



### Only Heavenly Father's Opinion Matters

In his October 2016 conference address “Am I Good Enough? Will I Make It?”

Elder J. Devn Cornish of the Seventy says, “The only opinion of us that matters is what our Heavenly Father thinks of us. Please sincerely ask Him what He thinks of you. He will love and correct but never discourage us.” When I think I will never be as good as the people around me, I turn to my Heavenly Father and try to remember that I am the daughter of a loving God who is willing to help me reach my full potential and be who He knows I can be if I seek Him.

*Amanda M., age 19, Paran, Brazil*

### Pray for Confidence

I used to compare myself to others who I thought were far ahead of me, particularly people who were more financially stable. Whenever I prayed to Heavenly Father, He gave me confidence in myself. I knew that no matter the challenge, God would help me because He does not give us a duty save it be that He prepares way for us to accomplish it (see 1 Nephi 3:7; 17:3).

*Joshua O., age 19, Lagos, Nigeria*

*Responses are intended for help and perspective, not as official pronouncements of Church doctrine.*



## What is the gift of discernment?

The scriptures talk about the “discerning of spirits” as a gift of the Spirit (1 Corinthians 12:10; D&C 46:23). It means “to understand or know something through the power of the Spirit. . . . It includes perceiving the true character of people and the source and meaning of spiritual manifestations” (Guide to the Scriptures, “Discernment, Gift of,” scriptures.lds.org).

Elder David A. Bednar of the Quorum of the Twelve Apostles has taught that the gift of discernment can help us (1) “detect hidden error and evil in others,” (2) “detect hidden errors and evil in ourselves,” (3) “find and bring forth the good that may be concealed in others,” and (4) “find and bring forth the good that may be concealed in us” (“Quick to Observe,” *Ensign*, Dec. 2006, 35; *Liahona*, Dec. 2006, 19).

### What Do You Think?

“How do I keep my electronics from distracting me, especially at church and seminary?”

Submit your answer and, if desired, a high-resolution photograph by July 15, 2018, at [liahona.lds.org](http://liahona.lds.org) (click “Submit an Article or Feedback”).

Responses may be edited for length or clarity.