

MARCH 2021

Liahona

Pointing Us All to Jesus Christ



WOMEN AND THE ONGOING RESTORATION

WOMEN'S INFLUENCE

Message from President Ballard,
page 8

PRIESTHOOD POWER

Teachings from Women Church Leaders,
page 12



Hong Kong, People's Republic of China

Most people think of Hong Kong as a bustling port city packed with people. But in the suburbs it's less crowded. As a neighbor watches, a three-generation family of Church members enjoy time together in a park near their apartment.



Membership doubled in last 10 years



6 stakes, 1 mission, 1 temple



1949: Mission headquarters established

Showing Genuine Care to Others

Pictured on the train in Hong Kong are mother and daughter Carrie Shuk-fan Leung and Shayla Suet-ye Leung. When asked about ministering, Sister Carrie Leung says, "When we show genuine caring to those around us, we are ministering."





*"Verily I say unto you, all those who receive my gospel
are sons and daughters in my kingdom."*

DOCTRINE AND COVENANTS 25:1



HE HEALED MANY OF DIVERSE DISEASES, BY J. KIRK RICHARDS, MAY NOT BE COPIED

The World Needs Faithful Women

Since the first days of Mother Eve, women have played an essential role in helping bring to pass God's plan for His children. This month, we have the chance to learn more about some of the women who were pioneers in the early days of the Restoration of the gospel. For example, on page 25 we can read about Emma Smith's courage. As we study Doctrine and Covenants 25, we hear the Lord's words to her asking her to create a collection of sacred hymns.

The Restoration continues in our day, and the world needs the significant contributions of faithful women more than ever. On page 12, you can read how those of us who serve as General Officers in the Church have seen the power of the priesthood at work in our lives. This priesthood power, available to both men and women, is what allows God's work to continue on earth. You can also read a message from President M. Russell Ballard on page 8 about the women who helped shape his life.

Regardless of our gender, age, race, or other circumstances, we all are beloved children of God with divine heritage and potential.

Sincerely,

President Joy D. Jones
Primary General President



"Each woman has a unique blend of abilities and talents, and all are God-given gifts."

—President
Jean B. Bingham,
page 13

FEATURE

Official magazine of The
Church of Jesus Christ of
Latter-day Saints

March 2021
Vol. 45 No. 3
Liahona 17466

COVER



Photograph by
Christina Smith

CONTENTS

- 6 Gospel Basics:**
Jesus Christ Asked Us to Take the Sacrament
- 8 The Essential Role of Women**
By President M. Russell Ballard
The work of God cannot fulfill its destiny without the sisters of the Church.
- 12 Experiencing Priesthood Power**
Women who help lead the Church share how they are blessed by the priesthood.
- 16 Latter-day Saint Voices**
Stories of faith from members around the world.
- 20 Ministering Principles:**
Supporting Each Other in Our Efforts to Use Media Wisely
- 22 For Parents:**
Sacrament and Music

- 24 Looking Back to October 2020 General Conference**
- 30 Keeping Music at the Heart of Worship**
By Jan Pinborough
More than ever, we need the spiritual sustenance of sacred music.
- 34 Music:**
He Sent His Son
By Mabel Jones Gabbott and Michael Finlinson Moody (arranged by Sally DeFord)
- 40 Aging Faithfully:**
"I'm Not a Baby, Grandpa"
By Michael R. Morris

The First Presidency: Russell M. Nelson, Dallin H. Oaks, Henry B. Eyring

The Quorum of the Twelve Apostles: M. Russell Ballard, Jeffrey R. Holland, Dieter F. Uchtdorf, David A. Bednar, Quentin L. Cook, D. Todd Christofferson, Neil L. Andersen, Ronald A. Rasband, Gary E. Stevenson, Dale G. Renlund, Gerrit W. Gong, Ulisses Soares

Editor: Randy D. Funk

Advisers: Marcos A. Aidukaitis, Michelle D. Craig, Becky Craven, Sharon Eubank, Cristina B. Franco, Walter F. González, Jeremy R. Jaggi, Jan E. Newman, Adrián Ochoa, Bradley R. Wilcox

Managing Director: Richard I. Heaton
Director of Church Magazines: Aaron Johnston

Business Manager: Garff Cannon

Managing Editor: Adam C. Olson

Assistant Managing Editors: Ryan Carr, C. Matthew Flitton, Mindy Selu

Publication Assistant: Enish C. Dávila

Associate Editors: Garrett H. Garff, Chakell Wardleigh Herbert, Michael R. Morris, Richard M. Romney, Margaret Willes
Editorial Intern: Molly Holt

Art Director: Tadd R. Peterson

Designers: Fay Andrus, Joshua Dennis, David Green, Colleen Hinckley, Eric P. Johnsen, Susan Lofgren, Scott M. Mooy, Aleni Regehr
Design Intern: Hailey Wagner

Intellectual Property Coordinator: Collette Nebeker Aune

Production Manager: Ammon Harris

Production: Ira Glen Adair, Julie Burdett, José Chavez, Bryan W. Gygi, Ginny J. Nilson, Marissa M. Smith

Prepress: Joshua Dennis

Printing Director: Steven T. Lewis

Distribution Director: Nelson Gonzalez

Mailing address: Liahona, Fl. 23,
50 E. North Temple St., Salt Lake City, UT
84150-0023, USA.

COME, FOLLOW ME

25 Early Women of the Restoration: Emma Protected Scripture

By Jennifer Reeder

A highlight from the life of
Emma Hale Smith.

26 Doctrine and Covenants 20–29

Weekly articles supporting your study of
the Doctrine and Covenants.

36 The Rising Church

By Elder Benjamín De Hoyos

The Savior's Church has been restored along
with many blessings.

YOUNG ADULTS

42 Becoming Better Stewards of the Earth God Created for Us

By Elder Marcus B. Nash

The better we care for the world, the better
it will inspire and enliven us.

46 What Infertility Has Taught Me about Multiplying and Replenishing the Earth

By Jean Yellowhorse

While waiting to have children, I learned to
multiply and replenish in other ways.

48 More for You!

See what other digital articles are included
this month for young adults.

AREA PAGES INSERT

Find articles relevant to your area of
the Church, inserted as available, in
the center of the *Liahona*.

DIGITAL-ONLY ARTICLES

The following articles can be found in this
month's issue in the Gospel Library:

Learning about Christian Traditions Made Easter More Meaningful to Me

By Hannah Mortenson

"I Was an Active Participant": Emma Hale Smith and the Scriptures

By Jennifer Reeder

The Priesthood Power I Receive as a Woman

by Jamie Easler

The Heroic Influence of Righteous Women

By Jocelyn Turley

The Eternal Importance of Religious Freedom

By Michael R. Morris

CONNECT MORE

Find issues of the magazine
in audio, digital, and
printable formats at
liahona.ChurchofJesusChrist.org. Use the link on that
page to share questions,
feedback, or experiences.

Additionally, you can reach us
through email at liahona@ChurchofJesusChrist.org
or by mail at:
Liahona, floor 23
50 E. North Temple St.
Salt Lake City, UT
84150-0023, USA



The *Liahona* (a Book of Mormon term meaning "compass" or "director") is published in Albanian, Armenian, Bislama, Bulgarian, Cambodian, Cebuano, Chinese, Chinese (simplified), Croatian, Czech, Danish, Dutch, English, Estonian, Fijian, Finnish, French, German, Greek, Hungarian, Icelandic, Indonesian, Italian, Japanese, Kiribati, Korean, Latvian, Lithuanian, Malagasy, Marshallese, Mongolian, Norwegian, Polish, Portuguese, Romanian, Russian, Samoan, Slovenian, Spanish, Swahili, Swedish, Tagalog, Tahitian, Thai, Tongan, Ukrainian, Urdu, and Vietnamese. (Frequency varies by language.)

© 2021 by Intellectual Reserve, Inc. All rights reserved. Printed in the United States of America.

Copyright information: Unless otherwise indicated, individuals may copy material from the *Liahona* for their own personal, noncommercial use (including for Church callings). This right can be revoked at any time. Visual material may not be copied if restrictions are indicated in the credit line with the artwork. Copyright questions should be addressed to Intellectual Property Office, 50 E. North Temple St., Fl. 5, Salt Lake City, UT 84150, USA; email: cor-intellectualproperty@ChurchofJesusChrist.org.

For Readers in the United States and Canada: March 2021 Vol. 45 No. 3. LIAHONA (USPS 311-480) English (ISSN 1080-9554) is published monthly by The Church of Jesus Christ of Latter-day Saints, 50 E. North Temple St., Salt Lake City, UT 84150-0024, USA. USA subscription price is \$10.00 per year; Canada, \$12.00 plus applicable taxes. Periodicals Postage Paid at Salt Lake City, Utah. Sixty days'

notice required for change of address. Include address label from a recent issue; old and new address must be included. Send USA and Canadian subscriptions to Salt Lake Distribution Center at address below. Subscription help line: 1-800-537-5971. Credit card orders (American Express, Discover, MasterCard, Visa) may be taken by phone or at store.ChurchofJesusChrist.org. (Canada Post Information: Publication Agreement #40017431)

POSTMASTER: Send all UAA to CFS (see DMM 507.1.5.2). NONPOSTAL AND MILITARY FACILITIES: Send address changes to Distribution Services, Church Magazines, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.

Jesus Christ Asked Us to Take the Sacrament

We are cleansed and healed as we remember our Savior each week.



Before He died, Jesus Christ ate one last meal called the Last Supper. At the end of this meal, He introduced the sacrament to His followers. He broke bread and blessed it. “This do in remembrance of me,” He said (Luke 22:19). Then He blessed and shared a cup of wine.

Part of Weekly Worship

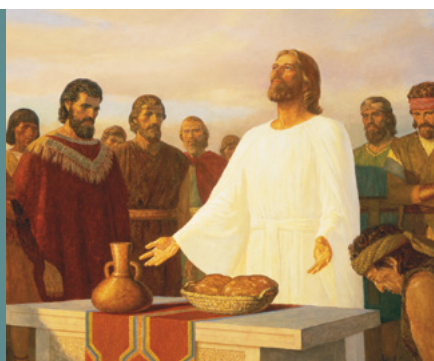
When the Church of Jesus Christ was restored to earth, the sacrament became part of weekly worship. During church, the sacrament is blessed and passed by those who hold the priesthood. They pray using words from the scriptures (see Doctrine and Covenants 20:75–79). Then each person in the congregation eats bread and drinks water to remember Jesus Christ and His sacrifice for us, the way He asked us to.

Preparing to Partake

To get ready to take the sacrament, we should honestly think about our lives and choices. We should repent of the mistakes and sins of the past week, including asking God for forgiveness. We don’t need to be perfect to take the sacrament, but our hearts should be humble.

More Than Bread and Water

Taking the sacrament is a sacred, holy time. The sacrament prayers remind us that as we take the bread and water, we are remembering the body and blood Jesus Christ gave for us. We promise to follow Him and live a Christian life. We promise to try to keep God’s commandments. In return, the Holy Spirit will comfort, guide, and heal us.



Renewing Covenants

When those of us who have been baptized take the sacrament with a pure heart, we renew the covenant we made at baptism. This includes receiving the Holy Ghost and being cleansed from sin as if we were baptized again. This is the hope and mercy Jesus offers each one of us. It is never too late to repent and be forgiven.

What Do Scriptures Say about the Sacrament?

We should examine ourselves spiritually, honestly looking inward, before taking the sacrament (see 1 Corinthians 11:28).

After He was Resurrected, Jesus showed His people in the Americas how to take the sacrament (see 3 Nephi 18).

Modern prophets have told us to use bread and water for the sacrament, but what we eat or drink doesn't really matter (see Doctrine and Covenants 27:2). Sometimes those with allergies need to use another bread-like substance. ■

Words to Remember

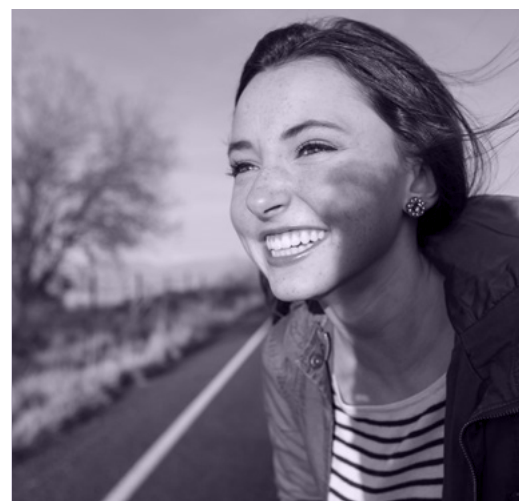
We hope you have enjoyed learning about the sacrament. Here are some other gospel terms that you can learn about in this issue:

Priesthood: God's power here on earth (see page 12).

Sustain: When we raise our hands at church to show we support someone in their calling (see page 27).

Millennium: A thousand years of peace that will happen when Christ comes again (see page 29).

Hymns: Sacred songs for worship at church and home (see page 30).





**By President
M. Russell
Ballard**

Acting President
of the Quorum
of the Twelve
Apostles

The Essential Role of Women

The work of the kingdom of God cannot fulfill its true destiny without rolling forward hand in hand with the faithful, wonderful sisters of the Church.

Women have remarkable influence. No one else can help move the gospel kingdom forward and make the world a better place quite like they can.

When you sisters join with other covenant women in unity and harmony, there is no limit to your influence for good. I have witnessed your significant and eternal influence in individual lives as well as in families, and I have seen it in countless cultures and countries around the globe.

I have seen what you can accomplish in branches, wards, stakes, missions, temples, and general Church assignments. Your contributions—in small and large businesses and charities, as well as in civic, educational, health, and sports organizations—are immeasurable.

Women in Councils

For years I have spoken about the power of councils with faithful women participating. Your insight and counsel are absolutely essential. Today the Lord has richly blessed the Church and the world because more sister missionaries are serving faithfully in mission leadership positions and participating in mission leadership councils. More are receiving their endowments earlier, thereby enlarging the number of temple covenant women serving

in the Church. The sister leaders in General Presidencies pray and speak in general conference.

Women in the Scriptures

Some women wish they could find more stories of women in the scriptures and in Church history. We need to develop the skill to find their influence, as did one young sister. She said, “Mormon must have had an amazing wife to have raised a remarkable son like Moroni!”

If you look carefully and with the right spirit, you can find similar manifestations of effective nurturing throughout the scriptures.

For a number of years now, the Church has focused attention on the faithful sisters in the Church and their contributions. For example, I invite you to examine the topic “Women of Conviction” found at history.ChurchofJesusChrist.org.

The role of the pioneer sisters was remarkable. When writing about the pioneers, one author, who was not a Latter-day Saint, stated, “Their women were incredible.”¹

As we look for and find women in our scriptures and in our history, we will see better the power and influence women have in our family, community, the Church, and the world.



We are seeing the fulfillment of Joseph Smith's prophetic vision as new opportunities and advancements for women unfold in unprecedented ways.

Balancing Options

In my lifetime we have seen numerous women appointed and elected to public offices, fill positions as CEOs of major corporations and organizations, and admitted in increasing numbers to prestigious business, law, and medical schools.

Joseph Smith told the Relief Society in 1842, “I now turn the key to you in the name of God, and this society shall rejoice and knowledge and intelligence shall flow down from this time—this is the beginning of better days [for women].”²

We are seeing the fulfillment of this prophetic vision as new opportunities and advancements for women unfold in unprecedented ways. Balancing everything among all of the available options can be a challenge. In the end, most of us have to choose among competing options.

Of course, we have a divine pattern to follow as outlined in “The Family: A Proclamation to the World,” but we know that mortality can be complicated. Many women are single for long periods of time. Some women are married. Others become single when a spouse dies or when they divorce. And some women may never marry.

Nevertheless, if we are faithful and endure to the end, no righteous desire will be denied, and *all blessings* ultimately will be received. Each of you must come to know what the Lord wants for you, given the choices before you.

Once you know the Lord's will, you can move forward in faith to fulfill your individual purpose.

Blessings in Store

If members of the Church who worship in the temple are attuned, they will come to realize that the Lord has marvelous blessings in store for His faithful daughters and sons throughout eternity.

And what are those blessings? This contextual insight from President Dallin H. Oaks, First Counselor in the First Presidency, explains them: “The purpose of mortal life and the mission of The Church of Jesus Christ of Latter-day Saints is to prepare the sons and daughters of God for their destiny—to become like our heavenly parents.”³

The gospel story is a family story—nothing more, nothing less. It begins with heavenly parents, and it ends with children making their way through the sometimes exhilarating, sometimes overwhelming challenges of mortality and back to their heavenly home, having received all of the essential ordinances of eternal exaltation.

That's the story of our lives. God has given us the outline, but He leaves it up to us to flesh out the details through our choices and faithfulness. There is an extraordinarily happy ending in store for all who desire it. But before we can claim it, we have to become more than just His children—we have to become His disciples.

Women as Disciples of Christ

Life is filled with distractions that have the potential to lead us away from the core teachings of the Church—especially the Atonement of Jesus Christ.

The Prophet Joseph Smith said, “The fundamental principles of our religion are the testimony of the Apostles and Prophets, concerning Jesus Christ, that He died, was buried, and rose again the third day, and ascended into heaven; and all other things which pertain to our religion are only appendages to it.”⁴

The Atonement of Jesus Christ is at the heart of our message! It is our core value. It is our doctrinal center. It is the heart and soul of The Church of Jesus Christ of Latter-day Saints.

If you have not yet felt the truth and power of the Savior's Atonement in your life, I invite you to refocus on the central message of the Restoration—a message declaring that we can be “made perfect through Jesus the mediator of the new covenant, who wrought out this perfect atonement through the shedding of his own blood” (Doctrine and Covenants 76:69).

Sisters, please do whatever is necessary to stay focused on the simple and central message of the Restoration. Accept it. Understand it. Embrace it. Love it. Share it. Defend it.

Women of Covenant Power

Now, I would ask you to do the same thing the Prophet Joseph Smith asked the Relief Society sisters to do. “The . . . Relief Society is not only to relieve the poor, but to save souls,” he said.⁵

“Every sister in this Church who has made covenants with the Lord has a divine mandate to help save souls, to lead the women of the world, to strengthen the homes of Zion, and to build the kingdom of God.”⁶ Please help us to keep the Church moving forward by helping to generate increased faith in the lives of our individual members.

Righteous and faithful women have always played an essential role in saving souls and defending the kingdom of God. However, you women of this last dispensation have especially important roles and responsibilities to fulfill. You are women of determination, faith, dedication, and action.

Like faithful sisters in the past, you need to learn how to use the priesthood authority with which you have been endowed to obtain every eternal blessing that will be yours.

Women of this last dispensation have especially important roles and responsibilities to fulfill.



President M. Russell Ballard's daughters.

I ask our Heavenly Father to bless you that you may have the peace and calm assurance that what you do within the Church is essential to the growth and preparation of this world for that day when the Lord and Savior will say, “It is enough,” and will come to rule and reign.

The work of the kingdom of God will roll forward, but it cannot fulfill its true destiny without rolling forward hand in hand with you faithful, wonderful sisters of the Church. ■

From a Brigham Young University Women's Conference address, “Women of Dedication, Faith, Determination, and Action,” delivered on May 1, 2015.

NOTES


1. Wallace Stegner, *The Gathering of Zion: The Story of the Mormon Trail* (1964), 13.
2. Joseph Smith, in *Daughters in My Kingdom: The History and Work of Relief Society* (2017), 14–15.
3. Dallin H. Oaks, “Same-Gender Attraction,” *Ensign*, Oct. 1995, 7.
4. *Teachings of Presidents of the Church: Joseph Smith* (2007), 49.
5. *Teachings: Joseph Smith*, 453.
6. M. Russell Ballard, “Women of Righteousness,” *Ensign*, Apr. 2002, 70; *Liahona*, Dec. 2002, 39.





Experiencing Priesthood Power

*Women who help lead the Church were asked
about how the power of the priesthood affects their
lives. Here are some of the thoughts they shared.*



“Men and women have different but equally important responsibilities in the home and the Church. Priesthood power can help each person perform those responsibilities for the benefit of all.

“Because God’s priesthood power is on the earth today, great blessings are available to all worthy Church members, whether they are old or young, male or female, single or married.”

—President Joy D. Jones, Primary General President

“Service enlarges our soul, broadens our perspective and allows us to draw upon God’s power in more abundance. The Lord knows this, but so does Satan. In his ever-vigilant attempt to distance us from the power of God, the adversary would overwhelm us or cause us to feel that what we have to offer is inadequate. . . .

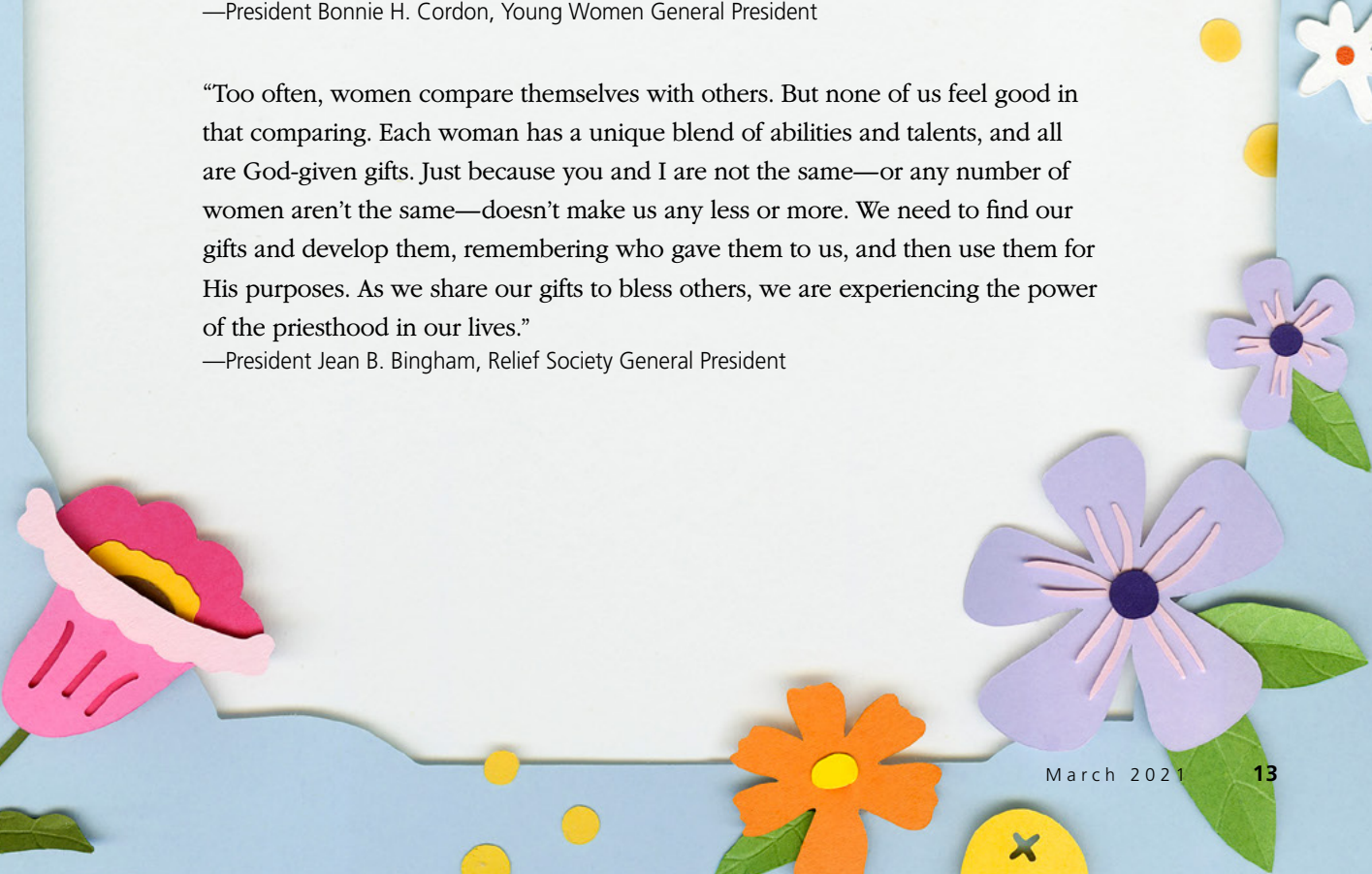
“. . . Never second guess an act of kindness.

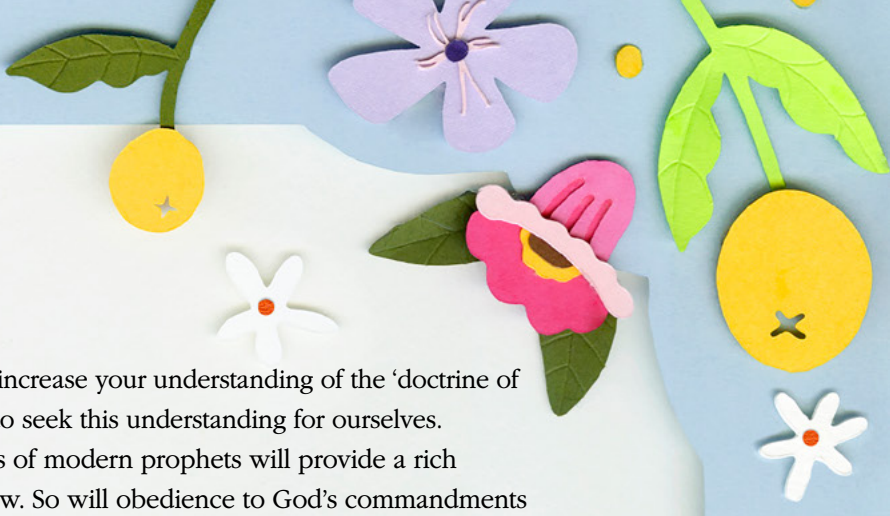
“By intentionally making service to others part of our life, we will discover the mysteries of God. We will discover peace, find strength, and receive an increase of power as we serve our Savior, Jesus Christ.”

—President Bonnie H. Cordon, Young Women General President

“Too often, women compare themselves with others. But none of us feel good in that comparing. Each woman has a unique blend of abilities and talents, and all are God-given gifts. Just because you and I are not the same—or any number of women aren’t the same—doesn’t make us any less or more. We need to find our gifts and develop them, remembering who gave them to us, and then use them for His purposes. As we share our gifts to bless others, we are experiencing the power of the priesthood in our lives.”

—President Jean B. Bingham, Relief Society General President





“Frequently look for opportunities to increase your understanding of the ‘doctrine of the priesthood.’ Each of us will need to seek this understanding for ourselves.


“Studying the scriptures and words of modern prophets will provide a rich foundation for this knowledge to grow. So will obedience to God’s commandments and living true to the covenants we have made through priesthood ordinances. Understanding is given to us ‘line upon line, precept upon precept’ [2 Nephi 28:30]. Through personal revelation, it ‘distills’ upon our souls ‘as the dews from heaven’ [Doctrine and Covenants 121:45].”

—Sister Lisa L. Harkness, First Counselor in the Primary General Presidency

“Each of us is on a trek. . . . We trek through relationship challenges, financial challenges, and mental and physical health challenges. We trek through overwhelming assignments and our daily list of things to do. Some of us may be trekking through grief, or even loneliness or boredom. Our challenges are different, but we all have them.

“Keeping our covenants does not mean that these challenges will be removed, but it does mean that the Lord promises to be with us.”

—Sister Michelle D. Craig, First Counselor in the Young Women General Presidency

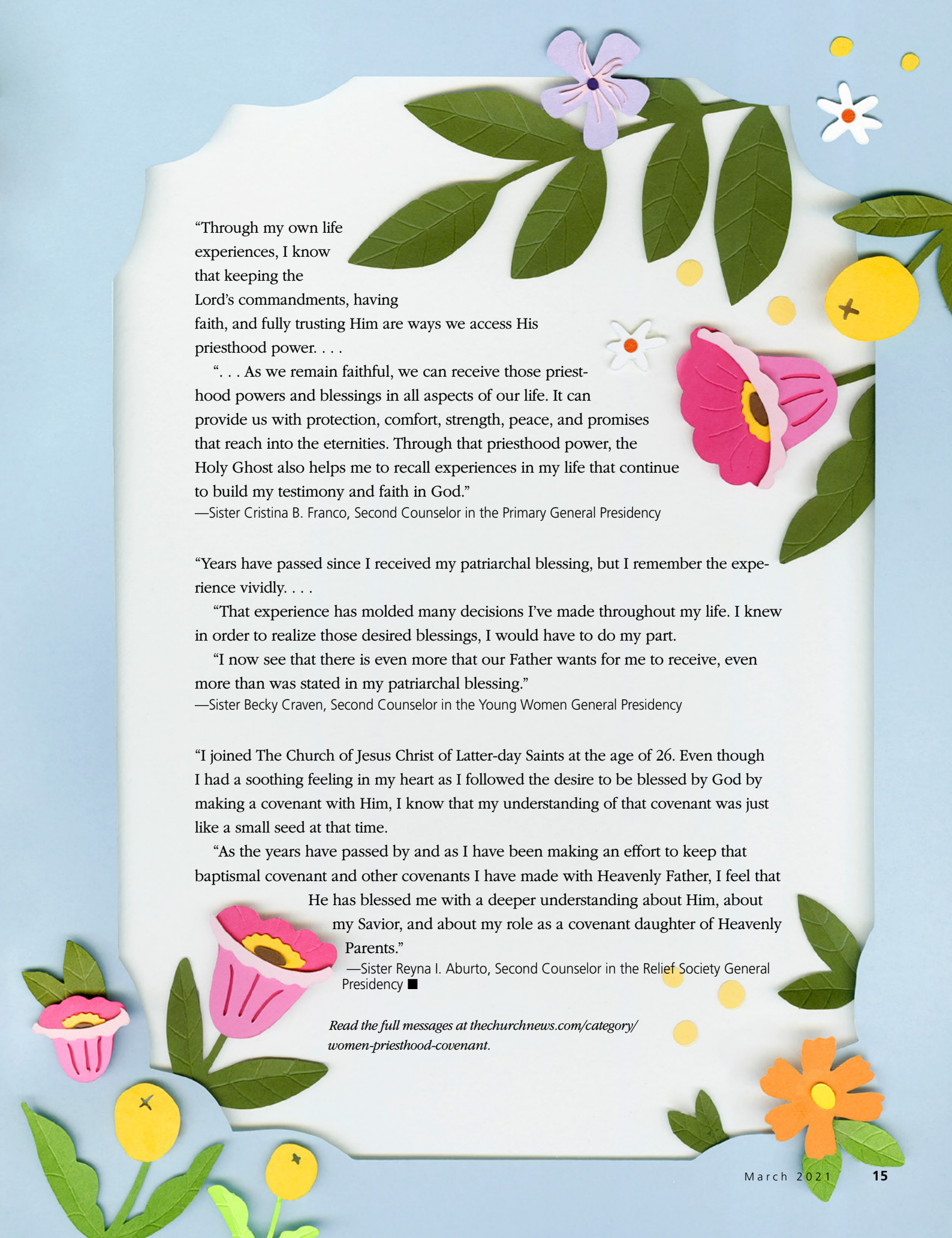


“I envision priesthood power as a single, fine, smooth white thread that comes from God and loops in and out, up and around, seeming to have its own direction in our lives. But over time an intricate pattern is revealed. That design covers the altar of

God, the holiest place where we bind on earth and bind in heaven. . . .

“Whenever I see an altar cloth in the holy temple, I feel it is one of the temple’s most powerful symbols for how the Lord lends His power to His faithful children in order to gather and bind together in an intricate, holy design.”

—Sister Sharon Eubank, First Counselor in the Relief Society General Presidency



“Through my own life experiences, I know that keeping the Lord’s commandments, having faith, and fully trusting Him are ways we access His priesthood power. . . .

“ . . . As we remain faithful, we can receive those priesthood powers and blessings in all aspects of our life. It can provide us with protection, comfort, strength, peace, and promises that reach into the eternities. Through that priesthood power, the Holy Ghost also helps me to recall experiences in my life that continue to build my testimony and faith in God.”

—Sister Cristina B. Franco, Second Counselor in the Primary General Presidency

“Years have passed since I received my patriarchal blessing, but I remember the experience vividly. . . .

“That experience has molded many decisions I’ve made throughout my life. I knew in order to realize those desired blessings, I would have to do my part.

“I now see that there is even more that our Father wants for me to receive, even more than was stated in my patriarchal blessing.”

—Sister Becky Craven, Second Counselor in the Young Women General Presidency

“I joined The Church of Jesus Christ of Latter-day Saints at the age of 26. Even though I had a soothing feeling in my heart as I followed the desire to be blessed by God by making a covenant with Him, I know that my understanding of that covenant was just like a small seed at that time.

“As the years have passed by and as I have been making an effort to keep that baptismal covenant and other covenants I have made with Heavenly Father, I feel that

He has blessed me with a deeper understanding about Him, about my Savior, and about my role as a covenant daughter of Heavenly Parents.”

—Sister Reyna I. Aburto, Second Counselor in the Relief Society General Presidency ■

Read the full messages at thechurchnews.com/category/women-priesthood-covenant.

Tribute to a Seminary Principal

By Joyann Bergevin, Washington, USA

We often bless the lives of others without realizing it.

My husband, Jerry, had been in poor health for several years when he became seminary principal for the wards that met in our meetinghouse. I don't think anyone knew how difficult it was for him to get up early every morning—especially during the dark, cold winter months—and go to our building. Sometime later, he passed away.

Several years after Jerry's passing, I was surprised to receive a touching letter from a young woman who had moved away years earlier. She had tucked it into her wedding announcement. The letter read:

"I absolutely adored your husband and was so sad to hear he had passed away. He was the best seminary principal we ever had. Every morning he would wait in between the doors and open them as he wished everyone a good morning. After class, he would open the door again and say, 'Have a good day at school!'

"I always made sure to say thank you and occasionally tell him how grateful we were to have him. I felt safer with him there.

"He was always so humble, and his kindness was recognized by all. I think my attendance was better because I didn't want Brother Bergevin waiting in the cold, thinking I was on my way or I was late. He was an incredible man and he will always be remembered."

I'm sure that Jerry had no idea anyone would still think of him so many years later. Yet this thoughtful young woman still did, and she was kind enough to send me this sweet letter, which I was grateful to receive.

The hymn "Each Life That Touches


Ours for Good" (no. 293) begins with these lines:

*Each life that touches ours for good
Reflects thine own great mercy,
Lord;
Thou sendest blessings from above
Thru words and deeds of those who
love.*

I chose this hymn for Jerry's funeral because I believe that we often bless the lives of others without realizing it. I know that Jerry blessed many lives with his generosity, service, and love. ■



PHOTOGRAPH FROM GETTY IMAGES; POSED BY MODELS



André and Giselle Pimentel

Rio de Janeiro, Brazil

Giselle

After we were sealed in the temple, a lot of things were not working well. We thought that maybe the time had come for us to go back to Brazil.

André

Our bishop told us we could help a lot of members in Brazil and grow in ways we might not in the United States. He counseled us to stay close to the Church. "Go to Brazil and serve the Lord," he said.

DISCOVER MORE

- Read the Pimentels' story at ChurchofJesusChrist.org/go/32117.

PHOTOGRAPH BY CODY BELL

A Scramble to Sacrament Meeting

By Elyse Brantingham, Arizona, USA

I thought we had missed the sacrament—again.

When we moved from the United States to Vietnam, my husband and I were determined to never miss church. After a year, we hadn't missed a single Sunday meeting, but we were frequently late and often missed the sacrament. Our sacrament meeting started at 8:30 a.m. With three little children, getting ready for church on time often seemed impossible.

As a family we decided that we needed to arrive consistently on time for church and partake of the sacrament. It was a struggle, but we made it to church on time four Sundays in a row. I noticed the difference our efforts made. We had more spiritual experiences during the week.

The following Sunday, however, we woke up late. It was already 7:30 a.m. I told my husband that it was hopeless, but then I thought about how we would be blessed if we did our best to get ready anyway. So, we hustled!

By the time we got to church, we were 20 minutes late. I felt that we had failed. We heard singing when we walked in, and when I opened the door, someone was going up to the stand to pray.

"Was that the opening hymn?" I whispered to the missionary standing by the door.

"Yes," he said. "We started late today."

I was stunned. I thought we had fallen short again, but we arrived at church just in time! Tears

streamed down my face as I felt Heavenly Father's love for my little family and me.

Later we learned that when the missionaries had arrived at church that Sunday, they realized that no one had brought bread for the sacrament. No store was nearby, and bread can be hard to find in Vietnam. After a momentary panic, the elders remembered they had bread at home.

A few days earlier, the elders had come to our home for dinner. That evening, I had prepared homemade bread for them. Church had started late Sunday morning because the elders ran home to get the bread I had made for them!

God sees our efforts as we strive to keep His commandments. Although we sometimes fall short, He loves us and will prepare ways for us to succeed—even when it is just to get to church on time. ■



"I Want to Go to Paradise"

By Pascal Kouamé Kouassi, Abidjan, Ivory Coast

When I prayed and asked God about this new path, I felt more convinced of the truth I had found.

I had been a committed member of another church, but then I started studying its teachings about purgatory. This idea teaches that the soul, after physical death, is admitted to a place similar to prison, where it must be purified before going to paradise.

As I thought about suffering souls in purgatory, I reflected on my own spiritual future and my relationship with Jesus Christ. I began praying, "What must I do to escape purgatory? I want to go to paradise."

The first thing that came to my mind was to live the Ten Commandments. I felt that if I did, the Lord's grace would allow me to avoid purgatory. I committed to keep the commandments and began an intense period of fasting, praying, studying the scriptures, and meditating.

During this time, I felt prompted to ask an unusual question of a doctor at the clinic where I worked as chief accountant.

"Dr. Thibaut," I said, "is the Lord Jesus Christ in your church?"

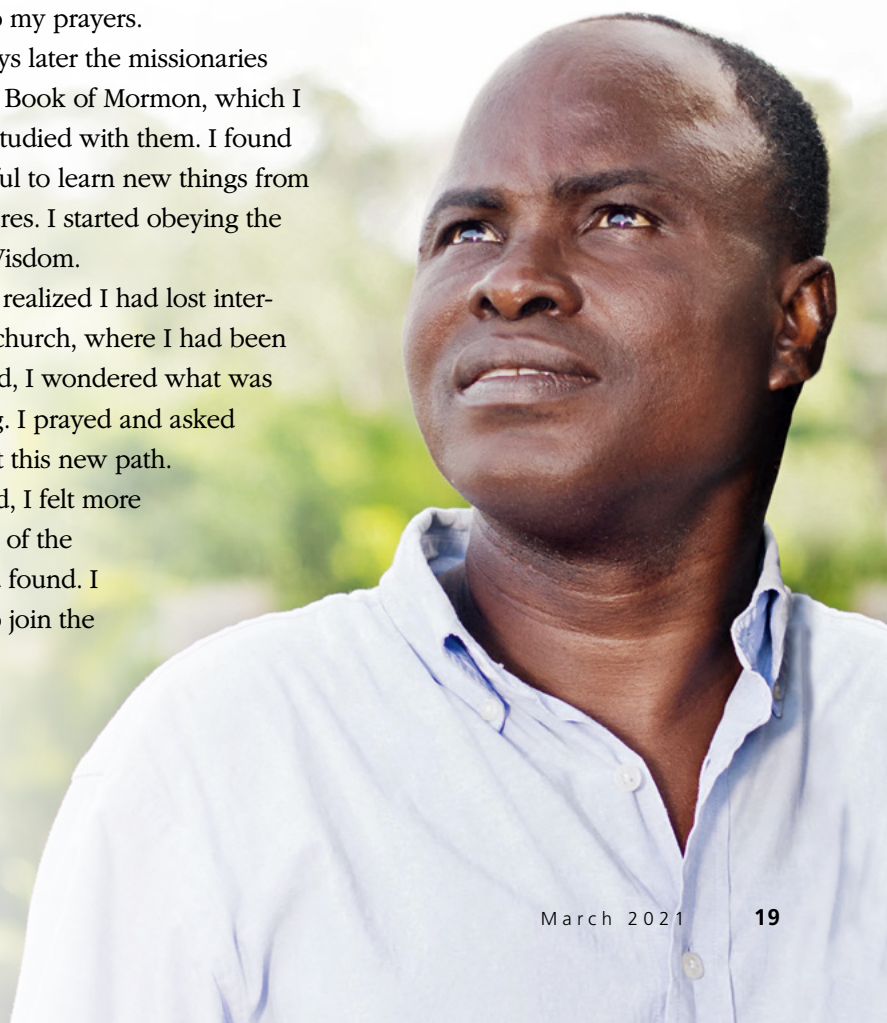
He stated that he belonged to The Church of Jesus Christ of Latter-day Saints. From that point on, the Spirit guided our discussion. I asked him about the differences between his church and mine. He told me about the Book of Mormon. As we continued our conversation, joy filled my heart. I felt that I was receiving answers to my prayers.

Two days later the missionaries gave me a Book of Mormon, which I read and studied with them. I found it wonderful to learn new things from the scriptures. I started obeying the Word of Wisdom.

When I realized I had lost interest in my church, where I had been so involved, I wondered what was happening. I prayed and asked God about this new path. When I did, I felt more convinced of the truth I had found. I decided to join the

Church, even though I knew I would face persecution.

Persecution did come, but the Lord strengthened me. I know that The Church of Jesus Christ of Latter-day Saints was the answer to my sincere prayer: "I want to go to paradise." I know I can go there after I die if I remain faithful to the commandments of God. ■



Supporting Each Other in Our Efforts to Use Media Wisely

These ideas and resources can help if those you minister to have questions about technology use.

One of the most common questions families face in many cultures today is how to use media and technology appropriately. Today's digital devices have quickly become entrenched in many cultures, transforming many of even our simplest daily activities.

With its seemingly endless potential for good and for evil, many individuals and families are looking for good information about how to use media safely.

Marta (names have been changed), a Church leader in Spain, has seen how her smartphone has enhanced her gospel study, made it easier to stay in contact with those she ministers to, assisted in her personal development as she has used the Gospel Living app, and allowed her to get more done in her calling. However,

she knows she struggles to put away her phone when she could be interacting with her family.

Kwan, a teenage boy in Korea, uses the family computer often for school research, assignments, and projects. After his schoolwork is done, he fills his spare time with online gaming. His parents are worried.

Every day, Declan, a young adult in Kenya, sees people with smartphones in hand. It seems they can instantly access information that would make his life so much easier and more interesting, including scriptures, magazines, and other Church content. But, after paying his expenses, there's no money left for a smartphone. Declan feels left behind.

As we minister, how can we support and strengthen our brothers and

sisters in their search for answers about this sometimes confusing topic? Here are some ideas and resources for ways to use media wisely.

Suggestions for Using Media and Technology Wisely

- Seek purposeful ways to spend your valuable time outside of technology, including ministering to others, developing skills and talents, and participating with others in meaningful hobbies and other activities.
- Have a specific purpose for using technology, and limit its use when you are bored, lonely, angry, or stressed. These and a variety of other emotions can make you vulnerable or susceptible to





using technology inappropriately. Find healthy ways to respond to emotions.

- Be disciplined. Use settings that allow you to track or limit time spent on your device.
- Be like the Savior. Give undivided attention to someone when they are talking to you.
- Prioritize personal connection. Maintain a balance between electronic and nonelectronic forms of communication, especially when sharing heartfelt feelings or important thoughts.
- Take regular breaks. Invite everyone in the family to be deliberate about routinely taking breaks from their devices.
- Train yourself not to respond immediately to every notification and alert.

Starting a Conversation

- Start a discussion on this important topic by sharing the struggles or questions you have regarding technology and media use.
- Ask what they have found that helps them. There is much you can learn using this approach. It may also provide opportunities to share some of what you've learned.
- Scriptures you could share: Prophets have invited us to be wise (see Jacob 6:12), to be temperate in all things (see Alma 7:23), to watch our thoughts, words, and deeds (see Mosiah 4:30), and to be good examples (see 1 Timothy 4:12). ■

HELPFUL RESOURCES

- Learn how managing your use of technology can help you connect more with family and friends. Read "How to Manage Digital Devices and Get Your Family Back," *Liahona*, Aug. 2020, 26–31; *Ensign*, Feb. 2020, 30–35.
- Read *Safeguards for Using Technology* (2018). Although written for missionaries, the guidelines in this booklet can be adapted to any individual or family. It is available in 28 languages in the Gospel Library or in print through distribution centers or the online store.

Sacrament and Music

Dear Parents,

Church magazines are made with you and your family in mind. This month, the magazines focus on themes such as the sacrament, inspiring music, the role of women in the Restoration, Easter, and preparation for general conference. See below for ideas on how you can make the most of this month's issues to strengthen your family's faith in Christ as well as your own faith.

GOSPEL DISCUSSIONS

The Rise of the Church

Read Elder De Hoyos's article on page 36 and discuss the blessings you receive by being a part of Christ's Church, such as having living prophets, true doctrine, and priesthood ordinances.

The Importance of Music

Why is music special to the Lord? Listen to, sing, or play the new arrangement of the song "He Sent His Son" on page 34; then share your



thoughts about the music or lyrics. For more about the importance and blessings of music, read the article on page 30.

The Role of Women in the Restoration

On page 25 read about how Emma Smith diligently safeguarded the Book of Mormon. How have women blessed the Church, and how do they continue to do so? You could also read

President Ballard's message on page 8, and thank the righteous women in your life with a written letter or kind deed.

Making the Sacrament Special

Read the story of a family in Vietnam on page 18 and consider how your family could make the sacrament more special. Ideas might include listening to or singing hymns on the way to church, remembering scriptures describing Christ's character while you think of Him during the sacrament, or pondering the words of the sacramental prayers.

You can also use page 6 to teach your children about the sacrament.

Come, Follow Me Support

See page 26 for a family-friendly object lesson, scripture chain, and other material to support your weekly *Come, Follow Me* study.



FAMILY STUDY FUN

Beautiful Creations of God

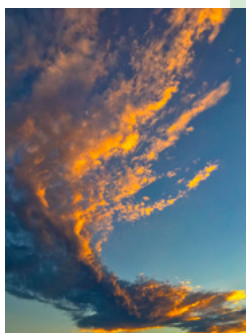
Doctrine and Covenants 20:17–19

Read Doctrine and Covenants 20:17–19 about how God created “heaven and earth, and all things which are in them.”

1. Take a moment to look out a window or go on a walk.
2. Point out the creations of God that you see.
3. Verse 18 tells us that God “created man, male and female, after his own image and in his own likeness, created he them.” We are some of God’s creations too! Take a moment to admire all the things your body can do. What are your talents?
4. In verse 19 we are commanded to “love and serve him, the only living and true God.” How can you use your talents to serve Him?

Discussion: How can we worship God?

Idea contributed by Brenda Slade and Lisa Thomas



IN THIS MONTH'S FOR THE STRENGTH OF YOUTH MAGAZINE

The Heart of Easter—the Living Jesus Christ

Talk with your teens about this message from Elder Gerrit W. Gong celebrating how Christ lives for all of us.

Conference Notebook

This is a great way to prepare for and take notes during general conference!

Like a Window to Your Soul

Share this story about how an interfaith music group in Florida, USA, touched lives.

How to Always Have the Spirit

Elder Pieper shares great tips on how to invite the Spirit to be with us each day.

IN THIS MONTH'S FRIEND MAGAZINE

Media Safety Support

Read about a girl who learns what it means to use technology wisely. Also find a bonus page with tips and ideas to help your children use media in safe, positive ways.

Getting to Know the Doctrine and Covenants

Use an activity page to help your children know what the Doctrine and Covenants is and where it came from.

Easter in Russia

Read about how one family celebrates the Savior's Resurrection during Easter time.

Scripture Time Fun

Find weekly activities to help your family study *Come, Follow Me*, including a section with ideas especially for toddlers.

Hope in Christ

Read an Easter message from President Henry B. Eyring and do an activity that tells the story of Easter.





6 NEW TEMPLES ANNOUNCED

As announced by President Russell M. Nelson in the October 2020 conference, temples are being planned for the following locations:

- Tarawa, Kiribati
- Port Vila, Vanuatu
- Lindon, Utah, USA
- Greater Guatemala City, Guatemala
- São Paulo East, Brazil
- Santa Cruz, Bolivia

"Live
EACH DAY
so that *you* are
**MORE
PREPARED**
to meet
your Maker."

President Russell M. Nelson,
President of The Church
of Jesus Christ of Latter-day Saints,
"A New Normal," 118.



"As the world speaks
less of Jesus Christ,
let us speak
more of Him."

Elder Neil L. Andersen
of the Quorum of the Twelve Apostles,
"We Talk of Christ," 90.

Blessed during Adversity

Latter-day Saints "have been highly favored of the Lord during the challenging times we have encountered for the past several months," said Elder Gary E. Stevenson of the Quorum of the Twelve Apostles. He gave three examples of blessings that enabled "us to endure the

challenges that have come":

- Home-centered gospel learning.
- Ministering in a higher and holier way.
- Heightened joy in the return of temple ordinances.

See "Highly Favored of the Lord," 103–5; see also Dieter F. Uchtdorf, "God Will Do Something Unimaginable," 51–54.

*All page numbers come from
the November 2020 Ensign or
Liahona.*

Emma Protected Scripture

By Jennifer Reeder

Church History Department

Like Emma Smith, we can honor the scriptures and courageously defend truth.

Just after midnight on September 22, 1827, a carriage quietly bumped along the countryside near Manchester, New York, USA. Joseph and Emma Smith were heading to a hill where an ancient record, written on gold plates, waited for them. An angel named Moroni had told Joseph to bring the right person with him to get the record. Through personal revelation, Joseph knew that his wife, Emma, was that person.

Emma waited as her husband-prophet received the plates and then hid them in a hollow log. The sun began to rise as the couple returned home.

The next day, Emma heard from Joseph Smith Sr. that a group of men were plotting to steal the gold plates. Taking a spare horse, she rode more than an hour to warn Joseph, who was able to secure the plates in a locked box.

This was not the only time Emma protected priceless scripture. On the



couple's journey to Pennsylvania, she helped hide the plates in a barrel of beans. During the translation process, Emma gave Joseph a linen cloth to cover the plates as they sat on a kitchen table during the day and bought a red leather box for the written paper manuscripts. She also asked her brother-in-law for a box, which she and Joseph kept under their bed and where the plates were locked each night. Several years later, Emma protected the manuscript of the Prophet's translation of the Bible, carrying it under her skirt while crossing the frozen Mississippi River.

In addition to protecting scriptures, Emma helped with the translation

of the Book of Mormon. She was Joseph's first scribe—carefully writing down verses we use today. She sewed a pouch for a seer stone Joseph sometimes used to translate.

At the end of her life, Emma remembered the role she played in helping share these scriptures with the world. "I was an active participant," she said. She testified that Joseph was a prophet of the Restoration and that the Book of Mormon was "a marvel and a wonder."¹ ■

See a longer article about Emma Smith, with detailed sources, in the digital version of this issue in the Gospel Library (at ChurchofJesusChrist.org and in the mobile app).

NOTE

1. "Last Testimony of Sister Emma," *Saints' Herald*, Oct. 1, 1879, 290.



Doctrine and Covenants 20–22

MARCH 1–7

Joseph Smith was “inspired [by] the Holy Ghost to lay the foundation” for the Savior’s restored Church (Doctrine and Covenants 21:2). Through him, correct doctrines and priesthood authority were restored. This created a solid foundation for the reorganization of the Church in April 1830.

This object lesson will illustrate the importance of having a strong foundation for the Church.

DISCUSSION

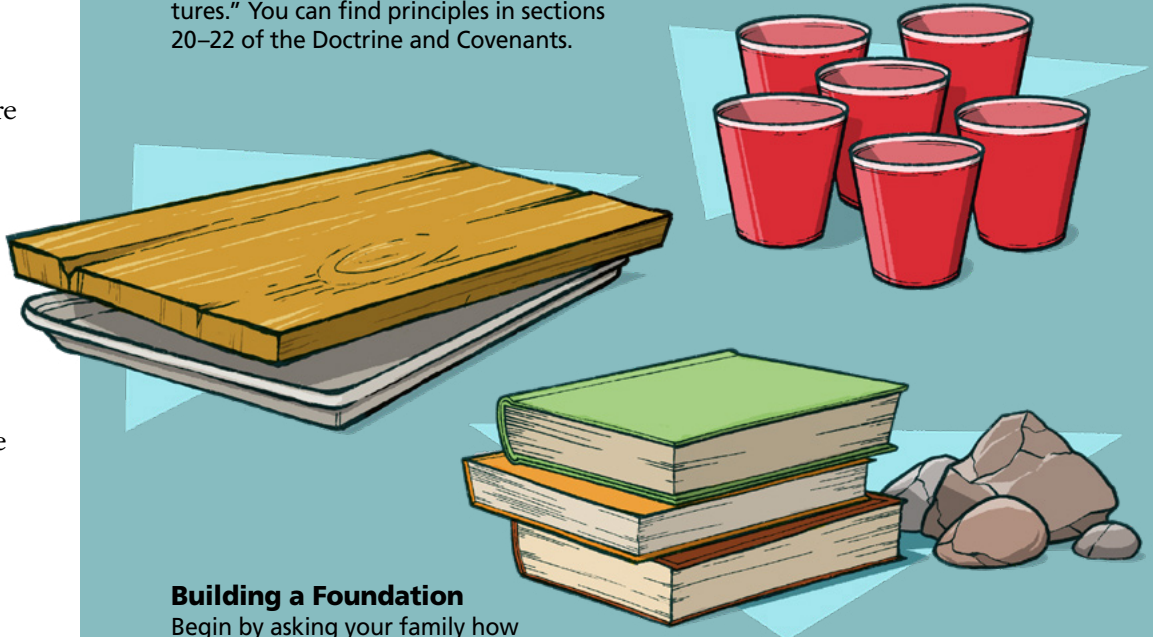
What does this object lesson teach you about the structure of the Church? Read Doctrine and Covenants 21:1–6 and discuss your answers as a family.

What builds a strong foundation?

Preparation

You will need:

- At least six plastic or paper cups
 - A flat surface (for example, a piece of cardboard, baking sheet, or wooden board)
 - Multiple heavy objects, such as books or rocks
- On each cup, write a principle that helped build the foundation of the Church, such as “priesthood” or “scriptures.” You can find principles in sections 20–22 of the Doctrine and Covenants.



Building a Foundation

Begin by asking your family how much weight they think a single cup can support. What about multiple cups?

Place the cups face down on the ground or a table. Arrange them in two lines, with three cups in each line. Place the flat surface on the cups and begin placing the heavy objects on top. How much can it hold?





Doctrine and Covenants 23–26

MARCH 8–14

The Lord has commanded that “all things shall be done by common consent in the church” (Doctrine and Covenants 26:2). Common consent allows Church members to “sustain those called to serve in the Church, as well as other Church decisions requiring their support, usually shown by raising the right hand” (Guide to the Scriptures, “Common Consent,” scriptures. ChurchofJesusChrist.org).

What if I can’t sustain someone?

In rare instances, an individual may know a valid reason why a member should not hold a calling. In such cases, the dissenting member can meet privately with the bishop or stake president to discuss their concerns.

What does “common consent” mean in the Church?

Do we “vote” when we sustain members?

“No prophet or any other leader in this Church, for that matter, has ever called himself or herself. No prophet has ever been elected. The Lord made that clear when He said, ‘Ye have not chosen me, but I have chosen you, and ordained you’ [John 15:16]. You and I do not ‘vote’ on Church leaders at any level. We do, though, have the privilege of sustaining them.”

—President Russell M. Nelson, “Sustaining the Prophets,” *Ensign or Liahona*, Nov. 2014, 74–75.

The same is true for all callings. Sustaining is a chance to show and give our support and to acknowledge the will of God.

Is raising our hands to sustain members just a simple formality?

“By our sustaining vote, we make solemn promises. We promise to pray for the Lord’s servants and that He will lead and strengthen them [see Doctrine and Covenants 93:51]. We pledge that we will look for and expect to feel inspiration from God in their counsel and whenever they act in their calling.”

—President Henry B. Eyring, “Called of God and Sustained by the People,” *Ensign or Liahona*, June 2012, 4.

Sustaining members in their callings should continue as long as they worthily hold the calling.





Doctrine and Covenants 27–28

MARCH 15–21

Who receives revelation for the Church?

In August 1830, Hiram Page, one of the Eight Witnesses of the Book of Mormon, claimed to have received two revelations about the future location and organization of Zion using a black seer stone. These revelations contradicted previous revelations given to Joseph Smith, but many members believed them.



Revelation for the Church

When Joseph prayed about Hiram's revelations, the Lord taught, "No one shall be appointed to receive commandments and revelations in this church excepting my servant [the prophet]" (Doctrine and Covenants 28:2). He declared that "those things which [Hiram] hath written from that stone are not of me and . . . Satan deceiveth him" (Doctrine and Covenants 28:11).

Hiram eventually discarded his revelations, and all members unanimously confirmed that the prophet was the only revelator for Christ's Church.

Why is it important to know that only the living prophet can receive revelation for the whole Church? How does this protect us from deception?

Look to the Prophet and Apostles

President M. Russell Ballard, Acting President of the Quorum of the Twelve Apostles, cautions:

"Keep your eyes riveted on the First Presidency and the Quorum of the Twelve Apostles. We will not lead you astray. We cannot. . . .

". . . If someone tells you that they have received revelation that the First Presidency and the Twelve have not received, run away from them."¹

NOTE

1. M. Russell Ballard, "When Shall These Things Be?" *Ensign*, Dec. 1996, 57.





Doctrine and Covenants 29

MARCH 22–28

What will happen in the Millennium?

When the Savior returns to the earth, there will be 1,000 years of peace known as the Millennium. Using the scriptures, find the answers to the following questions about the Millennium.

DISCUSSION

How does the Millennium fit into God's plan of salvation?

How does knowing that the Savior will come again increase your faith and hope today?

Who will be the king over all the earth? (Doctrine and Covenants 45:59)

What will it be like to live on earth during the Millennium? (Doctrine and Covenants 101:26–31; 63:51; Isaiah 2:4; 11:6–9)

What will we learn during the Millennium? (Doctrine and Covenants 101:32–34)

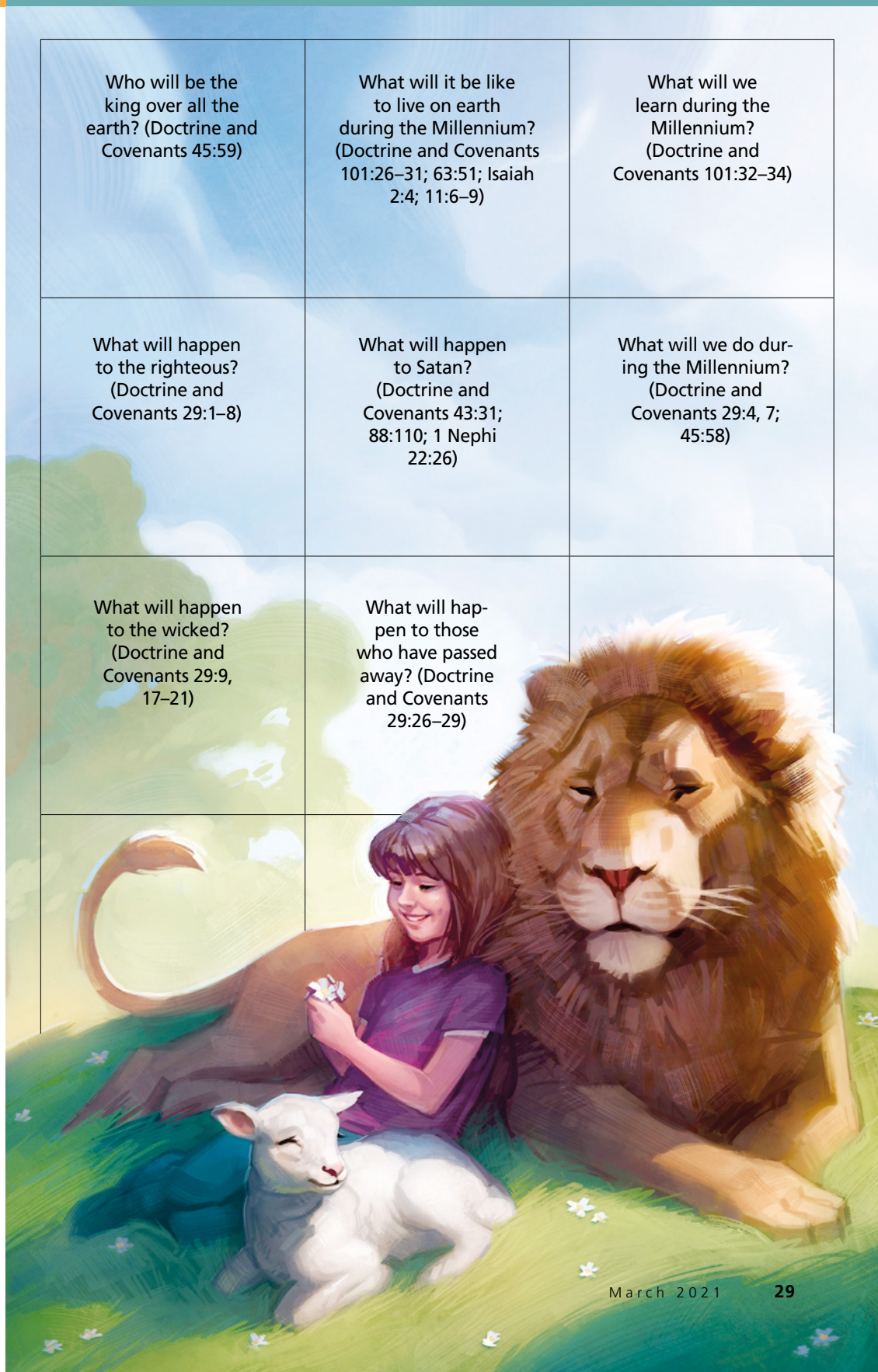
What will happen to the righteous? (Doctrine and Covenants 29:1–8)

What will happen to Satan? (Doctrine and Covenants 43:31; 88:110; 1 Nephi 22:26)

What will we do during the Millennium? (Doctrine and Covenants 29:4, 7; 45:58)

What will happen to the wicked? (Doctrine and Covenants 29:9, 17–21)

What will happen to those who have passed away? (Doctrine and Covenants 29:26–29)



Keeping Music

AT THE HEART OF WORSHIP



Prayer is the soul's sincere desire, uttered or unexpressed.



By Jan Pinborough
Church Magazines

Music has always been—and always will be—at the heart of worship, at church and in the home.

Not many weeks after the Church was organized, the Lord directed Emma Smith to “make a selection of sacred hymns, . . . which is pleasing unto me, to be had in my church” (Doctrine and Covenants 25:11). The Saints needed ways to learn newly revealed gospel truths and to unite in praising God. And hymns would be at the heart of their worship and learning.

Years ago, when my family joined the Church, my parents encouraged us to learn the music of our new faith. I have some vivid memories of that time:

- Memorizing “Prayer Is the Soul’s Sincere Desire” (*Hymns*, no. 145) with my family.
- Hearing “O My Father” (*Hymns*, no. 292) and learning that I have a Heavenly Father and Mother whom I can see again one day.
- Feeling God’s love while singing “My Heavenly Father Loves Me” (*Children’s Songbook*, 228–29)—even though I lived in a desert and had never actually seen a lilac tree!

Fast forward to a sacrament meeting in late February 2020. Several members of our ward were dealing with cancer, and I felt deeply comforted when the ward choir sang “How Firm a Foundation” (*Hymns*, no. 85). A few weeks later, a series of unnerving events came along: quarantines, church cancellations, and a series of earthquakes and aftershocks. And that hymn started playing through my mind again:

*Fear not, I am with thee; oh, be not dismayed,
For I am thy God and will still give thee aid.
I'll strengthen thee, help thee, and cause thee to stand,
Upheld by my righteous, omnipotent hand.*

Sometimes it seems like global and personal challenges are growing almost daily. More than ever, we need the spiritual sustenance of hymns, Primary songs, and other sacred music.

No Change in Purpose or Importance

However, as we changed to the two-hour schedule for Church meetings, some wondered if the role of music has been diminished in our worship. The answer is no.

1. Sacred hymns are still part of every sacrament meeting, including helping to prepare our hearts for the ordinance of the sacrament. Choir and congregational singing and other sacred music can still be planned to enrich the meeting, just as before. During the COVID-19 pandemic, sacred music was still an important part of shortened sacrament meetings, even when it was instrumental only.
2. Our children now spend half of their time in Primary learning the gospel through music.
3. In the second hour, there are no opening or closing songs for adult and youth classes. But music can still be used in classes to teach and inspire.
4. It's easier than ever to listen to sacred music on digital devices, using the Church's Sacred Music app.

Less Prescription, More Intention

Still, there have been some misunderstandings. One Easter Sunday, a teacher apologized to her Gospel Doctrine class: “I know we aren’t supposed to sing in Sunday School, but I would really like to sing ‘I Know That My Redeemer Lives’ together.” That teacher is probably not alone in this misunderstanding.

In reality, music is still just as essential in our worship as it has ever been. Witness the landmark update currently underway of our hymn and children’s song collections. As part of that effort, Church members worldwide submitted a remarkable 16,000 new hymns, songs, and texts.

But with fewer set times for singing in some of our Sunday meetings, we do need to be more thoughtful and intentional in planning and using music.

Two key principles can help us keep music at the heart of our worship:



*Truth is reason; truth eternal
Tells me I've a mother there.*

MUSIC IS A DIVINE LANGUAGE

Angels and God's creations praise Him with song (see Alma 36:22 and Doctrine and Covenants 128:23).

Music expresses faith (see Acts 16:25).

It expresses the joy of conversion and redemption (see Alma 5:26 and Alma 26:13).

And all will sing at the Lord's coming:

"All shall know me, who remain, even from the least unto the greatest, and shall be filled with the knowledge of the Lord, and shall see eye to eye, and shall lift up their voice, and with the voice together sing this new song" (Doctrine and Covenants 84:98; read the text of the song in verses 99–102).

1. Indispensable in Teaching

We may think of talks and discussions as the primary means of delivering gospel messages at home and at church. And we may spend most of our time on those elements. But music is not an ornamental extra. It's at the very heart of teaching with power and with the Spirit.

As the Apostle Paul advised the early Saints, "Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord" (Colossians 3:16).

Music can instantly bring the Spirit into a lesson or meeting. Choosing a song to sing during a Sunday School class or a *Come, Follow Me* discussion deserves the same thoughtful, prayerful consideration as the scriptures we choose to read or the part of the lesson we choose to share. Music that is prayerfully chosen can touch hearts, leaving spiritual impressions that may last a lifetime.

2. "A Prayer unto Me"

At certain points, we may all experience times when we feel broken, times when the path before us is unclear. Sometimes it may seem

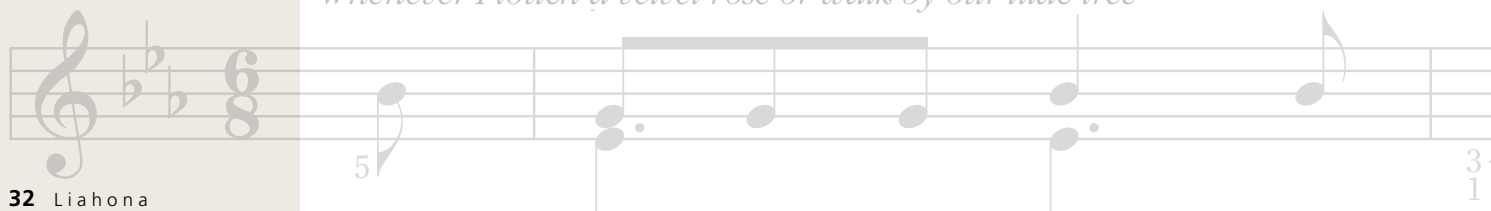
that we just keep throwing the same urgent need heavenward, without any answering response or resolution. At such times, it might be tempting to conclude that God doesn't care or that we're unworthy of His caring. Sometimes we might even feel like giving up on prayer.

For times when we feel a lack of spiritual connection with heaven, here's a comforting truth: Sacred music can actually *be* a form of prayer. The Lord Himself explained this when He assigned Emma to make our first hymnal: "For my soul delighteth in the song of the heart; yea, *the song of the righteous is a prayer unto me*" (Doctrine and Covenants 25:12; emphasis added).

And when we sincerely offer the song of our heart to Him, the Lord promised to always answer with a blessing: "And it shall



Whenever I touch a velvet rose or walk by our lilac tree





*Fear not, I am with thee; oh, be not dismayed,
For I am thy God and will still give thee aid.*



THE POWER OF MUSIC

"Music has power to provide spiritual nourishment. It has healing power. It has the power to facilitate worship, allowing us to contemplate the Atonement and the Restoration of the gospel, with its saving principles and exalting ordinances. It provides power for us to express prayerful thoughts and bear testimony of sacred truths."

President Russell M. Nelson,
President of The Church of Jesus Christ of Latter-day Saints,
"The Power and Protection of Worthy Music," *Ensign*,
Dec. 2009, 16.

be answered with a blessing upon their heads. Wherefore, lift up thy heart and rejoice" (Doctrine and Covenants 25:12–13).

At one difficult point in my life, I couldn't discern answers to my heartfelt prayers for a long period of time. A dear friend of mine was going through some difficulties of her own. But as we played and sang hymns and gospel songs together, we often experienced overwhelming feelings of solace and testimony. I now recognize that the Lord was fulfilling His promise. He *was* answering the songs of my heart, again and again. And that really *did* help me lift up my heart and go on.

On Any Given Sunday

On any given Sunday, we can be sure that some in our congregations, some in our classes, and some in our families are in the deep waters of personal affliction. Others will be in peaceful valleys with blessings overflowing. Still others will be just learning the basic truths of the gospel.

When we keep music in its proper place at the heart of our worship, we can help *all* find opportunities to feel the Spirit, to learn gospel truths, and to praise the Lord for His goodness. And we can help *all* have the songs of their hearts answered in the ways that only our loving, eternal Father can do. ■



He Sent His Son

Vocal solo

Words by Mabel Jones Gabbott

Music by Michael Finlinson Moody
Arranged by Sally DeFord

Expressively ♩ = 72




mp How could the Fa-ther

tell the world of love and ten-der-ness? He sent His Son, a

new-born babe, with peace and ho-li-ness. How could the Fa-ther

rit. *a tempo*



show the world the path-way we should go? He sent His Son to

walk with men on earth, that we may know. How could the Fa-ther

mf

tell the world of sac-ri-fice, of death? — He sent His Son to die for us and

rise with liv-ing breath, — liv-ing breath. —

cresc. *f* *8vb*

What does the Fa-ther ask of us? What do the scrip-tures say? — Have

rit. *mf*

faith, have hope, live like His Son, help oth-ers on their way. —

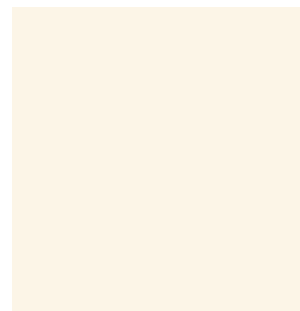
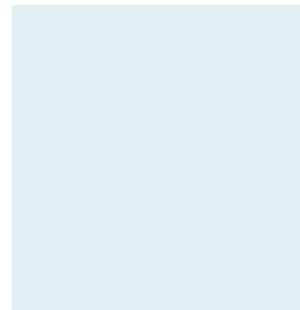
mp *a tempo*

What does He ask?

rit. *mf*

Live like His Son, Live like His Son, Live like His Son. —

a tempo *f* *rit.* *p*





PHOTOGRAPH BY JAMES LIFF JEFFERY

The Rising Church

Years ago, during my first week working in the Church's public affairs office in Mexico, we received an invitation from a radio talk show. The show, which discussed world religions, offered us 45 minutes to talk about the Church.

"What a great opportunity," I told the Area President as I shared details of the invitation. "Whom should we send to represent the Church?"

He responded, "You, of course."

I was new in the office and very young. I was surprised he didn't suggest someone with more experience. Nevertheless, I prayed, prepared as best I could, and invited a companion to join me. Soon we found ourselves at the radio station.

"We have with us this evening two representatives from The Church of Jesus Christ of Latter-day Saints," the program director said as he introduced us. Then he asked, "Why does your church have such a long name?"



**By Elder
Benjamín
De Hoyos**
Of the Seventy

*The Savior's Church has been restored
with true doctrine, priesthood power,
and sacred ordinances.*

Why don't you use a shorter, more commercial name?"

My companion and I were happy to answer such a great question. We explained that the Church's name was not chosen by a man. Rather, the Savior Himself revealed it through a latter-day prophet (see Doctrine and Covenants 115:4).

The program director respectfully responded, "Then we will repeat the name in its entirety with great pleasure." And he did—numerous times.

I still remember the sweet spirit we felt as we explained the origin of the Church's name and how that name refers to the Savior and to the members of His Church today. My companion and I answered a lot of questions, many of which centered on the Church's name. The experience was a blessing for the Church in our area and for me.

In 2018, President Russell M. Nelson asked Latter-day Saints "to restore the correct name of the Lord's Church." He promised that if we will do our best to follow that counsel, the Lord "will pour down His power and blessings upon the heads of the Latter-day Saints, the likes of which we have never seen."¹ President Nelson renewed that promise during the April 2020 general conference.²

During the short interval since President Nelson asked us to use the Church's correct name, his promise has already begun to be fulfilled. With millions of members

now sharing the Church's proper name, more and more people know that we believe in and worship the Lord Jesus Christ. As a result, I believe that the Church is enjoying a resurgence in influence and respect. Doors are opening, and the Restoration is moving forward.

As God's children come to understand that revelation continues today and that the Savior's Church has been restored with true doctrine, priesthood power, and sacred ordinances, they will want to know more about the Restoration.

Living Prophets

Section 20 of the Doctrine and Covenants begins with these significant words: "The *rise* of the Church of Christ in these last days" (verse 1; emphasis added). Since the Church's organization on April 6, 1830, the Lord has directed that rise through leaders He has called.

The Prophet Joseph Smith was "inspired of the Holy Ghost to lay the foundation" of the restored Church. Likewise, in our day the Lord is inspiring President Nelson to lead the Church, "build it up," and "move the cause of Zion in mighty power for good" (Doctrine and Covenants 21:2, 7).

During the April 2020 general conference, members of the Church saw confirmation of the Lord's continuing guidance and His Church's continual rise when President Nelson read "The Restoration of the Fulness of the Gospel of Jesus Christ: A Bicentennial Proclamation to the World":

"We gladly declare that the promised Restoration goes forward through continuing revelation," he said. "The earth will never again be the same."



Ministering in the restored Church sets us apart. It blesses both those ministered to and those who minister.

President Nelson added, “The heavens are open. We affirm that God is making known His will for His beloved sons and daughters.”³

The Lord promised to bless early Church members who heeded His will as revealed through the Prophet Joseph Smith. Those promises extend to us as we follow the Lord’s chosen servants today: “The gates of hell shall not prevail against you; yea, and the Lord God will disperse the powers of darkness from before you, and cause the heavens to shake for your good, and his name’s glory” (Doctrine and Covenants 21:6).

True Doctrine

One of the things young Joseph Smith learned in the Sacred Grove 200 years ago was that the religious professors of his day taught “for doctrines the commandments of men, having a form of godliness, but they deny the power thereof” (Joseph Smith—History 1:19).

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles recently declared that similar “religious shortcomings” in our day “leave the hunger and hope of some unfulfilled” and that “a variety of [doctrinal] dissatisfactions are leading some away from traditional ecclesiastical institutions.”⁴

What the world needs, and what the Lord offers, are

the sweet, saving doctrines found in their plainness and fulness in the restored gospel.

True doctrine is found in the Book of Mormon, which contains “the fulness of the gospel of Jesus Christ to the Gentiles and to the Jews also” (Doctrine and Covenants 20:9). “It teaches of life’s purpose and explains the doctrine of Christ, which is central to that purpose. . . . The Book of Mormon testifies that all human beings are sons and daughters of a loving Father in

Heaven, that He has a divine plan for our lives, and that His Son, Jesus Christ, speaks today as well as in days of old.”⁵

True doctrine is found in the Doctrine and Covenants, which a prophet has called “the binding link between the Book of Mormon and the continuing work of the Restoration through the Prophet Joseph Smith and his successors.”⁶

True doctrine is also found in the teachings of modern prophets and apostles the Lord has called in our day to protect us from deception. We know that what they speak under the influence of the Holy Ghost is the will, mind, word, and voice of the Lord (see Doctrine and Covenants 68:4).

True doctrine inspires, strengthens, and comforts because it invites the Holy Ghost, reveals the plan of salvation, and testifies of Jesus Christ and His Atonement.

Priesthood and Ordinances

The Lord invites all of us to come unto Him and His Church and to receive the ordinances of salvation.⁷ Ordinances are essential to the Lord’s true Church, as is priesthood authority to administer them.

Among other things, those looking for the true Church of Jesus Christ should expect that the Lord has stipulated proper baptism (see Doctrine and Covenants 20:37, 71–74) and the duty of members after they are baptized (see Doctrine and Covenants 20:68–70). They should

expect to find a lay ministry and the duties of those lay ministers. And they should expect opportunities to minister as the Savior ministered. (See Doctrine and Covenants 20:38–67; see also Mosiah 18:8–10; Moroni 6:4.)

Ministering in the restored Church sets us apart. Priesthood service means ministering to all, including those not of our faith. Ministering blesses both those ministered to and those who minister.

Finally, those looking for the Lord's true Church should expect to find priesthood authority and ordinances that can bind families for eternity.

"What does it mean for you that the gospel of Jesus Christ has been restored to the earth?" asked President Nelson during the April 2020 general conference. "It means that you and your family can be sealed together forever! It means that because you have been baptized by one who has authority from Jesus Christ and have been confirmed a member of His Church, you can enjoy

the constant companionship of the Holy Ghost. . . .

It means that priesthood power can bless you as you receive essential ordinances and make covenants with God and keep them."⁸

What a blessing it is to be members of a Church that is rising and that is led by living prophets and apostles! May we never take for granted the Lord's divine guidance, His restored Church, the power of the priesthood, and the ordinances that bless us now and in eternity. ■

NOTES

1. Russell M. Nelson, "The Correct Name of the Church," *Ensign or Liahona*, Nov. 2018, 89.
2. See Russell M. Nelson, "Opening the Heavens for Help," *Ensign or Liahona*, May 2020, 73.
3. "The Restoration of the Fulness of the Gospel of Jesus Christ: A Bicentennial Proclamation to the World," *Ensign or Liahona*, May 2020, inside front cover.
4. Jeffrey R. Holland, "A Perfect Brightness of Hope," *Ensign or Liahona*, May 2020, 83.
5. "A Bicentennial Proclamation to the World," inside front cover.
6. Ezra Taft Benson, "The Book of Mormon and the Doctrine and Covenants," *Ensign*, May 1987, 83.
7. See "A Bicentennial Proclamation to the World," inside front cover.
8. Russell M. Nelson, "Hear Him," *Ensign or Liahona*, May 2020, 88.



A priesthood holder in Africa administering the saving ordinance of baptism.



President and Sister Nelson greeting Church members after his May 16, 2019, devotional in Kona, Hawaii.

"I'm Not a Baby, Grandpa"

By Michael R. Morris

Church Magazines

My granddaughter Lily just turned four, but I still call her by her toddler nickname: "Baby Lils." When I do, she reminds me, "I'm not a baby, Grandpa."

She may be right, but I hope not. I've decided that if I keep calling her Baby Lils, maybe she won't grow up so fast. So I will keep calling her Baby Lils, at least until she reaches the age to start driving.

Of course, I know I can't hold back the rush of days, months, and years. I tried that with my own children . . . and failed. "Our lives [pass] away," as Jacob says, "like as it were unto us a dream" (Jacob 7:26). Before I know it, our youngest son will become a missionary, leaving my wife and me with a house full of empty bedrooms and echoes of childhood.

I recently heard a character in a movie say, "Age deepens all feelings." I believe that is true. By the time you live half a century or more, you've experienced many of life's joys and sorrows. Love grows with loss, and you know that happily ever after comes in the next life, not in this one.

As I look into Lily's face, I wonder what deserts she will cross, what burdens she will bear, and what thorns in the flesh she will suffer (see 2 Corinthians 12:7). I pray that the Lord will protect her, for a few years at least, from those mortal lessons that are vital to our spiritual and emotional growth. I pray that He will strengthen her when those trials come, as they come to us all.

For this moment, however, I dismiss such thoughts. I try not to think too much about the future. I don't want to miss the beauty of the present.

"Come get me, Grandpa," Lily says as she runs away.

I chase her from one room into the next. Her sweet laughter is music,

Spending time with my little granddaughter highlights the beauty of the present and evokes echoes of the past.



and her bright face is sunshine. For a moment, 25 years disappear. I am now in the past, with Lily's mother, my daughter. She is four again. And like Lily, she giggles as I chase her through the house.

Then another memory comes. It's 1974, and my brothers and I are visiting with our great-grandfather Curtis Ellsworth. It is the last time I will see him in this life. He will die a short time later, at age 90, while I serve a mission in Guatemala.

In this moment from the past, I wonder: "What is Grandpa Ellsworth thinking as he looks upon us, his posterity? Does he remember when his own children were small? Does he worry about our future? Do we remind him that life passes swiftly?"

As we said goodbye in that long-ago moment, I remember that Grandpa Ellsworth wept. For decades I wondered why. Now I think I know. ■

PLEASE SEND YOUR FEEDBACK

We are planning to feature articles in each magazine specifically for our older readers. What topics would you like to see covered?

Email your ideas to [liahona@](mailto:liahona@ChurchofJesusChrist.org)

[ChurchofJesusChrist.org](mailto:liahona@ChurchofJesusChrist.org).

We'd love to hear from you!







By Elder
Marcus B. Nash
Of the Seventy

Becoming Better Stewards OF THE EARTH GOD CREATED FOR US

The better we care for this world and all in it, the better it will sustain, inspire, strengthen, enliven, and gladden our hearts and spirits.

From an address given at the 18th annual Stegner Center Symposium at the University of Utah in Salt Lake City on April 12, 2013. For the full text, go to [newsroom.ChurchofJesusChrist.org/article/elder-nash-stegner-symposium](https://newsroom.churchofjesuschrist.org/article/elder-nash-stegner-symposium).

My avocation is to be in nature, whether hiking, skiing, sea kayaking, cycling, or even going on safari. As a child, I loved to be in the woods and to feel the silent, eloquent witness that the towering evergreen trees bore of the Creator. As I've grown to adulthood, I have learned by study and faith that if we understand who we are, the purpose of life, and the reason the earth was created—and keep these things in mind—we will treat this earth, and all in it, in a higher, nobler way.

God's Purpose in Creating the Earth

The Lord, through His prophets both ancient and modern, has tried to help us understand and appreciate the gift of living on this beautiful earth. In the Old Testament, David considered the majestic creations of God and wondered aloud why—amongst such wonders—God is mindful of man (see Psalm 8:4). David concluded that humankind is special, “a little lower than the angels” (Psalm 8:5).

Moses also saw in vision worlds without number¹ and declared, “Now, for this cause I know that man is nothing, which thing I never had supposed” (Moses 1:10).

In Moses's humility before the magnificence of God's creations, he failed to comprehend a great truth. So the Lord showed him again His limitless creation and pointedly declared that He—God—made these creations “to bring to pass the immortality and eternal life of man” (Moses 1:39). This earth—indeed all creation—is designed to help us gain immortality and eternal life.

Speaking again of the purpose of the earth, the Lord said, “We will make an earth whereon these [meaning us] may dwell; and we will prove them herewith, to see if they will do all things whatsoever the Lord their God shall command them” (Abraham 3:24–25; see also verse 26). Life on this earth, coupled with the gift of moral agency, provides us the opportunity to choose to seek and someday receive all that God offers.²

When the creation of the earth was completed, God was pleased because He saw that it would serve His purpose for us, His children.³ The sons and daughters of God and the families they form are not mere interlopers on this earth; rather, they are central to its purpose.⁴

We Are to Be Good Stewards

Life on this earth is both a blessing and a responsibility. The Lord declares, “Behold, the beasts of the field and the fowls of the air, and that which cometh of the earth, is ordained for the use of man for food and for raiment, and that he might have in abundance” (Doctrine and Covenants 49:19). However, because the earth and all on it are the “workmanship of [His] hand” (Doctrine and Covenants 29:25), it all belongs to Him.⁵ As temporary inhabitants of this earth, we are stewards—not owners. As such, we are accountable to God—the owner—for what we do with His creation: “For it is expedient that I, the Lord, should make every man accountable, as a steward over earthly blessings, which I have made and prepared for my creatures” (Doctrine and Covenants 104:13).

How we care for the earth, how we utilize and share in its bounty, and how we treat all that has been provided for us is part of our test in mortality.

How we care for the earth, how we utilize and share in its bounty, and how we treat all that has been provided for us is part of our test in mortality. We are to gratefully make use of that which the Lord has provided, avoid wasting life and resources, and use the bounty of the earth to care for the poor.⁶ The Lord cares deeply for all life and especially for His children, and will hold us accountable for what we choose to do (or not do) with the bounties of His creation.

The Lord promises us that if we follow Him and judiciously use the resources of the earth with thanksgiving and respect, “the fulness of the earth is [ours], the beasts of the field and the fowls of the air. . . . And it pleaseth God that he hath given



all these things unto man; for unto this end were they made to be used, with judgment, not to excess, neither by extortion” (Doctrine and Covenants 59:16, 20).

We are to use these resources with judgment and gratitude, with the intent to help others—present, past, and future generations—receive the blessings that our Heavenly Father desires for His children.

Seeing beyond Ourselves

Sadly, today we live in a world where individuals may choose to reject God and treat His creation with disdain. When this occurs, God and creation are pained.

Enoch records that God wept on account of the poor choices and suffocating selfishness of His children.⁷ Moroni prophesied that in the latter days there would be “fires, and tempests, and vapors of smoke . . . [and] great pollutions upon the face of the earth,” and that such conditions



would be coupled with “all manner of abominations; when there shall be many who will say, Do this, or do that, and it mattereth not” (Mormon 8:29, 31). When man pollutes this world spiritually or temporally, not only God but nature also suffers!⁸

Importantly, the blessings and power available through the Lord’s restored Church and gospel have the capacity to stretch and change the human soul beyond self, to inspire love of God and His creations, and to help us think of others’ welfare and consider the needs of future generations.

Nature Brings Us Closer to God

The earth and all life are more than items to be consumed and/or conserved; some parts and portions thereof are also to be preserved! Unspoiled nature and “all things which come of the earth . . . are made for the benefit . . . of man, . . . to please the eye and to gladden the heart . . .

and to enliven the soul” (Doctrine and Covenants 59:18–19).

Nature in its pristine state brings us closer to God, clears the mind and heart of the noise and distractions of materialism, lifts us to a higher, more exalted sphere, and helps us to better know our God: “The earth rolls upon her wings, and the sun giveth his light by day, and the moon giveth her light by night, and the stars also give their light. . . . Any[one] who hath seen any or the least of these hath seen God moving in his majesty and power” (Doctrine and Covenants 88:45, 47).

I still love to hike high in the mountains among the magnificent granite rocks and peaks. Although silent, they speak of the power and majesty of God—and of His matchless genius for beauty. As Alma testified, “All things denote there is a God; yea, even the earth, and all things that are upon the face of it, . . . do witness that there is a Supreme Creator” (Alma 30:44).

I love stargazing at night, trying to wrap my mind around the eternity of time and space within my gaze. I always marvel at the knowledge that comes in those quiet moments that, despite the vastness of the cosmos, the Lord of the universe knows puny me. And He knows each of us. The creation witnesses of the Creator, and if we preserve these special, unspoiled places, they will eloquently and profoundly witness of our God and inspire us onward.

The better we care for this world and all in it, the better it will sustain, inspire, strengthen, enliven, and gladden our hearts and spirits—and prepare us to dwell with our Heavenly Father with our families in a celestial sphere, which will be the very earth upon which we stand today, but in a glorified state.⁹

May we gratefully care for this earth—our present and potential future home. ■

NOTES

1. See Hebrews 1:2.
2. See 2 Nephi 2:16.
3. See Moses 2:31.
4. See “The Family: A Proclamation to the World,” *Ensign* or *Liahona*, May 2017, 145.
5. See also Doctrine and Covenants 38:16–17.
6. See Doctrine and Covenants 104:17–18.
7. See Moses 7:28.
8. See Moses 7:48–49.
9. See Doctrine and Covenants 88:18–20.

What Infertility Has Taught Me about Multiplying and Replenishing the Earth

While waiting to have children, I learned that I could multiply and replenish the earth in other ways.

By Jean Yellowhorse

In the beginning God created man and woman and gave them a commandment: “Be fruitful, and multiply, and replenish the earth” (Genesis 1:28; Moses 2:28). My husband and I have been married for four and a half years, yet we have no children. There may be those reading who would respond (and I’ve heard it all before):

“Oh, but you’re still young!”

“Just enjoy this time without kids!”

“Take advantage of the freedom while it lasts!”

I’ve learned not to take offense and to simply let the comments pass because I know those speaking don’t mean to be hurtful. I realize that there are people who have been married longer who still do not have children. However, I do know that even though it’s been only four years, that still doesn’t mean it’s been easy.

There are *moments* that are easy. For the past two years, my husband and I have lived in Europe, traveling to places we never dreamed we’d get to go. We’ve eaten delicious food. And we’ve met tons of friends from around the globe who have enlarged

our ideas, opinions, and worldviews. In many ways it would be foolish not to be grateful for this time. My relationship with my husband has been strengthened, I’ve learned a ton, and we’ve had some amazing adventures.

But we’ve also spent many nights on the couch watching movies. We’ve created memories that our future children won’t be a part of. Our ward has only one young couple without children, and—spoiler alert—it’s us. And it seems like no matter what adventures we are having, the thought of children is always there.

During my ups and downs, I have found myself often reflecting on the commandment given to Adam and Eve. We believe that this commandment remains in full force today¹ and that we are expected to follow it. However, my husband and I haven’t yet been able to. But neither could Adam and Eve, at first. So what did they do? The only thing they knew how—they took care of the garden. While I don’t live in the Garden of Eden, I do live in the garden of the earth, the garden of the Netherlands, the garden of my family, and the garden of my ward. These are



my gardens that the Lord has asked me to *multiply* and *replenish*. These are the words that have been the focus of my pondering. These words have helped me to refocus my life on serving others and the Lord. I often think about:

How can I *multiply* the gifts that the Lord has given me and others?

How can I *multiply* love toward God's children?

How can I *multiply* my time and effort to serve others?

How can I *replenish* my own spiritual well?

How can I *replenish* what others have lost, whether temporal or spiritual?

How can I *replenish* hope and faith that seems to be lost for many in the world?

As I've focused more on these questions, I have been blessed with opportunities to answer them in powerful ways. I have had the opportunity to serve in the Young Women organization. I have had the flexibility to drop whatever I'm doing and help someone pack or care for friends' children. I've been able to teach theater to kids from all over the globe. I've spent more

time studying the gospel. I've been able to better bear the burdens of others and comfort those who stand in need of comfort. And most importantly, I have gained a greater knowledge, testimony, and spiritual understanding of the gospel and God's plan for me.

I'm not saying the commandment to "multiply and replenish" doesn't mean to have children. We are here to raise families up in righteousness, and that includes having children, if possible. But while waiting for the blessing of children, we can still fulfill that commandment *by taking care of the gardens around us*. So when I get sad, upset, bitter, jealous, angry, or scared because of my infertility, I always try to ask myself: what am I doing to take care of my gardens? And that makes all the difference. ■



Jean Yellowhorse is a drama teacher who loves socializing, playing games, and exploring the world, both real and fictional. Since the writing of this article, Jean and her husband have moved on to their next adventure (and garden) in New Mexico, USA.

NOTE

1. See "The Family: A Proclamation to the World," *Ensign* or *Liahona*, May 2017, 145.

MORE FOR YOU!

You can find more articles specifically for young adults in the digital version of the March *Liahona* in the Gospel Library (at ChurchofJesusChrist.org or in the mobile app).

This month, you'll find more articles about ways we can care for the earth and become better stewards over God's creations.

DIGITAL ARTICLES

My One Pair of Pants: A Gospel Perspective on Living Simply

By Samuel Happonen, Uusimaa, Finland

For the Sake of the Beauty of the Earth

By Annelise Gardiner, Church Magazines

Houseplants and Answered Prayers

By David Dickson, Church Magazines

How Nature Helps Me Connect with the Creator

By Chakell Wardleigh Herbert, Church Magazines

3 Ways to Be a Good Steward of the Earth, According to a Young Adult Biologist

By Jared Meek, New York, USA

YA WEEKLY

You can also find new articles each week in YA Weekly, located in the Young Adults section of the Gospel Library app.

From the Mission Field:

Why a Service Mission Was the Best Option for Me

By Ashton Luddington, Utah, USA

Life Skills:

Make Your Space Sacred with These Tips for Tidying Up

By Molly Holt, Church Magazines



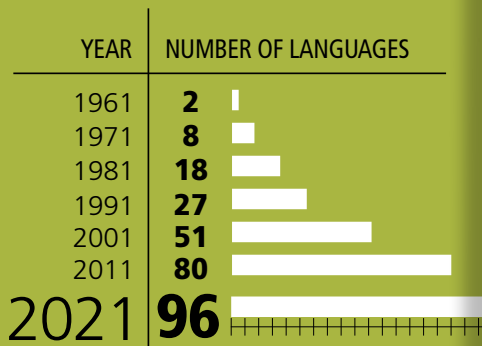
Charting the Words of Church Leaders

Inspired Church leaders have been speaking to Latter-day Saints since the first general conference on June 9, 1830. What words from general conference have blessed your life?

10,000+ talks and
24,000,000+ words
shared at general conference



Number of language interpretations
of general conference



"THOU SHALT GIVE
heed unto all
[the Prophet's]
words and commandments
WHICH HE SHALL
GIVE UNTO YOU ...
For his word
ye shall receive,
as if from
mine own
MOUTH,
IN ALL PATIENCE
AND FAITH."

Doctrine and Covenants 21:4–5

5 most quoted scriptures
in general conference



Pearl of Great Price:

1. Moses 1:39

Old Testament:

2. Daniel 2:44

Pearl of Great Price:

3. Joseph Smith—History 1:17

Pearl of Great Price:

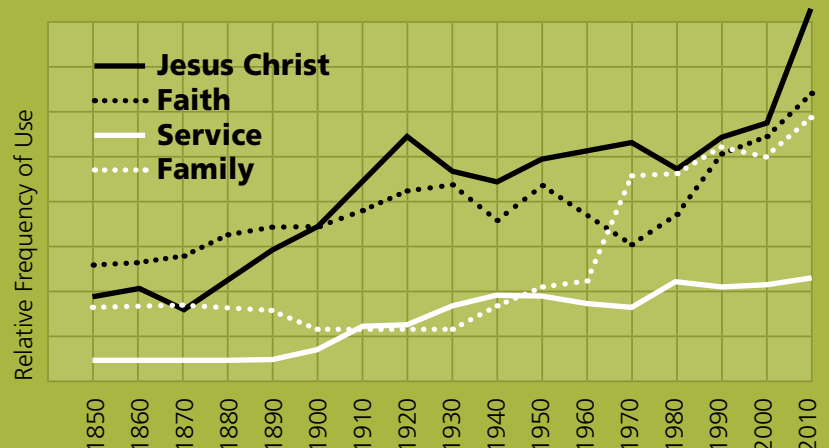
4. Moses 7:18

Doctrine and Covenants:

5. Section 13:1



Words used in general conference over the decades



October 1924

First general conference broadcast over the radio



YOUNG ADULTS

*Caring for
God's creations*

42



GOSPEL BASICS

**WHY THE
SACRAMENT**

6

COME, FOLLOW ME

**"THE RISE OF
THE CHURCH"**

25, 36

MUSIC

**ITS PLACE IN
OUR WORSHIP**

30, 34

