

Liahona



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"I would that ye should remember, that as much as ye shall put your trust in God even so much ye shall be delivered out of your trials, and your troubles, and your afflictions, and ye shall be lifted up at the last day."

Alma 38:5

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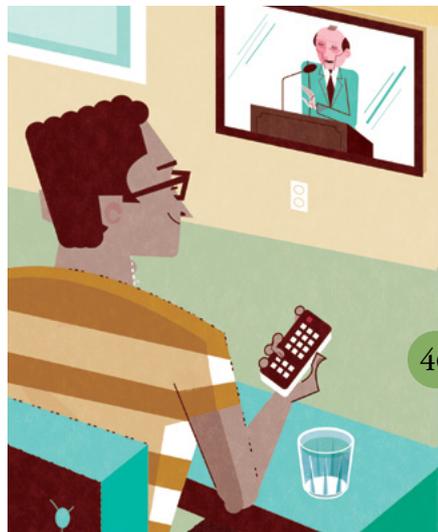


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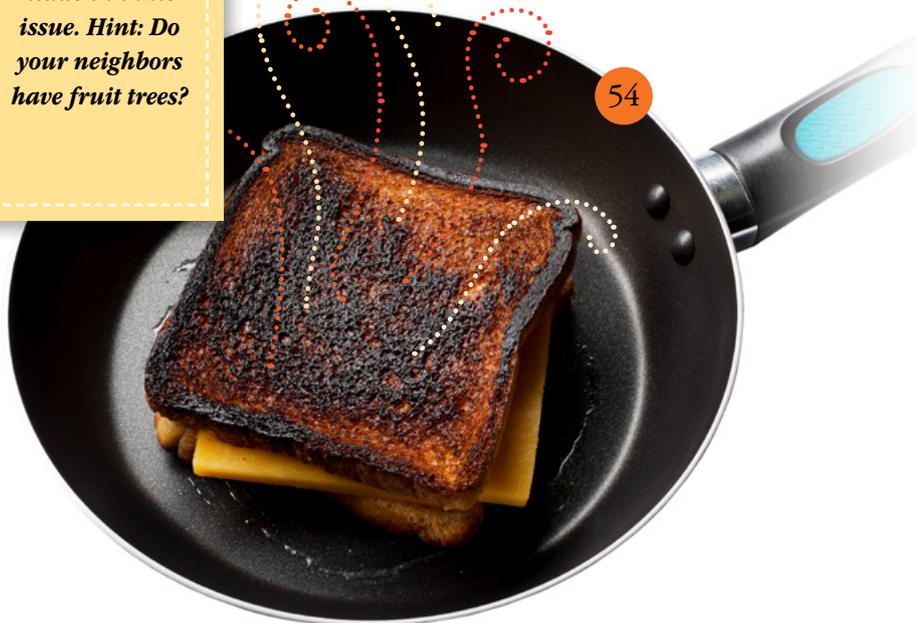
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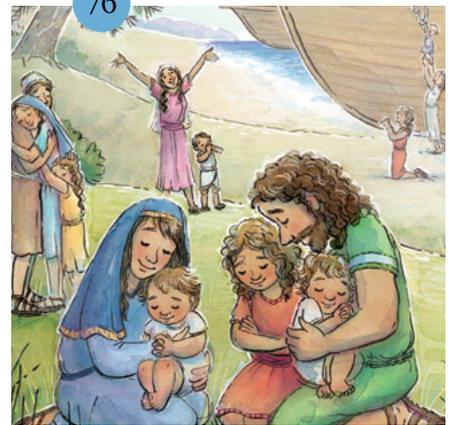
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Family Home Evening Ideas

This issue contains articles and activities that could be used for family home evening. The following are two examples.



"Little Children and the Sacrament,"

page 16: After reading the article as parents, you could discuss ways to teach your young children about the importance of the sacrament and the covenants they will one day make at baptism. You could use the sacrament prayers (found in Doctrine and Covenants 20:77, 79) to teach about the promises we make at baptism and how taking the sacrament each Sunday allows us to renew those promises. You could also come up with ideas to help your young children focus on the Savior during the

sacrament, such as creating simple picture books filled with images of the Savior.

"A Recipe for Learning," page 62: If you have older children who study the scriptures on their own, consider reading this article with them and inviting them to try the ideas from the article. You could have each family member create a personal study journal and make goals to write in it regularly. Family members can volunteer to share thoughts and impressions from their journals at future family home evenings.

MORE ONLINE

The *Liahona* and other Church materials are available in many languages at **languages.lds.org**. Visit [facebook.com/liahona.magazine](https://www.facebook.com/liahona.magazine) (available in English, Portuguese, and Spanish) to find inspirational messages, family home evening ideas, and material you can share with your friends and family.

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By President
Thomas S.
Monson

THE BLESSINGS OF OBEDIENCE

The greatest lesson we can learn in mortality,” President Thomas S. Monson has taught, “is that when God speaks and we obey, we will always be right.”¹

We will also be blessed. As President Monson said during a recent general conference: “When we keep the commandments, our lives will be happier, more fulfilling, and less complicated. Our challenges and problems will be easier to bear, and we will receive [God’s] promised blessings.”²

In the following excerpts from President Monson’s teachings as President of the Church, he reminds us that the commandments are the surest guide to happiness and peace.

Guidelines for the Journey

“God’s commandments are not given to frustrate us or to become obstacles to our happiness. Just the opposite is true. He who created us and who loves us perfectly knows just how we need to live our lives in order to obtain the greatest happiness possible. He has provided us with guidelines which, if we follow them, will see us safely through this often treacherous mortal journey. We remember the words of the familiar hymn: ‘Keep the commandments! In this there is safety; in this there is peace’ [see “Keep the Commandments,” *Hymns*, no. 303].”³

Strength and Knowledge

“Obedience is a hallmark of prophets; it has provided strength and knowledge to them throughout the ages. It is essential for us to realize that we, as well, are entitled to this source of strength and knowledge. It is readily available to each of us today as we obey God’s commandments. . . .

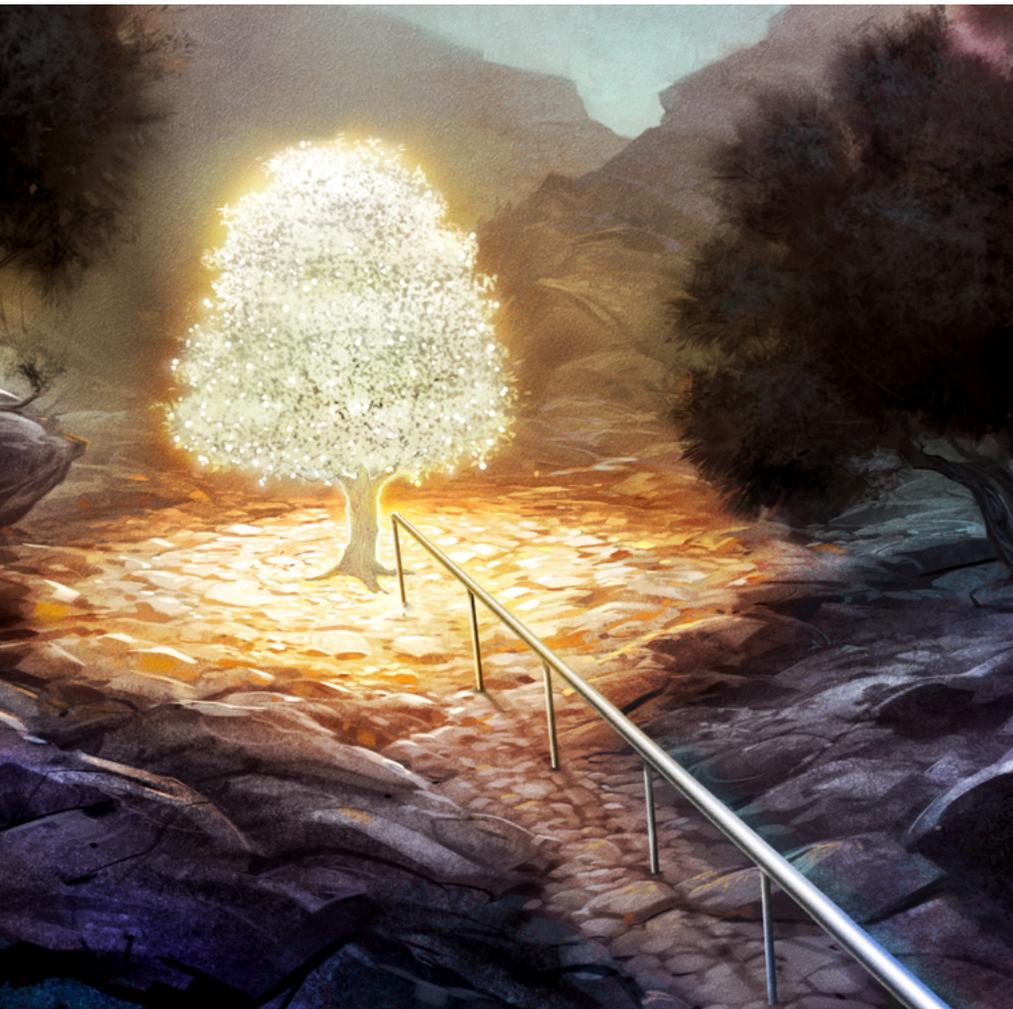
“The knowledge which we seek, the answers for which we yearn, and the strength which we desire today to meet the challenges of a complex and changing world can be ours when we willingly obey the Lord’s commandments.”⁴

Choose to Obey

“The tenor of our times is permissiveness. Magazines and television shows portray the stars of the movie screen, the heroes of the athletic field—those whom many young people long to emulate—as disregarding the laws of God and flaunting sinful practices, seemingly with no ill effect. Don’t you believe it! There is a time of reckoning—even a balancing of the ledger. Every Cinderella has her midnight—if not in this life, then in the next. Judgment Day will come for all. . . . I plead with you to choose to obey.”⁵

Joy and Peace

“It may appear to you at times that those out in the world are having much more fun than you are. Some of



as we walk uprightly and keep the commandments. There will be nothing in this world that can defeat us.”⁷

Follow the Savior

“Who was this Man of sorrows, acquainted with grief? Who is the King of glory, this Lord of hosts? He is our Master. He is our Savior. He is the Son of God. He is the Author of our Salvation. He beckons, ‘Follow me.’ He instructs, ‘Go, and do thou likewise.’ He pleads, ‘Keep my commandments.’

“Let us follow Him. Let us emulate His example. Let us obey His word. By so doing, we give to Him the divine gift of gratitude.”⁸ ■

NOTES

1. “They Marked the Path to Follow,” *Ensign*, Oct. 2007, 7; *Liahona*, Oct. 2007, 5.
2. “Keep the Commandments,” *Ensign* or *Liahona*, Nov. 2015, 83.
3. “Keep the Commandments,” 83.
4. “Obedience Brings Blessings,” *Ensign* or *Liahona*, May 2013, 90, 92.
5. “Believe, Obey, and Endure,” *Ensign* or *Liahona*, May 2012, 129.
6. “Stand in Holy Places,” *Ensign* or *Liahona*, Nov. 2011, 83.
7. “Be of Good Cheer,” *Ensign* or *Liahona*, May 2009, 92.
8. “Finding Joy in the Journey,” *Ensign* or *Liahona*, Nov. 2008, 88.

you may feel restricted by the code of conduct to which we in the Church adhere. My brothers and sisters, I declare to you, however, that there is *nothing* which can bring more joy into our lives or more peace to our souls than the Spirit which can come to us as we follow the Savior and keep the commandments.”⁶

Walk Uprightly

“I testify to you that our promised blessings are beyond measure. Though the storm clouds may gather, though the rains may pour down upon us, our knowledge of the gospel and our love of our Heavenly Father and of our Savior will comfort and sustain us and bring joy to our hearts

TEACHING FROM THIS MESSAGE

President Monson teaches us about the many blessings we can receive by being obedient, including strength, knowledge, joy, and peace. Consider asking those you teach how they’ve been blessed by keeping commandments. You might encourage them to continue to reflect

on their blessings and write down their thoughts and experiences in a journal. You might also encourage them to show gratitude to God for their blessings by continuing to be obedient.

Fires and Lessons of Obedience

President Thomas S. Monson once told about a time when he learned the importance of obedience. When he was eight years old, his family visited their cabin in the mountains. He and his friend wanted to clear a grassy spot for a campfire. They tried to clear the grass by hand, tugging and yanking as hard as they could, but all they got were handfuls of weeds. President Monson explained, "And then what I thought was the perfect solution came into my eight-year-old mind. I said to Danny, 'All we need is to set these weeds on fire. We'll just burn a circle in the weeds!'"

Even though he knew he wasn't allowed to use matches, he ran back to the cabin for some, and he and Danny set a

small fire in that grassy spot. They expected it to go out by itself, but it instead grew into a large and dangerous fire. He and Danny ran for help, and soon adults were rushing over to put out the fire before it reached the trees.

President Monson continued, "Danny and I learned several difficult but important lessons that day—not the least of which was the importance of obedience." (See "Obedience Brings Blessings," *Ensign* or *Liahona*, May 2013, 89–90.)

Like President Monson, have you ever had to learn a lesson in obedience the hard way? What goals can you make to keep yourself safe through obedience in the future?

CHILDREN

Choose the Right

Choosing the right brings us closer to Heavenly Father and Jesus Christ. It also helps us be happy and safe. Circle ways you can choose the right.



Cheat in school



Read the scriptures



Go to church



Serve others



Play good games



Fight with your siblings

Prayerfully study this material and seek for inspiration to know what to share. How will understanding “The Family: A Proclamation to the World” increase your faith in God and bless those you watch over through visiting teaching? For more information, go to reliefsociety.lds.org.



Faith, Family, Relief

The Family Is Ordained of God

“In the words of [the Primary song], ‘The Family Is of God,’ . . . we are reminded of pure doctrine,” said Carole M. Stephens, First Counselor in the Relief Society General Presidency. “We learn not only that the family is of God but also that we are each part of God’s family. . . .

“ . . . The Father’s plan for His children is a plan of love. It is a plan to unite His children—His family—with Him.”¹

Elder L. Tom Perry (1922–2015) of the Quorum of the Twelve Apostles said: “We also believe that strong traditional families are not only the basic units of a stable society, a stable economy, and a stable culture of values—but that they are also the basic units of eternity and of the kingdom and government of God.

“We believe that the organization and government of heaven will be built around families and extended families.”²



“Everyone, no matter what their marital circumstance or number of children, can be defenders of the Lord’s plan described in the family proclamation,” said Bonnie L. Oscarson, Young Women General President. “If it is the Lord’s plan, it should also be our plan!”³

Additional Scriptures

Doctrine and Covenants 2:1–3; 132:19

Doctrine of the Family

Sister Julie B. Beck, former Relief Society General President, taught that the theology of the family is based on the Creation, the Fall, and the Atonement of Jesus Christ:

“The Creation of the earth provided a place where families could live. God created a man and a woman who were the two essential halves of a family. It was part of Heavenly Father’s plan that Adam and Eve be sealed and form an eternal family.

“ . . . The Fall made it possible for them to have sons and daughters.

“[Christ’s] Atonement allows for the family to be sealed together eternally. It allows for families to have eternal growth and perfection. The plan of happiness, also called the plan of salvation, was a plan created for families. . . .

“ . . . This was Christ’s doctrine. . . . Without the family, there is no plan; there is no reason for mortal life.”⁴

Consider This

Why is the family the most important unit in time and in eternity?

NOTES

1. Carole M. Stephens, “The Family Is of God,” *Ensign* or *Liahona*, May 2015, 11, 13.
2. L. Tom Perry, “Why Marriage and Family Matter—Everywhere in the World,” *Ensign* or *Liahona*, May 2015, 41.
3. Bonnie L. Oscarson, “Defenders of the Family Proclamation,” *Ensign* or *Liahona*, May 2015, 15.
4. Julie B. Beck, “Teaching the Doctrine of the Family,” *Ensign* or *Liahona*, Mar. 2011, 32, 34.

MY SERVICE-FILLED SUNDAYS

By Jeffery A. Hogge

My Sundays are full, but I feel grateful that I can serve without the hardships faced by early Church leaders like Elder Parley P. Pratt.

It's Sunday morning. Ahead of me I have a 12-hour schedule of meetings, interviews, confirmations, and ordinations. I will start in one stake center and end in another meetinghouse on the other side of town—all on a very hot day.

I look forward to each meeting, interview, confirmation, and ordination. But yesterday, as I thought about how busy I would be, I indulged in a dose of self-pity—until I opened the *Autobiography of Parley P. Pratt* and started reading where I had left off. Elder Pratt had been taken prisoner, along with Joseph and Hyrum Smith and others, during difficult days in Missouri. After being taken to Independence, the Brethren were confined to a hotel to sleep on the floor with a block of wood for a pillow.

One cold, snowy morning Elder Pratt arose and, unnoticed, slipped out of the hotel. He made his way eastward through town and into adjacent fields. After walking about a mile (1.6 km), Elder Pratt entered a forest, the falling snow covering his tracks and the trees hiding his presence.

He reflected on his predicament. To continue eastward

meant escape into another state, where he could send for his family. To return to the hotel meant incarceration and accusations of high crimes. Tempted to escape, Elder Pratt thought of the “storm of trouble, or even of death” he would cause the other prisoners if he left.

In his quandary, a scriptural thought struck him: “He that will seek to save his life shall lose it; but he that will lose his life for my sake shall find it again, even life eternal” (see Mark 8:35; D&C 98:13).

Elder Pratt returned to the hotel. Months of arduous incarceration

would follow—without family, fellowship of the Saints, or the ability to serve in his apostolic calling.¹

Closing the book, I pondered the deprivations of the early Saints—some of them my ancestors. Because of their testimony of the gospel and their faith in Jesus Christ, they endured cruelty and persecution. Because of their endurance, today I can serve and worship freely, bound to them in faith and testimony.

As I prepare for this Sabbath day, my family is safe, looking forward to a day of worship in a comfortable meetinghouse. The fellowship of the Saints will brighten our day. We will rejoice with them in confirmations and ordinations performed, responsibilities fulfilled, and faith fortified. We will partake of the sacrament, remembering our Savior and His atoning sacrifice. And tonight we will gather in our home to read the Book of Mormon and pray together before we lie down on comfortable beds and settle our heads onto soft pillows.

My Sundays are full. For that I am grateful and blessed. ■

The author lives in California, USA.

NOTE

1. See Parley P. Pratt, *Autobiography of Parley P. Pratt*, ed. Parley P. Pratt Jr. (1979), 194–97.



MELVA'S LAST SUPPER

By Cheryl Harward Wilcox

"Would you like to try to take the sacrament?" I asked my dying mother.

My mother lived to be 92 years old and recently passed away. She was in the hospital when the doctors decided that there was nothing more that could be done except to keep her as comfortable as possible until she passed on.

As preparations were being made to take her home, two brethren from a local ward came into the room and asked me if my mother would like the sacrament. At first I told them, "No, thank you." Mom could hardly swallow. Then I said, "On second thought, let me ask her." I leaned close to her ear and said, "There are two priesthood holders here. Would you like to try to take the sacrament?" In a faint but clear voice she answered, "Yes."

After the blessing, I picked up a piece of bread from the tray, broke off a tiny crumb, and gently placed it in her mouth. She worked on it for a bit, and I quietly apologized to the men for it taking a while. They assured me it was OK. After the second prayer, I took a small plastic cup of water and held it to her lips. She took only a

small sip, but I was surprised at how well she swallowed it.

I thanked the brethren, and they left for the next room. Mom died peacefully about an hour later.

In the days that followed, I realized what a sacred moment I had been allowed to share with my mother. The last thing she did in this life was partake of the sacrament. The last word she spoke was "Yes"—yes to receiving the sacrament, yes to offering her sacrifice of "a broken



heart and a contrite spirit" (3 Nephi 9:20), yes to taking upon herself the name of Jesus Christ and promising to always remember Him, yes to receiving His Spirit. The last things that passed through her lips were the emblems of the sacrament.

How sweet her last supper must have tasted to her! Although too weak to move or speak, how alive in Christ she must have felt! How grateful she must have felt for His redeeming and enabling power, which carried her through those final moments of her mortal journey and extended to her the hope for eternal life.

Each week as we partake of the sacrament, may we all be grateful for the opportunity we have to renew our covenants and to feel forgiveness and grace as we strive to become more like our Father in Heaven and His Son, Jesus Christ. Then the bread and water can be for us, just as it must have been for my mother, "sweet above all that is sweet, . . . and pure above all that is pure" (Alma 32:42). ■

The author lives in Utah, USA.



By Tad R.
Callister

Sunday School
General President

*As we become more
committed learners, we
will experience the divine
joy that comes from
learning and living the
gospel of Jesus Christ.*



THE Joy OF Learning

The story is told of a man who became known as the town idler. He was unwilling to work, unwilling to seek employment. He simply lived off the efforts of others. Finally the townspeople had had enough. They decided to take him to the outskirts of town and banish him. As one of the townspeople escorted him in a wagon to the edge of town, the driver felt a wave of compassion sweep over him. Perhaps the derelict should be given one more chance. Accordingly, he asked, “Would you like a bushel of corn to get a new start?”

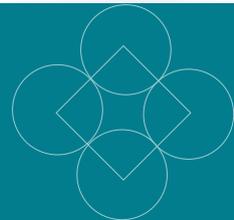
The derelict responded, “Is it husked?”¹

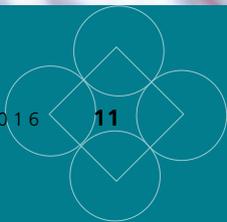
Teachers and Learners: Equal Responsibility to Contribute

Sometimes we find people on the scriptural dole—they want the scriptures husked before they partake. They want the gospel in a series of entertaining sound bites or video clips. They want the Sunday School teacher to prepare and spoon-feed them the lesson with little preparation or participation on their part.

In contrast, the Savior once invited His learners to go home because they could not understand His words. He commanded them to pray, ponder, and “prepare [their] minds for the morrow,” when He would “come unto [them] again” (see 3 Nephi 17:2–3).

The lesson was this: It is the responsibility not only of the teacher to come prepared but also of the learner. Just as the teacher has the responsibility to teach by the Spirit, so too the learner has the responsibility to learn by the Spirit (see D&C 50:13–21).





The Book of Mormon records: “The preacher was no better than the hearer, *neither was the teacher any better than the learner; and thus they were all equal*” (Alma 1:26; emphasis added).

Following are some suggestions for what we can do to experience the joy that comes when we do our part in learning and living the gospel.

Learning at Home **Study the Scriptures**

Every member is responsible for his or her own gospel learning; we cannot delegate that responsibility. Most of that learning comes through regular scripture study. President Harold B. Lee (1899–1973) declared: “If we are not reading the scriptures daily, our testimonies are growing thinner.”² The Apostle Paul observed that the Jews in Berea “were more noble than those in Thessalonica, in that they received the word with all readiness of mind,” and then he shared the reason for such receptivity: “[They] *searched the scriptures daily*” (Acts 17:11; emphasis added).

Daily scripture study is an essential ingredient to our spirituality. Nothing else can fully compensate for its absence in our daily routine. For this reason, scripture study should be set-aside time, not leftover time.



Some may say, “But I don’t have time for daily scripture study amid all my other duties in life.” This statement is somewhat reminiscent of the story of two axmen who held a contest to determine who could cut down more trees in a day. At sunrise the contest commenced. Every hour the smaller man wandered off into the forest for 10 minutes or so. Each time he did this, his opponent smiled and nodded, assured that he was forging ahead. The larger man never left his post, never stopped cutting, never took a break.

When the day ended, the larger man was shocked to learn that his opponent, who seemingly wasted so much time, had cut many more trees than he. “How did you do it when you took so many breaks?” he asked.

The winner replied, “Oh, I was sharpening my ax.”

Every time we study the scriptures, we are sharpening our spiritual ax. And the miraculous part is that when we do so, we are able to use the remainder of our time more wisely.

Prepare in Advance

Studies have shown that only a minority of Church members read in advance the scriptures to be discussed in Sunday classes. Each of us can help reverse this





condition. We can carry our share of the learning experience by coming to class better prepared, having read the scriptures and ready to share insights. Our preparation can be a spiritual gift we give to all class members.

Learning in Class

Participate in Class

The command to open our mouths (see D&C 60:2–3) applies not only in a missionary setting but also in a classroom setting. When we participate, we invite the Spirit, who can then bear witness of the truth of our comments and enlighten our minds with further insights. In addition, our participation may inspire the thoughts of another and thus encourage his or her input.

In this way, we are following a teaching principle taught by the Lord: “Let one speak

at a time and let
all listen

unto his sayings, that when all have spoken *that all may be edified of all*” (D&C 88:122; emphasis added). Sometimes participating in class is not easy; it requires us to step outside our comfort zone. But doing so brings increased growth to all in the class.

Record Impressions

For some time I have carried blank note cards to church and sought for doctrinal insights or spiritual impressions I might record. I can honestly say I have been richly rewarded. This approach has changed my perspective; it has focused and accelerated my learning; it has increased my anticipation for church.

Why is it so important to record spiritual experiences we receive at church and elsewhere? Suppose for a moment that a mother is speaking to her teenage son and at one point he says, “Mom, this is really good counsel.” He then takes out a notebook and starts to record impressions he received from their conversation. Once the mother has recovered from the shock, would she not want to give him more?

No doubt the same principle applies to counsel from our Father in Heaven. As we record the impressions He gives to us, He is more likely to give us further revelation. In addition, many of the impressions we receive may seem at first like small acorns of thought, but if we nurture and ponder them, they may grow into spiritual oak trees.

The Prophet Joseph Smith spoke of the importance of recording insights and impressions: “If you . . . proceed to discuss important questions . . . and fail to note them down, . . . perhaps, for neglecting to write these things when God had revealed them, not esteeming them of sufficient worth, the Spirit may withdraw . . . and there is, or was, a vast knowledge, of infinite importance, which is now lost.”³



The Joy of Learning

Learning is much more than a divine duty. It is also meant to be an exquisite joy.

On one occasion, an ancient mathematician named Archimedes was asked by his king to determine if the king's new crown was solid gold or if the goldsmith had dishonestly substituted some silver for gold. Archimedes pondered the solution; finally an answer came. So overjoyed was he by this discovery that, according to legend, he ran about the city crying, "Eureka! Eureka!"—meaning, "I have found it! I have found it!"

As great as was his joy in discovering a scientific principle, there is a far greater joy in discovering the truths of the gospel of Jesus Christ: those truths that not only inform us but also save us. For this reason the Savior said, "These things have I spoken unto you, . . . that your joy might be full" (John 15:11). And for this reason "the sons of God shouted for joy" (Job 38:7) when they learned the plan of salvation. Just as seeds have the inherent power to grow, so gospel truths have the inherent power to bring joy.



It is not only a divine command to "seek learning" (D&C 88:118), but it is also a godlike pursuit. Every time we study the scriptures, come to class a little better prepared, participate in class discussions, ask questions, and record sacred impressions, we are becoming more like God, thus increasing our capacity to experience the joy He feels.

May we all strive to become more committed learners, more divine learners—at home, in class, and wherever we are. As we do so, we will experience the supernal joy that comes from learning and living the gospel of Jesus Christ. ■

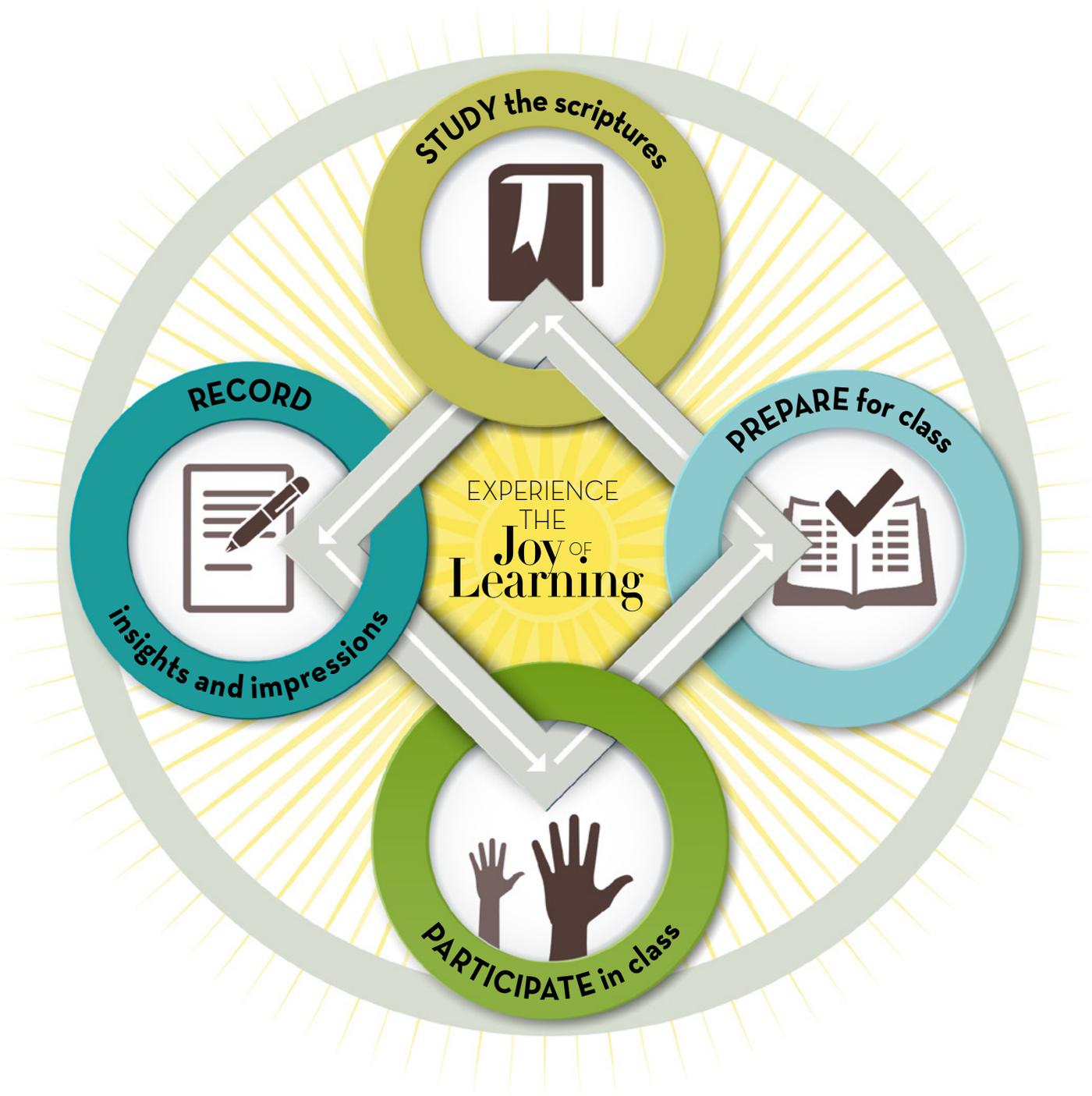
NOTES

1. A similar story was told by Elder D. Todd Christofferson in the October 2014 general conference.
2. Harold B. Lee, regional representatives' seminar, Dec. 12, 1970.
3. Joseph Smith, in *History of the Church*, 2:199.

A Godlike Pursuit



to Seek Learning



Every time we study the scriptures, come to class a little better prepared, participate in class discussions, ask questions, and record sacred impressions, we are becoming more like God, thus increasing our capacity to experience the joy He feels.

Little Children AND THE Sacrament

Our little children sensed that the sacrament was important to us. We could have done more to help them see that it was also important to them.

By Aaron L. West

Have you ever wondered why we allow unbaptized children to partake of the sacrament? Is it just to avoid the inevitable squawks and struggles when they want a piece of bread? Is it just to make the ordinance easier to administer, just to keep the peace?

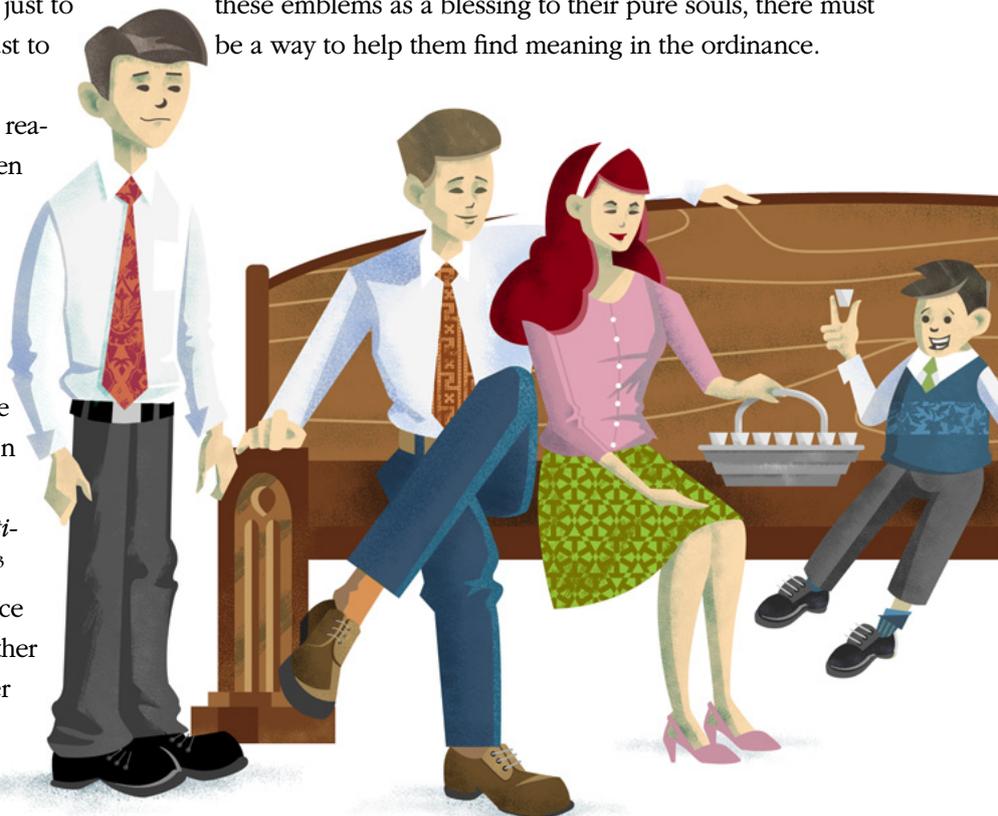
I don't think so. I believe there are deeper reasons. I believe this because I believe that when Jesus Christ says "all," He means all. And when He speaks to a multitude, He doesn't exclude anyone.

When the resurrected Savior introduced the sacrament to His people in the Americas, He emphasized that the ordinance had special meaning for those who had been baptized.¹ Even so, He commanded His disciples to "give [the sacrament] unto the *multitude*."² That multitude included "little ones."³

When priesthood holders today pronounce the sacrament prayers, they ask Heavenly Father to bless and sanctify the bread and the water

"to the souls of *all* those" who partake.⁴ All. Each person who partakes—including each little child.

If in partaking the bread and water, children receive these emblems as a blessing to their pure souls, there must be a way to help them find meaning in the ordinance.



With this understanding, I look back at the days when my children were little. My wife and I did a pretty good job of keeping them quiet during the administration of the sacrament. I think they sensed that the ordinance was important to us. But we could have done more to help them see that it was important to *them*.

What could we have done? We could have remembered that little children are capable of keeping the promises in the sacrament prayer. They can understand, in their own small but powerful way, what it means to “always remember” Jesus. They can pledge to “keep his commandments.” They can even show that they are “willing to take upon them the name” of Christ, knowing that they will soon have that privilege when they are baptized and confirmed.⁵

But what about renewing covenants? Church leaders have taught that when we partake of the sacrament, we renew all the covenants we have made with the Lord.⁶ Little children don’t have any covenants to renew.

I think again about the time when our children were little. We couldn’t have helped them look back on covenants, but we could have helped them look forward. I

picture myself with a young son or daughter on a Sabbath morning:

“When you are eight years old,” I say, “you will be baptized and receive the gift of the Holy Ghost. You will make a covenant. The covenant you make *then* will be like the promises you make *now* when you take the sacrament.



“When I take the sacrament today, I will renew my baptismal covenant, like I’m making those promises again. You will be there with me, but you won’t renew a covenant. You haven’t made one yet. Instead, you can *practice* making a covenant. Every time you take the sacrament, you can prepare to be baptized and confirmed. That way, you’ll be ready when you turn eight years old.”

If it seems unusual to use the word *practice* in this way, consider this: In a reverent setting, a father might help his children prepare for the ordinance of baptism by showing them how they will stand together in the water and by sharing the words of the baptismal prayer. He doesn’t perform the ordinance in that setting. In a sense, he helps his children practice. That way, they will not worry about what will happen when they enter the waters of baptism. I believe that mothers and fathers can also help children practice making and keeping the baptismal covenant. Each sacrament meeting can be a sacred practice session for little children as they partake of the emblems of the Savior’s Atonement.

And so I return to my original question. Why do we allow unbaptized children to partake of the sacrament? Is it just to “keep the peace”? Of course not. We help our little ones partake of the sacrament so they can remember their Savior and keep His peace—a peace unlike anything the world can offer.⁷ We help them prepare to receive that peace in greater and greater abundance in the future, when they will make and keep covenants with Him. ■

The author lives in Utah, USA.

NOTES

1. See 3 Nephi 18:5, 11.
2. 3 Nephi 18:4; emphasis added.
3. See 3 Nephi 17:21–25; 18:1–4.
4. Doctrine and Covenants 20:77, 79; emphasis added.
5. Doctrine and Covenants 20:77.
6. See L. Tom Perry, “As Now We Take the Sacrament,” *Ensign* or *Liahona*, May 2006, 41.
7. See John 14:27.



UNDERSTANDING Suicide

WARNING SIGNS AND PREVENTION

By Kenichi Shimokawa, PhD

LDS Family Services, Japan office

When Kevin was 16 years old, his parents went through a divorce. Around the same time, he discontinued the use of his epilepsy medication, which had helped stabilize his mood. Without knowing that he had a bipolar disorder, he began experiencing paranoia, debilitating mania, and severe depression. Medications did not seem to help. It reached a point that he felt so tired of everything, he decided to end his life without letting others know of his intentions.

Kevin recounts the day he attempted to take his life: “I was crying. I was just so tired, so emotionally drained. I was just looking at people, wanting someone, anyone, to say, ‘Are you OK?’ As much as I wanted that, I was hearing these voices [in my head] saying, ‘You have to die.’ . . . The whole time begging myself not to [go through with it], but the voices were too strong, I just couldn’t fight them.”¹

Tragically, no one noticed his distress. Convinced that no one cared for him, he made the attempt—but miraculously survived.

Can we feel at least some of his overwhelming distress and desperate, silent cry for help?

Suicide is one of the most difficult trials in mortality, both for those suffering with suicidal thoughts and for surviving family members. Elder M. Russell Ballard of the Quorum of the Twelve Apostles stated: “In my judgment, there is no more difficult time for a family than when a loved one takes his or her own life. Suicide is a devastating family experience.”² Considering the serious nature of this trial,

let us discuss (1) what we know about suicide, including its warning signs and things we can do to help prevent it; (2) what surviving family members and communities can do; and (3) what we all need to do to strengthen our hope and faith in Christ so that we do not despair.

Understanding Suicide

Over 800,000 people end their lives by suicide each year worldwide.³ That means someone in the world is ending his or her life every 40 seconds. The actual number is likely even higher because suicide is a sensitive matter and illegal in some countries and therefore underreported. Suicide is the second-leading cause of death among people between 15 and 29 years of age. In most countries, suicide rates are the highest among people over 70 years of age. Directly or indirectly, suicide affects a large segment of our society.

Warning Signs

When life's challenges feel beyond our capacity to cope, we can experience extreme stress. When emotional distress feels unbearable, a person's thinking can become clouded and can lead them to feel as if death is the only

option. They may feel that no one can help, which can lead to social isolation and further aggravate the distress and feeling of being stuck and hopeless, eventually leading to thinking that suicide is the only option.

When someone shows *any* of the following serious warning signs,⁴ we should immediately get help from a mental health provider or emergency services such as police:

- Making threats to hurt or kill themselves
- Seeking for ways or means to kill themselves
- Talking or writing about death, dying, or suicide

The following signs may present a less urgent situation, but we should not hesitate to reach out and get help for the person showing any of these:

- Expressing hopelessness and loss of purpose in living
- Showing rage or anger or seeking revenge
- Behaving recklessly
- Feeling trapped
- Increasing their alcohol or drug use
- Withdrawing from friends, family, or society
- Feeling anxiety or agitation or having dramatic mood changes
- Struggling to sleep or sleeping all the time
- Feeling that they are a burden to others

Not everyone who tries to commit suicide lets others know of their intentions, but a majority show warning signs such as these. So take these signs seriously!

Even if professional help is not readily available, the power of truly caring friends and family cannot be overstated.

Prevention

When someone is suicidal, family and friends play a vital role. As Alma taught, we must “bear one another’s burdens, that they may be light; . . . mourn with those who mourn; yea, and comfort those that stand in need of comfort” (Mosiah 18:8, 9).

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Here are some helpful things family and friends can do:

Reach out and listen with love. As Elder Ballard counseled, “There is nothing more powerful than the arm of love that can be put around those who are struggling.”⁵ “We must see them . . . through Heavenly Father’s eyes,” taught Elder Dale G. Renlund of the Quorum of the Twelve Apostles. “Only then can we sense the Savior’s caring concern for them. . . . This expanded perspective will open our hearts to the disappointments, fears, and heartaches of others.”⁶

Help with concrete things. If the person is going through a crisis affecting his or her safety and basic needs, offer to provide tangible help, but let the person choose to accept it or not. For instance, if someone becomes suicidal due to losing a job, helping them find job openings gives them options to

choose from and helps free them from feeling stuck.

Ask if they are considering suicide. When you are worried that someone is distressed and showing warning signs of suicide, ask if they are considering suicide. Doing so may feel uncomfortable, but it’s best to find out by directly asking if they are considering suicide. It may open the door for the person to talk about their troubles and concerns.

Examples of such questions may be “That sounds like a lot for anyone to handle. Are you thinking of suicide?” or “With all those pains you are experiencing, I’m wondering if you are considering suicide.” If they are not suicidal, they will likely let you know.

If you sense they are not open with you about suicidal thoughts, stay close to the promptings of the Spirit to know what to do. You may be prompted to simply stay with



them until they can open up to you.

Stay with the person and get help. If someone lets you know that they are suicidal, stay with the person and have them talk to you about what is troubling them. If they talk about specific methods and timing for suicide, help the person contact a crisis hotline or local psychiatric emergency department.

Reactions to a Suicide

Whether they showed warning signs or not, some people do take their lives. When faced with the devastating experience of a loved one's suicide, surviving family members and friends often experience profound, intense, and complex grief. Some of those reactions may include the following:

- Shame and a sense of stigma
- Shock and disbelief

- Anger, relief, or guilt
- Hiding the cause of death
- Social isolation and disruption in family relationships
- Active and even obsessive involvement with suicide-prevention efforts
- A consuming desire to understand why
- Feeling abandoned and rejected
- Blaming the deceased, self, others, and God
- Increased thoughts of suicide or feelings of self-destructiveness
- Increased stress during holiday seasons and the anniversary of the death⁷

What Surviving Families and Communities Can Do

Refrain from judging. While suicide is a serious matter, Elder Ballard also reminds us: "Obviously, we do not know the full

circumstances surrounding every suicide. Only the Lord knows all the details, and he it is who will judge our actions here on earth. When [the Lord] does judge us, I feel he will take all things into consideration: our genetic and chemical makeup, our mental state, our intellectual capacity, the teachings we have received, the traditions of our fathers, our health, and so forth.”⁸

Allow and respect each person’s unique grieving process. People will grieve in different ways, as their relationship with the deceased person is different than everyone else’s. So validate and honor each person’s way of experiencing grief.

When loved ones part from us, strong and even overwhelming emotions can overcome us. Experiencing grief does not mean a lack of faith, however. The Savior said, “Thou shalt live together in love, insomuch that thou shalt weep for the loss of them that die” (D&C 42:45). Grief is a token of our love for our deceased loved ones and what the relationship meant to us.

Ask for help. As you grieve, things can feel overwhelming. Reaching out for help can provide sacred opportunities for others to love and serve you. Allowing them to help can be healing and strengthening not only for you but also for them.

Stay connected. Some people mourn privately and can sometimes become isolated, so stay connected with your families and friends. Reach out periodically to your grieving family members, relatives, and friends, and offer help because they may not come to you.

Rely on the Savior. Ultimately, the Savior is the source of healing and peace. “His Atonement . . . provides the opportunity to call upon Him who has experienced all of our mortal infirmities to give us the strength to bear the burdens of mortality. He knows of our anguish, and He is there for us. Like the good Samaritan, when He finds us wounded at the wayside, He will bind up our wounds and care for us (see Luke 10:34).”⁹

Let us realize that we all need to rely completely on the Lord Jesus Christ and His Atonement as we seek to do our

part. In that humble recognition, let us seek to understand our families and neighbors in distress, reach out to them in love, and cultivate together greater faith and trust in the Savior, who will return and “wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain” (Revelation 21:4). ■

NOTES

1. Kevin Hines, in Amanda Bower, “A Survivor Talks About His Leap,” *Time*, May 24, 2006, Time.com.
2. M. Russell Ballard, in Jason Swenson, “Elder Ballard Offers Comfort and Counsel to Those Affected by Suicide,” *Church News*, Dec. 19, 2014, news.lds.org.
3. See World Health Organization, *Preventing Suicide: A Global Imperative* (2014), 2.
4. See M. David Rudd and others, “Warning Signs for Suicide: Theory, Research, and Clinical Applications,” *Suicide and Life-Threatening Behavior*, vol. 36, no. 3 (2006), 255–62.
5. M. Russell Ballard, in “Sitting on the Bench: Thoughts on Suicide Prevention” (video), lds.org/media-library.
6. Dale G. Renlund, “Through God’s Eyes,” *Ensign or Liahona*, Nov. 2015, 94.
7. See John R. Jordan, “Is Suicide Bereavement Different? A Reassessment of the Literature,” *Suicide and Life-Threatening Behavior*, vol. 31, no. 1 (2001), 91–102.
8. M. Russell Ballard, “Suicide: Some Things We Know, and Some We Do Not,” *Ensign*, Oct. 1987, 8.
9. Dallin H. Oaks, “Strengthened by the Atonement of Jesus Christ,” *Ensign or Liahona*, Nov. 2015, 64.

RECOMMENDED READINGS

- Jeffrey R. Holland, “Like a Broken Vessel,” *Ensign or Liahona*, Nov. 2013, 40–42.
- Dieter F. Uchtdorf, “The Hope of God’s Light,” *Ensign or Liahona*, May 2013, 70–77.
- Shayne M. Bowen, “Because I Live, Ye Shall Live Also,” *Ensign or Liahona*, Nov. 2012, 15–17.
- M. Russell Ballard, “Suicide: Some Things We Know, and Some We Do Not,” *Ensign*, Oct. 1987, 6–9.
- Royden G. Derrick, “When Men’s Hearts Fail,” *New Era*, July 1987, 4–7.
- Steven Eastmond, “The Healing Power of Grief,” *Ensign*, Jan. 2014, 62–65.

Prophetic Words IN AN Unexpected Place

*An abandoned magazine would
change Oscar Castro's life forever.*

By Colette Lindahl

The day Oscar's wife left him and his two small children was one of the hardest of his life. So many decisions needed to be made. He had been searching for a job, and now he would need a new place to live. It seemed to him that his life was in ruins. He thought of just giving up, and he might have if not for his two beautiful children.

In San Juan, Argentina, not many homes were available to rent in Oscar's price range. But a small home in a safe neighborhood had just been left empty by a group of young men, so Oscar rented it and prepared to begin anew with his children.

In their new home, some magazines and books had been left lying on the floor, and after working all day cleaning and putting things away, Oscar sat down and looked at one of the magazines. The cover intrigued him for some reason. Underneath the title, *Liahona*, there was a picture of an old man standing on a tower talking to the people. The man reminded him of pictures of biblical prophets.

Oscar opened the magazine and began to read, "Each of us already knows we should tell the people we love that we love them. But what we know is not always reflected

in what we do."¹ Oscar thought about the sharp words that had been said many times between him and his wife. He wanted to teach his children to be better than that. Oscar continued to read the magazine, and he began to feel hope growing within him. Before the week was out, he had read every article and wanted to know more.

A month later two missionaries were walking in Oscar's neighborhood. Oscar approached them and asked if they were Latter-day Saint missionaries and how much it would cost to get more of those Church magazines. The elders told him that it would cost him only about 20 minutes of his time.

The next day the two missionaries visited Oscar at his home. Oscar told them about moving in and finding old books, magazines, and pamphlets that let him know about the Church. He explained that the first article he read related directly to his life at the time. He already knew the importance of family and wanted to know more about family home evening and family prayer. He told the elders what else he had learned about the Church, including about Joseph Smith and the Restoration of the gospel.

He looked directly into the eyes of the elders and said the words every missionary longs to hear: "I believe that



Joseph Smith was a prophet of God.” The elders invited him to be baptized, and with tears in his eyes, Oscar accepted. A few weeks later, Oscar Castro was baptized and confirmed a member of the Church.

The Lord had prepared Oscar, and his spirit was contrite and ready to learn and grow. On that memorable, moving day, the spirit of the messages in the general conference issue of the *Liahona* touched Oscar’s heart. The previous

owners of the home did not know the effect that leaving behind a few Church magazines would have, but the gospel messages in those magazines became an important missionary tool. In leading him to the truths he was searching for, they forever changed Oscar’s life. ■

The author lived in Argentina while her husband was serving as mission president.

Oscar Castro was baptized and confirmed after finding a general conference issue of the *Liahona* in the home he moved into.

NOTE

1. David A. Bednar, “More Diligent and Concerned at Home,” *Ensign* or *Liahona*, Nov. 2009, 17.



By Elder
Bradley D. Foster
Of the Seventy



FAMILY HISTORY: PEACE, PROTECTION, & PROMISES



As your family participates in the gathering of records, the healing of hearts, and the sealing of family members, you and your posterity will be blessed forever and ever.

The story of The Church of Jesus Christ of Latter-day Saints is a story about families. When I say *families*, I don't mean our modern concept of Mom, Dad, and children. I use the term the way the Lord uses it, as a synonym for *kindred* or *multigenerational families*, because everyone has a family. Our Heavenly Father's plan for His children centers on this kind of family—with children who draw strength from ancestors many generations back and parents who seek to bless their posterity for generations to come.

In this sense the Book of Mormon also tells stories of families. As we read these stories, we find that families haven't changed that much over the centuries. Even those who lived in another time and place are a lot like us—and God's desire for His children to live in happy, eternal families hasn't changed.

Why did the Lord preserve the record of these stories? What did He want us to learn from them? Do they contain lessons that could help us in our efforts to gather, heal, and seal our families?

A Lesson from Lehi

I believe that the first family in the Book of Mormon—Lehi's family—has a powerful lesson for us that we might not have noticed. Lehi's family can teach us a great deal about family records—why they're important to the Lord and why they should be important to us.

When the story begins, Lehi and Sariah are raising their daughters and four sons in Jerusalem, leading a relatively comfortable life in that great city. Their lives changed forever when the Lord commanded Lehi to take his family into the wilderness.

Lehi obeyed, and he and his family left their material possessions behind and ventured into the wilderness. After traveling a while, Lehi said to his son Nephi:

“Behold I have dreamed a dream, in the which the Lord hath commanded me that thou and thy brethren shall *return* to Jerusalem.

“For behold, Laban hath the record of the Jews and also a genealogy of my forefathers, and they are engraven upon plates of brass” (1 Nephi 3:2–3; emphasis added).

Because of this commandment, our families are blessed with the following great declaration of faith and obedience from Nephi: “I will go and do the things which the Lord hath commanded, for I know that the Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the thing which he commandeth them” (1 Nephi 3:7).

The brass plates were a record. They contained the scriptures, but they also contained Lehi’s family history. The Lord knew how important it would be to preserve that record for many generations to come.

Have you ever wondered why the Lord didn’t command Lehi, rather than his sons, to go back for the record? He was the patriarch of the family. The Lord gave *him* the vision. Wouldn’t Lehi have had more influence on Laban than his sons?

We don’t know why the Lord commanded Lehi’s sons to return to Jerusalem, but we do know that they struggled to accomplish what the Lord asked them to do. The task was difficult, and it tested their faith. They learned valuable lessons that would serve them well throughout their journeying in the wilderness. Perhaps most important, they learned that when the Lord commands, He really does provide a way.

We might ask ourselves, what does the Lord want our sons and daughters to learn as they “return” to retrieve our family records? How is He providing a way for them? Are there experiences He wants them to have? Are we inviting them to have these experiences? What blessings is He hoping to give your



*The Lord wanted
Lehi’s family to
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sons and daughters through temple and family history service?

When Nephi and his brothers returned to their father’s tent, Lehi “took the records which were engraven upon the plates of brass, and he did search them from the beginning.” There he found “the five books of Moses,” “the prophecies of the holy prophets,” and “a genealogy of his fathers; wherefore he knew that he was a descendant of Joseph . . . who was sold into Egypt.” And when Lehi “saw all these things, he was filled with the Spirit” (1 Nephi 5:10, 11, 13, 14, 17).

Lehi then taught his family what he had learned from the plates. You might say his tent became a family history and learning center—just as our homes should be.

It’s easy to see why the Lord wanted Lehi’s family to have these records. They gave his descendants a sense of identity, linking

them to faithful patriarchs of the past and planting in their hearts “the promises made to the fathers” (D&C 2:2; Joseph Smith—History 1:39). These records were so important to the faith of unborn generations that the Spirit warned Nephi that without them, an entire “nation should dwindle and perish in unbelief” (1 Nephi 4:13).

The experience of another people in the Book of Mormon shows how true it is that when records are lost, truth is lost, and the results for future generations can be disastrous.

The Mulekites left Jerusalem about the same time as Lehi’s family. But unlike Lehi’s family, “they had brought no records with them.” By the time Mosiah discovered them about 400 years later, “their language had become corrupted; . . . and they denied the being of their Creator” (Omni 1:17). They had lost their identity as a covenant people.

Mosiah taught the Mulekites his language so they could learn from the records he possessed. As a result, the Mulekites underwent a transformation from a troubled, godless society to a society that understood God’s plan of happiness for them—and their families.

Return with Your Family

The knowledge of who we are in relation to God and to each other changes the way we think, act, and treat others. Records are a vital piece of our identity and perspective. Looking back prepares us to go forward.

Parents, have you invited your family to “return”? Has your family been separated from their records—or from each other—in one way or another? Has your family’s tie between the present and the past been severed? What occurred in your family’s history to cause this separation? Was it immigration, family conflict, conversion to the gospel, or simply the passage of time? Have you reached out recently to find your ancestors on FamilySearch.org?

The house of Israel has been scattered, and in many ways that includes the scattering of our families and records. Our responsibility is to gather them and, where necessary, to heal the wounds of separation. As we seek diligently to turn the hearts of our children to their fathers, our hearts will also turn to our children¹ and we will discover together the peace and healing that come of this work (see D&C 98:16).

Just as Lehi sent his sons back to Jerusalem for the sacred records, let us send our children back for our family records. Just as the Lord provided a way for Nephi, He has provided the Internet and other technologies that will enable our children to gather and heal our families. And He has provided temples where we can take the names we find and make our gathering permanent through sealing ordinances.

Joy in the Wilderness

When my wife, Sharol, and I were married, we decided we’d have four sons. The Lord had a different plan. He gave us four daughters.

We’ve traveled with our daughters through the wilderness. Now they’re married with children and traveling through their own wilderness. Has everything been easy along the way? No. We’ve had our share of murmuring, and there have been plenty of struggles.

Life’s wilderness can be tough on families. When people ask, “How are you and your family doing?” I often say, “We’re between crises right now. Thanks for asking.”

But there are also moments of true joy along the way. As patriarchs and matriarchs, we spend a lot of time fortifying our children for the wilderness. Prophets in our day have promised that family history work provides “protection from the influence of the adversary”² and a “deep and abiding” conversion to the Savior.³ What a powerful way to gather, heal, and seal our families.

As the patriarch of our family, I’ve asked my daughters to “return” to *find* the records, *take* the names to the temple, and *teach* our grandchildren. I have asked them to get to know who they are made of by participating in our family history.

A Promise

I promise that as you invite your children to “return” and find your family records, together you will “rejoice exceedingly” like Lehi and Sariah and give “thanks unto the God of Israel.” As you search your records, you will be “filled with the Spirit,” for you will find “that they [are] desirable; yea, even of great worth.” And you will know that “it was wisdom in the Lord that [you] should carry them with [you]” as you journey “in the wilderness towards [your] land of promise” (1 Nephi 5:9, 17, 21–22).

The Church is here to support and strengthen your family in this journey. I promise that as your family participates in the gathering of records, the healing of hearts, and the sealing of family members, you and your posterity—your family—will be blessed forever and ever. ■

From an address, “Gathering, Healing, and Sealing Families,” given at the RootsTech Family History Conference in Salt Lake City, Utah, USA, on February 14, 2015.

NOTES

1. For examples of how the records contained on the plates of brass brought healing to Lehi’s posterity, see Alma 37:8–10.
2. Richard G. Scott, “The Joy of Redeeming the Dead,” *Ensign or Liahona*, Nov. 2012, 94.
3. David A. Bednar, “The Hearts of the Children Shall Turn,” *Ensign or Liahona*, Nov. 2011, 27.



MORE ONLINE

Two Apostles promise blessings to youth who participate in family history and temple service. Scan this QR code or visit lds.org/go/1016000 to watch the video.



Love

VERSUS LUST

By Joshua J. Perkey
Church Magazines

LUST.

It certainly is an ugly word. Most of us don't want to think about it, much less learn about it. The term invokes a sleazy feeling, something dark—alluring yet wrong.

There is good reason for that. If “the love of money is the root of all evil” (1 Timothy 6:10), then certainly lust is its secret ally. It is base and degrading. Lust turns people, things, and even ideas into objects to possess or acquire to satisfy a craving. But if we already know that, why do we need to know more about it?

Because if we can better understand what lust really means, we can learn how to shape our thoughts, feelings, and actions so that we can avoid and overcome its manifestations. This will lead us to a closer association to the Holy Spirit, which purifies our thoughts and intentions and strengthens us. And that will lead to a much happier, peaceful, and joyful life.

Defining Lust

We tend to think of lust primarily as having inappropriate, intense feelings of physical attraction toward another person, but it is possible to lust after or covet just about anything: money, property, objects, and, of course, other people (see Guide to the Scriptures, “Lust”).

IF WE CAN BETTER UNDERSTAND WHAT LUST REALLY MEANS, WE CAN LEARN HOW TO AVOID IT AND MAKE CHOICES THAT DRAW US CLOSER TO THE HOLY SPIRIT.



DEFINING LOVE AND LUST

Love is ennobling; lust is degenerating. Love embraces truth; lust embraces lies. Love builds and strengthens; lust destroys and weakens. Love is harmonious; lust is discordant. Love brings peace; lust brings conflict. Love inspires; lust deadens. Love heals; lust debilitates. Love energizes; lust combusts. Love illuminates; lust darkens. Love fills and sustains; lust cannot be satisfied. Love is intimately connected with promise; lust finds its home with pride.

Lust compels a person to seek to acquire something that is contrary to God's will. It encompasses any feeling or desire that causes an individual to focus on worldly possessions or selfish practices—personal interests, desires, passions, and appetites—rather than keeping the commandments of God.

In other words, desiring things contrary to God's will or desiring to possess things in a manner that is contrary to His will is lust, and it leads to unhappiness.¹

The Danger of Sexual Lust

Although we have been cautioned against lust as a form of coveting generally, in its sexual context lust is particularly dangerous. The Savior cautioned: "Whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart" (Matthew 5:28).

Ancient apostles warned extensively against lust in this sense. As just one example, the Apostle John said, "For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world" (1 John 2:16; see also verse 17; Romans 13:14; 1 Peter 2:11).

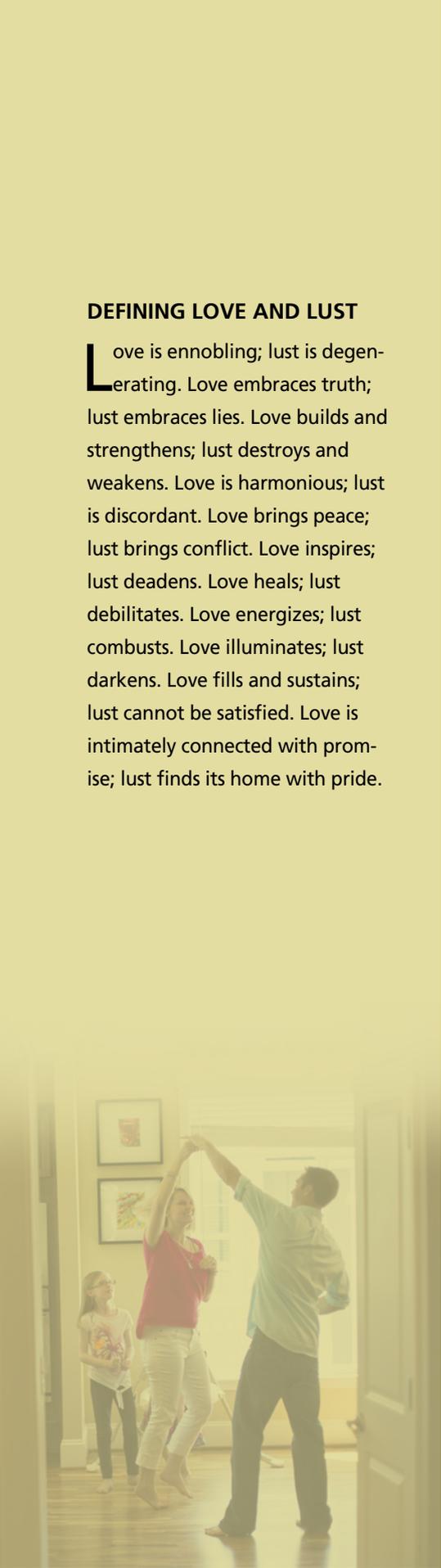
And the warnings continue today.² Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles explains: "Why is lust such a deadly sin? Well, in addition to the completely Spirit-destroying impact it has upon

our souls, I think it is a sin because it defiles the highest and holiest relationship God gives us in mortality—the love that a man and a woman have for each other and the desire that couple has to bring children into a family intended to be forever."³

Allowing lustful desire to germinate has been at the root of many sinful acts. What begins with a seemingly innocent glance can grow into sordid infidelity with all its disastrous consequences. That is because lust drives away the Holy Ghost and leaves us vulnerable to other temptations and vices and the wiles of the adversary.

The tragic choices of King David are a sad example of how powerful and deadly this emotion can be. David happened to see Bathsheba bathing and lusted after her. Lust yielded to action, and he had her brought to him and he lay with her. Then, in a misguided effort to hide his sin, David ordered Bathsheba's husband to be stationed in battle where he was certain to be killed (see 2 Samuel 11). As a result, David lost his exaltation (see D&C 132:38–39).

David's situation may seem extreme, but it certainly proves the point: lust is a powerful temptation. Surrendering to it can cause us to engage in things that no one in their right mind would do. The fact that it is so insidious, so easily aroused, and so effective at tempting us to turn from the Holy Ghost and yield our will to something forbidden makes it all the





Lust encompasses any feeling or desire that causes an individual to focus on worldly possessions or selfish practices rather than keeping the commandments of God.

more dangerous. It can be triggered by viewing pornography, listening to explicit lyrics, or engaging in inappropriate intimacy. At the same time, lustful feelings can prompt an individual to seek pornography. This cyclical relationship is extremely powerful and dangerous.⁴

Lust of a sexual nature degrades and weakens all relationships, not the least of which is one's personal relationship with God. "And verily I say unto you, as I have said before, he that looketh on a woman to lust after her, or if any shall commit adultery in their hearts, they shall not have the Spirit, but shall deny the faith and shall fear" (D&C 63:16).

As Elder Richard G. Scott (1928–2015) of the Quorum of the Twelve Apostles taught, "Sexual immorality creates a barrier to the influence of the Holy Spirit with all its uplifting, enlightening, and empowering capabilities. It causes powerful physical and emotional stimulation. In time that creates an unquenchable appetite that drives the offender to ever more serious sin."⁵

What Lust Isn't

Having considered what lust *is*, it's also important to understand what it is *not* and to be careful not to label

appropriate thoughts, feelings, and desires as lust. Lust is a *kind* of desire, but there are also righteous desires. For example, we can desire good and appropriate things that will help to accomplish the Lord's work.

Think about:

- **The desire to have money.** In and of itself, desiring money isn't evil. Paul didn't say that *money* is the root of all evil. He said, "the *love of money* is the root of all evil" (1 Timothy 6:10; emphasis added). Jacob's teachings add additional clarification: "Before ye seek for riches, seek ye for the kingdom of God. And after ye have obtained a hope in Christ ye shall obtain riches, if ye seek them; and ye will seek them for the intent to do good—to clothe the naked, and to feed the hungry, and to liberate the captive, and administer relief to the sick and the afflicted" (Jacob 2:18–19).
- **Having appropriate sexual feelings toward your spouse.** Those God-given feelings help strengthen, fortify, and unify a marriage. But it *is* possible to have inappropriate feelings toward a spouse. If we seek fulfillment only for our own sake, or only to gratify



Because Heavenly Father gives us agency, we have power over our thoughts, feelings, and actions.

our own cravings or feelings, we might be slipping into lustful desires, and that can be damaging to a marriage relationship. The key to seeking and maintaining appropriate physical intimacy in a marriage is pure and loving intent.

The important principle is to seek things for the right purpose—to build God’s kingdom and increase goodness in the world. In contrast, lust encourages us to step outside of appropriate boundaries, where our desires can debase God, objectify people, and turn objects, wealth, and even power into monstrosities that warp our sensibilities and damage our relationships.

Why We Often Yield to Lust

Given how damaging and dangerous lust is, why is it so tempting and so prevalent? Why do we so often let it overpower us? On the surface, it may seem that selfishness or lack of self-control are at the heart of lust. Those are contributing factors, but the deep root of lust is often emptiness. Individuals may succumb to lust in a vain attempt to fill a vacancy in their life. Lust is a false emotion,

a poor substitute for genuine love, true value, and enduring discipleship.

Proper emotional control, in one sense, is a condition of the heart. “For as he thinketh in his heart, so is he” (Proverbs 23:7). Wherever we place our mental and spiritual focus will over time become the driving force behind our thoughts, feelings, and actions. Whenever we feel ourselves tempted to lust, we need to replace that temptation with something more appropriate.

Idleness can also cause lustful thoughts. When we have too little going on in our lives, we tend to be more susceptible to evil influences. As we actively seek to be anxiously engaged in good causes (see D&C 58:27) and strive to use our time productively, we will be less prone to lustful thoughts or other negative influences.

As Elder Dallin H. Oaks of the Quorum of the Twelve Apostles explains, the desires we choose to adhere to affect not only our actions but also who we eventually become: “Desires dictate our priorities, priorities shape our choices, and choices determine our actions. The desires we act on determine our changing, our achieving, and our becoming.”⁶

In other words, we must guard not only the emotions that we allow ourselves to engage in but also the thoughts that precipitate or are caused by those feelings. As Alma taught, if our thoughts are impure, “our thoughts will also condemn us” (Alma 12:14).

The Antidote: Christlike Love

Lust isn’t inevitable. Because Heavenly Father gives us agency, we have power over our thoughts, feelings, and actions. We don’t have to pursue lustful thoughts and feelings. When temptations arise, we can choose not to go down those paths.

How do we overcome the temptation to lust? We begin by developing a proper relationship with our Heavenly Father and choosing to serve others. And we engage in daily religious behaviors, including prayer and scripture study, which invite the Holy Ghost into our lives. Ultimately, the secret ingredient is Christlike love—pure, sincere, honest love, with a desire to build the kingdom of God and to keep an eye single to His glory. That love is possible only when we have the companionship of the Holy Ghost.

Removing lust requires heartfelt prayer where we ask God to remove those feelings and provide, in their place, charitable love (see Moroni 7:48). This is made possible, as all such repentance is, through the grace

of the Atonement of Jesus Christ.⁷ Because of Him, we can learn to love the way that He and our Heavenly Father love us.

When we continually focus on our Heavenly Father, when we live according to the first and second great commandments—to love God and our neighbors as ourselves (see Matthew 22:36–39)—and when we do all that we can to live as He has taught, pure and honest intentions influence our lives with greater and greater intensity. As we unite our will with the will of the Father, the temptations and effects of lust diminish, replaced with the pure love of Christ. Then we are filled with a divine love that replaces the base desires of this world with the beauty of building the kingdom of God. ■

NOTES

1. See Dallin H. Oaks, “Joy and Mercy,” *Ensign*, Nov. 1991, 75; and Thomas S. Monson, “Finishers Wanted,” *Ensign*, July 1972, 69.
2. For just a few examples, see Doctrine and Covenants 88:121; Spencer W. Kimball, “President Kimball Speaks Out on Morality,” *Ensign*, Nov. 1980, 94–98; Neal A. Maxwell, “The Seventh Commandment: A Shield,” *Ensign*, Nov. 2001, 78–80; Russell M. Nelson, “Where Is Wisdom?” *Ensign*, Nov. 1992, 6–8. For more scriptural warnings against lust, review the following topics in the Guide to the Scriptures: Adultery; Carnal; Chastity; Covet; Fornication; Homosexuality; Lust; Sensual; Sensuality; Sexual Immorality.
3. Jeffrey R. Holland, “Place No More for the Enemy of My Soul,” *Ensign or Liahona*, May 2010, 44–45.
4. For more on this topic, see Dallin H. Oaks, “Recovering from the Trap of Pornography,” *Ensign*, Oct. 2015, 32; *Liahona*, Oct. 2015, 50.
5. Richard G. Scott, “Making the Right Choices,” *Ensign*, Nov. 1994, 38.
6. Dallin H. Oaks, “Desire,” *Ensign or Liahona*, May 2011, 42.
7. See, for example, D. Todd Christofferson, “The Divine Gift of Repentance,” *Ensign or Liahona*, Nov. 2011, 38–41.

FIVE SUGGESTIONS FOR A PURE LIFE

Elder Jeffrey R. Holland gives five suggestions for how to regain and maintain a pure life:

1. Separate yourself from people, materials, and circumstances that will harm you.
2. Seek help.
3. Develop and exercise self-control to eliminate bad influences.
4. Replace lewd thoughts with hopeful images and joyful memories.
5. Cultivate and be where the Spirit of the Lord is.

From “Place No More for the Enemy of My Soul,” *Ensign or Liahona*, May 2010, 44–46.



SERVING Beyond Jordan

Or wherever else the Lord needs you.

By R. Val Johnson and Rachel Coleman

Church Magazines and Publishing Services

The need was critical.

In early 2013, five cases of measles broke out in the Za'atari refugee camp in the Middle Eastern country of Jordan. More than 100,000 Syrian refugees, living in overcrowded conditions, were at risk of contracting this highly contagious, dangerous virus. The Jordanian government planned a massive immunization campaign to keep the disease from spreading. The plan was to immunize at least 90,000 Syrian refugees between the ages of 6 months and 30 years within a two-week period.

But there was a problem. The United Nations Children's Emergency Fund (UNICEF) had the serum. The Jordanian Ministry of Health had the clinics. What they didn't have were cold-chain supply items—syringes, containers for sharp instruments, serum coolers—and time was running out.¹

Enter Ron and Sandi Hammond, senior welfare missionaries serving as country directors in Jordan for LDS Charities. As Ron and Sandi already had working relationships with UNICEF and the Ministry of Health, they quickly joined the collaboration between these organizations to determine how LDS Charities could help.

Ron says, “We inquired about the cost of purchasing the cold-chain supply items. When they told us, we said, ‘We think LDS Charities can help.’ They said, ‘How fast? We’ve got to get moving on this!’”

Within 20 hours LDS Charities had approved the purchase of the necessary cold-chain supplies. “When we informed the Ministry of Health and UNICEF,” Ron says, “they were awestruck. How could an NGO [non-governmental organization] move so quickly? Not only did the immunization campaign go forward on schedule, but it also inspired a nationwide campaign that inoculated hundreds of thousands of Jordanians and Syrian refugees.”

Crisis averted.

Furthermore, this productive partnership among UNICEF, Jordan's Ministry of



LDS Charities helped immunize 90,000 Syrian refugees for measles.



Health, and LDS Charities created the potential for future collaboration.

How Ron and Sandi Hammond arrived at that important moment in the Middle East is a testament of the Hammonds' faith and the inspiration behind the Church's senior missionary program.

Needed: Missionary Couples

In 2012 the Hammonds were serving as ordinance workers in the Rexburg Idaho Temple. Ron had a successful dental practice and was teaching in the Religion Department at Brigham Young University–Idaho. But the serene routine of their lives changed abruptly with a distinct spiritual impression to immediately submit papers to serve a mission. The timing surprised them. Their married children were in various stages of career moves and relocations, and Ron was not yet looking to retire. But the Spirit assured them that they were needed and that all would be well.

As it turned out, priesthood leaders at Church headquarters had been fasting and praying to find the right couple to serve as country directors for LDS Charities in Amman, Jordan.

"It was so evident," says Sandi, "that the Lord was out ahead of us, preparing the details of the specific assignment

Amman, Jordan



He had for us. We know that He does this for every missionary who serves. It is comforting knowing that the Savior is arranging things for you to serve before you ever arrive."

"In retrospect," Ron says, "we are grateful we were neither specific nor insistent on where we wished to serve. Leaving such matters in the Lord's hands allowed Him to give us an experience we would not have had otherwise."

That experience included working with Jordan's royal family on humanitarian projects of interest to the royals. The Hammonds collaborated with local hospitals and clinics to provide training to Jordanian medical staff on life-saving neonatal resuscitation skills, resulting in a significant reduction in mortality among newborns. Through their efforts and the efforts of other missionary couples, LDS Charities

HOW TO HAVE THE BEST 6 OR 12 OR 18 OR 23 MONTHS OF YOUR LIFE

A couple can serve a mission of 6, 12, 18, or 23 months, depending on their situation.

In addition, the biggest financial cost of a mission—housing—has been made manageable by limiting the cost of housing to no more than U.S. \$1,400 for couples serving

from the United States, Canada, western Europe, Japan, and Australia. Those from all other countries pay what they can afford.

For information on applying for missionary service and to read more stories of couples who have had the best months of their lives serving missions, go to lds.org/callings/missionary/senior.



provided training and equipment to vision clinics and organizations serving those with physical disabilities. Among those that the Hammonds and other welfare missionaries supported was a center that teaches women with physical disabilities how to design and make specialty clothing and craft items. These skills gave students the opportunity to better provide for themselves and their families.

Other projects included working with other NGOs and the Jordanian government on emergency response and screening Jordanian students to receive one of two scholarships each year to attend Brigham Young University. One of the most satisfying experiences the Hammonds had was working with the Latin Catholic Church to build school rooms for Iraqi Christians who had nowhere else to meet.

With the Lord in His Vineyard

While in Jordan the Hammonds learned how true the Lord's promise is to those who serve Him: "I will go before your face. I will be on your right hand and on your left,



Ron and Sandi Hammond and other humanitarian missionaries worked with the royal family of Jordan to decrease the mortality of newborns there.

and my Spirit shall be in your hearts, and mine angels round about you, to bear you up" (D&C 84:88).

"God is involved in the work," Ron says. "He is down in the vineyard with His servants. Any couple who goes on a mission is joined in the vineyard by the Lord of the vineyard. We don't believe in miracles in Jordan; we lived them."

Indisputably, the angels they felt "round about" them included the heavenly variety, but they also included the mortal variety, especially their children, who supported their decision to serve so far from home.

And their family in turn was blessed by the Lord's protective, sustaining power. Significant career and relocation decisions were made, and concerns with potential birth complications were resolved as their children turned to the Lord, counseled together, and prayed and fasted for one another.

The blessings their children received were so remarkable that when Brother and Sister Hammond were invited to extend their two-year mission to three, each of their children expressed enthusiastic support. They sensed the Lord was doing something very special for them as a direct result of their parents' service.

Still, the separation the Hammond family felt was a sacrifice. Being halfway around the world from those they loved was difficult. But it wasn't as difficult as it would have been in the past. Technology made it possible for the family to be involved in one another's lives as often as needed. Sandi says, "Couples don't lose contact with their families. We kept in frequent contact with our children's families back home. Because of FaceTime and emails, our four new grandchildren, born while we served, knew us and were warm and welcoming when we returned."

Opening Eyes and Hearts

Among the many blessings the Hammonds feel they received from their service is having their eyes opened to the generosity and friendliness of the Jordanian people. When the Hammonds first received their call, they were uncertain about the people they would be serving.

"But we found our Muslim friends to be gentle and



One concern for potential couple missionaries is being away from children and grandchildren at important times in their lives. The Hammonds learned that, in remarkable ways, the Lord blesses the families of couples who serve and that technology enables them to remain close even if half a world away.

generous,” Ron says, “and we are certain that had they sensed we were ever in harm’s way, they would have gone out of their way to protect us.

“Their charity is amazing. Jordanians can’t bear knowing others are going without if they can help. They have been welcoming refugees since pre-Davidic times. The Bible contains many references to ‘beyond Jordan,’ and we began signing our letters ‘Beyond Jordan’ as recognition of the compassionate service we were privileged to provide in this historically compassionate country. For centuries Jordan has been a place of charity, and the Lord has blessed the people for it.”

Working so closely with the Jordanian people enabled the Hammonds to develop some strong friendships. “We were invited to several Iftar meals, the meal that ends the daily Ramadan fast,” Sandi says. “Our Muslim friends also invited us to attend engagement parties, weddings, and other family-focused occasions.”

The Church doesn’t proselyte or permit baptisms of Muslims in Jordan or anywhere else where the law forbids it, so the Hammonds didn’t share information about the

Church. Instead, they focused on building and maintaining relationships—with the royal family, local humanitarian partners, other couple missionaries serving with them, and religious and government leaders. When asked for details about the Church, the Hammonds encouraged inquirers to visit LDS.org.

The Call to Serve

Considering the remarkable experiences Ron and Sandi had, do they feel they are somehow special among couples called to serve—or that could be called to serve?

Yes—and no. “We served where and when the Lord needed a couple with our specific skills and life experiences,” the Hammonds say. “But that’s true for all senior missionaries.

Every couple with the ability to serve a mission has been prepared to serve in ways special to them. They just need to exercise faith enough to go where the Lord has need of them, and He will use them to make a difference in the lives of others.”

“Couples can make a difference,” said Elder Robert D. Hales of the Quorum of the Twelve Apostles. “Couples can accomplish remarkable things no one else can do. . . .

“ . . . The ways in which couples can serve are virtually limitless. From mission office support and leadership training to family history, temple work, and humanitarian service—there is an opportunity to use almost any skill or talent with which the Lord has blessed you. . . .

“ . . . You have received much in your life; go forth and freely give in the service of our Lord and Savior. Have faith; the Lord knows where you are needed. The need is so great, brothers and sisters, and the laborers are so few.”² ■

NOTES

1. See “Mass Vaccination Campaigns in Syria, Jordan, Lebanon, Iraq and Turkey Amid Measles Outbreaks,” Apr. 30, 2013, unicef.org.
2. Robert D. Hales, “Couple Missionaries: A Time to Serve,” *Ensign*, May 2001, 26, 27; *Liahona*, July 2001, 30, 31.

LEFT: PHOTOGRAPH COURTESY OF LDS CHARITIES; RIGHT: PHOTOGRAPH COURTESY OF THE HAMMONDS

BEGGING FOR MERCY

On a trip to a nearby city in Estonia, I saw a man begging for money. Amazingly, I recognized him from when I served as a missionary in that city 10 years earlier. He was carrying a big bag of plastic bottles, just as before, to collect for recycling money. I remembered he always asked for spare change, and if you gave him some he would ask if you had any more.

I was shocked to see him. And after 10 years he was still the same—a little more gray, but it looked like he had been living the same life begging for money day after day. I thought about the wonderful 10 years I had lived in the meantime, which included marrying in the temple, gaining an education, finding a good

job, and enjoying good health.

I figured this might be the last time I saw him, and I felt like I should give him something. The problem was I only had a bill that was worth more than I was willing to give. I cringed at the choice I had—give him nothing or give him more than I wanted. I decided it wouldn't really make a big difference for me and it would make his day, so I gave him the money.

Less than two days later I found myself in a similar situation, but this time I was the one begging for mercy. I had mixed up the date for an important scholarship application. I thought I had turned it in two weeks early, but I was horrified when I

double-checked the date and saw that I had sent it in one day late.

The sum of the scholarship was exactly 100 times the amount I had given to the beggar, and the irony was not lost on me. I found myself begging for mercy, both in prayer to my Heavenly Father and via email to the university officials. They said they would include the application but note it was late.

My prayer was answered and I was blessed to receive the scholarship, which financially helped my wife and me a lot. But more importantly this experience taught me a valuable lesson: are we not all beggars before God? (see Mosiah 4:19). ■

Matthew Crandall, Harju, Estonia

On a trip to a nearby city in Estonia, I saw a man begging for money. Amazingly, I recognized him from when I served as a missionary in that city 10 years earlier.



ANGELS NAMED MR. AND MRS. DUNN

I was watching TV when my mother called to tell me that her brother, my 92-year-old Uncle Floyd, and his wife, Aunt Millie, were sick with the flu and had no food in their house. Neither was well enough to go to the store to get anything. Uncle Floyd and Aunt Millie had no other family nearby, so they had no one to help them.

My mother wondered if I could help. I am the only member of the Church in that part of my family, and I had been called on in situations before. The problem was that I lived in Utah, USA, and my aunt and uncle were in Hemet, California, USA.

I told my mom to give me a few minutes to think about what to do. I had a friend who lived near Hemet, so I called and asked if she knew anyone in Hemet. She told me about a lady she served with at the Redlands California Temple named Sister Dunn who was a Relief Society president there.

When Sister Dunn answered the phone, I began, "Hi, Sister Dunn. You don't know me, but my name is Nancy Little, and I live in Utah. I'm a member of the Church, but my aunt



Sister Dunn insisted that she and her husband would take food to my aunt and uncle.

and uncle who live in Hemet are not. They are ill and have no food in their house." I told her where they lived, which was far from where she was, and explained that I just wanted to get information about a restaurant near them that might deliver food.

Instead, Sister Dunn insisted that she and her husband would take food to my aunt and uncle. They happened to have some homemade soup and bread, and her mother had just made cookies. I protested but she persisted.

A few hours later, Sister Dunn called and assured me that all was well. My mother called later to tell me what Uncle Floyd had said of their visit. He said, "Angels arrived at my home named Mr. and Mrs. Dunn. They came with armloads of food: fruits, vegetables, homemade soup, bread, and cookies. They were the best cookies I have ever eaten." The Dunns visited with my uncle, helped them with their needs, and then Brother Dunn carried my frail Aunt Millie, who suffered from Alzheimer's disease, from her bed to a chair in the kitchen so that Sister Dunn could feed her.

When Uncle Floyd called my mother to tell her about the visit, he wept. He said he had never met such kind and caring people. He told my mom that I was lucky to live in Utah and be surrounded by "all those Mormons."

Four days after the visit, Uncle Floyd walked out to his mailbox and slipped and fell. He hit his head and died four days later. With the exception of a homecare nurse, Brother and Sister Dunn were the last people my uncle saw before he died.

I am grateful for the Christlike example of one of my Relief Society sisters who lived hundreds of miles away, someone I have still never met, who helped my aunt and uncle. ■
Nancy Little, Utah, USA

A SEASON FOR FAMILY HISTORY

As a mother of two young daughters, I have often made the excuse that I cannot participate in some of the things that I would like to because it is simply not my “season” to do so. One of those things was family history work.

Though I had participated in indexing as an enjoyable Sabbath activity in the past, I found myself making excuses that I had neither the time nor the knowledge to embrace my family history work at the time.

My heart changed early one morning a few months ago as I sat in the temple. As I reviewed the names of the deceased on the temple cards, praying that they would accept the temple ordinances performed for them, I thought to myself, “Wouldn’t it be nice if these were my own family members? I’d like to do the work for them.” The Spirit confirmed to me that if these were my desires, then the Lord would help me do my family history work, specifically on the Sabbath

day. He could help me find the time and the knowledge to accomplish His purposes.

That Sunday, I went home and logged onto FamilySearch.org. Tears immediately flooded my eyes as I saw the names of my ancestors. My connection to them became stronger. What added to my love for them were the personal photographs and documents, recently added by my grandmother, making my family members come to life even more for me. I felt joy in involving my two-year-old, who learned to identify pictures of her great-grandfather and great-great-grandmother, calling them by name. I felt the way that President Russell M. Nelson, President of the Quorum of the Twelve Apostles, described:

“The Sabbath provides a wonderful opportunity to strengthen

family ties. After all, God wants each of us, as His children, to return to Him as endowed Saints, sealed in the temple as families, to our ancestors, and to our posterity” (“The Sabbath Is a Delight,” *Ensign* or *Liahona*, May 2015, 130).

Since that initial experience, I have continued to participate in family history work on the Sabbath day. I have been blessed to do temple work for some of my deceased family members. A particular blessing has been learning about my relatives and gaining a closer relationship with my grandparents who are not members of our faith. It has strengthened my resolve to keep my covenants and endure to the end so that I may be a strong link in my eternal family.

Though there is still much work to be done, I am grateful to my Heavenly Father for increasing my capacity so that I can participate in His work, especially on His day. For me, the Sabbath is truly a delight. ■

Rachel Lewis, Utah, USA



I felt joy in involving my two-year-old, who learned to identify pictures of her great-grandfather and great-great-grandmother, calling them by name.



I happened to have a Captain Moroni figurine, and he sat in my shirt pocket the rest of the school year as a reminder of how Captain Moroni had taught me.

CAPTAIN MORONI HELPED ME TEACH MIDDLE SCHOOL

I was in the middle of a difficult year teaching 13- and 14-year-olds. I had just come home from a frustrating meeting with the assistant principal going over a recent evaluation. Being a new teacher and needing to create most of my lessons, I found myself struggling to keep the students on task and interested. Basically the conversation came down to the need for me to force my students to make a choice—get on task or get in trouble—and to follow through with my warnings.

I left the conference feeling down

and overwhelmed. I made it a point to make this meeting the question of the day as I studied my scriptures the next day. Incredibly, answers came to me as I read from the Book of Mormon.

I prayed to learn from the scriptures that morning how to be a better teacher. The Holy Ghost taught me as I read about Captain Moroni in Alma 44. At this point in the story, Captain Moroni and the Nephites had surrounded the Lamanites at the river Sidon and scared them to the point of making the Lamanites drop their

weapons. I continued to read, thinking of how I'd like to be like Captain Moroni in the classroom: commanding, confident, and successful.

I read through the dialogue and noticed Moroni telling Zerahemnah and the Lamanites that they were being forced to make a choice: “Deliver up your weapons of war unto us, and . . . we will spare your lives, if ye will go your way and come not again to war against us” or else “if ye do not this, . . . I will command my men that they shall fall upon you” (Alma 44:6, 7). I realized he was doing what my administrator had told me to do! “Give them two choices, and follow through,” he had said. With that in mind, I adopted Moroni’s motto, “Behold, we will end the conflict” (Alma 44:10).

Armed with the principles I had learned in a scripture story about one of my heroes, I returned to class confident with my battle plan. I happened to have a Captain Moroni figurine, and he sat in my shirt pocket the rest of the school year as a reminder of how Captain Moroni had taught me to manage a middle school classroom. As I gave my students two choices, their behavior improved, they did their work, and we got along better. The year finished, and it was still hard, but with the answered prayer and the power of the scriptures, I was able to “end the conflict.” ■

Ben Floyd, Washington, USA

FASTING AND PRAYING FOR EMMA

By Cecilie Norrung

After my daughter fell out of a window, I thought our worst fears had come true.

My family had just returned from a wonderful vacation. After dinner I let our two children, four-year-old Markus and three-year-old Emma, play in the upstairs bedroom of our fourth-floor apartment. In Denmark, windows open out like shutters. The windows are usually locked, but we had left them slightly ajar during our vacation so the apartment would be ventilated during our trip.

As I was doing the dishes, I suddenly felt that something was terribly wrong. I ran into the living room as Markus came running down the stairs. He was screaming with fear, saying Emma had fallen out of the window—a window about 40 feet (12 m) above a cement sidewalk. I ran down the stairs, repeatedly screaming Emma's name. I saw my little daughter lying on the cement as if she were lifeless. She was completely limp when I picked her up, and I thought my worst fears were confirmed. My husband, who had followed me outside, took her in his arms and immediately gave her a priesthood blessing.

The ambulance came quickly, and Markus and I said a prayer while the paramedics worked on Emma. Soon we were all in the ambulance heading to the hospital.

At the intensive care unit we were quickly joined by family members who came to support us. Markus went home with his cousins, while my husband and I stayed behind, not yet knowing about Emma's condition.

After what seemed like a long wait, one of the doctors finally came in, asking for details about the accident. They said that normally a fall from such a height would have resulted in internal injuries and only a small chance of survival. Emma had a broken pelvis and a concussion, but her scrapes were only superficial. The doctor said an angel must have caught her.

Even though Emma's survival was a miracle, she was still unconscious because of head trauma. My husband and two close friends again administered to Emma. In that blessing she was promised a complete recovery without any lasting problems and that this would be a positive experience in her life. I felt immense gratitude for the power of the priesthood. All my nightlong pleadings had been heard.

Emma came out of her coma four days later. During those four days, friends, members of the Church, and others fasted and prayed for her. I felt the prayers of faithful



IMAGE © ISTOCK/THINKSTOCK



Saints weave around me, strengthening my family and me. I felt as if Heavenly Father had wrapped His arms around me and filled me with comfort.

Our stake had held a fast on the day before she woke up. We believe that Heavenly Father heard our prayers and that Emma's waking up was a direct result of the fast. From there Emma recovered quickly. Five days later she said her first word since the accident, and nine days later she was released from the hospital. She spent five weeks in a wheelchair and then started physical therapy.

About a month after the accident, my back suddenly gave out on me from lifting Emma. A feeling of not only physical but also spiritual powerlessness came over me. How could I continue to take care of her?

One night the guilt of being so powerless became too much to bear. I left the house and found a park bench, where I prayed to Heavenly Father for about an hour. For the first time in my life, I felt the miraculous power of the Savior's Atonement overcome me. All the pain and sorrow I had been carrying was taken from me; all my burdens were lifted off my shoulders after that prayer. Emma was still in a wheelchair, and I was getting regular back treatments, but I was strengthened to carry on.

One year later, Emma could run, laugh, tell stories, and think as a four-year-old should.

We know there is a loving Father in Heaven, who cares for us and knows us individually. He knows what challenges we go through. I will never doubt the miracles He gives us through prayer, fasting, and priesthood blessings. ■

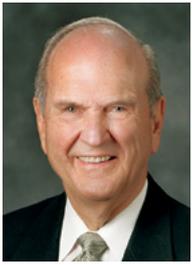
The author lives in the Capital Region of Denmark.



WHAT IS OUR RESPONSE TO TRIALS?

"When difficult things occur in our lives, what is our immediate response? Is it confusion or doubt or spiritual withdrawal? Is it a blow to our faith? Do we blame God or others for our circumstances? Or is our first response to remember who we are—that we are children of a loving God? Is that coupled with an absolute trust that He allows some earthly suffering *because* He knows it will bless us, like a refiner's fire, to become like Him and to gain our eternal inheritance?"

Elder Donald L. Hallstrom of the Presidency of the Seventy, "I Am a Child of God," *Ensign* or *Liahona*, May 2016, 27.



**By President
Russell M. Nelson**

President of the
Quorum of the
Twelve Apostles

Stand as True Millennials

Many people refer to you as *millennials*. I'll admit that when researchers refer to you by that word and describe what their studies reveal about you—your likes and dislikes, your feelings and inclinations, your strengths and weaknesses—I'm uncomfortable. There is something about the way they use the term *millennial* that bothers me. And frankly, I am less interested in what the *experts* have to say about you than what the Lord has told me about you.

When I pray about you and ask the Lord how *He* feels about you, I feel something far different from what the researchers say. Spiritual impressions I've received about you lead me to believe that the term *millennial* may actually be perfect for you—but for

a much different reason than the experts may ever understand.

The term *millennial* is perfect for you if that term reminds you of who you *really* are and what your purpose in life *really* is. A true millennial is one who taught and who was taught the gospel of Jesus Christ pre-mortally and who made covenants there with our Heavenly Father about courageous things—even *morally* courageous things—that he or she would do while here on earth.

A true millennial is a man or woman whom God trusted enough to send to earth during the most compelling dispensation in the history of this world. A true millennial is a man or woman who lives now to help prepare the people of this world for the Second Coming of Jesus Christ and

You are "a chosen generation," fore-ordained by God to do a remarkable work—to help prepare the people of this world for the Second Coming.

His millennial reign. Make no mistake about it—you were born to be a true millennial.

The question is "How can you stand and live as a true millennial?" I have four recommendations.



1. Learn Who You Really Are

Take time to think prayerfully about these facts:

- You are an elect son or daughter of God.
- You are created in His image.
- You were taught in the spirit world to prepare you for anything and everything you would encounter during this latter part of these latter days (see D&C 138:56). That teaching endures within you!

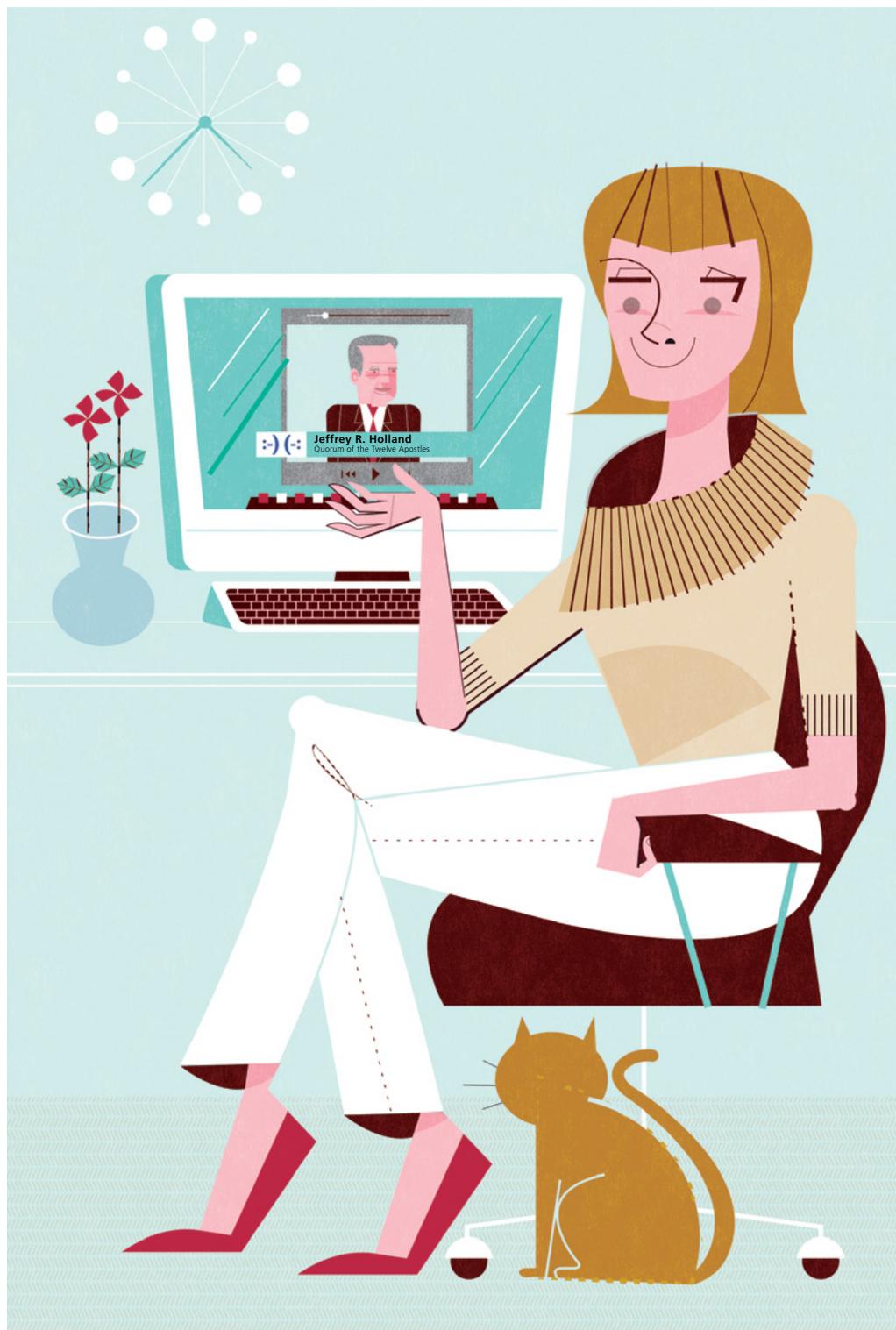
You are living in the “eleventh hour.” The Lord has declared that this is the last time He will call laborers into His vineyard to gather the elect from the four quarters of the earth. (See D&C 33:3–6.) And *you* were sent to participate in this gathering. Again and again I have seen firsthand the powerful influence of true millennials as they bring others to a knowledge of the truth. This is part of your identity and your purpose as the seed of Abraham (see Galatians 3:26–29)!

Several months ago my wife, Wendy, and I had a remarkable experience in remote Siberia. Among those traveling with us on our preparation day in Irkutsk were the mission president, Gregory S. Brinton; his wife, Sally; and their returned-missionary son, Sam, who had served his mission in Russia. We visited beautiful Lake Baikal and a marketplace on its shores.

When we returned to our van, we noticed that Sam was missing. Moments later he appeared, accompanied by a middle-aged woman named Valentina. In her native Russian, Valentina enthusiastically exclaimed, “I want to meet this young man’s mother. He is so polite, intelligent, and kind! I want to meet his mother!”

Valentina was drawn to Sam’s bright, light-filled countenance.

Sam introduced Valentina to both his mother and father, gave her a tract about the Savior, and arranged for missionaries to visit her. When the missionaries returned later with a copy of the Book of Mormon, she promised to read it. Several other



women who work at the marketplace were also excited about the new book Valentina had received. We don't yet know the end of this story, but because of the distinctive light Sam radiated, Valentina and some of her friends have been introduced to the gospel.

True millennials like Sam know who they really are. They are devout disciples of Jesus Christ who instinctively seize every opportunity to help themselves and others prepare for the millennial reign of our Savior.

Therefore, my first recommendation is to learn *for yourselves* who you really are. Ask your Heavenly Father in the name of Jesus Christ how He feels about you and your mission here on earth. If you ask with real intent, over time the Spirit will whisper the life-changing truth to you. Record those impressions, review them often, and follow through with exactness.

I promise you that when you begin to catch even a glimpse of how your Heavenly Father sees you and what He is counting on you to do for Him, your life will never be the same!

2. Expect—and Prepare—to Accomplish the Impossible

God has always asked His covenant children to do difficult things. Because you are covenant-keeping sons and daughters of God living in the latter part of these latter days, the Lord will ask *you* to do difficult things.

You can count on it—Abrahamic tests did not stop with Abraham (see D&C 101:4–5).

I know how unnerving it can be to be asked to do something that seems far beyond your capacity. I had been a member of the Quorum of the Twelve Apostles for only 19 months when President Spencer W. Kimball (1895–1985) passed away. In the first meeting of the First Presidency and

You were sent to participate in gathering the elect. Again and again I have seen firsthand the powerful influence of true millennials as they bring others to a knowledge of the truth.

the Quorum of the Twelve Apostles following the ordination of President Ezra Taft Benson (1899–1994), he gave specific assignments to the Twelve. His instructions to me included these words: “Elder Nelson, you are to open the countries of Eastern Europe for the preaching of the gospel.”

That was 1985. During the politically frigid years we refer to as the Cold War, not only did a literal wall divide the city of Berlin, but all of Eastern Europe was under the oppressive yoke of communism as well. Churches were closed, and religious worship was strictly limited.

I had spent much of my professional life opening hearts to perform life-saving operations, but I had *no* experience that would lead me to believe I could open countries for the preaching of the gospel. And yet, a prophet had given me an assignment, so I set out to do what seemed utterly impossible.

From the outset, obstacles were placed in my way. I arrived in most countries not knowing where to go. Even when I was able to find the name of an appropriate government official, it was not unusual for a meeting to be canceled at the last minute or to be postponed. In one country, when an appointment was delayed for two days, a number of temptations were intentionally placed in my way to test me—including traps for black market money and other illicit activities. On another occasion, a meeting was opened with the demand that I depart *immediately!*

But the Lord is able to do His own work (see 2 Nephi 27:20–21), and I was privileged to watch the unfolding of one miracle after another—always, and only, *after* I had brought my best thinking, my most courageous efforts, and my most fervent prayers to the task.

Recognition of the Church was granted by some of those countries before the Berlin Wall came down. Recognition from others came later. In 1992, I was able to report to President Benson that the Church was then

established in every country in Eastern Europe!

As a true millennial whom the Lord can count on, *you* will make history too! You will be asked to accept challenging assignments and to become an instrument in the Lord's hands. And He will enable you to accomplish the impossible.

How will you accomplish the impossible? By doing whatever it takes to strengthen your faith in Jesus Christ, by increasing your understanding of the doctrine taught in His restored Church, and by relentlessly seeking truth. When asked to do impossible things, you—as a true millennial anchored in pure doctrine—will be able to step forward with faith and dogged persistence and cheerfully do all that lies in your power to fulfill the purposes of the Lord (see D&C 123:17).

You will have days when you will be thoroughly discouraged. So pray for courage not to give up! You will need that strength because it will become less and less popular to be a Latter-day Saint. Sadly, some who you thought were your friends will betray you. And some things will simply seem unfair.

However, I promise you that as you follow Jesus Christ, you will find sustained peace and true joy. As you keep your covenants with increasing precision, and as you defend the Church and kingdom of God on the earth today, the Lord will bless you

with strength and wisdom to accomplish the impossible.

3. Learn How to Access the Power of Heaven

Every one of us has questions. Seeking to learn, understand, and recognize truth is a vital part of our mortal experience. Much of my life

has been spent in research. You too will learn best by asking inspired questions.

At this very moment some of you are struggling to know what you should be doing with your life. Others of you may wonder if you have been forgiven of your sins. Most of you are wondering who and where your



eternal companion is—and those who aren't should be.

Some may question why the Church does some of the things it does. Perhaps many of you are not sure how to get answers to your prayers.

Our Heavenly Father and His Son stand ready to respond to your questions through the ministering of the Holy Ghost. But it is up to you to learn how to qualify for and receive those answers.

Where can you start? Begin by spending more time in holy places. The temple is a holy place. So is the chapel, where you renew covenants each Sunday by partaking of the sacrament. I invite you also to make your apartment, your dorm, your home, or your room a holy place where you can safely retreat from the dark distractions of the world.

Prayer is a key. Pray to know what to stop doing and what to start doing. Pray to know what to add to your environment and what to remove so the Spirit can be with you in abundance.

Plead with the Lord for the gift of discernment. Then live and work to be worthy to receive that gift so that when confusing events arise in the world, you will know exactly what is true and what is not (see 2 Nephi 31:13).

Serve with love. Loving service to those who have lost their way or who are wounded in spirit opens your heart to personal revelation.

Spend more time—much more time—in places where the Spirit is present. That means more time with friends who are seeking to have the Spirit with them. Spend more time on your knees in prayer, more time in the scriptures, more time in family history work, more time in the temple. I promise you that as you consistently give the Lord a generous portion of your time, He will multiply the remainder.

You will be asked to accept challenging assignments and to become an instrument in the Lord's hands. And He will enable you to accomplish the impossible.

We sustain 15 men who are ordained as prophets, seers, and revelators. When a thorny problem arises—and they seem only to get thornier each day—these 15 men wrestle with the issue, trying to see all the ramifications of various courses of action, and they diligently seek to hear the voice of the Lord. After I fast, pray, study, ponder, and counsel with my Brethren about weighty matters, it is not unusual for me to be awakened during the night with further impressions about issues with which we are concerned. And my Brethren have the same experience.

The First Presidency and Quorum of the Twelve Apostles counsel together and share all the Lord has directed us to understand and to feel individually and collectively. And then we watch the Lord move upon the President of the Church to proclaim the Lord's will.

This prophetic process was followed in 2012 with the change in minimum age for missionaries and again with the recent additions to the Church's handbook, consequent to the legalization of same-sex marriage in some countries. Filled with compassion for all, and especially for the children, we wrestled at length to understand the Lord's will in this matter.

Ever mindful of God's plan of salvation and of His hope for eternal life for each of His children, we considered countless permutations and combinations of possible scenarios that could arise. We met repeatedly in the temple in fasting and prayer and sought further direction and inspiration. And then, when the Lord inspired His prophet, President Thomas S. Monson, to declare the mind and will of the Lord, each of us during that sacred moment felt a spiritual confirmation. It was our privilege as Apostles to sustain what had been revealed to President Monson. Revelation from the Lord to His servants is a sacred process, and so is your privilege of receiving personal revelation.

My dear brothers and sisters, you have as much access to the mind and will of the Lord for your own life as we Apostles do for His Church. Just as the Lord requires *us* to seek and ponder, fast and pray, and study and wrestle with difficult questions, He requires *you* to do the same as you seek answers to your own questions.

You can learn to hear the voice of the Lord through the whisperings of the Holy Ghost.¹ As helpful as Google, Twitter, and Facebook may seem, they simply do not provide answers to your most important questions!

My dear young friends, you can know the mind and will of the Lord for your own life. You do not have to wonder if you are where the Lord needs you to be or if you are doing what He needs you to do. You can know! The Holy Ghost “will tell you all things what ye should do” (2 Nephi 32:3).

4. Follow the Prophets

In 1979, while serving as Sunday School general president, I was invited to attend a Regional Representatives seminar during which President Kimball gave an inspiring address about opening the doors of nations then closed to the Church, such as China. He challenged all present to study the Mandarin language so we could offer our professional skills to help the people of China.

To me, President Kimball’s challenge seemed like a prophetic mandate. So that very night I asked my late wife, Dantzel, if she would be willing to study Mandarin with me. She agreed, and we found a tutor to help us. Of course we didn’t learn to speak Mandarin very well, but we learned enough so that when I was

invited the very next year (through a series of highly unexpected events) to go to China as a visiting professor to teach open-heart surgery, I was in a better position to accept the invitation.

Fast-forward five years to 1985, the year after I had been called to the Quorum of the Twelve. One day I



received an urgent request to go to China to perform open-heart surgery on that nation's famous opera star, regarded throughout China as a national hero. I explained that my full-time ecclesiastical responsibility prevented my coming, but the doctors in China pleaded with me to come at once to perform the life-saving operation.

I discussed the matter with my quorum president and the First Presidency. They felt impressed that, as a favor to the people of China, I should make the trip and perform the operation.

That I did. Gratefully, the operation was a success! Incidentally, that was the last open-heart operation I ever performed. It was in Jinan, China, on March 4, 1985.

Now fast-forward again, this time to October 2015. Wendy and I were invited to return to Shandong University School of Medicine in Jinan. We were amazed when I was warmly welcomed as “an old friend” of China and was reunited with surgeons I had taught 35 years earlier. A highlight of our visit was meeting with the son and grandson of that famous opera star. All of these amazing experiences were enabled for one reason: I heeded the counsel of a prophet to study Mandarin!

Prophets see ahead. They see the harrowing dangers the adversary has placed or will yet place in our path. Prophets also foresee the grand

possibilities and privileges awaiting those who listen *with the intent to obey*. I know this is true! I have experienced it for myself over and over again.

The Lord has promised us that He will never allow the prophet to lead us astray. President Harold B. Lee (1899–1973) declared: “You may not like what comes from the authority of the Church. It may contradict your

**When you know
a prophet is a prophet,
you can approach the
Lord in humility and faith
and ask for your own
witness about whatever
His prophet has
proclaimed.**

political views. It may contradict your social views. It may interfere with some of your social life. But if you listen to these things, as if from the mouth of the Lord Himself, with patience and faith, the promise is that ‘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’ (D&C 21:6).”²

You may not always understand every declaration of a living prophet. But when you know a prophet is a prophet, you can approach the Lord

in humility and faith and ask for your own witness about whatever His prophet has proclaimed.

Around 40 B.C. many Nephites joined the Church, and the Church prospered. But secret combinations began to grow, and many of their cunning leaders hid among the people and were difficult to detect. As the people became more and more prideful, many of the Nephites made “a mock of that which was sacred, denying the spirit of prophecy and of revelation” (Helaman 4:12).

Those same threats are among us today. The somber reality is that “servants of Satan” (D&C 10:5) are embedded throughout society. So be very careful about whose counsel you follow (see Helaman 12:23).

My beloved brothers and sisters, you were born to be true millennials. You “are a chosen generation” (1 Peter 2:9), foreordained by God to do a remarkable work—to help prepare the people of this world for the Second Coming of the Lord! ■

From a worldwide devotional for young adults, “Becoming True Millennials,” delivered at Brigham Young University–Hawaii on January 10, 2016. For the full address, go to broadcast.lds.org.

NOTES

1. In February 1847, nearly three years after the Prophet Joseph Smith was martyred, he appeared to President Brigham Young and gave him this message: “Tell the people to be humble and faithful and sure to keep the Spirit of the Lord and it will lead them right. Be careful and not turn away the small still voice; it will teach [you what] to do and where to go” (in *Teachings of Presidents of the Church: Joseph Smith* [2007], 98).
2. *Teachings of Presidents of the Church: Harold B. Lee* (2000), 84–85.

The Miracle of

Medium Heat

By David A. Edwards
Church Magazines

Imagine a young man who is home alone and is getting hungry (it's far-fetched, yes, but just try to imagine it). Now imagine that this young man decides to try to make a grilled cheese sandwich on his own for the first time.¹ Imagine that this young man's parents had never taught him how to make grilled cheese and that he had never observed them very closely when they made it.

Let's say, though, that this young man gets all of the ingredients just right: bread, cheese, a little butter on the outside of the bread (and a little mayonnaise inside because he's brilliant). Next, he gets out the pan and puts it on the stove. (We're also imagining he doesn't have a special griddle or other appliance for making this treat.)

Now imagine that a certain thought takes hold of his mind—a thought that so many people have been ignorant enough (or temporarily insane enough) to think: “If I turn the heat up high, it'll be done faster.”

Imagine what happens next. (Or

perhaps you don't have to imagine.)

He's going to get either perfectly crispy, golden-brown bread or perfectly gooey, melted cheese—but not both. Most likely, he'll have bread that looks and feels (and probably tastes) like lava rock and half-melted cheese, which is about as appealing as half-told tales.

His problem, as you can see, was a combination of ignorance (which is excusable) and impatience (which, though understandable, is less excusable). If he were to repeat this mistake the next time, it would be even less excusable, since it couldn't be blamed on ignorance but would result almost entirely from impatience.

To get it right, he would have to discover the miracle of medium heat.

MEDIUM ISN'T TEDIUM

The medium setting on a stove is perfect for grilled cheese and many other dishes because it allows food to be cooked through without being overdone on the outside. The only downside is that it requires more time

and attention, which require *patience*.

The Lord has said, “Continue in patience until ye are perfected” (D&C 67:13). He's talking here about the kind of perfection that goes well beyond making perfect grilled cheese sandwiches; He wants us to become more like Him. Jesus Christ is the foremost example of patience. And part of following His example means enlarging our perspective, looking beyond the things of the moment, and seeing the greater reward that comes from self-discipline, faith, obedience, steady and consistent effort, long-suffering, and love—in other words, having patience.

By definition, patience implies waiting, which may sound boring, but as President Dieter F. Uchtdorf, Second Counselor in the First Presidency, has taught us, it's much more than merely waiting: “Patience means active waiting and enduring. It means staying with something and doing all that we can—working, hoping, and exercising faith; bearing hardship with fortitude, even when the desires of our hearts

NOTES

1. Obviously, this young man is an American. He could just as well be from somewhere

else, making a fry-up, crêpes, Kartoffelpuffer, Köttbullar, pancakes, tortillas, or rice for the first time. The idea would be the same.

2. Dieter F. Uchtdorf, “Continue in Patience,” *Ensign or Liahona*, May 2010, 57.

are delayed. Patience is not simply enduring; it is enduring well!”²

It’s not just sticking the grilled cheese sandwich on the pan and forgetting it; it’s watching and flipping it at the right time.

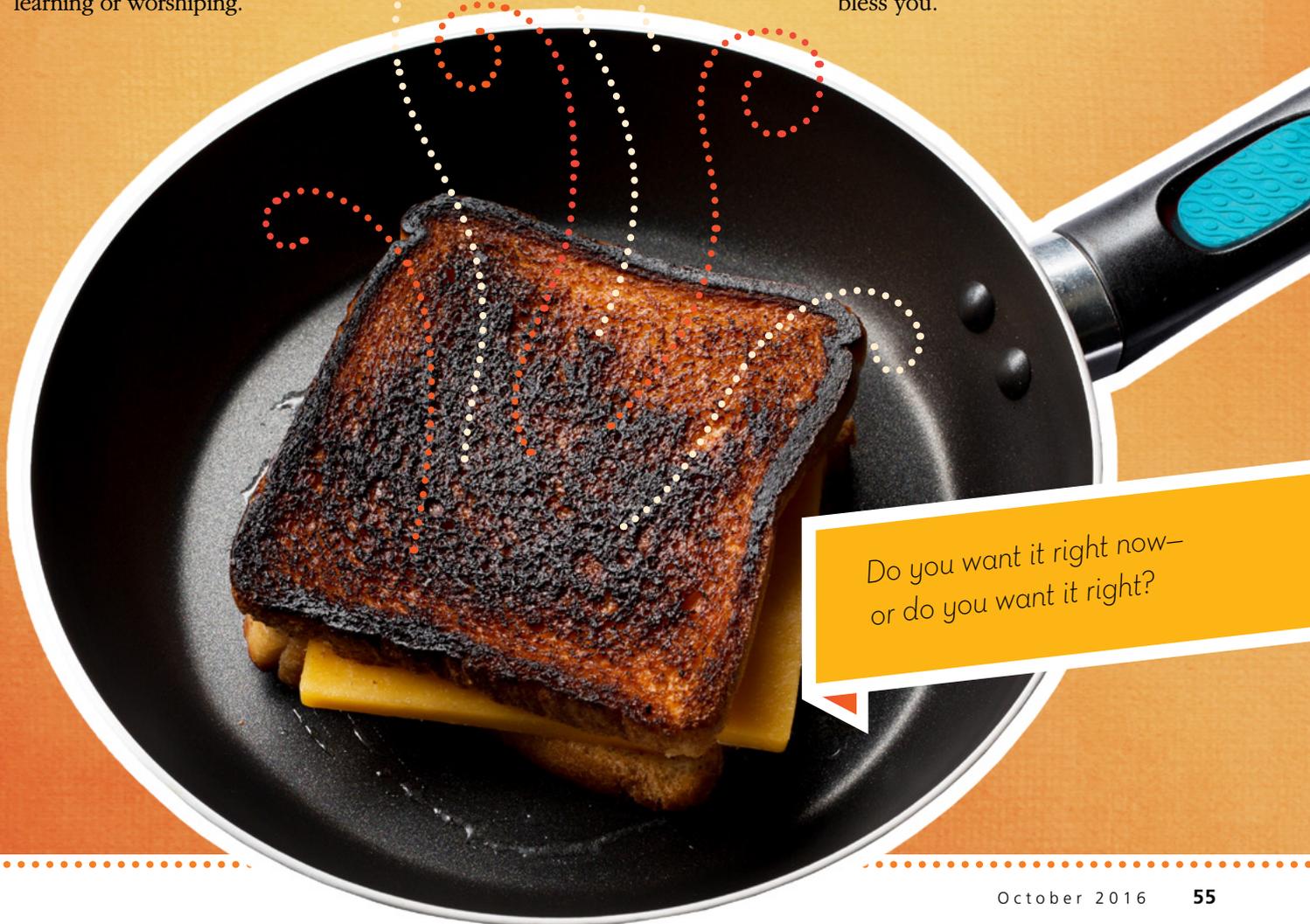
It’s not just getting through school or seminary or church; it’s actively learning or worshipping.

It’s not just waiting for a testimony of the Book of Mormon to be bestowed upon you because you asked for it; it’s continuing to read, study, ponder, pray, and live according to the precepts of that book.

It’s not just sitting there while

friends make fun of your religion; it’s praying for them and really wanting them to have a change of heart and doing what you can to bring it about.

It’s not just waiting until 16 to date; it’s learning to love obedience and trying to understand how following the prophets’ counsel will bless you.



Do you want it right now—
or do you want it right?



PRESS FORWARD

“To wait upon the Lord means planting the seed of faith and nourishing it ‘with great diligence, and . . . patience’ [Alma 32:41]. . .

“Waiting upon the Lord means to ‘stand fast’ [Alma 45:17] and ‘press forward’ in faith, ‘having a perfect brightness of hope’ [2 Nephi 31:20].”

Elder Robert D. Hales of the Quorum of the Twelve Apostles, “Waiting upon the Lord: Thy Will Be Done,” *Ensign or Liahona*, Nov. 2011, 72.

WATCH A VIDEO

See President Dieter F. Uchtdorf explain what patience has to do with marshmallows at lds.org/go/101656.

TURN DOWN THE HEAT

Patience and temperance, or self-control, are both part of the “fruit of the Spirit” (see Galatians 5:22–23). Though there are urgent things that require immediate action or a ready response (just as there are some foods that need intense high heat), you should see yourself tending toward greater patience and self-control. If you sense that this is happening, it’s a sign that the Spirit is working in your life.

The miracle of medium heat may give you a perfect grilled cheese sandwich, hamburger patties that don’t look like hockey pucks with a pink center, hash browns instead of hash blacks, and rice that’s soft and fluffy instead of hard and chewy. But patience will have its “perfect work” (James 1:4) in your life, helping you press forward to become more like

Jesus Christ, bringing the influence of the Holy Spirit, and ultimately helping lead you to eternal life.

As you notice the things that cause you to become impatient, think of that grilled cheese sandwich (or whatever other dish makes sense to you) and what you might be sacrificing by letting impatience guide your actions. If you’re guilty of giving in to impatience too often, you’re not the only one. You can repent and try again to follow Jesus Christ’s example and teachings. There’s more than one grilled cheese sandwich to be made, and it’s never too late to learn about the perfection that’s possible through patience. ■

JOIN THE CONVERSATION

THINGS TO PONDER FOR SUNDAY

- What ongoing trials or everyday situations make you impatient?
- How can you practice more patience in all of these situations?

THINGS YOU MIGHT DO

- Study scriptures about patience listed in the Guide to the Scriptures.
- With your family or at church, you could discuss goals for specific things you can do to be more patient.



IMAGINE YOURSELF REBUILT

“You may feel that your life is in ruins.... Our loving Heavenly Father can and will rebuild us. His plan is to build us into something far greater than what we were—far greater than what we can ever imagine.”

President Dieter F. Uchtdorf, Second Counselor in the First Presidency,
April 2016 general conference





POWER TO PERSEVERE

By Jessica Turner
as told to Lynne Crandall

About a month before my 16th birthday, my family went on a road trip across the United States to visit some Church history sites. I didn't mind being in the car for so long because my family always had a good time. I remember getting in the car the day after we visited Winter Quarters, Nebraska. It was raining like crazy. I got in the back seat, grabbed a blanket, and curled up to listen to the rain as I fell asleep.

The next thing I remember was feeling like I was spinning out of control. Later I learned that our car had hydroplaned and crashed into the cement barrier under an overpass. I vaguely remember someone telling me I'd broken my leg and was heading into surgery.

Soon after that while I was recovering in the hospital, my dad came into my room. He sat down next to me on my bed and reached for my hand. Somehow I felt I already knew what he was going to say.

"Honey," he said, "do you know where you are?"

"In the hospital," I replied.

"Do you know what happened?"

"We were in a car accident."

"Has anyone told you about the rest of the family?"

I paused and then answered no.

He said that everyone was going to be OK—except for my mom. She didn't make it.

I was expecting to feel crushing sadness right away, but I didn't. Through my initial shock, somehow, for some reason, I felt peace, a sweet feeling that I could trust God that things would be all right.

Lying there in the hospital, I remembered one particular Church history site we had seen two days before the accident: Martin's Cove, Wyoming. Many pioneers died there from hunger and exposure to the snow and cold weather. I remembered seeing piles of rocks placed over graves and thinking about how much faith it took for the rest of the pioneers to pick up their handcarts and keep going. That story impressed me. As I thought about that experience, I knew that the pioneers persevered and that I would have to as well, including



With a broken leg
and a broken heart,
I needed healing.
Hope got me through.

being strong for my younger siblings.

My initial feeling of peace stayed with me for another week and a half. I was sitting in a wheelchair watching fireworks through the hospital window on the Fourth of July when it hit me—my mom was gone. She wouldn't be at my high school graduation. She wouldn't be there when I received my endowment in the temple. She wouldn't be at my wedding. She was gone.

That's when things started getting really hard. The pain in my leg was terrible, and I had no appetite. I watched TV without seeing it, and I mostly just slept. My family worried about me because I wasn't crying very much.

The tears came a lot more when we finally went home to Oregon to an empty house. I suddenly had to take over some of my mom's responsibilities, and my siblings often looked to me for comfort. I tried to be strong for them. But it wasn't easy.

Going back to school was tough. Everyone had heard about the accident, and if they hadn't, they heard about it when



LIFT UP YOUR HEART

“You may feel that your life is in ruins. . . . You may be afraid, angry, grieving, or tortured by doubt. But just as the Good Shepherd finds His lost sheep, if you will only lift up your heart to the Savior of the world, He will find you.

“He will rescue you.

“He will lift you up and place you on His shoulders.

“He will carry you home.”

President Dieter F. Uchtdorf, Second Counselor in the First Presidency, “He Will Place You on His Shoulders and Carry You Home,” *Ensign or Liahona*, May 2016, 104.

my teachers introduced me as the girl who was in the accident. I felt isolated.

It was especially hard when my dad remarried nine months after my mom died. I knew that my stepmom would be good for our family and that we needed her, but it was hard to adjust.

Not everything was dark during this time though. I felt a lot of love from my Father in Heaven, my family, and my Church leaders. What helped me heal and move forward after the accident was doing simple things that strengthened my faith. Every day I spent an hour before going to bed reading the scriptures, praying, and writing in my journal in my closet. In the privacy of my closet, I didn't have to be strong for my siblings. I could cry as much as I needed and pour out my heart to God. I told Him exactly what I was feeling and how much I missed my mom. I know He heard me because of the many tender mercies I felt. That closet space became sacred to me.

Doing those simple things helped me stay connected to God instead of pushing Him away and becoming bitter. I didn't see the accident as God hurting my family. I felt more power to be patient and submit to His will

and keep moving forward through my hard days. And there were some really *hard* days.

After my dad remarried, I wanted to set a good example for my siblings, and I definitely didn't want to have bad feelings toward my stepmom, so I continued to put my trust in God. One activity in my Personal Progress book focused on making my home life better by strengthening my relationship with a family member for two weeks. Basically the goal was to try to be Christlike and show love through actions. I decided to try it and serve my stepmom.

With our combined families, there were a lot of dishes. So that's where I started. As I served her over the next two weeks, I felt enabled to love my stepmom and be patient even though I wasn't necessarily happy about the situation. Simply focusing on serving her helped me get through hard times because I felt the Spirit with me.

I still don't understand everything about why the accident happened to my family, and there are still hard days. But like the pioneers, I have put my trust in God and been given the power to persevere. ■

The author lives in Utah, USA.



By Elder D. Todd
Christofferson

Of the Quorum of the
Twelve Apostles

HOW TO MAKE CHRIST THE CENTER OF OUR LIVES

Jesus achieved perfect unity with the Father by submitting Himself, both body and spirit, to the will of the Father. Referring to His Father, Jesus said, “I do always those things that please him” (John 8:29). Because it was the Father’s will, Jesus submitted even to death, “the will of the Son being swallowed up in the will of the Father” (Mosiah 15:7). His focus on the Father is one of the principal reasons Jesus’s ministry had such clarity and power. There was no distracting double-mindedness in Him.

In the same way, you and I can **put Christ at the center of our lives and become one with Him** as He is one with the Father (see John 17:20–23). We could begin by stripping everything out of our lives and then putting it back together in priority order with the Savior at the center. We would first **put in place the things that make it possible always to remember Him**—frequent prayer, studying and

pondering the scriptures, thoughtful study of apostolic teachings, weekly preparation to partake of the sacrament worthily, Sunday worship, recording and remembering what the Spirit and experience teach us about discipleship. There may be other things that will come to your mind particularly suited to you at this point in your life. **Once adequate time and means for these matters, for centering our lives in Christ, have been put in place, we can begin to add other responsibilities** and things of value insofar as time and resources will permit, such as education, family responsibilities, and personal avocations. In this way the essential will not be crowded out of our lives by the merely good, and things of lesser value will take a lower priority or fall away altogether.

Though it may not be easy, we can consistently **press forward with faith** in the Lord. I can attest that over time one’s desire and capacity

HOW HAVE YOU APPLIED THIS?

My family and I experienced some big trials, and now we don’t have a priesthood holder in our home. Trials help bring us to our knees in prayer. I am thankful to have the scriptures and the ability to read them every day. They have taught me that, even though others’ decisions may impact my life, my worth is still great. I am so thankful to know that I can speak with my Heavenly Father any time of the day or night. This is a blessing!

Hailey D., age 17, Idaho, USA

to always remember and follow the Savior will grow. We should patiently **work** toward that end **and pray always** for the discernment and divine help we need (see 2 Nephi 32:9). ■

From a Brigham Young University–Idaho devotional given on January 27, 2009.

By Rosemary Thackeray

When I was young, I spent many hours watching my mom in the kitchen. She would make the most delicious meals, breads, cookies, and pies for our family. After some time, I began reading recipes, following the instructions, and making food. I didn't have to rely on my mom—I could do it myself.

As with learning to cook, we learn the gospel and develop our testimony by doing. After Lehi told his family about his dream of the tree of life, Nephi said he wanted to “see, and hear, and know of these things” himself (1 Nephi 10:17). In other words, for Nephi it wasn't enough to listen to his father's testimony. He wanted to learn what his father already knew.

The recipe for gospel learning has a few simple steps. You can use the following four ideas to help your gospel learning with your family, at church, or during your personal study.

1. Prepare to learn.

Begin your personal study with a prayer. Ask Heavenly Father to help you understand what you are reading. Write down one or two questions and look for the answers. The Holy Ghost will bear witness of the truth as you read, ponder, and pray (see Moroni 10:5).

Prepare for gospel learning at church by reading the lesson before you go. The *Come, Follow Me* lessons can be found on LDS.org and in the Gospel Library app.

2. Get involved in your learning.

- Read for understanding. The number of pages you read or how fast you read is not as important as understanding what you read. You may have to re-read some sentences several times. Use a dictionary to look up words you don't know. For example, what does *dispensation* mean? You can use the Guide to the Scriptures to find out.
- Ask questions about what you are reading. Maybe you wonder, “What was happening in Jerusalem at the time Lehi and his family left? Why didn't the people listen to Lehi?”
- Try to answer these three questions about any gospel teaching: Why was this important to the people at that time? How does it apply to *us* today? How does it apply to *me*?
- Search for patterns and connections. For example, what are the patterns in the way Nephi responded to adversity? How is his family's journey in the wilderness like the Israelites' journey out of Egypt?

A RECIPE FOR LEARNING

Try these four ways to make the word of God delicious to your soul.



- Write your feelings and impressions in a journal. “As you write down precious impressions, often more will come. Also, the knowledge you gain will be available throughout your life” (Richard G. Scott, “To Acquire Knowledge and the Strength to Use It Wisely,” *Ensign*, June 2002, 32; or *Liahona*, Aug. 2002, 12, 14). Especially write what the ideas mean in your life.
- Draw a picture. Another way to record what you are learning is to draw it. One time when I was visiting a friend for family home evening, her grandmother shared personal stories about faith and prayer. Before the lesson began, my friend gave her young children paper and crayons so they could draw the stories while their great-grandmother talked. Drawing pictures helped them pay attention, and they even asked questions along the way to clarify parts of the story.

3. Study and live the gospel every day.

Learning takes effort; we need to apply ourselves to understanding (see Mosiah 12:27). Elder M. Russell Ballard of the Quorum of the Twelve Apostles counseled us to “establish a time and place to study the scriptures on a daily basis, even if it is only for a few minutes” (“When Shall These Things Be?” *Ensign*, Dec. 1996, 60). When we study regularly, learning becomes easier. For example, I found that when I actually read the Isaiah chapters in the Book of Mormon (instead of skipping them), they started to make sense to me.

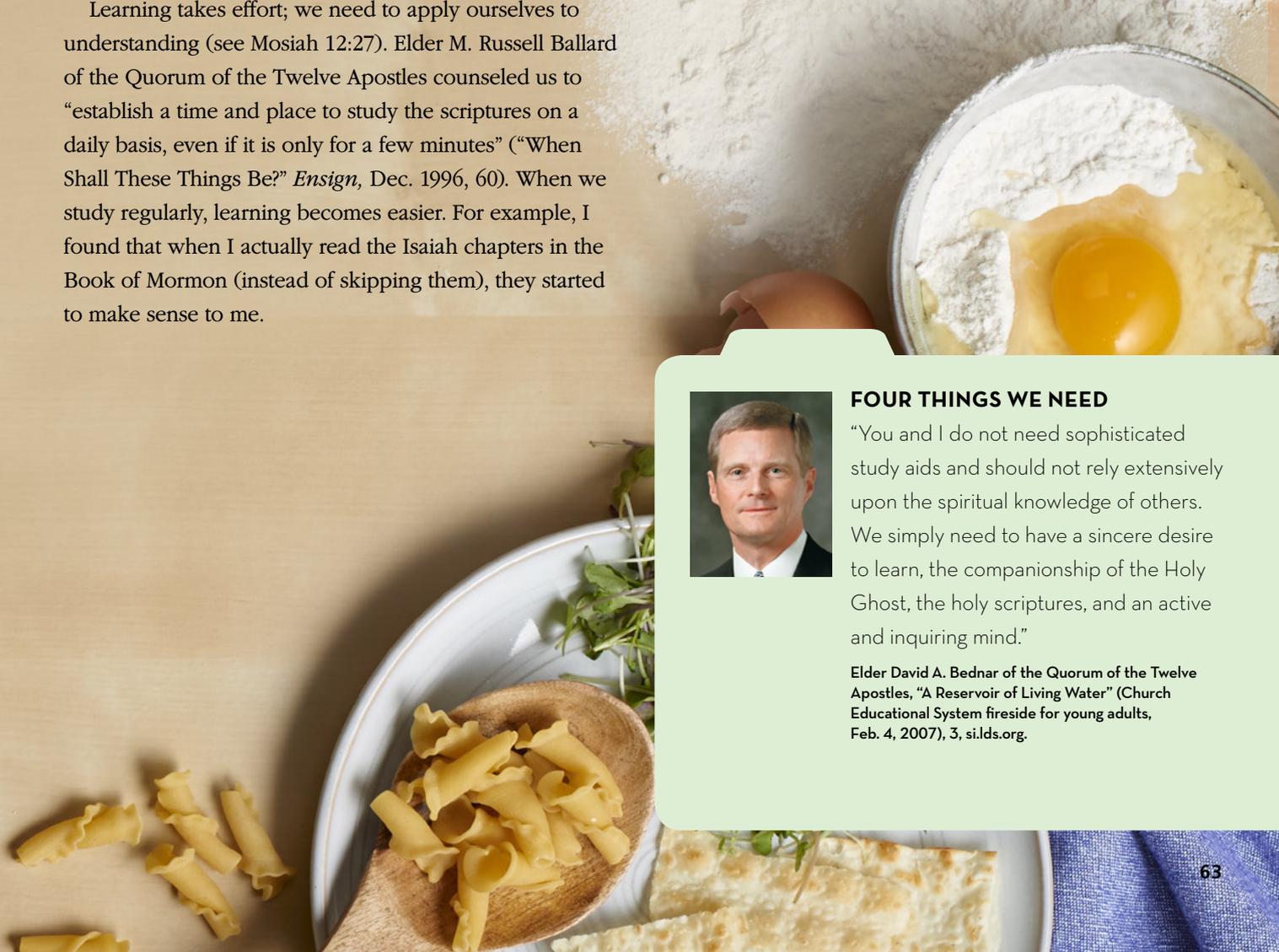
When it comes to gospel learning, it’s not enough to know something intellectually. We also need to put into practice what we learn. As we act on truth, the Holy Ghost confirms it to us, and our testimony grows. As we live that truth consistently, we begin to change, becoming converted to Jesus Christ.

4. Share what you are learning.

Telling others about a gospel principle in our own words helps us remember that principle and feel the Spirit, which strengthens our testimonies. Often a good time to share is during family home evening. You can also share when you talk with friends at school or with family members at dinnertime.

As we follow these four simple steps and diligently seek to know the Savior, we are promised that “the mysteries of God shall be unfolded unto [us], by the power of the Holy Ghost” (1 Nephi 10:19). ■

The author lives in Utah, USA.



FOUR THINGS WE NEED

“You and I do not need sophisticated study aids and should not rely extensively upon the spiritual knowledge of others. We simply need to have a sincere desire to learn, the companionship of the Holy Ghost, the holy scriptures, and an active and inquiring mind.”

Elder David A. Bednar of the Quorum of the Twelve Apostles, “A Reservoir of Living Water” (Church Educational System fireside for young adults, Feb. 4, 2007), 3, si.lds.org.

“Some people tell me I need to have friends who don’t share my standards in order to strengthen mine. Is this true?”

Ultimately, strengthening your standards comes from learning and living the gospel of Jesus Christ, and friends can help or hinder you in doing that. Friends have a big influence on you—from the way you think, speak, and act to even the person you become. *For the Strength of Youth* recommends, “Choose friends who share your values so you can strengthen and encourage each other in living high standards” ([2011], 16). These kinds of friends help you live the gospel of Jesus Christ, keep your standards, and become a better person.

However, not all the people you associate with will have similar standards as yours or be members of the Church. It’s important to be friendly to everyone and to treat them the way the Savior would treat them—with love and kindness. As you continue to live your standards, you can be “an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity” (1 Timothy 4:12). Through your example, they will see how you are blessed by living high standards, and you can encourage them to do the same.

Seek the guidance of the Holy Ghost—and have the courage to act on His promptings—as you choose friends and strive to strengthen your standards.



True Friends

My first year in middle school I was nervous that I wouldn’t be able to find friends who

would respect my standards. After a short time I became good friends with a classmate, and I told him that I was a Mormon. He asked me about it, so I gave him a *For the Strength of Youth* pamphlet. Starting that day, he quit swearing in front of me. If your friends are true friends, they will respect your decisions and help you maintain your standards.

Candela M., age 13, Buenos Aires, Argentina



Follow the Prophets’ Counsel

Sometimes it’s hard to resist temptation if we hang out with

friends who make bad choices or try to get us to make bad choices. The prophets have told us in the *For the Strength of Youth* pamphlet that friends “will influence how you think and act, and even help determine the person you will become” ([2011], 16). I think we should have friends who are willing to respect our standards and even show interest in us keeping our standards.

Calvin W., age 16, Arizona, USA

Remember Your Standards

Friends who don’t share your standards could actually weaken and tear your standards down. When I first



moved to my new school, I tried to fit in by saying some of the things people around me would say. I almost forgot some of my standards while trying to be like everyone. I know now that in order to build your standards, you need friends who support and share your standards. I'm grateful I eventually found friends like that because they remind me of my standards.

Logan J., age 15, Utah, USA



Keep Your Standards High

Friends with different standards do not necessarily strengthen yours, but by being their friend, you can give them a good example to follow. When you have friends who do share your beliefs, it can encourage you to keep your standards high and help you stand up for what is right.

Warren S., age 14, Oregon, USA



Good Friends Are a Blessing

If your friends don't share your standards, it can be more difficult to strengthen your own. Reading *For the Strength of Youth* always helped me choose good friends who respect me. Now I am preparing to serve a mission, and I know that being around people with my standards helped me remain faithful in the gospel.

Nair M., age 19, Buenos Aires, Argentina



Hold to the Iron Rod

Having friends with good standards is exactly what you want.

You want to surround yourself with friends who will help you keep the commandments and motivate you to live righteously. Keep a strong grip on the iron rod, which leads to the tree of life, not to the large and spacious building. Surrounding yourself with unrighteousness will lead to temptations. Have good friends who will influence you to live the gospel.

Annie P., age 13, Utah, USA



Pray to Find Friends

After my family and I moved to a new state, I prayed constantly to find friends with whom

I could talk about the gospel. As I prayed, I felt comforted, and a few months later I made some incredible friends. I can count on their support,



THE INFLUENCE OF GOOD FRIENDS

"Everyone needs good friends. Your circle of friends will greatly influence your thinking and behavior, just as you will theirs. When you share common values with your friends, you can strengthen and encourage each other. Treat everyone with kindness and dignity. Many nonmembers have come into the Church through friends who have involved them in Church activities."

President Thomas S. Monson, "That We May Touch Heaven," Ensign, Nov. 1990, 46.

and they have helped me to develop an even greater love for the gospel. I know that friends are important and they can make it easier for us to live the gospel.

Sarah P., age 16, Rio de Janeiro, Brazil

UPCOMING QUESTION

"Besides prayer and scripture study, what's the best way to strengthen my testimony?"

Submit your answer and, if desired, a high-resolution photograph by November 1, 2016, at liahona@lds.org or by email to liahona@ldschurch.org.

Please include the following: (1) full name, (2) birth date, (3) ward or branch, (4) stake or district, (5) your written permission, and, if you are under age 18, your parent's written permission (email is acceptable) to publish your response and photograph.

Responses may be edited for length or clarity.

By Julia Ventura
Based on a true story

*"I have a fam'ly here on earth.
They are so good to me."
(Children's Songbook, 188).*

Let's grab the gear. It's fishing time!" Dad said.

Hayden grinned as he looked around. Everything was bright and buzzing. They had the whole lake to themselves!

Following Dad, Hayden walked behind the car and lifted the big fishing tackle box out of the trunk. It was heavy, but he didn't mind. He'd carry one twice this heavy if it meant fishing with Dad.

Fishing poles rattled together as Dad pulled them out. "Looks like Dan fell asleep," he said. "Will you wake him up?"

Hayden held back a sigh. "Uh, sure."

He'd almost forgotten that his little brother, Dan, had come too. Dan was always running around and talking loudly. He'd scare all the fish away!

He looked in the open window. "Dan, time to wake up."

But Dan was still fast asleep.

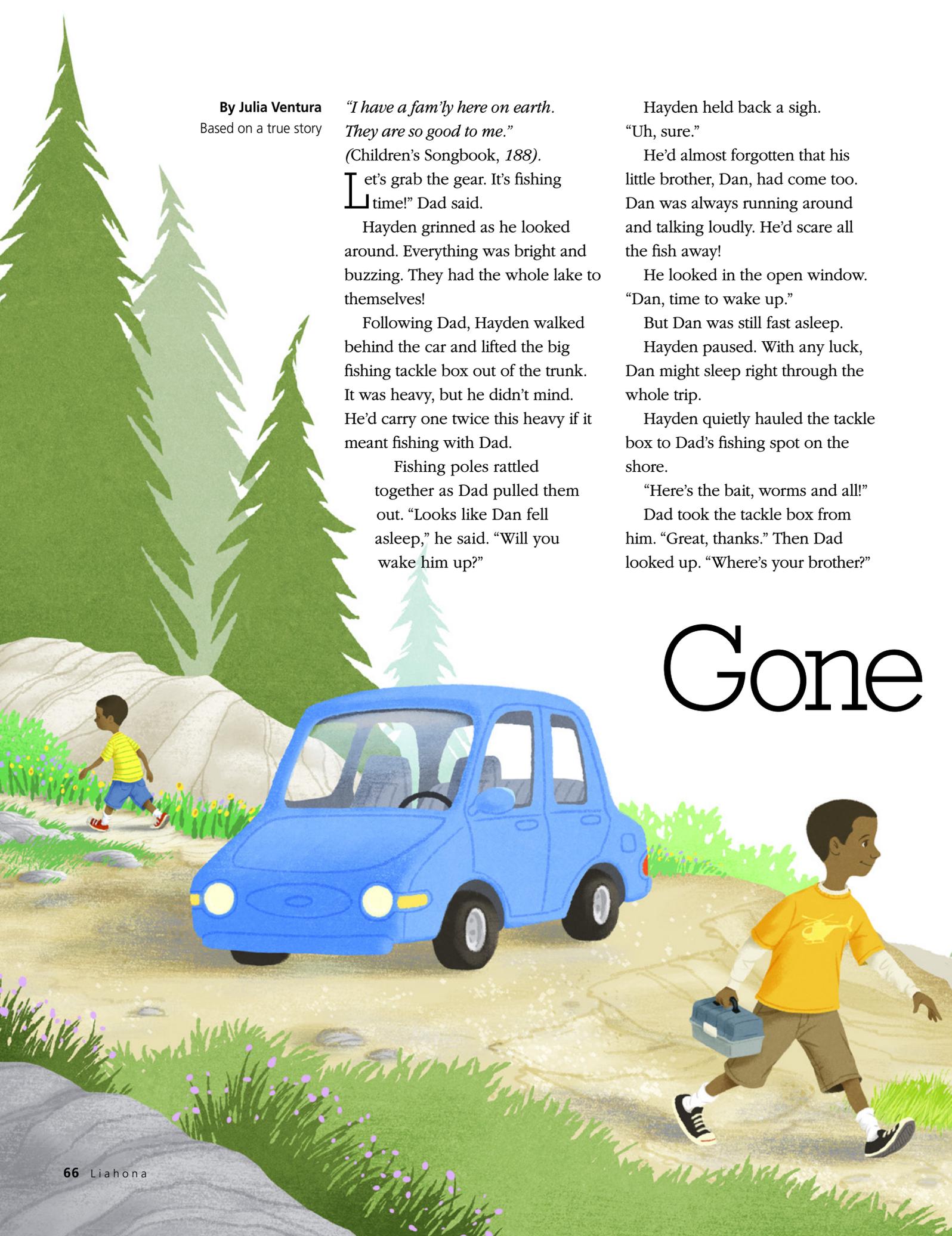
Hayden paused. With any luck, Dan might sleep right through the whole trip.

Hayden quietly hauled the tackle box to Dad's fishing spot on the shore.

"Here's the bait, worms and all!"

Dad took the tackle box from him. "Great, thanks." Then Dad looked up. "Where's your brother?"

Gone



Hayden glanced at the car. All of a sudden he wondered how *he* would feel if he woke up alone in a new place. Not good, Hayden decided. In fact, he'd probably feel pretty scared. And Dan was only five.

"Just a second, Dad. I'll be right back." But when he looked in the car, Dan was gone!

Hayden couldn't hear the buzzing insects any more. Everything seemed to go quiet.

"Dan's not here!" Hayden yelled.

Dad hurried over and quickly checked the car.

"He's probably just looking for us," Dad said. "It's only been a minute. He won't be far."

Hayden tried to stay calm, but his

stomach was turning somersaults.

"Can I say a prayer?"

"I think that's a very good idea."

Hayden thanked Heavenly Father for his little brother and asked that they would find Dan right away so that he wouldn't feel afraid.

When Hayden finished, his heart stopped feeling so tight.

Dad put a hand on Hayden's shoulder. "What if you were Dan? Where would you go?"

Hayden noticed the door on the other side of the car was open. Dan probably hadn't seen them on the shore. Hayden pointed to a trail nearby. "I'd probably start walking that way," he said.

They hurried along the trail.

Every second felt slow and heavy.

As he walked, Hayden kept saying prayers in his heart. After a few steps, they came around a bend in the trail and saw Dan up ahead.

"Dan!" Hayden shouted.

Dan spun around and smiled. "Hey, where did you guys go?"

Time sped up again. Hayden raced to Dan and hugged him tight.

"I'm so glad we found you," Hayden said. He said a quick prayer of thanks in his heart.

Dan just grinned. "Where are the fish?"

"Come on, I'll show you," Hayden said. His feet were itching to run to the lake. "Let's see who can catch the first fish. I'll help you bait your hook." ■

The author lives in Georgia, USA.

Fishing

*Hayden couldn't wait to go fishing!
If only Dan hadn't come too. . . .*





By Elder
Gary E. Stevenson
Of the Quorum of the
Twelve Apostles

How can I help make my home a peaceful place?



We can make our homes a peaceful, holy place like the temple is.



Help keep your home clean and orderly.



Hang a picture of Jesus or of the temple in your home.



Keep the scriptures in rooms where your family can study and learn together.

OUR PAGE



It was wonderful to go to the temple with my family. It's a long trip from my city to the temple—almost 14 hours. We spent a week near the temple. I'm anxious to turn 12 to do baptisms for my ancestors. One of my favorite songs is "I Love to See the Temple." I want to marry in the temple and have an eternal family. I know the temple is the house of the Lord.

Júlia Q., age 11 (at time of photograph), Goiás, Brazil



By Allen E., age 10 (at time of drawing), San Salvador, El Salvador



WE LOVE TO SEE THE TEMPLE

While I drew this, I thought how if I follow the commandments, I will be able to enter the temple one day, just like my parents, and be sealed and have my own eternal family. I love my family and Heavenly Father.

Manolita G., age 8 (at time of drawing), Chimaltenango, Guatemala



My younger sister and I like to go to the temple in Merida, Yucatan, Mexico, every time our ward is assigned to go. We spend time in the gardens, and we play with other children who come to the temple one day.

Martha S., age 6 (at time of drawing), Yucatán, Mexico

Hello, friends!

My name is Story. I lived in Turkmenistan. That's a country in Central Asia. I like to read, draw, and sew. I like stargazing with my dad. My family and I were the only members of the Church in the



A Story about Story

By Jill Hacking
Church Magazines

PRAYING FOR MISSY

One day my friend's cat, Missy, was missing. We looked all over, but we couldn't find her. I said that we could pray. My friends weren't sure how, so I showed them. We all knelt down and each said our own prayer. Then we got up and started looking again. A girl ran over to us and said she found Missy! I was happy that I shared part of the gospel with my friends.





LEARNING FROM EACH OTHER
My sister, Sariah, and I went to a school with kids from many countries. We loved to learn from each other and have fun.

CRAFTS AND FUN
Sariah and I invited our friends over to play. We painted, made crafts, and had picnics. At Christmastime we had a pageant with our neighborhood friends.



SEND US YOUR FOOTPRINT

How do you follow Jesus by standing tall? Trace your footprint and send us your story and photo, along with your parent's permission. Submit it online at liahona.lds.org (click "Submit an Article") or by emailing liahona@ldschurch.org.



CHURCH AT HOME
Because we were the only Church members, we had church at our house. We had sacrament meeting, singing time, sharing time, and Primary lessons. I played the piano for singing time.





By Elder
Jairo Mazzagardi
Of the Seventy

Lessons from Mother



ILLUSTRATION BY TWAIN T. SMITH

ASK A PARENT!

What's your favorite part of being a parent?

What's the hardest part?

What makes you happy?

What's the most important thing you do every day?

How does the gospel help you be a better parent?

What's the last thing you do every day?

What other questions can you ask?

Be your mom or dad's helpful shadow for a day! Write or draw in your journal about what you learned. Thank your parents for all they do.

When I was growing up, whenever we got any money, my mother would take the very best bills—the ones that were the least wrinkled or dirty—and give them to the minister of the church we went to. She did this her whole life. She said, “This belongs to God.” Those words have stayed with me ever since. When I was baptized into The Church of Jesus Christ of Latter-day Saints as an adult, it was not hard for me to pay tithing because my mother had taught me to obey that law.

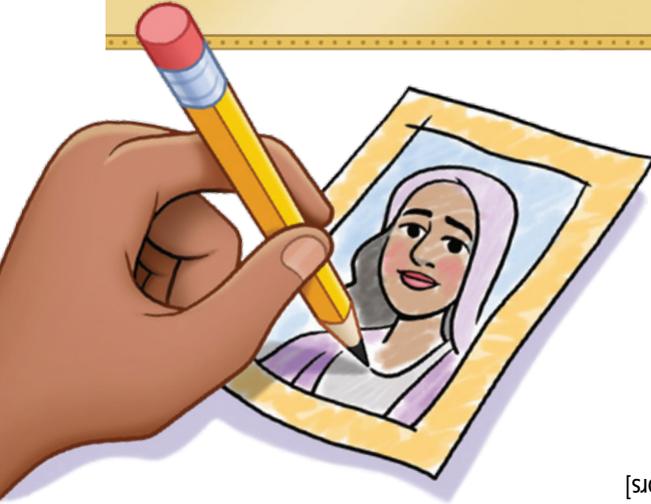
My mother also taught me to be honest, even if it meant doing hard things. Our neighbor grew all kinds of fruits and vegetables. Sometimes his fruit would grow on our side of the fence. Once I picked some of this fruit and took it to my mom. She looked at me and said, “That doesn't belong to us.” I couldn't believe it. I said, “What do you mean? It's on our side of our fence!” Again she said, “That doesn't belong to us.” Then

she took my hand, and we walked to our neighbor's house. We asked for forgiveness for taking his fruit. My mother said that if we wanted something, we needed to get it honestly.

Maybe your parents are not members of the Church, or you don't always agree with their choices. You can still learn true principles from them, such as honesty, responsibility, self-reliance, and hard work. Those principles will be great blessings in your life. ■

Women Heroes in the Book of Mormon

There are lots of women in the Book of Mormon who were good examples for us. Here are three hero cards to add to your collection! We don't know all their names, but we can still learn from their examples. How can you be like these Book of Mormon women?



Can you find these other women in the scriptures? Make your own hero cards for them and send us a picture!

- 1 Nephi 7:19. These women showed courage by standing up for Nephi. Who were they?
- 2 Nephi 5:6. These women believed in God and followed Nephi into the wilderness. Who were they?
- Alma 56:47–48. These women taught their children about God. Who were they?

[Answers: daughter and wife of Ishmael, Nephi's sisters, mothers of stripling warriors]



Cut, fold, and keep these challenge cards!

I Can Gain a Testimony!

Sariah gained a testimony that her husband, Lehi, was a prophet of God. You can be like Sariah by gaining your own testimony and sharing it with others!

- Read 1 Nephi 5:7–8.
- Write your testimony down or share it with a friend or family member.
- I challenge myself to . . .

SARIAH





I Can Believe!

Lamoni's wife had faith that Ammon was a prophet of God. You can be like Lamoni's wife by having faith in our prophet and apostles today!

- Read Alma 19:2–5, 8–10.
- Watch a conference talk from President Monson. Do you believe that he is a prophet of God?
- I challenge myself to . . .



I Can Speak Up!

Morianton was a wicked man. He beat one of his servants, and she decided to tell Captain Moroni about the things Morianton was doing. You can be like the maidservant by speaking up when things aren't right!

- Read Alma 50:30–31.
- If someone bullies you, or if you see someone getting picked on, tell an adult you trust.
- I challenge myself to . . .

Traveling to the Promised Land



Jared and his brother lived in a valley with their families and friends. Jesus Christ visited Jared's brother. He told him to build boats to take his people across the ocean to the promised land.



The people built boats with no windows. Jared's brother worried about how they would breathe and see. Jesus said they should make holes in the boats for air.

But what about light? The brother of Jared made 16 clear stones. He asked Jesus to touch them with His finger to make them shine.



The brother of Jared saw Jesus touch each stone with His finger. The stones shone brightly. Because he had so much faith, Jared's brother saw Jesus Christ!



God sent great winds to blow the boats across the ocean.
When they reached the promised land, the Jaredites prayed
to thank God for protecting them.

We can be like Jared's brother when we trust God and
have faith in Jesus Christ. ■

From Ether 2-3; 6

Music Makes Me Happy



ILLUSTRATION BY APRYL STOTT



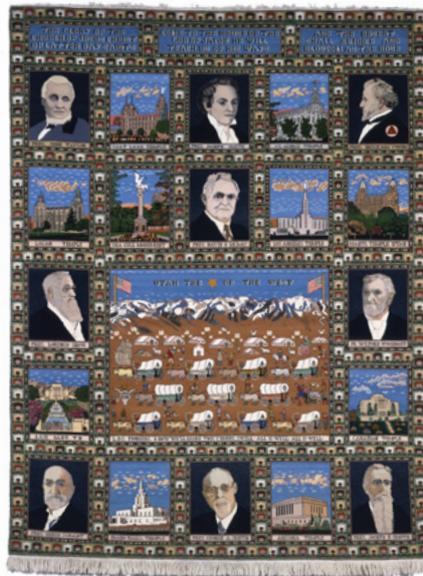
By President
Gordon B. Hinckley
(1910–2008)

THE DIVINE GENIUS OF THE LORD'S CHURCH

God is weaving His tapestry according to His own grand design.

The divine genius of the organization of this work and of calls to leadership is evident. The General Authorities are all individuals, each with his own personality. Each brings to his responsibilities a wide variety of experience and background. When matters come up for discussion in the leading councils of the Church, each is free to express his views. As one observes that interesting process at work, it is fascinating to witness the power of the Holy Spirit influence these men. Initial differences never sharp but nonetheless perceptible soften and meld into an expression of unity. “My house is a house of order,” said the Lord (see D&C 132:8). In witnessing this process at work, I experience a constant renewal of faith. . . .

Some express concern that the President of the Church is likely always to be a rather elderly man, to which my response is, “What a blessing!” The work in this dispensation



was first put in place through the instrumentality of the Prophet Joseph Smith. He was at the time young and vigorous, one whose mind was not set in the traditions of his day. His was a youthful mind which the Lord could mold as fresh, moist clay as He initiated His work.

Joseph’s successor was relatively young when he was faced with the terrible responsibility of leading an entire people across the wilderness to pioneer a new land.

But the basics of our doctrine are now well in place, and we are firmly established as a people, at least until the Lord should mandate another

move. We do not need innovation. We need devotion in adherence to divinely spoken principles. We need loyalty to our leader, whom God has appointed. He is our prophet, our seer and revelator. We shall never be left without a prophet if we will live worthy of one. He does not need to be youthful. He has and will continue to have younger men to travel over the earth in the work of the ministry. He is the presiding high priest, the repository of all of the keys of the holy priesthood, and the voice of revelation from God to His people.

There is an old proverb which says, “Youth for action. Age for wisdom.”

To my mind there is something tremendously reassuring in knowing that for the foreseeable future we shall have a President who has been disciplined and schooled, tried and tested, whose fidelity to the work and whose integrity in the cause have been tempered in the forge of service, whose faith has matured, and whose nearness to God has been cultivated over a period of many years. . . .

We need not fear the future if we hold fast to revealed principles. ■

From “He Slumbers Not, nor Sleeps,” Ensign, May 1983, 5–8. Punctuation and capitalization standardized.

INSIGHTS



Where can I find the courage to go on?

“You may feel that your life is in ruins. You may have sinned. You may be afraid, angry, grieving, or tortured by doubt. But just as the Good Shepherd finds His lost sheep, if you will only lift up your heart to the Savior of the world, He will find you. He will rescue you. He will lift you up and place you on His shoulders. He will carry you home.”

President Dieter F. Uchtdorf, Second Counselor in the First Presidency, “He Will Place You on His Shoulders and Carry You Home,” *Ensign* or *Liahona*, May 2016, 104.

Also in This Issue

FOR YOUNG ADULTS

Stand as True Millennials

Being a true millennial is about more than your age—it's about helping prepare the world for the Second Coming of Jesus Christ.

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FOR YOUTH



POWER TO PERSEVERE

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In the midst of the hardest trial of my life, a few simple things helped me stay connected to God instead of pushing Him away and becoming bitter.

FOR CHILDREN

Lessons from Mother

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Ask your mom and dad these questions to find out what they love about being parents!

