the things which our king has spoken unto us that has brought us to this great knowledge, whereby we do rejoice with such exceedingly great joy.”⁵

Feeling joy and peace, we will know who we are and act accordingly.

3. GAIN CONFIDENCE BY MAKING GOOD CHOICES.

You are now beginning to make important choices. Choices have consequences. In some measure these choices will affect not only the rest of your life but all eternity. Remember, my young friends, fame and fortune

do not necessarily mean happiness. It is far better to have confidence in yourself and to be comfortable in your own skin. This depends upon your ability to choose what is right. It is also important to be able to excel in some field.

Last summer, the Olympic Games were held in Sydney, Australia. Certain rules and disciplines were attached to the various Olympic events: runners and swimmers had to stay in their lanes, shot-putters had to stay within the circle marked on the playing field, wrestlers had to stay on the mat—or the athletes would be disqualified. In addition, the use of performance-enhancing drugs was forbidden.

One young man from Denver, Colorado, who won an Olympic silver medal later was awarded the gold because the gold-medalist in his event was disqualified for using a banned steroid. In his response, he referred to his unfortunate competitor’s loss of the medal:

“I do feel sorry for him. But we all have choices. . . . He made his choice, and I made my choice. . . .

“I believe God was watching out for me. I believe he watches out for all of us. I’ve learned so many lessons from

how this has taken place. I experienced the agony of defeat before the thrill of victory. That made me so much more of a stronger person, mentally and spiritually.”⁶

We grow and develop by making good choices. Confidence comes as we decide to pray daily, attend sacrament meetings, keep the Word of Wisdom, obey our parents and priesthood leaders, read the scriptures, and control our bodily appetites.

As we turn to the Lord, we qualify for the companionship of the Holy Ghost, which has a profound effect upon our well-being.



PHOTO ILLUSTRATION BY STEVE BUNDERSON



If we really want to feel better about ourselves, we should do deeds of kindness. Kindness shapes our character and makes us more like our Father in Heaven.

When stimulated, they secrete powerful chemical substances into our bodies. There are many kinds. Some are called endorphins. Generally when we are in pain or distress, endorphins

4. GIVE SERVICE.

If we really want to feel better about ourselves, we should do deeds of kindness. Kindness shapes our character and makes us more like our Father in Heaven. The Savior taught us, “Thou shalt love thy neighbour as thyself.”⁷ As we demonstrate our love for others, in turn we will understand better the love our Savior has for each of us and that we are children of a loving Heavenly Father. Occasionally we should look for public service opportunities. Indeed, as a prominent psychiatrist once wrote: “We feel pleasure when we are involved with other people, and they are involved with us, but we feel pain when we are uninvolved and lonely. The path to an acceptable identity in any society is involvement.”⁸ Great satisfaction can come in helping the poor, the sick, the elderly, or others who have special needs. Look around you; there are all kinds of opportunities.

5. CHOOSE HAPPINESS.

The most fundamental of all human searches is for happiness. We each choose our own happiness. As President Harold B. Lee (1899–1973) once said: “Happiness does not depend on what happens outside of you but on what happens inside of you. It is measured by the spirit with which you meet the problems of life.”⁹ It will often be necessary for all of us to choose between having a good time and leading a good life.

Each of us is born with natural “happiness” hormones.

give us a sense of well-being. Medical science has long known that our mental outlook and well-being affect our physical health. A sign in a large hospital says, “Laughter is the best medicine.” Smiling is good for the soul.

Smiling brings a glow to our countenances that radiates to others. Being friendly to our neighbors, to people at school, at church, or at work is a great way to show the Lord that we want to keep the covenant we made at baptism “to bear one another’s burdens, that they may be light.”¹⁰ I recommend friendliness because so many people are shy or lonely and need a kind word or smile. Lifting others expands our inner selves. It is also the way of the Master.¹¹ Like Anna in *The King and I*, I find whistling “a happy tune” and singing (especially when I am alone!) can also lighten my spirits.

Many years ago my father told us about going for a walk through the woods with an old friend, Judge Bringhurst. The judge sang so loudly along the way that he frightened all the wildlife. But my father said he enjoyed the judge’s singing so much that he didn’t mind not seeing any animals or birds. So when we laugh, smile, sing, whistle, or exercise, we seem to feel better. We either forget our concerns or they are put in better perspective. As we reach out to others, our happiness hormones are stimulated and we find our true selves.

I recall a study some years ago that was made to determine what influences keep young people moving on the

straight and narrow track. Of course there were several critical influences. All were important. They included the influence of parents, priesthood advisers, Young Women advisers, Scoutmasters, and peer association. But I was surprised to find that one golden thread of singular importance ran through this study. It was the belief that one day each of us would have to account for our actions to the Lord. Many believed that “the keeper of the gate is the Holy One of Israel; and he employeth no servant there; and there is none other way save it be by the gate; for he cannot be deceived, for the Lord God is his name.”¹² Those who had an eternal perspective had an extra amount of spiritual strength and resolve. Feeling a personal accountability to the Savior for our actions and stewardships and responding to it provide a profound spiritual protection.

Ralph Waldo Emerson gave a yardstick by which to measure our personal success. He wrote:

*What is success?
To laugh often and much;
To win the respect of intelligent people
and the affection of children;
To earn the appreciation of honest critics
and endure the betrayal of false friends;
To appreciate beauty;
To find the best in others;
To leave the world a bit better, whether by
a healthy child, a garden patch
or a redeemed social condition;
To know even one life has breathed
easier because you have lived;
This is to have succeeded.*

So who do you think you are? The Prophet Joseph Smith said, “If men do not comprehend the character of God, they do not comprehend themselves.”¹³ Knowing who you are—who you really are—is closely tied to knowing God, for you are His children. Following the

simple suggestions I have outlined will help you know God and hence yourself. I believe in you, that you will be obedient and valiant and that you will receive the blessings of the Lord in your quest to establish your identity as His choice sons and daughters. □

NOTES

1. Quoted in Sarah Jane Weaver, “Developing a Healthy Self-Regard,” *Church News*, 10 February 1996, 2.
2. Alma 41:10.
3. Gabriella Tortes, “‘Gabby, You’re Sooo Skinny,’” in *Chicken Soup for the Teenage Soul: 101 Stories of Life, Love and Learning*, compiled by Jack Canfield, Mark Victor Hansen, Kimberly Kirberger (1997), 234–35; emphasis in original.
4. *Key to the Science of Theology*, 9th edition (1965), 101.
5. Mosiah 5:2, 4.
6. Brandon Slay, quoted in “U.S. Wrestler Savors Gold, Even Though It Came Late,” *Deseret News*, 24 October 2000, D3.
7. Matthew 22:39.
8. Quoted in *The Teachings of Harold B. Lee*, edited by Clyde J. Williams (1996), 477.
9. “A Sure Trumpet Sound: Quotations from President Lee,” *Ensign*, February 1974, 78.
10. Mosiah 18:8.
11. See Luke 6:31.
12. 2 Nephi 9:41.
13. *History of the Church*, 6:303.

IDEAS FOR HOME TEACHERS

1. From an eternal perspective, who we think we are and who we really are need to become the same.
2. The following can help us learn to like who we are:
 - Change bad behavior. It is hard to like ourselves when we are doing things we know to be wrong.
 - Forgive ourselves and others. This forgiveness helps us let go of behavior we are forsaking.
 - Gain confidence by making good choices. We feel better about ourselves when we choose what is right.
 - Give service. Great satisfaction comes in helping others.
 - Choose happiness. When we laugh, smile, sing, whistle, or exercise, we feel better.
3. Knowing who we really are is closely tied to knowing God, for we are His children.

A FULFILLMENT OF PROPHECY

By Juan Carlos Gómez Flórez

At age 15 I came to the realization that some of the religious traditions my parents had taught me did not agree with what I read in the Bible. I also realized I needed to leave behind activities that were wasting my time—and my youth. I determined not to do things just because others were.

I decided I needed to look for the Lord's true Church. Fortunately my mother's coworker invited us to attend a meeting of The Church of Jesus Christ of Latter-day Saints one Sunday. I was nervous, but when I got to the building, my feelings changed. The atmosphere was one of reverence, and I felt a spirit of calm in my heart. At church that day I learned to pray.

The following week my mother and I started receiving the discussions from two sister missionaries, and a month later we were baptized. Although I didn't know all the doctrine of the Church before my baptism, I exercised enough faith to know that the Church is true and to receive a witness from the Spirit.

I know I wouldn't have been able to continue as a faithful member of the Church without the members and leaders who extended their hands to me, offered me their friendship, and watched over me during hard times. I don't know what would have become of me if I hadn't found the truth and those good people during my youth. Their examples strengthened me and helped me weather the difficult times that lay ahead.

I was in my fifth semester of studying systems engineering when I turned 19. My parents told me if I went on a mission, they weren't going to help me



with my schooling when I returned.

During that difficult time of decision, the stake mission president shared a scripture with me I will never forget: "He that taketh not his cross, and followeth after me, is not worthy of me" (Matthew 10:38). Another verse also touched my heart and helped me make my choice: "Every one that hath forsaken houses,

or brethren, or sisters, or father, or mother, or wife, or children, or lands, for my name's sake, shall receive an hundredfold, and shall inherit everlasting life" (Matthew 19:29). I decided to obey the will of God and serve Him full time for two years.

My mission wasn't just the most enriching experience of my life—it was a commandment from my Heavenly Father. Despite the difficulties that always seem to arise, I know that when the Lord gives us a commandment, He prepares a way (see 1 Nephi 3:7).

I served in the Colombia Cali Mission. Teaching in my homeland, the land of my ancestors and my relatives, was not only one of the greatest blessings of my service, it made me—in my small way—a fulfillment of prophecy: "For behold, the Lord doth grant unto all nations, of their own nation and tongue, to teach his word, yea, in wisdom, all that he seeth fit that they should have; therefore we see that the Lord doth counsel in wisdom, according to that which is just and true" (Alma 29:8). How grateful I am to have heard and to have shared His wise counsel. □

Juan Carlos Gómez Flórez is a member of La Campiña Ward, Bogotá Colombia Suba Stake.





“He that seeketh me early shall find me,
and shall not be forsaken” (D&C 88:83).

First Thing in the Morning



By Janet Thomas

The seminary students in the Phoenix Park Ward of the Dublin Ireland Stake were a little worried. Their stake president and their bishop had approached them about something new. Would they be the first seminary class in all of Ireland to try meeting every day—*early* every day?

Elaine O’Farrell, age 15, remembers her first reaction: “I thought, if we see each other every day, we’ll get on each other’s nerves.” And there was that other obvious worry. Pamela Fagan, age 15, explains, “No way would they get me out of bed that early.” Farris Bukhatwa, age 17, and Louise Byrne, age 17, lived the farthest distance away. It was not going to be easy.

But not everyone was worried. Jenna Gallagher, age 15, was a little bit excited about the idea. “I had heard about early-morning seminary in other countries,” she says. “I always dreamed of going to seminary that way. I was really pleased that we were going to do it. I knew if I made a sacrifice, the Lord would bless me.”

Then things started to work out. Farris was able to use the family car in the mornings and could pick up Louise. Pamela agreed to get up extra early so she could leave on time with her brother Derek. Elaine changed her mind and said she liked seeing these people every morning.

Jenna was happy just to be in seminary. Brett Crowther, age 18, and his brother Brandt, age 16, the mission president’s sons, were thrilled to be with other Church youth every day. And best of all, their teacher, Rosemary Richmond, was terrific.

KNOWING THE ANSWERS

All students in Ireland are required to take religion class. Even though they go to early-morning seminary, these Latter-day Saint students are not excused from their school religion requirement. But their study of the scriptures has paid off. Louise explains, “Franciscan friars visited our school. When they were asking questions, they would point to me and put their fingers to their lips as if to say, ‘Shhh, don’t answer the questions.’ They knew I could answer them.”

Elaine tells a similar story about religion class. “If my teacher asked what a word means, like *covenant*, I would answer,” she says. “He knew I would know the answer no matter what he asked.”

Derek Fagan, age 17, has excelled in both school and seminary, and he credits an experience he had just before he received his patriarchal blessing: “We had been talking about patriarchal blessings in seminary. I prayed and

asked if I should get mine. Our stake did not have a patriarch at that time, but three days later, our new patriarch was called. I felt it was my answer. That's when I decided for myself that the Church is true and that I would try harder to do well and choose the right. My patriarchal

blessing was amazing. I carry it with me everywhere. Since early-morning seminary started, everything has been clearer. Even in school, I learn very quickly now."

Derek became the first seminary student in Ireland to memorize all the scripture mastery scriptures. As an extra challenge, he memorized the account of the First Vision as found in Joseph Smith—History.

in seminary. I would understand things better. What is it like when the Spirit gives you an answer? You're calm, and you understand things. You're not nervous. You know it's true. You feel it in your heart."

HAVING FUN ON SATURDAY NIGHTS

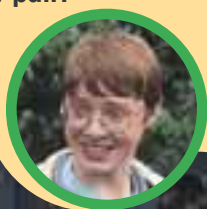
The students in this seminary class enjoy being together. And now every weekday morning isn't enough. They get together every Saturday night, too.

It all started when Louise's mother told Brett that Louise's friends always ask her to go to the pub with them on Saturdays, but she never goes. "We decided to get the whole class together and go out and have some fun," says Brett. "We've been getting together every Saturday night. It's good fun."

What do they do? The first week they went to the cinema, but that quickly became too expensive. So they started going to each other's houses to play games or watch videos or just talk and talk and talk. Elaine explains, "We used to have nothing to talk about; now we don't have enough time to talk."

For Louise, having something else to do on Saturdays has strengthened her resolve to stay strong in the Church. "It's a reason for me not to go with my friends from work every weekend," she explains. "Sometimes I used to go along. I didn't do anything I shouldn't, but just being there didn't feel good. It eventually

Derek Fagan: "We had been talking about patriarchal blessings in seminary. I prayed and asked if I should get mine. Our stake did not have a patriarch at that time, but three days later, our new patriarch was called. I felt it was my answer."



Farris Bukhatwa: "I received a testimony of prayer and of tithing. I would pray about things I really needed to find out about—and then it would click in seminary."

BECOMING CONVERTED

Brandt Crowther remembers an experience he had a few months after he and his family arrived in Ireland: "I had prayed almost every night of my life, but one night, I prayed with sincerity and asked the Lord what He wanted me to do here in Ireland. I needed to know in my heart that the Church is true. I found out that God does live and He loves me. I gained an understanding of what He wanted me to do. Since then, I've been happy being here. I've loved it. I'm closer to the Savior now."

Brandt explains some of the things the Lord told him he needed to do: "I needed to read the scriptures every day and pray every night and keep the commandments. That night the Spirit was with me. I didn't want to go to bed."

Seminary class often helped Farris find answers: "I received a testimony of prayer and of tithing. I would pray about things I really needed to find out about—and then it would click



Pamela Fagan:
“Saturday nights [with the seminary class] are fun. My other friends’ standards are completely different from mine. I feel much better going to the seminary activity.”

wears out your spirit. I got so tired of trying to speak up for myself. But when I go with the seminary class, I can just be me. I feel accepted.”

And most of all, “Saturday nights are fun,” says Pamela. “My other friends’ standards are completely different from mine. I feel much better going to the seminary activity. We have great fun.”

Derek adds, “Early-morning seminary and our activities on Saturday evenings have brought us closer, and we’re better friends. I’ve gotten a lot closer to everyone in the class, even Pamela, my sister. I wouldn’t even consider going out and getting drunk and breaking the Word of Wisdom.”

MAKING THE COMMITMENT

Most of all, this year of seminary has taught these students the meaning

of faith. Their teacher, Rosemary Richmond, helps them learn from Church history about the faith of the early prophets and members. Her husband, Brendan, suffers from an extremely rare and damaging lung disorder and is confined to a wheelchair. Although she has the constant worry of her husband’s care and health, she is eager to prepare lessons and have the seminary class come each morning.

“Members here are very faithful, especially Rosemary, with all the trials she’s been through,” Louise says. “It makes you realize how lucky you are. In seminary we read about the Prophet Joseph Smith and the pioneers. Joseph Smith is a great man. I love him. The testimony he had never faltered. Can you imagine living back in those days? The

pioneers had to walk halfway across North America just to practice what they believed. I want that sort of faith because I love the Church.”

Louise is developing that kind of faith. Every day she stands up for her beliefs. And with her small group of valiant seminary friends, she doesn’t have to stand alone. None of them do. They have found a way to strengthen each other. And that has made all the difference. □

A DISPOSITION TO DO



GOOD CONTINUALLY



By Elder Spencer J. Condie
Of the Seventy

Perhaps the best evidence of true conversion is the disposition to do evil no more.

More than 2,000 years ago a large congregation of Saints gathered round the temple in the land of Zarahemla to hear one of the greatest sermons ever recorded in holy writ. King Benjamin reminded his listeners several times that he spoke the words given him by an angel of God (see Mosiah 3:2; 4:1; 4:11; 5:5).

After listening to King Benjamin's stirring sermon, the vast congregation cried in unison, "O have mercy, and apply the atoning blood of Christ that we may receive forgiveness of our sins." In response to their pleas, "the Spirit of the Lord came upon them, and they were filled with

At the conclusion of King Benjamin's inspired address the people believed all of his words, and they experienced a mighty change of heart and had "no more disposition to do evil, but to do good continually."

joy" (Mosiah 4:2–3). This feeling of joy is one of the hallmarks of being forgiven of our sins, for, as Alma declared, "Wickedness never was happiness" (Alma 41:10).

As they recognized the goodness of God, the people of Zarahemla also experienced a "peace of conscience" and were "filled with the love of God," two further manifestations that they had been forgiven (see Mosiah 4:3, 12). They learned of other indicators of forgiveness: they would "not have a mind to injure one another" (Mosiah 4:13), nor would they permit their children to "transgress the laws of God, and fight and quarrel one with another" (Mosiah 4:14). Another token of a remission of sins was their inclination to help those in need and a desire to "impart of [their] substance . . . one to another" (Mosiah 4:21).

At the conclusion of King Benjamin's inspired address the people believed all of his words, and they experienced a mighty change of heart and had "no more disposition to do evil, but to do good continually" (Mosiah 5:2). Perhaps of all the evidence of true conversion and a



KING BENJAMIN PREACHES TO THE NEPHITES, BY GARY L. KAPP



The Beatitudes encourage the development of dispositions toward meekness, mercy, purity of heart, and many other godly attributes.

remission of sins, this is the most significant: *the disposition to do evil no more, but to do good continually.*

THE LAW OF MOSES AND THE HIGHER LAW

A focus on dispositions constitutes a significant distinction between the law of Moses and the higher law introduced by the Savior in the Sermon on the Mount. Whereas the Ten Commandments prohibit certain behaviors such as murder, adultery, and profanity, the higher law forbids even the dispositions leading to these evil behaviors—respectively, anger, lustful thoughts, and any swearing at all (see Matthew 5:21–37; 3 Nephi 12:21–37). The Beatitudes encourage the development of dispositions toward meekness, mercy, purity of heart, and many other godly attributes (see Matthew 5:3–12; 3 Nephi

12:3–12). When one has a disposition to do good continually, the natural consequence will be to “abstain from all appearance of evil” (1 Thessalonians 5:22) and not to “look upon sin save it were with abhorrence” (Alma 13:12).

King Benjamin cautioned his people: “I cannot tell you all the things whereby ye may commit sin. . . . But this much I can tell you, that if ye do not watch yourselves, and your *thoughts*, and your *words*, and your *deeds*, and observe the commandments of God, and continue in the faith of what ye have heard concerning the coming of our Lord, even unto the end of your lives, ye must perish.” He then lovingly admonished the Saints to “remember, and perish not” (Mosiah 4:29–30; emphasis added; see Alma 12:14).

CULTIVATING DISPOSITIONS

Many people’s dispositions mirror the cultural traditions they internalized while growing up. The widespread consumption of alcohol, immodesty of dress and behavior, and cohabitation without marriage are but a few examples of cultural traditions alien to the spirit of the gospel. So it is that the “wicked one cometh and taketh away light and truth, through disobedience, from the children of men, and because of the tradition of their fathers” (D&C 93:39).

These traditions seem natural

because most people in a given society engage in such behaviors, but the commandments of God are based upon revealed truth, not popular preferences. Thus, King Benjamin warned his people that “the natural man is an enemy to God,” and he exhorted them to put off the natural man, or in other words to reject unholy traditions and to undergo a mighty change in their natural dispositions by yielding “to the enticings of the Holy Spirit” (Mosiah 3:19).

Sometimes members become so fond of certain traditions within the Church that a change in a given policy or procedure becomes a test of their faith. They believe in continuous revelation as long as it does not involve change. Describing the Saints in his day, the Prophet Joseph Smith once exclaimed, “I have tried for a number of years to get the minds of the Saints prepared to receive the things of God; but we frequently see some of them . . . will fly to pieces like glass as soon as anything comes that is contrary to their traditions” (*Teachings of the Prophet Joseph Smith*, selected by Joseph Fielding Smith [1976], 331).

DISPOSITIONS GROW FROM DESIRES

The seeds of our disposition toward good or evil are largely sown by our desires. In teaching the wayward Zoramites how they could

gain a knowledge of the truth, Alma admonished them to “exercise a particle of faith,” and if they could “no more than desire to believe, [to] let this desire work in [them]” (Alma 32:27). What begins as a fleeting desire, when cultivated and pursued long enough, becomes a habitual form of thought or behavior. Elder Joseph Fielding Smith (1876–1972), then a member of the Quorum of the Twelve Apostles, observed, “It is just as easy to form good habits as it is to form evil ones” (*The Way to Perfection*, 10th edition [1953], 150). Elder James E. Talmage (1862–1933) of the Quorum of the Twelve Apostles taught, “A thoroughly truthful man cannot culpably lie; nevertheless his insurance against falsehood is not that of external compulsion, but of internal restraint due to his cultivated companionship of the spirit of truth” (*Jesus the Christ*, 3rd edition [1916], 134).

The eternal consequences of our desires and dispositions were poignantly explained to Corianton by his father, Alma, who taught that “in the last day it shall be restored unto him according to his deeds. If he has desired to do evil, and has not repented in his days, behold, evil shall be done unto him, according to the restoration of God” (Alma 42:27–28).

The person who fails to pay an honest tithe may develop a disposition similar to the individual who robs

a bank: the main differences are the victims and the methods. The Lord Himself asks: “Will a man rob God? Yet ye have robbed me. But ye say, Wherein have we robbed thee? In tithes and offerings” (Malachi 3:8).

Individuals who act in unrighteous anger toward a neighbor may develop dispositions like those of a dictator who would run roughshod over others.

Internet and TV addicts who sample Satan’s smutty smorgasbord of pornography gain the same inclinations as the person who actually commits immoral acts; the dispositions differ only by degree.

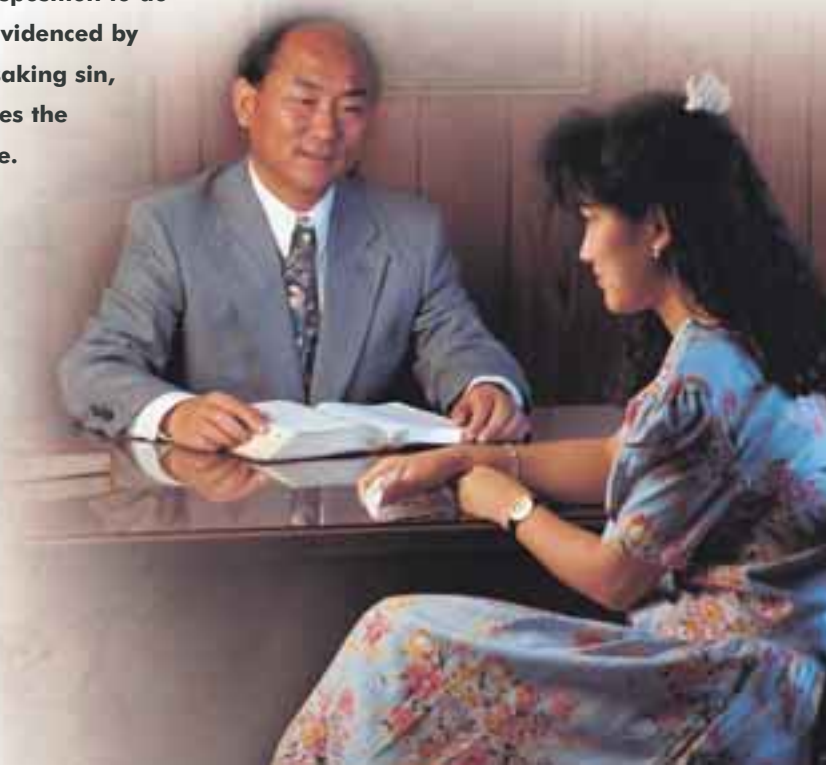
James described this process in sequential detail: “Every man is tempted, when he is drawn away of his

Confession must be followed by cultivating a disposition to do evil no more, evidenced by completely forsaking sin, and this requires the passage of time.

own lust, and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death” (James 1:14–15). Our dispositions are generally manifest in our behaviors, and thus James gives each of us the challenge: “Shew me thy faith without thy works, and I will shew thee my faith by my works” (James 2:18).

DEVELOPING A DISPOSITION TAKES TIME

Some potential missionaries or a few couples planning to be sealed in the temple are occasionally distraught to learn that recent transgressions will require them to wait a year or longer before claiming the blessings of a mission or a temple marriage. They wonder if their fasting, their tears, and their prayers



are of no avail in demonstrating a broken heart and a contrite spirit as they ask, “Why must we now be required to wait so long?”

This seems to be a fair question, especially in light of the Lord’s assurance, “By this ye may know if a man repenteth of his sins—behold, he will confess them and forsake them” (D&C 58:43). Confession is a crucial prerequisite to forgiveness, but confession must be followed by cultivating a disposition to do evil no more, evidenced by completely forsaking sin, and *this requires the passage of time*. Peter graphically likened those who briefly repent but do not overcome a disposition toward evil to “the dog [that] is turned to his own vomit again; and the sow that was washed to her wallowing in the mire” (2 Peter 2:22). In latter-day revelation the Lord underscored the importance of developing a disposition to do good continually when He declared, “I, the Lord, will not lay any sin to your charge; go your ways and sin no more; but unto that soul who sinneth shall the former sins return, saith the Lord your God” (D&C 82:7).

After Saul of Tarsus beheld a blinding heavenly light and heard the voice of Jesus Christ, he dramatically transformed his life, and his name was changed to Paul. Following a period of temporary blindness, his sight was restored by a

blessing at the hand of Ananias. The chronicler of Acts then recorded that “straightway he preached Christ in the synagogues, that he is the Son of God” (Acts 9:20).

But Paul’s own account of his conversion is more detailed than the version in Acts. Paul wrote the Galatians that after his conversion he did not immediately join the other Apostles in Jerusalem; rather he “went into Arabia, and returned again unto Damascus. Then after three years,” said he, “I went up to Jerusalem to see Peter, and abode with him fifteen days” (Galatians 1:17–18). Even after preaching the gospel in Damascus, when he joined his brethren in Jerusalem “they were all afraid of him, and believed not that he was a disciple” (Acts 9:26). Given Paul’s reputation of previously having sought to destroy the Church, it took time for others to acknowledge that he had now developed the disposition of a disciple of Christ.

MANIFESTATIONS OF DISPOSITIONS

There are many manifestations of our disposition toward either good or evil. For example, we may perceive ourselves to be kind and charitable, but we may have a penchant for telling ethnic jokes that belies our compassion. We may think we are patient and long-suffering, but then others may

observe our mild symptoms of road rage when another driver suddenly cuts in front of us. We may view ourselves as being compassionate and tolerant among our work associates and neighbors, while our immediate family members may view us as intolerant and unkind.

Our use of time, especially leisure time, reveals our dispositions toward good or evil. The Lord declared, “For he who is faithful and wise in time is accounted worthy to inherit the mansions prepared for him of my Father” (D&C 72:4). Some individuals fill weekends and free evenings with television, whereas others visit the temple, study the scriptures and read other great books, teach young children how to read and write, visit patients in hospitals, share the gospel with neighbors, work on their family history, and become involved in community improvement projects and countless other worthy activities. Theirs is the disposition to do good continually.

Our attitudes also reflect our dispositions toward good or evil. Chronic criticism and persistent pessimism and their fellow travelers—sarcasm and cynicism—often reflect a lack of faith and trust in the Lord and a gnawing impatience in awaiting for His great plan of happiness to unfold in our lives. Nephi strenuously admonished that we “must press forward with a steadfastness in Christ, having a

perfect brightness of hope, and a love of God and of all men” (2 Nephi 31:20). In the final chapter of the Book of Mormon, Moroni reaffirmed that “there must be faith; and if there must be faith there must also be hope; and if there must be hope there must also be charity” (Moroni 10:20). He further taught that charity, faith, and hope are essential for salvation in the kingdom of God (see Moroni 10:21).

Moroni then made a very important diagnostic declaration: “And if ye have no hope ye must needs be in despair; and despair cometh because of iniquity” (Moroni 10:22). Moroni did *not* say despair occurs because of *adversity*. There are countless individuals whose pockmarked souls have been tested to the limit, but they remain faithful and steadfast. It is *iniquity* which begets despair, because iniquity alienates the Comforter, who is a great source of faith and hope. Despair is manifest by a lack of faith, an absence of hope, and a failure to practice charity toward those who may have offended us or who may have tried to destroy our dreams. Without the healing intervention of faith, hope, and charity, disappointment soon turns to grief and then to despair.

President Boyd K. Packer, now Acting President of the Quorum of the Twelve Apostles, reassures us, “It was meant to be that life would be a

Our use of time, especially leisure time, reveals our dispositions toward good or evil.

challenge. To suffer some anxiety, some depression, some disappointment, even some failure is normal.” He then adds: “Teach our members that if they have a good, miserable day once in a while, or several in a row, to stand steady and face them. Things will straighten out. There is great purpose in our struggle in life” (“*That All May Be Edified*” [1982], 94). As long as we live righteously and continue to nourish our testimony and our faith, increase our trust and hope in a loving Heavenly Father, and persist in dealing with others with charity—the pure love of Christ—our disappointments will ultimately not turn to anguish, hopelessness, and despair.

HUMAN AND DIVINE DISPOSITIONS

It is good to contrast our human dispositions with the divine disposition of Jesus Christ. During His earthly ministry the Savior humbly acknowledged, “I do nothing of myself; but as my Father hath taught me, . . . for I do always those things that please him” (John 8:28–29). In the Garden of Gethsemane, in the depths of agony, He compliantly prayed, “Nevertheless not my will, but thine, be done” (Luke 22:42), thus reflecting “the will of the Son



being swallowed up in the will of the Father” (Mosiah 15:7).

After Abraham was commanded to sacrifice his son Isaac, he demonstrated to the Lord and to his posterity that he had a disposition to do good continually, as he “rose up *early* in the morning” (Genesis 22:3; emphasis added) to make necessary preparations for the sacrifice he anticipated would be required of him.

Joseph, Abraham’s great-grandson, provides another impressive example of an undeviating disposition to elude evil and to do good continually. When his master’s wife sought to seduce him, Joseph indignantly responded, “How then can I do this great wickedness, and sin against God?” (Genesis 39:9). Then he fled from her presence. Joseph had decided long before meeting Potiphar’s wife that he would never offend God.



We strengthen our disposition to do good each time we make and keep covenants.

After Alma had been reviled and spat upon and cast out of the city of Ammonihah, an angel appeared to him and commanded him to return to the same hostile environment from which he had been rejected. His love of God in preference to any fear of men and his disposition to do good are reflected in the fact that “he returned *speedily* to the land of Ammonihah” (Alma 8:18; emphasis added).

When the Prophet Joseph Smith recounted the events surrounding the First Vision and the subsequent appearance of the angel Moroni, he confessed that, on occasion, he had “displayed the weakness of youth, and the foibles of human nature,” but he hastened to add that “no one need suppose me guilty of any great or malignant sins. A disposition to commit such was never in my nature” (Joseph Smith—History 1:28).

The Prophet’s natural disposition to do good was demonstrated during Zion’s Camp. In May 1834, the Prophet and his brethren were in the process of pitching their tents on the Illinois prairie when some of the brethren suddenly discovered three rattlesnakes and were about to kill them. The Prophet immediately intervened, teaching: “Let them alone—don’t hurt them! How will the serpent ever lose his venom, while the servants of God possess the same disposition, and continue to make war upon it? Men must become harmless, before the brute creation; and when men lose their vicious dispositions and cease to destroy the animal race, the lion and the lamb can dwell together, and the sucking child can play with the serpent in safety” (*History of the Church*, 2:71). The Prophet Joseph lived as he preached.

Such is the disposition engendered by the Savior’s admonition to “love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you. . . . For if ye forgive men their trespasses, your heavenly Father will also forgive you” (Matthew 5:44; 6:14).

The Prophet Joseph Smith’s words apply to President Gordon B. Hinckley: “A man filled with the love of God, is not content with blessing his family alone, but ranges through the whole world, anxious

to bless the whole human race” (*Teachings*, 174). President Gordon B. Hinckley’s exhausting travel schedule, exhausting to those who accompany him, demonstrates his disposition to do good continually by forgoing the comforts of home in order to bless the Saints throughout the earth.

THE “DISPOSITION OF ALMOST ALL MEN”

In modern revelation the Lord has forewarned us “that it is the nature and disposition of almost all men, as soon as they get a little authority, as they suppose, they will immediately begin to exercise unrighteous dominion” (D&C 121:39). I can detect unrighteous dominion more easily in others than I can in myself. I may consider myself to be candid, resolute, and exacting, whereas others may consider me to be unkind, uncompromising, and unreasonable. One of the great safeguards against a disposition toward unrighteous dominion is the *presidency principle* and the *council system* in the Church. When leaders humbly seek and listen to the counsel of others and when family members counsel together, they can generally make decisions that will receive the ratifying approbation of the Lord (see D&C 107:26–31).

Our disposition to do good or evil is often reflected in our interpretations of the commandments and our reactions to the counsel of the Brethren.

For example, some individuals seek to negotiate a very *narrow* definition of tithing but prefer a very *broad* interpretation of the Word of Wisdom. In the words of Elder Marion G. Romney (1897–1988), then of the Quorum of the Twelve Apostles, “There are those among us who are trying to serve the Lord without offending the devil” (“The Price of Peace,” *Speeches of the Year*, 1 March 1955, 7). But there are many other faithful Latter-day Saints whose lives reflect the disposition of the Savior, who always sought to do those things which pleased His Father (see John 8:29).

COVENANT KEEPERS

We strengthen our disposition to do good each time we make and keep covenants. Each time we participate in priesthood ordinances, the powers from on high reach downward and draw us nearer to the heavens. Those who partake of the sacrament and temple ordinances with pure hearts and who faithfully keep their covenants require no lengthy instructions regarding modest dress, the payment of generous fast offerings and tithing, observance of the Word of Wisdom, or keeping the Sabbath day holy. They need no stern reminders to share the gospel with others, to attend the temple frequently, to conduct family history research, or to do their home teaching

or visiting teaching. Nor do they need nudges to visit the sick and to serve those in need.

These are the faithful Saints of the Most High who keep the sacred covenants they have made in the house of the Lord, “having a determination to serve him to the end, and truly manifest by their works that they have received of the Spirit of Christ unto the remission of their sins” (D&C 20:37). Covenant keepers “are willing to bear one another’s burdens” and “are willing to mourn with those that mourn; yea, and comfort those that stand in need of comfort, and to stand as witnesses of God at all times and in all things” (Mosiah 18:8–9). They live the law of consecration. Their

The Prophet Joseph Smith taught that “when men lose their vicious dispositions . . . , the lion and the lamb can dwell together.”

time, talents, and financial resources all belong to the Lord.

Keeping their covenants has caused them to develop a disposition to do good continually, and “they are willing to take upon them the name of [the] Son, and *always* remember him and keep his commandments which he has given them” (D&C 20:77; emphasis added). Keeping covenants qualifies them to claim the promised blessing of the sacramental prayer that “they may *always* have his Spirit to be with them” (D&C 20:77; emphasis added), and the continual companionship of the Spirit cultivates a disposition to do good.

I pray that we may “press forward with a steadfastness in Christ, having a perfect brightness of hope, and a love of God and of all men” (2 Nephi 31:20). As we do so, we may become like King Benjamin’s people, having “no more disposition to do evil, but to do good continually” (Mosiah 5:2). □





PHOTO ILLUSTRATION BY KELLI PRATT

Why Should I Worry about Paying Tithing?

I earn so little money that I'm sure my tithing doesn't make much difference. Why should I worry about paying tithing?

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

LIAHONA'S ANSWER

Most discussions about tithing revolve around its uses—building temples and meetinghouses, supporting missionary work, financing the day-to-day operations of the Church, and so forth. But the first thing we need to understand about tithing is the Lord doesn't *need* our money. This whole earth and countless others are His. If He wanted to, He could finance His work in some other way. He could, for instance, turn the pebbles along the road into diamonds and have the deacons collect them. He could send Church leaders fishing and have them catch fish with valuable coins in their mouths (see Matthew 17:27). Or He could simply make it so the Church's resources never run out (see 1 Kings 17:8–16). He could—but He doesn't—which means the law of tithing must have a greater purpose than merely

financing the Lord's work.

What is this greater purpose? As many of our readers explain in their answers, the law of tithing is given not so much to benefit the Church financially as to bless individual tithe payers spiritually. Tithing is about faith, not just money. The Lord is not interested in how many doorknobs or hymnbooks your 10 percent can purchase. He is interested in the condition of your heart and your willingness to do His will.

Tithing is a pivotal commandment, one on which other larger issues turn. Only those Church members who pay a full tithing can receive temple ordinances. And the Lord tells us that those who pay tithing will not be burned at His Second Coming (see D&C 64:23).

Paying tithing seems to be a spiritual measure of a person's commitment to the Lord. This law, said

President Joseph F. Smith (1838–1918), tests the loyalty of Latter-day Saints: “By this principle it shall be known who is for the kingdom of God and who is against it. By this principle it shall be seen whose hearts are set on doing the will of God and keeping his commandments . . . and who are opposed to this principle and have cut themselves off from the blessings of Zion” (*Teachings of Presidents of the Church: Joseph F. Smith* [1998], 276).

With tithing, what matters is not the amount but the attitude. Tithing is part of a higher law, the law of consecration—a law we must accept and live if we would obtain an inheritance in the celestial kingdom. Consecration is a willingness to use all the Lord has blessed us with, including our very lives, to build up His kingdom here on earth. Ten percent is such a small part of what He gives us. It is, in a way, the least we can do.

READERS' ANSWERS

By paying tithing we show our love to our Heavenly Father and build His kingdom. It does not matter how much or how little we make; if we love our Heavenly Father, we show Him our obedience.

*Ruth Kissi,
Hägersten Ward,
Stockholm Sweden South Stake*

I do not earn much money, but I am happy to obey the law of tithing. The example of my parents and my own testimony make it a pleasure for me to participate in the great work of the kingdom of God on earth.

*David Lelogeais,
Salon Ward,
Nice France Stake*

No matter how little the amount of your tithing, it will be of great value in the eyes of God because you are keeping His law. Your blessings will not be smaller because of the small amount. The little that comes from many builds the whole.

*Danuta Pullig Galvão,
Méier Ward,
Rio de Janeiro Brazil Stake*

Jesus Christ Himself gave the answer when He gave us the example of the poor widow who donated two mites (see Mark 12:41–44). The most important thing is to have a willing heart and the pure love of Christ. The Lord

considers the quality and not the quantity of our gift.

*Elder Álvaro Yépez,
Venezuela Barcelona Mission*

When we pay our honest tithing, we receive blessings from our Heavenly Father as promised in Malachi 3:10. But this blessing may not be to receive more money. The blessings we receive may be spiritual or physical.

Serving in the Lord's house is one of the many blessings I have received from paying an honest tithe. Our beautiful temples are blessings that come from paying tithing.

*Anthony L. Ekpezu,
Calabar Second Branch,
Calabar Nigeria District*

The Lord asks us to honestly pay a tenth of our income, whatever amount we receive. It is a test of our faith. He doesn't need our gifts to finance His Church, but we do need His gifts. If we pay a full tithing, we will be the happiest people on earth, the harvest of our fields will be abundant, and the work of the Lord will go forward.

*Elder Armel F. Severin Ikoue,
Ivory Coast Abidjan Mission*

After I finished high school I got a job that didn't pay very much, and I was embarrassed to be paying so little tithing. One of my friends reminded me of Jesus praising the poor widow (see Luke 21:1–4). From that point on, those thoughts didn't



Ruth Kissi



David Lelogeais



Danuta Pullig Galvão



Elder Álvaro Yépez



Anthony L. Ekpezu



Elder Armel F. Severin Ikoue



Fabián Argote Montalvo



Sister Mustapha Tina



Ihuoma Chidiebere



Jean Pyeere Moreira

return to my mind. I continued to pay a full tithing. Later on I was blessed to get a better job and earn money for my mission.

*Fabián Argote Montalvo,
Las Granjas Ward,
Neiva Colombia Stake*

We should always remember the admonition of our Savior not to lay up treasures on earth but to lay up treasures in heaven (see Matthew 6:19–21). We should not always expect more money as a blessing for paying our tithing. There are many blessings we receive from God for paying tithing. A great blessing for me is serving full time building His kingdom.

*Sister Mustapha Tina,
Nigeria Enugu Mission*

We don't receive any blessings from God if we pay our tithing with a double mind. When we feel we are forced to pay our tithing or if we pay out of fear, we pay with a grudge and perhaps shouldn't expect any blessings. Sometimes we are sincere in paying our tithing but don't see any physical blessings. It is not that God has forgotten us, but we may have to wait. He has infinite blessings for His children who obey His commandments, but these blessings will be manifested in the Lord's time. We should endure to the end.

*Ihuoma Chidiebere,
Umunwanwa Branch,
Umuahia Nigeria Stake*

There are several reasons we should pay tithing. Let me mention three of them: (1) it is a commandment of the Lord; (2) no matter how little we pay, we will be doing our part in establishing Zion on the earth; and (3) it strengthens our testimonies.

*Jean Pyeere Moreira,
Itinga Ward,
Joinville Brazil Stake*

You can make the QUESTIONS AND ANSWERS section helpful by answering the question below. Please mail your answer to arrive no later than 1 August 2001. Send it to QUESTIONS AND ANSWERS 08/01, Liahona, Floor 24, 50 East North Temple Street, Salt Lake City, UT 84150-3223, USA. Your answer may be typed or clearly written in your own language. For your answer to be considered, it must include your full name, age, home address, and ward and stake (or branch and district). If possible, please include a photograph of yourself; this photograph will not be returned. A representative selection of answers will be published.

QUESTION: *At school the few Church members my age either make fun of me or avoid me. At church they pretend I don't exist. My only good friends are nonmembers. Should I even try to make friends with the youth in my ward, or should I spend my time with nonmember friends who are more Christlike? □*

INCREASING OUR SPIRITUALITY THROUGH FASTING AND PRAYER

To his astonishment, Alma met his friends the sons of Mosiah as they were returning from their 14-year missionary service among the Lamanites. He rejoiced at their faithfulness and at the devotion with which they had served. Earlier Alma and the sons of Mosiah had persecuted members of the Church. But since their conversion, they had become “men of a sound understanding” because “they had searched the scriptures diligently” and “had given themselves to much prayer, and fasting; therefore they had . . . the spirit of revelation, and when they taught, they taught with power and authority of God” (Alma 17:2–3; see also Mosiah 27:8–37).

OFFERING OUR WHOLE SOULS UNTO CHRIST

If we want to develop spiritual maturity like that of Alma and the sons of Mosiah, we need to do what they did: obey the commandments, study the scriptures, serve our families and our neighbors—and combine these efforts with fasting and prayer.

Earlier in the Book of Mormon, Amaleki testified that if we “come unto Christ” and offer our “whole souls as an

offering unto him, and continue in fasting and praying, and endure to the end,” we will be saved (Omni 1:26). Since the soul consists of both body and spirit (see D&C 88:15), we offer our *whole* souls when we place the desires of both body and spirit in subjection to the will of our Heavenly Father. Fasting and prayer help us learn to control our appetites; they also help us to “hunger and thirst after righteousness” (Matthew 5:6). Fasting for two consecutive meals, as we are encouraged to do once a month on fast Sunday, can refine the spirit, strengthen its control of the body, and bring into our lives the joyful influence of the Holy Ghost (see D&C 59:12–14).

“FIRMER IN THE FAITH OF CHRIST”

Sheryl Condie Kempton of Orem, Utah, describes an occasion when

fasting and prayer brought her spiritual strength: “I fasted and prayed that I might withstand a particular temptation that had been bothering me. The results were miraculous. Not only did I withstand the temptation, but it ceased to be a temptation!” (“Fasting—A Gift of Joy,” *Ensign*, January 1978, 12).

For fasting to help increase spirituality, it must be accompanied by fervent prayer. Further, contributing to the fast-offering fund softens the heart and opens the windows of heaven.

We should exercise caution to fast in moderation, and we should not fast if our health or other circumstances do not permit it.

All who can, however, should participate in the law of the fast. When we do, we are blessed as the Nephites who “did fast and pray oft, and did wax stronger and stronger in their humility, and firmer and firmer in the faith of Christ, unto the filling their souls with joy and consolation, yea, even to the purifying and the sanctification of their hearts, which sanctification cometh because of their yielding their hearts unto God” (Helaman 3:35). □



APPRECIATING THE SAVIOR'S SACRIFICE

“As I watched the tray come down my row, I couldn’t help feeling embarrassed. This Sunday would be the first time in my life I hadn’t been worthy to partake of the sacrament. The tray was quickly coming closer to me, and I was drowning in feelings. What would my parents think when I didn’t take the sacrament? My little brother and sister? I was supposed to be their example.

“When the tray came to me, I quickly passed it on, bowing my head. I felt as if everyone in the chapel was looking at me.

“The week before, I had talked to my bishop. I entered his office and started crying in shame before I even sat down. As I told him everything I had done, I thought he would be angry with me or say I had no hope of being forgiven. Instead, I noticed he was crying too. He let me know he was very pleased I had come to him. It felt good to know that he had been called by the Lord to help me with my problems. It felt good to know that I had someone to talk to while trying to apply the principles of the Atonement in my life. I knew I could trust the bishop and I could share my feelings with him.

“When I finished talking with my bishop, he told me he loved me. ‘I am going to help you as much as I can to get through your problems,’ he said. At that moment I knew everything would eventually be all right.

“My first time not taking the sacrament was hard, and I have to relive that experience every Sunday until the bishop tells me I can once again partake. But I am grateful to have the blessing of repentance in my life. I know I can be clean again through the Atonement of Jesus Christ. Because of this experience and the struggles I am going through, I never want to be unworthy again. Not partaking of the

sacrament is hard. But it has helped me more fully appreciate my Savior’s sacrifice for me.”

Sin is an ugly thing. It makes us feel unclean, unworthy, and even embarrassed. Those feelings may make confessing our mistakes seem the most difficult part of the repentance process. Most sins need be confessed only to yourself, to the Lord, and to the person or persons injured by the transgression. Some sins, however, are of a more serious nature and must be confessed to the appropriate priesthood authority, generally the bishop or branch president. Such serious “sins include adultery, fornication, other sexual transgressions, and other sins of comparable seriousness” (Spencer W. Kimball, *The Miracle of Forgiveness* [1969], 179). Confessing serious sins to the bishop or branch president takes sincere humility and a desire to be right with God. It is a necessary step if we are ever to be at peace with ourselves and with the Lord.

No matter what our sins, the Savior suffered for each of us, that we “might not suffer if [we] would repent” (D&C 19:16). Perhaps our love for Him is not complete until we make His sacrifice personal. President James E. Faust, Second Counselor in the First Presidency, explained: “I feel His love and marvel at the price He paid for each of us. I wonder how many drops of blood were spilled for me” (“Special Witnesses of Christ,” *Liahona*, April 2001, 21).

Sometimes we may feel discouraged as we strive on our own to put our sins behind us. But the Lord is there to help us. He gives us this comforting assurance:

“Behold, he who has repented of his sins, the same is forgiven, and I, the Lord, remember them no more.

“By this ye may know if a man repenteth of his sins— behold, he will confess them and forsake them” (D&C 58:42–43). □





“A *Testimony and Witness*”

The president of the United States once asked the Prophet Joseph Smith what the difference was between our religion and the other religions of the day. The Prophet Joseph answered that the difference was to be found in “the gift of the Holy Ghost. . . . All other considerations were contained in the gift of the Holy Ghost” (*History of the Church*, 4:42). 🕊️ Having the Holy Ghost as a companion is one of the greatest gifts our Father in Heaven offers us. The Holy Ghost testifies of truth,

sanctifies the truly repentant, endows us with spiritual gifts, heals the brokenhearted, reveals, teaches, and comforts. The Holy Ghost is, fundamentally, the Spirit of peace. As President Gordon B. Hinckley teaches and the following stories illustrate, when the Spirit attends us, we will “have happiness in our hearts” and feel “that peace which . . . even in the midst of conflict . . . comes of a testimony and witness of the truth of this work” (“Words of the Living Prophet,” *Liahona*, June 2001, 35).



A Higher View

By Hugo Ibañez

I had always dreamed of flying. So in December 1961, at age 21, I earned a pilot’s license. Whenever I happened to feel depressed or stressed, I would go up in a plane—and after flying a short while, I would feel much better.

When I rang the doorbell, the custodian answered. He invited me to Church services the following Sunday.

But after a year, having flown 84 hours, I quit aviation. Although flying had relaxed me, I realized I was searching for something more—an inner peace I could not find in the air.

Ten months of wandering were enough to convince me that I might not find what I was searching for on the ground either. I thought moving to different locations would be the

answer, but it wasn’t. And so I started to search different religious philosophies. During the next 18 years, I investigated several churches and became active in a few of them.

One day I visited a church three blocks from our house. When I rang the doorbell, the custodian answered. I told him I had two teenage sons who needed to belong to a youth group. “Do you have Boy Scouts?” I asked. He said yes.

Then I asked him if his church was based on the Bible. Again he

said yes—it was based on the Bible and the Book of Mormon. He invited me to Church services the following Sunday. My 13-year-old son, Marcelo, was traveling with friends, so I invited my other son, Sergio, who was 15, to accompany me. He came, although reluctantly.

When we entered the chapel, several members greeted us in a friendly manner. An older man quickly introduced us to the missionaries, and they started teaching us the discussions that day. When Marcelo returned from his trip, he joined us in the discussions. The Spirit touched our hearts, and on 16 February 1980 my sons and I became members of The Church of Jesus Christ of Latter-day Saints. My wife, Isabel, was baptized one month later.

Almost 40 years have passed since I began searching for inner peace in places outside myself. Today, thanks to the gospel of Jesus Christ, I see far more than I ever did in a plane. I see a world more real and beautiful than anything I saw from the air. I see a world and a life filled with God's love, and I anticipate even greater glories awaiting in the next.

Hugo Ibañez is a member of the Montevideo Fourth Ward, Montevideo Uruguay West Stake.

I Tried the Experiment


By Lydie Zebo Bahie

My parents died while I was still living at home. As the youngest and the only unmarried member of the family, I was devastated.

Alone and vulnerable, I became so distraught that I had to leave school. Concerned about my emotional state, my brothers and sisters took me to nearly every hospital in the area. The doctors said I was in shock and needed complete rest in a peaceful place away from books and anything that required concentrated thinking.

Life became even more difficult, especially as I saw my friends continuing their studies. The fact that they still had their mothers also caused me pain; my mother had been everything to me. I longed to die so I could rejoin my parents.

But my Father in Heaven had other plans for me. In His wisdom and love, He inspired my brothers and sisters to take me from the city where I had been going to school to another city to be near them. I stayed with my sister Alphonsine. She and her husband and children were so kind to me that I began to feel better. Even more importantly, my sister's oldest son, Faet Nadege, introduced me to The Church of Jesus Christ of Latter-day Saints. It was my association with the Church

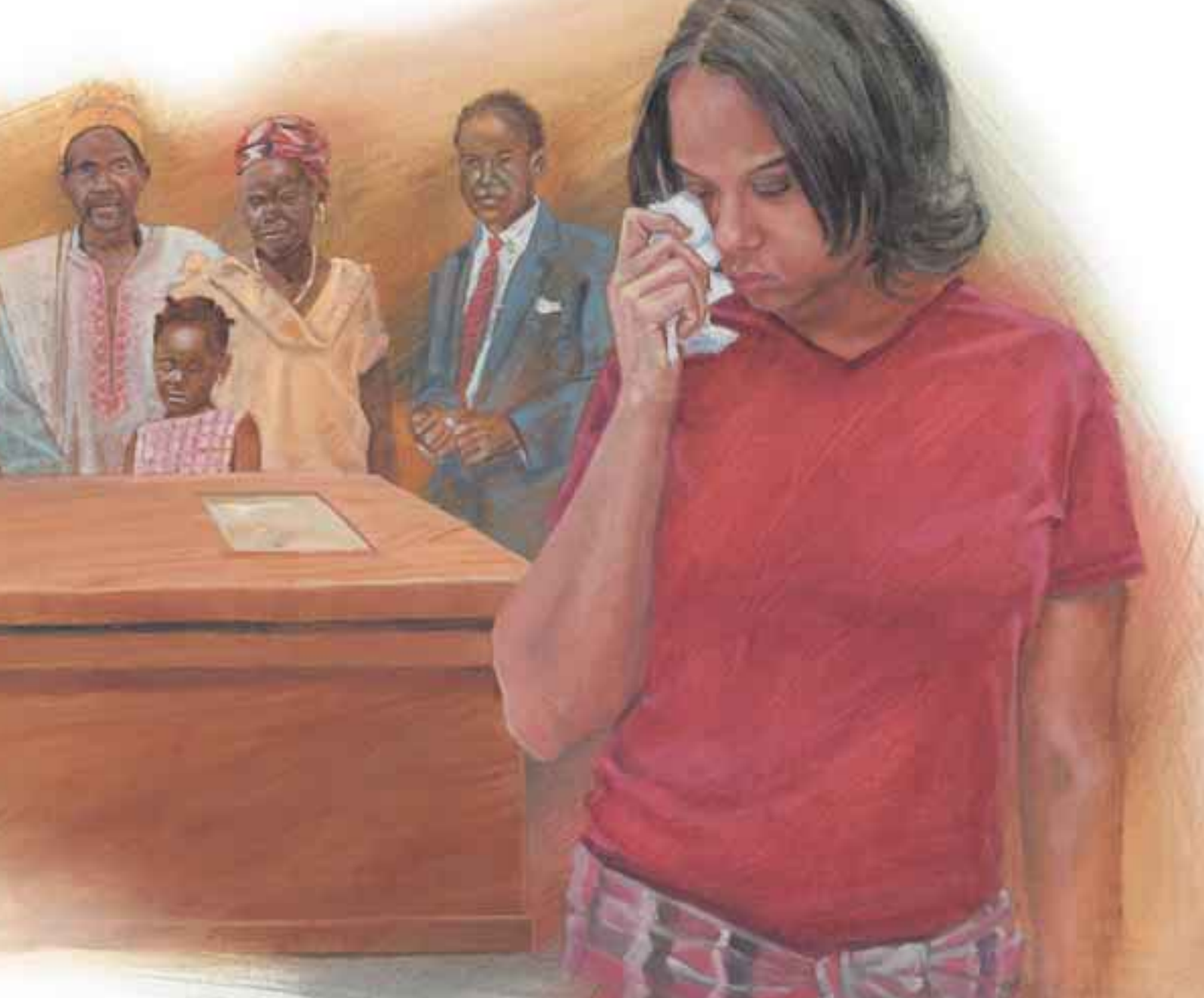


As the youngest and the only unmarried member of the family, I was devastated by my parents' deaths. But my Father in Heaven had plans for me.

and the power of the gospel that finally calmed my mind and healed my wounded heart.

When I went to church for the first time, the sisters of the Relief Society and the Young Women welcomed me so warmly I felt I had almost found my parents again. I continued attending church and in time began taking the missionary discussions.

One of the first commitments Elder Hurst and Elder Bekoin asked of me was to read the Book of Mormon.



I replied that I couldn't because I had been told not to read or do anything that required great concentration. The elders encouraged me to pray with sincerity and faith in Jesus Christ about their request, assuring me the Lord would give me the ability to do what was necessary.

And so I did as they counseled. I tried the experiment. I read the Book of Mormon—and did so without any difficulty. I was baptized on 18 November 1995.

I soon received a calling to teach

Relief Society. Then I was called to be a branch missionary. After that I served as a counselor in the Relief Society presidency and then as the president of the Young Women in our branch. All of these callings strengthened me and helped me progress, both spiritually and mentally.

My greatest growth came as I served in the Democratic Republic of Congo Kinshasa Mission. I was among the first sister missionaries to serve there. The experiences I had, both positive and negative, helped me

develop a greater Christian capacity for love and service. My joy felt complete.

I will always be grateful to those who fellowshipped me when I first found the Church. In meeting them, I found a new family, a large and loving one that I know is eternal: the family of our Father in Heaven. I am grateful to the Prophet Joseph Smith, through whom the Lord restored His Church. Above all, I am grateful for my Father in Heaven and my Lord and Savior, Jesus Christ. When all I could see was

sorrow, they opened doors of life and happiness to me.

Lydie Zebo Bahie is a member of the Bouaké Second Branch, Ivory Coast Abidjan Mission.

Not Really Alone

By Kelly A. Harward

As I finished a work trip and drove along the country road, I felt both thankfulness and great loneliness. I thought about the accomplishments of the week with my new job—but then there was the loneliness I felt heading toward my empty apartment. It was my first time away from home and family since my mission.

My mind wandered back several months to the morning I had packed my car and left home. With everyone else already at work or school, only my mother was there to give me last bits of encouragement and advice for living alone. As I pulled out of the driveway, my mother stood in the doorway blowing kisses and trying to hold back tears.

“Get a grip,” I said aloud to myself. “I’m a 24-year-old man.” I thought about how I had come to Chicago and had been awestruck with the size of the city. I had looked down from the 110th floor of the Chicago Sears Tower at one of the busiest intersections of freeway in the world, then out to see one of the

busiest airports in the world. More than seven million people lived in the greater Chicago area, I was told. Looking down at the thousands of cars, I imagined the individuals in each car and how God knew each one. *Is it possible?* I had wondered. *How is it possible that He knows each of us?*

My mind returned to the emptiness of my car and the country road, and I prayed for comfort. I told Heavenly Father I had spent two years on a mission testifying that I know He lives and knows each of us personally but that my heart was filled with loneliness and doubt. Did He know how terribly alone I felt?

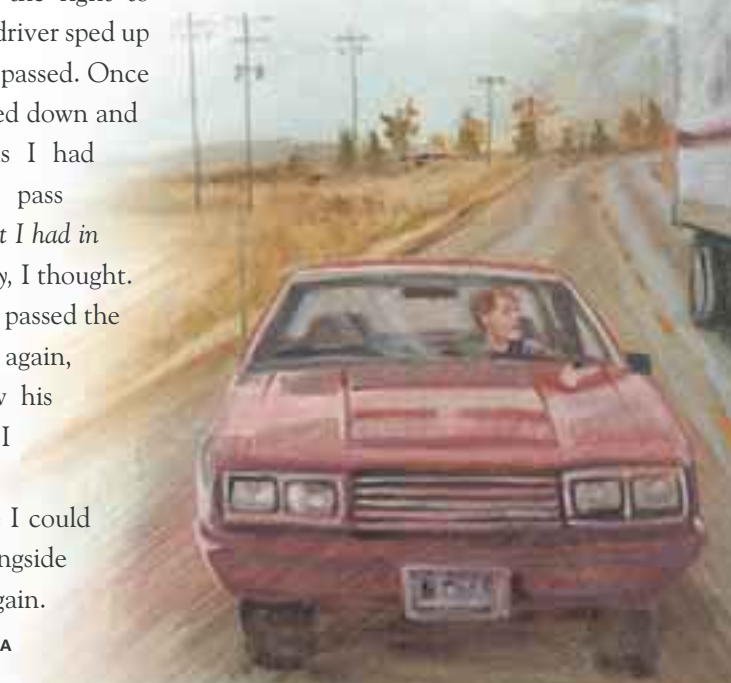
As I prayed I noticed in my rearview mirror a big truck following close behind me. I gradually slowed and pulled slightly to the right to allow him to pass. The driver sped up and waved at me as he passed. Once in front of me, he slowed down and pulled to the right as I had done, inviting me to pass him now. *This isn’t what I had in mind to keep me company,* I thought.

As I accelerated and passed the truck, the driver waved again, and this time he blew his horn, startling me. I quickly put some space between us. But before I could react, there he was, alongside my car and waving again.

This time as he passed me, he motioned for me to pull over.

The back of his truck now filled my entire windshield view. That’s when I noticed the bumper sticker: Happiness Is Family Home Evening. “Wait a minute,” I said aloud. “He must be a member of the Church, but how does he know I am?” I followed him to a shopping area, and he motioned to a fast-food restaurant. I glanced over at the familiar bumper sticker and smiled back in agreement. It was, after all, dinner-time, and I was hungry.

“Hi, I’m Jake,” he said, extending his hand as we entered the restaurant. “I noticed the Brigham Young University sticker in your rear window and thought you might be LDS,” he continued. “Thought you



might like to get something to eat.”

“You’re right, I am LDS. And I’m hungry too,” I said. “My name’s Kelly. I saw your family home evening bumper sticker and thought you must be a member also.” He confirmed that he was. We sat down at a small table.

“I’ve been a member for only one year,” Jake began, even before we started to eat. “All my life I felt there was a God who knew and

cared about His children here on earth. But it wasn’t until I heard the plan of salvation that I gained a real knowledge of God’s love for each one of us.” Here was a complete stranger bearing his testimony to me. “When I came up behind you in my truck and saw your BYU sticker, I had an overwhelming feeling that I should meet you,” he said.

After a while, Jake said, “Can you imagine how different this world

would be if everyone knew what we know: that God knows each one of us, loves us, and wants us to be happy?”

What a wonderful testimony, I thought as Jake explained that he and his wife were planning to be sealed in the temple later that month. My mind filled with thoughts of gratitude: toward Jake for sharing his testimony with me at a time when I needed it most; for the true Church of Jesus Christ, which makes friends out of strangers; for my family, who taught me the gospel; for my mission and the opportunity it gave me to share my testimony with others; for a loving Heavenly Father who knows and cares for each one of His children; and for good Latter-day Saints like Jake. □

Kelly A. Harward is a member of the Country Oaks Ward, Layton Utah Kays Creek Stake.

There he was, alongside my car and waving again. This time as the truck driver passed me, he motioned for me to pull over.





INSIGHT AND COUNSEL FROM PRESIDENT GORDON B. HINCKLEY

Words of the Living Prophet

CULTIVATE A TESTIMONY OF THE RESTORATION

“Cultivate a testimony of the Restoration of the gospel. You know this work is true as well as I do, . . . but you have to cultivate, you have to nourish, you have to feed your testimony of these things by reading the scriptures and by being active and faithful in the Church.

“If you don’t have a testimony, go to work to get one. The Lord told us how to do it. He said, He that doeth the will of the Father ‘shall know of the doctrine, whether it be of God, or whether I speak of myself’ (John 7:17). That is as true as anything on earth. It is just that simple. It is a law

of God that carries with it a marvelous and remarkable promise.”¹

BE TRUE

“To you young women who will marry and become mothers and pass on the qualities of your generations; to you young men who will become fathers and pass on the lineage which is your greatest possession, I say, be true. Be true to the faith. Be ‘true to the faith that [your] parents have cherished.’ Be ‘true to the faith for which martyrs have perished’ (*Hymns*, number 254). Be loyal to your great inheritance. Pass on in an unblemished fashion to those who come after you the great virtues of those who

have preceded you. All of your heritage of body and mind has come from your forebears. Pass to those who will follow an unblemished inheritance, and thus continue bright and strong the links of your generations.”²

EXPECTATIONS OF LATTER-DAY SAINTS

“We expect our people to live to a very high and sacred standard, and when you expect people to do things they do them. . . . They do what is expected of them in a remarkable and wonderful way. Some fall by the wayside—that is true. But the great majority go on and build their faith and do what is expected of them as members of The Church of Jesus



Christ of Latter-day Saints.

“We expect them to live clean, moral lives.

“This Church expects that we will be faithful and true and obedient and do what is required of us. And if we do so, the Lord will bless us.”³

TOLERANCE AND PEACE

“We are taught as members of this Church to be tolerant, to bring about good results, not to give in on our doctrine, not to give in on our standards, but to be tolerant in a way that

will move forward the cause of peace and righteousness and goodness in the earth. May the Lord bless us so to do, and may each of us have happiness in our hearts and that peace which we can have even in the midst of conflict, which comes of a testimony and witness of the truth of this work.”⁴

SHARE THE GOSPEL BY EXAMPLE

“Bring people into the Church. Bring them in with love. Bring them in with kindness. Bring them in with the example of your lives. So live the

gospel that they will see in you something of wonder and beauty and be encouraged to inquire, study the gospel, and join the Church.”⁵ □

NOTES

- 1. Meeting, Guam, 31 January 2000.
- 2. Devotional, Ricks College, 7 September 1999.
- 3. Meeting, Brigham Young University Jerusalem Center, 21 March 1999.
- 4. Meeting, Brigham Young University Jerusalem Center, 21 March 1999.
- 5. Meeting, Singapore, 30 January 2000.

“Be loyal to your great inheritance. Pass on in an unblemished fashion to those who come after you the great virtues of those who have preceded you.” Below: The surviving pioneers of 1847 gathered for a commemorative photograph 50 years after their arrival in the Salt Lake Valley.



BECOMING OUR CHILDREN'S GREATEST TEACHERS

In our divinely given role as teachers to our children, we as parents have much more support than we realize—including our Father's abundant help.

By Ronald L. Knighton
Managing Director, Curriculum Department

The charge is clear: “Inasmuch as parents have children in Zion, or in any of her stakes which are organized, that teach them not to understand the doctrine of repentance, faith in Christ the Son of the living God, and of baptism and the gift of the Holy Ghost by the laying on of the hands, when eight years old, the sin be upon the heads of the parents.

“For this shall be a law unto the inhabitants of Zion, or in any of her stakes which are organized. . . .

“And they shall also teach their children to pray, and to walk uprightly before the Lord” (D&C 68:25–26, 28).

There can be little doubt that teaching children the gospel is the responsibility first of parents. For some this thought can be sobering, almost frightening. But of course we want our children to have a love of the gospel and to enjoy the blessings of a testimony. We read in 3 John 1:4: “I

have no greater joy than to hear that my children walk in truth.” Even though the Apostle was writing specifically to a friend he loved, it is surely the hope and desire of every righteous parent to have his or her children “walk in truth” and forsake not the teachings of the home.

Yet how, parents may ask, can we hope to instruct children in the gospel when we are untrained as teachers? Our children have fine seminary instructors and auxiliary teachers. How can we hope to offer more in the way of gospel learning?

The fact is that as good as outside teachers may be, everything they do is still supplementary

INSET: PHOTOGRAPH BY
JED CLARK; BACKGROUND:
PHOTO ILLUSTRATION
BY CRAIG DIMOND





In the home, the basic classroom of life, children learn many of their most sacred and important lessons.

to the teaching that occurs in the home. We make a mistake when we underestimate the importance of the daily examples and experiences provided by family life. We may also underestimate our own ability to teach gospel principles, forgetting that this ability is magnified when we seek the direction of the Holy Ghost and organize our efforts to take advantage of all the tools Heavenly Father has given us.

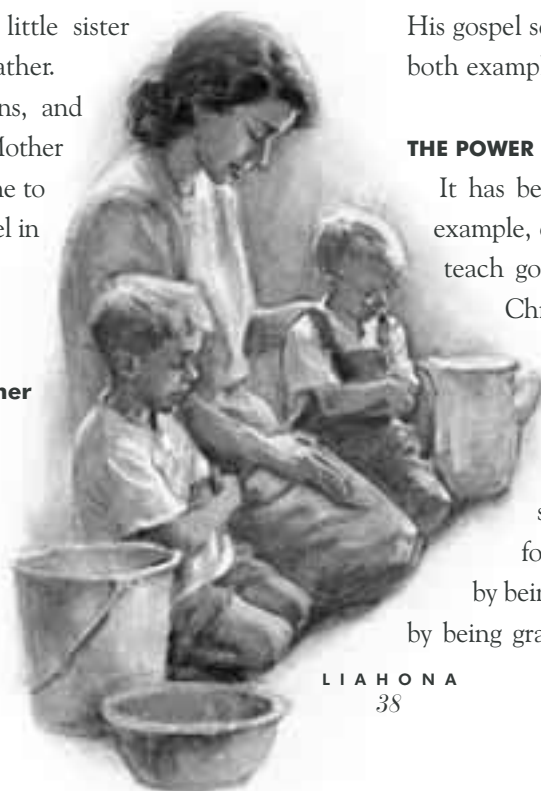
HOME: A SACRED PLACE

The home is the basic classroom of life and of the Church. The home compares with the temple in sacredness. What is taught in the home makes a major contribution toward this sacredness. President Harold B. Lee (1899–1973) said that the greatest work we will ever do is within the walls of our own homes (see Conference Report, April 1973, 130; or *Ensign*, July 1973, 98).

I remember a day when I was only three years old and my family was living in a humble two-room home with a dirt roof. My father was in bed, delirious with scarlet fever. There was a heavy storm outside, and my mother, four-year-old brother, and I were putting out pans, cans, and buckets to catch the water dripping through the roof. My little sister slept in a cot near my father.

When the pans, cans, and buckets were in place, Mother called my brother and me to her side and had us kneel in

With the pans and buckets in place, my mother called my brother and me to her side to kneel in prayer. Her words of faith in the tender years of my life have never left my memory.



prayer. I am sure she had helped me pray many times before, but on this occasion it was different. I remember her helping me with the words of the prayer. They went something like this: “Heavenly Father, we really need Thy help. We need our dad to be made better. Please bless him to get well. We need our roof to stop leaking so he doesn’t get wet and cold and become more ill. We love Thee, Heavenly Father, and we always want to serve Thee.”

There must have been more said in that prayer, but those words of faith from my dear mother in the tender childhood years of my life have never left my memory. I learned the principle of prayer and its value in the home through the example and teachings of my faithful, obedient parents.

The prophet Nephi laid out the foundation and purpose of parental teaching:

“For we labor diligently . . . to persuade our children . . . to believe in Christ, and to be reconciled to God. . . .

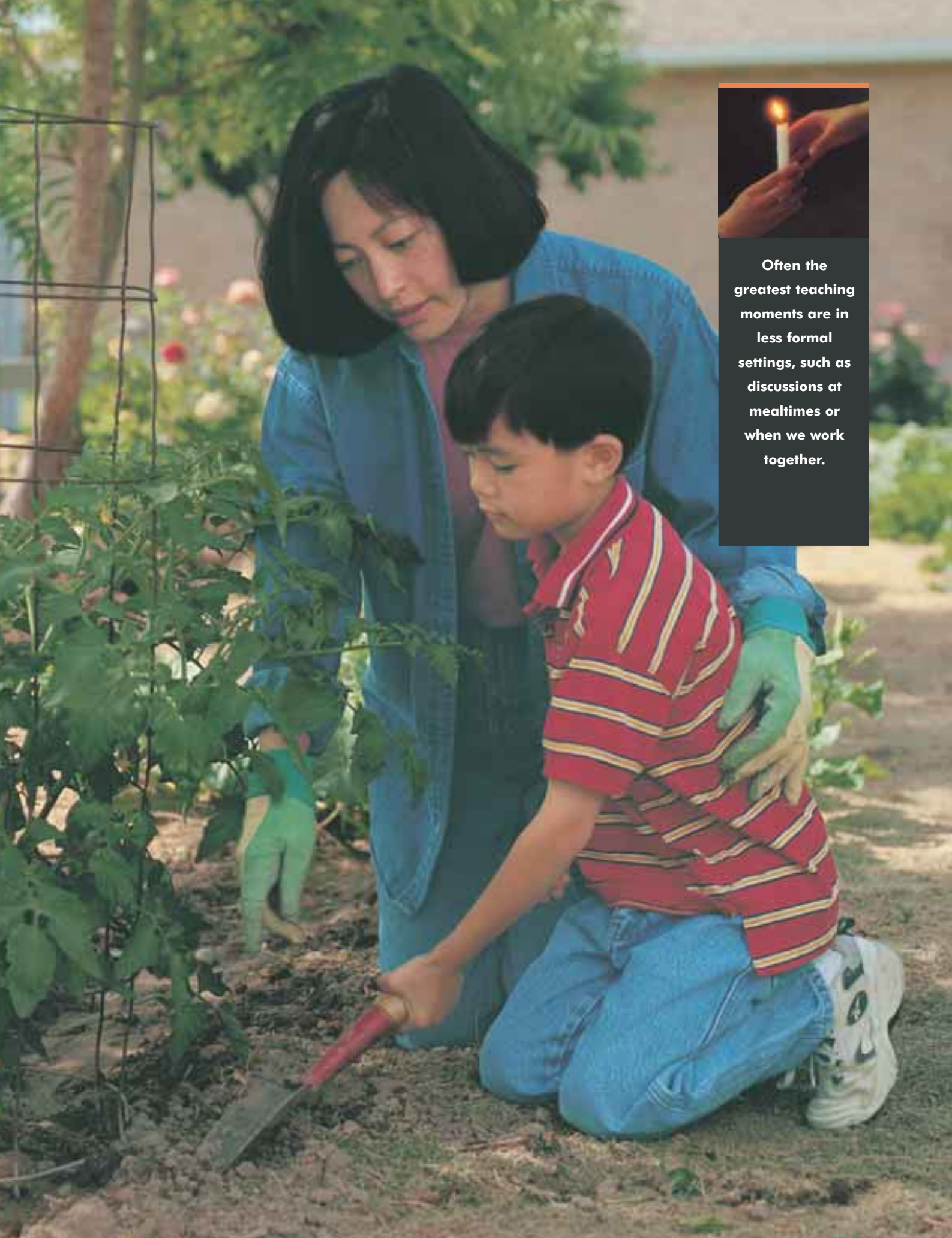
“And we talk of Christ, we rejoice in Christ, we preach of Christ, . . . that our children may know to what source they may look for a remission of their sins” (2 Nephi 25:23, 26).

The opportunities to teach our children of Christ and His gospel seem nearly unlimited as we think in terms of both example and precept.

THE POWER OF ROLE MODELS

It has been said that the three greatest teachers are example, example, and example. Every parent can best teach gospel truths to children by being a model of Christlike living. Our children will learn more by observing how we live—how we act and what we do—than by any other way we may choose to teach them.

We teach our children to serve well by serving well ourselves. We teach them to forgive by forgiving. We teach love and kindness by being loving and kind, gratitude and appreciation by being grateful and appreciative. When we make and



Often the greatest teaching moments are in less formal settings, such as discussions at mealtimes or when we work together.

keep gospel covenants and receive the ordinances of salvation, our children will see and be influenced to seek the blessings of this kind of obedience. We teach them principles of honesty and integrity by being honest, truthful, trustworthy, and dependable. We teach them the virtues of responsibility and accountability by being doers, not doubters, by accepting opportunities to participate and to serve, by making our word our bond. When we exemplify love and kindness, are of good cheer, and engage in lifting others and bringing them joy, peace, and happiness, our children will learn by our example and our behavior to do the same. What we want them to be, *we* must be. If we want them to bear the image of Christ in their countenances, we must strive to wear it ourselves.

My paternal grandmother was a widow from age 64 until her death at 101. She had a simple, small home with few of the material goods of life, yet she was the epitome of happiness, joy, and faith, with a contagious attitude of love, kindness, and hope.

Although she had her share of health difficulties and other challenges of life, she was an eternal optimist. Whenever any of her family of 10 children, 69 grandchildren, 210 great-grandchildren, and 49 great-great-grandchildren visited her to bring a measure of love and encouragement, we always received more love and encouragement than we were able to give. She was richly blessed with the things that truly matter, and she shared them best by her noble example. She truly had the image of Christ in her countenance. Grandmother received only eight years of formal education, yet she was a most profound and influential teacher.

ON OUR BEST BEHAVIOR

Wise parents take care not to be models of negative traits or behavior. We need to remember that hate destroys the soul that harbors it, envy sours the character of one who is dominated by it, criticism and harsh judgment destroy friendships, and bigotry diminishes our world of opportunity. We can be models of good behavior in the face of these temptations. We can choose to teach our children the better way by avoiding grudge-keeping, faultfinding, nagging, sarcasm, contention, murmuring, ridicule, and antagonism.

When we forgive and forget, we give our children the opportunity to experience the miracle of forgiveness. During my years as an Aaronic Priesthood holder, a prominent individual in the stake was found guilty of illegal business practices and sent to prison. Stake members made many critical comments. My kind and forgiving father, who was on the stake high council at the time, brought us together as a family and taught us that there are no perfect people for the Lord to call, but there are many good and wonderful people whom He calls to strengthen the lives of others and also to be strengthened through service. Dad said that we would

always be blessed for sustaining those whom the Lord has called to serve and that we ought to focus on their strengths and not on their weaknesses. My father's forgiving and loving feelings toward our former leader



Although Grandmother had her share of difficulties, she was an eternal optimist. She was a most profound and influential teacher who taught by her noble example.



taught me a powerful lesson that has been a guiding principle in my life.

THE POWER OF WORDS AND PRECEPTS

Speak kindly—say that which edifies. “A soft answer turneth away wrath: but grievous words stir up anger” (Proverbs 15:1). When we as parents avoid words that demean, tear down, disappoint, or discourage, we teach our children to avoid damaging habits. When we choose and use words that build, praise, compliment, uplift, and encourage, our children will be motivated to do the same. They will thus be learning Christlike traits, and this behavior will help them feel good about themselves.

We sing, “Let us oft speak kind words to each other at home or where’er we may be” (*Hymns*, number 232). Hymns teach many gospel sermons and invite the Holy Ghost to bear witness of the doctrines and truths being taught, as well as bring comfort and cheer. We can use them in the home to teach our children and to reinforce lessons taught by other means. Music is so powerful an influence that songs learned in childhood stay in the mind and heart for a lifetime. As individuals or as a family, we may find it worthwhile at times to ponder the words of some of the hymns and Primary songs.

When opportunities come to us as parents to have conversations with our children, we teach best by inviting them to express their thoughts and by being positive. To foster an effective learning environment, we need to listen to their points of view, their concerns, and their questions. A good rule is to apply the principle: Ask, don’t tell. Ask questions that begin with “How do you feel about . . . ?” “What is your understanding of . . . ?” “Why do you think . . . ?” or “What do you believe is the meaning of . . . ?”

Perhaps one of your teenage children may ask to go with friends to a hard rock concert. If you say, “I do not want you to go because the music and conduct are not in keeping with gospel standards,” it could cause the child to feel defensive or put down. However, you might say, “Thanks for asking, but for some reason I feel uneasy about your going. What do you think may be causing me to feel this way?” Then your child has an opportunity to discuss gospel principles and applications without feeling personally judged. As a parent I have learned that when

We make a mistake when we underestimate the importance of daily examples and experiences provided by family life.

we give answers and statements of doctrine or principles without asking for input from our children, we remove the opportunity for them to discover gospel truths for themselves. We can best engage our children in gospel conversations that foster learning by sharing feelings and understandings with each other.

THE LESSONS OF LIFE

Often the greatest teaching moments are in less formal settings such as discussions at mealtimes, conversations as we work together, or talk during travel. Prayer times can become effective teaching moments as we counsel together with the Lord.

We also need to teach by word and precept in more formal settings such as family home evening, parent-child one-on-one talks, family councils, and family scripture reading sessions. When we as parents earnestly seek to teach our children the divine truths of the gospel and testify to them of God's goodness, love, and blessings upon us, the Holy Ghost will instill convictions of those principles in their hearts.

Teaching opportunities often come at unexpected times or in unusual circumstances. A few years ago we gave our two sons 10-speed bicycles for Christmas. Then, trying to be a good father, I took one of our old bicycles to ride along with the boys as they learned to operate their new 10-speeds. We were doing fine until my second son, a 10-year-old, looked down at the sprockets as he tried to change gears. He ran directly into the back of a parked car. Because I was a bit ahead of him, I only heard the crash. I immediately went back to help.

My heart ached as I

As I gathered my son in my arms, he asked, "Dad, how come I always have to learn things the hard way?"

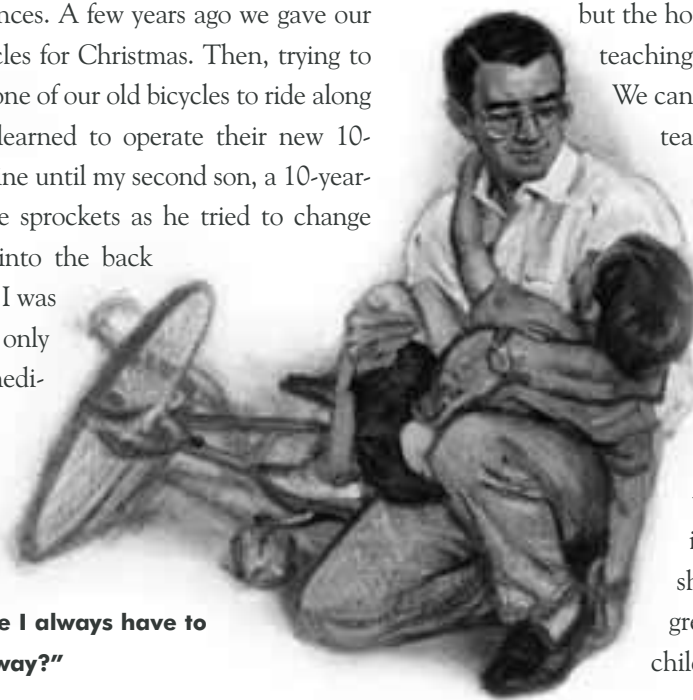
looked at him with his mouth bleeding and a front tooth broken off; his face had hit the trunk of the car. In addition, he appeared for a moment to have broken his leg, something that had already happened to him six years earlier. As I gathered him in my arms, he looked up into my face and said, "Dad, how come I always have to learn things the hard way?" Now there was a teaching moment!

We should teach our children from the experiences of life—ours and theirs. That is the way the Savior taught. When we relate the gospel to daily living, it takes on real meaning to our children.

We need to read, study, and learn continually. Then the Holy Ghost can help us teach what we are learning. And we must never forget that we can ask for divine help. Our children are God's children too. Through our faith and prayers, He can and will bless them when we cannot be with them and in times when we do not know where or how they are but He does.

Every parent has the right to seek the Lord's help in teaching children the truths of the gospel. Our Father has entrusted these children to us, and He will help us. He will also inspire others to help in the classrooms of the Church, but the home is where the most important teaching and learning should take place.

We can all be grateful for wise and good teachers who taught our parents, for those who now teach us, and those who help us teach our children. *But they are helpers.* We as parents must each assume the responsibility of teaching our children the truths of the gospel by example and by precept. As we do so, we can find assurance in this promise: "All thy children shall be taught of the Lord; and great shall be the peace of thy children" (Isaiah 54:13). □





Gospel conversations foster learning when we share feelings and understandings with each other.

Teaching in the Home



The scriptures are fundamental to any effort to teach the gospel in the home. In them, the Lord has provided all the basics of the gospel, along with examples of teaching as He taught. We can use His methods as models; we can emulate His use of parables and down-to-earth stories (such as the ten virgins, see Matthew 25:1–13; the Good Samaritan, see Luke 10:25–37), of object lessons (such as the tribute coin, see Matthew 22:15–22), and of personalized messages (such as to the Samaritan woman at the well, see John 4:4–26).

Yet as rich as they are, the scriptures are not the only Church-approved resources for teaching the gospel to our families. We can be grateful that the Lord has inspired His servants to provide additional materials to help us learn and grow—a wide variety of supplementary resources for teaching gospel principles in the home as well as in Church classrooms. These resources are grounded in and fully correlated

with ancient and latter-day scripture.

Among them is the *Liahona* magazine, distributed monthly in areas where the Church is well established and at other intervals in areas where the Church is less established in the language or where the gospel has arrived relatively recently. Articles in the *Liahona* are tailored to the lives of members today. All of the articles, from our Church leaders' messages to members' testimonies to short tips or ideas, can be adapted to teaching in the home. Page 48 of each issue includes suggestions for how the articles in that issue might be used in teaching. Conference issues of the *Liahona* (January and July) are also available in many languages at the Church's official Web site: www.lds.org.

Beyond Church magazines, there are many Church-produced books, manuals, and other printed resources that are valuable for teaching the gospel of Jesus Christ in the home. Following are some of them (with their item numbers in parentheses) that may be checked out from the meetinghouse resources if available, purchased at Church distribution centers, or ordered from the Church Materials Catalog, which is available through the clerk, bishop, or branch president.

■ “The Family: A Proclamation to

the World” (35602), issued by the First Presidency and the Quorum of the Twelve Apostles, teaches and reminds us of the Lord's eternal design and earthly purpose for the family.

■ *Family Guidebook* (31180) is a basic pamphlet outlining the purpose and organization of the family.

■ *Teaching—No Greater Call* (36123), the basic manual for the Church's teacher improvement courses, is helpful to anyone wishing to improve his or her teaching ability.

■ *Teaching Guidebook* (34595) provides assistance in improving teaching, especially in the home.

■ *Our Heritage: A Brief History of The Church of Jesus Christ of Latter-day Saints* (35448) emphasizes our heritage as members of the Church and is a useful resource for the study of Church history.

■ *For the Strength of Youth* (34285) summarizes standards of conduct for Latter-day Saint youth and is a useful guide for adult members as well.

■ *Gospel Art Picture Kit* (34730) includes artwork and photographs depicting scriptural events.

■ *New Testament Stories* (31119) and *Book of Mormon Stories* (35666) offer historical stories from the time periods and areas covered by these works, as well as maps and glossaries. These readers are especially useful for



■ *Temples of The Church of Jesus Christ of Latter-day Saints* (35863) offers illustrated articles about the history, purpose, and use of ancient and modern temples.

■ *Gospel Principles* (31110), the manual for the Gospel Principles class in Sunday School, offers a basic overview of doctrines and principles of the gospel plan and a section with 35 hymns and 10 children's songs; it is a great resource for families.

■ *Teachings of Presidents of the Church: Joseph F. Smith* (35744) is the second in a series of books containing the teachings of latter-day Presidents of the Church. It can be used for personal study and is also the curriculum for second and third Sunday lessons in Melchizedek Priesthood and Relief Society.

■ *Duties and Blessings of the Priesthood, Part A* and *Part B* (31111, 31112) are manuals each containing 35 lessons on topics related to the priesthood and personal righteousness.

■ *The Latter-day Saint Woman, Part A* and *Part B* (31113, 31114) each contain 35 lessons to help women increase their personal righteousness.

There are many additional Church-produced resources available. Information on ordering these materials is found in the Church Materials Catalog. □

families with young children.

■ *Hymns* (31243) and *Children's Songbook* (35395) encourage family members to sing in the home the same spiritually illuminating hymns and songs sung in our meetings.

■ *The Holy Temple* (30959) is

designed to help priesthood leaders or parents prepare members to receive temple ordinances. It is taken from a larger work by the same name, written by President Boyd K. Packer, now Acting President of the Quorum of the Twelve Apostles.

RIGHT: PHOTOGRAPHY BY MATTHEW REIER

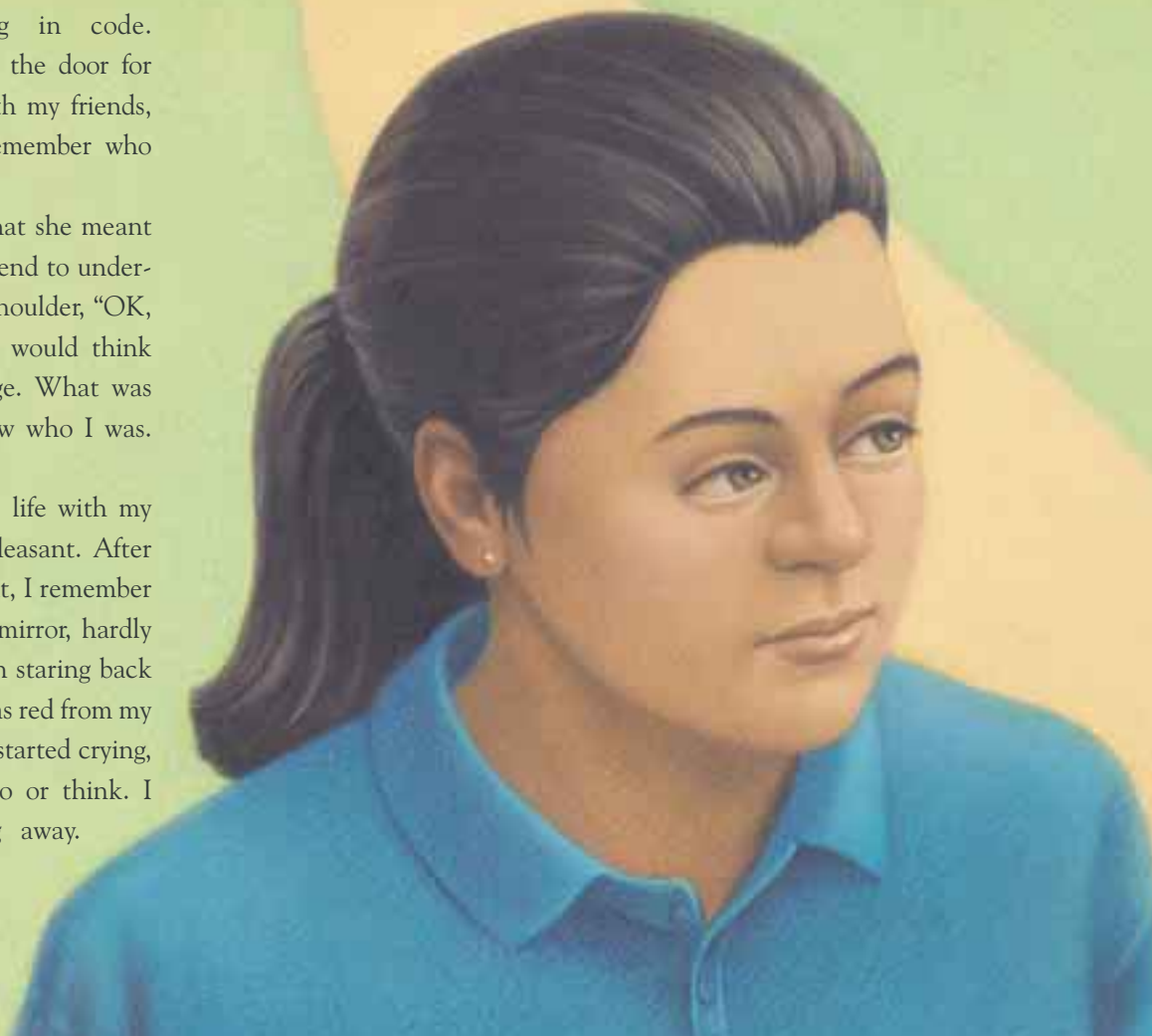
“REMEMBER WHO YOU ARE”

Name withheld ILLUSTRATED BY STEVE KROPP

About the time I turned 14 years old, my mother started talking in code. Just as I would run out the door for some new adventure with my friends, she would call out, “Remember who you are!”

I wasn’t quite sure what she meant by that, but I would pretend to understand and yell over my shoulder, “OK, Mom. Bye!” At times I would think about her coded message. What was she trying to say? I knew who I was. So what?

As I was growing up, life with my family was not always pleasant. After one particularly bad night, I remember staring at myself in the mirror, hardly recognizing the reflection staring back at me because my face was red from my father’s repeated slaps. I started crying, not knowing what to do or think. I thought about running away.





Even worse, ideas of ending my unhappy life came into my confused mind.

At no other time—before or since—have I felt so alone. I felt worn out, almost willing to let the surrounding darkness take over. I looked into the mirror once more. *I don't even know myself*, I cried inwardly. Then I heard my mother's phrase repeated clearly and distinctly in my mind: *Remember who you are! Remember who you are!*

For the first time, I realized what my mother meant. She wanted me to remember my divine heritage. A phrase from the Primary song echoed in my mind: "I am a child of God" (*Hymns*, number 301). That sudden reminder helped me fight Satan's temptation to do something foolish. The knowledge that my nature was divine would help me endure; my mother understood that, and I know she hoped that someday I would as well.

The Lord Jesus Christ is the perfect example of one who understood His divine heritage. The scriptures tell us that in His youth He "increased in wisdom and stature, and in favour with God and man" (Luke 2:52). The more His understanding grew, the better prepared He was to fulfill His role as the Savior of the world.

We will not be called upon to suffer as Jesus Christ did. But to help us overcome our trials, Heavenly Father has given us tools that can increase our understanding of our divine heritage. From the scriptures, we learn how others have recognized their roles as sons and daughters of God and have acted accordingly. From living prophets, we learn of our divine nature and potential. Through the priesthood, we can receive inspired blessings that remind us of our relationship to Heavenly Father. In the temple, we are instructed as we participate in sacred ordinances. And through prayer, we can obtain the help we need when we forget who we are.

The years following the night I figured out my mother's code were difficult. But recognizing my divine nature helped me view my challenges with an eternal perspective. This knowledge eventually led me to marry in the temple and to work with my husband to rear a family firmly grounded in the gospel.

I still think often about my mother's words. At times I have imagined a final moment with Heavenly Father before I departed for earth. I like to picture Him embracing me and urging me on with a few last words of advice: "Remember who you are!" □

Using the June 2001 *Liahona*

You might find some helpful ideas for teaching and discussion in this issue of the *Liahona*. (The numbers below refer to pages in this issue. F=*The Friend*.)

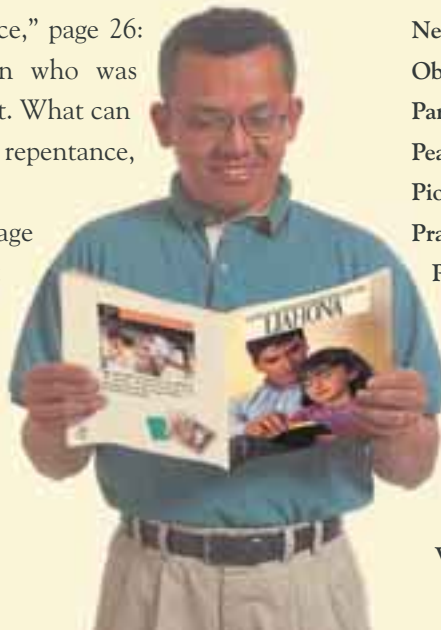
USEFUL IDEAS

■ “Who Do You Think You Are?” President James E. Faust, page 2: Discuss President Faust’s five ideas to help youth learn who they are. Think of personal applications for each of these ideas.

■ “A Disposition to Do Good Continually,” Elder Spencer J. Condie, page 14: If some of your dispositions are not in harmony with a Christlike character, consider that “dispositions grow from desires.” Pray that your desires will change, that you will “hunger and thirst after righteousness” (3 Nephi 12:6).

■ “Appreciating the Savior’s Sacrifice,” page 26: Read the words of the young man who was receiving help from his bishop to repent. What can you learn from his attitude about sin, repentance, and becoming clean before the Lord?

■ “Remember Who You Are,” page 46: When you find yourself in difficult circumstances, remember this young woman’s message: Remember who you are. You are a child of God and can live with Him again if you are true to your covenants.



TOPICS IN THIS ISSUE

Conversion.....	8, 14, 28
Covenants	14
Dispositions	14
Divine nature	2, 46
Family home evening	48, F10
Fasting	25
Friendship.....	10
Happiness.....	2
Healing.....	28, F14
Holy Ghost.....	28
Home teaching	7
Jesus Christ	26
Missionary work.....	8, 28, F10
New Testament Stories.....	F12, F14
Obedience	22, F6
Parenthood.....	36
Peace	28
Pioneers	F2, F5
Prayer.....	25, 28, F12
Prophets	34, F6, F8
Repentance	2, 14, 26
Sacrament	26
Seminary	10
Service	2
Teaching.....	36, 44
Tithing	22
Visiting teaching	25

CALL FOR YOUTH ARTICLES

We are looking for articles from our youth readers—stories that will strengthen the faith of youth around the world. Please send accounts to YOUTH ARTICLES, *Liahona*, Floor 24, 50 East North Temple Street, Salt Lake City, UT 84150-3223, USA; or e-mail us at CUR-Liahona-IMag@ldschurch.org. Please include your full name, age, home address, and ward and stake (or branch and district). If possible, include a photograph of yourself and of any other main characters in your article.

The Friend

FOR CHILDREN OF THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS ■ JUNE 2001





TRAIL CENTER
AT HISTORIC WINTER QUARTERS

Angela Miller of Council Bluffs, Iowa



By Julie D. Averkamp

Primary children all over the world learn about Council Bluffs, Iowa—a place rich in Latter-day Saint history—and about nearby

Winter Quarters, Nebraska, where the pioneers paused in their journey west to repair wagons, grind flour, and wait for the bitter winter weather to pass.

For eight-year-old Angela Miller, Council Bluffs is more than just a name on a Church history map. It's home. And living so close to these historic sites has helped her gain a better understanding of the pioneer spirit and develop it in her own life.

Part of this pioneer spirit is making family a top priority. Families are important because “they’re always there for you,” Angela says. “They are there to give you some discipline, but they are also nice.” Angela fondly remembers the day when her family went to the temple. Being sealed together was a very special experience in her life. She loves spending time with her family camping, hiking, swimming, bicycling, or just playing with their pet birds, Oliver, Kate, and Tweety.

Angela has worked hard to cultivate another aspect of the pioneer spirit—missionary work. Learning from

her parents’ experiences as stake missionaries, she has participated in ward missionary programs, and she has tried to set a good example for her friends who aren’t members of the Church.



Angela (right) and her family in front of a monument at Winter Quarters.

Recently the Miller family participated in a ward program that helps new converts learn more about the gospel by attending group family home evenings. Angela and her father, Dan, taught a lesson about putting on the whole armor of God, based on

Doctrine and Covenants 27:15–18. As her father taught that each part of the armor represents

a quality that will help guard against temptation—such as the shield of faith and the sword of the Spirit—Angela added that piece to her costume. Everyone’s favorite part of the lesson was when Brother Miller taught about the fiery darts of the adversary, and the missionaries got to throw “fiery darts” made out of yellow paper and popcorn kernels at Angela’s “armor.”

Angela tries her best to set a good example, no matter where she is. In church she always tries to be reverent. “I fold my arms sometimes when I walk down the hall from class to the Primary room,” she says.



**The Council Bluffs Ward
Primary.**

As the only member of the Church in her school, Angela has plenty of opportunities to be a missionary. At a birthday party she attended, the girls began watching an inappropriate movie. “I told them, ‘I can’t watch this, because I’m a member of the Church,’” she remembers. She left the room, and another friend who was not a member soon followed. Together they watched a better movie. “When I left, I saw that I was wearing my CTR ring,” Angela says. She is glad she was able to choose the right and set an example for her friends.

One evening Angela invited a friend to her house. As the girls were talking, the friend asked, “What are those books for? They are pretty big.” Angela explained that they were the Book of Mormon and the Bible, and she talked to her friend about Jesus Christ. Later she saw her friend reading from her scriptures.

The Miller family often visits nearby historical sites, such as the pioneer cemetery and visitors’ center at Winter Quarters and the tabernacle in Council Bluffs. This tabernacle is a replica of the structure the pioneers built in only a few weeks. Brigham Young was sustained as President of the Church there in 1847. Angela has learned about how hard the pioneers worked and how they used their talents to bless others. She tries to share her talents, too, by learning to play the piano, taking ballet lessons, and performing in local ballet performances.

Angela and her 13-year-old brother, Jake, have chores at home. Angela’s favorite chore is helping take care of the family’s birds. She and Jake change the water in the cages every day and make sure the birds have plenty of food.

Angela loves learning. She spends time in the children’s reading room at the city library, works very hard on her schoolwork, and likes to talk with Jake about things she has learned. She can name almost any bird in her favorite zoo.

President Hinckley visited the Council Bluffs area in 1996 to dedicate the replica of the tabernacle and to celebrate the faith and dedication of the pioneers who served in

Angela in front of a handcart display at the tabernacle in Council Bluffs.



the Mormon Battalion. The Millers and many other families dressed up like pioneers and enjoyed pioneer activities. Angela sang in a children’s choir. When she wears her pioneer dress and bonnet, she feels even more appreciation for the pioneers.

Life is very different for Angela than it was for a pioneer child. But as she has learned about the struggles and the values of the pioneers, she has become a modern-day example of the pioneer spirit. Angela seems to live by a motto of President John Taylor (1808–87), quoted on one of her favorite paintings at Winter Quarters: “The Kingdom of God or Nothing.” □



PACKING THE HANDCART

ILLUSTRATED BY JULIE F. YOUNG



Some pioneers pulled handcarts across the plains. The handcarts could not hold everything the people wanted to take with them, so they had to choose the most important things. Circle the five most important things you would have taken if you had been a pioneer. What 10 things would you have chosen? Draw lines from the handcart to the 10 things you would have taken. □

Blessings Come When We Follow the Prophet

By Diane S. Nichols



LEHI'S FAMILY LEAVING JERUSALEM, BY SCOTT SNOW

“He spake by the mouth of his holy prophets, which have been since the world began” (Luke 1:70).



Do you like where you live? Do you have special friends there? Do you have a favorite toy or book? Imagine that your family needed to leave all their favorite things behind and travel to a new land. Do you think that would be hard to do?

Nephi's father, Lehi, was a prophet. The Lord warned Lehi that Jerusalem was going to be destroyed and that he and his family should leave. The Lord told Lehi He had prepared a new land for his family. As they left Jerusalem and traveled in the desert, Nephi's brothers Laman and Lemuel constantly complained. They did not want to leave everything behind, and they didn't believe Jerusalem

would be destroyed. Nephi and his brother Sam did not complain. They knew their father was a prophet of God, and they obeyed him. Because of Nephi's faith and obedience, the Lord gave him a wonderful promise: As long as Nephi's descendants obeyed Heavenly Father, they would be blessed in the new land.

When we study the Book of Mormon, we see that the Lord kept His promise to Nephi. Whenever the people followed the prophet and obeyed the commandments, they were blessed. When they would not listen to the prophets and were disobedient, there were hard times and the people were not happy.

Heavenly Father loves all of us and wants us to be happy. If we follow His prophets, we will be blessed. President Gordon B. Hinckley has asked us to read the scriptures daily, to keep the Sabbath day holy, to share

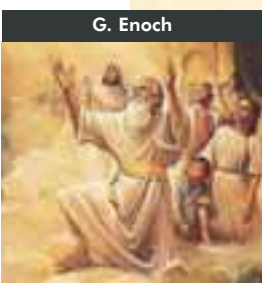
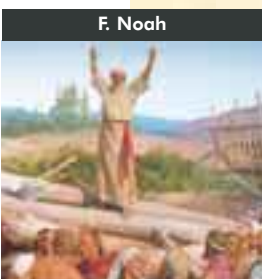
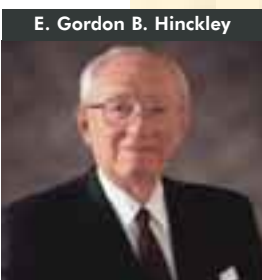
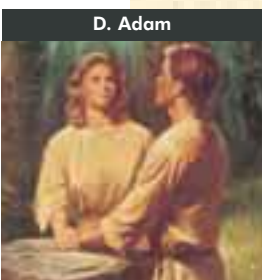
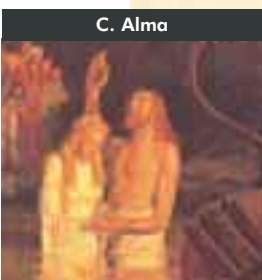
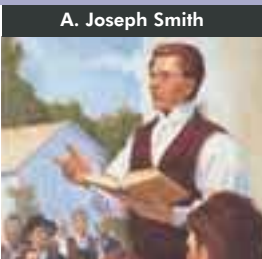
FROM TOP: JOSEPH SMITH PREACHING, BY GARY L. KARP; ALMA BAPTIZING IN THE WATERS OF MORMON, BY ARNOLD FRIBERG; ADAM AND EVE KNEELING AT AN ALTAR, BY DEL PARSON; PHOTOGRAPH BY JED CLARK; NOAH'S PREACHING SCORNED, BY HARRY ANDERSON; CITY OF ZION TRANSLATED, BY DEL PARSON

the gospel with our friends, and to stand for the right. It isn't always easy to do what the prophet asks us to do. But when we do, Heavenly Father will bless us, and we will find true happiness.

Sharing Time Ideas

1. Assign several adults to portray various prophets. For example: Adam (Moses 5:4–12, 58–59), Enoch (Moses 6:26–28; 7:13–21), Noah (Genesis 6–8), Moses (Exodus 3; Numbers 14), Daniel (Daniel 6). Place the adults at different locations around the room. Divide the children into groups and have them interview the “prophets.” Suggest questions that will help them discover who each prophet is, what he asked the people to do, and how the people who obeyed his teachings were blessed. Rotate the groups. Have each child draw a picture of one of the prophets. Have some of the children tell what their prophet taught and how the people who obeyed were blessed. Ask the children what our living prophet has asked us to do. Bear your testimony that as we obey our prophet, we are blessed just as people were in ancient times.

2. Cut a large paper heart into several puzzle pieces. Tape the pieces underneath some of the chairs before the children come into Primary. Invite a priesthood holder to portray the prophet Alma. Have him tell the children about what Alma taught by the Waters of Mormon (see Mosiah 18). Have him explain Mosiah 18:21. Have the children look under their seats for a puzzle piece. Ask those who find puzzle pieces to tell how our hearts can be knit together. As they respond, have them place their piece on the wall. Tell the children that the prophet today wants our hearts to be knit together in love just as Alma did in his day. □



Instructions

Match each prophet on the left (A–G) with his teaching below (1–7).

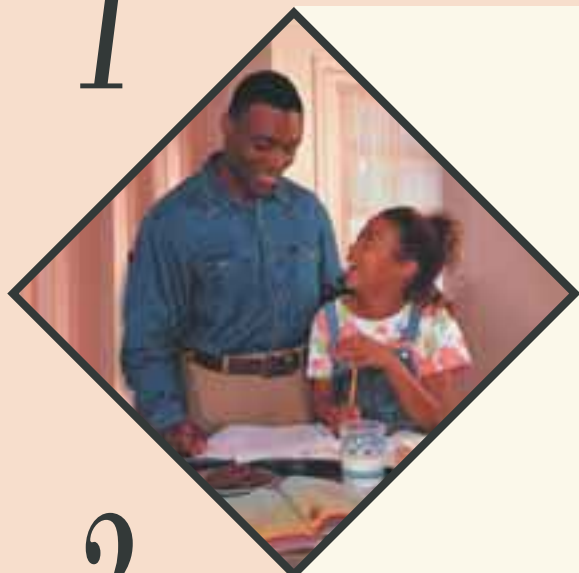
- ___ 1. The first prophet, he taught his children to pray and promised that if they did, they would be guided by the spirit of inspiration (see Moses 5:4–5, 12; 6:4–5).
- ___ 2. He taught the people to repent and keep the commandments and promised if they did, they would prosper and be protected from their enemies (see Moses 6:32–33, 57–58; 7:10, 13–17).
- ___ 3. He warned the people that if they did not repent, they would be destroyed in a flood (see Moses 8:20–24).
- ___ 4. He taught the people that if they loved and served one another, they would prosper in the land and be blessed (see Mosiah 2:17–24, 41).
- ___ 5. He taught the people that if they were baptized and kept their covenants, the Lord would pour out His Spirit upon them to teach and guide them (see Mosiah 18:8–10).
- ___ 6. He taught that those who keep the Word of Wisdom will receive health, wisdom, and treasures of knowledge and that the destroying angel will pass by them (see D&C 89).
- ___ 7. He has promised us that if we will study the scriptures and stand for the right, we will receive a testimony of Jesus Christ and others will be interested in the Church because of our example (see “Find the Lambs, Feed the Sheep,” *Liahona*, July 1999, 118–24).



Excerpts from President Gordon B. Hinckley's fireside address given on 12 November 2000

THE PROPHET'S COUNSEL:

1



BE GRATEFUL

“Walk with gratitude in your hearts, my dear friends. Be thankful for the wonderful blessings which are yours. Be grateful for the tremendous opportunities that you have. Be thankful to your parents, who care so very much about you and who have worked so very hard to provide for you. Let them know that you are grateful. Say thank you to your mother and your father. Say thank you to your friends. Say thank you to your teachers. Express appreciation to everyone who does you a favor or assists you in any way.

“Thank the Lord for His goodness to you.”

2



BE SMART

“The Lord wants you to educate your minds and hands, whatever your chosen field. Whether it be repairing refrigerators, or the work of a skilled surgeon, you must train yourselves. Seek for the best schooling available. Become a workman of integrity in the world that lies ahead of you. I repeat, you will bring honor to the Church and you will be generously blessed because of that training.”

3



BE CLEAN

“Avoid evil talk. Do not take the name of the Lord in vain. . . .

“Choose your friends carefully. . . .

“While you should be friendly with all people, select with great care those whom you wish to have close to you. . . .

“Be clean. Don't waste your time in destructive entertainment. . . .

“How truly beautiful is a well-groomed young woman who is clean in body and mind. She is a daughter of God in whom her Eternal Father can take pride. How handsome is a young man who is well groomed. He is a son of God, deemed worthy of holding the holy priesthood of God. He does not need tattoos or earrings on or in his body. The First Presidency and the Quorum of the Twelve are all united in counseling against these things. . . .

“. . . There is no need for any Latter-day Saint boy or girl, young

LEFT: PHOTO ILLUSTRATION OF BOY PAINTING BY MARTY MAYO; RIGHT: FROM TOP: PHOTO ILLUSTRATIONS BY WELDEN C. ANDERSEN, STEVE BUNDERSON, AND ROBERT CASEY

THE SIX B'S

4

man or young woman, to even try [drugs]. Stay clean from these mind-altering and habit-forming addictions.”

BE TRUE

“Be loyal to the Church under all circumstances. I make you a promise that the authorities of this Church will never lead you astray. They will lead you in paths of happiness. . . .

“Be true to your own convictions. You know what is right, and you know what is wrong. You know when you are doing the proper thing. You know when you are giving strength to the right cause. Be loyal. Be faithful. Be true.”

BE HUMBLE

“The Lord has said, ‘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). . . .

“I believe the meek and the humble are those who are teachable. They are willing to learn. They are willing to listen to the whisperings of the still, small voice for guidance in their lives. They place the wisdom of the Lord above their own wisdom.”

BE PRAYERFUL

“You need His help, and you know that you need His help. You cannot do it alone. You will come to realize that and recognize that more and more as the years pass. So live that in good conscience you can speak with the Lord. Get on your knees and thank Him for His goodness to you and express to Him the righteous desires of your hearts. The miracle of it all is that He hears. He responds. He answers—not always as we might wish He would answer, but there is no question in my mind that He answers.” □

For the complete text of the talk, see “A Prophet’s Counsel and Prayer for Youth,” Liahona, April 2001, 30–41.



5



6



FAMILY HOME EVENING HUNT

By Jennifer Jensen

"We're having a scavenger hunt," Mom announced at family home evening.

Ten-year-old Amy and her brothers, Nathan and Carl, grinned.

Mom continued, "You'll be able to find most of the things on the list tonight, but some may take all week. Heavenly Father will help you, if you ask." She passed a list to each person.

Amy scanned the page: (1) a picture of Jesus Christ; (2) a story of a missionary experience; (3) a true pioneer story; (4) the name of an ancestor with your first or middle name.

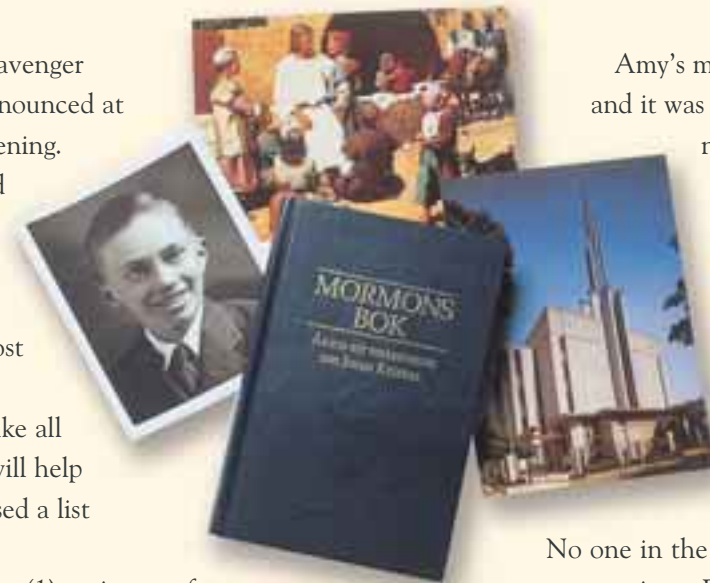
"OK," Mom said, before Amy could finish reading the list, "be back here in an hour. We'll try to finish the list during the week, and we'll share our experiences next week."

Amy read the rest of the list: (5) a story about President Hinckley when he was young; (6) a scripture about faith; (7) a picture of a temple; and (8) someone to give a copy of the Book of Mormon to.

Amy groaned. The first seven wouldn't be *too* hard. But who would *she* give a Book of Mormon to?

"The first one's easy," Amy said to herself. She pulled a small picture of Jesus Christ out of her journal.

Her Primary class had read Alma 32:21 last week. It was a good scripture on faith, so Amy marked it.



Amy's middle name was Evelyn, and it was her great-grandmother's name, too!

Next she looked through copies of *The Friend*. She found a picture of the Tokyo Japan Temple, a story about President Hinckley growing up, and several true pioneer stories. Then the hour was up.

No one in the family had thought of someone to give a Book of Mormon to. In the closing prayer, they asked for help in finding people who were looking for the gospel.

Brother and Sister McKenzie had just come home from their mission, so on Tuesday, Amy asked them about their mission. But she still didn't know who to give a Book of Mormon to.

Amy thought and prayed all week. Who would want a Book of Mormon? What would she say to them? "We're having a scavenger hunt—would you like a Book of Mormon?" They would laugh.

She didn't want to be laughed at. The Book of Mormon wasn't a joke. It was a special book. She loved it, and she loved Jesus Christ. That was it! It was a book for people who loved Jesus! Now Amy knew just the person.

She knelt and prayed for Heavenly Father's help. She felt calm and warm inside as she rode her bike to her friend Sarah's house. But the calm feeling vanished

when she got to the door. She prayed silently, then rang the doorbell.

“Hi, Amy,” Mrs. Morgan said. “Sarah’s at her grandmother’s this week.”

“I came to talk to you,” Amy said. She took a deep breath, then hurried on. “Mrs. Morgan, you love Jesus Christ a lot, don’t you?”

“Oh, very much,” smiled Mrs. Morgan.

“Would you like another book about Him?” Amy held out a Book of Mormon.

“The Book of Mormon,” Mrs. Morgan read. “Another Testament of Jesus Christ.”

“It tells some really wonderful things about Jesus,” Amy said. “About His visit to America and what He taught the people there. And it has one of my favorite scriptures—‘When ye are in the service of your fellow beings ye are only in the service of your God’” (Mosiah 2:17).

“Another Testament of Jesus Christ,” Mrs. Morgan repeated softly. “Yes, Amy, I would like to read this. Thank you.”

Amy grinned, and the warm feeling grew inside her. “I like all of it, but 3 Nephi tells about the Savior’s visit to the Americas. I especially like when He blesses the children.”

Amy helped Mrs. Morgan find 3 Nephi.

Amy smiled and left as Mrs. Morgan sat on the steps and began reading. Still full of that warm feeling, Amy knew she had won the real prize of the scavenger hunt, and she hoped everyone else in her family would win it, too. □



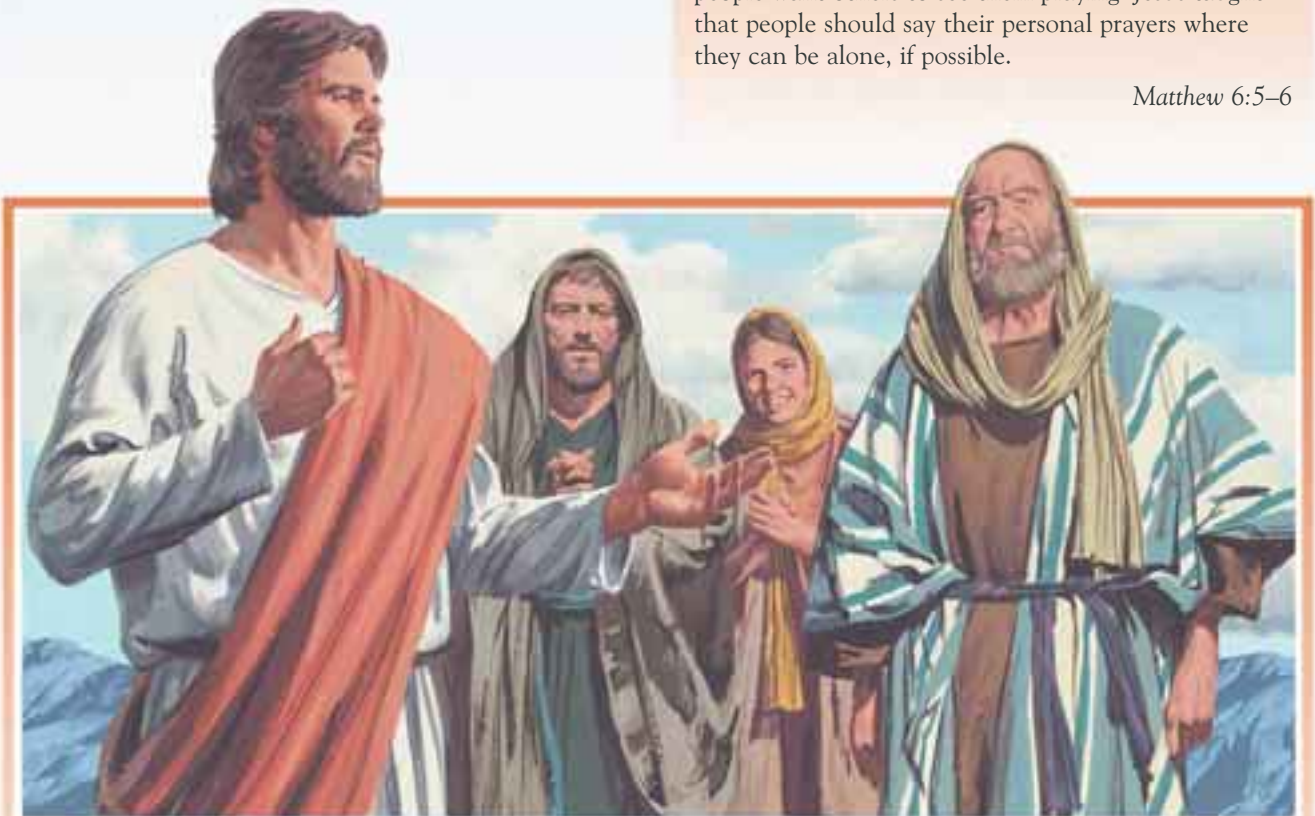
JESUS TEACHES ABOUT PRAYER



ILLUSTRATED BY PAUL MANN

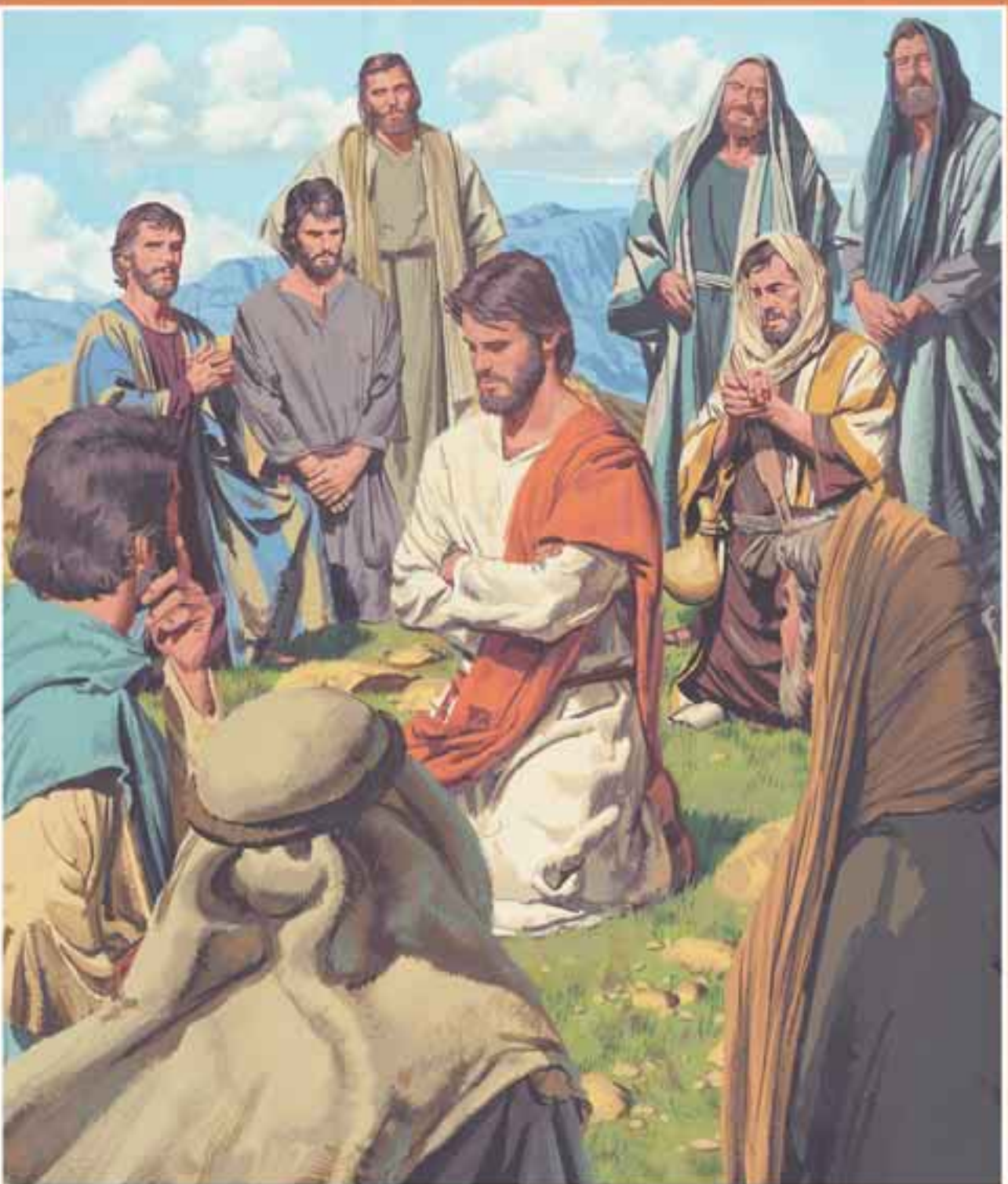
Jesus taught His disciples how to pray. He said some people want others to see them praying. Jesus taught that people should say their personal prayers where they can be alone, if possible.

Matthew 6:5–6



He said some people say the same words over and over when they pray. They do not really think about what they are saying. But people *should* think about what they say. They should pray sincerely for what they need.

Matthew 6:7–8



The Savior said a prayer as an example for His disciples. He began by saying, "Our Father . . . in heaven." He thanked Heavenly Father. He asked Heavenly Father for help. He said "amen" at the end of His prayer. Later Jesus told His disciples to pray in His name. He promised that Heavenly Father would answer their prayers and bless them.

Matthew 6:9–13; 21:22; Luke 11:5–10; John 16:23

JAIRUS'S DAUGHTER IS RAISED FROM THE DEAD



Jesus left a ship and was surrounded by many people. Jairus, a ruler of the synagogue, fell at the Savior's feet.

Mark 5:21–22



Jairus said his 12-year-old daughter was very ill. He begged Jesus to come and bless her that she would get better and not die.

Mark 5:23



As Jesus started to follow Jairus home, other people crowded around, asking Him for blessings. The Savior stopped to heal a woman. As He was talking to her, someone came to tell Jairus it was too late—his daughter was dead.

Mark 5:24–35



Jesus heard what was said, and He told Jairus not to be sad but to believe in Him.

Mark 5:36



Then He and Peter, James, and John went to Jairus's house. The house was filled with people weeping and wailing because of the little girl's death.

Mark 5:37–38



Jesus asked why they were making so much noise. He said the girl was not dead but was sleeping. The people laughed at Him. They were sure the girl was dead.

Mark 5:39–40



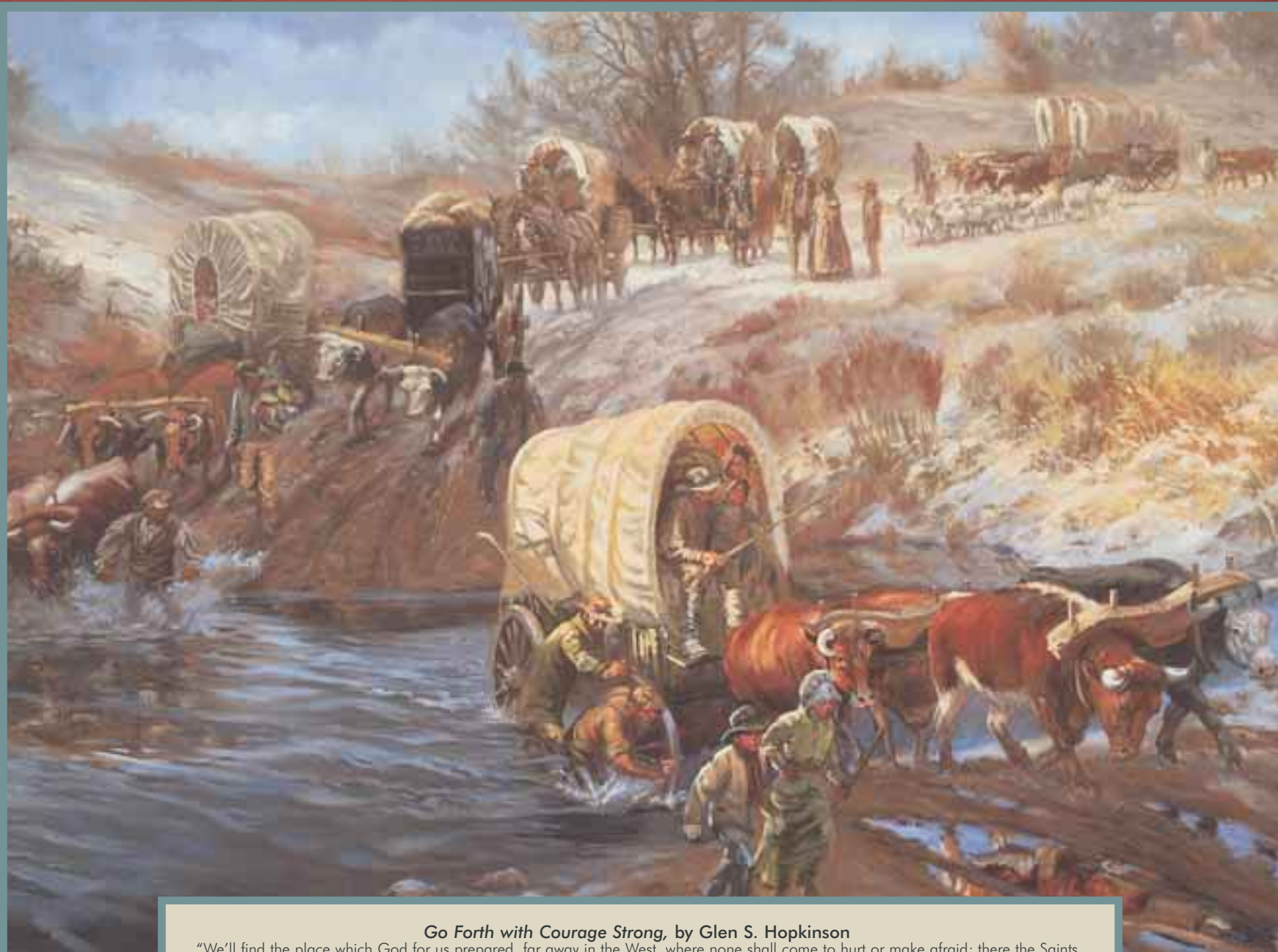
The Savior had everyone leave the house except for Jairus, Jairus's wife, and the disciples. They went to the room where the little girl lay.

Mark 5:40



Taking the girl by the hand, Jesus told her to arise. She got up and walked. Her parents were amazed. Jesus told them not to tell anyone what had happened and said they should give the girl something to eat.

Mark 5:41–43



***Go Forth with Courage Strong*, by Glen S. Hopkins**

"We'll find the place which God for us prepared, far away in the West, where none shall come to hurt or make afraid; there the Saints will be blessed" ("*Come, Come, Ye Saints*," *Hymns*, number 30).



“Teaching children the gospel is the responsibility first of parents. . . . The home is the basic classroom of life and of the Church.” See “Becoming Our Children’s Greatest Teachers,” page 36.

