

Liahona

Sharing Messages of Hope

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and Addressing Abuse,
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THE
CHURCH
IS HERE


Busan

South Korea



rea


Busan is home to one of the 12 stakes in South Korea. A mission is headquartered in Busan. Here are some facts about the Church in South Korea:

members —  **88,418**

 **12** — stakes, 5 districts, 4 missions

congregations —  **103**

18  — family history centers

temple (Seoul) —  **1**

1956 First official missionaries

1967 Book of Mormon first printed in Korean

1973 First stake created

1985 Seoul Temple dedicated

1991 One millionth copy of Book of Mormon in Korean

2020 South Korean choir joins in video for final hymn at April general conference



PHOTOGRAPH FROM GETTY IMAGES

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with Deep Wounds:
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Stand on the Rock of
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Preventing Abuse

In healthy relationships, people apologize for their unkind words and actions and rely on our Savior's atoning strength to help them improve and repent. But in unhealthy situations, people continue to treat others unkindly, and those relationships can become abusive.

"[Abuse and other] such offenses have no place in the kingdom of God," taught President Russell M. Nelson ("Spiritual Treasures," October 2019 general conference). Several Church magazine articles this month will help us identify and address abuse:

- In my article on page 18, I talk about characteristics of abuse and identify some resources to help you or people you know to recognize and heal from abusive relationships.
- On page 58 a teenage girl shares her experience of being sexually abused as a child and how she was able to find the courage and strength to speak up and seek help from trusted adults and the Savior.

- In this month's *Friend* on page F12, you can find a writing activity to help discuss "saying no" with your children. Consider using this activity as the basis for a home evening lesson on preventing abuse.
- Emotional abuse can be just as harmful as other types of abuse. Read "Recognizing Emotional Abuse" in the digital edition of this issue to learn five warning signs and how to get help.

If you have been hurt, you can turn to God for direction and healing and also seek help from trusted individuals. The Lord understands what we are feeling, and He will guide us to safety and joy as we turn to Him.

May we all feel God's love and reach out to Him every day,

Jason Whiting, PhD

Brigham Young University School of Family Life

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These weekly articles can support your study of the Book of Mormon this month.

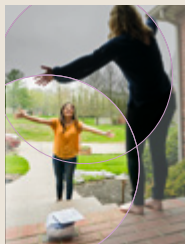
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By Bishop Dean M. Davies

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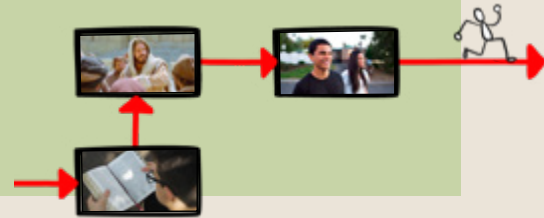
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Photograph from
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Addiction can be a chain that is holding us down. We can **find freedom as we reach out to our Savior**, who loves us even in our weaknesses and struggles.



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Whether you struggle with daily service, healing from abuse, mental health, or simply saying the full name of the Church, **you are not alone.**



Children

Friend

Learn about **tithing** and how to help your family **live happier.**



OCTOBER'S DIGITAL-ONLY ARTICLES



37 Different Ways to Study the Scriptures

By Marissa Widdison

If reading isn't your favorite thing, try studying the gospel in one of these ways instead.



Recognizing Emotional Abuse

By Nanon Talley

A counselor from Family Services shares how to recognize and address emotional abuse in your relationships.

FIND MORE

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ABUSE AWARENESS



While we all hope that everyone would be treated with respect, some people seek to hurt, control, or manipulate others. Such harmful behavior is called abuse. It is contrary to the gospel of Jesus Christ, which teaches us to love one another and to treat others as we would want to be treated (see Matthew 7:12; John 13:34; Doctrine and Covenants 121:36–37).

Victims are often abused by those they know.

The offender may be a relative or someone they have met before. This is not to suggest that we should worry about everyone we know, but we can watch for—and teach our children to watch for—these four other signs.

Offenders often seek out the vulnerable.

Offenders search for those who might not be able to give consent or defend themselves.

ABUSE HAS SOME COMMON SIGNS. HERE ARE FIVE TO WATCH FOR IN ORDER TO HELP PREVENT OR STOP THE ABUSE:



Offenders often try to isolate victims.

Using isolation or threats, offenders often seek to keep their victims from reaching out for help.

Offenders often begin by violating boundaries.

Abuse occurs when there is a serious violation of the limits for the appropriate behavior and language toward others. Offenders may completely ignore boundaries or begin with small violations in order to desensitize the victim.

Offenders may gradually seek to establish trust before the abuse.

This is known as “grooming” and often happens to youth and children. Grooming behaviors can include requests for time alone, encouraging secrecy, talking about sexual topics, or showing pornography to or initiating physical contact with a child.



Sakiusa and Salote Maiwiriwiri

Suva, Fiji



I could hardly believe the peace and happiness I found in the Maiwiriwiri home. Despite having two of their children pass away, they live their lives with joy and purpose every day.

LESLIE NILSSON, PHOTOGRAPHER

Salote:

Two years after our son Esa died of lung cancer, our daughter Esalynn died of meningitis. In the temple, I felt a strong prompting to speak with a senior sister missionary there who also lost two children years earlier. She told me, "If you make your home a holy place, you can feel your children's presence there."

That has become our goal. Everything we do is to make our home a holy place. We want to feel them close.

Sakiusa:

The experience of losing Esa and Esalynn has ultimately brought our family closer together. We counsel together with our other children. We attend the temple as a family. We live our lives as simple as possible and choose gratitude every day. As we talk about what it means to be sealed as a family in the temple, that sealing becomes alive in us. And through all of this, we do feel the presence of our children.

DISCOVER MORE

See more about Sakiusa and Salote's journey of faith, including additional photos, in the online or Gospel Library version of this article at [ChurchofJesusChrist.org/go/10206](https://www.ChurchofJesusChrist.org/go/10206).

Elder Ronald A. Rasband shares how we can fortify our homes to be places of love and spiritual protection at [ChurchofJesusChrist.org/go/10207](https://www.ChurchofJesusChrist.org/go/10207).

Ministering Principles

MINISTERING THROUGH THE **CHILDREN AND YOUTH PROGRAM**

*Inviting others to grow and helping them
along the way is the essence of ministering.*

Opportunities abound for ministering through the Children and Youth program. Maybe you have children or youth of your own at home. Maybe you're a leader in the program or you minister to families with children and youth. Or maybe you *happen to know* some children and youth (that should cover just about all of us). Whatever your situation may be, there are many ways to use the program or its principles to bless the lives of others.

Developing Ourselves Together

At the heart of Children and Youth is a focus on trying each day to become more like the Savior, who ministered perfectly. Many of those who have participated in the program have learned that the more you progress in various

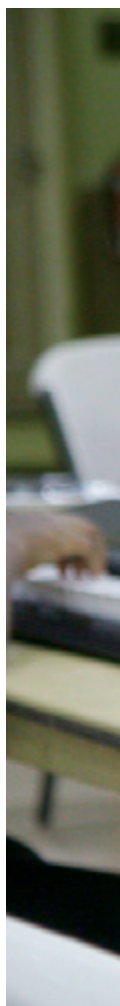
areas of your life, the better equipped you are to help or minister to others.

But with the Children and Youth program, blessing others doesn't have to wait until you've learned something. The act of learning itself provides opportunities to minister.

For a young man named Prophet living in Ghana, setting the goal in Children and Youth to learn how to play the piano was only the beginning. "It's my goal to also help other people know what I am learning," Prophet says.

Even though he's not yet an instructor, his goal has already grown into something much bigger than he ever imagined. There are now 50 students taking piano classes at the

PHOTOGRAPH BY TOM GARNER



meetinghouse alongside Prophet. And just who is teaching Prophet and those other 50 students? Alexander M. and Kelvin M., both age 13. “We want to show acts of kindness to other people,” Kelvin says.

Three days a week the two youth teach basic piano lessons for free to all who come to learn. There has

been an added benefit to the piano lessons. Several of the students introduced to the Church through piano lessons later studied the gospel and decided to be baptized.

As we make efforts to improve ourselves, we can minister to others by inviting them to join with us.



PHOTOGRAPH BY ISAAC DARKO-ACHEAMPONG



PHOTOGRAPH BY ALEXANDER K. BOATENG



A Winning Recipe for Ministering

As a stake Primary president, Sabrina Simões Deus Augusto of Curitiba, Brazil, has seen how the personal development aspects of the program bless the children and youth in her stake. But she has also seen many ways to use what she has learned about personal development in her assignment as a ministering sister.

“When I develop a talent,” Sister Augusto says, “I can use that talent to bless someone I minister to.”

Sister Augusto taught one of the sisters to whom she is assigned how to make chocolate truffles. That sister now makes and sells the truffles to help supplement her family’s income. “Months later, I was blessed when another sister taught me how to make honey bread that I could sell,” Sister Augusto said. “Developing and sharing our talents can bless each other’s lives and deepen our relationships as ministering sisters.” ■

HOW CAN THE CHILDREN AND YOUTH PROGRAM HELP YOU MINISTER?

1. Invite others to participate in the Children and Youth program.

You can invite the families of youth and children you minister to to participate in the Children and Youth program. They may be interested in participating in the activities, personal development, or even gospel study aspects of the program. (For more information about ministering through *Come, Follow Me*, see “Ministering through *Come, Follow Me*,” in the September 2020 *Liahona*.)

2. Support their goals.

As a ministering brother or sister to families with youth, you’re in a natural position to support the goals they might be working toward in Children and Youth. While their goals are personal, if you know what they are interested in, you could offer to help in a variety of ways. This could take the form of finding the art supplies they’re looking for, serving as a judge for their cookie making, or becoming a mentor in an area where you have knowledge. Do you know how to change the oil in a car? Mend torn clothing? Are you an expert at interviewing for jobs? You can offer to share knowledge or skills you have if they are interested.

3. Invite others to be part of your own personal development.

Personal development isn’t reserved for children and youth. You can participate in the program yourself no matter your age. As you spend time improving the spiritual, social, physical, and intellectual areas of your life, you’ll be better prepared to minister to individuals, no matter who you meet. And like Prophet in Ghana, you can bless others by inviting them to participate with you, whether that’s organizing piano lessons, going to an exercise class, or learning a language together.

4. Make ministering a goal.

Consider spending time each day for ministering. This could be sending a text or stopping by to see how things are going or to set up a get-together. It might include taking time to calendar the birthdays of those you minister to or following them on social media to find out what they’re interested in or have been doing lately. Just taking five minutes to think about what someone else needs can lead to inspired ideas that could make a difference.



ONE BY ONE

“A hallmark of the Lord’s true and living Church will always be an organized, directed effort to minister to individual children of God and their families. Because it is His Church, we as His servants will minister to the one, just as He did.”

President Russell M. Nelson, “Ministering with the Power and Authority of God,” *Ensign* or *Liahona*, May 2018, 69.

SHARE YOUR EXPERIENCES

Send us your experiences of ministering or being ministered to. Go to liahona.ChurchofJesusChrist.org and click “Submit an Article or Feedback.”

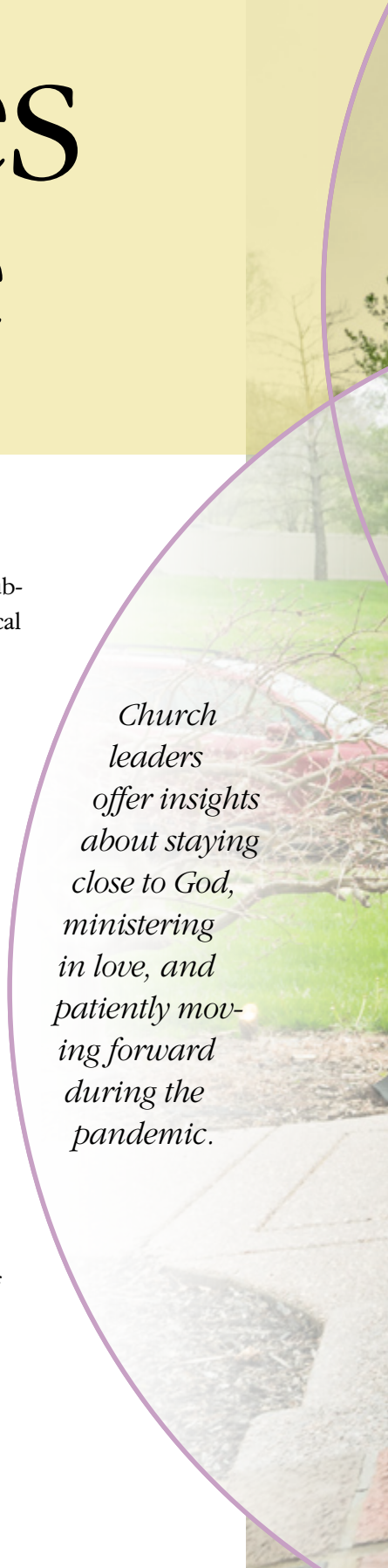
APOSTLES SHARE Messages of Hope

In response to the virus spreading around the world, officials ban public gatherings and implement quarantines. Schools close, ecclesiastical leaders cancel church meetings, and those who venture outside are required to wear face masks for protection.

The year is 1919, and the raging influenza pandemic that began the year before will claim tens of millions of lives.¹ The Church's new prophet, President Heber J. Grant (1856–1945), was set apart in November 1918 but will not be sustained until June 1919 because April general conference has been postponed.

During his ministry following those and other challenging days, President Grant gave counsel fitting for our day when he said, “We came to this earth to obtain knowledge, wisdom, and experience, to learn the lessons, suffer the pains, endure the temptations, and gain the victories of mortality.” From knowledge he gained through the crucible of personal experience, he added, “I . . . know that in the hour of adversity the Latter-day Saints are comforted and blessed and consoled as no other people are!”²

In our current “hour of adversity” with the novel coronavirus, we draw comfort and consolation from the restored gospel of Jesus Christ. Our knowledge that Heavenly Father loves His children and that He has called prophets and apostles in our day to guide us through the storms of mortality is a great blessing.



*Church
leaders
offer insights
about staying
close to God,
ministering
in love, and
patiently moving forward
during the
pandemic.*



From counsel shared during recent interviews, several members of the Quorum of the Twelve Apostles remind us that we can feel joy and look to the future with hope regardless of what is happening around us.³

The Work Goes Forward

Elder Bruce R. McConkie (1915–85) once likened the Church to “a great caravan” that moves forward despite opposition.⁴ Elder David A. Bednar attributes the caravan’s steady forward momentum to the Church’s inspired preparation and its history with adversity.

“No unhallowed hand can stop this work from progressing,⁵ and no pandemic will stop this work from progressing either,” he said. “In the midst of all the challenges we face now dealing with this virus, the work goes forward. . . . We do not know how long it will take, but we will overcome. And we may not resume our previous pattern of life exactly as we knew it, but many of those adaptations and changes will be very positive.”

Elder Quentin L. Cook said the Church’s inspired preparation includes such timely examples as emphasis on Sabbath day observance, strengthening Melchizedek Priesthood quorums and Relief Societies, the shift to ministering, and the introduction of *Come, Follow Me*, the Book of Mormon videos, and the Children and Youth program.

“We will look back on this as a foundational time of preparation and not just something we had to endure,” he said.

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

Temple closures “provide a marvelous opportunity to learn more about family history research, indexing, and how to prepare many, many names for the day when the temple doors will open again.”

—Elder David A. Bednar

Despite the temporary closure of temples and meetinghouses, members of the Church have the spiritual tools they need to continue moving forward.

President Ballard remembers how he felt coming home from church on December 7, 1941, to find out that Pearl Harbor had been attacked and that the United States was about to be drawn into World War II. Like many people today, he worried about the future and wondered whether his own future would be lost.

“But that’s not what happened,” he said. Just as the free people of the world won that war, so will the world win the war against the coronavirus. “Everything is going to be just fine as we turn our hearts to our Father in Heaven and look to Him and to the Savior as the Redeemer of all mankind,” he said.

Another way the Church moves forward is through its missionary efforts, which are responding to changing world conditions. Elder Dieter F. Uchtdorf said that Church leaders had been studying new ways of sharing the gospel even before COVID-19 began disrupting missionary work. That disruption has included transporting thousands of missionaries to their home



countries, releasing some early, and reassigning others.

“COVID-19 accelerated our thinking about this tremendously and opened our eyes,” he said. As a result, technology and social media are now opening doors that previously had been closed by gated communities and inaccessible homes and apartment buildings.

“Missionary work will continue to move forward in spite of the pandemic,” Elder Uchtdorf added. “We are continuing to learn how to improve missionary work now and for the future. The Lord has promised to hasten His work for the blessing of all of God’s children (see Doctrine and Covenants 88:73). I feel that we are right in the middle of this process while living through this challenging time. Our precious missionaries are the pioneers of our day, blazing a trail of sharing the gospel message in new ways fitting to our circumstances so that the Church of Jesus Christ will continue to ‘roll forth, until it has filled the whole earth’” (Doctrine and Covenants 65:2).

New opportunities for sharing the gospel are not the only things that are opening. Hearts are also opening because difficult times often humble people and turn them toward God, said Elder D. Todd Christofferson.

“They’re a little more open to thinking, ‘Maybe I need something beyond my bank account. Maybe there’s more to life than what I’ve been living,’” he said.

Elder Christofferson encourages Church members to look for missionary opportunities, such as sharing gospel-related messages and memes via social media, communicating with the full-time missionaries about helping fellowship people they are teaching online, and

staying in touch with people they are not able to see often.

Social Distancing and Spiritual Distancing

Another way the Church moves forward is through the spiritual response of Latter-day Saints to temporal challenges like COVID-19. For our physical protection, we increase our physical distance from others, but for our spiritual protection, we draw closer to our Father in Heaven and His Son. The COVID-19 pandemic has given many Church members more opportunities to increase their spiritual protection by following President Russell M. Nelson’s counsel to hear the Lord.

“Our Father knows that when we are surrounded by uncertainty and fear, what will help us the very most is to hear His Son,” President Nelson said during the April 2020 general conference. He added, “As we seek to be disciples of Jesus Christ, our efforts to *hear Him* need to be ever more intentional. It takes conscious and consistent effort to fill our daily lives with His words, His teachings, His truths.”⁶

While we do not welcome the suspension of Church meetings, the closure of temples, or the loss of jobs, spending more time at home gives us “a chance to think about awakening unto God” (see Alma 5:7), said Elder Cook. “Perhaps recent events can be a spiritual alarm clock focusing us on those things that matter most. If so, it will be a great blessing in this period to concentrate on things that we can perfect in our lives and how we can bless the lives of others as we awaken unto God and move along the covenant path.”

Elder Jeffrey R. Holland added, “Such times invite us to look into our soul to see if we like what we see there. That’s when [we] think about who [we] really are and what really matters.”

Such times also invite us to increase our faith, service, and gratitude, prompting us to “consider our dependence on God and the blessings from Him we so often take for granted,” said Elder Holland. “We owe it to our Father in Heaven to be a little more grateful, a little more thankful, and a little more inclined to remember how many problems are resolved because of God, angels, covenantal promises, and prayer.”

At the center of our gratitude is the blessing of remembering “how merciful the Lord hath been unto the children of men, from the creation of Adam even down until [this] time” (Moroni 10:3). Members of the Quorum of the Twelve said that whenever we are required to “shelter in place,” we can follow the example of Nephi and Alma, remembering that He “in whom [we] have trusted,” the Savior Jesus Christ, “will still deliver [us]” (2 Nephi 4:19; Alma 36:27). And we can remember, as the Apostle Paul taught, that nothing can “separate us from the love of Christ” (see Romans 8:35).

The Lord Jesus Christ “is our ultimate shelter” (see Psalm 61:1–4), said Elder Holland. “Whatever else happens, we will never be separated from the Savior’s love and His companionship, even if we don’t recognize it at the time. The Spirit is not blocked by a virus or by national boundaries or by medical forecasts.”

“Do Kind Things”

Recently, while reading a report produced by a Church committee, Elder Christofferson became concerned about the effects “enforced solitude” can have on single members of the Church—old and young.



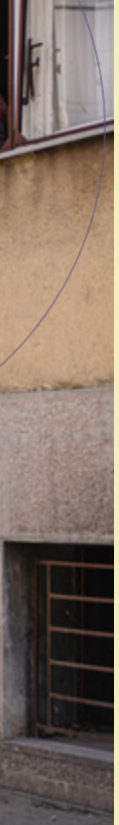
“Enforced solitude can lead to loneliness, and loneliness can have negative physical and mental health consequences,” he said. “To counteract that, some public health advocates recommend that those experiencing loneliness look for ways to ‘do kind things’ for someone.”

Latter-day Saints can find ways to serve, help, and contribute to others, especially to those who are lonely, said Elder Christofferson, and lonely members who render service to others can lessen their feelings of isolation.

“Focus on ministering,” he said. “There’s a lot we can do for each other to have a sense of belonging and brotherhood and sisterhood. This is a time when the elders quorum and the Relief Society can really come into their own and provide what only they are uniquely organized to do.”

And rather than always text someone, he suggested, “I think it’s very healthy to call someone using that old technology called the telephone. Just call to talk and interact. Let them hear a voice.”

Small efforts to reach out to others can make



Small efforts to reach out to others can make a big difference, brightening someone's day in ways we may not know. "Our ministering is very much needed with people being so isolated."

—Elder Quentin L. Cook

a big difference, brightening someone's day in ways we may not know. "Our ministering is very much needed with people being so isolated," said Elder Cook.

Elder Holland suggested, "We ought to dedicate a certain part of our day to communicating to people who need a boost. Of course, we get a boost from doing that, so everyone is 'lifted up' (3 Nephi 27:14, 15), as the Savior said He was sent to earth to do."

Another way we can lift ourselves and others is to prepare for the day when the temples reopen. Temple closures—whether for pandemics, remodeling, or cleaning—"provide a marvelous opportunity to learn more about family history research, indexing, and how to prepare many, many names for the day when the temple doors will open again," said Elder Bednar.

Regardless of whether temples are open or closed, Elder Bednar added, members of the Church can still strive to be worthy of and have a current temple recommend.

Lessons the Lord Would Have Us Learn

As Elder Bednar pointed out, while no one would choose to experience the COVID-19 pandemic, a latter-day plague is upon us nonetheless.

"With the eternal perspective that the restored gospel provides and the grace that comes from the Savior's Atonement, we can learn lessons from the adversity of mortality that prepare us for the blessings of eternity," he said. "We have to pray. We have to seek. We have to ask. We have to have eyes to see and ears to hear. But we can be blessed in remarkable ways to learn lessons that will bless us now and forever."

With its devastating impact on families throughout the world, COVID-19 has taught people to show increased concern for others, said President Ballard.

"We are coming to realize how precious our families are, how precious our neighbors are, and how precious our fellow Church members are," he said. "There are lessons we are learning now that will make us better people."

And when the current storm passes, what can we expect then? More of the same, said Elder Uchtdorf. God's children inside and outside the Church will continue to face challenges.

"We are living in a time when we need to learn," he said. And the most important lesson we can learn is that the answer to coming challenges is also the answer to the current challenge: the gospel of Jesus Christ.

Because Latter-day Saints have the restored gospel of Jesus Christ, Elder Holland said, they can learn to be positive and optimistic, doing the best they can and taking the Lord at His word when He said, "Let us cheerfully do all things that lie in our power; and then may we stand still, with the utmost assurance, to see the salvation of God, and for his arm to be revealed" (Doctrine and Covenants 123:17).

"There is a lot to be joyful about as we refine our faith, trust more in the Lord, and see the miracle of His deliverance," Elder Holland said. ■

NOTES

1. See William G. Hartley, "The Church Grows in Strength," *Ensign*, Sept. 1999, 35.
2. *Teachings of Presidents of the Church: Heber J. Grant* (2002), 49, 48.
3. See Russell M. Nelson, "Joy and Spiritual Survival," *Ensign* or *Liahona*, Nov. 2016, 82.
4. Bruce R. McConkie, "The Caravan Moves On," *Ensign*, Nov. 1984, 85.
5. Joseph Smith, in *History of the Church*, 4:540.
6. Russell M. Nelson, "Hear Him," *Ensign* or *Liahona*, May 2020, 89.



Hearts Pierced with Deep Wounds: Understanding Abuse in the Family

*Unhealthy patterns can develop in any relationship.
Recognizing them can uncover abuse or stop it before it starts.*

By Jason B. Whiting, PhD

Brigham Young University School of Family Life

Recently I was called by a broken-hearted father. His daughter Jenna (names have been changed) was away at college in a new relationship, and it was moving fast. Her boyfriend, Jake, was pushing for marriage and limiting Jenna's communication with her parents. Jenna apologized to them, explaining it as Jake's strong love and desire to spend time as a couple.

Jenna's family became concerned when they discovered that Jake had an ex-wife and child he had not mentioned to Jenna. They called the ex-wife, who said Jake had an ugly temper and was jealous. When Jake found out he became enraged. He said Jenna's parents were "controlling" and cited a time they disapproved of a sarcastic joke he made about Jenna's intelligence. Jake ironically insisted that Jenna make her own decisions by cutting them off. Jenna's parents were desperate as their calls and texts were now going unanswered.

Everyone wants a happy family, but even when people try to live the gospel, relationships can become

hurtful. Some challenges are a result of the misunderstandings and frictions common to families. However, in healthy homes, people apologize for poor behavior and mend rifts, while in unhealthy situations, there are ongoing patterns of harshness or maltreatment that become abusive.

Domestic Abuse and the Gospel

"Ye have broken the hearts of your tender wives and lost the confidence of your children" (Jacob 2:35).

Abuse consists of actions intended to hurt or control. It consists of a range of behaviors that may include neglect, manipulation, verbal criticisms, and physical or sexual violence.¹ Unfortunately, abusive behaviors are common, with some scholars estimating that about a quarter of children worldwide are mistreated physically, sexually or emotionally.² Adults also have high rates of victimization, with approximately 1 in 4 women and 1 in 10 men experiencing physical violence from a spouse.

Abuse can happen in any relationship, and both men and women can be perpetrators. However, men



“The voice that bears profound testimony, utters fervent prayer, and sings the hymns of Zion can be the same voice that berates and criticizes, embarrasses and demeans, inflicts pain and destroys the spirit of oneself and of others in the process. ‘Out of the same mouth proceedeth blessing and cursing,’ James grieves. ‘My brethren [and sisters], these things ought not so to be’ [James 3:10].”

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles, “The Tongue of Angels,” *Ensign* or *Liahona*, May 2007, 16.



are more likely to be controlling and to commit severe physical and sexual violence, and women are more likely to be terrorized, dominated, or badly hurt by a spouse.³

Abuse harms the soul of both the offender and the victim and is contrary to the teachings of the Savior. Modern prophets have stated that those “who abuse spouse or offspring . . . will one day stand accountable before God.”⁴ Abusers often ignore or exploit principles of the gospel. For example, I counseled a couple where the husband pursued emotional affairs and gambled away their savings, but instead of apologizing, he pressured his wife to forgive and insisted she had the “greater sin” if she didn’t forgive him. He dismissed her pain and claimed he was right with God or he wouldn’t be a temple worker. When his wife talked to Church leaders, he downplayed his betrayals and exaggerated her concerns, saying she was depressed.

The husband was rejecting “principles of . . . respect, love, [and] compassion”⁵ and mistreating his

wife. Her efforts to live gospel principles could not fix a problem he was creating.

Each of us can give in to unhealthy behaviors. There are certain characteristics common to all types of abuse, and the more severe and frequent these are, the less healthy the relationship will be. Here are five of these typical abusive patterns that can help you recognize unhealthy behaviors in yourself and others.

1. Cruelty

“With their tongues they have used deceit; the poison of asps is under their lips: . . . [their] mouth is full of cursing and bitterness” (Romans 3:13–14).

One man came to see me for therapy against the wishes of his wife, who mocked him for “needing help.” At church she was friendly and devout, but at home her cold condescension stung like a whip. She criticized his income and called his teaching career “a girl’s job.” She told her son, “I hope you don’t end up a wimp like your dad,” and spent every day on the phone with her mother, where they disparaged their husbands. Critical

DISCOVER MORE

Leaders can find help for dealing with abuse in Leader and Clerk Resources on ChurchofJesusChrist.org. All leaders and teachers of children or youth should complete the training “Protecting Children and Youth” within one month of being called. The training can be found at ChurchofJesusChrist.org/callings/church-safety-and-health.

people feel justified in causing pain and “love to have others suffer” (Doctrine and Covenants 121:13). These family members break Jesus’s commands to “judge not” and “condemn not” (Luke 6:37) as they belittle, show disgust, or call names.

2. Deception

“Thou art possessed with a lying spirit, and ye have put off the Spirit of God” (Alma 30:42).

Deception pervades abuse as perpetrators minimize their actions, blame others, and twist words. This bewilders victims, as one of my research participants described: “[My husband would] freak out and then do the apologizing thing and then say, ‘Well it’s your fault anyway’ . . . on and on until I started believing that.”⁶ This denial of another’s reality is called gaslighting, and it leaves victims confused and insecure about their memories and opinions. Like other forms of deception, gaslighting is used to manipulate conversations and put forth a false front.

Those who abuse others vigorously resist admitting that they are hurtful and often will claim they are victims. When Jenna expressed unease about Jake’s criticism of her parents, he got angry and insisted she was “insulting” him. Jake was among “those who cry transgression . . . and are the children of disobedience themselves” (Doctrine



and Covenants 121:17). He not only promoted his false story but also resented the truth.⁷

3. Excuses

“Acknowledge your faults and that wrong which ye have done” (Alma 39:13).

A humble person feels regret at hurting others and repents and does better. Someone who is abusive resists the call of conscience with excuses. As one of my research participants recalled, “I’d feel horrible about the physical abuse, and then later I would think it might not have happened if she would have just kept her mouth shut.” His “sorrowing was not unto repentance” (Mormon 2:13) but instead was pushed aside with bitter anger and blame.

In therapy, I once told a wife that I had never witnessed her showing godly sorrow for years of criticizing her husband. Her response was not regret but sulking: “Great, here is another thing I am not doing!” Abusive people reject responsibility and are touchy and defensive. They are easily offended by small things.

4. Pride

“In lowliness of mind let each esteem other better than themselves” (Philippians 2:3).

Pride includes entitlement and self-centeredness. One man lashed out at his wife and children every time he thought they were “disrespecting” him. If their opinion didn’t comply with his, they were “undermining” him or “not being obedient.” Pride is competitive and focused on power and winning. In contrast, a healthy family is cooperative, where there is a balance of fairness, and members “deal justly one with another” (4 Nephi 1:2). Spouses should be equal partners,⁸ where each has a say and all opinions are valued.

5. Control

“When we . . . exercise control or dominion or compulsion upon the souls of the children of men, . . . the heavens withdraw themselves” (Doctrine and Covenants 121:37).

Although we value agency, it is surprising how often family members tell each other how to think, feel, and

act. Some even control through intimidation, shame, withdrawal of love, or threats. One husband had rigid expectations that his wife should prepare breakfast every day at a certain time, meet specific intimate requests, and listen to him regarding his “concerns,” which usually involved how she could improve. He monitored her spending and became angry if she didn’t quickly respond to his texts.

Another mother expressed regular disappointment to her teenage daughter any time the girl showed sadness or didn’t live up to the mother’s standards. If the expectations were not met, or if her husband expressed concerns, she icily gave everyone the silent treatment.

Hope and Healing

“I have heard thy prayer, I have seen thy tears: behold, I will heal thee” (2 Kings 20:5).

Although abuse is heartbreaking, change is always possible. Victims can reach out to spiritual and professional resources and seek the power of the Savior’s



Atonement to heal their wounds. To find help, go to **abuse.ChurchofJesusChrist.org**.

Those who have been abusive must repent and seek help. This requires going “down into the depths of humility” (3 Nephi 12:2) and accepting full responsibility for their behavior. Change takes more than short-term promises and surface efforts. The pain of deep repentance is soul-wrenching, and some will not be willing to do it, which leaves victims with difficult decisions about how to protect themselves.⁹

Our Heavenly Father is concerned about us just like the anguished father who called me about his daughter. God’s love is as “wide as eternity” (Moses 7:41), and He is deeply pained when His children hurt each other. In a tender conversation with Enoch, He weeps. “These thy brethren; they are the workmanship of mine own hands, . . . and [I have] given commandment, that they should love one another, . . . but behold, they are without affection, and they hate their own blood” (Moses 7:32–33). There is weeping in heaven and on earth when bodies and souls are wounded. Yet, with humility, God’s power, and professional help when necessary, it is possible to stop damaging behavior and create a home of dignity, safety, and love. ■

NOTES

1. For more information on physical violence, see abuse.ChurchofJesusChrist.org. For more information on sexual abuse and assault, see Benjamin M. Ogles, “Agency, Accountability, and the Atonement of Jesus Christ: Application to Sexual Assault” (Brigham Young University devotional, Jan. 30, 2018), speeches.byu.edu; and Chieko N. Okazaki, “Healing from Sexual Abuse” (Brigham Young University conference, Oct. 23, 2002).
2. See Maryam Ajilian Abbasi, Masumeh Saeidi, Gholamreza Khademi, Bibi Leila Hoseini, Zahra Emami Moghadam, “Child Maltreatment in the World: A Review Article,” *International Journal of Pediatrics*, vol. 3, no. 1 (2014), 353–65.
3. See Hamby, S., “Current controversies: Are women really as violent as men? The ‘gender symmetry’ controversy,” in Claire M. Renzetti, Jeffrey L. Edleson, and Raquel Kennedy Bergen, *Sourcebook on Violence Against Women*, 3rd ed. (2018), 78–82.
4. “The Family: A Proclamation to the World,” *Liahona*, Sept. 2020, 49; see also abuse.ChurchofJesusChrist.org.
5. “The Family: A Proclamation to the World.”
6. Jason B. Whiting, Megan Oka, and Stephen T. Fife, “Appraisal distortions and intimate partner violence: Gender, power, and interaction,” *Journal of Marital and Family Therapy* (2012), suppl. 1:113–49.
7. For other scriptural examples of resenting the truth, see John 3:19–21; Acts 7:54; 2 Nephi 1:25–26; and 2 Nephi 4:13.
8. See “The Family: A Proclamation to the World”; see also H. Burke Peterson, “Unrighteous Dominion,” *Ensign*, July 1989, 6–11, for more information about the doctrine of equality and questions to consider in regard to covenant relationships.
9. Those in abusive situations often are faced with choices about how to protect their own safety, or that of others, as well as whether they need to set boundaries or limit their interactions with those who are hurtful. President James E. Faust (1920–2007) discussed this difficult situation when someone is trapped in “a prolonged and apparently irredeemable relationship that destroys a person’s dignity as a human being” (“Enriching Your Marriage,” *Ensign*, Apr. 2007, 5; *Liahona*, Apr. 2007, 3); see also the “Help for Victims” section on the Church’s abuse prevention website for more information and options.



DISCOVER MORE

To find additional information or to contact professional and other helpful resources, visit the Church’s abuse website at abuse.ChurchofJesusChrist.org.

To learn more about how to help victims, read the sidebar “How Can I Help? For Friends and Leaders” in the digital version of this article at liahona.ChurchofJesusChrist.org or in the Gospel Library app.

RESOURCES FOR LEADERS

Leaders who become aware of abuse where minors are involved as victims or witnesses should contact the Church’s helpline found at counselingresources.ChurchofJesusChrist.org.





By Elder
Lawrence E.
Corbridge

Emeritus Member
of the Seventy

STAND ON THE ROCK OF REVELATION

*By being grounded on the rock of revelation, we
can find answers to the most important questions.*

As part of an assignment I had as a General Authority a few years ago, I read through a great deal of material antagonistic to The Church of Jesus Christ of Latter-day Saints, the Prophet Joseph Smith, the Book of Mormon, and the events of the Restoration. Since that assignment changed, I have not returned to wallow in that mire.

Reading that material always left me with a feeling of gloom, and one day that sense of darkness inspired me to write a partial response to all such antagonistic claims. I would like to share some of the thoughts I recorded that day, and although what I wrote was for my benefit, I hope it will help you as well.

Will We Stand Forever?

The prophet Daniel said that in the last days “shall the God of heaven set up a kingdom, which shall never be destroyed: and the kingdom shall not be left to other people, but it shall break in pieces and consume all these kingdoms, and it shall stand for ever” (Daniel 2:44).

The kingdom of God is The Church of Jesus Christ of Latter-day Saints. It will “stand for ever.” The question is, Will you and I stand or “will [we] also go away?” (John 6:67). And if we go away, where will we go?

ILLUSTRATIONS BY MICHAŁ DZIEKAN



Deception Is a Sign of Our Time

When the Lord described the signs of His coming and the end of the world, He mentioned many things, including wars and rumors of wars, nations rising against nations, famines, pestilences, earthquakes, and many other signs, including this one: “For in those days [this day] there shall also arise false Christs, and false prophets, and shall show great signs and wonders, insomuch, that, if possible, they shall deceive the very elect, who are the elect according to the covenant” (Joseph Smith—Matthew 1:22; see also Matthew 24:24).

I am not sure of all that is implied by the qualification “if possible, they shall deceive the very elect,” but I think it means, at least, that everyone will be challenged in our day.

There are many who deceive, and the spectrum of deception is broad. At one end we meet those who attack the Restoration, the Prophet Joseph Smith, and the Book of Mormon. Next we see those who believe in the Restoration but claim the Church is deficient and has gone astray. Others claim to believe in the Restoration but are disillusioned with doctrine that conflicts with the shifting attitudes of our day. Some without authority lay claim to visions, dreams, and visitations to right the ship, guide us to a higher path, or prepare the Church for the end of the world. Others are deceived by false spirits.

At the other end of the spectrum we come to an entire universe of distractions. Never has there been more information, misinformation, and disinformation; more goods, gadgets, and

games; and more options, places to go, and things to see and do to occupy time and attention away from what is most important. All of that and much more is disseminated instantaneously throughout the world by electronic media. This is a day of deception.

Knowledge Is Crucial

Truth enables us to see clearly because it is the “knowledge of things as they are, and as they were, and as they are to come” (Doctrine and Covenants 93:24). Knowledge is crucial to avoid deception, to discern between truth and error, and to see clearly and chart a course through the hazards of our day.

The Prophet Joseph Smith said: “Knowledge is necessary to life and godliness. . . . Knowledge is revelation. Hear . . . this grand key: knowledge is the power of God unto salvation.”¹

People say, “You should be true to your beliefs.” While that is true, you cannot be better than what you know. Most of us act based on our beliefs, especially what we believe to be in our self-interest. The problem is, we are sometimes wrong.

Some people may believe in God and that pornography is wrong and yet still click on a pornographic website, wrongly believing that they will be happier if they do or that they can’t help but click or that they aren’t hurting anyone else. They are just wrong.

Others may believe it is wrong to lie and yet lie on occasion, wrongly believing they will be better off if the truth is not known. They are just wrong.

Someone may believe and even know that Jesus is the Christ and still deny Him not once but three times because of the mistaken belief that he would be better off appeasing the crowd. Peter wasn’t evil. I am not even sure he was weak. He was just wrong. (See Matthew 26:34, 69–75.)

When we act badly, we may think we are bad, when in truth we are just wrong. The challenge is not so much closing the gap between our actions and our beliefs; rather, the challenge is closing the gap between our beliefs and the truth.

How do we close that gap? How do we avoid deception?

Primary Questions and Secondary Questions

There are primary questions and there are secondary questions. Begin by answering the primary questions first. The primary questions are the most important. There are only a few primary questions. I mention four:

1. Is there a God who is our Father?
2. Is Jesus Christ the Son of God, the Savior of the world?
3. Was Joseph Smith a prophet?
4. Is The Church of Jesus Christ of Latter-day Saints the kingdom of God on earth?

By contrast, the secondary questions are unending. They include questions about Church history, plural marriage, people of African descent and the priesthood, women and the priesthood, the translation of the Book of Mormon, the Pearl of Great Price, DNA and the Book of Mormon, gay marriage, different accounts of the First Vision, and on and on.

If you answer the primary questions, the secondary questions get answered too, or they pale in significance. Answer the primary questions, and you can deal with things you understand and things you don't and with things you agree with and things you don't without jumping ship.

The Divine Method of Learning

There are different methods of learning, including the scientific, analytical, academic, and divine methods. All four methods are necessary to know the truth. They all begin the same way: with a question. Questions are important, especially the primary questions.

The divine method of learning incorporates the elements of the other methodologies but ultimately trumps everything else by tapping into the powers of heaven. Ultimately the things of God are made known by the Spirit of God, which is usually a still, small voice. The Lord said, "God shall give unto you knowledge by his Holy Spirit, yea, by the unspeakable gift of the Holy Ghost" (Doctrine and Covenants 121:26).

The Apostle Paul taught that we cannot know the things of God except through the Spirit of God (see 1 Corinthians 2:9–11; see also Joseph Smith Translation, 1 Corinthians 2:11). He said, "The natural man receiveth not the things of the Spirit of God: for they are foolishness unto him." We see that every day. Paul continued, "Neither can he know them, because they are spiritually discerned" (1 Corinthians 2:14).





Of all the problems you encounter in life, one towers above them all and is the least understood. The worst of all human conditions is not poverty, sickness, loneliness, abuse, or war—as awful as those conditions are. The worst of all human conditions is the most common: it is to die spiritually. It is to be separated from the presence of God, and in this life, His presence is His Spirit or power.

Conversely, the best of all human conditions is not wealth, fame, prestige, good health, the honors of men, or security. The best of all human conditions is to be endowed with heavenly power. It is to be born again, to have the gift and companionship of the Holy Ghost, which is the source of knowledge, revelation, strength, clarity, love, joy, peace, hope, confidence, faith, and almost every other good thing.

Jesus said: “The Comforter, which is the Holy Ghost, . . . shall teach you all things” (John 14:26). It is the power by which we “may know the truth of all things” (Moroni 10:5). “It will show . . . [us] all things . . . [we] should do” (2 Nephi 32:5). It is the fountain of “living water” that springs up unto eternal life (John 7:38; see also verse 37).

Pay whatever price you must pay, bear whatever burden you must bear, and make whatever sacrifice you must make to get and keep in your life the spirit and power of the Holy Ghost. Every good thing depends on

getting and keeping the power of the Holy Ghost in your life.

“That Which Doth Not Edify”

So, what was the gloom I felt several years ago while reading antagonistic materials? Some would say that gloom is the product of belief bias, which is the propensity to pick and choose only those things that accord with our assumptions and beliefs. The thought that everything one has believed and been taught may be wrong, particularly with nothing better to take its place, is a gloomy and disturbing thought indeed.

But the gloom I experienced as I listened to the dark choir of voices raised against the Prophet Joseph Smith and the Restoration of the Church of Jesus Christ is different. That gloom is not belief bias, and it is not the fear of being in error. It is the absence of the Spirit of God. It is the condition of man when “left unto himself” (Doctrine and Covenants 121:38). It is the gloom of darkness and the “stupor of thought” (Doctrine and Covenants 9:9; see also verse 8).

The Lord said:

“And that which doth not edify is not of God, and is darkness.

“That which is of God is light; and he that receiveth light, and continueth in God, receiveth more light; and that light groweth brighter and brighter until the perfect day” (Doctrine and Covenants 50:23–24).

Revelation from the Spirit of God supersedes belief bias because it is not premised only on evidence. I have spent a lifetime seeking to hear the word of the Lord and learning to recognize and follow the Spirit of God. The spirit associated with the dark voices that assail the Prophet Joseph Smith, the Book of Mormon, and the Restoration is not the spirit of light, intelligence, and truth. I don’t know much, but I do know the voice of the Lord, and His voice is not in that dark choir.

In stark contrast to the gloom and sickening stupor of thought that pervade the swamp of doubt is the spirit of light, intelligence, peace, and truth that attends the events and the glorious doctrine of the Restoration, especially the scriptures revealed to the world through the

Prophet Joseph Smith. Just read them and ask yourself and God if they are the words of lies, deceit, and delusion or if they are the truth.

You Can't Learn the Truth by Elimination

Some who are afraid that the Church may not be true spend their time and attention slogging through the swamp of secondary questions. They mistakenly try to learn the truth by process of elimination, by attempting to eliminate every doubt. That is always a bad idea. It will never work.

There are unlimited claims and opinions leveled against the truth. Each time you track down an answer to one antagonistic claim and look up, another one stares you in the face. I am not saying you should put your head in the sand, but I am saying you can spend a lifetime desperately tracking down the answer to every claim leveled against the Church and never come to a knowledge of the most important truths.

Answers to the primary questions do not come by answering the secondary questions. There are answers to the secondary questions, but you cannot prove a positive by disproving every negative. You cannot prove the Church is true by disproving every claim made against it. It is a flawed strategy. Ultimately there has to be affirmative proof, and with the things of God, affirmative proof finally and surely comes by revelation through the spirit and power of the Holy Ghost.

To His disciples, Jesus asked:

“Whom say ye that I am?”

“And Simon Peter answered and said, Thou art the Christ, the Son of the living God.

“And Jesus answered and said unto him,

Blessed art thou, Simon Bar-jona: for flesh and blood hath not revealed it unto thee, but my Father which is in heaven.

“... Thou art Peter, and upon this rock I will build my church; and the gates of hell shall not prevail against it” (Matthew 16:15–18; see also verses 13–14).



The Church of Jesus Christ is grounded on the rock of revelation, and the gates of hell will not prevail against it. You and I are the Church. We must be grounded on the rock of revelation, and although we may not know the answer to every question, we must know the answers to the primary questions. If we do, the gates of hell will not prevail against us and we will stand forever.

Stand on the Rock of Revelation

There is a God in heaven who is our Eternal

Father. Jesus Christ is the Son of God, the Redeemer of the world. Joseph Smith was a prophet of God who laid the foundation for the Restoration of the kingdom of God. The Church of Jesus Christ of Latter-day Saints is the kingdom of God on the earth. I know this by my experience—all of it. I know this by the evidence, and the evidence is overwhelming. I know this by study. And, most surely, I know this by the spirit and power of the Holy Ghost.

And with that, I know everything I need to know to stand forever. May we stand on the rock of revelation, particularly in regard to the primary questions. If we do, we will stand forever and never go away. ■

From a devotional address, “Stand Forever,” delivered at Brigham Young University on January 22, 2019.

NOTE

1. *Teachings of Presidents of the Church: Joseph Smith* (2007), 265.

She Is Still Ours

Vinaisi Maca Naquere, Lautoka, Fiji

My husband and I were going to be sealed, but this sacred ordinance was much bigger than the two of us.

After seven years of hoping and waiting for children, my husband and I were finally blessed with a daughter. Alicie was the light of our lives, but she lived for only five months before dying of pneumonia.

That was the hardest experience of my life. Every day I would come home from work and sit and cry. My in-laws often sat with me to give me strength. I kept praying for another child, but none came. I was lost in sadness.

My in-laws started encouraging my husband and me to travel to the Suva Fiji Temple to be sealed. We had never been to the temple, and we decided that this was the best way for us to find hope and healing.

Nothing could have prepared me for what I felt that day! I knew that my husband and I would be sealed together for eternity. This knowledge filled me with gratitude and love. But I hadn't understood that this sacred ordinance was much bigger than the two of us.

At the temple, I learned that Alicie could be sealed to us. I cried tears of joy as I came to know this sacred



doctrine. Our daughter would be ours for all eternity! I testify that God has provided everything we need for happiness in His holy house.

In the years since, my husband and I have been blessed with a son and three adopted children. Yet we can never forget Alicie. Because of the ordinances of the temple, our daughter is a part of our family forever.

When I meet someone who has lost a child, I feel their pain with

them. But I also know that this pain is not the end. Through losing Alicie, as well as experiencing other trials, I know that God is there for me. When I get discouraged or complain about things, I know that God is always there.

I know I will see Alicie again, and that truth continues to fill my husband and me with deep joy. ■



He Put Me Back Together

Alaina Dunn, Utah, USA

My friend heard that I was sick and sent a homemade puzzle made especially for me.

I had always thought of myself as a healthy person. So I was shocked when I woke up one morning feeling like my chest was being squeezed so hard it was about to explode. I was rushed to the hospital, but after hours of testing, doctors couldn't find the problem. They sent me home, even though I still suffered excruciating pain. Thus began a seven-month-long ordeal of doctor's appointments, hospital stays, and the worst pain I've ever felt in my life.

I started to become depressed. I had to drop my college classes and move back in with my parents. I couldn't go out with friends. I hurt too much to do any of my hobbies. I felt that everything I cared about—my aspirations, my relationships, my talents—had been shattered, and now the pieces of my former self seemed impossible to put back together. And I started to wonder: How could Heavenly Father let this happen to me? Didn't He love me?

After yet another disappointing and painful doctor's appointment, all I wanted to do was curl up in a ball and cry. But as I arrived home, I saw something strange on the porch: an old, tattered shoebox covered in tape and addressed to me.

A letter on the box revealed that the package came from one of my friends. She had heard that I was sick and wanted to cheer me up. When I opened the shoebox, I found that it was full of little pieces of Styrofoam. It was a homemade puzzle made especially for me.

As I put the puzzle together, I began to cry. The puzzle formed my name, surrounded by sweet messages of love and encouragement. I felt that the shattered pieces of myself were now being put back together as I assembled my friend's gift.

A short time later, I started taking a medication that reduced my symptoms and helped the doctors make a diagnosis. I had a rare but treatable condition, and with the proper medicine, I could return to normal life.

Even as my body healed, I knew I would never forget what I had learned. Because of my friend's sweet gift, I knew that I was loved and that Heavenly Father had not forgotten me. After months of feeling shattered, thanks to the kindness of a friend and the love of my Father in Heaven, I became whole again. ■



“Do You Have a Blue Book with Gold Lettering?”

Michael Jacobson, Oregon, USA

Sometime after throwing the book away, I was curious to know what was in it.

Years ago, I received a blue book with gold lettering on the cover from missionaries serving on the military base where I was receiving training for my job in the United States Navy.

As I started to read the book, someone told me that it was false because it was copied from the Bible. This caused me to doubt the book’s authenticity, but I held onto it. I read a little of it, put it in the bottom of my seabag, and then forgot about it.

Over a year later, I decided to clean out my seabag. I found the

book but no longer had any interest in it, so I threw it away. But sometime later, I grew curious about what was in that blue book with gold lettering. I now believe that this feeling came from the Spirit, “which leadeth to do good” (Doctrine and Covenants 11:12).

In 2005, a newfound friend invited me to listen to the missionaries. At first, I had questions and doubts about what they taught, but the missionaries were confident and gave answers that made sense to me.

When I realized that these missionaries were like the ones I had met years before, I anxiously asked them, “Do you guys have a blue book with gold lettering?”

“Yes, we do!” one of them replied. “It’s called the Book of Mormon!”

I was excited to have the Book of Mormon again. In fact, I was so excited that I read it more than once in less than two weeks! As I read and prayed, I came to know that it is the word of God.

Elder Rubén V. Alliaud of the Seventy said something in general conference that relates to my experience with the Book of Mormon: “Any reader who commits to a sincere study of [the Book of Mormon], with the spirit of prayer, will not only learn about Christ but will learn *from* Christ—especially if they make the decision to ‘try the virtue of the word’ [Alma 32:5] and not reject it prematurely due to prejudiced unbelief by what others have said about things that they have never read.”¹

By reading the Book of Mormon, praying, and trusting in the Spirit, I have seen great things come to pass in my life. ■

NOTE

1. Rubén V. Alliaud, “Found through the Power of the Book of Mormon,” *Ensign* or *Liahona*, Nov. 2019, 37.



The Purpose of My Baptism

Rui Cong Hong, New Taipei City, Taiwan

Before my baptism, I sat alone and prayed that my friends would miraculously appear.

As a child living in the suburbs of Taipei, Taiwan, I never knew about the missionaries. So the first time I came in contact with them, I was curious about their message. It didn't take long before I was eager to follow their teachings and put the gospel into practice in my life. I felt that this was a way for me to find out if there really is a God.

Within a month, I had been taught the gospel and the commandments that are taught before baptism. Peace came to me through prayer, I received personal revelation from studying the scriptures, and I never missed a Church meeting. I decided that I should be baptized.

The biggest challenge I faced at that time were problems that had emerged in my relationships with some of my friends because they opposed my involvement with the Church. I prayed a great deal about these problems, but our relationships seemed to only get worse.

I invited my friends to my baptism, but they completely disregarded my invitation. I really did not know what to do. Before my baptism, I sat alone on the sofa in the foyer of the chapel, praying that my friends would



miraculously appear so I could tell them about the positive changes I had made in my life and prove to them that I was making the right decision by being baptized.

My friends never showed up, but while I poured my heart out to God, I felt an impression. At that point, I felt great love from my Heavenly Father. I knew that He was there and had truly listened to my prayer.

I originally wanted to be baptized

simply because of all the wonderful things happening in my life, but at that moment, I came to understand the purpose of my baptism.

The impression I received was like the voice of the Lord speaking tenderly and directly to me, saying, "You don't need to prove anything to anyone. You just need to prove to me that you are willing to come unto me and stay true to my gospel for the rest of your life." ■



3 Nephi 17–19

(SEPTEMBER 28–OCTOBER 11)

In Jesus Christ's ministry to the Nephites, He showed great love and His healing power to all who came unto Him. What can we learn from the Nephites' experience with the Savior?



DISCUSSION

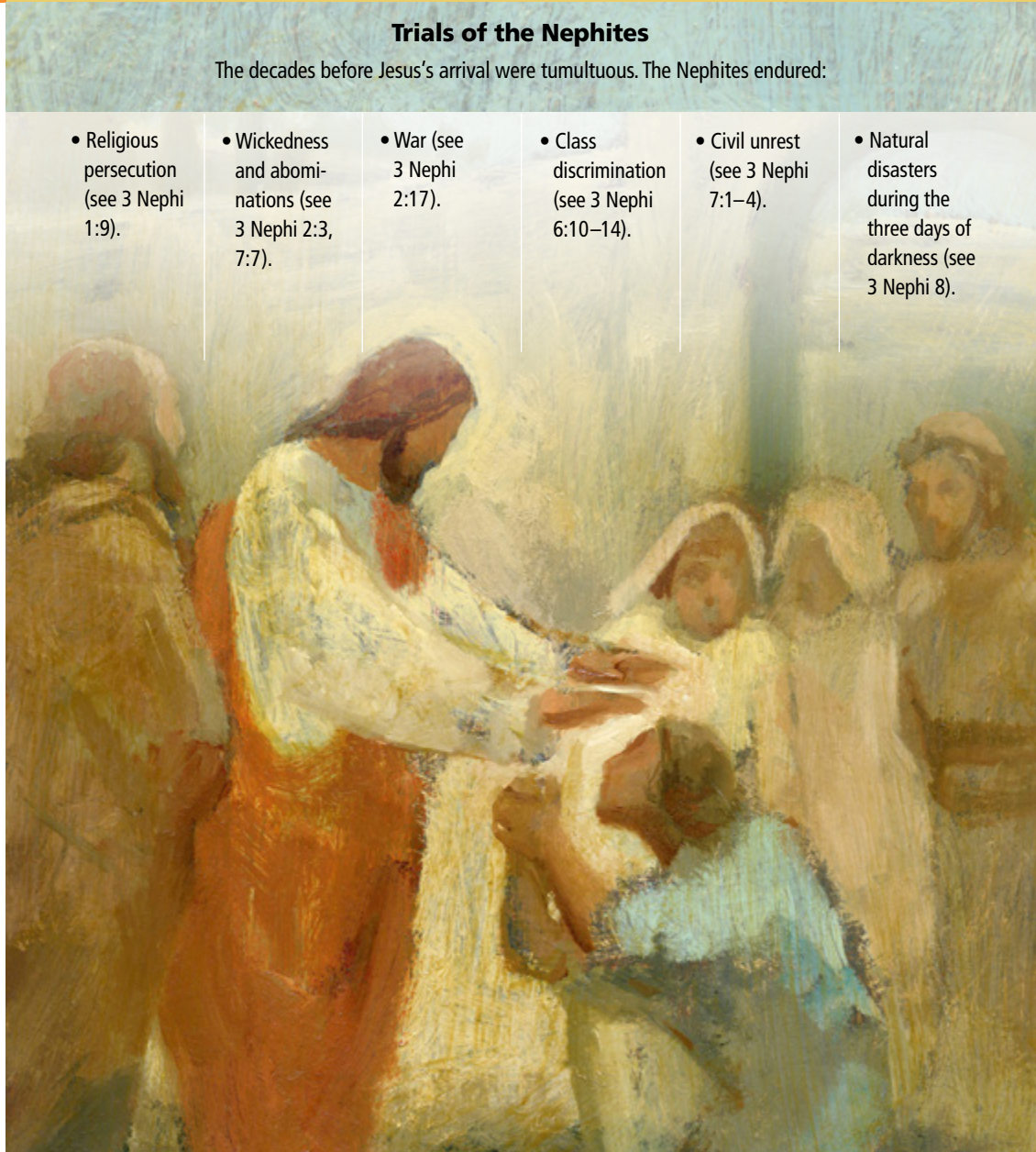
- If you were among the Nephites, what would you ask the Savior to heal? What would you say to Him?
- How can you, like the Nephites, come unto Christ and experience His love and healing power in your life?
- When have you felt the Savior's love? How did you feel that love?

How can we experience the healing power of Christ?

Trials of the Nephites

The decades before Jesus's arrival were tumultuous. The Nephites endured:

- | | | | | | |
|--|---|---------------------------|---|-------------------------------------|--|
| • Religious persecution (see 3 Nephi 1:9). | • Wickedness and abominations (see 3 Nephi 2:3, 7:7). | • War (see 3 Nephi 2:17). | • Class discrimination (see 3 Nephi 6:10–14). | • Civil unrest (see 3 Nephi 7:1–4). | • Natural disasters during the three days of darkness (see 3 Nephi 8). |
|--|---|---------------------------|---|-------------------------------------|--|



Christ's Ministry to the Nephites

When the Savior appeared to the Nephites, He invited all who were "afflicted in any manner" (3 Nephi 17:7) to come forward and be healed. His invitation extended beyond the Nephites' recent trials. It applied to wounds seen and unseen that the Nephites may have carried all their lives. Jesus Christ healed "every one" (3 Nephi 17:9) and ministered unto them "one by one" (3 Nephi 17:21).



3 Nephi 17–19

(SEPTEMBER 28–OCTOBER 11)

When Christ visited the Nephites, He prayed with them 11 times. Through word and example, He taught them how they should pray. Latter-day prophets, seers, and revelators continue to teach what the Savior taught about prayer. Here are a few examples:

DISCUSSION

What else have the Savior and latter-day prophets and apostles taught about prayer? How can these teachings help your prayers become more meaningful to you?

NOTES

1. David A. Bednar, "Pray Always," *Ensign* or *Liahona*, Nov. 2008, 43.
2. Thomas S. Monson, "Three Goals to Guide You," *Ensign* or *Liahona*, Nov. 2007, 120.
3. *Teachings of Presidents of the Church: Howard W. Hunter* (2015), 229.
4. Dallin H. Oaks, "The Language of Prayer," *Ensign*, May 1993, 17.
5. Boyd K. Packer, "Prayer and Promptings," *Ensign* or *Liahona*, Nov. 2009, 46.

How can I pray as the Savior taught?



What the Savior taught

Pray for others (see 3 Nephi 17:14, 17, 21; see also 3 Nephi 18:23)

"Watch and pray always" (3 Nephi 18:15)

"Pray in your families" (3 Nephi 18:21; see also 3 Nephi 17:3)

Don't multiply many words (see 3 Nephi 19:24; see also 3 Nephi 13:7)

"Pray on" (3 Nephi 19:26)



What latter-day prophets, seers, and revelators teach

"Praying for others with all of the energy of our souls increases our capacity to hear and to heed the voice of the Lord."¹

"It is through earnest and heartfelt prayer that we can receive the needed blessings and the support required to make our way in this sometimes difficult and challenging journey we call mortality."²

"If you will . . . [participate] in daily family prayer, . . . you will receive the promised blessings of the Lord in raising a righteous posterity."³

"Our prayers should be simple, direct, and sincere."⁴

"Pray often. Pray in your mind, in your heart. Pray on your knees. Prayer is your personal key to heaven. The lock is on your side of the veil."⁵





3 Nephi 20–26

(OCTOBER 12–18)

How do we participate in the Lord’s “marvelous work”?

Among the many things the Savior taught the Nephites, He taught them about the gathering of Israel and commanded them to study the scriptures and to keep their own records. How can we follow these teachings today?



Search the Prophets

The Savior commanded the Nephites to “search the prophets” (3 Nephi 23:5). We have the opportunity to hear the living prophet and other Church leaders speak in general conference.

- What can you do to get more out of general conference?
- How does “searching the prophets” help us in gathering Israel?

Join the Work

Jesus Christ prophesied of a “marvelous work” in the latter days (see 3 Nephi 21:9). That work is the gathering of Israel. President Russell M. Nelson has called this “the most important thing taking place on earth today” and said, “If you choose to, if you want to, you can be a big part of it.”¹

- How can you and your family learn more about and participate in the gathering of Israel?



Keep a Record

Jesus commanded His Nephite disciples to keep a record of His teachings and the prophecies of Samuel the Lamanite (see 3 Nephi 23:4, 6–13). Similarly, we can record our life experiences to help us and to teach others.

- Are there past spiritual experiences you have not recorded?
- How can you record the things God is teaching you?

NOTE

1. Russell M. Nelson, “Hope of Israel” (worldwide youth devotional, June 3, 2018), 8, [HopeofIsrael.ChurchofJesusChrist.org](https://www.churchofjesuschrist.org/hopeofisrael).



3 Nephi 27–4 Nephi

(OCTOBER 19–25)

After the Savior's appearance to the Nephites, they experienced nearly 200 years of unity and peace because they were "all converted unto the Lord" (4 Nephi 1:2).

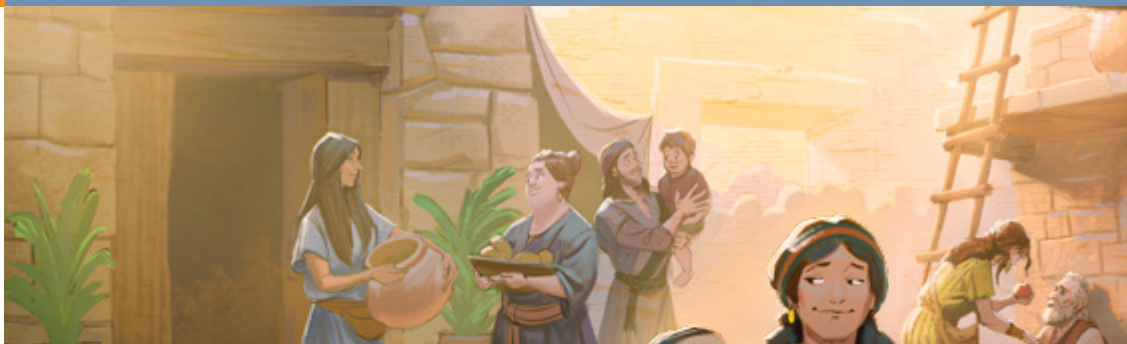
What are some other examples of the Nephites' righteous actions? You can read 4 Nephi 1:2–15 and fill in the blanks with more examples you find:

- _____
- _____
- _____
- _____

DISCUSSION

- Compare the happiness of the righteous Nephites to the sorrow when they were unrighteous. Ponder the difference and find ways you can become more converted to the Lord.
- Could you choose one thing you can improve on in your life?
- How can these things bring you closer to your friends, family, and the Lord?

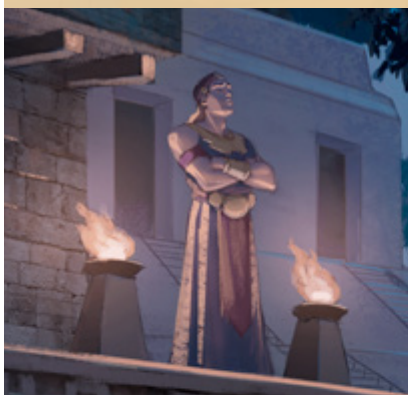
What does it mean to be truly converted?



Happiness and Unity

The Nephites were happy and united through their righteous actions (see 4 Nephi 1:2–15).

- They were fair and kind to each other.
- They followed the commandments of Christ.
- They were humble in fasting and prayer.



Sorrow and Division

Unfortunately, those years of unity and happiness did not last forever. Eventually, the Nephites stopped obeying the commandments of God (see 4 Nephi 1:24–31). In doing so:

- They became selfish and prideful.
- They built their own churches for financial gain.
- They denied Christ's Church.







Meetinghouses— Places of Reverence and Worship



**By Bishop
Dean M. Davies**

First Counselor
in the Presiding
Bishopric

The Spirit of the Lord is in our meetinghouses and will inspire us as we conduct ourselves in reverence before Him.

A devoted colleague once shared with me an experience he had when fulfilling an assignment to put away chairs and straighten up the stake center following a stake conference. After 30 minutes of carrying out these duties, he realized that he was the last person remaining in the building. Rather than feeling alone with a rush to leave, however, he noticed that the same sweet sense of peace he had felt during the conference remained with him and was even increasing.

As he finished the assignment and exited the meetinghouse, he encountered another member who seemed to be watching him intently. Realizing what my friend had been doing, this member took him by the hand and said, “Brother, the Lord sees these small things that you do for Him, and He looks down and smiles upon them.”

Years later while serving as a bishop, this same friend found himself alone again in his ward meetinghouse. After turning out the lights in the chapel, he lingered for a moment as the moonlight shone through the windows onto the pulpit.

The familiar sense of peace again washed over him, and he sat down near the front of the chapel and reflected on the myriad sacred moments he had experienced in that setting—the many times he had observed the priests breaking the bread at the sacrament table, the occasions when he had felt the Holy Spirit accompanying him as he delivered a ward conference address, the baptismal services he had conducted, the beautiful choir numbers he had heard, and the numerous testimonies from ward members that had touched him so deeply.



Seated alone in that dark chapel, he felt overcome by the collective impact of these experiences on his life and on the lives of his ward members, and he bowed his head in profound gratitude.

My friend had been wisely and correctly taught that the most sacred places on earth are the temple and the home, but through the two experiences related above, he also came to understand the sacred nature of our meetinghouses. Because they are dedicated by priesthood authority, these facilities become settings in which the Lord pours out revelations upon his people and in which the “power of godliness is manifest” through the ordinances that take place there (see Doctrine and Covenants 84:20).

The meetinghouse combines with the home to bring about the promised joy that faithful Saints can experience on the Sabbath

day. It becomes a place where members’ collective worship causes their hearts to become “knit together in unity and in love one towards another” (Mosiah 18:21) and toward the Savior. For us to render proper gratitude and respect for the outpouring of spiritual blessings that come to us through our meetinghouses, we should enter these places of worship with an attitude of deep and sincere reverence.

The Meaning of Reverence

In our modern Church culture, the word *reverence* has become synonymous with the word *quiet*. While soft tones are certainly appropriate for our chapels, this limited view of reverence fails to capture the full meaning of the word. *Reverence* can be traced to the Latin verb *revereri*, which means to “stand in awe of.”¹ Could we possibly find a term that more eloquently describes the feelings of our soul when we truly contemplate what the Savior has done for each of us?

I am reminded of the words of the beautiful hymn we sing while in our chapels: “I stand all amazed at the love Jesus offers me.”² That profound sense of gratitude, praise, and amazement is the essence of reverence, and it impels us to avoid any type of language or behavior that might diminish those feelings within ourselves or others.

Meetinghouses and the Sabbath Day

From modern revelation, we know that a central part of our Sabbath worship is to “go to the house of prayer and offer up [our] sacraments upon [the Lord’s] holy day” (Doctrine and Covenants 59:9). The “house[s] of prayer” in which we gather on the Sabbath are our sacred meetinghouses.

President Russell M. Nelson has helped us to better understand the close connection between our reverence for the Savior and our feelings toward the Sabbath day. In sharing his own experience in coming to honor the Sabbath, President Nelson related, “I learned from the scriptures that my conduct and my attitude on the Sabbath constituted a *sign* between me and my Father.”³

Just as our conduct and attitude on the Sabbath are a sign of our devotion to the Lord, our conduct, our attitude, and even our manner of dress while in His house of prayer may likewise indicate the degree of reverence we feel toward the Savior.

Meetinghouses and Ordinances

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles has amplified our understanding of this concept, declaring:

“In addition to making time for more home-centered gospel instruction, our modified Sunday service . . . emphasizes the sacrament of the Lord’s Supper as the sacred, acknowledged focal point



of our weekly worship experience. We are to remember in as personal a way as possible that Christ died from a heart broken by shouldering entirely alone the sins and sorrows of the whole human family.

“Inasmuch as we contributed to that fatal burden, such a moment demands our respect.”⁴

It is important to remember that the appointed place for this supreme moment of respect toward the Savior is the meetinghouse chapel. In addition to the reverence we feel during the weekly ordinance of the sacrament, our feelings of reverence and respect are amplified when we consider the other priesthood ordinances and blessings carried out in the meetinghouse, including the naming and blessing of children, baptisms and confirmations, priesthood ordinations, and settings apart for callings. Each of these ordinances and blessings can bring an outpouring of the Holy Spirit if those who participate and those who attend come in an attitude of reverence.



Meetinghouses and Worship

The Sabbath day affords us the opportunity to worship the Lord during our home study and as a congregation during our sacrament and other meetings. Since the earliest days of the Church, the Saints have enjoyed coming together to socialize and form bonds of brotherhood and sisterhood. Our meetinghouses are even designed with spaces to accommodate such activities during the week. We must never lose sight of the primary purpose of these facilities, however, which is to provide a place of worship.

Worship and reverence are closely related. “When we worship God, we approach Him with reverent love, humility, and adoration.

We acknowledge and accept Him as our sovereign King, the Creator of the universe, our beloved and infinitely loving Father.”⁵

This central purpose of worship should therefore influence our conduct in meetinghouses even when we are engaged in social or recreational activities. Great care should be taken to minimize disorder, debris, or damage to any part of the facility resulting from Church activities, and action should be taken to promptly clean or repair it in the event of such an occurrence.

Children and youth can be taught that reverence and care for the meetinghouse extends beyond Sunday meetings. Member participation in the cleaning of the meetinghouse—particularly the combined participation of parents and children—is a wonderful means of developing a sense of reverence for our sacred facilities. As evidenced from my friend’s experience in straightening up his stake center after stake conference, the very act of caring for the meetinghouse is a means of worship and invites the Spirit of the Lord.



PHOTOGRAPH BY JAMES LUFF JEFFERY

PHOTOGRAPH OF MEMBERS STANDING OUTSIDE BY MASSIMO CRISCIONE

Caring for our meetinghouses is a means of worship and invites the Spirit of the Lord.



Meetinghouses and the Savior

Under President Nelson’s prophetic direction, significant efforts are being made to ensure that the name of Jesus Christ is never excluded when we refer to His Church. In a similar way, we must not allow the Savior to be displaced from the center of our worship—including our places of worship.

We are accustomed to referring to the temple as the house of the Lord, which is an accurate and important designation. We may be more prone to forget, however, that each of our meetinghouses is dedicated by priesthood authority as a place where the Spirit of the Lord may dwell and where God’s children—both those inside and outside the Church—may come “to the knowledge of their Redeemer” (Mosiah 18:30).

The recently announced initiative to adorn our meetinghouses with artwork that respectfully depicts the Savior and the divine events of His mortal and postmortal life is designed to draw our eyes, minds, and hearts closer to Him. As you enter these houses of prayer for meetings and activities, we lovingly invite you to pause, observe, and contemplate these sacred paintings, to view them with your children, and to allow them to increase your feelings of worship and reverence toward God.

The Old Testament prophet Habakkuk declared, “The Lord is in his holy temple: let all the earth keep silence before him” (Habakkuk 2:20). May we likewise remember that the Spirit of the Lord is in our meetinghouses and will permeate each of our hearts to the degree that we conduct ourselves in reverence before Him. ■

NOTES

1. “Revereri,” Lexico Powered by Oxford, [lexico.com](https://www.lexico.com/).
2. “I Stand All Amazed,” *Hymns*, no. 193.
3. Russell M. Nelson, “The Sabbath Is a Delight,” *Ensign* or *Liahona*, May 2015, 130.
4. Jeffrey R. Holland, “Behold the Lamb of God,” *Ensign* or *Liahona*, May 2019, 45.
5. Dean M. Davies, “The Blessings of Worship,” *Ensign* or *Liahona*, Nov. 2016, 94.

Young Adults

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You Can Find Freedom

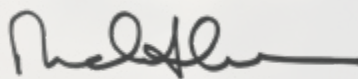
Are you or is someone you love caught in the cycle of messing up, repenting, recommitting, and messing up again? Many wonderful young adults I worked with while serving as a young single adult ward bishop were trapped in the same cycle. **But many also found freedom through the Atonement of Jesus Christ.** The messages about addiction in this month's section offer helpful insight to finding freedom—for yourself and others.

The most important thing we should remember is that **we are all beloved children of Heavenly Father.** Elder Dieter F. Uchtdorf taught, “[God] is not waiting to love you until you have overcome your weaknesses and bad habits. He loves you today with a full understanding of your struggles. . . . He knows of your remorse for the times you have fallen short or failed. **And still He loves you**” (“Living the Gospel Joyful,” *Ensign* or *Liahona*, Nov. 2014, 123; emphasis added).

On the other hand, Satan will try to convince you that you are beyond and excluded from Heavenly Father's love and the Savior's power to transform and cleanse you. Satan will try to keep you in a whirlpool of shame and self-loathing, but don't believe his lies.

Instead, turn to Heavenly Father. **Don't be afraid** to open up to your bishop or branch president and others who love you. As you read the stories of hope from other young adults who have been affected by addiction, act on the impressions you receive. **Be patient with yourself, remember your divine nature, take one day at a time, and believe in the healing power of Jesus Christ.** He and so many resources will help us succeed in finding the freedom we desire. Don't ever give up.

Your friend,
Richard Ostler





Is Addiction the Same as Rebellion?

A better understanding of addiction can help us trust that, one day, the Lord will deliver us from bondage.

By Destiny Yarbrow

In our fallen world, addiction is a frustrating and life-altering reality for some. When we use something excessively to escape life, such as food, prescription drugs, social media, gossiping, pornography, lying, gambling, or even exercising, we can easily find ourselves stuck in an addictive cycle.

As I have watched wonderful, loving people around me struggle with addiction—not just succumbing to wrong choices—I’ve turned to the scriptures and to current research on addiction to better understand these neurological impulses and compulsions.

The Weeds of Addiction

Navigating an addiction can be like tending a garden. We don’t weed once and expect to be done. We know more weeds will pop up, so we carefully and regularly pull out the weeds to protect the plants.

If we are struggling with an addiction, we might become discouraged when we relapse even after repenting

and seeking help. We may be surprised and frustrated that these temptations are especially strong after very happy or very sad periods of our lives. (Just like even more weeds tend to grow after a refreshing rain or a heavy storm.)

Addiction versus Willful Rebellion

I’ve found that Satan uses addiction as “proof” that we inherently desire evil, that we are doomed from the start, or that the Lord has given up on us. The devil uses shame to discourage us, pointing out that no matter how many times we repent, the temptations continue to pop up.

There are many reasons why people are prone to addiction, but addiction often begins with an attempt to satisfy “deep and unmet needs.”¹ So while rebellion *can* lead to addiction and addictions *can* cause sin, they are often sown in or magnified in weakness rather than willful rebellion.²

Thankfully, we know that weakness can give us the opportunity to learn about grace and develop deep faith in Jesus Christ’s healing power.³

Until Deliverance from Bondage

We find insights into navigating and escaping the captivity of addiction from two groups of people in the Book of Mormon: Limhi's people and Alma's people.

Both groups were in bondage for a significant period of time. Both realized that "there was no way that they could deliver themselves out" of captivity (Mosiah 21:5). Both, with time, turned to the Lord for help.

Limhi's people were in bondage for transgression reasons. Without seeking the Lord's help, they battled their oppressors "in anger" three times. They lost each battle. When they began to humble themselves, "the Lord was slow to hear their cry . . . [but He] *did* hear their cries, and began to soften the hearts of the Lamanites that they began to ease their burdens" (Mosiah 21:15; emphasis added). They were blessed for their increasing humility, but "the Lord did not see fit to deliver them out of bondage" until much later.

Alma's people were in bondage despite their righteousness, but they "did pour out their hearts to [God]." Even knowing their righteous desires, God allowed time between their captivity and deliverance. As they continued to rely on Him, He promised He would "ease the burdens which are put upon your shoulders, that even you cannot feel them upon your backs, even while you are [still] in bondage." In turn, they "did submit cheerfully and with patience to all the will of the Lord" (Mosiah 24:12, 14, 15).

Both groups were eventually delivered. And we too are promised that if we turn to the Lord in our bondage, we "may stand as witnesses for [Him] hereafter" and will "know of a surety that, the Lord God, [does] visit [His]

people in their afflictions" (Mosiah 24:14)—and their addictions!

Be of Good Comfort

If you are struggling with addiction, remember that with the Lord's help, this time can be rich soil for cultivating Christlike attributes. As you increase in humility, you will be able to learn patience, compassion, and meekness.

Meet with your priesthood leaders and those who can offer support, and use the many tools Heavenly Father has provided to help you find freedom. Rely on the Lord; as you follow Him diligently, He can transform this disheartening and frustrating challenge into a powerful opportunity for spiritual refinement.⁴

An early Australian Latter-day Saint, when comparing her past with her present, said: "My past life [was] a wilderness of weeds, with hardly a flower Strewed among them. [But] now the weeds have vanished, and flowers Spring up in their place."⁵

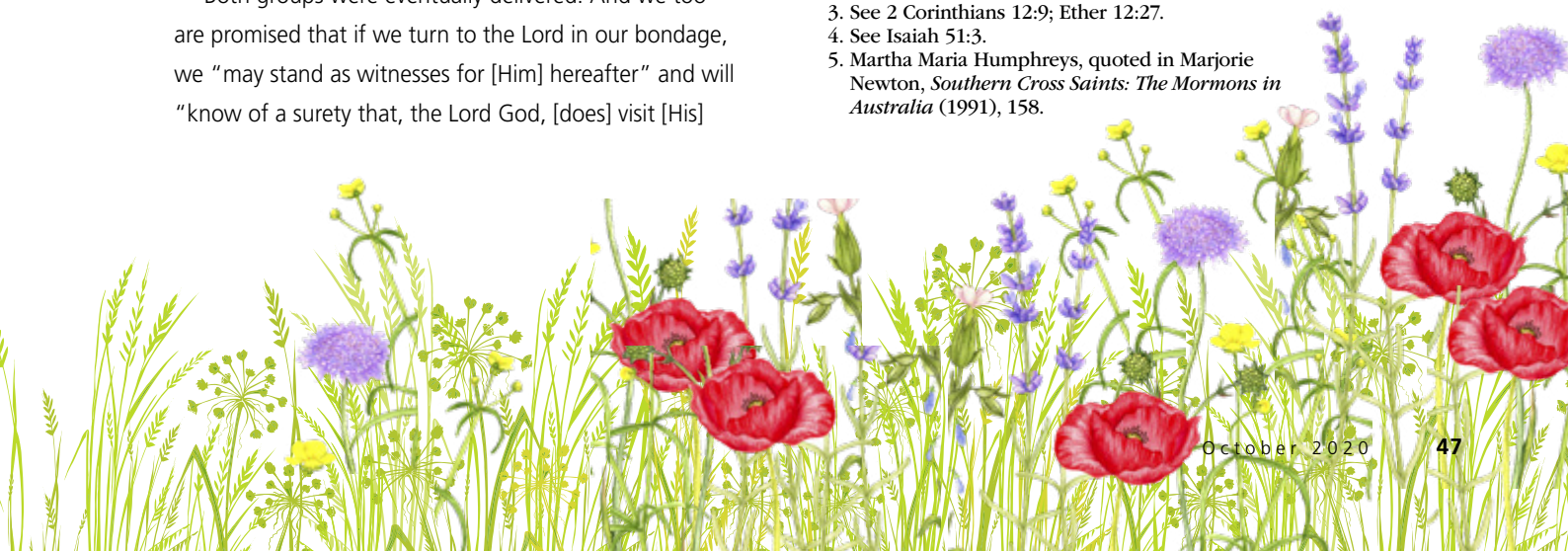
As you and I consistently weed our garden and turn to the Lord in our trials, we will receive the promise given to Alma's people: "Be of good comfort, for on the morrow I will deliver you out of bondage" (Mosiah 24:16).

Keep weeding—the harvest is worth it! ■

The author lives in Texas, USA.

NOTES

1. Spencer W. Kimball, "Jesus: The Perfect Leader," *Ensign*, Aug. 1979, 5.
2. See 1 Corinthians 15:42–44.
3. See 2 Corinthians 12:9; Ether 12:27.
4. See Isaiah 51:3.
5. Martha Maria Humphreys, quoted in Marjorie Newton, *Southern Cross Saints: The Mormons in Australia* (1991), 158.



7 Tips for Overcoming Pornography Use

In working with young single adults trying to overcome compulsive pornography use, I've found some tips that you might also find helpful.



By Richard Ostler

When I was set apart as a new bishop of a young single adult ward, there was a line of young single adults outside my office door waiting to meet with me. Guess what we discussed in that first interview?

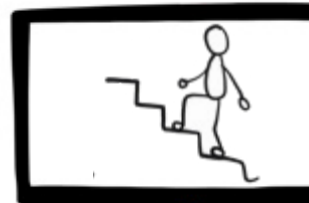
Pornography.

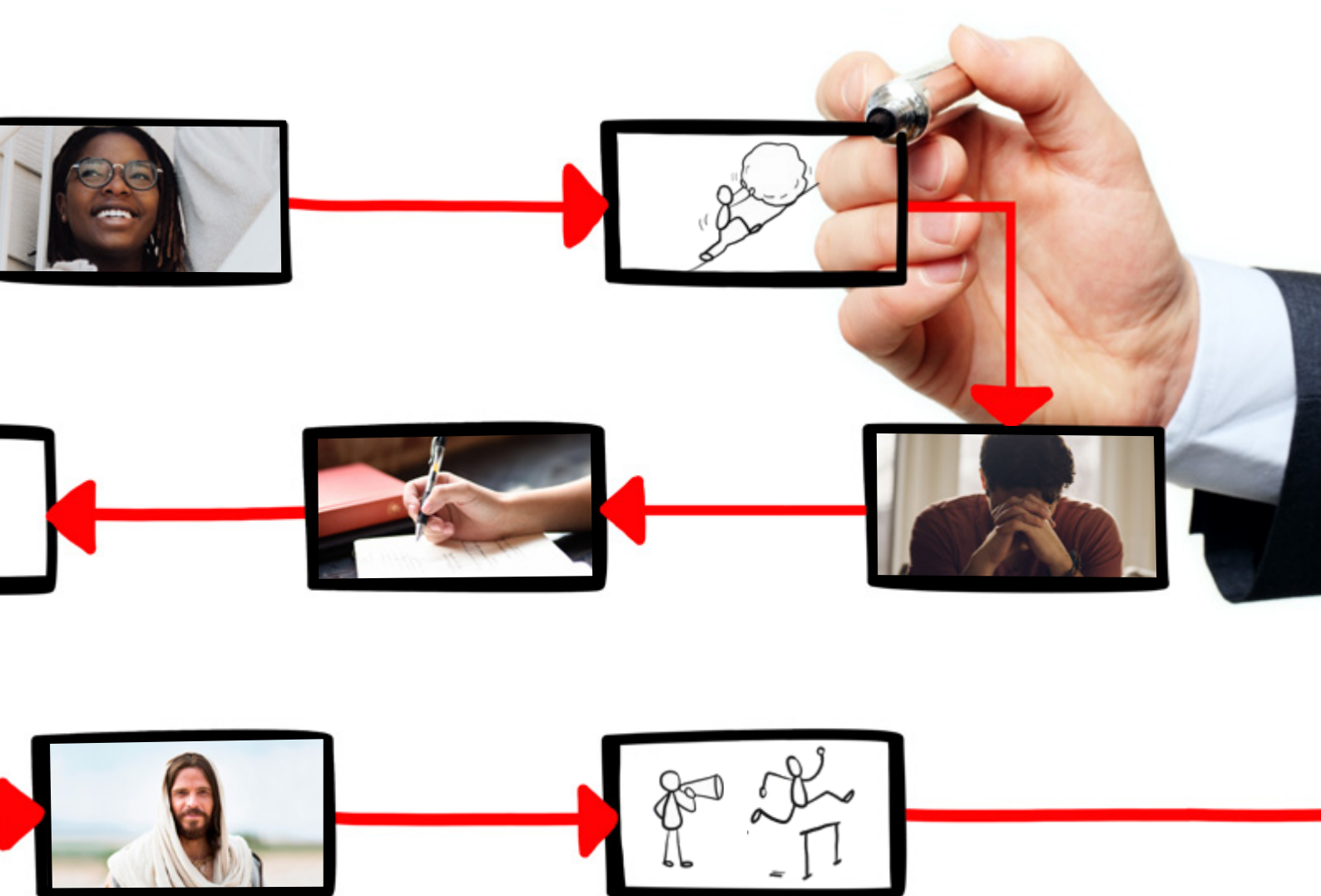
And for the next three years, trying to help young adults overcome a compulsive habit was a big aspect of my calling, so I knew I needed to learn as much as I could. I fasted, prayed, attended the temple, counseled with other leaders, reviewed all available resources, attended addiction recovery classes, and learned from those working to find recovery. I want to share some hope-filled thoughts about what I've learned.

1. Know That You Are a Child of Heavenly Parents Who Love You

If you are working to overcome compulsive pornography use, you might feel like pulling away from Heavenly Father because you think you're not worthy of love or help until you solve it. This is exactly what Satan wants—to isolate you from everyone who loves you with the idea that you can overcome pornography on your own and only then you'll be worthy of love.

Because of your divine nature, you are always worthy to receive hope, inspiration, and personal revelation from Heavenly Father and the healing power of Jesus Christ to overcome pornography.¹ Don't pull away from Them or from the people who love you.





2. Remove Shame

I've learned that removing shame is vital to overcoming pornography. Shame is feeling like you are broken, damaged, or a bad person. Believing these damaging ideas about yourself can actually keep you trapped in an addiction cycle. Feeling remorse for something you have done is part of the repentance process and can help you change your behavior. But shame makes you feel like your entire character is bad and that you are beyond help from the Savior.²

Heavenly Father wants you to have full hope in Jesus Christ and the blessings of His Atonement. Shame looks backward keeping you in a whirlpool of lies and self-loathing. Please stay off the shame road.

3. Don't Be Quick to Use the Label of "Addiction"

Many people label themselves as "addicted" to pornography. I caution you to not take on that label incorrectly. Most young people who struggle with pornography are actually *not* addicted.³ And

incorrectly using this label may make it harder to end pornography use because of the shame, decreased hope, and self-loathing that comes with it.

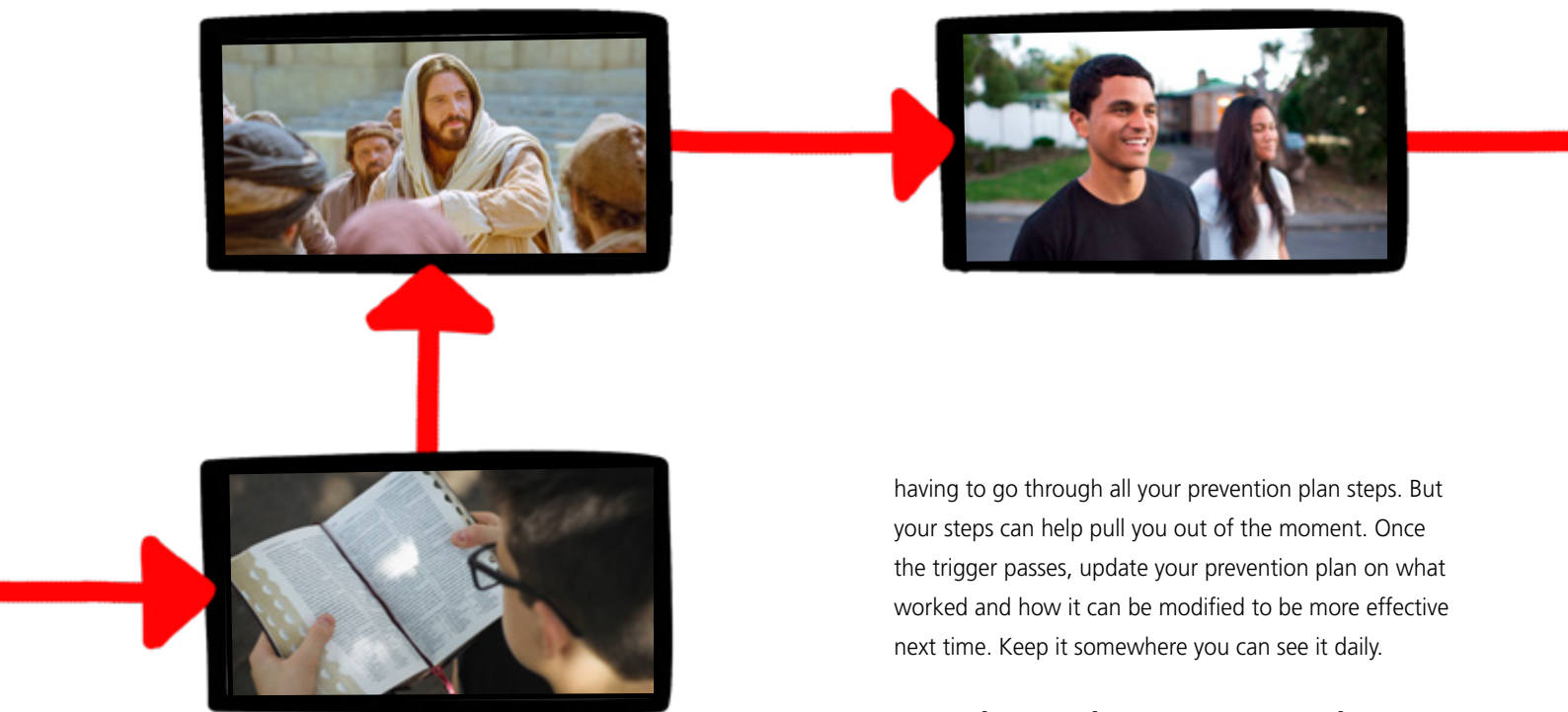
4. Create a Written Personal Prevention Plan

A personal prevention plan is a three-part document that can help you overcome pornography.

Part 1: List your triggers. Being triggered is the first step in the cycle that leads to viewing pornography.

There are several types of triggers:

- **Situational:** environments that create a trigger because of past thoughts or behavior (like being in the same room or at a certain time of day)
- **Stress/anxiety/loneliness/traumatic events:** difficult emotions or situations that trigger you to turn to pornography as a way to escape and deal with these feelings
- **Visual:** innocent exposure to something not pornographic but triggering via social media, movies, photos, etc.



Part 2: Make a plan for how to reduce triggers.

For example, if you have a situational trigger like feeling vulnerable late at night, turning off your phone 30 minutes before bedtime or sleeping without your phone in your room can be helpful. If pornography is a way that you cope with difficult feelings, find ways to better deal with these emotions. Could exercise or medication help you reduce your stress or anxiety levels? Could going out with friends or enrolling in an institute class reduce loneliness? Consider what you're struggling with and what options might be helpful to you.

Also, **don't underestimate spiritual tools**. Prayer, scripture study, service, and church and temple attendance are powerful tools that are vital in reducing triggers and helping you stay strong.

Part 3: Plan out what you will do when you are triggered. For each trigger, write out your multiple-step plan.

For example, when you are triggered, you might turn off your phone quickly, text or call someone, go for a walk or exercise, read from the Book of Mormon, or do anything else that might help you redirect your thoughts.

Write down steps that work for you! Sometimes triggers will pass without

having to go through all your prevention plan steps. But your steps can help pull you out of the moment. Once the trigger passes, update your prevention plan on what worked and how it can be modified to be more effective next time. Keep it somewhere you can see it daily.

5. Understand Lapse versus Relapse

A lapse is where you mess up, but you quickly recover and use it as a learning experience to improve your prevention plan. A relapse is where you give up, binge, and don't care.

Know that lapsing is part of improving your prevention plan. Don't conclude you have lost all your progress or all the work you've done doesn't count—because it does. Look forward with a positive attitude and know that you are one day closer to recovery.

When you have a lapse, ask yourself:

- What happened?
- Why was this trigger different?
- Have you been stressed out lately? How were you feeling emotionally?
- Did going some time with no scripture study weaken you?
- Have you not exercised a lot recently?
- Is something in your prevention plan not helpful?
- What can you do differently next time?

Write down what you are learning and keep going!



6. Believe in the Savior's Healing Power

Jesus Christ can help you in the growing process of repentance, and He has the power to enable you as you strive to overcome pornography. He understands how you feel and is waiting to take that burden from you. Don't think that turning to Him adds to His burden. He has already paid the price for you. Instead, do your best, come closer to the Savior, and ask Him to help you heal, to change your desires, and to give you more strength to move forward.

As Elder Ulisses Soares of the Quorum of the Twelve Apostles taught: "As we continually strive to overcome our challenges, God will bless us with the gifts of faith to be healed and of the working of miracles. He will do for us what we are not capable of doing for ourselves."⁴

7. Don't Do This Alone

Connection and friendship can also give you power and help you succeed. You should have someone who can help you keep yourself accountable and see you through your best and worst days. They should support you without judging you. And you could also provide the same support for them. Seek out counsel from your Church leaders or family members. And if needed, a therapist or professional mental health counselor can also help you discover the underlying reasons why you might be struggling with pornography.

Remember That You Are the Parents and Leaders of Tomorrow

You are the first generation managing 24/7 access to pornography. I believe this challenge is peaking with your

generation because you will have better tools and wisdom to lead others away from or out of this trap when you are parents and leaders one day. "Heavenly Father did not put us on earth to fail but to succeed gloriously."⁵

Although these tips can help in your efforts to overcome pornography, don't be afraid to turn to other resources as well. Everybody's journey to recovery looks different. Find what helps you. Don't give up. Take this one day at a time. You can do this. You truly can (see Philippians 4:13). And you will become who you were meant to be. ■

The author lives in Utah, USA.

NOTES

1. Sister Joy D. Jones explained the difference between worth and worthiness in "Value beyond Measure," *Ensign* or *Liahona*, Nov. 2017, 14.
2. See Wendy Ulrich, "It Isn't a Sin to Be Weak," *Liahona*, Apr. 2015, 23; "Shame versus Guilt: Help for Discerning God's Voice from Satan's Lies" (digital-only article), *Ensign*, Jan. 2020.
3. See Dallin H. Oaks, "Recovering from the Trap of Pornography," *Ensign*, Oct. 2015, 34; *Liahona*, Oct. 2015, 52. President Oaks describes the distinction between different levels of involvement with pornography: "(1) inadvertent exposure, (2) occasional use, (3) intensive use, and (4) compulsive use (addiction)." It's helpful to recognize that not everyone who uses pornography is "addicted." There is hope for overcoming pornography, regardless of what level of involvement you're at.
4. Ulisses Soares, "Take Up Our Cross," *Ensign* or *Liahona*, Nov. 2019, 114.
5. Richard G. Scott, "Learning to Recognize Answers to Prayer," *Ensign*, Nov. 1989, 30.





When I was set apart to serve

in the California San Bernardino Mission as a full-time missionary, my family was right there with me. This picture is of me hugging one of my brothers after I got set apart. It's been a journey to get to this point, but I'm so grateful for the changes I've seen in myself and in my family.

My second-to-last year of high school, I got in a serious car crash. Before that I just wasn't doing the things I should. But after the wreck, my viewpoint really shifted. My life could've been taken right then and there, and I did not want it to end like that. My bishop helped get me on the right path: reading the Book of Mormon daily and preparing to serve a mission.

Running track is my sport, my passion. After the wreck, I was out for the season, and I wondered what I even had left. But I turned to the Lord, and as I did, I had a phenomenal season the next year. There were still struggles, but what changed is instead of doing it for myself, I did it for the Lord.

Just seeing how many blessings can come from the fulness of the gospel was what changed me. Getting all of that happiness and joy, I want to spread it around the world. I'm longing for people to have the joy that I have every day because of the gospel. And that's why I'm serving a mission: to help "bring to pass the immortality and eternal life of man" (Moses 1:39).

Garret W., 18, North Carolina, USA

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Marta's DAILY



SERVICE

This mom and daughter work hard to live the gospel together. And Marta is able to live it by serving her mom in unique ways.

By Sam Lofgran
Church Magazines

Marta is an 11-year-old from Portugal, and like many girls her age, she likes to spend time with her friends, eat food, and play with her dolls. She also enjoys spending time with her mom. But living with her mom means that Marta lives a bit differently than other kids.

Marta's mom, Sonia, was born with a motor deficiency that makes it difficult for her to walk. She isn't completely paralyzed, but she does need a walker to get around. She isn't able to dress herself, bathe herself, or get herself into bed. This makes it hard for her to live alone. Marta has been able to serve Sonia for the last few years by helping her with things that she can't do by herself.

"I keep my spaces clean so my mom can get around easier," says Marta. "I also take breaks from playing so I have time to check on my mom and see if she needs help. If I'm playing and she calls, I'll go quickly because it could be something urgent."

But Sonia tries to let Marta live as normally as she can. If Sonia doesn't need any help, she makes sure that Marta gets time to play with her friends.





LIVING THEIR FAITH

Marta has the opportunity to live the gospel each day by serving her mom. She takes on a lot of responsibilities that other kids don't usually have. For instance, she wakes up early to help her mom get ready for work before school. Without Marta's help, Sonia wouldn't be able to get around or go to work every day.

Marta and Sonia also attend church together. Sonia was baptized when she was eight years old, so Marta has grown up in the Church. Sonia teaches Marta about the importance of the gospel every day. One way she does this is by having many pictures of Jesus Christ in their home.

"I know that God lives and that Jesus Christ is real," Sonia says. "And I want everyone who comes to my house to know that faith is very important to me. It's also important for me to teach this to Marta so that she grows up with this knowledge of Jesus Christ."

Marta has taken what her mom has taught her and continues to learn more about the gospel on her own. One way she likes to learn is by reading the scriptures, which helps her establish a stronger relationship with Heavenly Father and the Savior. "As I read the scriptures, I feel that Christ is at my side," she says.

FINDING COMFORT

While it can be difficult to have so much responsibility, going to church each week helps Marta find the comfort she needs to keep helping her mom. "When they say the prayers at the start and end of sacrament meeting, it's so peaceful" she says. "When I'm there, sometimes I feel like Heavenly Father is telling me that I'm a good person and that I have to continue to be a good person to help my mom."





Whenever she feels this way, she is reminded how grateful she is for her mom. She feels that Heavenly Father has sent angels to support her. “I think that He strengthens me to wake up and be happy and proud of the mom I have,” Marta says.

One of the lessons that Sonia and Marta have learned together is that life isn’t easy or perfect—for anyone. Sonia says, “None of my difficulties make me sad. I know that God gave me this flesh and blood and bones this way because I am special, and God told me I could do it. I do my best. I can do more, but today I’m feeling OK with myself. I am proud of what I do, what I have, and what I will do tomorrow.”

Marta also realizes that things will work out all right, even though life can be difficult at times as she takes care of her mom. She sees that everyone has different challenges. “No one’s life is perfect,” she says. But even with her own personal challenges, Marta still finds good things in every situation—the relationship she has with her mom is one example. “My mom has a physical limitation, but mentally and emotionally she is very intelligent. We’re really good friends.”

LOOKING FORWARD

So what’s in the future for Marta and Sonia? Marta says, “I want to stay close to my mom, and of course I want to get married, have kids, and have a family. But in the future, if I can, I want to buy a house for both my family and my mom because I wouldn’t want to be far from her for even a day!”

Sonia feels optimistic about the future as well and will always be grateful for Marta’s companionship and love. “It’s amazing having a beautiful daughter. It’s very nice to have Marta in my life. She is a gift from God. He prepared Marta to stay here with me.” ■



*I had lived a nightmare.
But later I learned that
during my darkest moments,
I could rely on my Savior.*

How I Found Healing *from Sexual Abuse*

Name withheld

My nightmare began when I was only seven and my mom remarried. We really liked my new stepfather. He was kind and fit in well with our family. I felt really safe around him. Everything was great until one day, when everyone else was busy, he sexually abused me.

I didn't understand what he had done to me. I felt scared, confused, and so ashamed. But I was too afraid to tell anyone. I thought it would ruin my family's newfound happiness and that no one would believe me anyway. So I decided to stay silent.

He had only hurt me that one time, but the memory of the abuse always weighed on my mind. I eventually became so paranoid that someone would see through my pain and uncover my secret that I tried to hide the truth by becoming good friends with my stepfather. He was especially kind to me, and I actually started liking him again.

But then things got worse. When Mom started working at nighttime, my stepfather began regularly abusing me. I felt so helpless. I wanted to speak up, but my stepfather was well liked, and I thought everyone would side with him. So at night when I was alone, I begged God to help me keep my secret.

SPEAKING UP

One day the abuse finally stopped. I had no idea why. Though he was no longer hurting me, I always felt dirty and ashamed. I hated myself. Sometimes I even debated whether death would be easier than my reality. I still wanted to speak up, but I was afraid of what the truth would do.

Then one Sunday at church when I was 14, I listened to a lesson about making big decisions. My teacher encouraged us to fast and pray and promised that God would strengthen us to do the right thing. After church, I kept thinking about what she had said. I wondered if I asked, would God really help me speak up?

The next day I fasted for courage to tell Mom about the abuse. I couldn't focus during school because all I could think about was how she would react. By the time I got home, I felt extremely sick. I again prayed for strength, but I didn't feel prepared to tell her.

That evening, I approached Mom when she was cooking dinner. I didn't know what to say, but when I looked into her eyes, I found the courage to just start speaking. Once I began, everything I had been hiding for years spilled out.

Mom and I just sat on the couch and cried together. Afterward, we contacted our branch president and called the police. My stepfather was held accountable for what he had done to me, and I was given the protection I needed—I would never have to see him again.

THE PATH TO HEALING

During that time, it was difficult retelling my experience to the authorities and having friends ask where my stepfather was, but with my family's support, I was no longer alone. Together, we rallied around a new family theme: "I can do all things through Christ which strengtheneth me" (Philippians 4:13). Our extended family also offered their love and support and, over time, we began healing together.

Mom and I both attended professional counseling, which was a big help! My counselor was exactly what I needed. She helped me understand all the emotions I was feeling and helped me cope with my bad memories. I never realized how much I was hurting until I started feeling whole again.



I didn't think the pain would disappear just because I spoke up, but I also didn't realize how much time (and patience) it would take to heal. For so long, I had felt worthless. I had to relearn to love myself.

I found the most peace as I turned to my Savior and my Heavenly Father. Recognizing that They knew *exactly* how I felt gave me strength and hope. I relied on Them during the darkest moments. Over time the memories began to fade, and I really felt peace through the Savior's love.

One of the most rewarding parts of the healing process was recognizing that I *did* have a bright future. When I was being abused, I couldn't even imagine having a normal life. I felt permanently broken. But through help and healing, I found things to look forward to. I began telling my story to other girls who were hurting, and I even decided to serve a mission. Sharing my testimony with others strengthened me.

I'm not defined by what my stepfather did to me. He forever changed my life, but I'm choosing to use my experience to help others. Some days are still hard, but through everything, the Lord has strengthened me, and I know He will continue to help me. I've transformed from a victim into a survivor. ■

IF YOU'RE A VICTIM OF ABUSE

What Is Abuse?

Abuse is the neglect or mistreatment of others (such as a child, an elderly person, a disabled person, or anyone else) in such a way that causes physical, emotional, or sexual harm. It goes against the teachings of the Savior.

"The Church's position is that abuse cannot be tolerated in any form" (*General Handbook: Serving in The Church of Jesus Christ of Latter-day Saints* [2020], 38.6.2). Abuse violates the laws of God and may also be a violation of the laws of society.

Different Types of Abuse

Physical Abuse: Deliberately aggressive or violent behavior by one person toward another that results in bodily injury.

Sexual Abuse: Unwanted sexual activity or contact, with offenders using force, making threats, or taking advantage of victims who are not able to give consent. All sexual activity between an adult and a child is abuse regardless of consent.

Verbal or Emotional Abuse: A pattern of behavior in which one person deliberately and repeatedly attacks someone in nonphysical ways, such as harsh words, intimidation, manipulation, or humiliation. This causes a lowered sense of self-worth and dignity. Though it is not physical, this kind of abuse harms a person's overall mental and emotional well-being.

How to Get Help

The Lord expects us to do all we can to prevent abuse and to protect and help those who have been victims of abuse. No one is expected to endure abusive behavior. Whether it is happening now or happened long ago, you can find resources to help you at abuse.ChurchofJesusChrist.org.

GET HELP RIGHT NOW

"If you are currently being abused or have been in the past, find the courage to seek help. . . . Seek the support of someone you can trust. Your bishop or stake president can give you valuable counsel and help you with the civil authorities. . . . Do not fear—for fear is a tool Satan will use to keep you suffering. The Lord will help you, but you must reach out for that help."

Elder Richard G. Scott (1928–2015) of the Quorum of the Twelve Apostles, "To Heal the Shattering Consequences of Abuse," *Ensign or Liahona*, May 2008, 42.

How do I get over feelings of loneliness?

"The pain of loneliness seems to be part of the mortal experience. But the Lord in His mercy has made it so that we need never deal with the challenges of mortality alone. . . . We have been promised the constant companionship of the third member of the Godhead and hence the privilege of receiving revelation for our own lives. We are not alone!"

Sheri L. Dew, former counselor in the Relief Society General Presidency, "We Are Not Alone," *Ensign*, Nov. 1998, 94; *Liahona*, Jan. 1999, 112.

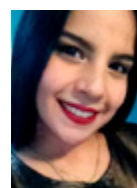


Develop Your Talents

I get over my feelings of loneliness by developing my talents, whether it be a musical instrument, a hobby, etc.

This helps to distract you from your feeling of loneliness, and often it will go away completely. This will also lead to finding others who share your interests.

Steven H., age 12, New Mexico, USA



Seek the Light

I seek the support, encouragement, and love of Heavenly Father and the Holy Ghost to give me peace,

hope, and strength when meditating, praying, and reading the scriptures. As it says in 3 Nephi 11:11, Jesus Christ is "the light and the life of the world." He came to dispel all darkness.

Andrea B., age 18, Zulia, Venezuela

Reach Out to Friends and Family

When I feel alone, I like to reach out to my friends and family; it really makes me feel happy. I look at the blessings in my life and thank Heavenly Father for how much He has already given to me!

Talli N., age 16, Oregon, USA



Remember God's Plan

Know that through God's plan, we are everything but lonely. The Holy Ghost is always with us, and God

knows what we're struggling with. The Lord went through every trial and struggle you face. One of the most important things we feel in mortality is happiness, but we can't have happiness without sadness (see 2 Nephi 2:11). Pray to God and ask for help; He won't fail any of us.

Brock S., age 17, Utah, USA

Trust the Lord

Leaving home to come to Brazil for my mission was hard. I hardly even spoke the language! But I've learned that if you have the Lord's Spirit with you, you never feel lonely. He knows you and will always help you. Trust Him!

Elder Joseph Tolen, age 20, Brazil Campinas Mission

Responses may be edited for length or clarity. Published responses are intended for help and perspective, not as official pronouncements of Church doctrine.

What Do You Think?

"What should I do if I have repented but can't stop thinking about what I did wrong?"

Submit your answer and, if desired, a high-resolution photograph by November 15, 2020, at liahona.ChurchofJesusChrist.org (click "Submit an Article or Feedback").



If I've had mental health challenges, can I still serve a mission?

Yes. All who "have desires to serve God ... are called to the work" (Doctrine and Covenants 4:3). *Where* we serve is less important than *how* we serve. And anyone thinking of serving a mission will have their physical and mental health taken into consideration.

If you have a desire to serve a mission, talk to your bishop. He can help you begin the process of applying. Part of that process will include consulting with doctors and other professionals, as well as Church leaders and parents. These consultations are not meant to evaluate whether you're "good enough" for the Lord but to help determine the best options for your service.

A *call* to serve can come to anyone with desires to serve. The *assignment* you receive to serve in a particular place or in a particular way can depend on many factors. People with health challenges (including mental health) have sometimes tried to withhold this information in the application process, thinking that will help them receive the assignment they want. But if you are completely honest about your medical history (including mental health), the Lord will bless you. He expects you to do all you can to improve your health. And much of the medical support you receive at home can be continued in the mission field.

For more on mental health, go to mentalhealth.ChurchofJesusChrist.org. For more on missions, including service missions, go to ChurchofJesusChrist.org/callings/missionary.

Our Hope, Our Light, Our Strength

By Elder Ronald A. Rasband
Of the Quorum of the Twelve Apostles

When I was ordained an Apostle, dear President Thomas S. Monson (1927–2018) stated I was to be a special witness of the name of Jesus Christ in all the world. I did not take that charge lightly. I pored over the scriptures, identifying the Lord by His names and titles. All of these that I am going to share with you are from scripture verses that remind us of our hope that is in Him.

He is the Hope of Israel (Jeremiah 17:13), Bright and Morning Star (Revelation 22:16), Good Shepherd (Doctrine and Covenants 50:44), Counselor (Isaiah 9:6; 2 Nephi 19:6), Prince of Peace (Isaiah 9:6; 2 Nephi 19:6), Deliverer (Romans 11:26), Light of the World (John 8:12), and High Priest of good things to come (Hebrews 9:11). He is Mighty to save (Alma 34:18; Doctrine and Covenants 133:47) and the One who has all power (Doctrine and Covenants 61:1).

Christ's influence, imprint, and reach are all encompassing. He is there when we falter and strive to move forward. And if we slip, His "light which shineth in darkness" (Doctrine and Covenants 6:21) is brighter than ever. He loves us in our brightest and our darkest hours.

Being a disciple of Jesus Christ is not guesswork. His path is well marked by His footsteps. As we follow Him, we come to love what He loves. As we renew our covenants with Him each week partaking of the holy sacrament, we grow in understanding of Him as the Redeemer of the world (Doctrine and Covenants 93:9), the Spirit of Truth (Doctrine and Covenants 93:9), and the Word (Doctrine and Covenants 93:8).

Dear friends, that is the Savior I know, whom I love and revere with all my heart. From the depths of my soul I bear testimony of Him and of His goodness and mercy. He has promised, "You are my friends, and ye shall have an inheritance with me" (Doctrine and Covenants 93:45).

Jesus Christ is always the answer to the problems and challenges that are part of this mortal experience. In understanding His mission and His gospel, our love for Him and our belief in and reliance on Him gives us strength. ■

From an Evening with a General Authority broadcast for religious educators held on Feb. 8, 2019.

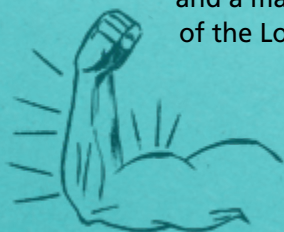
Brother of Jared



Led his family and friends from the Tower of Babel to the promised land.



Saw a **miraculous vision**, which is recorded in the sealed portion of the plates (see Ether 4:4–5).



"A large and mighty man, and a man highly favored of the Lord" (Ether 1:34).

Built barges to **cross the ocean**.



Asked the Lord to touch 16 stones to **light the barges**.



Spoke with Jesus Christ **face to face** (see Ether 3:13–20).



YOUNG ADULTS

*Do you or someone
you know struggle with
addiction? There's hope
for change.*

44

CHILDREN AND TEENS

**PREVENTING AND
HEALING FROM
ABUSE**

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YOUTH

**MENTAL HEALTH
AND PROSPECTIVE
MISSIONARIES**

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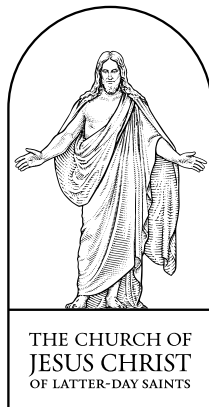
PARENTS

TEACHING TITHING

F16, F18

Coming Next Year

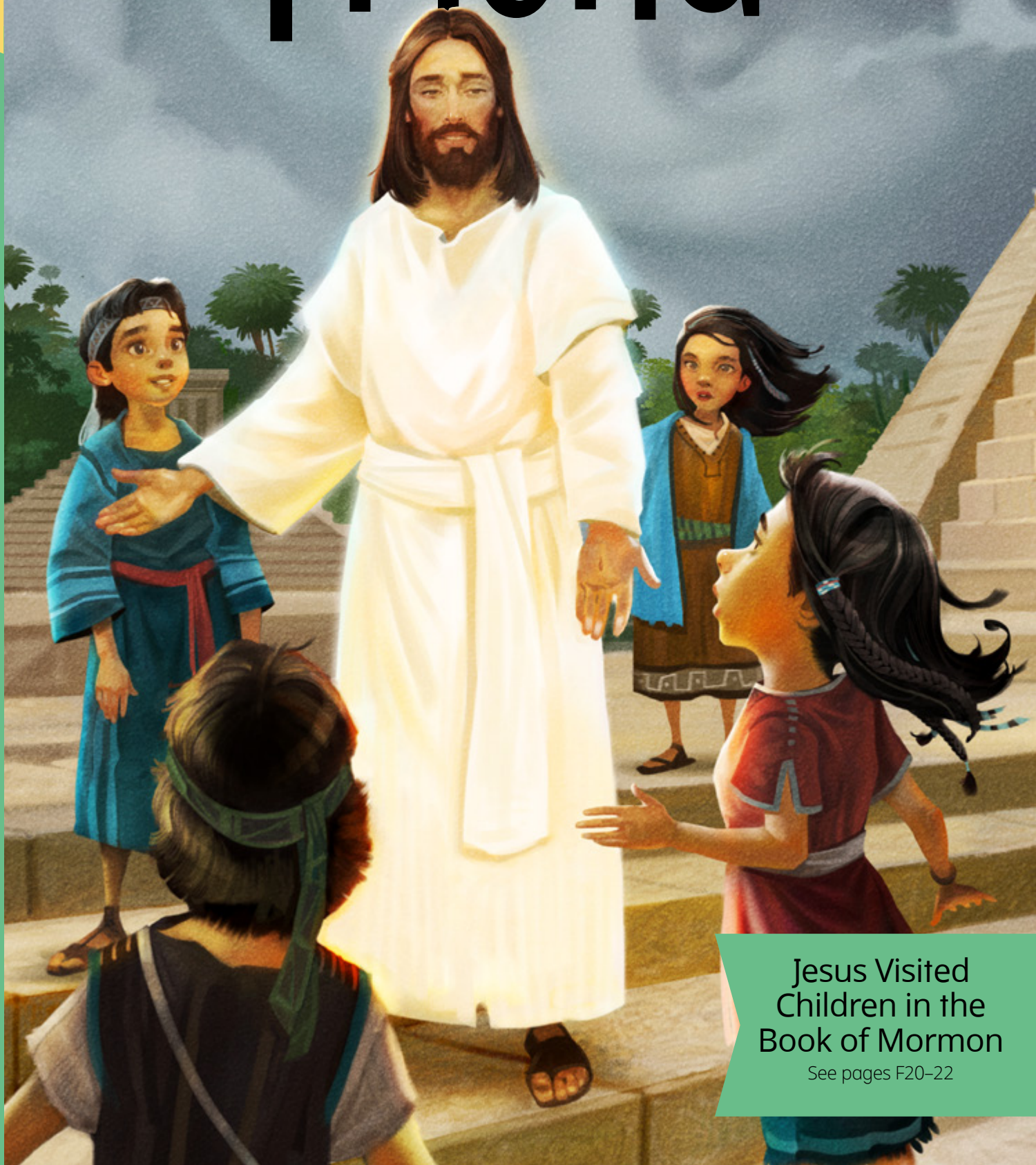
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October 2020

the Friend

The children's section of the *Liahona*, published by The Church of Jesus Christ of Latter-day Saints



Jesus Visited
Children in the
Book of Mormon

See pages F20–22

FROM THE FIRST PRESIDENCY



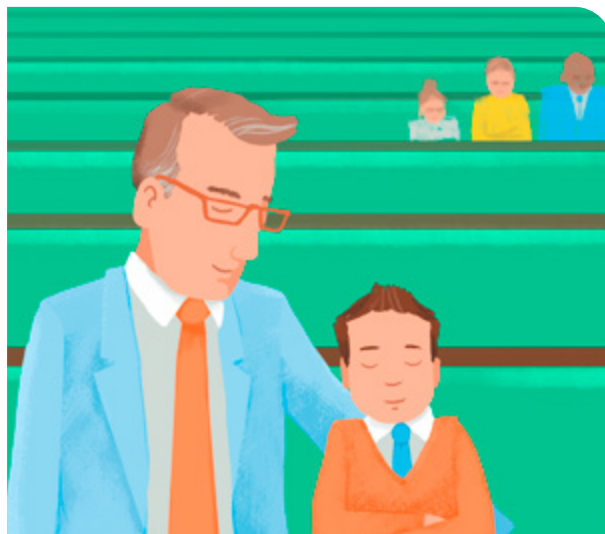
**By President
Dallin H. Oaks**
First Counselor
in the First
Presidency

The Sacrament and Me

The sacrament is the most important part of sacrament meeting. When we take the sacrament, we promise to always remember the Savior. To make the sacrament special, we ...



Dress to show we honor
the sacrament.



Sit quietly before the
meeting begins.



Sing the sacrament hymn.



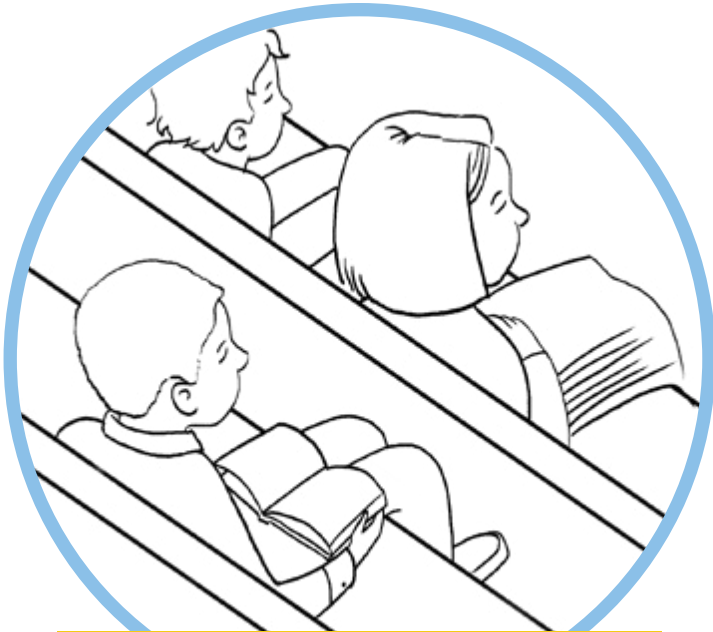
Think about Jesus and promise
to always remember Him.

The sacrament helps us feel the Holy Ghost.
It helps us stay on the path back to our heavenly home. ●

Adapted from "Sacrament Meeting and the Sacrament," Ensign or Liahona, Nov. 2008, 17–20.

Showing Love for Jesus

We can show our love for Jesus by being reverent during the sacrament. What do you do during the sacrament?



Sit quietly.



Think of my favorite sacrament hymn.



Think of a story about Jesus.



Pray to Heavenly Father.

Kali just wanted a friend.

Lonely Lunchtime

By Stacy Lynn Carroll

(Based on a true story)

"The Holy Spirit whispers with a still small voice"
(Children's Songbook, 105).

Kali walked into the lunchroom and looked around. All the other kids were running straight to their friends and gathering at tables. The room was noisy with excited voices and happy laughter. It was only the second day of school, but it seemed like everyone had someone to sit with but Kali.

She squeezed the handle of her lunchbox and walked to one of the tables. "Can I sit by you?" Kali asked.

A girl with a long, brown braid looked up. She huffed and shook her head. "No. It's taken," she said.

"OK." Kali moved to another empty seat and set down her lunchbox.

"You can't sit here! I'm saving that seat," a boy in a green-striped shirt said. He pushed Kali's lunchbox onto the floor. His friends all laughed.

Kali bent down and picked up her lunchbox again. She walked across the lunchroom and sat at an empty table. She saw someone from her neighborhood and tried to wave, but he looked the other way. Kali frowned. Why didn't anyone want to be her friend?

Kali looked down at her food. She didn't feel like eating anymore. She wiped her eyes, closed her lunchbox, and walked outside.

Everyone was already playing with their friends. Kali sat by herself on a bench and watched the other kids having fun without her. Then Kali noticed a boy about her age





sitting alone on the grass. He was wearing a stained yellow shirt, and his hair stood up in the back.

Kali looked away. She saw a group of girls from her class playing foursquare. She wished they would invite her to play with them.

Kali looked at the boy again. His head was hanging down, and he was picking the grass around his feet. Kali remembered something Mom sometimes said: *Look for the kids who are lonely.*

Kali frowned. *She* was lonely too. Nobody was trying to be *her* friend!

But then Kali thought about when she got baptized last year. She promised to listen to the Holy Ghost. Maybe the Holy Ghost was helping her remember what Mom told her. Maybe the Holy Ghost was trying to tell her to play with the boy in the yellow shirt.

Kali sighed and got to her feet. A warm feeling spread in her heart. She walked over and sat next to the boy in the grass.

"Hi," she said.

"Hi," he mumbled back.

"What's your favorite color?"

"Um . . . green."

"That's cool. I like pink," said Kali. "Do you have a favorite animal?"

The boy sat up a little straighter and looked at her. "Yeah. I really like dinosaurs."

"Oh, me too. My favorite is a triceratops."

The boy smiled.

Then the bell rang. Kali got to her feet and waved goodbye to the boy. She smiled as she walked back to her classroom alone. She might not have a best friend, but she felt happy knowing she had made someone else's recess a little better. ●

The author lives in Utah, USA.

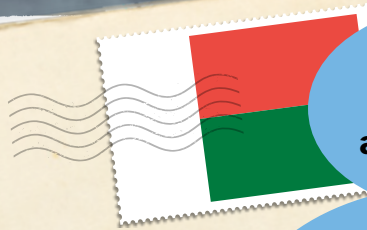


I was in a big rush to get to school. But then I had this feeling that I should grab a bag of chips at home first. After lunch, my friend Drew looked kind of sad. I asked him what was wrong. He said that he had forgotten his lunch. I remembered my chips, so I gave them to him. Drew said, "That's the nicest thing anyone has done for me at school."

Durham M., age 11, Utah, USA



Hello from Madagascar!



Hi, we're
Margo
and Paolo.

We're traveling
around the world to
learn about children
of God. Join us as we
visit Madagascar!



Madagascar is an island off the east coast of Africa. It has many plants and animals that aren't found anywhere else in the world—like this ring-tailed lemur!



These boys are helping carry water jugs for their family. How do you help your family?



The Church is small in Madagascar, but it is growing! Right now there are 14 wards and 26 branches there.

More types of chameleons live in Madagascar than anywhere else in the world!



These huge baobab trees can store lots of water in their trunks—up to 120,000 litres!



Many people in Madagascar eat rice two or three times a day, sometimes with vegetables, beans, or meat.

Namana!



Meet some of our friends from Madagascar!



I know that Jesus Christ is our Savior.

**Nathan, age 7,
Antananarivo Province,
Madagascar**



Russell M. Nelson is a prophet of God.

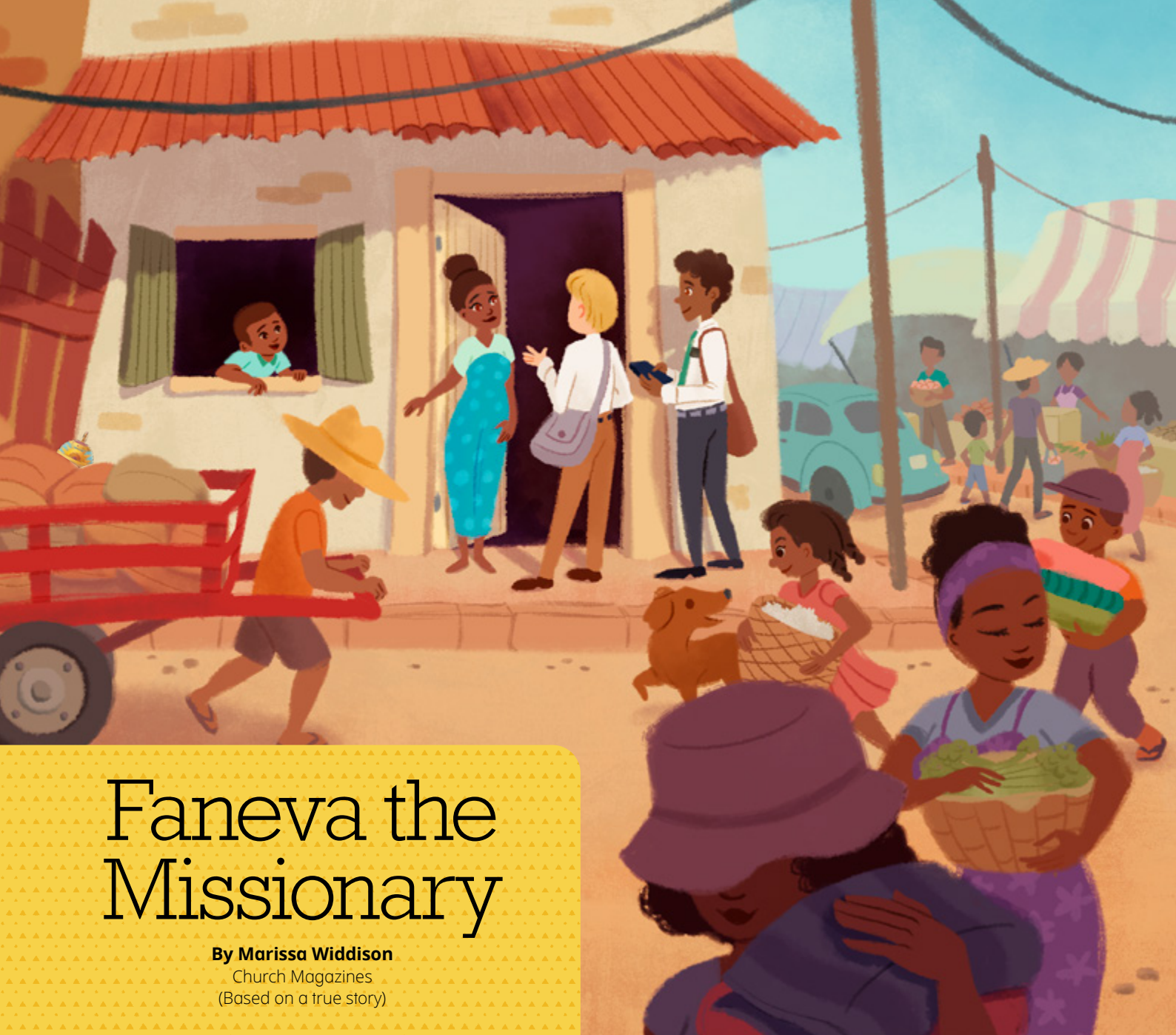
**Nomena, age 6,
Antananarivo Province,
Madagascar**

**Are you from Madagascar?
Write to us!
We would love to hear from you.**

**Thanks
for exploring
Madagascar
with us. See
you next
time!**

The Malagasy word for "friend" is *namana*. If you could meet a new friend in Madagascar, what would you tell them?





Faneva the Missionary

By Marissa Widdison
Church Magazines
(Based on a true story)

Faneva looked out the window at the busy street outside his house. He could see people pulling carts of vegetables, rice, cloth, and other goods to sell. He could hear car horns honking and dogs barking. Then he heard another sound.

"Mama, someone is knocking!" Faneva called out. Mama opened the door. Two young men wearing suits and ties were on the doorstep. Faneva had never seen anyone

dressed like that in his neighborhood in Madagascar before.

"We are missionaries from The Church of Jesus Christ of Latter-day Saints," one of them said. "We teach people about Jesus. Can we share a message with you?"

Faneva was excited when Mama invited them inside. The whole family gathered to hear about Jesus Christ and how His Church was on earth again.

After that day, the missionaries visited Faneva's family many times. They brought a book called *Book of Mormon Stories*.

Faneva loved reading it with his family!

Someday I will be a missionary and share the Book of Mormon with others, Faneva said to himself.

Another time when the missionaries came, they taught Faneva's family how to pray. Faneva learned that he could talk to Heavenly Father anytime, anywhere.

Someday I will be a missionary and teach people about prayer, Faneva thought.

One day the missionaries had an important question.

"Will you follow the example of Jesus Christ and be baptized?" one of them asked.

Faneva felt happy in his heart. "Yes!" he said.

"Yes!" his brother and Mama said.

Papa said that he wasn't ready to be baptized yet. But he was OK if the rest of the family was baptized. And so they were! Faneva was baptized by one of the missionaries who had taught him about Jesus.

Someday I will be a missionary and help people get baptized, Faneva thought.

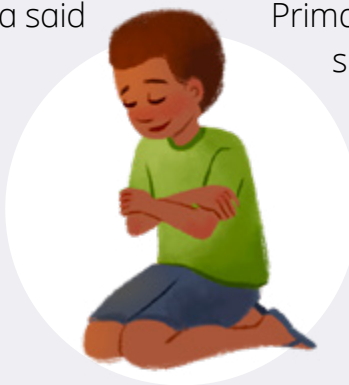


One of the best parts of being a member of the Church was going to Primary. Faneva loved the activities and meeting new friends. But his favorite thing of all was singing Primary songs. One Sunday in Primary, they were singing songs about sharing the gospel.

"I want to be a missionary now," Faneva sang. "I don't want to wait until I'm grown."

I can start doing missionary work now, Faneva realized. *I don't have to wait until someday!*

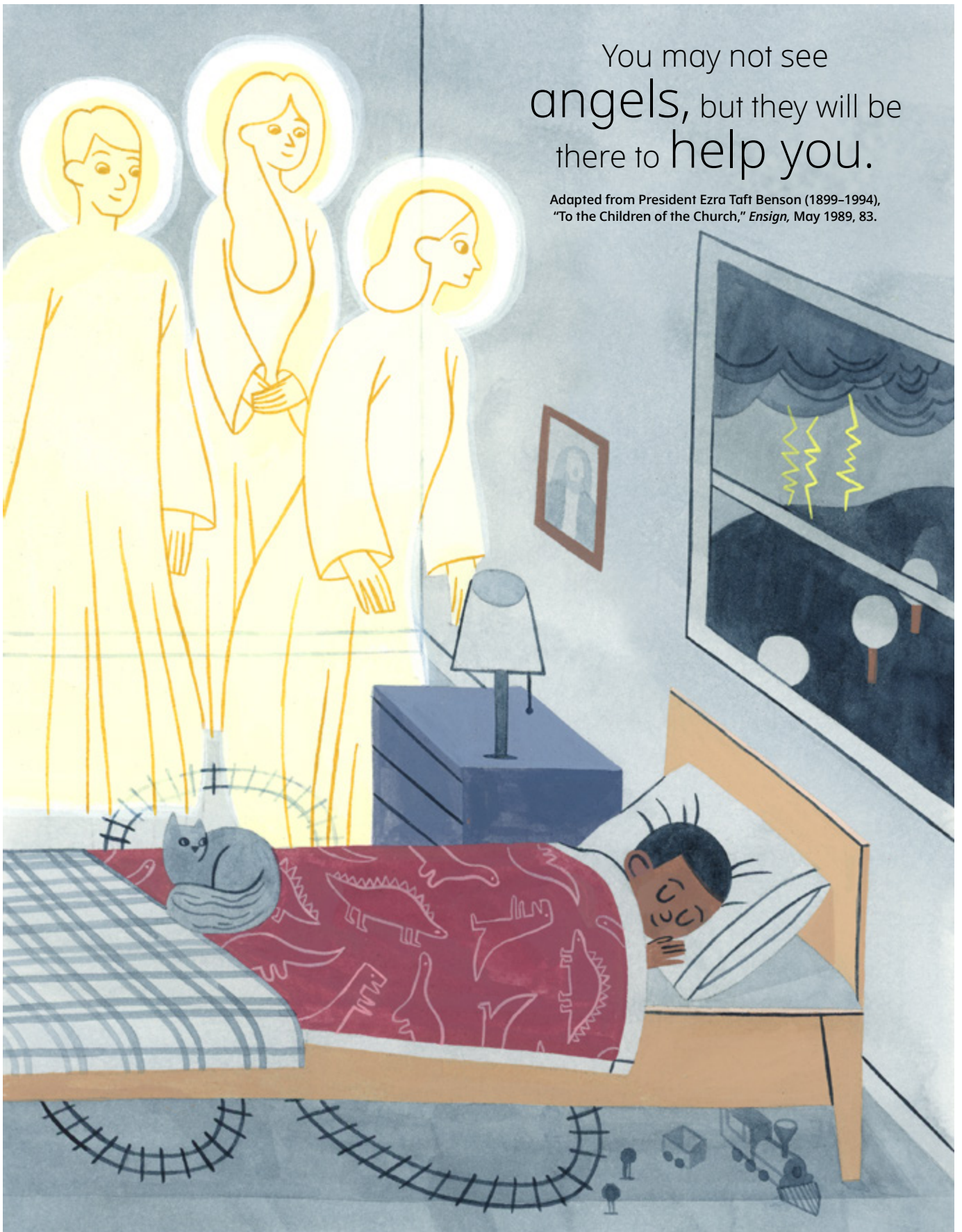
From then on, Faneva looked for ways he could share the gospel. He tried to be a good example. He invited people to church. He helped his neighbors. After a few years, he was old enough to help the missionaries teach people in his city. In a few more years, he served a mission himself—meeting new people and sharing the gospel, just as the missionaries had shared with him. ●



"I'd rather spend time with the missionaries than do anything else," Faneva says. He was called to serve as a missionary in his home country of Madagascar.

You may not see
angels, but they will be
there to **help** you.

Adapted from President Ezra Taft Benson (1899–1994),
"To the Children of the Church," *Ensign*, May 1989, 83.



Show and Tell

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



**Isabella B., age 5,
Guatemala, Guatemala**



**Ilse N., age 5,
Nuevo León, Mexico**



**Gabriel F., age 10,
Minas Gerais, Brazil**



Shelem, Josué, Mía, and Ruth C., ages 5, 8, 6 months, and 3, Durango, Mexico, enjoyed watching general conference at home. It was a special conference!



When I watched general conference, I learned about how Joseph Smith translated the Book of Mormon so we would have the word of God. The Book of Mormon teaches me about Jesus Christ.
Shalom A., age 6, Dakar Region, Senegal



I love the music of the Tabernacle Choir. I always feel peace.
**Jared B., age 7,
Normandy, France**



Annelle, Ruth, Sarah, and Samira K., ages 8, 2, 6, and 6, Littoral, Benin, loved watching conference together as a family.

Saying No, Hearing

Heavenly Father loves us and wants us to be safe! Saying no when we need to and respecting others when they tell us no are ways we can keep ourselves and others safe.

Sometimes you need to say no in a nice way.

"No, thank you. May I please have water instead?"

Now it's your turn!
Imagine you need to say no in a nice way. What could you say?

Sometimes you need to say no in a stronger way.

"I don't want to see that! We shouldn't be looking at it."

Now it's your turn!
Imagine you need to say no in a stronger way. What could you say?

g No

Sometimes people tell us no to help us stay safe and healthy.

"Sorry, you can't go. It's not safe."



Sometimes people tell us no when they feel uncomfortable.

Now it's your turn! Imagine an adult tells you no and you don't like it. What should you do?

"Stop! I don't like this game."

Now it's your turn! Imagine someone asks you to stop doing something. What should you do?

What if people don't listen when you say no?
What if they hurt you or do something mean?

- ★ **Walk away if you can.**
- ★ **Tell an adult you trust about what happened.**
- ★ **Remember that it's not your fault.**
- ★ **No matter what happens, know that your Heavenly Father and Jesus Christ always love you!**

Call Dad

*If I pedal hard, Yu thought,
I can make it home before
the streets flood.*

By Julie Cornelius-Huang

(Based on a true story)

The author lives in Utah, USA.

“Be of good cheer, for I will lead you along” (Doctrine and Covenants 78:18).

Yu stepped out of cram school onto the busy sidewalk. His head was full of math facts from his after-school class. People hurried by with umbrellas. Fat raindrops were falling fast, and the street was soaked.

Yu’s friend, Lin, stepped out beside him. “You should call your dad to pick you up,” Lin said. “Mr. Zhang says it’s flooding in some parts of the city.”

“I can get home on my own.”

“But look at all the water!” Lin said, pointing to the water flowing swiftly in the gutter.

For a moment, Yu had a funny feeling. Was Lin right? Maybe he *should* call Dad to drive him home before the



streets flooded. But he and Dad had an argument last night, and Yu was still angry. He didn't want to ask Dad for help.

Yu unchained his bike and said goodbye to Lin. *If I pedal hard, he thought, I can make it home before the streets flood.*

He pedaled hard, but soon his hands were cold, his clothes were soaked, and he was exhausted. Once again, the thought came to call Dad. Was the feeling from the Holy Ghost? The missionaries who baptized him had said that the Holy Ghost could be his guide. Yu glanced at the sky. It was so grey that he couldn't see the tops of the buildings. But he was still mad at Dad.

Yu ignored the feeling and kept pedaling. The water got so high that shop owners closed their stores. People moved belongings to higher floors. Yu saw a mother push her two children through the flood in a little plastic boat.

With the water now past his ankles, Yu could no longer pedal his bike. He got off and pushed. It was probably too late to call Dad now, and the rain was still coming down. Thunder boomed and lightning flashed above him. Yu felt afraid. And he was so tired! He looked ahead. Home was still far away. He shouldn't have ignored the Holy Ghost just because

of a silly argument.

Yu stopped to say a short prayer. He couldn't hear his voice above the rain and thunder, but he knew that Heavenly Father could hear him.

"Heavenly Father," Yu prayed. "Please help me get home safely." When he finished, he felt enough strength to keep going.

At last, Yu could see his house on the hill. Cold, tired, and somehow missing a shoe, Yu trudged up the hill. He saw Dad waiting for him outside. Dad rushed down the hill to meet him, splashing water as he ran.

When Dad reached him, he put his arms around Yu. "I was so worried!" Dad said. "You should have called me!"

"I thought we were mad at each other," Yu said.

"I am never too mad to help you," Dad said. Then he took Yu's bike and pushed it the rest of the way up the hill.

Even with thunder echoing between the tall buildings and heavy rain pelting down, a warm feeling filled Yu's heart. He felt peace and safety as he followed Dad home. ●



"Our Father in Heaven knew that in mortality we would face challenges. . . . To give us mortal strength and divine guidance, He provided the Holy Spirit."

Elder Ronald A. Rasband of the Quorum of the Twelve Apostles, "Let the Holy Spirit Guide," *Ensign* or *Liahona*, May 2017, 93.

Tithing Pesos

By Alan Iván Ruiz Ontiveros
(Based on a true story)



Sofía woke up early. Today was very special. She was going to sell lemonade at her aunt and uncle's garage sale! Mamá made a huge jug of lemonade for her.

Sofía made a sign. She wrote "Lemonade!" in orange and yellow letters. She taped it to a little



table. Then she sat down to wait.

Soon a man came by. "May I have a cup?" he asked. He put some pesos in her jar.

"Sure!" Sofía said. She poured him a cup of lemonade.

Little by little, people came to look at the garage sale. And little by little they bought the yummy lemonade. The morning passed happily. Soon all of the lemonade was gone.

Sofía shook her jar. The pesos jingled. She had so many!

"Good job!" Papá said.

Sofía had never had so much money before. "I'm going to buy a yo-yo!"

Papá smiled. "Do you know what Mamá and I do when we earn money?"

Sofía shook her head.

"We pay tithing," Papá said.

"Heavenly Father gave us everything. He asks that we give Him a little part back. We pay tithing because we love Him."

Sofía smiled. She wanted to show Heavenly Father that she loved Him too.

Papá helped Sofía count her pesos. Whenever she counted to 10, she put one peso in an envelope. Papá helped her write numbers on a little white paper. They put the paper in the envelope with the pesos. Then they sealed it shut. Sofía was going to give it to the bishop tomorrow at church.

"How do you feel?" Papá asked Sofia.

"So happy! And I still have money for a yo-yo." She felt Heavenly Father was happy with her choice. ●

The author lives in Chihuahua, México.



Tithing Time

Heavenly Father asks us to pay tithing. That means giving one-tenth of the money we get. You can use this page to practice!

Count the coins. For every 10 that you count, color one. The colored coins are what you would pay as tithing!



Ready for something a little harder? Add up the money below.

Then color the coins you would pay as tithing. (Remember, for every 10, you give one.) ● ●





By Elder Edward Dube
Of the Seventy

Sharing the Gospel

*“Learn of me . . . and ye shall find rest to your souls”
(Matthew 11:29).*

A man I worked for gave me a copy of the Book of Mormon. But I didn’t read it for almost two years. One Sunday, I picked up the Book of Mormon and went to a railroad line outside the town where I lived in Zimbabwe. I sat down and began reading.

At first, it was hard to understand. But I reread Joseph Smith’s testimony over and over again. His words touched my heart.

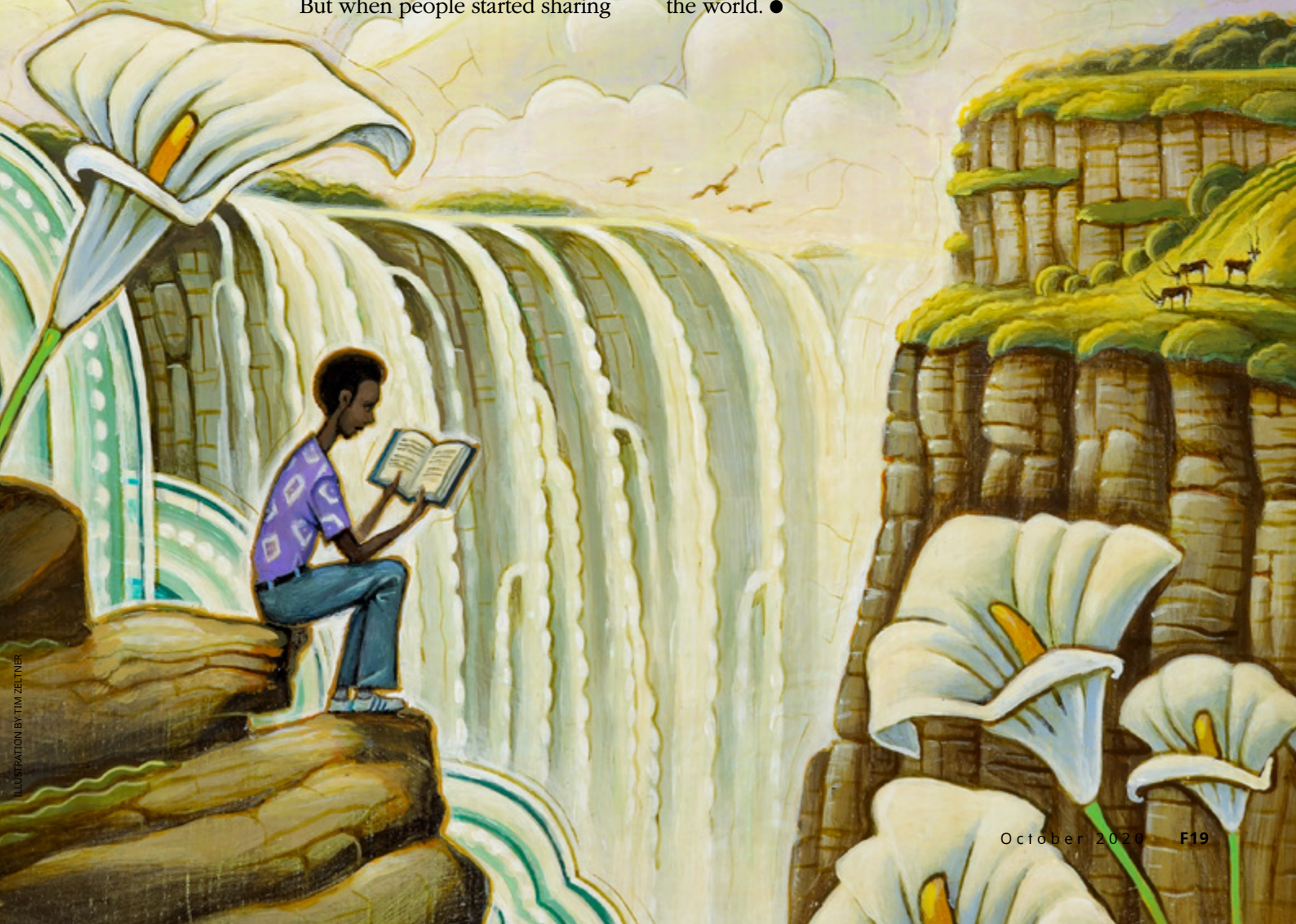
Later, someone invited me to come to church. At first, I was uncomfortable, so I sat in the back row.

But when people started sharing

their testimonies about the Savior Jesus Christ and the Book of Mormon, I felt something wonderful inside.

Not long after this, missionaries came to my neighborhood. Soon I was baptized. Years later, I had the honor of serving a mission and sharing the gospel with many others.

The Church has grown a lot in Zimbabwe. But there is still much we can do to share the gospel, no matter where we live. Through prayer, scripture study, and home evening, you can grow your testimony and stay close to Heavenly Father. Your testimony can bless the lives of many people throughout the world. ●



Faithful People Followed Jesus



When Jesus visited the Nephites, He taught them
about baptism and how to take the sacrament.
He set up His Church.



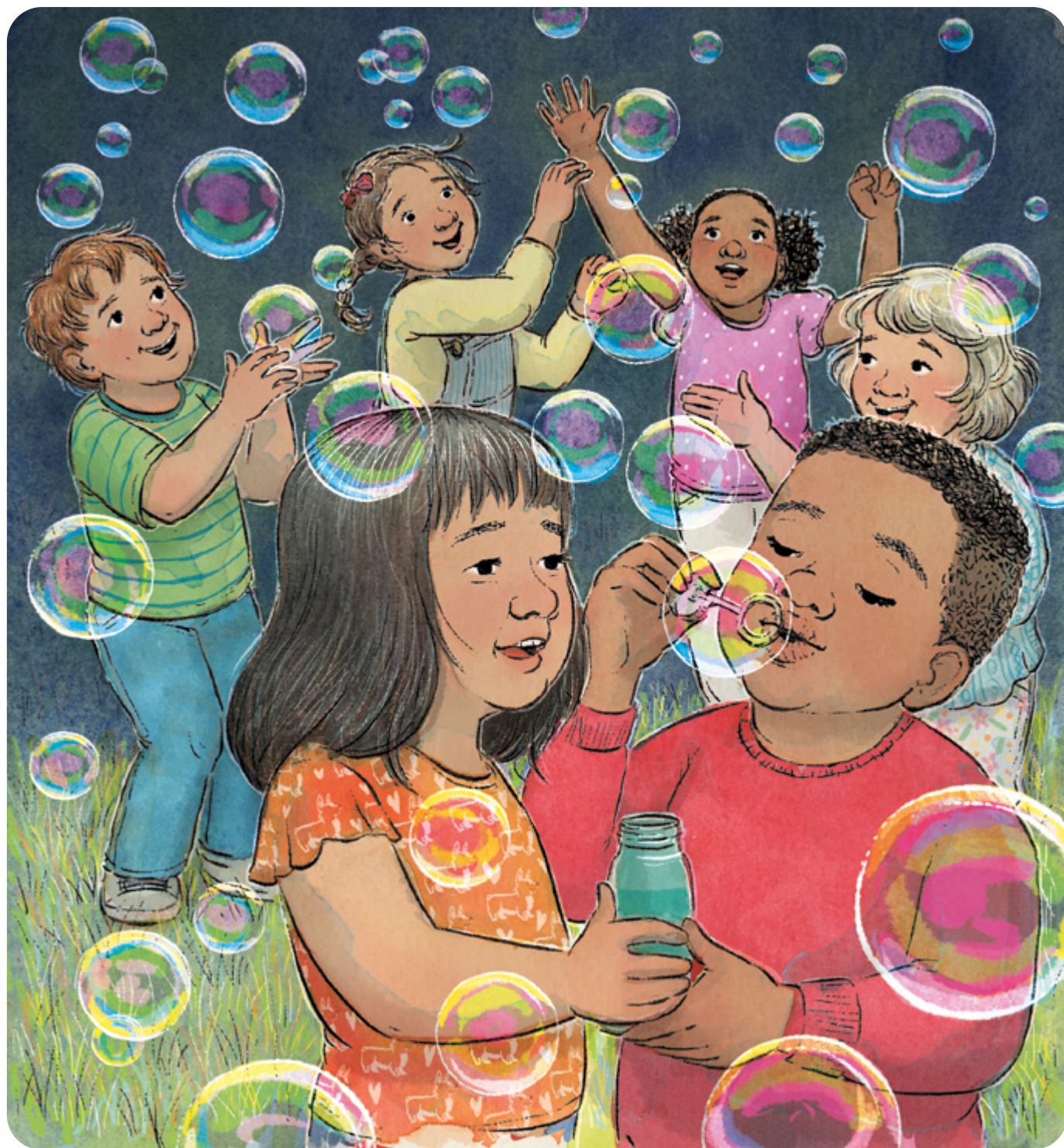
Jesus blessed each child. Angels came! Jesus healed the people and prayed for them. Then He went back to heaven.

After Jesus left, people kept doing what He taught. Everyone worked together and shared what they had, so no one was poor. Church leaders blessed those who were sick.



Instead of fighting, people chose to get along. Everyone followed God's commandments. And they were happy for a long time!

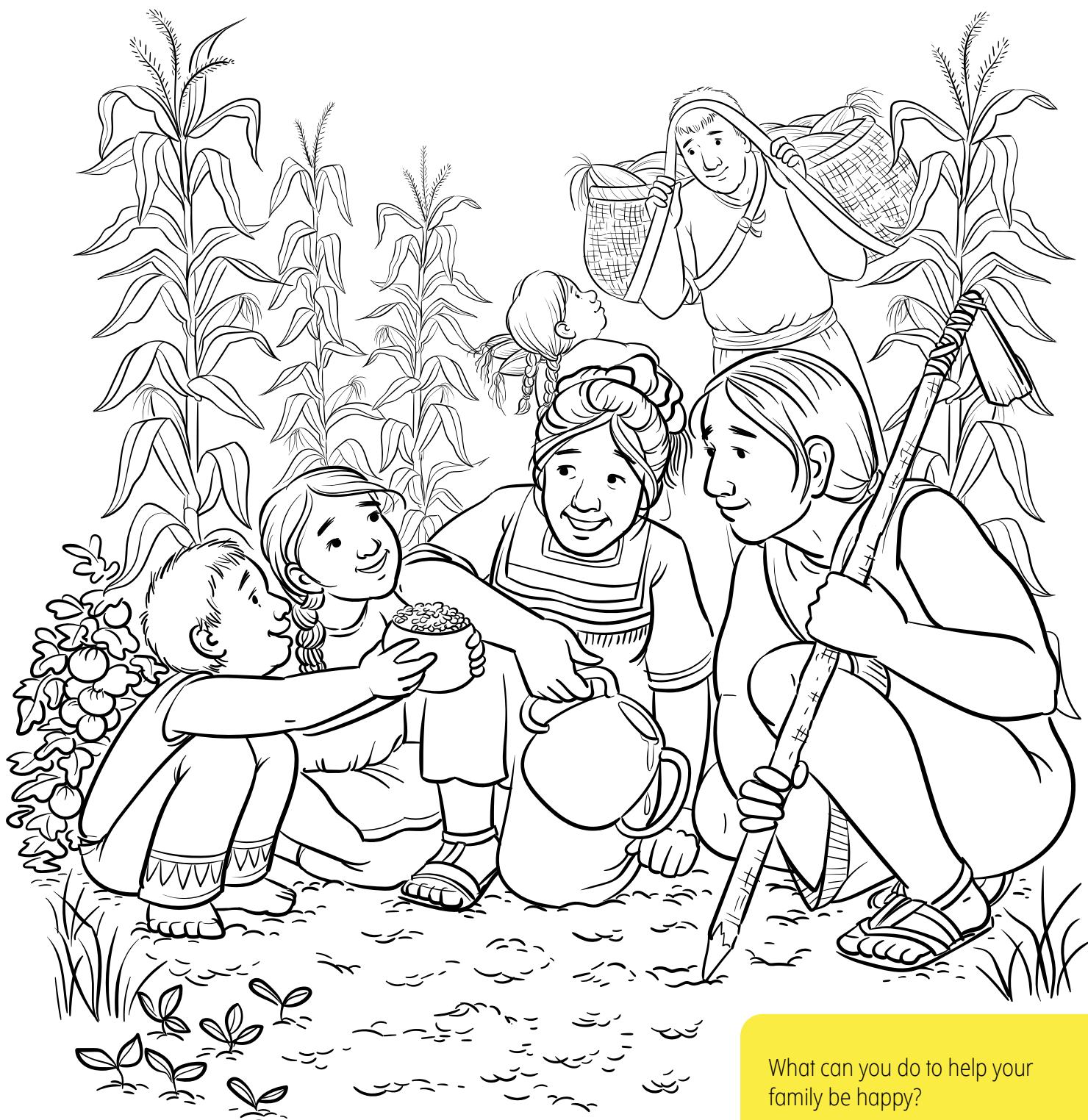




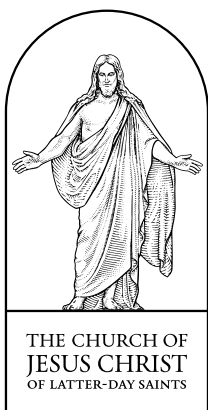
My life will be happier when I follow God's commandments. I can share what I have with others. I can help people get along. ●

Read about this in 3 Nephi 17 through 4 Nephi 1.

People Lived Happily



What can you do to help your family be happy?



Dear Parents,

Every child should be protected and cared for. Jesus set an example of this in the Book of Mormon, blessing and praying for each child (see pages F20–23). How can we bless and protect the children we know? Here are some ideas:

- We can protect them physically and teach them to respect other people's bodies (pages F12–13).
- We can help protect them spiritually by encouraging them to take the sacrament (pages F2–3).
- We can teach them to ask for help when they need it (pages F14–15).

You could pick one of these messages to read together as a family. Make sure your children know how much they are loved!

We love you,
The *Friend*

SEND YOUR CHILD'S ARTWORK OR EXPERIENCE TO THE *LIAHONA*

Go to liahona.ChurchofJesusChrist.org and click "Submit an Article or Feedback." Or email it to us at liahona@ChurchofJesusChrist.org along with your child's name, age, city, 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, and possibly in other Church materials." We can't wait to hear from you!



Find the Liahona hidden inside!

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ON THE *FRIEND* COVER
Illustration by Jim Madsen