## LIAHONA, JUNE 2009

## Adults

FIRST PRESIDENCY MESSAGE  $2\,$  Prayer and the Blue Horizon

- By President Dieter F. Uchtdorf
- VISITING TEACHING MESSAGE
- $25\,$  Participate in Sincere Prayer

## FEATURE ARTICLES

- 8 Breaking the Language Barrier By Melissa Merrill Language doesn't have to be a barrier to unity.
- 14 Leading Class Discussions By Robb Jones You ask a question. The class is silent. What now?

## $26\,$ Our Refined Heavenly Home

By Elder Douglas L. Callister The nearer we get to God, the more easily our spirits are touched by refined and beautiful things.

## $32\,$ Run and Not Be Weary

Testimonies of the blessings of the Word of Wisdom.

## $\frac{36}{\text{By Lia}} \underbrace{\text{Addiction Recovery: Healing One Step at a Time}}_{\text{By Lia}}$

If you struggle with addiction, you can find hope and healing through the Atonement and the Church's addiction recovery program.

## DEPARTMENTS

## 44 Latter-day Saint Voices

*Clean language; a prompting to stop driving; a prophecy fulfilled after 20 years; the Lord provides.* 

## 48 Using This Issue

Family evening ideas and topics in this issue.

ON THE COVER Front: Photo illustration by Jerry Garns. Back: Photograph of butterfly © Photospin; background © Nova Development.

# Youth

## FEATURE ARTICLES

- **6 You Already Know** By Eddy Daniel Chávez Huanca What do you do when you think the Church is true but aren't sure?
- 16 What One Person Can Do By Richard M. Romney Small ways one young man in Suriname makes a difference.
- 20 The 20-Mark Note By President Boyd K. Packer If we live as we should, the Lord will guide us.

## DEPARTMENTS

 $31\,$  Poster: Take the Next Step

## $42\,$ Questions and Answers

"Some of my Church friends argue with nonmember friends over religion. I know contention is wrong, but how do I let my friends know how I feel about the gospel?"



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# Children

## COME LISTEN TO A PROPHET'S VOICE

F2 How Many People Can We Help? By President Thomas S. Monson

### FEATURE ARTICLE

F8 Smiles to Share By C. J. Gudmundson

## DEPARTMENTS

- F4 Friend to Friend: Strength to Follow the Lord By Elder Claudio D. Zivic
- FO From the Life of the Prophet Joseph Smith: The Command to Build Temples

F10 Making Friends: Helping Her Family By Lena Harper and Don L. Searle

- F13 For Little Friends: I Can Help My Family Be Happy By Chad E. Phares
- F14 Sharing Time: Foundation for Happiness By Cheryl Esplin
- F16 Coloring Page

## Friend

THE FRIEND COVER Illustration by Dilleen Marsh.



See if you can find the Norwegian CTR ring hidden in this issue. Choose the right page!

## comment

### Answers to Questions

Every month in the magazine I find guidance and help for my life, and I know that what it contains is true. In the article "God's Guiding Hand" (July 2008), by Elder Wolfgang H. Paul, I found answers to questions that had been on my mind only days before the magazine came. This reinforced to me that the magazine is the word of the Lord, given to us through messages from His faithful servants. *Sandra Sancristobal, Uruguay* 

### **Overcoming Challenges**

I am so grateful for the articles about President Henry B. Eyring and President Dieter F. Uchtdorf in the July 2008 *Liahona*. After reading these articles and praying, I received answers to questions that had been a source of distress to me. I learned that the challenges that my family had experienced had also come to President Eyring and his family, and I saw that we are making the correct choices, even though the logic of the world may say otherwise. Reading of the difficulties President Uchtdorf and his family endured led me to have more humility and gratitude for the blessings I have. *Luane Izabel Fernandes Dias, Brazil* 

Please send your feedback or suggestions to liahona@ldschurch.org. Letters that are printed may be edited for length or clarity.