

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS • OCTOBER 2019

Liahona



**Children Encountering
Pornography—How
Love Can Help, page 36**

The Clarity of the
Gospel Lens, page 12

5 Ways Jesus Protected
Children, page 18

Celebrating 100 Years
of Temple Blessings in
the Pacific, page 28

THE
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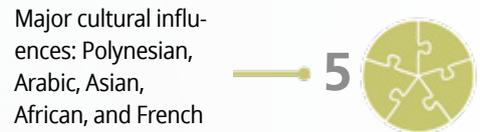
Antananarivo Madagascar



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Here are a few facts about Madagascar and the Church there:



1986 First Malagasy member baptized, in Bordeaux, France

1990 Five people baptized and confirmed

1998 First mission created

2000 First stake created



PHOTOGRAPH FROM GETTY IMAGES

Jesus Loves Our Children

I spend a lot of time thinking about children. I love the kids in my circle of family and friends. Additionally, my job with Church magazines involves creating and editing pages for children around the world. But a couple of years ago, I realized that I had never studied what the scriptures taught about children. So I decided to read the New Testament and Book of Mormon and pay extra attention to what I could learn about this special group.

It was a life-changing exercise! Among the many truths I discovered, the most valuable was an increased understanding of how much Jesus cares about children. He ministered to children as a specific group, set apart from others, over and over again. How can we follow His example?

My article on page 18 shares some of the lessons I gleaned from that scripture-study experience, combined with ideas and input from several experts in the field of abuse prevention.

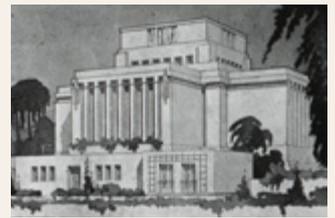
Children are so precious. I hope we can work together to protect and empower them, treating them as Jesus would!

With love,
Marissa Widdison



Blessings of a Gospel Perspective
Elder Gary E. Stevenson

12



The Laie Hawaii Temple: A Century of Gathering
Clinton D. and Angela R. Christensen

28



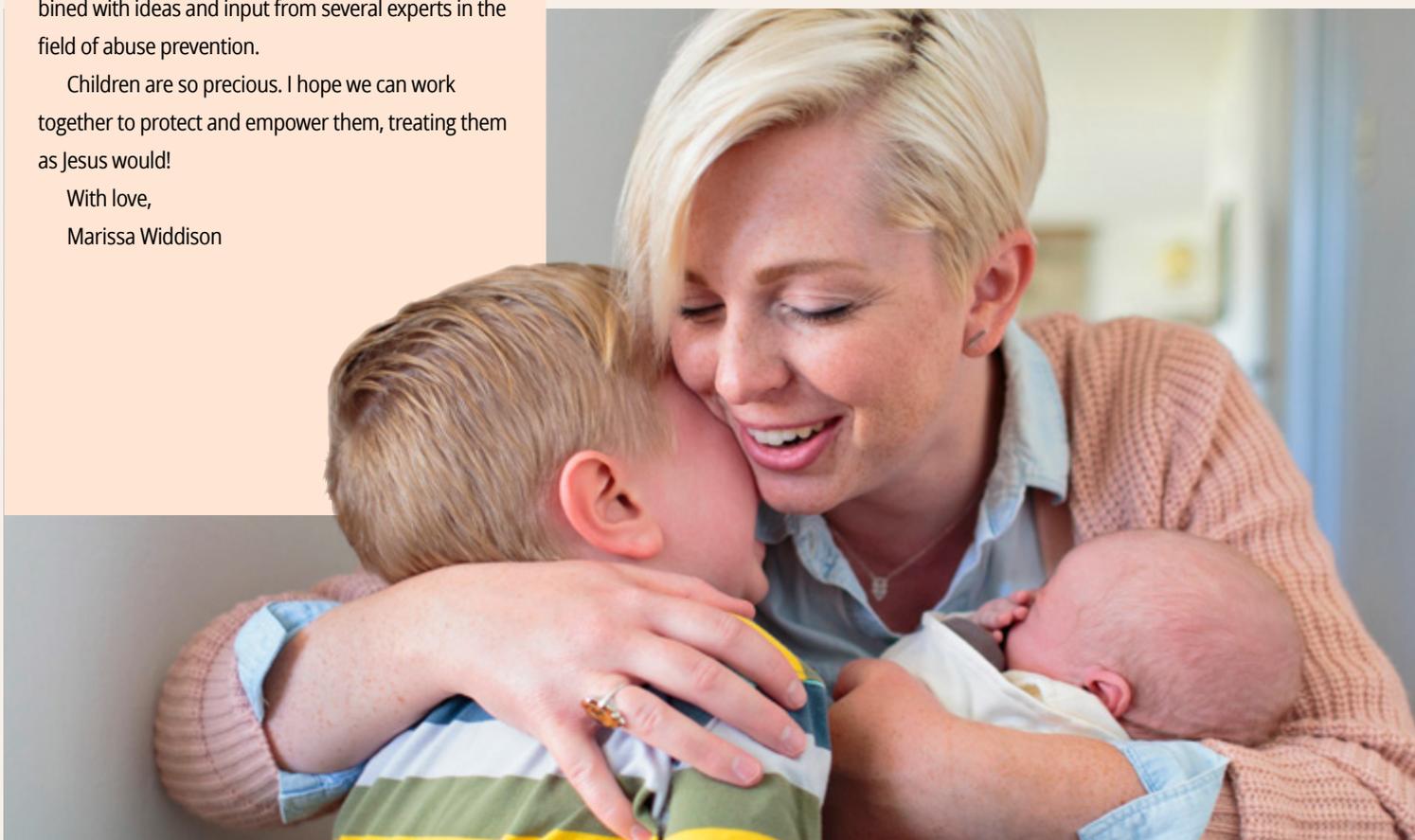
To Be or to Have Been: That Is the Question
Elder Joni L. Koch

24



Addressing Pornography: Protect, Respond, and Heal
Joy D. Jones

36



Contents

- 5 Protecting Children from Pornography** 
6 Portraits of Faith
Wilson Di Paula—San José, Uruguay 
When Wilson had a crippling motorcycle accident and then his wife died soon after, he didn't know what to do. But the gospel provided answers.
- 8 Ministering Principles**
Are You Missing This Vital Part of Ministering?
We should not only “weep with them that weep” but also “rejoice with them that do rejoice.” Here are four ways you can do just that.
- 12 Blessings of a Gospel Perspective**
By Elder Gary E. Stevenson
As we maintain a spiritual balance, we will have a better gospel perspective.
- 18 Protecting Children**
By Marissa Widdison
Jesus Christ loved and protected children. How can you follow His example?
- 24 To Be or to Have Been: That Is the Question**
By Elder Joni L. Koch
It is easy to judge others, but we must be careful to judge righteously and to see others as God sees them.
- 28 The Laie Hawaii Temple: A Century of Gathering**
By Clinton D. and Angela R. Christensen
For 100 years, the temple in Hawaii has allowed Saints all around the Pacific to receive temple blessings.
- 32 Latter-day Saint Voices** 
Two sisters are guided to serve; the missionaries' message made a difference; a bishop decides what to do with his bonus; a letter helps repair a damaged relationship.
- 36 Addressing Pornography: Protect, Respond, and Heal**
By Joy D. Jones
Children are affected by and exposed to pornography, but your love can help them avoid and overcome its harmful influence.

Quick Reads



On the Cover
Photograph from Getty Images, used for illustrative purposes, posed by models.

Sections

Young Adults

42

This month tackles **what to do** if you are **dating someone who struggles with pornography**, and it shares **stories of hope** from others who have faced pornography in their dating relationships.



Youth

50

What it means to be **a true friend**, how one youth **shares the gospel**, and remembering the chief cornerstone of the Church.



Children

Friend

Discover **how to love others** as Jesus does. A prayer helps Prodi when he's scared. Florence becomes a nurse. You can **prepare for the temple**.



OCTOBER'S DIGITAL-ONLY ARTICLES



I Had Fought to Overcome Pornography. Why Wouldn't He?

Name withheld

A young adult from Guatemala shares her experience of trusting the Lord to make a difficult decision.



How I Learned to React When Someone Admits They Struggle with Pornography

Name withheld

Learning about someone's pornography use can cause all sorts of emotions, but this young adult relied on the Savior to know how to react with love.



Moving Forward after Learning of My Fiancé's Pornography Use

Name withheld

A young adult in Tahiti shares her insights on how pornography affected her relationship.

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PROTECTING CHILDREN FROM PORNOGRAPHY

Sister Joy D. Jones, Primary General President, expresses that love is the greatest weapon against pornography: “As the popular catchphrase says, ‘porn kills love,’ but let’s also remember that love kills porn.” Here are three ways that expressing love safeguards children against the influences of pornography.

PROTECTION:

“I Love You”

Create a relationship where your children feel safe and loved.

RESPONSE:

“I Still Love You”

Talk to your children about pornography and invite them to come to you with their questions.

HEALING:

“I Will Always Love You”

Reassure your children that even if they struggle with pornography, your love does not change.



WHAT YOU CAN DO

- Get comfortable talking with your children about sexuality and how to protect them from pornography.
- Help children understand the *why*.
- Every smartphone, tablet, and computer should have safeguards, even teens’ and adults’.
- Never leave anyone alone in a room on a media device. 
- Do not condemn children who express a struggle with pornography.



Sister Jones explains more about each of these ideas in her article on page 36.



“We safeguard our children until the time they can safeguard themselves.”

Jason S. Carroll, professor of family life at Brigham Young University



Wilson Di Paula

San José, Uruguay



A motorcycle accident left Wilson paralyzed. A year later his wife passed away. As a widower with two little girls, Wilson did not know what to do. He didn't know if there was a purpose in life. Wilson could have become bitter. Instead, he began searching for truth.

CODY BELL, PHOTOGRAPHER

I had many questions. Why do bad things happen? I was going along trying to do the right things, and my wife was taken from me and I was left in a wheelchair. Then doctors had to operate on my daughter's head to remove a tumor. I began to think that there was no purpose in life.

I realized that I needed to find the truth. I investigated various religions and found The Church of Jesus Christ of Latter-day Saints. I felt that it was the truth.

I now know that there is a purpose for being on earth. We are here as part of Heavenly Father's eternal plan. We have a Savior who overcame death and was resurrected. Knowing this gives me strength. Now, I strive to persevere and continue forward. I have a purpose and I know that as I try to live a worthy life, I can have an eternal family.

DISCOVER MORE

See more about Wilson's journey of faith, including additional photos, in the online or Gospel Library version of this article at [ChurchofJesusChrist.org/go/10196](https://www.ChurchofJesusChrist.org/go/10196).

HOW TO SUBMIT A PORTRAIT OF FAITH

At [liahona.ChurchofJesusChrist.org](https://www.liahona.ChurchofJesusChrist.org), you can send in a brief description and high-resolution photo of someone whose faith inspires you.



Ministering Principles

Are You Missing This *Vital Part* of Ministering?

Ministering is to “rejoice with them that do rejoice” just as much as it is to “weep with them that weep” (Romans 12:15).

When we think about ministering, it’s easy to think about helping those in need. We talk about gardening for the widow, bringing dinner to the sick, or giving to those who are struggling. We remember Paul’s counsel to “weep with them that weep,” but do we focus enough on the *first* part of that verse—to “rejoice with them that do rejoice”? (Romans 12:15). Rejoicing with those we minister to—whether that means celebrating their success or helping them find joy in difficult times—is an important part of ministering as the Savior would.

Here are three ideas that can help (and one to avoid) as we look to focus on the good God puts in our lives.

1. Be Aware

Bonnie H. Cordon, Young Women General President, helps us understand that we need to *see* those we minister to—see not only their burdens and struggles but also their strengths,



ILLUSTRATIONS BY AUGUSTO ZAMBONATO

SHARE YOUR EXPERIENCES

Send us your experiences as you have ministered to others or have been ministered to. Go to liahona.ChurchofJesusChrist.org and click “Submit an Article or Feedback.”

talents, and successes. She said that we need to be “a champion and a confidant—someone who is aware of their circumstances and supports them in their hopes and aspirations.”¹

In the parable of the sheep and the goats, the Savior said those who would be found on His right hand would ask: “Lord, when saw we thee an hungred, and fed thee? or thirsty, and gave thee drink?

“When saw we thee a stranger, and took thee in?” (Matthew 25:37–38).

“Brothers and sisters, the key word is *saw*,” Sister Cordon said. “The righteous saw those in need because they were watching and noticing. We too can be a watchful eye to aid and comfort, to celebrate and even dream.”²

2. Find Reasons to Celebrate

Celebrate successes large or small. It could be getting through cancer or getting through a breakup, finding a new job or finding a lost shoe, surviving a month after the loss of a loved one or surviving a week without sugar.

Call to congratulate, drop off a card, or go out for lunch. By sharing in our blessings together, living with gratitude, and celebrating the blessings and successes of others, we “have rejoicings in the joy of our brethren” (Alma 30:34).



THE SAVIOR'S EXAMPLE

Jesus Christ often rejoiced in the happiness of others. He attended the marriage in Cana, where He not only celebrated the happy occasion but turned water into wine (see John 2:1–11). We can also make an effort to attend special events in the lives of those we minister to.

We also see the Savior rejoicing over the righteousness of others. When He visited the Nephites, He told them, “Blessed are ye because of your faith. And now behold, my joy is full” (3 Nephi 17:20).

3. See the Hand of the Lord

Sometimes rejoicing with others means helping them see reasons to rejoice—no matter what difficulties or delights enter our lives. The simple truth that Heavenly Father is aware of us and ready to uplift us can be an incredible source of joy.

You can help others see the hand of the Lord in their lives by sharing how you have seen it in your own. Be vulnerable enough to share how Heavenly Father has helped you through your challenges. This testimony can help others recognize and acknowledge how He has helped them (see Mosiah 24:14).

4. Don't Limit Your Ability to Rejoice

Unfortunately, we can sometimes limit our own ability to rejoice with others, particularly when we feel insecure about what we have to offer or where we are in life. Instead of finding joy in another's happiness, we fall into the trap of comparison. And as Elder Quentin L. Cook of the Quorum of the Twelve Apostles taught: “Comparing blessings is almost certain to drive out joy. We cannot be grateful and envious at the same time.”³



“How can we overcome such a tendency so common in almost everyone?” asked Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles. “. . . We can count our many blessings and we can applaud the accomplishments of others. Best of all, we can serve others, the finest exercise for the heart ever prescribed.”⁴ Instead of comparing, we can compliment those we minister to. Freely share what you appreciate about them or their family members.

As Paul reminds us, we are all members of the body of Christ, and when “one member be honoured, all the members rejoice with it” (1 Corinthians 12:26). With Heavenly Father’s help, we can be aware of others’ experiences, celebrate successes large and small, help them recognize the hand of the Lord, and overcome jealousy so that we may truly rejoice together in the blessings, talents, and happiness of others. ■

NOTES

1. Bonnie H. Cordon, “Becoming a Shepherd,” *Ensign or Liahona*, Nov. 2018, 75.
2. Bonnie H. Cordon, “Becoming a Shepherd,” 75.
3. Quentin L. Cook, “Rejoice!” *Ensign*, Nov. 1996, 30.
4. Jeffrey R. Holland, “The Other Prodigal,” *Ensign or Liahona*, May 2002, 64.

INVITATION TO ACT

Consider those you minister to. What talents and strengths do they have? What opportunities or successes have they had? How can you rejoice with them, compliment them, or encourage them?



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



Blessings of a Gospel Perspective

A gospel perspective will give you greater clarity regarding how you think about your life priorities, solve problems, and face personal temptations.

What a great blessing it is to be members of the Church of Jesus Christ in the dispensation when a restoration of the keys of the kingdom and the fulfillment of prophecy allow us to witness firsthand “the gospel roll forth unto the ends of the earth, as the stone which is cut out of the mountain without hands shall roll forth, until it has filled the whole earth” (Doctrine and Covenants 65:2).

This prophecy, given by Daniel of the Old Testament and subsequently repeated in this dispensation, seems to be in the midst of its fulfillment as we observe over 3,300 organized stakes in the Church today. In the past 50 years, membership in the Church has grown from 2.1 million to more than 16 million.¹

As impressive to me as is this prolific growth and change is the fact that the principles and practices of the gospel remain the same, including the divine-governance model revealed for the Church of Jesus Christ. This model allows the organization of stakes, designed to provide “for a defense, and for a refuge from the storm, and from wrath when it shall be poured out without mixture upon the whole earth” (Doctrine and Covenants 115:6).

One of the greatest miracles of your mortal existence will be your ability to find balance between your spirituality and other important life roles.

Brothers and sisters, the Lord is generous in the blessings He grants to us. Understanding that blessings are a function of our obedience to commandments and that keeping commandments is a demonstration of our love of the Lord are valuable precepts to learn. Gospel principles such as these provide an important perspective for us.

This leads to two points I would like to emphasize. I note that President Dallin H. Oaks, First Counselor in the First Presidency, previously shared these two points with young single adults in 2015.

Maintain a Gospel Perspective

President Oaks has said that “*perspective* means to see all the facts in a meaningful relationship, the whole view.”² Here are some things you understand when you see from a gospel perspective:

- You are a child of a loving Heavenly Father (see Doctrine and Covenants 76:24).
- You are here on earth for a purpose, with the ability to make choices (see 2 Nephi 2:27; 10:23).
- “For it must needs be, that there is an opposition in all things” (2 Nephi 2:11).
- Jesus Christ is our Savior and advocate with the Father (see 1 John 2:1; Doctrine and Covenants 110:4).

Consider what happens if your gospel perspective becomes the lens you look through in every aspect of your life. A gospel perspective will give you greater clarity regarding how you think about your life priorities, solve problems, and face personal temptations. This can truly affect your overall approach to your entire life and the various decisions you will make along the way.

With this outlook, we know that the Lord desires that we partake of the sacrament each week and that we study the scriptures and pray to Him daily. In addition, we know that Satan will tempt us not to follow our Savior or listen to the Holy Ghost’s quiet promptings. We can then be more aware that the adversary strives to take away our agency and ability to withstand his efforts through addiction, including drugs and pornography.

In stark contrast, the lens of the gospel gives us a clear vision of the importance of creating families—choosing to marry and raising children in righteousness. This view also opens our eyes to see that the adversary would like to destroy the family unit altogether and confuse gender roles, thus leading to a decrease in the value society places on the formation and building of families.

Maintain a Spiritual Balance

President Oaks stated: “When young adults have the perspective—the overall view—it is vital for them to maintain spiritual *balance* in their lives. To do this, you must abstain from some of the attractions of the world and also do the things necessary to draw closer to the Savior.”³

On one hand, you have many pressing issues and life priorities of all sizes and varieties, all needing attention, focus,

and direction. The list for each of you may be quite different based upon your personal circumstances, but within them you will certainly find education, employment, marriage, and both emotional and physical wellness. Of course, your challenge is to balance these important life roles against your spirituality.

President Oaks also counseled that you must be careful as you “allocate your time so that you will not starve yourself spiritually during the time when your primary-programmed activities are on other things. That principle explains why it is especially important for young adults . . . to follow the counsel to attend their Church meetings, serve in the Church, have daily scripture study, have daily kneeling family prayer, and serve in Church callings.”⁴

In the midst of your personal and diverse needs, to balance life’s pursuits and challenges with your spirituality, you will come to realize that balance is achievable. The Lord does not require you to do something you cannot accomplish. I heard President Thomas S. Monson (1927–2018) on numerous occasions counsel that “whom the Lord calls, the Lord qualifies.”⁵ I think this especially applies to members of the Church.

As daunting as keeping this balance may seem, I promise that one of the greatest miracles of your mortal existence will be your ability to find balance between your spirituality and other important life roles. This can take place in a way that will allow you not just to maintain your spirituality and life’s important roles at status quo but also to grow and develop in both of these important areas.

The main reason this is possible is that the Lord is the fulcrum. He is the absolute center point of balance. And He has divine interest in you personally as one of His children.

But this outcome is predicated on your appropriate focus and effort to find balance.

From my observation and personal experience, it seems that we have a tendency throughout our life to tip more heavily one way or the other. To remain balanced in our lives requires our constant effort and care. Actively choose to stay steady.

Interestingly, it can go both ways. There may be times when you find that you need to exercise care to keep clearly focused on your school or professional work, with “Church service done in Church-service time.”⁶ However, remember to keep the Lord as your fulcrum so you can find your appropriate spiritual equilibrium.

The Lord Will Help You

When we keep a gospel perspective, it is easy to understand the fundamental truth that the Lord will help us. A basic gospel principle is that we are children of loving Heavenly Parents. It is only natural for Them to help us in every way to return to our heavenly home.

I would like to share an example of how the Lord can help you. One of my youth leaders, Thad Carlson, shared it with me many years ago. Thad, who recently passed away, had an enormous impact on me while I was growing up. He was raised during the Great Depression, the ninth of 14 children. His family made a living by farming and raising cattle. It was a difficult time financially, and their greatest asset was their herd of cattle.

In Thad’s youth, one of his responsibilities was to care for and, when necessary, herd the cattle to assure that they found the best feed—a big job for a young boy. He was able to do this with the aid of a smart cow pony who knew exactly what to do with little direction. The pony was named Old Smoky.

Remember to maintain a gospel perspective. Look at the world around you through the lens of the gospel of Jesus Christ.

But Old Smoky had one fault: he never wanted to be caught. Whenever anyone approached him, he would run away, knowing that he was going to be put to work.

One day, after Old Smoky was caught, bridled, and saddled, young Thad rode out to the pasture where the cattle were grazing. The ground was dry, and so was the pasture, but Thad noticed that the grass outside the pasture along the sides of some railroad tracks was longer and greener. So he thought he would herd the cows outside the fenced pasture and let them enjoy some of the good feed along the railroad tracks.

With the help of Old Smoky, Thad herded the cattle out of the pasture, where they began to move back and forth along the railroad tracks feeding on the better, greener grass. The contented cows seemed to be taking care of themselves, so Thad got off his horse and sat on the reins of the bridle, enjoying the surroundings around him, playing and amusing himself. Looking to graze in the green grass himself, however, Old Smoky eventually drifted away, his reins slipping out from under Thad.

This idyllic and peaceful moment came to a crashing and abrupt halt when Thad suddenly heard a loud noise from far away. It was the whistle of an oncoming locomotive barreling down the very rail tracks where his cattle herd was lazily scattered right in front of him! He recognized that the consequences could be devastating to the herd and also to his family if he did not act quickly to get the cattle back into the pasture and away from the oncoming train. He felt that he would never be able to forgive himself for not fulfilling his trusted responsibility.

Thad swiftly jumped to his feet and ran to grab the reins of Old Smoky. Old Smoky saw Thad coming and quickly danced away from him, not wanting to be caught. Breathless

and desperate, with images of dead cows and family tragedy flashing through his mind, Thad knew he had to act fast.

He later recorded what happened: “My Primary teacher had taught us to pray and reinforced teachings learned from my mother. With no other recourse, I dropped to my knees and started to pray for help to clear the cows off the tracks.”

Thad didn’t hear a voice, but a clear thought came to him: “Notice how the cows can walk by Old Smoky and he doesn’t move. So . . . now that you are on your knees, also get on your hands. Play like you’re a cow and crawl over to Old Smoky.”

Thad said: “I did. He didn’t move. I grabbed his reins, led him to the fence, hopped on his back, and we raced like the wind to get the cows back into the pasture. Old Smoky was unusually brilliant at every twist and turn.”

Later, when Thad was in high school, it fully dawned on him that he had received a clear answer to his prayer in a critical time of need. He observed, “Angels administered to Old Smoky beyond my ability, and our family was spared a tragedy.” Later he said: “This was the first of many promptings that [were] to come to me. ‘And whatsoever ye shall ask the Father in my name, which is right, believing that ye shall receive, behold it shall be given unto you’ (3 Nephi 18:20).”⁷

We all have our cattle to clear off the railroad tracks before the train arrives. Our perils come in many different shapes and sizes. Some are even as serious as Thad’s dangerous situation, with life-threatening or soul-threatening consequences for us or our loved ones.

Other situations we face may not have such serious consequences but nevertheless weigh heavily on our minds and hearts. One thing is certain—each of us will have adversity and affliction in our lives because they are part of our mortal experience. But remember, the Lord will help us!

I love these words found in the Book of Mormon: “We see that God is mindful of every people, whatsoever land they may be in; yea, he numbereth his people, and his bowels of mercy are over all the earth” (Alma 26:37).

That means each of us. What a great comfort to know that the Lord will help us.

Faith, Hope, and a Gospel Perspective

By way of summary, I encourage you to remember to maintain a gospel perspective. Look at the world around you through the lens of the gospel of Jesus Christ.

Maintain a spiritual balance. We all face challenges and opportunities in our various life roles, and they are best served when we balance them with our faith in Jesus Christ and in His Atonement.

Finally, have faith and hope that the Lord will help you. This knowledge is what helps you confidently face the challenges that are an inevitable part of your mortal mission. ■

From a devotional address, "A Gospel Perspective," given at Brigham Young University–Hawaii on September 19, 2017.

NOTES

1. See "Statistical Report, 2018," *Ensign* or *Liahona*, May 2019, 112.
2. Dallin H. Oaks, young single adult fireside, Feb. 8, 2015, Salt Lake City, Utah (unpublished).
3. Dallin H. Oaks, young single adult fireside, Feb. 8, 2015.
4. Dallin H. Oaks, young single adult fireside, Feb. 8, 2015.
5. Thomas S. Monson, "Duty Calls," *Ensign*, May 1996, 44.
6. Dallin H. Oaks, young single adult fireside, Feb. 8, 2015.
7. Thad Carlson, personal correspondence.







Protecting Children

What can we do to better protect and empower the children in our lives?

By Marissa Widdison

Church Magazines

Out of all the groups of people Jesus taught, we know He particularly loved children. He gave attention to children even when it was not convenient. He invited children to receive an individual blessing from Him. He condemned those who hurt children. And He taught that we need to become more like children to enter the kingdom of heaven.¹

“Behold your little ones,” He told those on the American continent after His Resurrection. The heavens opened, and loving, protective angels came down and formed a circle around the children, surrounding them with fire. (See 3 Nephi 17:23–24.)

With all the dangers in the world today, we might wish that our children could be constantly surrounded by heavenly fire. It is estimated that one in four people worldwide has been abused as a child, and that average number rises when you look at specific vulnerable groups, such as those with disabilities.² The good news is that there is much we can do to be proactive about protecting children.

“Picture in your mind a child you love,” said Sister Joy D. Jones, Primary General President. “When you tell this child, ‘I love you,’ what does it mean? . . . We provide protection so that we can help those we love to become their best selves and face life’s challenges.”³

Perhaps looking more closely at the Savior’s example will prompt ideas about how we can better protect the children in our lives.



When Jesus visited the Nephites, He blessed each child individually. Likewise, we should get to know each child.

Jesus Made Time for Them

Jesus set aside time to pay attention to the young and vulnerable (see Matthew 19:14). We also can set aside time to listen to our children and try to understand their challenges.

“The more love the child feels, the easier it is for him or her to open up,” Sister Jones said. “. . . We must start the conversation and not wait for children to come to us.”⁴

One mother found it helpful to ask her children each evening, “Did you hear any words today that you didn’t understand?”

Our children’s first instinct may be to look online for answers because the internet provides immediate help and doesn’t judge, but we need to convince them that *we* are a more trustworthy source of information. And that includes not overreacting when our children tell us something uncomfortable. For example, if we have an emotional outburst when our child confesses that they sought out pornography, they might not come to us for help again. But if we respond with love, we have an opportunity to send a clear message—that we want them to talk to us about *anything*.

Sister Jones observed, “Minor troubles talked about in a loving way create a foundation of a healthy response so that when big troubles come, communication is still open.”⁵

Some of the most important, protective conversations that parents can have with children are about their bodies. These conversations should include accurate words for body parts, information about hygiene, and what changes to expect in upcoming years. We should talk about sexuality and how physical and emotional intimacy are a wonderful part of Heavenly Father’s plan for us. We could also talk about topics such as abuse and pornography. These conversations need to be age-appropriate and guided by the questions our children have. Ideally, we would have multiple conversations over time, layering additional information as our children grow up and their understanding increases. (See the end of this article for helpful resources.)

Jesus Set an Example for Them

Jesus set a perfect example for everyone (see John 8:12). As adults, we also have the opportunity and responsibility to be examples. One of the best ways we can help our children be safe is by modeling safe choices ourselves. Children notice how their parents treat others and allow others to treat them. Please, if you are in a relationship or struggling with an addiction that puts you or your family in danger, get help. Reach out to civil authorities and counseling professionals, as well as your bishop or Relief Society president, who can help you connect

with appropriate Church and community resources. You deserve safety and respect.

We should also set an example of caring for our spiritual strength. Do our children see us pray? Do they know we read the scriptures? Have they heard our testimonies? Do we put on “the whole armour of God” as a family in the morning before heading out into the world? (see Ephesians 6:11–18; Doctrine and Covenants 27:15–18).

Jesus Spoke Up for Them

The Savior spoke out against those who hurt children (see Matthew 18:6). We too can be advocates for the children in our lives.

“Children need others to speak for them,” taught President Dallin H. Oaks, First Counselor in the First Presidency, “and they need decision-makers who put their well-being ahead of selfish adult interests.”⁶

While we do not need to be overly fearful or suspicious of others, we should be aware of potential threats and make wise safety decisions. Primary leaders should follow Church abuse-prevention guidelines⁷—there is protection in having two teachers in each classroom and someone from the presidency checking on the classes.

Parents and leaders should counsel together and decide if there are additional precautions they can take to minimize specific threats. For example, many Church buildings have windows in classroom doors. If your building does not, you may consider leaving the doors slightly open during classes and talking to your local facilities-management representative to see if installing windows is an option. Regardless of their callings, all adults can pay attention in church and help when needed, such as welcoming visitors who are roaming the halls, or encouraging a wandering child to return to class.

Sadly, sometimes children are hurt by other children. If we notice any kind of bullying or inappropriate physical contact at church or anywhere, we need to intervene immediately. If we are a leader, we need to be willing to talk with the families involved—even if the conversations are uncomfortable—to make sure that all children are safe.

Speak up with compassion and clarity to help establish a culture of kindness.

If we believe a child is being abused, we should report those concerns to civil authorities right away. In many countries, hotlines exist that offer crisis intervention, information, and support services. We should also tell the bishop of suspected abuse, especially involving anyone who might have access to children through the Church. In addition to taking measures to prevent a perpetrator’s future access to children, the bishop can provide comfort and support to victims and help them connect with additional resources from Family Services.

Jesus Blessed Them One by One

Jesus knew and blessed children one by one (see 3 Nephi 17:21). Likewise, we should get to know each child and try to help him or her specifically.

How can we make church safer for children with medical conditions? Do we have a plan for helping Primary children with disabilities? Are the Primary lessons we teach sensitive to different home situations? What else can we do to be more inclusive?



Racist comments, condescending remarks about other cultures, and condemning attitudes toward members of other faiths should have no place in the messages we share. In one Primary class, a boy did not speak the same language as the other children very well. To help him feel welcome, teachers made sure to print handouts in both languages. Simple acts of thoughtfulness show children that we know and care about them individually, and these acts can set an example for them to follow.

We may discover that some children need help in an urgent way. For example, although some mood swings are a normal part of growing up, if a child is angry, withdrawn, or sad for several weeks, there might be a more serious problem that needs professional help. While righteous habits like prayer and scripture study are important, often more support is needed for those who are dealing with an emerging mental illness or coping with a secret trauma. Ignoring the situation will not make things better. In many areas, bishops can provide financial assistance to individuals and families for counseling through Family Services or other providers.



Jesus Empowered Them

While protecting children, Jesus also empowered them. He pointed to children as examples (see Matthew 18:3). After His visit to the Americas, young children were able to teach adults “marvelous things” (3 Nephi 26:16).

We can empower the children we know by teaching them to recognize how the Spirit speaks to them and then to follow the Spirit when making decisions—helping them develop an internal filter to guide their actions. As Sister Jones taught, “Helping children create their own internal reasoning for wanting to [make safe decisions] is essential.”⁸ Here are some ideas that empowered other families:

- One mother taught her children to pay attention to their “uh-oh feelings” and be careful around people who seemed “tricky.” This paid off when some people tried to convince her son to follow them into a bathroom, and he heeded his warning feelings and refused.
- Some families create a getaway plan ahead of time to use when they encounter something harmful. For example, one family’s getaway plan was called “crash and tell” and consisted of turning off the computer monitor and telling a parent right away if a bad image popped up. Their children never had to wonder about how to deal with bad media—they knew what to do!
- Another family created a code word their children could text to their parents or say over the phone if they needed to be picked up right away.
- You could help your children practice saying, “No!” when someone tries to convince them to do something that makes them



uncomfortable. Every child should know that they can ask for help, and they should keep asking until they are safe.

Our Role as Adults

Let's recall again the scene in 3 Nephi 17, when Jesus "took their little children, one by one, and blessed them, and prayed unto the Father for them. . . . And they were encircled about with fire; and the angels did minister unto them" (verses 21, 24). Perhaps a key point of this story is not only to teach us how important children are but also to illustrate what *our* role should be, as adults. We are the caretakers of the next generation. *We* should be the angels that encircle and minister to children. Let's continue to look to Jesus as our perfect example and then do the best we can to surround our little ones with love and protection. ■

NOTES

1. See the scripture references under each section heading in this article to find these stories in the scriptures.
2. See "Child Maltreatment (Child Abuse)," World Health Organization, who.int/violence_injury_prevention/violence/child/en.
3. Joy D. Jones, "Addressing Pornography: Protect, Respond, and Heal," *Liahona*, Oct. 2019, 38.
4. Joy D. Jones, "Addressing Pornography," 39, 40.
5. Joy D. Jones, "Addressing Pornography," 39.
6. Dallin H. Oaks, "Protect the Children," *Ensign* or *Liahona*, Nov. 2012, 43.
7. See "Preventing and Responding to Abuse," newsroom.ChurchofJesusChrist.org.
8. Joy D. Jones, "Addressing Pornography," 40.

A NEW CHURCH RESOURCE

The Church has a new site about preventing and addressing abuse. Go to abuse.ChurchofJesusChrist.org.

HELPFUL RESOURCES

- Abuse.ChurchofJesusChrist.org
- AddressingPornography.ChurchofJesusChrist.org
- *A Parent's Guide* on ChurchofJesusChrist.org
- "Abuse," Gospel Topics, topics.ChurchofJesusChrist.org
- "Abuse," Lesson Helps by Topic, lessonhelps.ChurchofJesusChrist.org

TIPS FOR PROTECTING CHILDREN

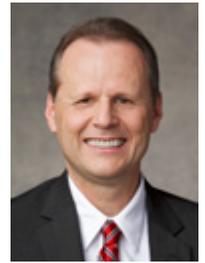
At Home

- Create a family plan for staying away from bad media or escaping harmful situations.
- Talk in age-appropriate ways about bodies, sexuality, and intimacy.

At Church

- Follow Church guidelines for teaching, including having two adults in every classroom.
- Encourage a culture of kindness and do not allow bullying.





By Elder
Joni L. Koch
Of the Seventy

To Be or to Have Been: That Is the Question

We are expected to judge. We must. But we must *not* stereotype or label anyone.

Several years ago my wife and I were visiting Kronborg Castle in Helsingør, Denmark. This castle was made famous by William Shakespeare's play *Hamlet*. As we visited the castle, our minds flooded with scenes and dialogue from the play, especially Hamlet's famous inquiry, "To be, or not to be: that is the question."

But then I thought of a much more relevant question to ask ourselves: "To be or to *have been*: that is the question."

Allow Improvement

Unfortunately, we often use labels when speaking of others. For example, we might say things such as:

- "Elder Brown is a lazy missionary." Instead, we should say, "Elder Brown hasn't been working hard lately, but I believe he can improve."
- "Mary is not a religious person." In contrast, we could say, "Mary has not been interested in religion, but she might feel the Spirit if I bear my testimony to her."

When we say someone *is* something, we can end up labeling or stereotyping, judging without giving space for the possibility of change and improvement. But when we say *has been*, we indicate that we believe growth and progress are possible.

Is It Wrong to Judge?

Most Bible translations provide the following version of a teaching from the Savior: “Judge not, that ye be not judged” (Matthew 7:1). But the Joseph Smith Translation provides clarification: “Judge not *unrighteously* . . . , but *judge righteous judgment*” (in Matthew 7:1, footnote *a*; emphasis added).

It is indeed acceptable—and even expected—that we exercise judgment as we assess, evaluate, and discern situations and make decisions. And it is particularly important that we exercise righteous judgment as we interact with people.

For example, we should evaluate carefully whom we’re going to marry, use discernment to understand someone’s intentions, or assess one’s capabilities to fulfill a professional assignment.

We should always evaluate peoples’ actions or characteristics by the Lord’s standards, as contained in the holy scriptures and the words of the prophets. Above all, we should be sure that our judgments don’t attempt to unkindly define, quickly stereotype, or unjustly label anyone.

Able to Change

We exercise unrighteous judgment when we inaccurately portray others, particularly if by doing so we imply that they cannot change. In all of our interactions with others, we should remember that because of the Lord’s atoning

sacrifice, each of us has the capacity to improve. Consider these examples from the Savior:

- He said to the woman taken in adultery, “Go, and sin no more” (John 8:11).
- He told one of the men being crucified beside Him, “To day shalt thou be with me in paradise” (Luke 23:43).
- As a resurrected being, He continued to see Peter’s potential and to mentor him, even though Peter had denied Him three times (see Matthew 26:34 and John 21:15–17).
- He told Saul, who had persecuted the Saints, to repent. Saul, who became Paul, obeyed and became righteous. (See Acts 9:3–6.)

The Lord Jesus Christ is a champion of second chances—and third and fourth chances too. He taught us to forgive “until seventy times seven” (Matthew 18:22). He is the only individual who lived a perfect life on this earth, but because of His life, His teachings, His atoning sacrifice, and His Resurrection, and through the ordinances of His gospel, we can also become perfect one day. Referring to our brothers and sisters in a way that conveys disbelief in their capacity to change would also convey disbelief in the power of the Savior and His Atonement.

Outward and Inward

It is a fact of life that we often judge (and are judged) by first appearances. We are in danger of judging unrighteously, however, when we judge based only on first appearances and fail to evaluate a person’s true character.

“The Lord seeth not as man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart” (1 Samuel 16:7). Jesus referred to the hypocrites in His day as “whited sepulchres, which indeed appear beautiful outward, but are within full of . . . all uncleanness” (Matthew 23:27).

The Savior was not teaching that a positive and decent outward appearance is not a good thing but that a man’s or woman’s inner character (moral and spiritual condition) is significantly more important. Think of our majestic temples: the grounds are beautiful, but much more important are the ordinances that are performed inside.

Missionaries too are required to maintain dress and grooming standards. By being clean, dressing modestly, and using proper language, they set a good example for those whose introduction to the gospel of Jesus Christ will come through what they see and hear from the missionaries.

Exercising Discernment

As we attempt to make righteous judgments, it’s important to

use discernment. The Guide to the Scriptures says discernment is “to understand or know something through the power of the Spirit. . . . It includes perceiving the true character of people and the source and meaning of spiritual manifestations” (“Discernment, Gift of”).

Sometimes people who are evil inside use worldly appearance to try to trick us into thinking they are worthy of emulation. They are “wise in their own eyes and prudent in their own sight” (Isaiah 5:21; 2 Nephi 15:21). The Savior was able to see beyond this charade, and He was able to discern strength of character and honest intent of heart among even the most humble and downtrodden.

Alma exercised such discernment when he spoke to those who were “despised of all men because of their poverty” yet blessed because they had become humble and “lowly in heart” (see Alma 32:5–8).

We should remember that “the things of the Spirit of God . . . are spiritually discerned” (1 Corinthians 2:14). When we see others as our Father in Heaven sees them, discernment allows us to exercise righteous judgment.

Righteous Judgment

Every day of our lives we judge by assessing, evaluating, and discerning. However, the Lord expects us to do it righteously. As disciples of the Lord

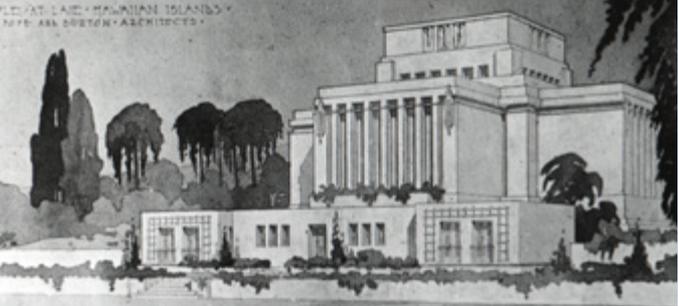
Jesus Christ, our words and actions should show that we are merciful, loving, and willing to help.

As righteous judges, we need to make sure we pay more attention to the character of a person rather than their appearance. At the same time, we should remember that every day we create first impressions by the way we look and the words we use. Most people will

be drawn to find out more about our character and the message of the gospel if our appearance reflects the high value of our message.

Our Lord and Master, Jesus Christ, has shown us the perfect model to follow as we strive to judge righteously. We should—as He does—balance what we see on the surface with what goes on inside each person. ■





Architectural rendering by architects Hyrum Pope and Harold W. Burton. Right: One of the four friezes around the temple representing four dispensations of the gospel.



A decorative plate featuring the first eight temples of the Church. Laie is bottom center.

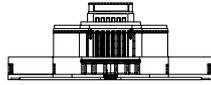


Middle: President Heber J. Grant in Laie for the temple dedication. Above: President Joseph F. Smith (far left) in Laie. He dedicated the site for the temple in June 1915.



Maternity frieze sculpted by Avard Fairbanks. Left: Members gather at the temple (1920).





The Laie Hawaii Temple

A CENTURY OF GATHERING

Dedicated 100 years ago,
the Laie Hawaii Temple
has allowed Saints to
gather to receive temple
blessings as the gospel
began to spread through-
out the world.

By Clinton D. and Angela R. Christensen

The authors live in Utah, USA. Brother Christensen works for the Church History Department.

One of the great missions of the Church of Jesus Christ in the latter days is to provide temple blessings to the people of the world, both the living and the dead. The Prophet Joseph Smith taught that “the object of gathering the . . . people of God in any age of the world . . . was to build unto the Lord a house whereby He could reveal unto His people the ordinances of His house.”¹

At the dawn of the 20th century, only four operating temples were found on the earth, all located in Utah. Thus, physical gathering to Utah was the primary means of receiving access to temple blessings. In 1919, that changed. On November 27, 1919, President Heber J. Grant (1856–1945) dedicated the Laie Hawaii Temple. This marked a historic turning point in the Restoration as temple blessings became available to many nations.

In many respects, the Laie Hawaii Temple was the first international temple. It immediately served members from Hawaii, New Zealand, Samoa, Tonga, Tahiti, Japan, and Australia. As the Church continued to grow throughout the Pacific and Asia, the number of countries blessed by this temple continued to increase.

This year marks the 100th anniversary of this important milestone in the gathering of Israel on both sides of the veil.

Gathering from Samoa

The islands of Samoa lie about 2,500 miles (4,023 km) from Hawaii. In 1919, John Q. Adams, the mission president in Samoa, said, “Upon the completion of the temple at Laie, our people seemed to be seized with an intense desire to accumulate enough of this world’s goods to go to the temple.” Aulelio Anae, for example, had served as a missionary without pay for 20 years. Because of his years of sacrifice, he didn’t have enough money to travel to Hawaii. So Brother Anae sold everything he owned and managed to scrape together U.S.\$600 or \$700.² Brother Anae and other

Samoans sacrificed all they could to move to Laie during the 1920s.

One family, the Leotas, arrived in Hawaii on New Year's Day 1923. Seven-year-old Vailine Leota remembered, "Our first [view] of the temple . . . was the most beautiful sight."³ Just two weeks later, Vailine's parents, Aivao and Matala, received their endowments and were sealed as a couple, and their children were sealed to them. The Leotas served faithfully in the house of the Lord for 50 years and were buried "near the temple they loved so much."⁴ Today, hundreds of their faithful descendants live throughout Hawaii.

An Impossible Task

While many members in the Pacific left their homelands and immigrated to Hawaii, many wards and branches from various nations organized group trips, called excursions, to the temple. This spiritual form of gathering provided a way for Church members to travel to receive temple ordinances and then return home to build the Church in their own nations.

At the dedication, President Grant prayed for the Lord to open the way for Saints in New Zealand and all the Pacific Islands and to secure their genealogies so they could come to the temple and become saviors to their ancestors.

Temple excursions began with a group of Maori Saints in New Zealand just six months after the dedication. Though 5,000 miles (8,045 km) away from Hawaii, these Saints rejoiced at the news of the dedication.

Waimate and Heeni Anaru yearned to be part of the first group to travel to the temple. Yet the task seemed impossible because of the family's poverty and the required cost of 1,200 New Zealand pounds for the trip—a hefty sum. They would need a miracle.

For years, the Anaru family followed the prophet's counsel and gathered their genealogical records. Those records then sat in stacks while the

Anarus waited for a miracle to occur. Their son, Wiwini, knew of his parents' faith: "Mother never ever despaired that she would [not] someday kneel with Father at a temple altar."

A miracle did occur. Waimate won a contract from the New Zealand government for a large land-development project. His income from this project provided sufficient cash paid in advance to cover the cost of the trip to Hawaii. Waimate and Heeni overcame their fear of ocean travel and journeyed to Hawaii with a group of 14 Saints in May 1920. They received their endowments and were sealed. The impossible had happened.

The Anarus' story is just one among thousands about Latter-day Saints who traveled to the Laie Hawaii Temple to receive ordinances and claim the promises offered by the Lord in His house. This required great sacrifice, but it produced stronger Saints who returned to their homelands prepared to lead the Church.⁵

Spiritual Gathering from Asia

Following the Second World War and the reestablishment of the Church in Japan, Saints there organized the first Asian temple excursion. In 1965 a plane full of 165 devoted Saints traveled from Tokyo to Hawaii to receive temple ordinances. This trip produced incredible strength

1850

1850: Missionaries arrive in the Kingdom of Hawaii to preach the restored gospel.

1855: Joseph F. Smith serves his first mission in Hawaii.

1875



1865: The Church purchases land in Laie where a meetinghouse is built. This building is moved in 1916 to make way for the temple.

1900

1915: Laie Hawaii Temple announced by President Joseph F. Smith.



November 27, 1919: Temple is dedicated by President Heber J. Grant (seen above, in center).

1920: Waimate Anaru travels to the temple from New Zealand.

1925

1923: The Leota family (below) moves to Laie from Samoa.



for the Church in Japan. Ninety-five percent of these members remained active in the Church. Five later became temple presidents in their homeland, including Elder Yoshihiko Kikuchi, the first General Authority from Japan.⁶

In 1970 a group of Korean members traveled to Laie. Choi Wook Whan, a branch president, said, “We went to the temple and it opened our minds and awakened to us how we can receive salvation. The eternal plan became real; our testimonies have been strengthened so much it is hard to explain. What a great blessing it is for the people of Korea to have the opportunity of attending the temple.”⁷

Gathering Our Kindred Dead

When temple ordinances become available to a nation, they bring the Lord’s blessings not only to those living in that country but also to those from that nation now on the other side of the veil. This blessing has been felt by members in Asian countries, where their culture has meticulously recorded genealogy for centuries.

Kwai Shoon Lung’s parents migrated from China to Hawaii. He was born in Kauai in 1894 and baptized in 1944 on his 50th birthday. Brother Lung taught family history at church and told his class, “I had a vision one night in which I

saw many of my dead kindred beckoning me to work for them.” Three days later he received his genealogy from his aunt in China: 22 pages in Chinese script revealing his ancestry back to AD 1221. Together with his son Glenn and daughter-in-law Julina, they have completed thousands of ordinances in the temple for their family. Glenn and Julina Lung later served faithfully as president and matron of the Laie Temple from 2001 to 2004.⁸

The Gathering Continues

Situated in the crossroads of the Pacific between the Americas and Asia, the Laie Hawaii Temple has opened the door of temple blessings to many nations. Thus, the gathering of Israel became primarily a spiritual gathering as members are able to receive temple blessings and then return to build the Church in their native lands. This opportunity has aided the expansion of the restored gospel to many cultures and peoples on both sides of the veil.

As we celebrate the 100th anniversary of the Laie Hawaii Temple, we are privileged to witness a milestone in the Restoration and a fulfillment of the prophecy of the prophet Jacob in the Book of Mormon: “Great are the promises of the Lord unto them who are upon the isles of the sea” (2 Nephi 10:21). ■

NOTES

1. *Teachings of Presidents of the Church: Joseph Smith* (2007), 416.
2. See James Adams Argyle, comp., “The Writings of John Q. Adams,” 14, FamilySearch.org.
3. Vailine Leota Niko, in Clinton D. Christensen, comp. *Stories of the Temple in Lā‘ie, Hawai‘i* (2019), 70–71.
4. Aivao Frank Leota (1878–1966), FamilySearch.org.
5. See Christensen, *Stories of the Temple in Lā‘ie, Hawai‘i*, 64–65.
6. See Christensen, *Stories of the Temple in Lā‘ie, Hawai‘i*, 114–17.
7. Choi Wook Whan, in “Going to the Temple Is Greatest Blessing,” *Church News*, Apr. 17, 1971, 10.
8. See Christensen, *Stories of the Temple in Lā‘ie, Hawai‘i*, 166.

1950



1965: For the first Asian temple excursion, 165 Japanese Saints arrive in Hawaii.

1970: Saints from Korea join Japanese Saints on a temple excursion.

1975



June 13, 1978: President Spencer W. Kimball rededicates the temple after significant expansion. He and President N. Eldon Tanner (above) also visit the Polynesian Cultural Center.



2000

November 21, 2010: Following seismic upgrades and remodeling, President Thomas S. Monson rededicates the temple.



2015

Guided to Monica

When I lived in São Paulo, Brazil, I got to know a special woman named Graça. She was a lovely and kind woman and a friend to all.

Graça was my visiting teaching companion. She was a mother of three, worked part-time, and didn't have a car or telephone, but none of this stopped her from serving.

From my balcony, I could see a single window of her house. When she was available, Graça would put a red piece of fabric in that window to signal that she was ready to go visiting. She never found an excuse not to serve. I have



Graça would put a red piece of fabric in her window to signal that she was ready to go visiting.

often thought about Graça's signal and her wonderful example of faithful and simple service.

One experience stands out in my mind. We prepared and prayed before going to visit one of our sisters. As we approached her house, we realized we had actually driven to a different sister's house! We were assigned to visit this sister, a less-active mother of two young children, but had not planned to visit her that day. Because we were there, we knocked, but nobody answered.

We decided to be persistent and wait. The sister, Monica, eventually came and told us she was busy. We noticed she was tired and almost in tears. When we said we were there to help, she allowed us to enter. Her baby was crying, so we told her to take care of her baby and we would wait. When Monica went upstairs with the baby, we got to work, cleaning several rooms and folding all the clothes we could see.

When Monica saw how nice her house looked, she started crying, opened her heart to us, and shared some of her challenges. We promised to help her, and we talked to the Relief Society president about her challenges. The following Sunday, Monica was in church.

Monica became an active, happy sister, and we continued to minister to her with love and care. She still had the same challenges, but she was able to deal with them with more faith and courage because of her activity in the Church.

I'm so grateful for Graça's example as we served together. We had prayed for guidance, and God had led us to Monica. ■

Rosana Soares, Utah, USA





They Planted a Seed in My Heart

Where did I come from? What am I doing here? Where do I go after this life?

When I was 29, these questions kept coming back to me. My parents had passed away. I grieved for the loss of my firstborn infant son. I had three other children to raise and a life full of challenges.

The Lord began to answer my questions when He guided two young missionaries to my home. When I welcomed them inside, they asked if there was anything I felt was missing in my life. I told them about my parents and my son. I told them I thought it would be unfair to have children and to form families if everything just ended with death. I asked if I would ever see my parents and my son again.

“Marta,” they said, “you can have your family forever.”

Joy filled my heart. I wanted to know

more. At their next visit, they taught me more about the gospel of Jesus Christ. They gave me a Book of Mormon and challenged me to read it and ask God if it is His word. I accepted their challenge. When I prayed, God’s answer came clear as sunshine. I knew in my heart it was true.

Unfortunately, when I took a new job, I lost contact with the missionaries. In the months that followed, my marriage ended and I tried to start a new life with my children.

Eventually, I remarried. One day my husband said he missed having God in his life. We decided to attend the church he once attended. When we entered the building, I saw a Book of Mormon on a table in the foyer. This was the same church I had been introduced to before! I loved the Spirit I felt there. When we left, I asked my husband how I could be baptized.

I felt that I should tell the sisters who first taught me that I had joined the Church and that they had planted the seed of the restored gospel in my heart.

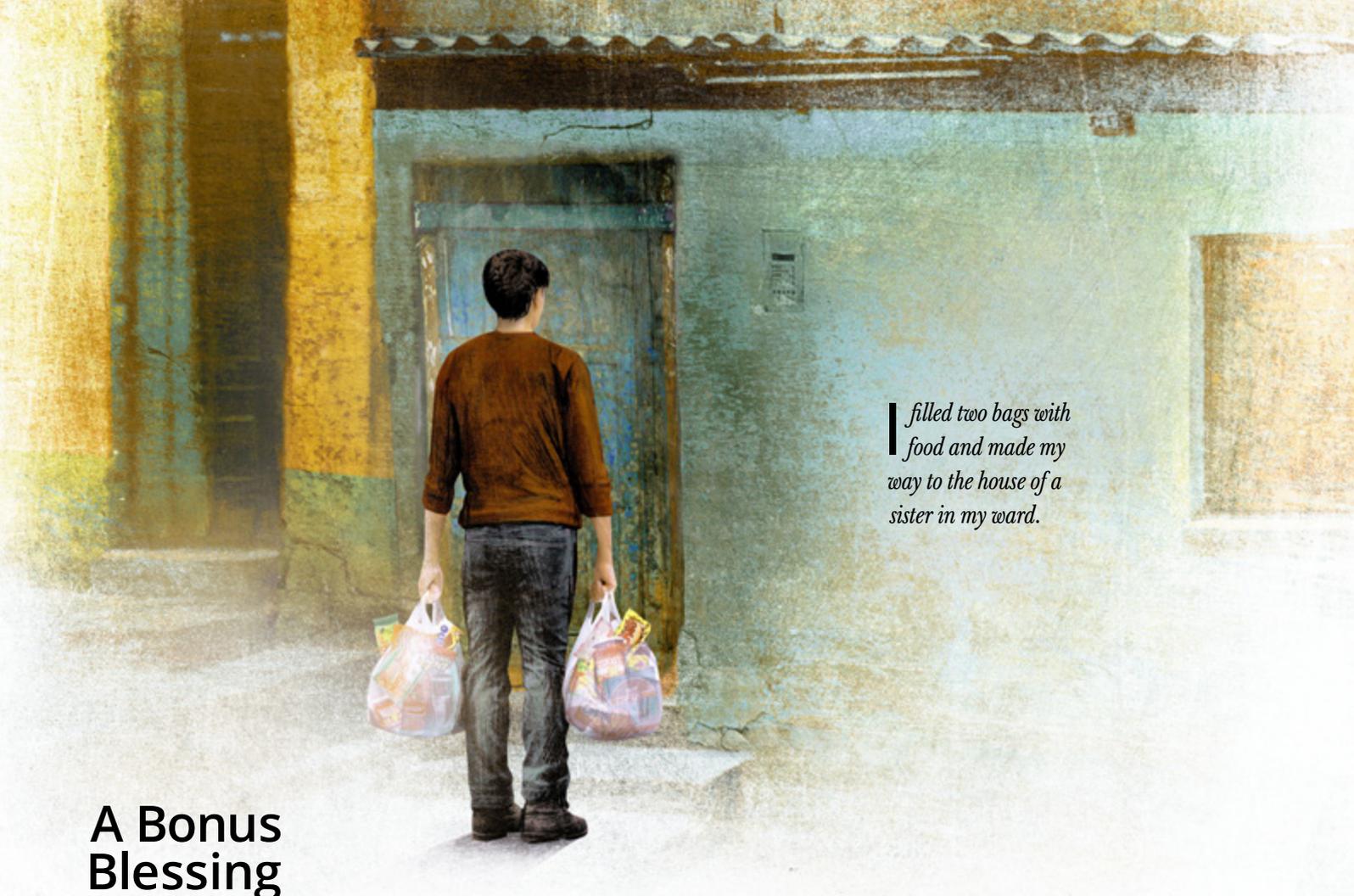
“You need to be taught by the missionaries,” he said.

“I was taught five years ago!” I replied.

My children and I were taught the lessons. Our baptism day was the happiest day of our lives.

Several years later, I felt that I should tell the sisters who first taught me that I had joined the Church. On Facebook, I found a group of returned missionaries from the Brazil Santa Maria Mission. It included one of the sisters who had taught me. I sent her a friend request and told her who I was, how I became a member of the Church, that our family was sealed in the temple, and that my son was serving a full-time mission. I told her all this was possible because she and her companion had planted the seed of the restored gospel in my heart. ■

Marta Algarve, Santa Catarina, Brazil



I filled two bags with food and made my way to the house of a sister in my ward.

A Bonus Blessing

My wife, Carmen, and I just had our first child when I was called to be the bishop of our ward. At the time, we struggled financially. It became stressful for me to provide for my family and at the same time watch over and care for the members of our ward.

One Sunday, I noticed a single mother with her four little children in sacrament meeting. She sat on the last bench in the chapel and tried her best to keep her children quiet. I knew she was struggling financially as well, but she never asked for help. Weeks passed, and every Sunday she came to church with her children.

One day, I received my paycheck. Blessed to receive a bonus, I decided to use the extra money to purchase supplies for much-needed repairs on

my house. But while I was heading to the market, this sister and her children came to my mind. I felt I should use the extra money to buy food for them. I called Carmen and told her what I felt I needed to do. She agreed.

As I shopped, my eyes fell on some cookies. I thought that maybe the children would like some sweets. I filled two bags with food and made my way to this sister's house.

I knocked on the worn wooden door several times. When I was about to leave, the door finally opened. "Bishop," the sister said, "I am surprised to see you here." Instantly, her children ran out from behind her.

"I brought you some food," I said.

One of her daughters found the cookies and shouted, "Cookies!" Her brothers and sisters excitedly gathered

around. A seven-year-old daughter hugged me. "Thank you, Bishop!" she said.

I looked inside their home and saw that this sister had been washing clothes in a pan on the floor. The family had no table and slept on a mattress on the floor. I realized how much they were in need. I made arrangements to make sure they would have a table and that each would have a bed.

This experience helped me to recognize that the Lord guides and blesses His servants. We do not need a special calling in order to help our brothers and sisters. We just need to be in tune with the Spirit, recognize who needs our help, and be willing to be instruments in the Lord's hands. ■

Roberto Atúncar Nieto, Lima, Peru

Two Pages Full of Gratitude

My father suffered all his life from low self-esteem and feelings of worthlessness. He was raised by an alcoholic father who often told him how worthless he thought he was. Thankfully, my father never became an alcoholic himself, but he never told me and my siblings that he was proud of us or praised us for things we had done well. Growing up, I tried to please him, but I always felt I couldn't quite make the mark. This caused us to have a strained relationship.

One year, I mentioned this to my wise bishop. He counseled me to write my father a letter telling him all the reasons I was thankful for him. This would be no small feat for me. My wounds were deep, and I didn't want my letter of gratitude to become one of resentment. So I prayed. With the Spirit guiding me, the reasons that I was grateful for my father began to flow. It took time, but when I finished, I had filled two full pages.

I delivered my letter, not knowing how my father would respond. But I knew that I didn't get to choose his response. I just needed to look into my own heart and remember why I had written the letter.

The next morning, I received a phone call from my stepmother. She was crying. She told me my father had read the letter over and over and over. She said he couldn't talk to me because he was crying too hard.

"Thank you!" she said. "Your father needed this."

Later that day, my father called to thank me. He called me every day for several days to express how much the letter meant to him.

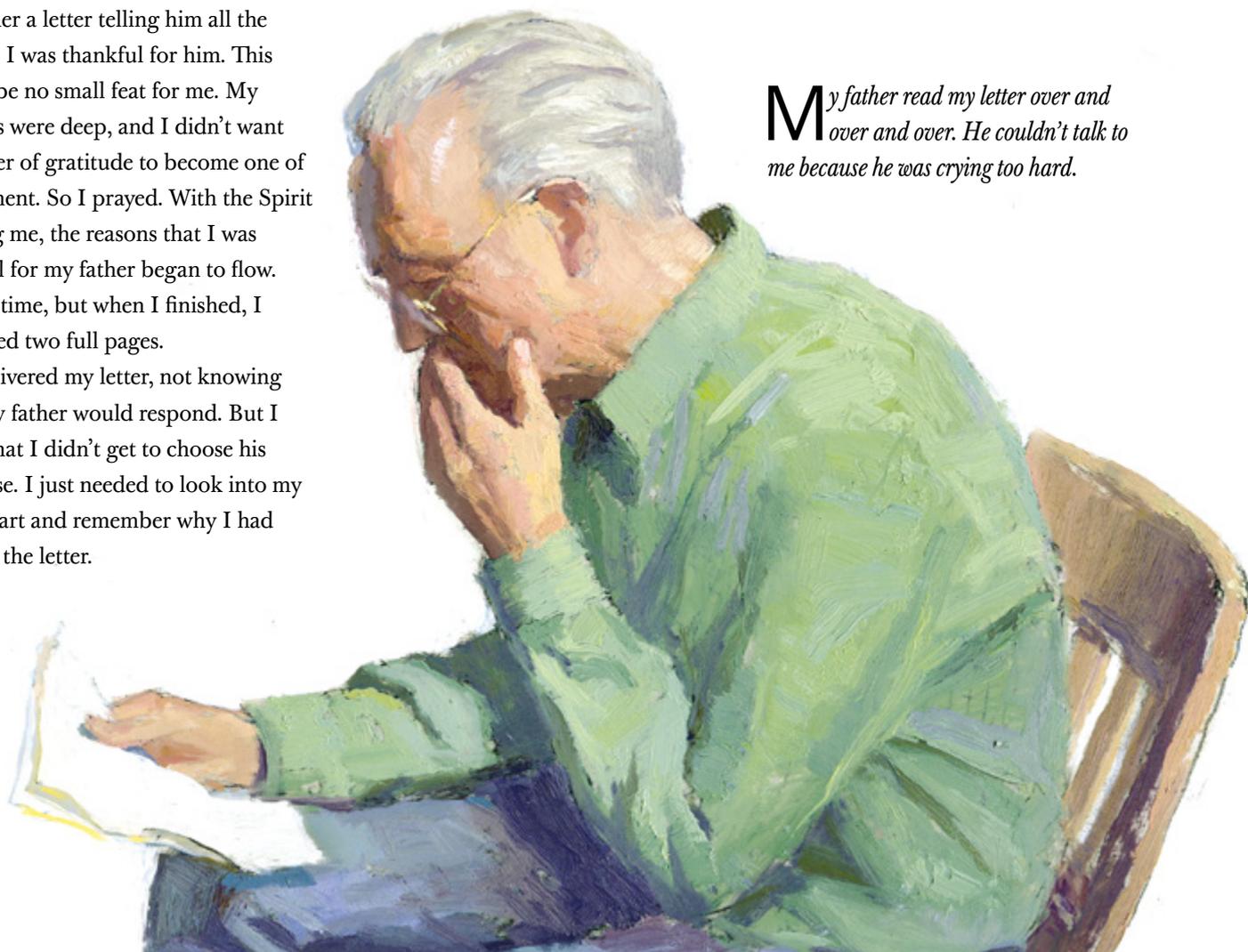
I wish I could say that our relationship was miraculously healed, but we still had much work to do. Over time,

my heart began to heal, and our relationship improved. Eventually, I was able to forgive him.

A few years later, after a tremendous battle with cancer, my father died. I am sure he is now experiencing great joy as the Savior helps him heal from years of abuse. I know that I have experienced healing through the power of Jesus Christ's Atonement. The Savior understands our needs and can help us remove the poison of hurt and resentment from our souls. I know that gratitude, forgiveness, and love are powerful cures. ■

Elise Dahlen, Utah, USA

My father read my letter over and over and over. He couldn't talk to me because he was crying too hard.





ADDRESSING PORNOGRAPHY:

Protect, Respond, & Heal



By Joy D. Jones
Primary General
President

These three applications of love can help our children in the encounters they may face with pornography.

I am painfully aware of the influence of pornography upon even the youngest in our society—our children. A plague of epic proportions, pornography can cause shame, deceit, distorted feelings, loss of self-control, overwhelming addiction, and total consumption of time, thought, and energy. There is great need for all of us—parents, families, teachers, leaders—to really see, value, and protect our children and youth.

Love is among the greatest of God’s gifts. Loving God and loving one’s neighbor are the two greatest commandments given to us from Jesus Christ Himself. Love, I believe, is also our greatest weapon in fighting against pornography.

Indeed, as the popular catchphrase says, “porn kills love,” but let’s also remember that love kills porn. That doesn’t mean that our love for someone else can change their addiction or even their behavior. But love can motivate us—how we prepare, how we respond, how we listen—particularly with our children. If we are going to have any hope of eradicating this plague from the world, love must be both at the forefront and the foundation of all our efforts.

I wish to suggest three applications of love that I hope we will focus on, embrace, and enact. These three applications are tied to three phases of encounters with pornography our children may face.

First, we say “I love you” by truly protecting them. Second, we say “I still love you” by the way we respond to their exposure to pornography, whether intentional or not. And third, we say “I will always love you” by providing loving support for them as they work on healing if they’ve experienced compulsive use or addiction. In each phase, love is the key.

This problem is affecting our boys and our girls, and we're not talking about it enough.



1 PROTECTION: "I LOVE YOU"

Picture in your mind a child you love. When you tell this child, "I love you," what does it mean? At its core, it means that we provide protection so that we can help those we love to become their best selves and face life's challenges. Part of protection is creating strong, trusting, consistent relationships. These types of relationships help to draw our children close. As we build strong relationships of trust and protect our children and grandchildren—or any child—we give them a safe place to turn. This protection helps them understand who they are and helps them comprehend their relationship with God. Feeling valued and loved helps children envision and rely upon a caring Heavenly Father who gives instructions for their happiness.

I am concerned that many parents may not yet realize how dangerous pornography really is or may think it's only a problem for the boy next door. The reality is that this problem is affecting

our boys and our girls, and we're not talking about it enough.

Many years ago, my husband and I heard a meaningful story that we have repeated often to our children. The story is about an old rattlesnake who asked a passing young boy to carry him to the mountaintop to see one last sunset before the snake died. The boy was hesitant, but the rattlesnake promised not to bite him in exchange for the ride. After that concession, the boy kindly carried the snake to the top of the mountain where they watched the sunset together.

After carrying the snake back down to the valley floor, the boy prepared a meal for himself and a bed for the night. In the morning, the snake asked, "Please, little boy, will you take me back to my home? It is now time for me to leave this world, and I would like to return to my home." The little boy felt he had been safe and

the snake had kept his word, so he decided he would take the snake home as requested.

He carefully picked up the snake, held it close to his chest, and carried him back into the desert to his home to die. Just before he laid the rattlesnake down, the rattlesnake turned and bit him in the chest. The little boy cried out and threw the snake upon the ground. “Mr. Snake, why did you do that? Now I will surely die!” The rattlesnake looked up at him and grinned: “You knew what I was when you picked me up.”

In today’s world, I see many parents handing their child a snake. I am speaking of smartphones. We cannot put cell phones with internet access into the hands of young children who aren’t old enough to have been sufficiently taught, do not yet have necessary reasoning and decision-making abilities, and who don’t have parental controls and other tools to help protect them. Jason S. Carroll, a professor of family life at Brigham Young University, stated, “We safeguard our children until the time they can safeguard themselves.” The brain stem, which houses the pleasure centers of the brain, develops first. Only later do the reasoning and decision-making abilities in the frontal cortex fully develop. “So kids have the gas pedal without the full brake.”¹

Every phone should have safeguards, even teens’. This is also good counsel for adults. No one is immune to the bite of a poisonous snake. Some parents opt for flip phones for their children to limit usage to calling and texting.

Beyond the smartphones are countless other devices that can access unwanted media via the internet. A recent study showed that 79 percent of unwanted pornography exposures take place in the home.² Children can be exposed to it on tablets, smartphones, game consoles, portable DVD players, and smart TVs, just to name a few devices. I know families who have designated

a single, high-traffic area in their home where electronic devices are used. These families call it a “media room,” and all their devices are kept in open view, in the light. Never is any one person alone in the room on a media device.

Other families have opted for rules like no phones in bedrooms or bathrooms. Some simply say, “Never alone with a phone.” Still others gradually add access to apps their children can use with software that allows the child’s phone to be configured by the parent. This way they teach that trust is earned and that phone safety is important.

Whatever the needs are for our individual families, let’s teach each family member to use technology wisely and positively from the start—to develop a moral mindset. Let’s educate children in constructive ways to use technology for good. We can teach them to evaluate by asking themselves, “Will using this serve a good purpose?” Our choices in how we teach our families now will influence future generations.

As parents, I hope we will consider the importance of our relationships with our children and the specific efforts we are making to protect them. As we strengthen these loving relationships, children will better understand why God warns against the evils of pornography, they will recognize how to avoid it, and they will be prepared if they do encounter it.

2 RESPONSE: “I STILL LOVE YOU”

Creating welcoming, open, inviting conversations that encourage children to share their thoughts, experiences, and questions with their parents is not easy. We can invite children of all ages to come forward if or when they develop any level of pornography problem—from early, inadvertent exposures to occasional use, to intensive use, and on down to compulsive use. Earlier discussions are better, and children will come forward more readily when they know they are loved and nothing they say or do can change that love.

Very rarely, however, does a child come forward voluntarily. It usually happens when an observant parent prompts a child with, “Is something wrong?” or “You don’t seem quite yourself.” The more love the child feels, the easier it is for him or her to open up.

This assurance of love is established in their minds from small experiences that take place over and over. Minor troubles talked about in a loving way create a foundation of a healthy response so that when big troubles come, communication is still open. Most importantly, children

know that your response will be, “I still love you. I don’t stop loving you because something happened. I always love you.”

For some reason, we don’t talk very much to youth and children about one of the strongest urges and biggest temptations they will face. Our reluctance sets them up to be taught primarily by the internet, other children or teenagers, or even popular media. Some of us may be hesitant to even use the word *pornography* around children in an effort to protect their innocence. It feels so awkward. Maybe our parents never talked that openly with us. What if our conversation encourages curiosity? What if they want to know more? How can we expect our children to talk about pornography with us if we never talk about it with them?

Parents, we must start the conversation and not wait for children to come to us. I love the suggestion of having regular, frequent, comfortable conversations instead of a one-time event. The benefits of caring conversations are that parents and trusted leaders are the experts, not Google; talking can occur in a safe environment; and talking increases the trust of the child. We want children to feel prepared and empowered, not scared. We want to talk with them and not at them.

As parents and teachers, we can’t help children if we aren’t educated ourselves. Teaching the *what* and the *why* is essential. We can learn for ourselves and help children understand why pornography is wrong, why it is so dangerous, why we don’t want it to hurt them, and what to do if they encounter it.

Are we giving our children a sufficient *why* in age-appropriate ways? If the only reason we give them to avoid pornography is “It’s bad,” that may end up being an inadequate reason. Instead, we must present as many whys as we can to establish a moral imperative that is motivating for our youth.

There are ample reasons to avoid pornography, but here are just a few motivations from the organization Fight the New Drug that might catch the interest of our young people:

- Porn can change and rewire your brain, and studies show that it can even make your brain smaller and less active.
- Porn can be addictive.
- Porn will destroy your self-confidence.
- Porn can leave you lonely.
- Porn can hurt those you love.
- Porn can ruin healthy sexuality.
- Porn is connected to violence.
- Porn causes people to eventually become dishonest.
- Porn will rob you of your time and energy.
- Porn causes depression, anxiety, and shame.

I would add that pornography is against the commandments of God. With these and a multitude of other reasons, we are building the case against pornography, but knowledge without implementation leads to frustration. We must set reasonable and helpful boundaries, limits, and expectations. Helping children create their own internal reasoning for wanting to stay away from porn is essential. If a child does not decide for him or herself where to stand on this issue, he or she will likely become part of the current staggering statistics.

3 HEALING: “I WILL ALWAYS LOVE YOU”

When children are exposed to pornography and entrapped by it, they struggle to react, to recover, and to heal. Sincere, earnest, constant, firm, and patient support is needed as children assume responsibility for their own recovery and make their way forward. No one can provide this kind of support like a parent can. After we have carefully and personally taught the truth, after we have gently built trust and encouraged conversations, then children need to know that despite their mistakes and choices, our assurance will be, “I will always love you no matter what.”

I recall a simple incident that occurred in our family years ago. My husband and I were away from home, and our oldest son was babysitting the other children. We received a call from a concerned neighbor alerting us that a firetruck was at our house. We raced home and found that our 10-year-old son had been playing in the backyard next to a six-acre field of



Find more resources
online at [addressing
pornography.Churchof
JesusChrist.org](http://addressingpornography.ChurchofJesusChrist.org).

tall, dry grass. He was trying to see if he could start a fire with sparks.

Obviously, he did! By the time we arrived, the small fire had been extinguished by the fire department, the firemen had lectured our son, and the neighbors were beginning to disperse. Our son was embarrassed, frightened, tearful, and knew he was surely in trouble.

We all went into the house. Our son was so afraid that, even though the situation was serious, all we could do was wrap our arms around this sweet boy and reassure him of our love and our relief that he wasn't hurt.

When children are exposed to pornography and especially when they get caught in its web, they will be embarrassed, frightened, and tearful too. It's difficult to take something that has been in the dark and expose it to light. It feels shameful and vulnerable. They may have failures and challenges along the way as they recover and heal. Their need for constant love is critical. However, parents need to be aware that their love will always help but not be all that is needed.

In healing, you will need to channel some of that love you have for your child into finding the right resources to help. Your love is a foundation for what needs to happen, but if someone you love is entrapped, you will likely need to seek out professionals who can help your loved one and also help you.

As you and your loved one seek healing, I hope that you will find strength in the One who has the power to heal all wounds, bind people together, and create relationships quite beyond our present capacity to imagine. Our Savior, the gentle Healer, has the power to save. We can be parents to our children and point them to Him, but He alone can be their Savior. And the amazing thing is that He loves our children even more perfectly than we do—no matter what. ■

From a keynote address given at the 2018 Utah Coalition Against Pornography conference in Salt Lake City, Utah.

NOTES

1. Jason S. Carroll, in Lisa Ann Thomson, "Eight Strategies to Help Children Reject Pornography," *Ensign*, Aug. 2017, 55; *Liahona*, Aug. 2017, 19.
2. "The Facts about Online Threats," *Parents Television Council Watchdog* (blog), June 21, 2017, w2.parentstv.org/blog.

Young Adults

In This Section

44 Dating and Pornography

By *Liahona* and Family Services staff

Digital Only

How I Learned to React When Someone Admits They Struggle with Pornography

Name withheld, Utah, USA

Moving Forward after Learning of My Fiancé's Pornography Use

Name withheld, French Polynesia

I Had Fought to Overcome Pornography. Why Wouldn't He?

Name withheld, Guatemala

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Seeking Christ over the Darkness of Pornography

In planning articles for young adults, we spend a lot of time thinking about the issues they are facing now. There are so many. But as we were brainstorming for this month, we were led to a topic that has affected us personally, our friends, and countless others: dating and pornography. We knew that planning this section was going to be tough. After all, pornography affects so many people in heartbreaking, sometimes life-shattering, ways. And for young single adults, it can make the future seem even more uncertain than it already does, especially in preparing for marriage.

We truly saw Heavenly Father's hand guiding our work as we started receiving stories from young adults whose relationships have been affected by pornography. And we see that there is more than just a glimmer of hope for happy, addiction-free eternal marriages. Why? Because every single story testifies of the life-altering, hope-giving, healing power of Jesus Christ and His Atonement.

So if you find yourself in a relationship that's affected by pornography, we invite you to read this month's section, with articles shared vulnerably by others who know all too well that the struggle against pornography is real. These articles cover topics like how to bring up pornography when you're dating and how to address it (page 44), how to respond when someone admits to a struggle with pornography (digital only), how forgiveness and healing are possible for both people (digital only), and how the Spirit can lead you to know how to proceed in your relationship (digital only).

We know that if you rely on the Savior and invite the Spirit into your life as you seek answers, Heavenly Father will lead you in the right direction for your unique situation. The darkness of pornography may be prominent in the world, but the Savior's healing light outshines any darkness. All we have to do is seek Him.

Sincerely,

Chakell Wardleigh and Mindy Selu

Church Magazines young adult section editors

Read President M. Russell Ballard's advice on what to do when your dating relationship is affected by pornography in his article in the digital version of this month's *Liahona*.



PHOTOGRAPH FROM GETTY IMAGES, USED FOR ILLUSTRATIVE PURPOSES, POSED BY MODELS

YOUNG ADULTS



Dating and Pornography

By *Liahona* staff and
LDS Family Services

As young adults, we all know that dating can be exciting, scary, fulfilling, and nerve-racking all at the same time. As we start opening up to each other, we naturally want to know more about one another, and increasing vulnerability is important in building and deepening relationships. What are our dreams, fears, and beliefs? How do we feel about marriage and family? What challenges have we faced in our past or currently that we should share with one another?

As scary as talking (or asking) about problems with pornography may be, *not* talking about it can lead to devastating problems later. Each individual

pornography problem is unique and challenging, and you may not even know if it's an issue or how to bring it up with the person you're dating, so it's important that you seek guidance from the Spirit. There's no single solution for every situation, but in this article, we offer some suggestions for those of you who might be wondering:

- How can I approach the subject of pornography with the person I am dating? And when is it appropriate to ask/tell?
- How can I know if I should move forward in a relationship with someone who has a history of pornography use?
- How can we work together to overcome pornography?

Help and hope in confronting pornography in dating relationships.

Editors' note: Because "dating" means different things in different cultures, for the purposes of this article, we mean going on dates, within the standards of the gospel, in order to get to know someone, and developing a relationship with them that could potentially lead to marriage.



For Those Who Have Struggled or Are Struggling

If you have struggled with pornography in the past or if you are currently struggling, the thought of dating may bring you a sense of hopelessness or anxiety. But if you have a sincere desire to remove pornography from your life (or have already removed it), know that with your own efforts and help from Heavenly Father and Jesus Christ, a healthy, lasting relationship is possible for you. Consider the following questions as you pursue a relationship.

1. Do We Really Need to Talk about It?

A common question is, “Do I really need to share my history of pornography use with the person I’m dating, even if I’ve repented of it?” Or “Do I need to talk about current problems

with pornography with the person I’m dating?” Generally, it *does* need to be discussed—at the right time and in a sensitive way. As you have this conversation, keep in mind a few important principles:

- **Timing**—The conversation should take place when the relationship progresses to a state of seriousness that would naturally require it.
- **Honesty**—Relationships should be based on trust and honesty. Although the person you are dating might choose to end the relationship, they need to understand the nature of the problem, your current progress in addressing it, and your plan for dealing with it if it comes up again in the future.
- **Forgiveness**—Being honest about your pornography use with the person you’re dating doesn’t mean you need to go into graphic detail when discussing it. If you’ve repented and feel you’ve been forgiven, you shouldn’t feel guilty about it anymore. The Lord doesn’t remember our sins once we’ve repented of them (see Doctrine and Covenants 58:42), so your discussion with the person you’re dating is less about “confessing” and more about building trust, sharing your plans for ongoing recovery, and gaining their support.
- **Healing**— Even if you have repented, prolonged or intensive use of pornography can have long-lasting biological, psychological, social, and spiritual effects. The healing process can be hard work and take a long time, but full recovery and real healing are possible. Through that process, you will need appropriate help and support, which should include your potential spouse.

2. Am I Ready for a Serious Relationship?



One of the biggest differences between someone who is ready for a serious relationship and someone who is not is their willingness to be transparent with the person they are dating. If you struggle with pornography, you can either let fear take your relationship to a place of distrust or use faith to tackle challenges together.

Although it can be uncomfortable and scary to share your history with pornography, avoiding it may only deepen your feelings of fear and shame. Your fear of losing that person might even cause you to deny or



For Those Who Are Dating Someone Who Has Struggled

Because the average age of first exposure to pornography is around 11 and it is so easy to access, most young people have been exposed to pornography in some way by age 18. This can be concerning as far as dating goes. But exposure is not the same as addiction, and there are different levels of involvement with pornography (see Dallin H. Oaks, "Recovering from the Trap of Pornography," *New Era*, Oct. 2015, 2-7; *Liahona*, Oct. 2015, 50-55). The good news is that the Atonement of Jesus Christ can provide strength and healing to all who seek it. Here are some questions to consider as your relationship progresses.

avoid sharing the whole story, which can break trust and damage your relationship later on.

On the other hand, when you respect the agency of the person you are dating, you will honor their choice to remain in the relationship knowing both *the good and the bad*. You might still be afraid of the outcome, but it's important to recognize that, given all of the information, the other person can also help you in your efforts and desire to remove pornography from your life. But whether or not the relationship works out, with God's help, you can continue on the path to recovery.

1. When and How Should I Ask about Pornography?

Deciding when and how to bring this up with the person you are dating may be something to discuss with your parents, older siblings, Church leaders, or anyone else you trust to give good advice. Find a way that feels right for you and then have that conversation at the appropriate time, as you become exclusive or more serious in your relationship.

That doesn't mean you need to start a first date with an interrogation into their past, but as your relationship progresses, you can seek the inspiration of the Spirit to help you know how and when to ask about their history with pornography.

2. How Should I Respond?

When you and the person you are dating start sharing your honest feelings, it can bring healing. It's important to be aware of your own thoughts and feelings as pornography use is disclosed—it might cause you to become critical, angry, numb, or feel deceived. But at the same time, their disclosure can also increase trust, compassion, love, and empathy between you. Consider their feelings and your own as you respond.



3. How Do I Move Forward?

Discovering that the person you are dating is struggling with pornography should be a cause for concern, but don't betray their trust by sharing their personal struggles with other people. Speaking in confidence with a bishop or therapist, or, with the permission of the person you are dating, with a friend or trusted leader may also be helpful.

When deciding whether or not to continue the relationship, you should continually seek guidance from the Spirit. But the following suggestions could also be helpful:

- Ask them how much pornography has impacted their life and where they are in the process of healing. They need to have shown their desire to eliminate pornography from their life by taking any appropriate actions necessary.
- Recognize that some forms of pornography use (for example, child pornography) are a major indicator that the person needs professional help and may be unsafe.
- Realize that the power of the Savior's Atonement is real. You can forgive, and they can be healed.
- Decide that you will settle for nothing less than complete honesty in your relationship and worthiness to marry in the temple.



- Understand that healing and recovery will take time. Relapses can happen, and those who are trying to recover will need support. This includes understanding their triggers (things that might cause them to turn to pornography) and supporting or helping establish appropriate safeguards.
- If your relationship is progressing toward marriage, be sure that you both agree that pornography is unacceptable and does not reflect a healthy marital sexual relationship.

The most important part of moving forward is relying on what the Holy Ghost prompts you to do, which could be anything from continuing the relationship with an understanding that the pornography use must stop to ending the relationship but continuing to support their efforts to change. Whatever you decide, the person you are dating should understand that things can change depending on their progress or lack of progress in overcoming pornography.

Working Together to Overcome Pornography

Overcoming pornography can take time and hard work, but it's possible. And ultimately, working on overcoming it together can strengthen your relationship as you both gain a deeper understanding of the Atonement of Jesus Christ and learn to support each other through adversity. Consider the following as you work to overcome it together:

- The Church's web page **addressingpornography.ChurchofJesusChrist.org** offers many resources (including information on the Church's addiction recovery program) that can help both of you navigate this healing process.
- Consider having a specific place and time to discuss pornography so that it doesn't become the focus of your relationship. When you do talk about it, don't be belittling or condescending. Your relationship should be a safe place where you can both feel loved and supported, not interrogated or demeaned.
- Spiritual practices can help provide a defense against temptation. Encourage each other to maintain and strengthen regular spiritual habits—including meaningful scripture study and temple worship (when possible), Sabbath day observance, serving others, consistent fasting, and sincere prayer—with an increased desire to strengthen your relationship with the Savior and Heavenly Father. That relationship can help lessen pornography's hold over your lives. Discipleship is

a lifelong pursuit, and the strength we gain as followers of Christ will help us overcome all our challenges in life, not just pornography.

- If your own efforts aren't proving successful, don't be afraid or ashamed to seek out the help of a trained mental health professional in the area of sexual addiction. They may be able to help you get more insight into treating pornography use and resolving its underlying causes.
- Remember that we are surrounded by inappropriate media that tempts us to sin. If the person you are dating relapses, how quickly they get back on track is a good indicator of their commitment to rid pornography from their life. But if you begin to feel like you are more motivated to see change than they are, you should reconsider continuing your dating relationship.
- Your influence on the person you are dating can be very strong, but it should not be the primary reason for their change in behavior. Their desire to change has to come from within, not from you.

Above all, seek guidance from Heavenly Father and remember that there is always hope through the Savior. His grace is sufficient to heal and change us. His Atonement is available to both of you to give you strength and help you forgive. However, the person struggling with pornography needs to be actively seeking the Savior's help to overcome it. No one else can do it for them. Have faith, and trust Heavenly Father. He will guide you in your unique situation. ■



Mobile phones are expensive in Chile,

but I set a goal in 2016 to earn enough money to buy one. For an entire year, I bought candy and *alfajores** wholesale and sold them to my friends at school. I saved everything I made. I didn't go out to lunch, and I didn't go to the movies.

I didn't want to ask my parents for a phone. I wanted to be able to say I earned it myself. My dad encouraged me. "Carol, keep it up," he would say.

I learned a lot. Nothing is free. Goals take effort, but we should never give up. When we earn things and realize how much work it takes to get them, we value them more.

I learned that I have to decide what I want to achieve and where I want to go. If I want to get married in the temple, I need to go to church and seminary and later institute and young single adult activities. And I need to date worthy young men. Achieving goals requires sacrifice now for something better later.

Carol, 15, Chile

* A traditional South American cookie.





YOUTH

IN THIS SECTION



52 **From Bullies to Baptized**

By Elder Hugo Montoya

54 **Divine Destiny**

By Emma C.

56 **Friends Who Shared Their Light with Me**

By Mariana M. Lara

58 **Unafraid to Share the Truth**

By Michael R. Morris

62 **Questions & Answers**

64 **The Last Word: The Chief Cornerstone of Our Faith**

By President Gordon B. Hinckley

PHOTOGRAPH BY LESLIE NILSSON

When I was 17 years old, I faced heavy peer pressure at my high school.

The friends that I did have didn't share my values. My friends and I participated in many appropriate activities together like playing basketball or football. But they also drank alcohol and smoked—two activities I didn't do with them.

One day a group of us was outside of our school studying for a test we would take later that day. With me were two of my closest friends, Juan and Francisco (names have been changed). At one point, someone got out lighters and cigarettes. I thought my friends had gotten bored with studying and had forgotten I was there. I learned I was wrong when they turned to me and said, "Now is the time for Hugo to learn how to smoke."

Before I even had the chance to react, Juan and Francisco leapt



FROM BULLIES TO BAPTIZED



**By Elder
Hugo Montoya**
Of the Seventy

toward me and took me by the arms, one on each side. They held my arms down as someone pressed a cigarette between my lips. My body immediately rejected this, and I spit the cigarette on the ground, far from me. Soon after, I felt the blow of a clenched fist squarely connect with my cheekbone. They threatened me, saying, “We’re going to light the cigarette again, and you’re going to learn to take the smoke. Don’t throw it on the ground. If you do, it’s not going to go well.”

In that moment, I knew I was in trouble. I closed my eyes and said a quick prayer asking for some type of help. As soon as I finished my prayer, our teacher’s car pulled up and parked near us. Our teacher got out of the car and asked us what we were doing. My friends released me. “We’re getting ready for the test,” they assured the teacher. We went into the school and took the test, and the situation ended.

In spite of how hard that experience was, I forgave my friends for what they did. I knew they didn’t understand my standards and my decision to live the Word of Wisdom, so I forgave them and chose not to have any bad feelings toward them. When we finished school, I left on my mission but continued to communicate with Juan and Francisco. I wrote them frequent letters sharing with them the gospel and my testimony of

Jesus Christ. I invited them to repent and to attend church. To my great surprise, one of them actually went.

I had frequently invited my friends to Sunday meetings before, but none had accepted until now. Although I couldn’t attend with Juan, my brothers and my

smile and let them know you care about them.”¹ This is what the Lord helped me do with Juan and Francisco. Because of it, I have the two greatest friends I’ve ever known, and now we’re working together to support the kingdom of God as members of the Church.

*Your friendship and righteous example will
bless your friends and generations to come.*

father were there to help him and fellowship him. My family accepted him, and Juan felt very comfortable at church. He started changing little by little until he made the decision to get baptized. I was thrilled for him and even more thrilled when he told me he had learned to love Jesus Christ because of my letters. When I came home from my mission, I also stayed close with Francisco, and after some time, he and his wife also got baptized. Today, Juan and Francisco are still two of my closest friends.

These events marked my life. I learned that the best way to influence lives is to live righteously, love others, and reach out. The *For the Strength of Youth* booklet says, “To have good friends, be a good friend. Show genuine interest in others;

Always uphold the standards of the Church, even if you’re in a very difficult situation like I was. *For the Strength of Youth* instructs, “As you seek to be a friend to others, do not compromise your standards. If your friends urge you to do things that are wrong, be the one to stand for the right.”² Even if it seems like everyone else is doing what’s contrary to the commandments, stay strong because your example is powerful. Be the type of example that your friends can think of during their times of need. In some cases like mine, your friendship might be the thing that helps them learn, repent, and be converted. ■

NOTES

1. *For the Strength of Youth* (2011), 16.
2. *For the Strength of Youth*, 16.

Divine Destiny

*My friend was normally happy all the time.
What could possibly be bothering her?*

By Emma C.

I'm from France, but my sister and I spent a year in the eastern United States as exchange students. During that time, we met lots of people, but the one who left the biggest impression on me was a girl named Destiny. She became one of my best friends. We did all kinds of things together, during school and after school and with my sister. Destiny was always happy. That was the thing I liked most about her.

Then one day I saw her in a troubled mood I had never seen her in before. I asked her what was wrong. She said she didn't want to talk about it. Then I noticed a paper in her hand. I took it and read it.

Someone had written unbelievably mean things to her. The anonymous note said she was ugly, that no one liked her, that she didn't have any purpose for being alive, and that she ought to go and kill herself. I would never have believed someone like her could be attacked like that. It affected me deeply to know the pain she was going through.

From then on, I made an even bigger effort to be Destiny's friend—not just to spend time with

her, but to always be there for her, and especially to be sincere. I explained to her that she is a daughter of God, blessed with a divine nature, worthy of admiration and capable of great things.

It's difficult to try to love yourself when others treat you badly and criticize you. As I befriended Destiny, I learned that sometimes the best way to help others is just to love them and to help them know who they truly are.

At the end of the year, when I had to return to France, Destiny told me something I will always treasure. "Emma," she said, "you saved me. Before you came, I wanted to kill myself. But then you and your sister helped me a lot, just by caring. Today I love myself, and I love you."

There are many kids in school who endure bullying, who are mistreated or isolated. Find a way to reach out to them. Speak to them, think about them, be kind to them. It's what the Savior would do, and sometimes just a simple hello or a smile can change everything. ■

The author lives in France.



By Mariana M. Lara

I was living with my mom in a little town in Mexico where everyone knows each other. I knew right from wrong, but I was confused and the only active young woman in the whole town.

I wanted to fit in, so I did one thing that made sense back then: have a boyfriend. This was only one of the first mistakes I started to make. I started giving in to peer pressure and believing I was old enough to think for myself, which meant becoming an inactive young woman who lived in darkness.

I lived in darkness for a year, with every passing day becoming darker. My poor decisions led to arguments

with my family, and I realized I couldn't keep living with them. But it wasn't until the death of a close Latter-day Saint friend that I realized something was missing. Unfortunately, I blamed God and the gospel. I stopped believing that blessings came from being obedient. I knew that if I didn't decide to start living the gospel, I would continue ignoring my connection with the Church and keep living in a worldly manner.

I was sitting on my bed in a dark room, crying and feeling sorry for myself when

I realized that I was afraid—afraid of being there alone with no one to talk to, afraid of not being able to fix all the wrongs I had done, afraid that no one was going to forgive me, especially God.

Eventually, I moved to Minnesota, USA, with my grandparents, who are not members of the Church. My stepdad flew with me, and my first Sunday there, we went to church, but only for



FRIENDS
Who **SHARED**
Their **LIGHT** with Me

sacrament meeting. By the end of the meeting I had already decided to leave the Church, but to my surprise, just when we were going to the car, we saw the bishop running to catch up to us. He asked us a few questions and invited us to come back next Sunday—and we did.

The next Sunday, just as sacrament meeting was ending, before I could stand up, I was surrounded by the young women from the ward—young women who would help me change my life.

I suddenly entered a completely different world: a world with a bishop and a Young Women president who cared for me and, most of all, young women who tried to live the gospel daily, who strived to live high standards and stand for the right. They shined so much that they could brighten the path before me.

That's when I realized what I had to do: "Let [my] light so shine before men, that they may see [my] good works, and glorify [my] Father which is in heaven" (see Matthew 5:16). And so I started by going to church and Mutual every week,

reading the Book of Mormon and praying every day, dressing modestly, using better language, going to the temple, and preparing myself to get my patriarchal blessing.

I had completely changed, but I didn't realize it until Young Women camp, when I felt the Holy Ghost and discovered that I had a testimony—a testimony that would remind me that God loves me, that He has a plan for me, and that He doesn't want me to be alone. A testimony so bright and strong that it changed me. A testimony to share and light not only my path but others'. A testimony that is not afraid to shine in the dark. ■

The author lives in Baja California, Mexico.



*I was feeling afraid
and alone. Then
I moved to
another country
and went to
church for the
first time
in a long time.*

UNA FRA



1D TO SHARE THE TRUTH

Armed with a testimony of the gospel and its blessings, Fabian hasn't let his young age stop him from becoming a powerful, fearless member missionary.

By Michael R. Morris
Church Magazines



The sun is setting on Las Tomas, a neighborhood built on the sandy slopes overlooking Antofagasta. Below, lights are beginning to shine as the day closes on this port city in northern Chile.

It's Saturday night, and 13-year-old Fabian H. could be hanging out with his friends. But Fabian, a new member of the Church, chooses to spend the evening with the full-time missionaries instead. It's time "to help gather Israel."¹

Of all the dedicated member missionaries that Kellen VanNatter and Jordan Shelton worked with during their full-time missions in Chile, Fabian stands above the rest.

"If he was free, he was out with us doing missionary work," says Kellen. "When summer vacation ended, he was sad not just because he had to return to school but also because he didn't have as much time to go out with us."

Jordan, who spent several months as Kellen's companion, adds, "Fabian probably went out with

us four or five times a week—every week—while we served together in Antofagasta. He was the best member missionary we ever worked with."

What makes a young man so willing to do missionary work despite contempt from classmates and snubs from strangers? For Fabian, the answer lies in the blessings he and his family have received since accepting the gospel—blessings he wants to share with others.

"Inexplicable Joy"

Fabian began taking the missionary lessons shortly after the full-time missionaries came knocking. He still remembers his first sacrament meeting.

"I didn't know anyone when I entered the chapel, so I was a little nervous," he says. "But I felt something marvelous. I felt that I had been in the Church for months or years."

During his baptism a few weeks later, "I felt an inexplicable joy upon being immersed in the water and coming out again. I felt like a new



“He’s always sharing his *own* personal experiences—like the way he felt when he went to church for the

person, knowing that I was going to follow Jesus Christ and do my best to keep His commandments.”

As Fabian’s unmarried parents, Leonardo and Angela, joined their son during the missionary lessons, they learned about temple marriage and eternal families. “A week later, my father set a wedding date,” says Fabian. “My mother was very happy.”

Four months after Fabian joined the Church, Angela followed him into the waters of baptism. “That was a wonderful blessing,” he says.

Other blessings quickly followed. Leonardo, who had been baptized when he was young, returned to activity in the Church. Gospel study became a staple in their home. Family members grew closer. Leonardo found steady work. And Fabian received the Aaronic Priesthood.

“I love holding the priesthood so that I can pass the sacrament to ward members and help them renew their covenants,” says Fabian. “I’m especially happy when I

get to pass to my family and to the elders who taught me. The proud look my father gives me as he sees me pass the sacrament makes me very happy.”

“That Would Be Great”

Fabian began doing member missionary work before he was even baptized.

“I told three of my friends I was getting baptized. Two of them came,” he says. “I like to share the gospel so that my friends understand what we believe and what we do at church and so that they can learn the gospel, get baptized, and lead happier lives. I would be very happy if one of them got baptized and became one of my quorum members. That would be great.”

Fabian keeps a Book of Mormon with him at school, and he carries missionary pamphlets to hand out to friends. He’s happy to answer questions about the Church and invite friends to Sunday meetings and youth activity night. And he’s unafraid to approach people on the

street and, as the missionaries taught him, invite them to learn about the Church and prepare for baptism.

“Fabian doesn’t care if someone thinks he’s weird for sharing his testimony,” says Kellen. “He knows he is doing the right thing. He knows that spiritual things are more important than anything else.”

When Fabian shares his testimony, Jordan says, he draws power from his conversion, his love of the gospel, and his blessings.

“He saw the blessings that came to his family, which is what inspires him to be so brave and straightforward in sharing the gospel with his friends,” Jordan says. “Once he was testifying to an investigator about what a big blessing it was for his parents to get married but how hard it was for him to wait four months after his baptism for his mother to get baptized. His emotions overcame him, and he was moved to tears. He then testified that if we keep the commandments, God will take care of us.”



others, including my little sister.”

It’s no surprise that one of Fabian’s biggest goals is to become a full-time missionary himself after he graduates from high school.

“I want to share the truth with those who don’t know it,” he says. “I want to invite them to wash away their sins. I want

to teach them how they can be an eternal family. I want to invite them to be happy now and to live in a state of never-ending happiness after this life.” ■

NOTE

- 1. See Russell M. Nelson, “Hope of Israel” (worldwide youth devotional, June 3, 2018), HopeofIsrael.ChurchofJesusChrist.org.

first time and how he feels when he reads the Book of Mormon.”

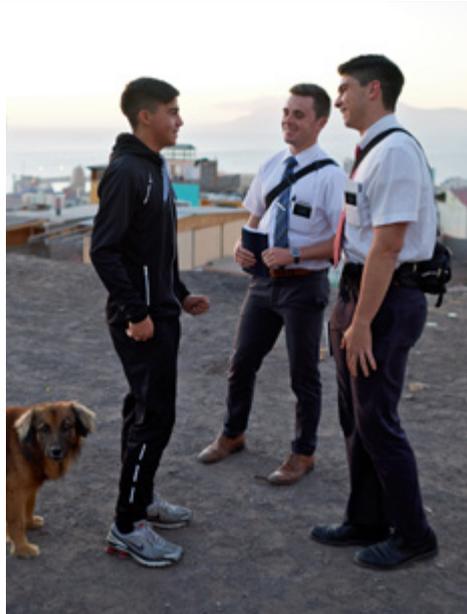
Fabian’s testimony makes him a powerful member missionary, adds Kellen.

“He isn’t like, ‘Oh, I heard someone say this in church.’ Instead, he’s always sharing his *own* personal experiences—like the way he felt when he went to church for the first time and how he feels when he reads the Book of Mormon. It’s all very authentic and real.”

“I Always Feel Better”

For Fabian, sharing the gospel brings another blessing.

“Sometimes bad things happen to me at school, but then the missionaries come knocking on my door and ask if I would be willing to help them teach,” he says. “After going out with them, I feel as if I don’t have any problems. I always feel better when I go out with them, read the scriptures with them, and help them share the gospel. Sharing the gospel and my conversion story strengthens my testimony. And teaching the gospel gives me an opportunity to be an example to



Fabian prepares for an evening of proselyting with Elders Kellen VanNatter (above, center) and Jordan Shelton (above, right).



NOTHING MORE IMPORTANT

“My dear extraordinary youth, you were sent to earth at this precise time, the most crucial time in the history of the world, to help gather Israel. There is *nothing* happening on this earth right now that is more important than that. There is *nothing* of greater consequence. Absolutely *nothing*.

“This gathering should mean *everything* to you. This *is* the mission for which you were sent to earth.”

President Russell M. Nelson, “Hope of Israel” (worldwide youth devotional), June, 3, 2018, HopeofIsrael.ChurchofJesusChrist.org.

How do I find friends with good standards?



“The compassion of Christlike friends deeply touches and changes our lives. We should well remember that the Lord often sends ‘blessings from above, thru words and deeds of those who love.’”

Elder Joseph B. Wirthlin (1917–2008) of the Quorum of the Twelve Apostles, October 1997 general conference.



Kindness Is Key

Show them love and be kind. Show that you care about them and their happiness. If they do not

show that they care for you and aren't kind, you probably don't want to pursue that friendship.

Madi B., age 15, Arizona, USA



Share the Gospel

You can find new friends with good standards by going to teach with the missionaries. They know

quite a few young people who need a friend in the Church.

Elder Quintanilla, age 20, Barbados Bridgetown Mission

Pray for Your Friends

I pray a lot to see if my friends are the right ones who can help me raise my standards and my testimony of Jesus Christ.

Imanol M., age 18, Chihuahua, Mexico



God Will Help You

I have found that if I go out of my way to look for the people that show Christ's light, that has made all the

difference. Heavenly Father knows your desires and if you do your part, then He will answer those prayers.

Olivia T., age 18, Utah, USA

Live Your Standards

Be an example of living your standards.

And if you have friends who do not have the same standards, show them that they are special in the sight of God. Jesus loved everyone and taught them to follow His ways.

Bernard B., age 19, Palawan, Philippines

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



What is the Church's view on the environment?

A key word in understanding our view on the environment is *stewardship*. It doesn't mean that people own the earth and can exploit it however they like but rather that we are accountable for how we use its resources (see Doctrine and Covenants 104:13–15). Though "there is enough and to spare" (Doctrine and Covenants 104:17), God wants us to use the earth's resources wisely (see Doctrine and Covenants 59:20).

God created the earth and declared His creation to be "very good" (see Genesis 1:1, 31). This earth was created to house God's children as part of His plan of salvation. The earth itself will be sanctified and receive a celestial glory (see Doctrine and Covenants 88:18–19).

God made the earth not only useful but also beautiful. The things of the earth "are made for the benefit and the use of man, both to please the eye and to gladden the heart," as well as "to enliven the soul" (Doctrine and Covenants 59:18–19).

We should honor God by appreciating His creations, expressing gratitude for them, and striving to keep them beautiful. We should conserve resources, protect nature, and avoid pollution and waste.

What Do You Think?

"How do I get over feelings of loneliness?"

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

Responses may be edited for length or clarity.

The Chief Cornerstone of Our Faith

By President Gordon B. Hinckley (1910–2008)

15th President of the Church

In each new temple we have a cornerstone ceremony in harmony with a tradition that goes back to ancient times. Before the general use of concrete, the foundation walls of the building were laid with large stones. A trench would be dug, and stones would be placed as footings. Starting at a point of beginning, the foundation wall would be run in one direction to a cornerstone; then the corner would be turned and the wall run to the next corner, where another stone was placed, from which the wall would be run to the next corner, and from there to the point of beginning. . . . The final stone was spoken of as the chief cornerstone, and its placement became the reason for much celebration. With this cornerstone in position, the foundation was ready for the superstructure. Hence the analogy that Paul used in describing the true Church:

“Now therefore ye are no more strangers and foreigners, but fellowcitizens with the saints, and of the household of God;

“And are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner stone;

“In whom all the building fitly framed together groweth unto an holy temple in the Lord” (Ephesians 2:19–21).

We have basic cornerstones on which this great latter-day Church has been established by the Lord and built, “fitly framed together.” They are absolutely fundamental to this work, the very foundation, anchors on which it stands. . . . [But] I mention the chief cornerstone, whom we recognize and honor as the Lord Jesus Christ. . . .

He is the chief cornerstone of the Church which bears His name, The Church of Jesus Christ of Latter-day Saints. There is no other name given among men whereby we can be saved (see Acts 4:12). He is the author of our salvation, the giver of eternal life (see Hebrews 5:9). There is none to equal Him. There never has been. There never will be. Thanks be to God for the gift of His Beloved Son, who gave His life that we might live, and who is the chief, immovable cornerstone of our faith and His Church. ■

From an October 1984 general conference address.

Four Cornerstones of the Church

President Gordon B. Hinckley testified that Jesus Christ is the chief cornerstone of our faith.

He also taught that there are other basic cornerstones that The Church of Jesus Christ of Latter-day Saints is built upon.



The Lord Jesus Christ

Our Lord and Savior. The chief cornerstone on whom our faith and the Church is built.



The First Vision

Opened the marvelous work of restoration.



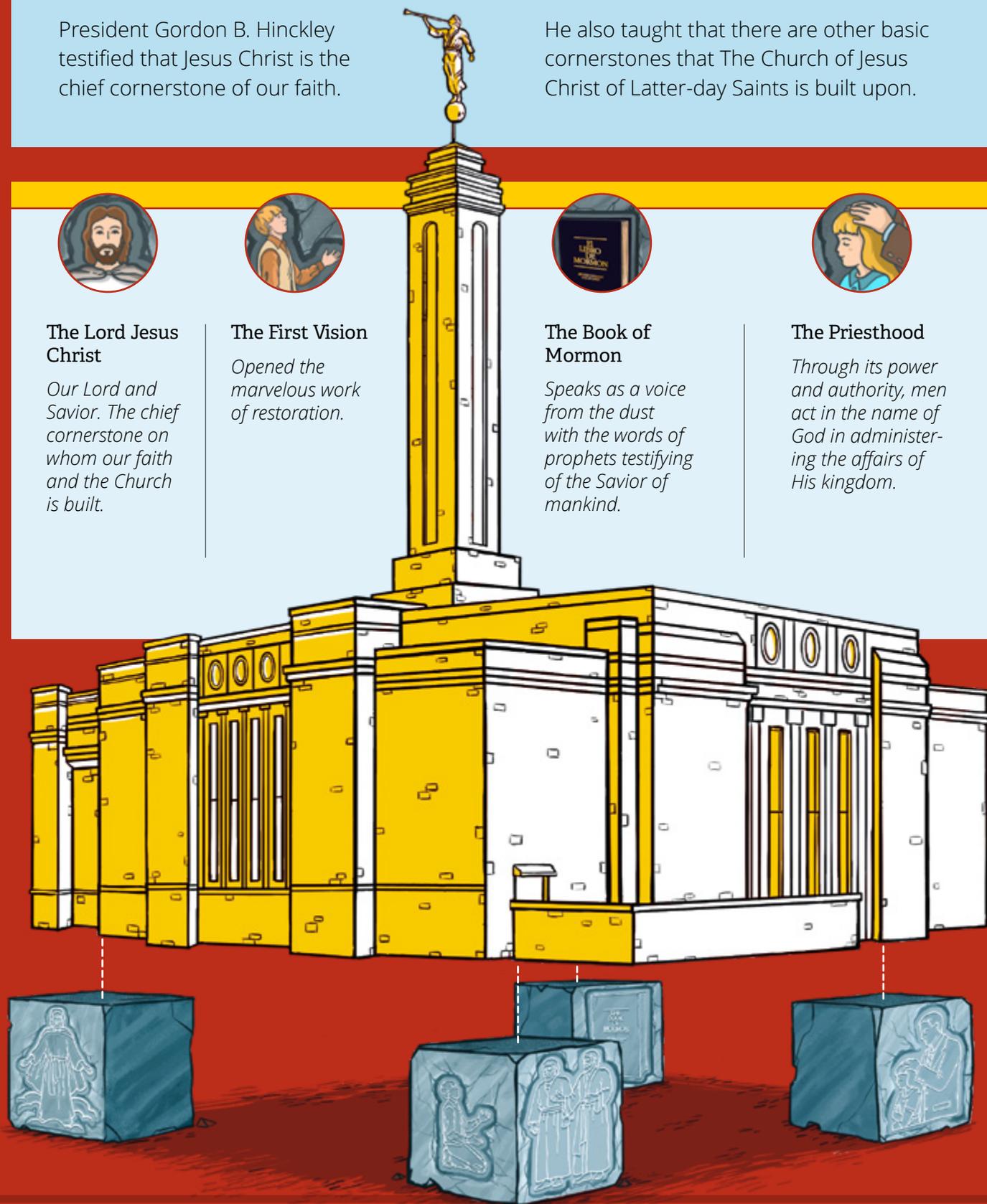
The Book of Mormon

Speaks as a voice from the dust with the words of prophets testifying of the Savior of mankind.



The Priesthood

Through its power and authority, men act in the name of God in administering the affairs of His kingdom.



YOUNG ADULTS

**DOES YOUR POTENTIAL
SPOUSE HAVE A
PORNOGRAPHY PROBLEM?**

*There is hope and help. Here's how
you can move forward in faith.*

42



YOUTH

**THE INFLUENCE OF
GOOD FRIENDS**

52–57,
62

COME, FOLLOW ME

**EPHESIANS 2:
WHAT ARE THE
CORNERSTONES OF
THE CHURCH?**

64



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

the Friend



Hello from
D.R. Congo!

See pages F4-F7



**By President
Dallin H. Oaks**
First Counselor in the
First Presidency

Loving Others as Jesus Loves Us



Jesus gave His disciples an important commandment: “Love one another, as I have loved you” (John 15:12). As followers of Christ, we should live peacefully with others. That includes people who don’t believe the same things we do.

Here are some ways we can love others as the Savior loves us:

- **Be kind to people who are different.**
- **Show respect for their beliefs.**
- **Never bully or insult anyone.**

- **Be a good listener.**
- **Be polite. Don’t argue angrily.**
- **Stand up for what is true.**
- **Tell others about the gospel in a humble way.**
“[Speak] the truth in love” (Ephesians 4:15).

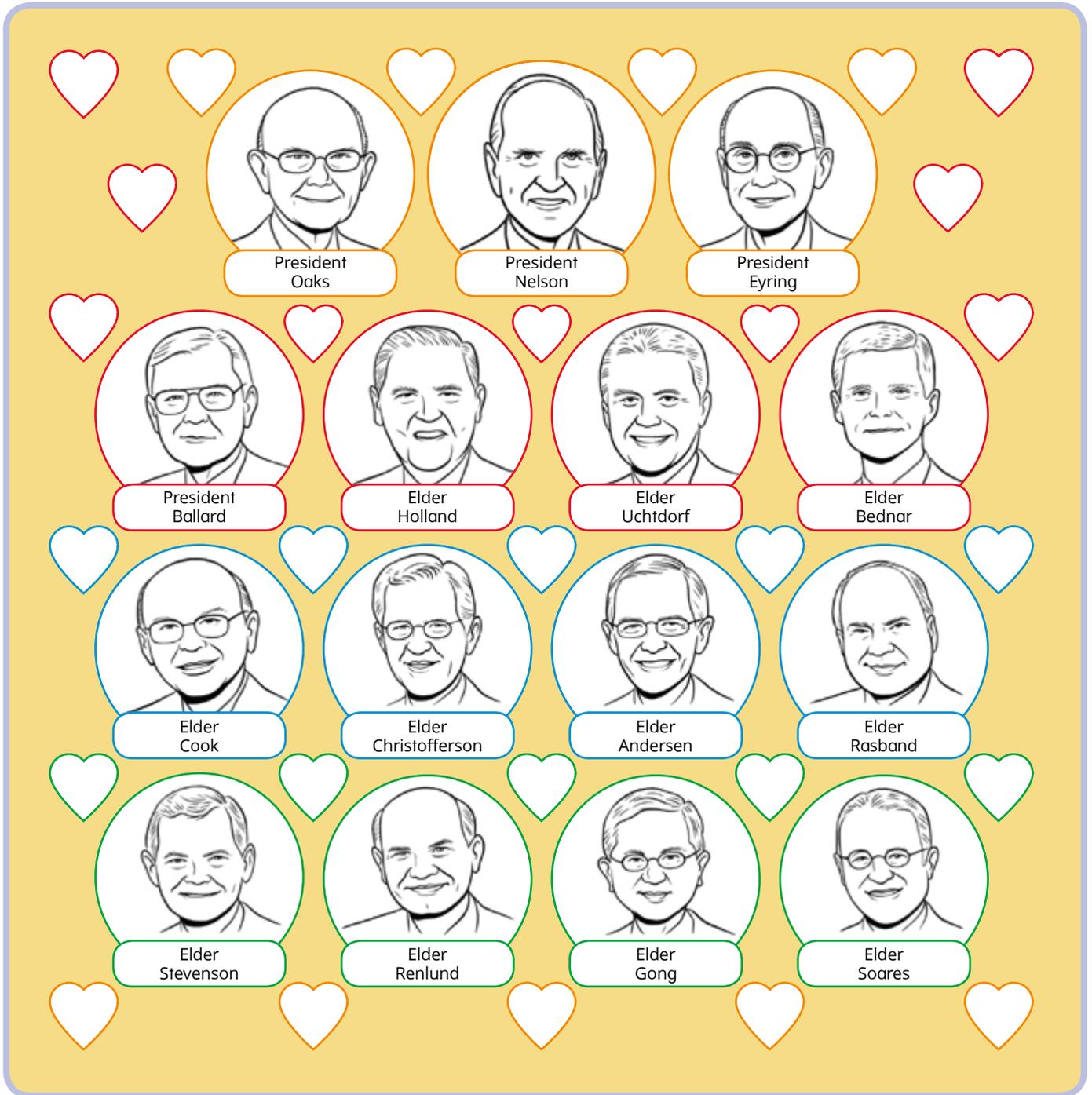
Our Savior’s commandment to love one another as He loves us is probably our greatest challenge. I pray that we can try to show love in all we do. ●

Adapted from “Loving Others and Living with Differences,” Ensign or Liahona, Nov. 2014, 25–28.

Prophets and Apostles

The scriptures say the Church is “built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner stone” (Ephesians 2:20). This means that Jesus Christ leads the Church through the prophets and apostles today.

Color the pictures of the people who speak in general conference. Or color them after conference as you talk with your family about your favorite talks. Color a heart every time you hear someone mention Jesus. He loves you!



This page supports page 155 of *Come, Follow Me—For Individuals and Families*.

Just a Prayer Away

*Prodi was afraid to
go back to sleep.
What if he had
another nightmare?*



By Lucy Stevenson
Church Magazines

“Pray, He is there”
(Children’s Songbook, 12).

Prodi sat up in bed with a jolt. His heart was beating fast.

Rain pattered on the roof as he sat in the darkness. He could hear water dripping from the African fig tree outside his window, and the air felt sticky and warm. Prodi took a deep breath and tried to relax. It was just a dream.

He crawled out of bed and peeked into his parents’ room. Mama and Papa were sleeping peacefully. His little sister, Célia, was curled up in her bed too. Everything was OK. His family was safe.

Prodi climbed back into bed and tried to go back to sleep. He tossed and turned, then tossed and turned some more. He knew his dream wasn’t real, but it had been so scary! Even though he was tired, he was afraid to fall asleep again. What if he had another nightmare?

Prodi lay on his back and looked at the ceiling. He tried to think of happy thoughts. “Heavenly Father, are you really there? And do you hear and answer every child’s prayer?” A wave of warmth came over Prodi as he thought of the words to his favorite Primary song. Sister Kioska had taught them that Heavenly Father was always watching over them. They could pray to Him anytime, anywhere.



Prodi knew what to do. He got out of bed and knelt down to pray.

“Dear Heavenly Father,” he prayed, “I’m really scared. Please keep my family safe. And please help me to go to sleep and not have any more bad dreams.”

Prodi finished his prayer and climbed back in bed. His body relaxed, and his mind felt peaceful. Soon he was asleep.

When morning came, Prodi woke up to the warm sun shining through the window. He could hear pots clanging in the kitchen and got up to find Mama. Célia was at the table eating leftover cassava. Mama was warming some up for him to eat too.

“*Bonjour,*” Mama said. “How did you sleep?”

“I had a really scary nightmare,” Prodi said. “But then I said a prayer. Heavenly Father helped me feel safe.”

“I’m sorry you had a bad dream,” Mama said. She hugged Prodi close and didn’t let go for a long time. “But I’m so glad you said a prayer. It sounds like Heavenly Father really helped you.”

“He did,” said Prodi. “I was able to fall asleep again, and I didn’t have any more bad dreams.” Prodi hugged Mama tight. He was glad to know that no matter how scared he felt, Heavenly Father was just a prayer away. ●

Turn the page to meet the boy from this story!

Hello
from the
Democratic
Republic
of the Congo!



D. R. Congo is in
central Africa. About
80 million people
live there.

Hi, we're
Margo and
Paolo!



We're visiting the
Democratic Republic
of the Congo, or
D. R. Congo.



A big part of D. R. Congo is covered
in rainforest. It's home to all sorts of
interesting animals, like elephants,
gorillas, and rhinos. This animal is
called an okapi.



D. R. Congo is known for
its beautiful traditional art,
including wooden statues,
woven baskets, and masks.





Missionaries from our church started teaching people in D. R. Congo in 1986. Now almost 60,000 people there belong to The Church of Jesus Christ of Latter-day Saints.

In D. R. Congo, most people speak French at church. That's the country's official language. But there are almost 250 other languages spoken in D. R. Congo!



This year, D. R. Congo got its first temple! The Church members there are excited to have a temple in their country.

Thanks for exploring the D. R. Congo with us. See you next time!



"One Sunday, there were soldiers everywhere, and my parents said it was going to be difficult to go to church. I told my parents that we should attend at least sacrament meeting. Together we showed faith and went to church to honor the day of the Lord."

Prodi K., age 7, Kinshasa, Democratic Republic of the Congo



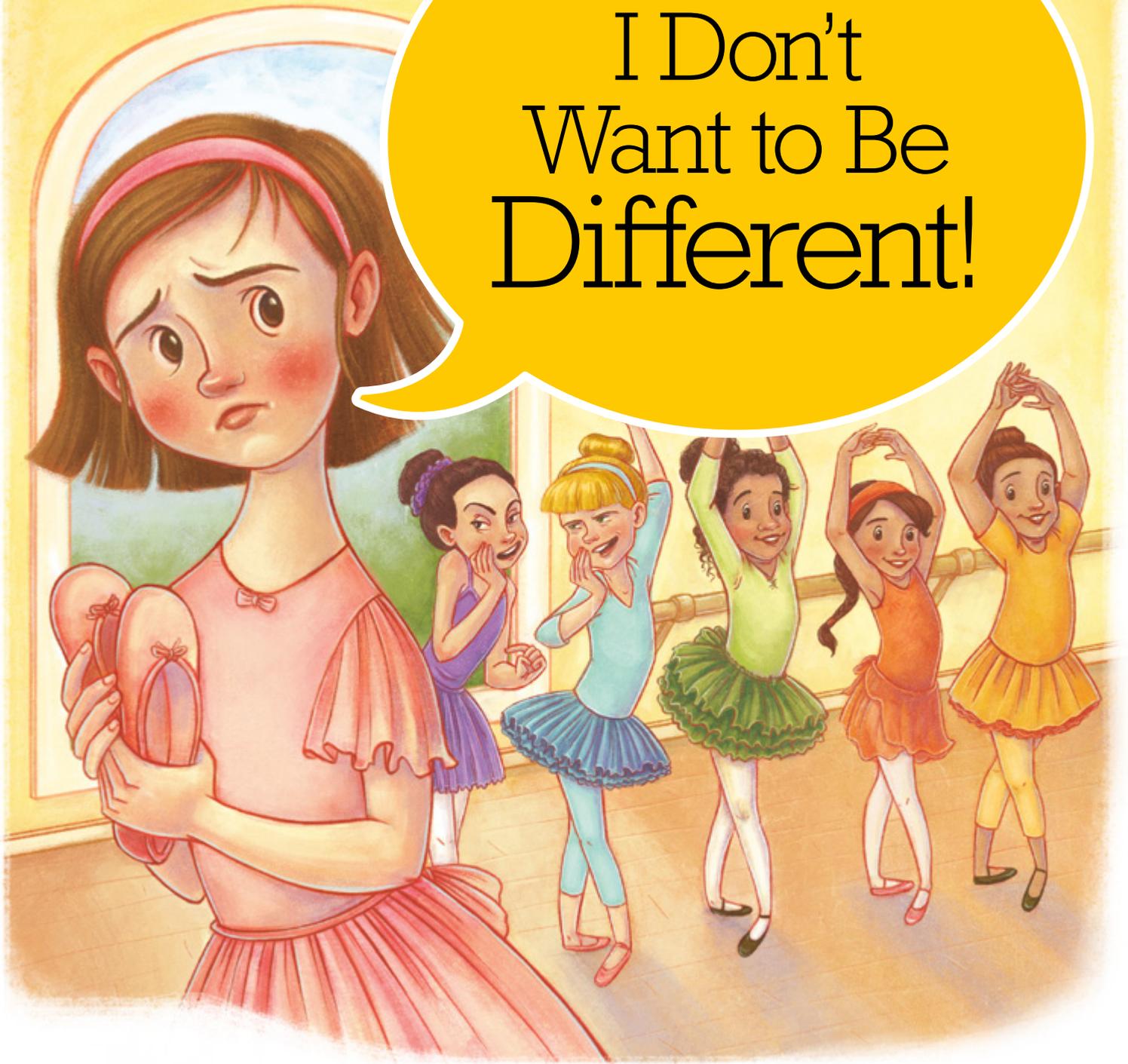
"I love helping others. One day in my class, a child was sad during recess because he had nothing to eat. I went to him and shared with him what I brought to eat."

Célia Tshidibi K., age 5, Kinshasa, Democratic Republic of the Congo

Are you from D. R. Congo? Write to us! We'd love to hear from you. See page F24.



I Don't Want to Be Different!



By Eliza Broadbent

(Based on a true story)

*“The worth of souls is great in the sight of God”
(Doctrine and Covenants 18:10).*

Mika always looked forward to dance class. She loved listening to the music. She loved practicing her butterfly skip and getting it just right. And she especially loved it when the whole class moved together. When they did that, it was like the dancers were all the same. It felt like she wasn't the only one with Down syndrome.

Today they were learning a new dance step. Mika watched her teacher leap into the air. She watched the other girls try. Some figured it out right away. Some took a few tries. Mika tried over and over, but she just couldn't get it right yet.

“Will you help me, teacher?” Mika asked.

The girl next to her looked at Mika. Then she leaned over to her friend. “Why does she talk like that?” she whispered. Both girls turned and looked at Mika.



On the way home from class, Mika was quiet the whole way.

When they got home, Mom was kneading dough in the kitchen. She had flour on her cheek. Sometimes that made Mika laugh. But today she just dropped her bag to the floor and sank into a chair at the table.

“How was dance?” Mom asked.

“Terrible,” Mika said. “I asked for help, and a girl said I talk funny. Then she stared at me.” Mika looked down. “I don’t want to go to dance anymore.”

“Oh, Mika!” Mom said. “I’m so sorry. Dad and I love watching you dance. We’re so proud of how hard you work!”

Mika felt tears starting to come. “I don’t like the Down syndrome in me. I don’t like that my face is different. I wish it wasn’t so hard for me to learn new things. I even have to practice talking!”

Dad sat down by Mika and put his arm around her. “Mika, we love you *so much*. We wouldn’t change one thing about you.”

But Mika just shook her head and buried her face in her arms. “I don’t want to be different. I want my Down syndrome to be taken out of me!”

Mom and Dad were quiet for a few moments.

“I have an idea,” Mom said. Mika peeked out over her arms. “Why don’t you pray and ask Heavenly Father how *He* feels about you?”

Mika thought about that. She liked saying prayers. Slowly, she nodded. “Can you write down the question so I’ll remember what to ask?”

Mom wrote the question down. Then Mika took the paper and went to her room to pray.

When she came into the kitchen a few minutes later, Mika’s face was lit up like a light bulb. “Heavenly Father answered!” she said.

“What did He say?” Mom asked.

“He said, ‘Mika, I love you just the way you are,’” she said. “And He said it with a **LOUD** voice!”

The next week at dance, Mika didn’t worry about what the other girls thought about her Down syndrome. Instead, she noticed another girl, Sara, who looked sad. Sara was having a hard time learning some of the new moves too.

When Mika got home, she decided to write a note to Sara. She drew lots of hearts. Mom helped her with the spelling.

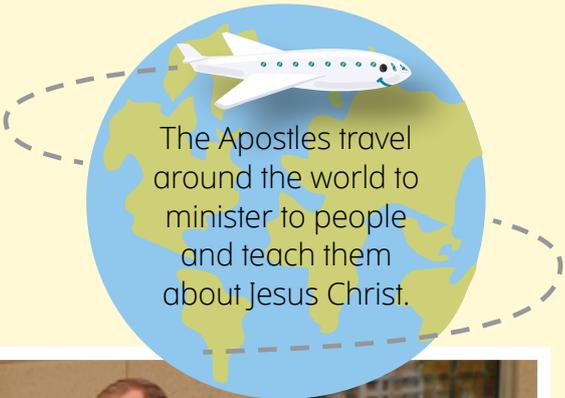
“Dear Sara,” Mika wrote. “You’re a great dancer. I want to be your friend. I am happy you are in my dance class.”

Mika couldn’t wait to give Sara the note. She wanted Sara to feel happy and loved at dance too. ●

The author lives in Utah, USA.



Elder Stevenson Visits Chile



The Apostles travel around the world to minister to people and teach them about Jesus Christ.



Elder Gary E. Stevenson and Sister Lesa Stevenson traveled with President Russell M. Nelson and Sister Wendy Nelson to Chile for a very important event. A new temple was being dedicated in the city of Concepción!

This beautiful new temple is the second one to be built in Chile and the 18th temple in South America.



Children came with their parents to hear President Nelson give a special prayer to dedicate the temple.



Laura and Alicia O. helped put the last stone in the outside of the temple. This is called the cornerstone of the temple. Then the temple was ready to be dedicated.

Many earthquakes happen in Chile. The Concepción Chile Temple has a special foundation to keep it from being damaged if an earthquake hits.

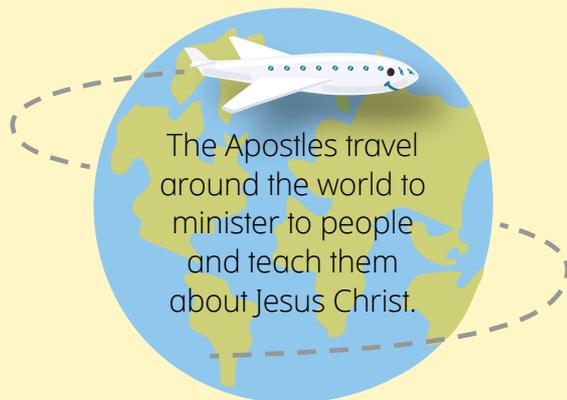
Today just felt absolutely heavenly.

Now worthy members of The Church of Jesus Christ of Latter-day Saints are able to go inside to be sealed to their families and serve by doing temple baptisms!



Elder Renlund Visits Children

Elder Dale G. Renlund visits many places with his wife, Sister Ruth L. Renlund, to help people learn about Jesus Christ. He gives talks and speaks to missionaries. But wherever he goes, his favorite thing is meeting and shaking hands with children. Sometimes he even visits them in Primary!



Do you want to know a secret? The *Friend* is my favorite Church magazine. I always read it first!

Elder Renlund wants children everywhere to know that Heavenly Father knows them and loves them.

A White Cap for Florence

By Jordan Monson Wright

(Based on a true story)

Thirteen-year-old Florence Onyejekwe reached her usual spot in the crowded outdoor market in Onitsha, Nigeria. The street was packed with sellers calling out to busy shoppers. Women balanced bundles on their heads as they walked. School had just ended for the holiday, and Florence knew her friends were enjoying the break from class. But Florence spent her holidays selling bitterleaf here at the market. It was her only chance to earn money for her school fees.

Florence did not complain, though. After all, her mother spent long hours at the market every day selling yams to buy food for the family.

Mama worked so hard. Her parents both did. But without much education, there was



only so much they could do. Florence was almost finished with primary school. Perhaps if she could continue her schooling, she could get a good-paying job and help her family.

When she returned home, Florence found her parents and asked, “Do you think I could go to secondary school? And maybe university?”

Mama looked at Nnam (dad) and shook her head. “University costs so much more than we have,” said Nnam. Florence looked down at her shoes. She didn’t want Mama and Nnam to see how disappointed she was.

A few days later, Florence stopped at the hospital to pick up some medicine. The hospital was almost as busy as the market, though not as loud. Florence stared at the nurses in their crisp, white caps. She pictured herself in a uniform like that, helping the sick and taking care of babies in a big hospital. Perhaps *she* could become a nurse.

Florence knew her parents were right—getting an education would be hard. But Florence knew how to work hard. She decided to try.

No matter how many chores filled her day,



Florence made time to study. She passed the tests for secondary school, and Nnam borrowed enough money for her to go. Later she found out that the government would help pay for nursing school. Her dream was within reach!

But when it came time to begin nursing school, Florence felt a little doubt. What if it was too hard? What if she was lonely? Florence bowed her head and prayed, “Dear God, please give me the strength to go to nursing school and work hard.”

At nursing school, Florence learned how to give medicine and keep tools clean from germs. Sometimes her patients got better, but sometimes they didn’t. Florence prayed often for courage. After three long years, Florence graduated with the award for best student in her class. Her dream had come true! She got to wear the white nurse’s cap, *and* she was able to earn enough to help her family.

Many years later, Florence visited a small branch in the Ghana Accra Mission. Her husband, Christopher



Chukwurah, was the mission president there. Florence met some children in the branch who couldn’t always go to school. They weren’t sure what to do with their futures. They reminded Florence of herself as a child. “What can I say to help them?” Florence prayed silently.

Then she felt a clear prompting: Tell them about your life.

Florence thought about her life. She had worked in hospitals in Nigeria and the United States. She had married a good man, and together they had found The Church of Jesus Christ of Latter-day Saints. She had become a mother. Now she was helping missionaries stay healthy and work hard. Heavenly Father had helped her become a nurse. He had helped her do so much more than she had imagined. He could do the same for these children.

Florence looked at the children and smiled. “You know those white caps that nurses wear? I saw a cap like that and decided to become a nurse . . .” ●

The author lives in Michigan, USA.



This picture shows Florence when she finally had a white cap of her own!





By Brooklyn P., age 9, Utah, USA

Last year I picked out a book at the library about a girl who started a blog. I thought it would be a fun book because the main character was the same age as me, and my mom is a blogger. So I thought it would be a book I could relate to.

I had only read a few pages of the book when the girl took the Lord's name in vain. I didn't feel very good inside after I read that part. But I kept reading, hoping it was just a one-time thing. I read a few more pages, and she said it again.

I went and told my mom about what I'd found. I didn't know if I should keep reading or not. My mom told me it was my choice. But she agreed it probably wasn't a good thing to keep reading if the girl was

saying things we knew to be wrong. My mom said that it especially wasn't good if she was taking the Lord's name in vain.

I thought I would see if it happened more, so I flipped through the book. I found that taking the Lord's name in vain was the way this girl regularly talked. I decided to return the book to the library without reading any more.

I felt sad that the author of the book took the Lord's name in vain. But after I returned the book to the library, I felt happy that I made the right choice. I know I was following "My Gospel Standards" from my *Faith in God* book that says, "I will only read and watch things that are pleasing to Heavenly Father." I know we are only supposed to use the names of Heavenly Father and Jesus reverently and with respect. ●

Should I Keep Reading?



I can do all things through Christ, who strengthens me

(see Philippians 4:13).





By Sister
Joy D. Jones
Primary
General President

The Temple Challenge



*“The hearts of the children shall turn to their fathers”
(Doctrine and Covenants 2:2).*

One Sunday my counselors and I visited a Church meeting. We gave talks about the temple and the special things that happen there. After the meeting, a 12-year-old boy named Colby came up to me and shook my hand. We chatted about the temple. Then I challenged him to find a family name to take to the temple.

A short time later, I got a letter from Colby. Here’s what Colby told me:

“I went home and found a new name. It turns out that I found my third great-grandfather!

“A while later I went to the temple and got baptized

for him. It was really special because my brother got to baptize me and my dad got to confirm me for him.

“I felt a warm feeling inside that brought peace. I feel like what I did for my grandfather was really good because now he can go to the celestial kingdom to live with his family. For the whole rest of the day, I felt really good inside.

“I also found out that no one knows who my third great-grandpa’s parents were, so I can find their names and take them to the temple too!”

What an outstanding example Colby is! No matter how old you are, you can be an example to your family and friends. You can share the gospel with everyone you know—even your ancestors! ●

Show and Tell

General conference is this month! Here's what some children enjoy about conference.



I like to listen to the stories and the choir singing. I also like to listen to the parables they give.

Yuri H., age 8, Taoyuan, Taiwan



I like to listen to the prophet because the Lord speaks through him.

Andrés C., age 12, Valle del Cauca, Colombia



I like watching conference because I like to learn from the prophets, and I like spending that time with my family.

David J., age 9, Sololá, Guatemala



Abel C. and Tina S., ages 10 and 9, Bong County, Liberia, are brother and sister. Abel likes conference “because that is when we sustain our prophet as President of the Church every year.” Tina “likes it when the prophet talks about temples.”

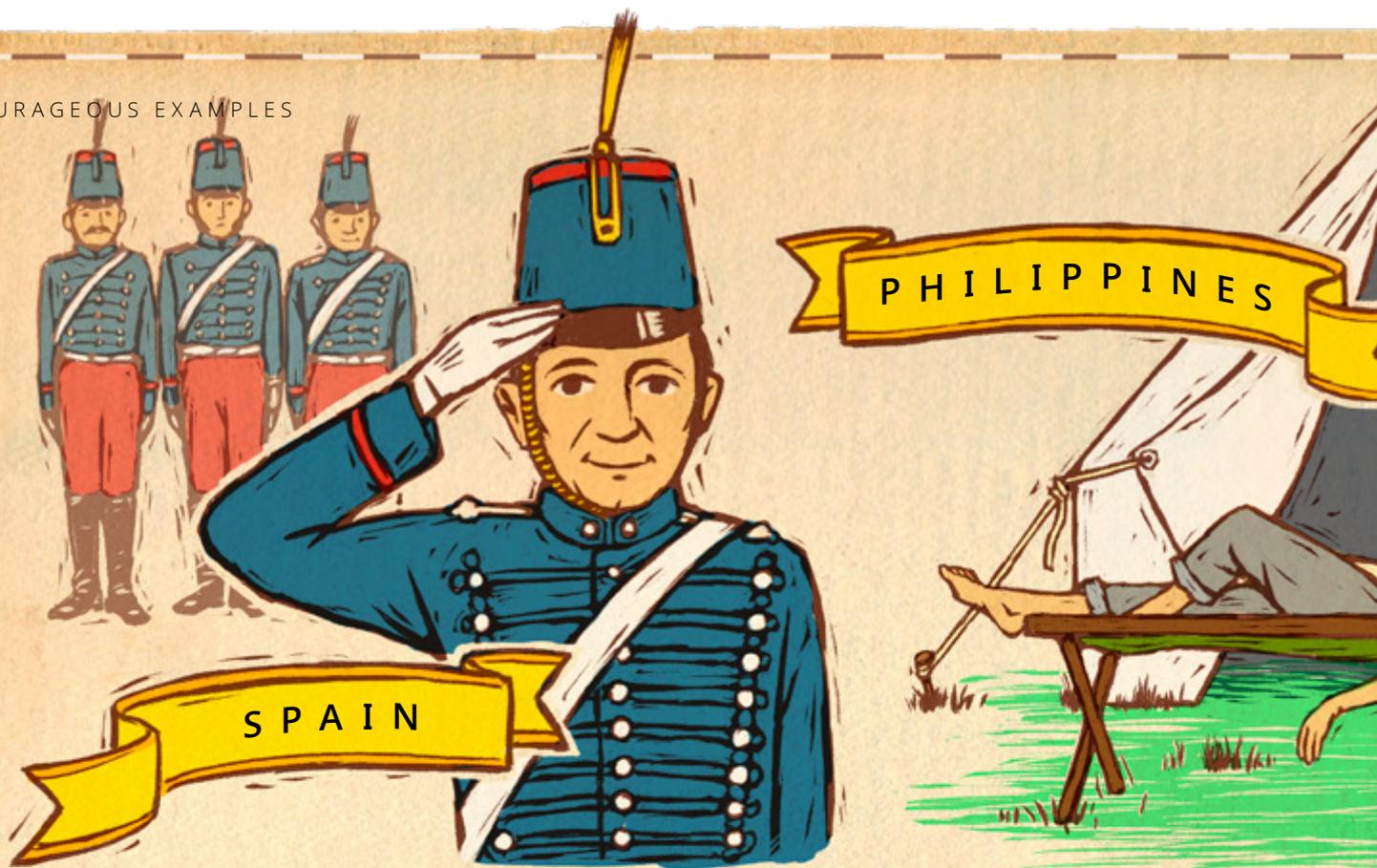


Anna B., age 10, Maharashtra, India, watched conference with her mom. She brings her journal and pens each conference to write the testimonies and messages she hears.



David and Juliana M., ages 4 and 6, South Holland, Netherlands, fill 15 bowls with snacks and put a picture of an Apostle or member of the First Presidency on each one. When one of the Brethren speaks, they eat what is in that cup!





Serving the Lord in Spanish

By Jennifer Maddy
(Based on a true story)

Imagine that your friend handed you the best book he or she had ever read. You open the cover . . . and discover you can't read the book. It's in a different language! What would you do?

In the early years of the Church, the Book of Mormon was printed only in English. President Brigham Young called two missionaries to preach the gospel in Mexico and translate the Book of Mormon into Spanish. But they needed more help to do it. Little did they know that across the ocean, God had prepared a man who could give them exactly the help they needed.

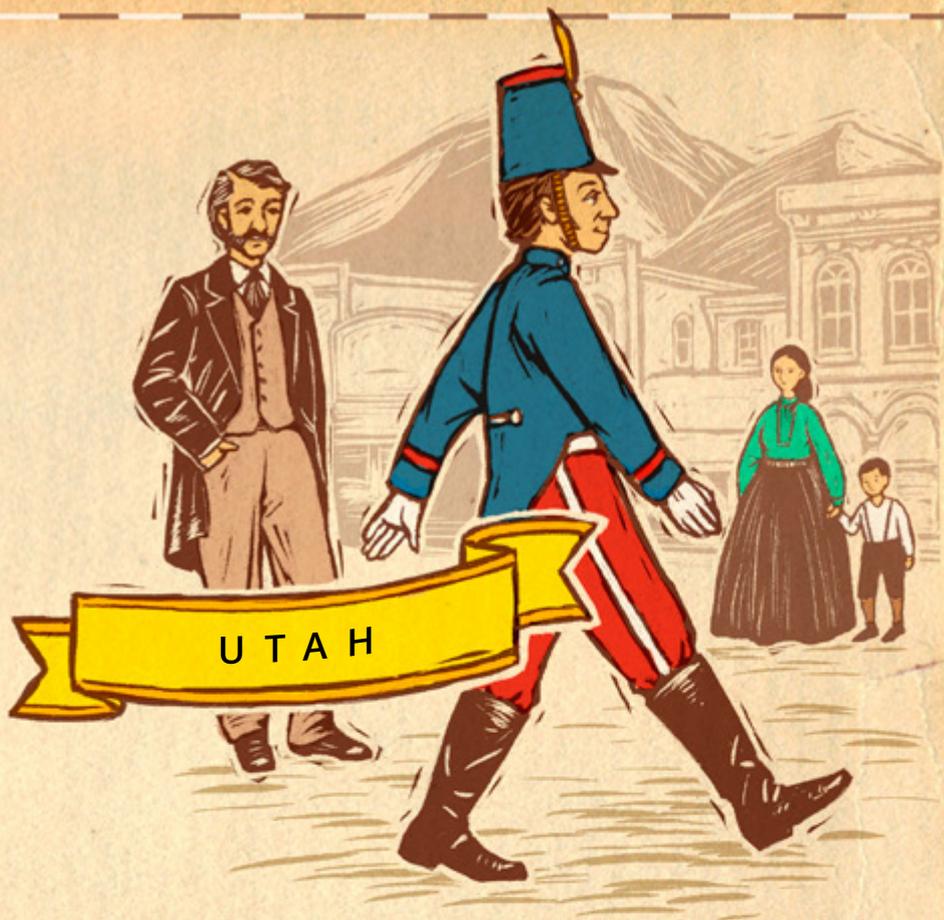
Meliton Gonzalez Trejo came from a wealthy family in Spain. He studied hard in school and became an officer in the Spanish army. He was always interested in religion, but nothing he found felt quite right. One day he heard another officer talk about a group of people who called themselves "Saints." They belonged to The Church of Jesus Christ of Latter-day Saints, and a prophet of God had led them to the Rocky Mountains in the United

States. Meliton felt a strong desire to meet them. He joined a military expedition to the Philippines, hoping this would help get him to the United States later. But Meliton got so busy with his work that visiting the Saints started to feel less important.

Then Meliton became seriously ill. He remembered why he had come to the Philippines and prayed to God about what he should do. That night, Meliton had a special dream. He knew he was supposed to leave for the Rocky Mountains.

Once Meliton recovered from his illness, he continued his journey to the United States. He arrived in California on July 4, 1874, and headed toward Salt Lake City.

When Meliton arrived in Salt Lake, he ran into a problem: he could read English but had never spoken it. He couldn't communicate with anyone! But he decided that if he couldn't talk to people, he would get their attention another way. Meliton put on his Spanish army uniform and marched up and down



the city streets. As he hoped, many people noticed him! Finally he was spotted by a member of the Church named Brother Blanchard, a university professor who spoke Spanish. Brother Blanchard helped Meliton get settled in Salt Lake and taught him the gospel. Soon Meliton was baptized.

Brother Blanchard also introduced Meliton to President Brigham Young. Meliton told President Young that more than anything, he wanted to translate the Book of Mormon into Spanish.

President Young asked Meliton to help the missionaries who were going to Mexico translate parts of the Book of Mormon into Spanish. Meliton spent many weeks translating the English words into Spanish. Each night he reviewed his translation with the missionaries. They spoke some Spanish but felt this important translation needed a native Spanish speaker. They knew Meliton was an answer to their prayers. In 1875 the translation was published. It was called *Trozos Selectos*

del Libro de Mormon (Selected Passages from the Book of Mormon).

The missionaries were now ready to go to Mexico. They loaded 1,500 copies of the translated scripture onto horseback and started on their journey. For the first time, Spanish speakers were able to read the Book of Mormon in their own language! Even though Meliton had lived thousands of miles away in Spain, Heavenly Father led him to exactly where he needed to be. Because of Meliton's courage and faith, he helped bring the word of God to countless people. ●



Meliton Gonzalez Trejo (1844–1917) served several missions in Mexico and baptized some of the first members of the Church there. In 1886 Meliton helped finish translating the entire Book of Mormon into Spanish.

Paul's Missionary Journeys

By Marissa Widdison
Church Magazines



After Jesus was resurrected, the Apostle Paul traveled to different lands to teach people about Jesus. There were no cars or airplanes back then, so he walked a lot! Sometimes he traveled by ship.



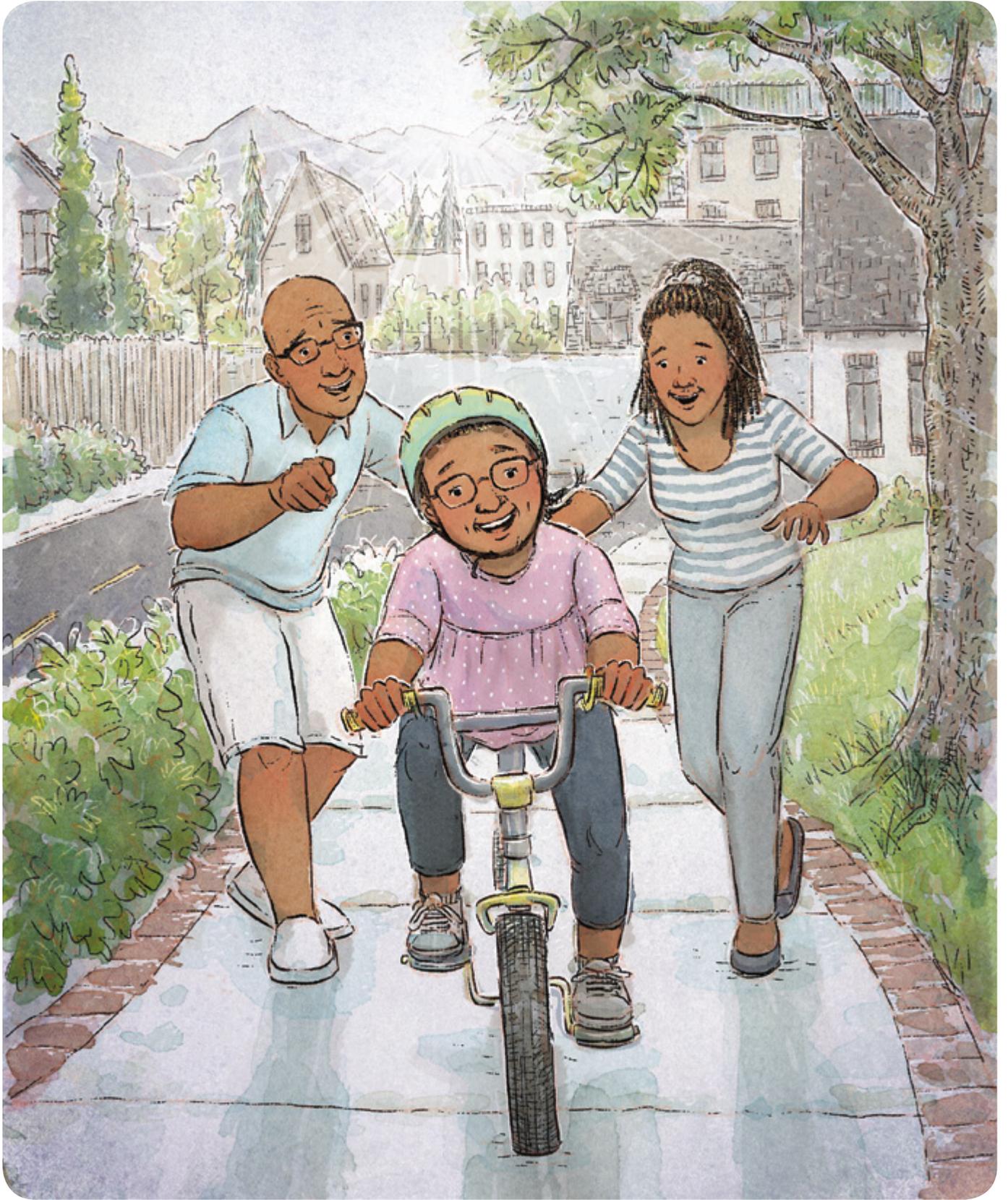
Paul taught people in churches and homes. He taught people on rocky hilltops and city streets.



Many people didn't like what Paul taught. Sometimes Paul got sent to prison. Sometimes Paul got sick.



But through all these hard things, Paul had faith. He said, "I can do all things through Christ." He knew Jesus would help him be strong.



Jesus Christ can help me be strong too. He loves me, and I love Him! ●

Jesus Can Help Me Do Hard Things

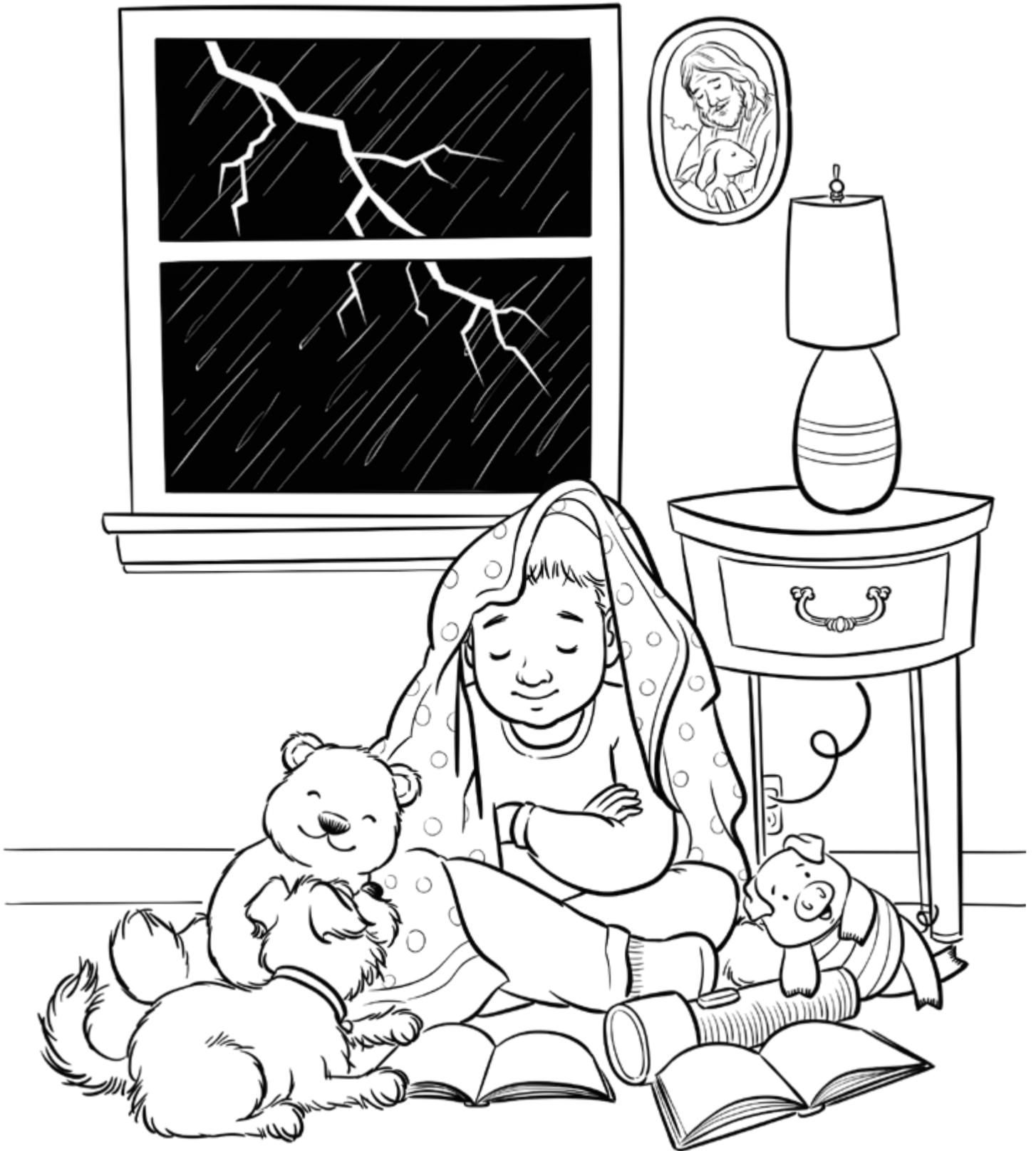


ILLUSTRATION BY APRYL STOTT

Dear Parents,

One of the main messages of the New Testament is that we can find peace and joy in Christ, no matter what our life is like. This month's magazine shares a similar testimony.

- On page F4, a boy is comforted when he has bad dreams.
- On page F8, a girl with Down syndrome is reminded that Heavenly Father loves her.
- On page F15, a poster teaches that all things are possible with the help of Jesus Christ.
- On page F20, Paul sets an example of faith.

As you read together, look for the ways Jesus and Heavenly Father helped the people in each story. You could underline the words that describe the challenges they faced. Then circle the words that describe what help they received. As a family, talk about how sometimes trials are taken away and other times we are made stronger to get through our trials. Either way, Jesus and Heavenly Father love us and are there for us!

We hope you have a joyful month,

The *Friend*

How to Send Your Child's Artwork or Experience to the *Liahona*

Go to liahona.ChurchofJesusChrist.org and click on "Submit an Article or Feedback." Or email it to liahona@ChurchofJesusChrist.org along with your child's name, age, city of residence, and this permission statement: "I, [insert your name], give permission to The Church of Jesus Christ of Latter-day Saints to use my child's submission in the Church magazines, on Church websites, and social media platforms." We can't wait to hear from you!



Find the Liahona hidden inside!

CONTENTS

- F2** Loving Others as Jesus Loves Us
- F4** Just a Prayer Away
- F6** Hello from the Democratic Republic of the Congo!
- F8** I Don't Want to Be Different!
- F10** Apostles around the World: Elder Stevenson Visits Chile
- F11** Apostles around the World: Elder Renlund Visits Children
- F12** A White Cap for Florence
- F14** Should I Keep Reading?
- F15** Bright Idea: I Can Do All Things through Christ
- F16** The Temple Challenge
- F17** Show and Tell
- F18** Courageous Examples: Serving the Lord in Spanish
- F20** Scripture Stories: Paul's Missionary Journeys
- F23** Coloring Page: Jesus Can Help Me Do Hard Things

ON THE FRIEND COVER
Illustration by Macky Pamintuan