

INSIGHTS



How often do we speak kind words to one another?

“We might test ourselves by asking a few questions. . . . 1. When was the last time I sincerely praised my companion, either alone or in the presence of our children? 2. When was the last time I thanked, expressed love for, or earnestly pleaded in faith for him or her in prayer? 3. When was the last time I stopped myself from saying something I knew could be hurtful? 4. When was the last time I apologized and humbly asked for forgiveness—without adding the words ‘but if only you had’ or ‘but if only you hadn’t’? 5. When was the last time I chose to be happy rather than demanding to be ‘right’?”

Linda K. Burton, Relief Society general president, “We’ll Ascend Together,” *Ensign or Liahona*, May 2015, 31.