Liahona, March 2017



MESSAGES

- 4 First Presidency Message: Armed with Righteousness By President Henry B. Eyring
- Visiting Teaching Message:
 The Enabling Power of Jesus
 Christ and His Atonement



ON THE COVER Photograph by Cody Bell.

FEATURE ARTICLES

- 13 Preparing a Spiritual Feast
 By Manuel Emilio Ciriaco
 We decided to treat sacrament
 meeting like more than just
 another Sunday meeting—and
 the results were extraordinary.
- 14 An Outpouring of the Spirit
 On the 175th anniversary of the
 formation of Relief Society, the
 Relief Society General Presidency shares their testimonies and
 insights about this sacred and
 powerful organization.
- 26 Blessed by My Faithful Sister
 By Rafael Antillon
 My sister Thelma's example and
 testimony changed my life.
- 30 The Gospel and the Good Life
 By Elder Quentin L. Cook
 Elder Cook reminds us of the
 importance of choosing a life philosophy that focuses on the Savior
 and the things that matter most.

DEPARTMENTS

- 8 October 2016 Conference Notebook
- 10 Teaching in the Savior's Way: The Power of Teaching Doctrine By Douglas D. Holmes
- 38 Portraits of Faith: Markus Tilgner
- 40 Latter-day Saint Voices
- 80 Until We Meet Again: A Lesson From Dandy By President David O. McKay



44 **Be an Example of the Believers**By Elder Von G. Keetch
How do we fulfill our God-given
charge to teach others the truth
without causing contention and
anger?

48 Young Adult Profiles: Taste the World in South Africa
By McKenna Johnson

50 Seven Things We Fear about Repentance—and Why We Shouldn't

By David A. Edwards
We often put off repentance
because of fear. These ideas and
suggestions will help you find the
courage to truly change.

- 54 Just What the Doctor Ordered
 By Charlotte Larcabal
 Unlike taking medicine or getting a
 shot, repentance can be sweet.
- 57 To the Point
 What do we know about Mother in
 Heaven? How should sex education
 be taught?
- 58 From the Mission Field: Hesitantly Faithful, Abundantly Blessed

By Isaias Vargas Chavarria

- 60 Our Space
- 62 Poster: Choose Hope
- 63 Answers from Church Leaders: How to Face Trials of Faith By Elder Neil L. Andersen
- 64 The Last-Minute Miracle
 By Cesar H. Bonito Duarte
 I had worked on the broken
 machine my entire internship with
 no success. Could a last-minute



66 Worth the Wait

By Jessica Larsen

Sadie turned eight, but her dad still

wouldn't give her permission to be
baptized.

68 Answers from an Apostle: What if I feel like I don't measure up?

By Elder Jeffrey R. Holland

69 Question Corner

Sometimes I get annoyed with my family. What can I do?

70 Children with Heart:
Painting Love
By Jill Hacking

72 A Great Feeling
By Jane McBride
It hadn't even been one day since
Paulo got baptized, and already he
had made a mistake. How could
the sacrament help?

74 Seeing God's Prophet

By Elder Kim B. Clark

I remember the first time I saw the prophet in person.

- 75 Church History Figures: The Church Is Organized
- 76 Stories of Jesus: Jesus Was Baptized
 By Kim Webb Reid
- 79 Coloring Page: I Am Thankful for My Body



