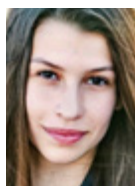
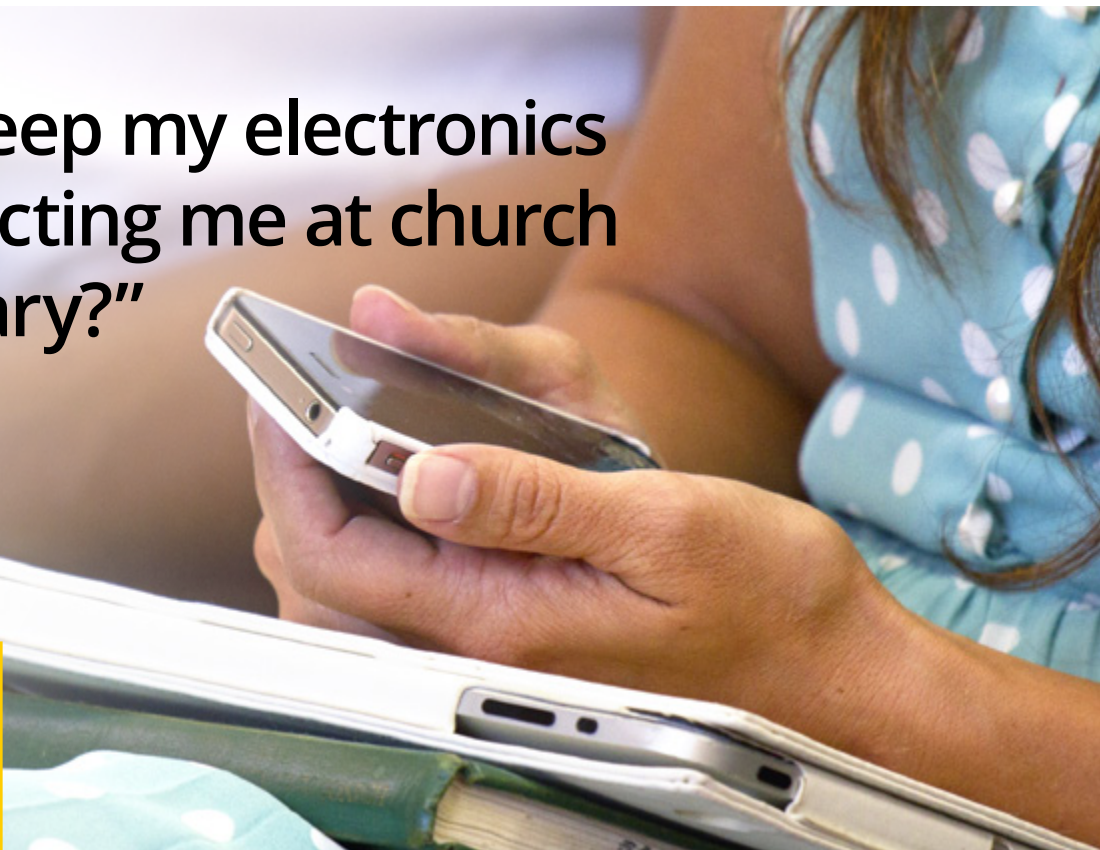


“How do I keep my electronics from distracting me at church and seminary?”

“Handheld devices, such as smartphones, are a blessing, but they can also distract us from hearing the ‘still, small voice.’ They need to be our servants, not our masters. . . .

“ . . . When smartphones begin to interfere with our relationships with friends and family—and even more importantly, with God—we need to make a change.”

President M. Russell Ballard, Acting President of the Quorum of the Twelve Apostles, “Be Still, and Know That I Am God” (Church Educational System devotional for young adults, May 4, 2014), broadcasts.Churchofjesus Christ.org.



Out of Sight, Out of Mind

I recently noticed my tendency to use electronics during church and youth

activities. It had become a habit. Anytime I saw my phone, I immediately had to grab it and check to see if I had any new notifications or text messages. The solution? Hiding my phone from myself. Whether it was in a bag, under a chair, or even with a friend—if I couldn't see my phone, I wouldn't be tempted to use it.

Taryn M., age 15, Florida, USA



Prepare Your Devices to Minimize Distraction

Prepare your devices the same way you prepare your

mind and body for the Sabbath. Silence cell phone notifications during class. You could place the Gospel Library app separately from other apps so that if you need to use the scriptures or the notebook, you don't get distracted by those apps.

Delguimar S., age 21, São Paulo, Brazil

Pray for Help

I look for the Spirit by praying. This helps me to be able to give up my electronic devices on the Sabbath day and during seminary. Whenever I pray to my Heavenly Father and read the Book of Mormon, I receive a way to give up my devices.

Desire M., age 18, Comoé District, Ivory Coast

Don't Forget about Hard Copies!

Using electronics for gospel study is OK, but sometimes it can get out of hand. To keep yourself from getting distracted, try using hard copies of the scriptures. The Lord will guide you. You'll learn so much more and feel the Spirit.

Aiyana A., age 13, Laguna, Philippines

Put It Away

At church, I turn the sound off on my phone and keep it in my pocket unless I'm using it for scriptures. During the sacrament, I don't use it at all. I keep it out of my hands to avoid the temptation to use it.

William W., age 17, Virginia, USA

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

What Do You Think?

"How can I be positive around my friends who seem depressed?"

Submit your answer and, if desired, a high-resolution photograph by July 15, 2019, at liahona.ChurchofJesusChrist.org (click "Submit an Article or Feedback").

Responses may be edited for length or clarity.