

OCTOBER 2021

Liahona

Pointing Us All to Jesus Christ



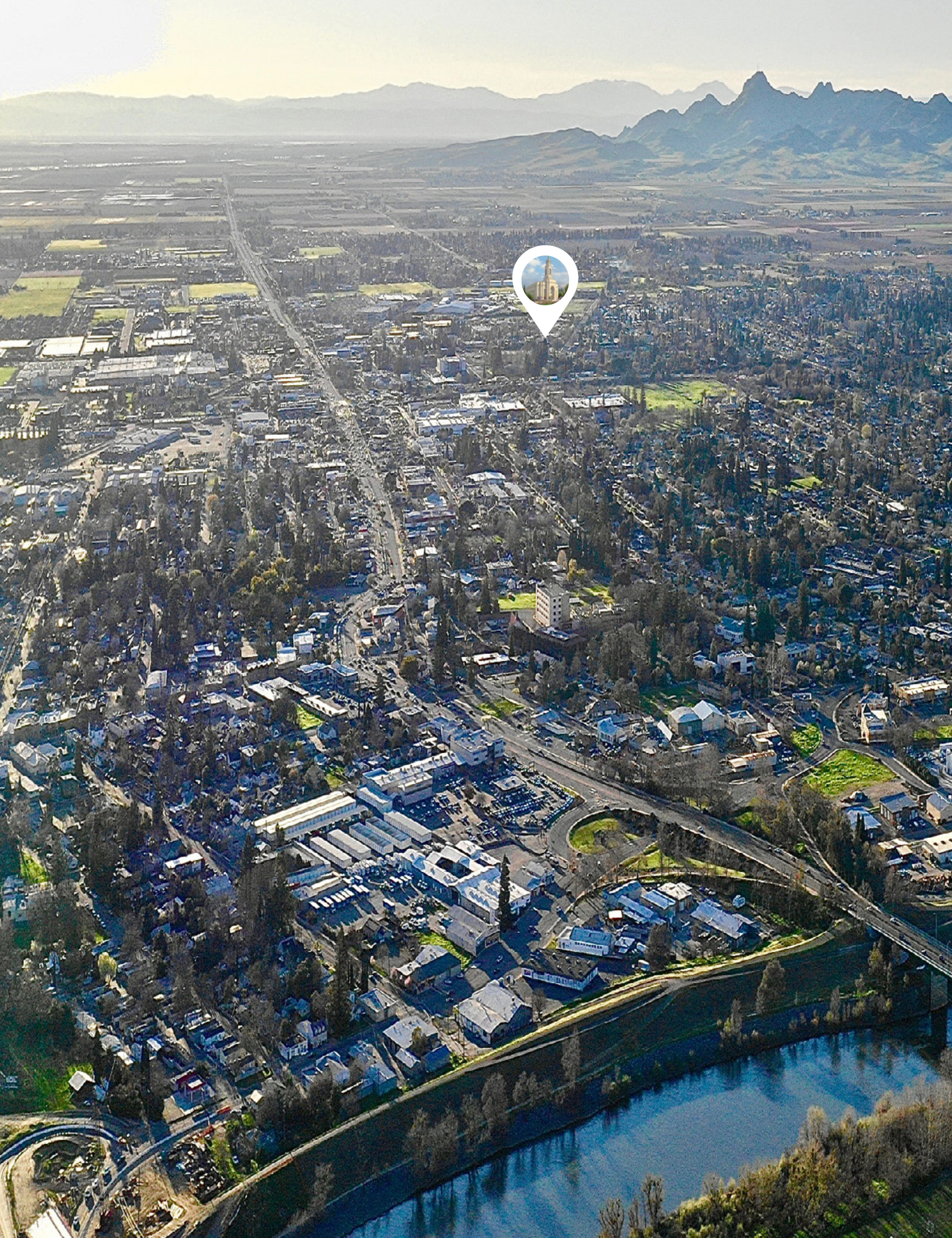
IN HIS
HOLY NAME

THE NAME OF THE CHURCH

President Eyring Shares Members' Testimonies, 6

TEMPLE WORK BLESSES ALL

Receiving the Lord's Ordinances and Love,
12–17, 42–47



 THE CHURCH IS HERE

Yuba City, California, USA

Yuba City lies between the Feather River and the world's smallest mountain range, Sutter Butte. The arrow shows where the Feather River Temple is now being built.



756,507 members in
California



11 congregations in Yuba City
California Stake



8 temples in California when
the Feather River Temple is
completed

"You Have to Have Hope"

Fire destroyed the nearby town of Paradise in 2018, but survivors like Peg Branvold found comfort knowing that a temple had been announced. "You have to have hope that things will get better," she says.



LEFT: PHOTOGRAPH BY LUIS A. LUGO; RIGHT: PHOTOGRAPH BY RICHARD M. ROMNEY



"Inasmuch as my people build a house unto me in the name of the Lord, and do not suffer any unclean thing to come into it, that it be not defiled, my glory shall rest upon it."

DOCTRINE AND COVENANTS 97:15



PHOTOGRAPH INSIDE THE ROME ITALY TEMPLE VISITORS' CENTER BY MASSIMO CRISCIONE

Blessings of Temple and Family History Work

I have experienced many blessings in my life through participating in temple and family history work and have also witnessed in the lives of others that it is never too late to receive these blessings for living and deceased family members.

In the April 2018 general conference, Elder Dale G. Renlund said: “When God directs us to do one thing, He often has many purposes in mind. Family history and temple work is not only for the dead but blesses the living as well.” Elder Renlund then mentioned many blessings, including healing blessings, that can come to our families as we participate in temple and family history work (see “Family History and Temple Work: Sealing and Healing,” *Liahona*, May 2018, 46–47).

In this issue, several Church members and I share how Heavenly Father has blessed us through temple work (see pages 12, 14, 16, 30, and 46). We address different questions, such as “How do I prepare to go to the temple for the first time?” “How do I talk to my friends about the temple?” and in my article, “How do we keep the temple close to us when it’s physically far away?”

We can all experience healing blessings in our own lives, no matter our challenges, as we strive wherever possible to be involved in temple and family history work. Through our individual efforts, no matter how small we perceive them to be, we can all help with furthering the work of the Lord in redeeming our dead and strengthening our families.

Sincerely,

Lisa Prebble
Devonport Australia Stake



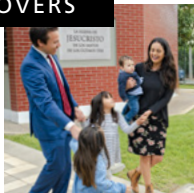
“When we use the full name of the Church, we are blessed and we bless others.”
—President Henry B. Eyring, page 6

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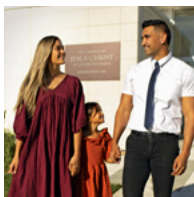
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COVERS



Photograph by Niko Serey



Photograph by Kau'i Wihongi



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Production: Ira Glen Adair, Julie Burdett, José Chavez, Bryan W. Gygi, Marrissa M. Smith

Prepress: Joshua Dennis

Printing Director: Steven T. Lewis

Distribution Director: Nelson Gonzalez

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

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- Teaching children about the temple
- Miracles from using the correct name of the Church

Visit liahona.ChurchofJesusChrist.org or the Gospel Library app to read these articles and more.

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Liahona, floor 23
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By President
Henry B. Eyring
Second Counselor
in the First
Presidency

“Thus Shall My Church Be Called”

*When we use the full name of the Church,
we are blessed and we bless others.*

In Africa, individuals searching for a church to join reported having dreams. In their dreams, they were instructed to look for a church called by the name of Jesus Christ. As they searched, they found only one church in which the Savior’s name is central—The Church of Jesus Christ of Latter-day Saints.

In Latin America, several Latter-day Saints reported that their invitations to friends to attend the “Mormon Church” had met with frustration. That changed when they extended an invitation to The Church of Jesus Christ of Latter-day Saints. “If your church is called the Church of Jesus Christ,” their friends responded, “we would like to come and see.”

In the United States, a Primary boy invited his neighbors to his baptism. A minister of another faith said he never would have gone to a “Mormon Church” baptism. But because he could tell that the boy’s church focused on Jesus Christ, the minister attended with his wife.

When an airline reservation agent asked a member of the Church for an email address, the member answered, “ldschurch.org.”

“What church is that?” the agent asked.

“The Church of Jesus Christ of Latter-day Saints,” the member answered.

“I go to work for days at a time without ever being able to speak about the Lord,” the agent said. “Knowing that I am speaking to another Christian just makes my day.”

The Church member quickly updated his airline profile with the Church’s new email address: ChurchofJesusChrist.org.¹

A Promise Fulfilled

These wonderful stories represent the fulfillment of a promise President Russell M. Nelson made to Latter-day Saints in October 2018 and again in April 2020.

“I promise you that if we will do our best to restore the correct name of the Lord’s Church, He whose Church this is will pour down His power and blessings upon the heads of the Latter-day Saints, the likes of which we have never seen,” President Nelson said. “We will have the knowledge and power of God to help us take the blessings of the restored gospel of Jesus Christ to every nation,



kindred, tongue, and people and to prepare the world for the Second Coming of the Lord.”²

Recently, via my social media accounts, I invited Church members to tell me about the blessings they have received from using the correct name of the Church. I was touched to receive more than 2,600 responses.

I would like to share some of them with you. They will sound familiar because you have received similar blessings as you have followed President Nelson’s counsel.

Closer to Jesus Christ

I was moved by Jacob’s testimony of how the full name of the Church has helped him focus on the Savior: “I’ve noticed that my focus on Jesus Christ has seeped into every aspect of my life,” he shared with me. “When I take

the sacrament, I think of Him and His atoning sacrifice. When I read the scriptures, I pay more attention to His words and other references to Him. This has drawn me closer to Him and has helped me better understand His role as my Savior and Redeemer.”

I felt blessed learning what the Savior’s name means to Beth and Bryce: “I have felt a closer connection to my Savior,” Beth said. “When I am asked what church I go to, and I reply that I belong to The Church of Jesus Christ of Latter-day Saints, I feel a true sense of belonging. I belong to His people. I belong to His family. I belong to Him.”

Bryce told me that the correct name of the Church helps him “remember whom I serve and whom I seek to become more like. It reminds me that the Savior is the one who gives these teachings and that they don’t come from men.”

“The Savior’s Name Has Power”

Haley, a full-time missionary, said: “Using the correct name of the Lord’s Church brings more power and authority when we teach others of His restored gospel. When I say ‘The Church of Jesus Christ of Latter-day Saints,’ the Spirit of the Lord confirms and witnesses that this *is* the Lord’s Church restored upon the earth today. I *love* using the correct name because I am also adding my living witness to that truth!”

And Nicola told me: “Previously, if I said ‘Mormon,’ often there would be that flicker of uncertainty with those not of our faith. You could almost hear the rush of memory of all they’ve ever heard about ‘the Mormons.’ But now there is a peace, most often acceptance. The Savior’s name has power. He brings peace. My testimony of the truthfulness of the gospel has grown just by saying the correct name of the Church. I feel the Spirit each time I say it. Sometimes it is all I get to say about what we believe, but it is enough.”

Clarifying Misconceptions

Harold, a university professor in the United States, said that using the full name of the Church has helped him clarify misconceptions. He told me that one student, attempting to summarize a discussion on religion, stated, “I guess all religions are Christian, except for the Mormons.”

Seeing a golden moment to clear up that misconception, Harold said, “I told the students that ‘Mormon’ was a nickname given to members of the Church because of our belief in the Bible and the Book of Mormon as two ancient scriptural witnesses of Jesus Christ.”





Mary opened her heart to me, sharing how the Church's full name has blessed her in teaching her children: "My children have less confusion now when I teach them that we are Saints of the Church of Jesus Christ in these latter days versus referring to ourselves as 'Mormons.' They used to be confused and ask, 'Why Mormon? Does that mean we aren't Christians?' I feel that this change has helped them when speaking to other children at school who are not believers."

"I Am a Missionary for Jesus Christ"

President Nelson promised that as we use the correct name of the Church, "we will have the knowledge and power of God" to spread the gospel. Teresa inspired me with her story about what happened when a friend at work asked her about the

Church. Following President Nelson's counsel, Teresa began by sharing the Church's full name.

"He was interested in the Church," she told me. "He investigated it for several months and then, miraculously, he was baptized by my son, the bishop. I felt so happy that day, and my family too. The promises are true."

Jordan said that many people still aren't familiar with the name of the Church. "Using the full name of the Church," he said, "gives me a chance to explain

how the Church is centered on Jesus Christ and why we refer to ourselves as Latter-day Saints."

When a man asked Chloe if she was a "Mormon missionary," she powerfully testified, "No, I am a missionary for Jesus Christ." Chloe told me the man expressed desires to follow the Savior, so she taught him that The Church of Jesus Christ of Latter-day Saints is *led* by the Savior. Then she gave him information about His Church.

"Call the Church in My Name"

In revealing His Church's name to the Prophet Joseph Smith, the Savior declared, "For thus shall my church be called in the last days, even The Church of Jesus Christ of Latter-day Saints" (Doctrine and Covenants 115:4). And to the Nephites, he said, "Ye shall call the church in my name," for "how be it my church save it be called in my name?" (3 Nephi 27:7, 8).

I testify with a Latter-day Saint named Tommie that when we use the full name of the Church, we are blessed and we bless others. Tommie told me, "As I share with others the blessings of being a member of The Church of Jesus Christ of Latter-day Saints in a time when strife and fear prevail, I realize I am helping others know that there is refuge from the storm with disciples of Jesus Christ, who care for them and who follow Him." ■

NOTES

1. I thank Elder Gerrit W. Gong of the Quorum of the Twelve Apostles for sharing these stories with me.
2. Russell M. Nelson, "The Correct Name of the Church," *Ensign* or *Liahona*, Nov. 2018, 89; see also "Opening the Heavens for Help," *Ensign* or *Liahona*, May 2020, 73.

Temple Work

Temples are the house of the Lord. We can receive ordinances and make covenants with Him in temples. We can also perform ordinances in the temple for our ancestors.



Throughout history, the Lord has commanded His people to build temples. Temples are holy places where we can feel God's love, receive ordinances, and make promises with Him. The Church is building temples around the world so more and more people can have these blessings.

The Endowment

Church members who are living righteously go to the temple to receive ordinances and make covenants, or promises, with God. One ordinance we receive in the temple is the endowment. The word *endowment* means “a gift.” The temple endowment is a gift from God. In this ordinance we learn about Heavenly Father’s plan for our salvation, and we make covenants to keep God’s commandments. If we are faithful to the covenants we make, God will bless us.

Sealing Families Together

A marriage in the temple is also called a sealing. When a couple are sealed in the temple and they keep their covenants, they will be married forever. If they have children, those children will also be sealed to them. Parents who are sealed after they have had children can have their children sealed to them. If they live righteously, they will be a family throughout eternity.



Temple Work for All of God's Children

We do family history work to find out about our ancestors. We then do temple work on their behalf. We perform for them all the ordinances that the living need: baptism, confirmation, receiving the priesthood (for men), endowment, and sealing. They can then choose if they want to accept these ordinances. In this way, all of God's children can enjoy the blessings of the gospel.

Blessings of Temple Work

If we keep the covenants we make in the temple, we will be blessed, protected, and strengthened. We will have the power of the priesthood with us. Our families will be together forever.

The temple is also a place of peace and revelation. As we do temple work, we can receive spiritual guidance and feel God's love. ■

FROM THE SCRIPTURES

The Lord's people are commanded to build temples (see Doctrine and Covenants 124:39).

The work done in temples includes sealing families together (see Doctrine and Covenants 138:47–48).

The ordinances we perform on earth are binding in heaven (see Matthew 16:19; Doctrine and Covenants 132:46).

Also in This Issue

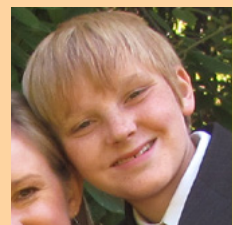
We hope you have enjoyed learning about temple work. Here are some other gospel words from this issue:

Ministering:

Attending to others' needs in a Christlike way to help everyone feel loved within the Church. (See page 18.)

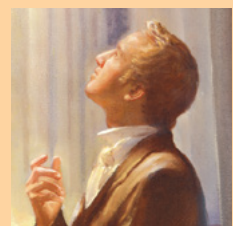


Deacons: The first office in the Aaronic Priesthood. One of the most visible duties of a deacon is to pass the sacrament. (See page 38.)



Revelation:

Communication from God to His children. It comes through the Holy Ghost, usually as a thought or feeling. (See page 30.)



What the Temple Means to Me

By Lisa Prebble

Having a current temple recommendation helps to ensure that my enthusiasm for living the gospel of Jesus Christ remains current.

My husband and I live in Tasmania, the island state south of mainland Australia. Our “local” temple is the Melbourne Australia Temple, about 300 miles (480 km) away.

We were fortunate to attend the Melbourne Temple in November 2019 for a few days. Little did we realise it would be our last trip for a significant amount of time. Before the pandemic, my husband and I would attend the temple anywhere between one and four times a year. To get there we would either take a flight or a ferry. Some years that has been hard financially, so we made the trip less often. Some of those trips were day trips; others lasted a few days.



Melbourne Australia Temple



I am a temple ordinance worker, so those few days that I attended the temple were a precious opportunity to reconnect with my calling, to learn more about Heavenly Father’s plan, and to serve others and see them experience joy and happiness in the temple.

When the temple and our state borders closed during the COVID-19 pandemic, I wondered how I would keep the temple as a meaningful part of my life. I felt strengthened by feelings of the Holy Ghost that even though the temple was closed, the blessings of my temple covenants were not closed to me. I felt an added closeness to the Lord, particularly when I focussed on serving others, whether in my own family or those I minister to.

I spent time reviewing in my mind the covenants I have made, the feelings I have experienced in the temple, and the knowledge I have gained. I reviewed in my mind the wording of the ordinances. I continued researching my family history, entering names and sources into FamilySearch, and sharing those names



Brother and Sister Prebble with their children and their spouses at the Sydney Australia Temple for the sealing of their youngest daughter.

with the temple. I look forward to seeing the list of shared names start to be completed when the temples reopen.

Years ago a dear sister in our ward shared with me that because an endowment session took roughly two hours and because she lived so far from the temple, she had decided to commit a minimum of two hours a week to family history work. She wanted to show the Lord that she was committed to temple work, even though it was challenging for her to get to the temple. Her goal really touched me, so I set the same goal for myself.

The October 2020 general conference talk given by Elder Ronald A. Rasband of the Quorum of the Twelve Apostles reminded me of that long-held goal. He said: “We do temple work when we search for our ancestors and submit their names for ordinances. While our temples have been closed, we have still been able to research our families. With the Spirit of God in our hearts, we are, by proxy, standing in for them to be ‘recommended to the Lord.’”¹

The 20th anniversary of the Melbourne Temple dedication occurred in 2020, bringing with it a flood of tender remembrances of the blessings our family had received in attending this and other temples since that dedication in 2000. The temple has been a foundation of our family’s strength and testimony. With our four children, we have attended several temples throughout mainland Australia to see our children perform baptisms, receive their endowments, and be sealed to their spouses.

Having a current temple recommend helps to ensure that my enthusiasm for living the gospel of Jesus Christ remains current. My recommend renewal interviews have been times of reflection. They have provided me with the opportunity to express my testimony. They have allowed me to strengthen my conviction to remain true and faithful to the “multiplicity of blessings” (Doctrine and Covenants 104:2) promised by the Lord that I and my family have received and been strengthened by.

Having a current temple recommend is about my faith, my commitment to the gospel of Jesus Christ, my joy, my hope, my gratitude, my obedience, and my love for my Saviour Jesus Christ and my Heavenly Father. ■

The author lives in Tasmania, Australia.

NOTE

1. Ronald A. Rasband, “Recommended to the Lord,” *Ensign* or *Liahona*, Nov. 2020, 25.

Introducing the Temple to Our Friends

By Myriam Glowa

I felt immense joy when two of my friends attended the temple open house with me.

When the Montreal Quebec Temple was rededicated after major renovations in 2015, open houses were organized by our local leaders. It was the ideal time to invite friends to come and see the temple.

I immediately thought of two good college friends who had already asked me about the Church and my beliefs. In the past, both of them had agreed to attend sacrament meeting at Christmastime. I had also invited them to my wedding two years earlier. That had been an opportunity to explain to them why they could come to the reception but not to the sealing ceremony in the temple.¹

Still, even though I had talked with them about the Church before, I hesitated to invite them. I feared being in an uncomfortable situation if they refused. Finally, I got the courage and asked them over the phone: “Would you like to see the place where I was married? The temple is open to the public for guided tours. If that’s of interest to you, we could go together.”

The answer in both cases was a swift “Yes! I would like that.”

One of my friends came with her two children, and the other came with her spouse. It was an unforgettable experience for me. I felt immense joy in being able to share my love for the temple with them.

In his October 2020 general conference talk, “Recommended to the Lord,” Elder Ronald A. Rasband of the Quorum of the Twelve Apostles reminded us: “On the outside of every temple in the Church are the fitting words ‘Holiness to the Lord.’ The temple is the Lord’s house and a sanctuary from the world. His Spirit envelops those who worship within those sacred walls. He sets the standards by which we enter as His guests.”²



Montreal Quebec Temple



Sister and Brother Glowa in front of the temple on the day of their sealing.

The temple serves as a refuge from the evils of the world. When I remember that, I understand why those who enter it must live lives in harmony with the teachings of the Lord as found in The Church of Jesus Christ of Latter-day Saints. In fact, everyone is invited to experience the joy of making sacred covenants with God. But in order to do so, we must meet the criteria He has set to qualify for a recommend. It is up to each of us to decide whether to follow His laws.

When we explain to our friends the difference between a temple and a meetinghouse, we can simply tell them that:

1. The temple is the house of God. It is a peaceful place where faithful members of The Church of Jesus Christ of Latter-day Saints can make sacred promises to God that they will live their lives in harmony with His commandments. It is a place where we learn more about our purpose in life and where families can be sealed together forever. In the temple we can perform gospel ordinances, like baptism, for our ancestors who didn't have a chance to receive them when they were alive.
2. Meetinghouses are welcoming places where members meet on Sundays to learn about Heavenly Father and Jesus Christ and to take the sacrament. On weekdays we use meetinghouses for social or sports activities. Visitors are always welcome at our meetinghouses, both on Sundays and during the week.

Simply sharing our testimonies with our friends about what the temple means to us can help them feel the Spirit. It will witness to them of the holiness of this place.

I regard the temple with great respect and gratitude. When I go there, I feel like I have a greater perspective on my life. I can take a step back from the challenges I face and have a clear idea of what should be the daily focus of my attention. I feel closer to God and to my Savior Jesus Christ but also to members of my family, both present and past.

My favorite visits to the temple are the ones with my husband. Our love is strengthened as we remember the covenants we made with our Father in Heaven and with each other as we were sealed for time and all eternity. ■

The author lives in Quebec, Canada.

NOTES

1. For answers to this and similar questions, visit temples.ChurchofJesusChrist.org and see Shanna Butler, "How to Talk about the Temple," *Liahona*, Jan. 2006, 41–42.
2. Ronald A. Rasband, "Recommended to the Lord," *Ensign* or *Liahona*, Nov. 2020, 23.

Temple Work Blesses All, Living and Dead

By Sibonelo Mncwabe

In 2018, I made a goal to receive a temple recommendation. One year later, my fiancé and I were sealed in the temple for all eternity.

When temple visits for my branch were announced, I attended. Even though I could not yet enter the temple, I often walked the temple grounds. I prayed to Heavenly Father expressing my deepest desires to one day enter the temple. Some of these visits were only 10 minutes, but they had a profound impact on my spirit.

On one particularly cold and rainy evening, I arrived at the temple late. Although the grounds were closed, temple security allowed me a few moments on the grounds. I had with me a copy of the temple's dedicatory prayer. I was impressed to read it.

I was filled with emotions as I read the following words: "Wilt Thou whisper peace to Thy people by the power of Thy Spirit when they come here with burdened hearts to

seek direction in their perplexities. Wilt Thou comfort and sustain them when they come in times of sorrow. Wilt Thou give them courage, direction, and faith, when they gather, as to a refuge, from the turmoil of the world. Wilt Thou reassure them of Thy reality and divinity, and of the reality and divinity of Thy resurrected Son."¹

I knew then that my visits to the temple grounds meant something to the Lord, even though I was not inside the temple.

My Goal to Attend

My desire to attend the temple began one morning in December 2018. I sat in bed reading an April 1999 general conference talk by Elder Richard G. Scott (1928–2015) of the Quorum of the Twelve Apostles. He spoke about the importance of being worthy to enter the temple. He said the temple "is a place of peace, solitude, and inspiration. Regular attendance will enrich your life with greater purpose." He went on to add this stunning statement: "Go to the temple. You know it is the right thing to do. Do it now."²

I highlighted this passage, looked at my 2019 stake calendar, and noted that my branch was scheduled to visit the Johannesburg South Africa Temple every



Johannesburg South Africa Temple



Sister and Brother Mncwabe (center) on the day of their sealing, with family members.

second Friday of the month. I made a goal to go to the temple grounds at least once a month either with my branch or by myself, even though I did not yet have a temple recommend.

Worthy to Enter

In early January, I spoke with my branch president about receiving a recommend and eventually entering the temple. I was eager to achieve this goal.

In August, I obtained a limited-use recommend and was able to visit the baptistry with the youth of my branch. I was baptized for my two uncles and maternal grandfather. I also started taking the temple preparation class in anticipation of receiving my endowment. Until then I continued visiting the temple and participating in baptisms.

Finally, on November 2, 2019, I entered the temple with my fiancée, and we walked out as husband and wife, sealed together for time

and eternity. Words cannot express the spirit that attended this great occasion. My wife and I continued to attend the temple. We had many precious and sacred experiences until the worldwide temple closure in 2020 due to COVID-19.

The Temple Is for All

My mother's sister is not a member of the Church, but she had come to the temple for our sealing. Afterward, she shared an experience she had after visiting the temple grounds. She had a dream that she was again at the temple for our sealing, but this time all my family members (including those I had performed baptisms for) were with us. "Your mother was also there," she said, "but she kept saying, 'I can't see my son. Why can't I see my son?'"

I sobbed after hearing this, and I knew why my mother could not see me. She had passed on in 2002, and I had been procrastinating having her ordinances done for her in the temple. I resolved to do this as soon as possible. Soon I was privileged to perform her baptism and say her full name as I baptized the young woman who was acting as proxy for my mother.

I have a strong testimony that the temple is the house of God. We can access His power when we are there. I also know that the temple offers blessings to all of God's children, whether living or dead. ■

The author lives in Gauteng, South Africa.

NOTES

1. Gordon B. Hinckley, Johannesburg South Africa Temple dedicatory prayer, Aug. 24, 1985, [ChurchofJesusChrist.org](https://www.ChurchofJesusChrist.org).
2. Richard G. Scott, "Receive the Temple Blessings," *Ensign*, May 1999, 26–27.

To learn more about preparing to attend the temple, visit temples.ChurchofJesusChrist.org.

Ministering through Creating Belonging



It's not unusual for us to be with a group but feel like we don't belong to it. When this happens at church, it can be especially hard for someone who may be struggling.

President Gordon B. Hinckley (1910–2008) taught that everyone who joins the Church needs a friend.¹ Ministering brothers and sisters have the opportunity to make sure that every member knows they have a friend within the ward or branch.

This is especially important for anyone who feels that he or she doesn't fit the “mold.” Those who feel they don't fit in might include those who are new members, new move-ins, single, childless, young, old, less active, quiet, or struggling in some way. They include those who look, sound, think, dress, or act differently than others in the group do. In other words, any of us can feel at times like we don't belong.

Alissia, a woman who has struggled to fit in because of her race, says, “Being different can be hard, and it's hard to describe what it's like to someone who hasn't experienced it.” However, she says, “I've felt seen and included by simple acts of kindness and reaching out. I feel included when people make an effort to have a real conversation with me, make time for me, or invite me to spend time with them. It feels so good when people *show* that they *want* to be around you.”²

Ideas for Creating Belonging

What can ministering sisters and brothers do to help create a place of belonging for others?

1. **Hear them.** We feel a sense of belonging when we know we are heard and seen as we are, even with our imperfections. We don't

have to fix someone's problems—in fact, we often can't. But we can listen with compassion and curiosity, reflect back what we hear to make sure we are understanding, and ask what else is on their mind. These are skills of connection we can practice personally and model for others.

2. **Pray for them.** We may feel prompted to pray for them. We may also be prompted to ask if we can pray *with* them or to ask what we can pray for on their behalf.
3. **Invite, introduce, and include.** Invite them to ward activities, service projects, social events, or informal group activities. Take them with you if possible, introduce them to others, and include them in conversations by asking them questions that bring them in. Help those who have newly



moved in to know who other new people are, as they may also be looking for friends.

4. **Assess.** Ask them directly how connected they feel in the ward. Who are their friends? Who could be? Ask about their interests, hobbies, children, and concerns so you can be alert to opportunities to connect them with others they have things in common with, or who might need their skills.
5. **Point out strengths.** We feel belonging when we know we have something to give. Point out things you notice they do well. Ask what someone who knows them well would say their strengths are. If they don't know, invite them to ask. Look for ways their strengths could strengthen others.
6. **Counsel with leaders.** As appropriate, let ward leaders know what the strengths and needs of these others are so that the leaders have the information they need as they seek inspiration for meaningful assignments and callings.
7. **Empower them.** Help them appreciate the skills they have by asking questions such as these: When you've needed new friends in the past, what have you done? If you wanted to deepen a friendship with someone, what would you do? What have you tried so far as ways to connect with others? What else could you try? ■

NOTES

1. See Gordon B. Hinckley, "Converts and Young Men," *Ensign*, May 1997, 47.
2. Alissia H., "We Are Better Together" (digital-only article), *Liahona*, Sept. 2021.

ADDITIONAL RESOURCES

Learn more by reading the following:

- "9 Ways to Make a Powerful Difference" (digital-only article), *Liahona*, Oct. 2021 (found in the Gospel Library online or the mobile app).
- "Including Everyone," *Liahona*, Jan. 2021, 32–33.
- "We Can Do Better: Welcoming Others into the Fold," *Ensign*, Sept. 2017, 38–43; or *Liahona*, Sept. 2017, 22–27.



Understanding *and* Including *Our* LGBT *Brothers and Sisters*

We can all help unify our wards and communities.

By Ryan J Wessel

In the first few months after being called as a bishop, I was surprised when three sets of parents in my ward each approached me in private to let me know that they had a child who identified as gay or transgender. In each case, the parents expressed sincere love for their child coupled with various levels of concern that their child would not fit in the ward community.

Eventually, other families also shared similar information with me, and I realized that even though I wasn't too familiar with these experiences, as a bishop I had the privilege of helping *all* of my ward members build a more unified community, no matter what they were experiencing.

I quickly realized that to be a more effective bishop, I needed to be willing to try to understand the experiences of members who identify as LGBT and their families. So, through heartfelt and open conversations, trial and error, a lot of study, and relying on the Lord for understanding, I learned a lot about how I could provide greater support to members in these circumstances as they strive to come unto Christ.

My eyes were opened to the need for unity and understanding, and I learned a few lessons that helped me as a bishop set a more inclusive tone with regard to all of our LGBT brothers and sisters. I hope that as leaders and others read what I learned, they will find some helpful ideas for their own situations.



Lesson 1: Follow the Living Apostles

I quickly discovered the value of becoming familiar with the most recent apostolic teachings about the topic.

A beautiful truth of The Church of Jesus Christ of Latter-day Saints is that we are led by *living* apostles and prophets (see Doctrine and Covenants 1:30). And to me, the word *living* implies that we have guidance *in* our time for how the gospel applies to the *needs* of our time. Therefore, if we rely only on the language of the past, we may miss out on beautiful and important guidance the Lord is providing through our current prophets.

One resource that helped me review recent apostolic teachings was the Life Help section of the Church's website, especially the pages titled "Same-Sex Attraction" and "Transgender." A few statements that specifically stood out to me include the following:

- Elder D. Todd Christofferson of the Quorum of the Twelve Apostles said: "The diversity we find now in the Church may be just the beginning. Frankly, I think we will see greater and greater diversity. . . .

[T]he fact that people can bring different gifts and perspectives and the wide range of variance and backgrounds and challenges that people face will show us what really is essential in the gospel of Christ. And that much of the rest, that has been perhaps acquired over time and is more cultural than doctrinal, can slip away, and we can really learn to be disciples."¹

- Elder Quentin L. Cook of the Quorum of the Twelve Apostles extended the invitation to "be at the forefront in terms of expressing love, compassion, and outreach. Let's not have families exclude or be disrespectful of those who choose a different lifestyle as a result of their feelings about their own gender."²

To encourage my ward to study the latest apostolic teachings on this topic, we dedicated one of our combined fifth Sunday lessons to discuss how we could better follow the guidelines. That lesson turned out to be a deeply useful, poignant, and edifying experience.

Find more resources in
the Life Help section at
ChurchofJesusChrist.org.



*“When you’ve
opened your heart
to other people,
you see that we
all belong.”*
—President Jean B.
Bingham

Lesson 2: Choose Faith over Fear

The unfamiliar can be scary. As a new bishop, it was daunting to reach out to a member of my ward who identified as gay and needed spiritual help. It was challenging to lead discussions about this topic and to counsel parents of youth who were struggling with their identity.

A wave of anxious thoughts would come to mind:

“What if I say the wrong thing?”

“What if I sound too conservative or too extreme?”

“Do I even know enough to be helpful?”

One day while contemplating my fears, my mind was drawn to study scriptures that mentioned fear. I felt peace when I read, “Perfect love casteth out all fear” (Moroni 8:16), and that “there is no fear in love; but perfect love casteth out fear” (1 John 4:18).

Those truths helped me to remember that if I acted out of sincere love, I could be confident in receiving guidance and help from the Lord.

I can testify that when I was willing and humble enough to follow the promptings of the Holy Ghost, even when I felt inadequate in unfamiliar situations, I experienced the promise that God will “make weak things become strong” (Ether 12:27).

Lesson 3: Utilize Simple Practices—for Leaders

By seeking advice from faithful resources regarding this topic, I discovered a few practical tips that have had a positive influence on my ability as a bishop to build a community of inclusion. As you rely on the Spirit, you may want to adapt some of the following suggestions to meet the needs of your ward’s circumstances:

- Reach out to individuals who are familiar with LGBT issues to help you learn and understand their perspectives. This could include your stake president, your ward council, other bishops in your area, trusted friends, and members of your ward who identify as LGBT and their families. The Church’s “Same-Sex Attraction” web page (ChurchofJesusChrist.org/topics/gay) can also provide guidance. There is so much help around us, and none of us are alone in fulfilling our callings.
- Humbly share your testimony, and likewise don’t be afraid to ask about things you do not fully understand. We offer support even by being willing to listen and learn.

- Do not be afraid to apologize if you have said or done something that is hurtful, even if it was unintentional. Reciprocal openness builds trust.
- If a friend or ward member makes unhelpful or hurtful comments about LGBT individuals, consider the best way to respond. Most of the time these comments come from inexperience and are not intended to be disrespectful. Giving private guidance can be helpful.
- Be careful that your language toward *all* of God's children is harmonious with your covenants and calling, no matter whom you're speaking with.
- When ward members share their experiences, it's deeply personal. Don't share their private information without their permission.
- Remember that what someone feels and how they choose to respond to those feelings are not the same thing. A Gospel Topics essay explains: "The Church distinguishes between same-sex attraction and homosexual behavior. People who experience same-sex attraction or identify as gay, lesbian, or bisexual can make and keep covenants with God and fully and worthily participate in the Church. Identifying as gay, lesbian, or bisexual or experiencing same-sex attraction is not a sin and does not prohibit one from participating in the Church, holding callings, or attending the temple."³
- Be careful not to limit members' opportunities to contribute if they identify as gay or transgender. Your ward members all have unique experiences and points of view that can be beneficial to your ward. As Elder Christofferson also taught, "Someone who is following . . .

the standards, [the] teachings of the gospel of Christ, though they may be dealing with same-sex attraction, really there is no reason they cannot be fully participative, that they can't be a full-fledged member of the Church, and hold callings, and speak, and enter the temple, and serve there, and all the other opportunities and blessings that can come from Church membership will be available to them."⁴

Continuing to Learn and Love

In the time since I was called as a bishop, I have come to strongly believe that each of our brothers and sisters has a beautiful and unique contribution to make to the gospel of Jesus Christ, to our communities, and to our individual lives. And regardless of our role in the ward, it's a blessed responsibility and privilege to build a more unified community by seeking to better love, understand, and support each of our spiritual brothers and sisters.

As President Jean B. Bingham, Relief Society General President, testified: "If you keep your mind open and your heart open, you find out lots of wonderful things about people that you might not have ever expected. When you've experienced, when you've seen, when you've opened your heart to other people, you see that we all belong."⁵ ■

The author lives in Utah, USA.

NOTES

1. D. Todd Christofferson, in "Same-Sex Attraction," Life Help, ChurchofJesusChrist.org.
2. Quentin L. Cook, in "Same-Sex Attraction," Life Help, ChurchofJesusChrist.org.
3. Gospel Topics, "Same-Sex Attraction," topics.ChurchofJesusChrist.org; see also *General Handbook: Serving in The Church of Jesus Christ of Latter-day Saints*, 38.6.15, ChurchofJesusChrist.org.
4. D. Todd Christofferson, in "Same-Sex Attraction," Life Help, ChurchofJesusChrist.org.
5. Jean B. Bingham, in "Same-Sex Attraction," Life Help, ChurchofJesusChrist.org.





I Had Faith That God Would Guide His Prophet

By Chioma C. Duru

Because we had been calling ourselves “Mormons” and “LDS,” people did not recognize the full name of the Church. I resolved to pray that we members of the Church would realize our mistake. While thinking about this, I remembered the prophet and how only he can speak for the Lord to the whole world. So if a change was going to happen, it would need to come from him. I had faith that God truly does reveal His will to His prophet.

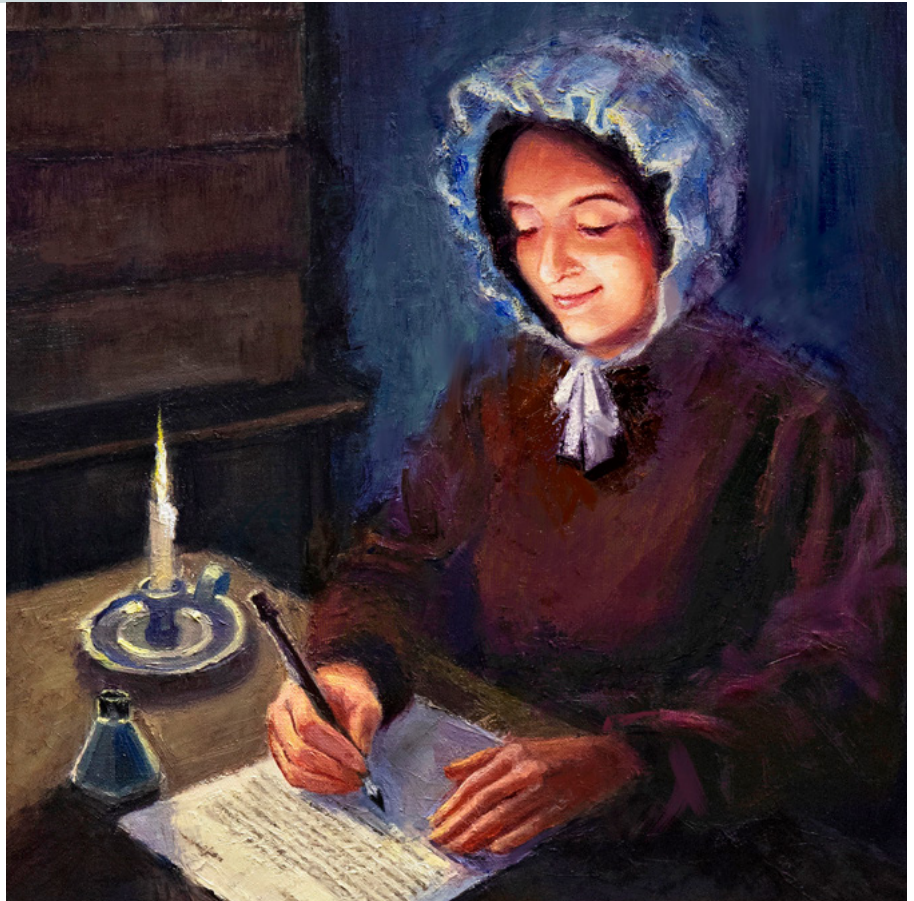
To read more of Chioma's story, see this issue in the Gospel Library or use the QR code:



A Glorious Doctrine

By **Spencer W. McBride**
Church History Department

*May we all feel
the excitement
that Vilate Kimball
felt when she
learned she could
be baptized for
her ancestors.*



In October 1840, 34-year-old Vilate Kimball wrote a letter to her husband, Elder Heber C. Kimball of the Quorum of the Twelve Apostles. “President [Joseph] Smith has opened a new and glorious subject . . . which has caused quite a revival in the church,” Vilate wrote to Heber, who was serving his second mission to Great Britain. The subject of Joseph Smith’s teaching on this occasion was baptism for those who hadn’t had the opportunity in their lifetimes.

“Joseph has received a more full explanation of it by Revelation,” she reported. “It is the privilege of this church to be baptised for all their kinsfolks that have died before this Gospel came forth.” Vilate celebrated the revelation that in doing these

proxy baptisms for deceased family members, “we act as agents for them; and give them the privilege of coming forth in the first resurrection.”

The Kimballs had moved from New York to be with the Saints in Kirtland, Ohio, and then moved to Far West, Missouri. Just a year later, in 1839, they had to flee Missouri with thousands of other Latter-day Saints to escape persecution at the hands of violent mobs. They made their home in Nauvoo, hundreds of miles from where their journey had started.

Although their arrival in Nauvoo had been under trying circumstances, Vilate’s October 1840 letter to her husband was teeming with excitement. “I want to be baptised for my Mother,” she exclaimed. “I calculated

to wait until you come home, but the last time Joseph spoke upon the subject, he advised every one to be up and a doing, and liberate their friends from bondage as quick as possible. . . . Thus you see there is a chance for all. Is not this a glorious doctrine?”

Vilate was one of the first women to be baptized for the dead in Nauvoo. ■

Quotations come from Vilate Kimball’s letter to Heber C. Kimball, Oct. 11, 1840, Church History Library, Salt Lake City; spelling and punctuation modernized.

Go to the digital version of the October 2021 *Liahona* in the Gospel Library app or at Liahona.ChurchofJesusChrist.org to read more about how Vilate Kimball’s letters to her husband give insight into Church history.



Why did Moses, Elias, and Elijah appear in the Kirtland Temple?

“As we prepare to meet God, we can know what our divinely appointed responsibilities are by reviewing the sacred keys restored in the Kirtland Temple.”¹

—Elder Quentin L. Cook of the
Quorum of the Twelve Apostles



What Are Priesthood Keys?

Priesthood keys are the authority God has given priesthood leaders to direct and govern the use of His priesthood on earth.²



MOSES

*Led the Israelites
out of bondage in
Egypt*



ELIAS

*“Apparently lived
in the days of
Abraham”⁵*



ELIJAH

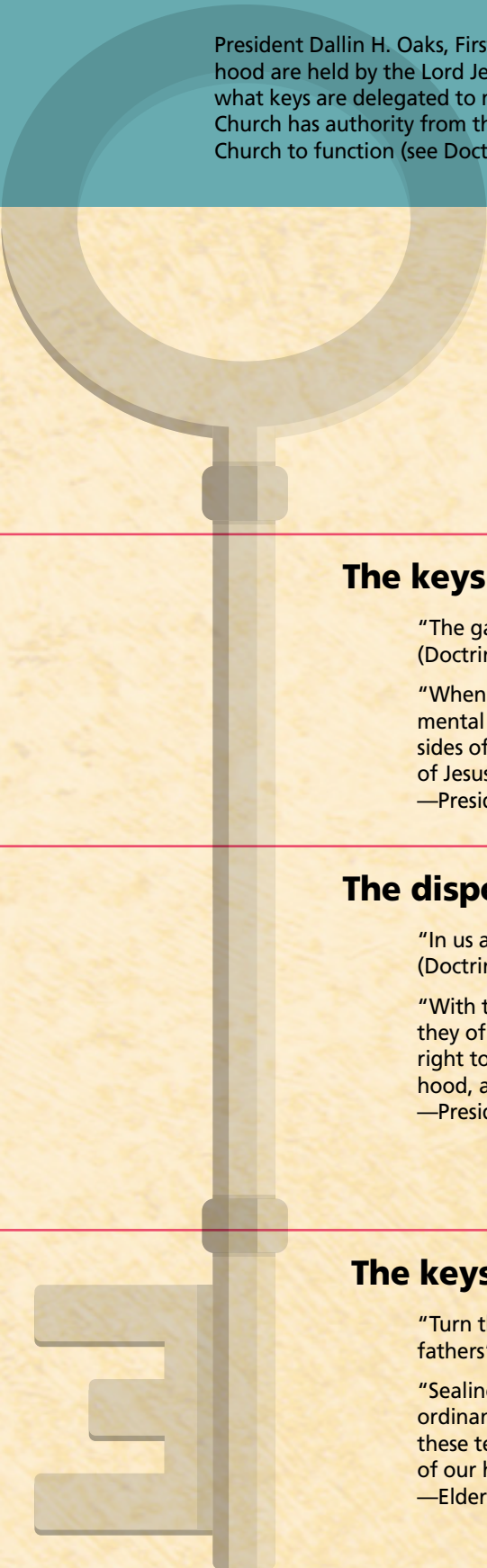
*Was a prophet
in the Northern
Kingdom of Israel,
about 900 BC*

NOTES

1. Quentin L. Cook, “Prepare to Meet God,” *Ensign or Liahona*, May 2018, 114.
2. See *General Handbook: Serving in The Church of Jesus Christ of Latter-day Saints*, 3.4.1, ChurchofJesusChrist.org.
3. Dallin H. Oaks, “The Keys and Authority of the Priesthood,” *Ensign or Liahona*, May 2014, 50.
4. Russell M. Nelson, “Hope of Israel” (worldwide youth devotional, June 3, 2018), HopeofIsrael.ChurchofJesusChrist.org.
5. Guide to the Scriptures, “Elias,” scriptures.ChurchofJesusChrist.org.
6. Russell M. Nelson, “Covenants,” *Ensign or Liahona*, Nov. 2011, 87–88.
7. Gary E. Stevenson, “Where Are the Keys and Authority of the Priesthood?” *Ensign or Liahona*, May 2016, 31.

DISCUSSION

What blessings have you received because of the priesthood? What can you do to participate in this “divinely appointed” work?



President Dallin H. Oaks, First Counselor in the First Presidency, taught: “All keys of the priesthood are held by the Lord Jesus Christ, whose priesthood it is. He is the one who determines what keys are delegated to mortals and how those keys will be used.”³ The President of the Church has authority from the Lord to exercise all the priesthood keys that are needed for the Church to function (see Doctrine and Covenants 132:7).

Priesthood Keys and Authority

On April 3, 1836, the Lord sent Old Testament priesthood holders Moses, Elias, and Elijah to Joseph Smith and Oliver Cowdery to commit to them the following:

The keys of the gathering of Israel

“The gathering of Israel from the four parts of the earth”
(Doctrine and Covenants 110:11)

“When we speak of the *gathering*, we are simply saying this fundamental truth: every one of our Heavenly Father’s children, on both sides of the veil, deserves to hear the message of the restored gospel of Jesus Christ.”⁴

—President Russell M. Nelson

The dispensation of the gospel of Abraham

“In us and our seed all generations after us should be blessed”
(Doctrine and Covenants 110:12)

“With this renewal [of the Abrahamic covenant], we have received, as did they of old, the holy priesthood and the everlasting gospel. We have the right to receive the fulness of the gospel, enjoy the blessings of the priesthood, and qualify for God’s greatest blessing—that of eternal life.”⁶

—President Russell M. Nelson

The keys of the sealing power

“Turn the hearts of the fathers to the children, and the children to the fathers” (Doctrine and Covenants 110:15)

“Sealing keys, restored by the Old Testament prophet Elijah, enable ordinances to take place in holy temples. Ordinances performed in these temples enable individuals and families to return to the presence of our heavenly parents.”⁷

—Elder Gary E. Stevenson of the Quorum of the Twelve Apostles



How do we draw upon the powers of heaven?

In Doctrine and Covenants 121:36 we learn that “the powers of heaven cannot be controlled nor handled only upon the principles of righteousness.” Verses 40 and 41 provide some examples of righteous principles. Learning to live by these principles will help us draw the powers of heaven into all aspects of our lives.

DRAWING THE SAVIOR’S POWER INTO OUR LIVES

“When the Savior knows you truly want to reach up to Him—when He can feel that the greatest desire of your heart is to draw His power into your life—you will be led by the Holy Ghost to know exactly what you should do.”

President Russell M. Nelson, President of The Church of Jesus Christ of Latter-day Saints, “Drawing the Power of Jesus Christ into Our Lives,” *Ensign* or *Liahona*, May 2017, 42.

NOTES

1. See David A. Bednar, “Meek and Lowly of Heart,” *Ensign* or *Liahona*, May 2018, 32.
2. See *Preach My Gospel: A Guide to Missionary Service* (2018), 124, 132.

What does it mean to be long-suffering?

One definition of *long-suffering* is having the ability to endure in giving love, even when we may feel alone, hurt, or frustrated. Do you know others who are examples of being long-suffering? How can you follow their example?



How can I show meekness?

Part of being meek is recognizing the successes of others.¹ Is there someone in your life you can sincerely congratulate or praise?

Am I showing love sincerely?

Divine love is genuine. How can you develop more genuine love for the people around you? Chapter 6 of *Preach My Gospel* teaches how to develop Christlike qualities and lists several scriptures you can study about love.²





Doctrine and Covenants 124

What does it mean to have integrity?

In Doctrine and Covenants 124:15, the Lord said He loved Hyrum Smith “because of the integrity of his heart.” Consider how you can show integrity in these areas of your life:

Professional Integrity

This includes doing your best at your job or schoolwork and not taking credit for others’ work.

President Russell M. Nelson asks: “If employed to do a job, are you totally true to your employer? Or do you let yourself be less than loyal?”¹



You Deserve Integrity!

President Nelson encourages us: “Your precious identity deserves your precious integrity! Guard it as the priceless prize that it is.”⁴



Interpersonal Integrity

This includes answering for your mistakes and doing what you’ve promised others you would do.

“Integrity safeguards family love, and love makes family life rich and zestful—now and forever.”²

Do you keep your promises to others?



Spiritual Integrity

This includes staying true to your past spiritual experiences and not denying them.

“Our quest for light will be enhanced by our willingness to recognize when it shines in our lives.”³

What spiritual experiences have you had that you can’t deny?

NOTES

1. Russell M. Nelson, “Integrity of Heart” (Brigham Young University devotional, Feb. 23, 1993), 4, speeches.byu.edu.
2. Russell M. Nelson, “Integrity of Heart,” 3.
3. Vern P. Stanfill, “Choose the Light,” *Ensign* or *Liahona*, Nov. 2015, 57.
4. Russell M. Nelson, “Integrity of Heart,” 7.



By Elder
Jeremy R. Jaggi
Of the Seventy

*What I learned
about the temple
as a young
missionary has
blessed me ever
since.*

The Kirtland Temple

A Place of Holiness

Many missionaries open their mission call surrounded by family and friends. I opened mine all alone in a potato field. I was a student at Ricks College (which later became Brigham Young University–Idaho). We didn’t have social media or the internet back then, and I was away from my family. So I went into the field, offered a prayer, and opened the letter.

“You are called to labor in the Ohio Cleveland Mission,” it said. I thought it was especially sweet that Kirtland, Ohio, was part of the mission, though I didn’t understand its significance at that time.

Welcome to Ohio

My first assignment was the Ashtabula Ward, part of the Kirtland stake. On our way to my first area, my companion, Elder Shawn Patrick Murphy, and I stopped at the Newel K. Whitney store in Kirtland. Today there is a large visitors’ center there, but at the time it was a small place. I remember walking up the stairs to the room above the store where Joseph Smith held the School of the Prophets. I knew little of the history of the place, but I still felt something distinct as we entered that plain room with its simple wooden benches.

The director of the center was a former mission president, President Brewer. As he spoke about this place where the Brethren studied and learned together, I felt the Spirit deeply. I began to see the role Kirtland played as a hinge point in the history of the Church.

A Place of Preparation

In the early 1830s, Independence, Missouri, was identified as the site of the New Jerusalem. The Saints had begun to settle there. But they were then forced out because of differences with other Missouri residents and opposition to the Saints’ beliefs. In 1834, Joseph organized a group of about 230 men, women, and children, later known as Zion’s Camp. They were to travel 900 miles (1,450 km) from Ohio to Missouri to help the Saints regain land they had

ILLUSTRATION BY DAVID GREEN



legally purchased. The journey was not successful in getting the land back, but it created a setting that helped prepare many future leaders of the Church, including Church Presidents Brigham Young and Wilford Woodruff.

It wasn't just the preparation of leaders that was important. The sanctifying effect of Zion's Camp prepared a people who were willing to sacrifice to build a temple.

In Kirtland, the Prophet received revelation after revelation about the organization of the Church, all in preparation for what would be the crowning achievement—the building of the temple.¹ And sacrifice literally brought forth the blessings of heaven.² The Saints were so poor they could hardly afford the necessities of life. Yet they consecrated their time, talents, and possessions—the very covenant we make in the temple today—to build the house of the Lord.

The Spirit of the Temple

Today the Kirtland Temple is owned and maintained by another church—the Community of Christ. When a guide from that church took us through the building, I felt the Spirit as he quoted from journals of those who witnessed marvelous events at the temple's dedication. These events included seeing angels and the temple seeming to be ablaze with light.³ The Spirit confirmed to me that this had indeed been a house of God.

I served in the Ashtabula Ward for seven months. Almost every preparation day, we took those we were teaching to visit the Newel K. Whitney store and talk about the Kirtland Temple. Many times we recited the inspiring account of Christ's appearance at the temple:

"His eyes were as a flame of fire; the hair of his head was white like the pure snow; his countenance shone above the brightness of the sun; and his voice was as the sound of the rushing of great waters, even the voice of Jehovah, saying:

"I am the first and the last; I am he who liveth, I am he who was slain; I am your advocate with the Father" (Doctrine and Covenants 110:3–4).

In addition to the Savior, others also visited the temple—Moses, Elias, and Elijah. They committed to Joseph keys for the gathering of Israel, the dispensation of the gospel of Abraham, and temple and family history work. (See Doctrine and Covenants 110:10–16.)

Sacrifice and Blessings

Because these visitations are so significant, I think we sometimes overlook the significance of other things that also occurred. In the dedicatory prayer, Joseph Smith addressed the Lord God of Israel, "who keepest covenant and showest mercy," and pleaded with the Lord to "accept the dedication of this house unto thee, the work of our hands, which we have built unto thy name" (Doctrine and Covenants 109:1, 78).

By appearing in answer to that prayer, Jesus Christ, as the mouthpiece of God the



Father, showed that He accepted His house, the ordinances that would be performed there, and the covenants that would be made there. That acceptance has been granted to every temple that has been dedicated since then, as well as to the covenants made and ordinances performed in those temples.

In the dedicatory prayer, Joseph also specifically asked the Lord to bless those who served in presidencies, as well as their families. Today, those blessings are extended to Relief Society presidents, quorum presidents, Young Women presidents, stake presidents, mission presidents, and so on. (See Doctrine and Covenants 109:71.) Then Joseph asked the Lord to “remember all thy church, O Lord, with all their families . . . that thy church may come forth out of the wilderness of darkness, and shine forth” (Doctrine and Covenants 109:72–73).

Joseph sought specific blessings for presidencies and their families, for members and their families, and for the Church as a whole. We regularly witness the fulfillment of those blessings as the Church shines forth as a light in the darkness.

Three Basic Truths

The dedication of the Kirtland Temple exemplifies for me three basic truths:

1. **We are blessed when we prepare for the temple.** The Saints had to prepare for the Kirtland Temple to be built. They had to sacrifice, purify themselves, and develop willing hearts. We need to do the same to become more ready to receive blessings the Lord has for us.

2. **We can receive revelation in the house of the Lord.** The visions given to Joseph Smith and Oliver Cowdery in the Kirtland Temple provided guidance, direction, and understanding. On a personal level, we can also find inspiration when we go to the temple seeking answers.
3. **We can find refuge in the temple.** In a time of persecution and poverty, the Saints in Kirtland found that the house of the Lord was a sanctuary from the worries surrounding them. The same is true for us today.

Temple Blessings

Over the years, I have found that the things I learned about the temple as a young missionary in Ohio have blessed my family and me. For example, in the temple a year after we were married, my wife, Amy, and I received an impression that it was time to have a child. We were students, and because of tight finances I was tempted to cast the prompting aside. But the Lord was preparing us.

We had three miscarriages over the next two years, and I wondered, “Why the prompting to have children if we’re not able to have them?” Then we moved to California, worked with a fertility specialist, and finally had our first child, Mackenzie.

By following the inspiration we received in the temple, we began a process that took three years. If we had not followed the prompting when we did, it would probably have been at least another three years before we had our first child. We count that experience as a blessing of preparation and revelation.

We had a second child, Emma, but then we had another miscarriage and the loss of our son, Stewart. In subsequent months and years, as we sought peace, we learned that most of the symbols in the temple point us to the Savior and the healing balm only His Atonement can give.

I am grateful for the blessings of the temple. I testify to you that it is a place of preparation, revelation, and peace. ■

NOTES

1. Forty-six revelations published in the Doctrine and Covenants were received by Joseph Smith in or near Kirtland.
2. See “Praise to the Man,” *Hymns*, no. 27.
3. See *History of the Church*, 2:428.

"Do You Know How Grateful I Am?"

By Sherri Heider Wright

Dorothy knew the end was coming. Every day she lost something more—not tangible things, but abilities. The ability to shower herself. The ability to fix her own meals. The ability to walk to the bathroom without falling. The ability to unlock the back door and pick up the paper. The ability to write a note to a loved one.

Some things she hadn't lost yet, though. Her spunk. Her wit. Her gratitude. Because of that, being with Dorothy brought joy. Her home seemed to welcome guests from both sides of the veil.

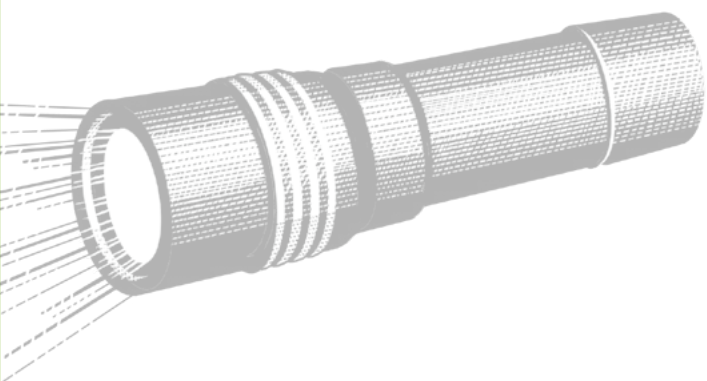
One night, I was the ward Relief Society guest staying with her—supposedly helping *her*. A spring storm arose, and the power went off about 11:00 p.m. We discovered the power was out when I tried to turn the lights on so I could help her to the bathroom. I flipped the switch, but nothing happened. Dorothy was prepared, however. She pulled a tiny flashlight from a pocket on her walker, and somehow with that meager light we managed to stumble down the hall. After the slow walk back to her chair, she smiled and said, "Do you know how grateful I am?"

The same night, about 12:30 a.m., something woke me. I heard the prompting: "Dorothy needs her portable oxygen." I noticed that the bubbling of Dorothy's regular oxygen machine had stopped. The power was still off. I hurried to get her portable oxygen. I put it on her, trying not to wake her. As I placed the tubes around her face, she looked up and again said, "Do you know how grateful I am?"

Fortunately, when I texted our Relief Society president at 1:00 a.m., she answered. "The power isn't off at my house," she said. "I'll call the power

One night while caring for an elderly sister, I learned a lifelong lesson about giving thanks.





company.” Her call must have done the trick, because at 1:30 a.m., trucks arrived and men began restoring electricity to Dorothy’s home. When she awoke at 2:30 a.m. to make another slow, flashlight-guided walk to the bathroom, she looked through the kitchen windows. She saw all the workers and said, “I hope they know how grateful I am.”

The workers left at 5:30 that morning, just as the battery ran out on her portable oxygen. But the lights were back on. After another slow trip to the bathroom, we saw that her regular oxygen machine was bubbling once again. I helped her safely settle back into her chair. Before she closed her eyes, she told me about three other visitors she had seen during the night—family members who had come to bring her comfort and peace. Then she whispered once again, “Do you know how grateful I am?”

I left Dorothy’s home at 8:00 a.m. on Saturday morning when another sister from our ward arrived to be with her. As I sat in my car, tears started to form. I felt such love for Dorothy, such thankfulness for the tender moments I had spent with her.

I found myself offering a prayer of thanks as her words came tumbling from my heart: “Heavenly Father, do *You* know how grateful *I* am?”

Even though Dorothy was advanced in age and in need of assistance, her simple example of gratitude blessed me that night. And it continues to bless me. Though she has passed on, I often find myself thinking, “Do people know how grateful I am?” And whenever I do, I try to express that gratitude. ■

The author lives in Utah, USA.

LEARN MORE

Read about taking care of yourself while giving care to others in the April 2021 *Liahona*—one article in print (“While Caring for Others, Take Care of Yourself”) and another online (“Caregiver? Take Care of Yourself Too”).

Temples, the Name of the Church, and Including Others

Dear Parents,

In this issue you can learn about using the correct name of the Church, the importance of temples, and including others. You can use these articles and the ideas below to open conversations with your family about things we can do to progress along the covenant path.

GOSPEL DISCUSSIONS

Thus Shall My Church Be Called

President Henry B. Eyring talks about why we use the full name of the Church and what blessings we receive by doing so (see page 6). You could read this article as a family and discuss how using the full name of the Church is a way to share our testimony.

The Temple

Use the articles on pages 10–17 and the stories in the *Friend* magazine to help your family learn about the temple. Consider asking your children what the temple means to them. Use Church resources to help you answer any questions they have about the temple.

Inclusion

If you have older children who experience same-sex attraction or have friends who do, read the article on page 20 together. Then discuss how you can help your children or their friends feel more included and how you can share God's love for them.

Come, Follow Me Insights

See pages 26–29.



COME, FOLLOW ME FAMILY FUN

The Weight of Affliction

Doctrine and Covenants 122:5–9

1. Gather some heavy items, such as rocks or large books.
2. Have everyone sit in a circle.
3. Show a picture of Joseph Smith in Liberty Jail.
4. Read Doctrine and Covenants 122:5–7.
5. For each affliction mentioned in these verses, place a rock in the middle of the circle.
6. Have each family member add one more rock to the pile to represent a trial they have gone through.
7. Read Doctrine and Covenants 122:8–9.
8. Who has felt the pain of all of these trials? Imagine how it would feel to carry them all.

Discussion: In what ways does the Lord understand us, help us, and turn our trials into experiences that “shall be for [our] good”? (Doctrine and Covenants 122:7). For ideas, see Jeffrey R. Holland, “Lessons from Liberty Jail,” *Ensign*, Sept. 2009, 29–32.

Submitted by Mitzi Schoneman

FROM *FOR THE STRENGTH OF YOUTH MAGAZINE*

Using the Missionary Referral Tool

Read this article as a family and discuss how each person can use this tool to make missionary work easier. Find out what information they would need to refer someone to the missionaries. You can help them do that, or if they have their own devices, show them how to use the tool for themselves.

Preparing for Your Endowment

If you have children who are preparing to receive their endowment, read this article with them. Discuss any questions they have.

Blessings of Using the Correct Name of the Church

Discuss with your children what the correct name of the Church is and why we use it. Read this article by Elder Ulisses Soares and use the ideas to guide your discussion and to help your children recognize the blessings of using the correct name of the Church.

Growing Strong in Ireland

Do you live where there aren't very many members? Read Evan's story as a family about how he stands for his beliefs as one of the only Church members in his school. Ask your children how they can make good choices and stand for truth even when they have to stand alone.



FROM *THE FRIEND MAGAZINE*

All about Temples

Learn about Elena's first temple trip, Ajan's excitement to get a temple recommend, and Margaret's sacrifice to attend the temple in New Zealand.

Use the "My Story" journal page to help your children figure out how many years, months, and days they have until they can get their temple recommend.

Loving and Accepting Others

Angie doesn't like the new boy in her class until she learns more about him. Use this story to teach your

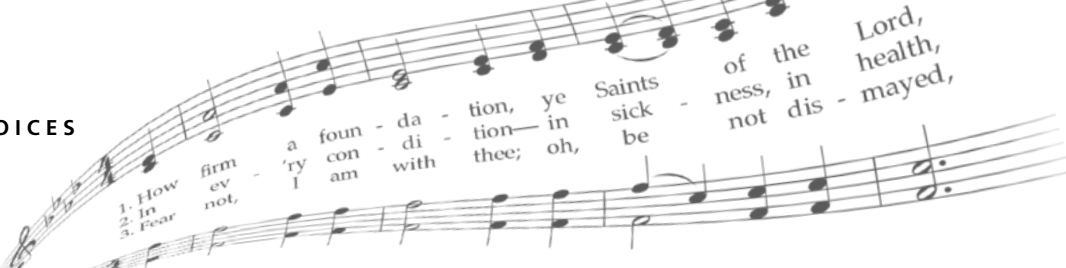
children about loving others instead of judging them.

Come, Follow Me for Little Ones

Find weekly scripture-based activities and other helpful resources for teaching younger children in the For Little Friends section.

Apostles around the World

Learn about Elder Dale G. Renlund's visit to Church members in the Caribbean.



Would I Ever Belong?

By Jill Bitner, Texas, USA

As I sang different words from everyone else, I felt like an outsider.

In January 2009, my husband and I flew to Germany. He had accepted a job there, and we spent a week in Berlin to prepare to move our family.

Instantly, I felt overwhelmed by the differences between Germany and the United States. That night, I didn't dare leave our hotel.

But the next morning, Sunday, I gathered my courage to attend sacrament meeting. When we entered the chapel, a kind man recognized us as Americans and gave us an English hymnbook. As I sat on the back row and sang different words from everyone else, I felt like an outsider.

The ward offered English translation and gave us headphones.

Halfway through the meeting, I wanted to tear mine off and return to my American ward. But when I sang the second verse of "How Firm a Foundation," the Holy Ghost took hold of my heart.

*At home or abroad, on the land
or the sea—
As thy days may demand, . . .
so thy succor shall be.¹*

The hymn felt like a message from the Lord. Tears poured down my cheeks as I hurried to the foyer, where a soft-eyed man gave me his trusty pocket packet of tissue. (Nobody in the ward was ever without one.)

Fast forward three and a half years.

In the same chapel on a Sunday morning in June, the organist began playing a hymn. I opened my German hymnbook and started to sing.

That's when the Holy Ghost enveloped me again. I was again singing "How Firm a Foundation," but everything was different.

I looked around. Instead of seeing strangers, I saw friends. Behind me sat our former stake president, who had quickly learned our names. On the front row my deacon son rubbed shoulders with the young men who had visited him in the hospital when he was diagnosed with diabetes. Near them sat the ward Young Women leader, who had taught my daughter to make delicious potato pancakes.

Throughout the chapel sat young people I had taught and loved in an English-speaking institute class, my faithful visiting teachers, and others who cheerfully joined the ward ballroom dance classes the bishop had asked me to teach.

Tears blurred my vision, but this time I didn't run from the chapel. Instead, I dug into my purse for my own trusty pocket packet of tissue.

Nobody in the ward was ever without one. ■

NOTE

1. "How Firm a Foundation," *Hymns*, no. 85.

How I Became a Temple-Loving Person

By Harmony Seivert, Hawaii, USA

I had committed to attend the temple every Friday, but several inches of snow one morning tested that commitment.

I was attending Brigham Young University in 1994 when President Howard W. Hunter (1907–95) counseled members of The Church of Jesus Christ of Latter-day Saints to become “a temple-attending and a temple-loving people.” He said, “Let us hasten to the temple as frequently as time and means and personal circumstances allow.”¹

At the time, I was living in an apartment that was only a 15-minute walk from the Provo Utah Temple. I didn’t have a car, but I knew that I had no excuse for not attending the temple regularly. I decided to make it a priority.

I arranged my class schedule so that I would have Fridays open. Then I committed to make that my temple day. Every Friday that semester, rain or shine, I walked to the temple at 7:30 a.m. to be baptized for the dead. If a big paper or project was due, I went to the temple first and then dedicated the rest of my day to schoolwork.

One winter morning I awoke to several inches of snow. A native of central California, I was not accustomed to snow and was dreading the uphill walk to the temple. But instead of rationalizing and staying home, I put on warm boots, carried my

church shoes, and started my walk to the temple.

When I arrived, I was greeted by a familiar temple worker who was pleased to see that I had made the trek despite the gloomy weather. Once inside, I felt a sense of triumph mixed with gratitude. I realized, just as the prophet had asked, that I had become “a temple-attending and a temple-loving” person.

In the years since then, my time, means, and circumstances, as well as my proximity to a temple, have changed several times. But with each change, I have arranged my schedule so that I can continue to make temple attendance a priority in my life.

As I have done this, the blessings of the temple have come into my life, just as President Hunter promised. ■

NOTE

1. Howard W. Hunter, “The Great Symbol of Our Membership,” *Ensign* or *Liahona*, Oct. 1994, 5.



Angels in the Temple

By Justin Tate, Maryland, USA

I worried that my nervous condition might distract others in the temple—until I heard a couple’s comforting words.

The temple is the most still and quiet place on earth, right? Well, maybe not for someone like me with Tourette’s syndrome. This neurological condition causes me to make constant movements and noises against my will. My Tourette’s can make people uncomfortable when I’m near them in a quiet place.

One day during an endowment session in the Washington D.C. Temple, I worried that I might bother or distract others. It takes all of my focus to control my tics, which prevents me from concentrating on anything else. So, as I tried to concentrate on the endowment, it was impossible for me to completely control my tics, though I did my best. I struggled more than usual during the session.

Afterward, as I was leaving the celestial room, I heard a comforting voice behind me say, “Please come back. Please keep coming to the temple.”

The voice came from a couple who had seen me struggling. They wanted to assure me that

I was always welcome in the temple no matter what noises or movements I made. Their words made me feel that I was just as welcome and needed there as anyone else.

As they hugged me, the Holy Ghost blessed me with peace and joy. God had sent me a tender mercy in the form of those two angels, who comforted me and showed me that He cares. Because of them, I felt the peaceful, still, quiet feeling I had hoped to feel in the temple that day.

“Not all angels are from the other side of the veil,” Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles has said. “Some of them we walk with and talk with—here, now, every day.”¹

We all can be angels to those around us as we convey “love and concern for [God’s] children.”² ■

NOTES

1. Jeffrey R. Holland, “The Ministry of Angels,” *Ensign* or *Liahona*, Nov. 2008, 30.

2. Jeffrey R. Holland, “The Ministry of Angels,” 29.

The Great Accompanist

By Brigitta Wright, Utah, USA

In the middle of my complaining, a simple but powerful thought entered my mind and increased my gratitude.

There's something thrilling about sitting on a bench, hands over the piano's ivory keys, waiting for your cue from the conductor. Accompanying is one of my favorite hobbies, but it is not one that is noticed. Sometimes my ego gets in the way, and I want someone to acknowledge my efforts.

We accompanists back up performers, maintain the tempo, and create the harmonizing and feeling of the music. At times, we even cover the mistakes of performers. We put in long hours before and after rehearsals. Sometimes we are *last* to receive the music but *first* to be expected to learn it.

During a difficult time, I was struggling with these feelings. I felt that no one appreciated my work. One night I knelt beside my bed to tell Heavenly Father.

I began my prayer by listing everything I was doing and not receiving thanks for. I didn't need much, but I needed *something*. I told Him that I felt forgotten.

During my complaining, the Spirit whispered a thought to my mind that changed my whole perspective.

I stopped praying as I suddenly saw my situation in a different light. I began going through my list of complaints, thinking of them in terms of Heavenly Father as the accompanist.

I was surprised and humbled as I thought about how we may not realize how much He helps us, adds to our life, covers for our mistakes, and "neither slumber[s] nor sleep[s]" (Psalm 121:4) for our sakes. Do we invite Him last but expect Him first?

After that experience, I began to thank Him for His superb accompaniment in my life. Everything I am is because of Him and His Son. What a different perspective! He didn't chastise me for my feelings or my complaining. Instead, He chose to teach me. He taught me a different way to see Him and others.

Now when I fall into the self-pity trap, I remember my Great

Accompanist—the One I'm rehearsing with and the One I need to thank. Heavenly Father taught me to appreciate Him in a different way than I ever had, to see those around me with more appreciation, to have more of a grateful heart, and to remember His Son's words: "I am come that they might have life, and that they might have it more abundantly" (John 10:10). ■





Covenants

Can Transform Our Relationships

By Emily Abel

As a child, I was proud to be able to define a big word like *covenant*. Whenever the topic came up at church, I would proudly burst out, “A covenant is a promise between me and God!”

Growing up, I made covenants through baptism and in the temple, and my definition remained mostly unchanged. I saw covenants as a set of rules for me to follow, and then God would hold up His side of the bargain by bestowing promised blessings.

To me, covenants seemed to be something to check off a list of life to-dos. I could see how other gospel practices, like prayer and fasting, were about developing a *relationship* with Heavenly Father, but covenants seemed to be about Heavenly Father’s *rules*.

Well, it turns out that my childhood definition was a good start, but it needed a few more lines if covenants were going to transform my life the way God intended them to.

Filling in the Missing Pieces

These words from Elder Gerrit W. Gong of the Quorum of the Twelve Apostles were a helpful starting place for my evolving definition of *covenant*:

“By divine covenant, we belong to God and to each other. Covenant belonging is a miracle. . . .

Covenants can give us power to love ourselves, serve others, and return to our Heavenly Father and Savior.

“ . . . It is not to give up on ourselves, on each other, or on God.”¹

Since finding that quote, I’ve realized that covenants have a daily impact on our lives. When we truly live by the covenants we’ve made, we don’t give up on ourselves, on the people around us, or on God. Our covenants help us understand the true nature of our relationships and give us the power we need to develop them.

Covenants are about more than following rules; they are about strengthening relationships!²

Let’s look at three key relationships in our lives and how our covenants can transform them: our relationship with ourselves, with others, and with our Heavenly Father and Savior.

Recognizing Our Eternal Identity

Everyone craves a sense of identity. When I was in high school, I founded much of my identity on my love for dance. As I was consistently taking dance classes and giving performances, “dancer” was a core part of who I was.

But then I graduated from high school, and life took me on a path away from dance. Without dance, I lacked a daily drive, and I ached to feel like I was part of a group again. I struggled with despondent feelings for weeks as I tried to rediscover who I was and where I belonged. This difficult experience taught me that while some identities are fleeting, others can enrich our lives forever.

Elder Gong taught:

“With infinite love, [God] beckons us to come believe and belong by covenant.



“... The age-old paradox is still true. In losing our worldly self through covenant belonging, we find and become our best eternal self—free, alive, real.”³

Being a member of a dance group was a meaningful, instructive experience, but focusing too much on my label as a dancer distracted me from my eternal identity.

What helped me refocus on my eternal identity was reminding myself of my baptismal covenants. By deciding to shape my identity first and foremost around being a disciple of Jesus Christ, I found the belonging I craved.

I also realized that making and keeping sacred covenants with God helps us keep our focus on Christ, which will help us excel in all areas of life. I believe Christ cares about my love for dance and has helped me find success in doing it; I just had to learn to not let dance be the basis of my identity.

This mortal journey will look different for everyone, but keeping covenants and staying on the covenant path can bring all of us the power we need to become our best selves.⁴

Deepening Our Love for Others

Loving relationships are one of the most fulfilling parts of life, but they can also be hard to build and maintain. Through our covenants, we will better understand how to love the people around us. Elder Gong said, “In the revelation of our true, divine selves through our covenants with God, we learn to recognize and love our brothers and sisters as He does.”⁵

Covenants can transform our perspective of earthly relationships. For example, after a friend of mine was baptized in her forties, she said she had a different understanding of her role as a mother. Knowing that Heavenly Father would guide her through the gift of the Holy Ghost gave her reassurance that she could help her children overcome their individual challenges.

Being a covenant keeper can bless our earthly relationships in many ways, including the following:

- When we remember the eternal nature of covenants,

Through our
covenants, we will
better understand
how to love the
people around us.

we can find increased hope, strength, and patience in difficult relationships.

- As we become better at keeping promises, we can develop a deeper level of trust in one another.⁶
- “Mourn[ing] with those that mourn” (Mosiah 18:9) can help us develop feelings of closeness and love.
- When we recognize that we are all children of Heavenly Father, our hearts can be filled with love for even complete strangers (see Doctrine and Covenants 18:10–11).

Those are just a few examples. But I am grateful that as we keep our covenants, Heavenly Father can lend us power to develop the attributes and perspectives needed for successful relationships.

Strengthening Our Relationship with God and Jesus Christ

While it is true that the same words are used when individuals make certain covenants (such as baptism and the temple endowment), there are two words that were spoken when I entered these covenants that made them unique: *Emily Abel*. Those two words turned universal covenants into my personal invitation for Christ to be present in my life. Because of those covenants, I am now, through priesthood power, bound to Christ “by loving ties,”⁷ and He is now bound to me. The same is true for every person who makes covenants.

Dr. Ellie L. Young, associate professor of clinical psychology and special education at Brigham Young

University, said: “Being bound to Christ means that we know Him. We feel His comforting love. We feel His guiding hand in our lives.”⁸

Our covenants are, at least in part, about learning to love our Heavenly Father and Savior and to know Their voices (see Alma 5:60). And seeing our covenants as part of a personal, evolving relationship with Them is essential to returning to the covenant path when we stray. When we do make a wrong turn while trying to walk the covenant path, They call out and invite us to return. Heavenly Father and Jesus Christ are always willing to forgive when we sincerely want to come closer to Them.

Now I know that honoring my covenants means having a strong *relationship* with Heavenly Father and Jesus Christ. Even after we commit a major sin, our covenants are not forever nullified if we repent. Our Father in Heaven and Savior invite us to come and begin making repairs. As Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles said, “It is not possible for you to sink lower than the infinite light of Christ’s Atonement shines.”⁹

In a world with so much competition, I am grateful for covenants that help me remember my infinite worth. In a world filled with complex relationships, I am grateful that covenants can guide my interactions with others. And in a world full of challenges, I am grateful for my Heavenly Father and Savior, who will help me navigate my way safely home. ■

The author lives in Utah, USA.

NOTES

1. Gerrit W. Gong, “The Miracle of Covenant Belonging,” *Ensign*, Feb. 2019, 28–29.
2. See Gérald Caussé, “It Is All about People,” *Ensign* or *Liahona*, May 2018, 111.
3. Gerrit W. Gong, “Covenant Belonging,” *Ensign* or *Liahona*, Nov. 2019, 80.
4. See Dieter F. Uchtdorf, “You Matter to Him,” *Ensign* or *Liahona*, Nov. 2011, 22.
5. Gerrit W. Gong, “The Miracle of Covenant Belonging,” 28.
6. See Ronald A. Rasband, “Standing by Our Promises and Covenants,” *Ensign* or *Liahona*, Nov. 2019, 53–56.
7. “Our Savior’s Love,” *Hymns*, no. 113.
8. Ellie L. Young, “The Transformative Power of Covenants” (Brigham Young University devotional, June 11, 2019), 2, speeches.byu.edu.
9. Jeffrey R. Holland, “The Laborers in the Vineyard,” *Ensign* or *Liahona*, May 2012, 33.

The Blessings of Being a Temple Worker

Serving in the temple made the ordinances and blessings even more special to me.

By Robert Parry

When I first went to the temple, I was awestruck by the majesty of the Lord's house. I felt clarity about who I was, why I was on earth, and where my path could lead me when I focused on Christ.

I had just been called to serve a mission in England, and I was excited to go through the temple before I left. I prepared beforehand by learning about temple ordinances and preparing myself to make covenants with the Lord.

Afterward, I knew I wanted to go there consistently throughout my life. And that decision influenced my desire to serve as an ordinance worker too.

Sacrificing to Serve


As Elder Ronald A. Rasband of the Quorum of the Twelve Apostles taught, "Attending the temple increases our understanding of the Godhead and the everlasting gospel, our commitment to live and teach truth, and our willingness to follow the example of our Lord and Savior, Jesus Christ."¹

I wanted to invite those blessings into my life, so when I returned home from my mission, I spoke to my bishop about becoming a temple worker. I was eventually called to serve in the Washington D.C. Temple for a few months while I was working to save money for school.

I served in the temple during the 6:00 p.m. shift every Friday night. This schedule required me to leave my job early and travel for two hours. It was a big and sometimes tough commitment to keep every week.

At the time, I was working long hours doing lots of physical labor, so I was usually pretty tired for my temple shift. I was also mentally exhausted most of the time with preparing to go back to college and figuring out what I was going to do for the rest of my life.

But during my shifts, I was always excited to learn more about the ordinances. And despite my constant fatigue and endless to-do list, I somehow found peace in the temple. I always left feeling grateful for the chance to serve the Lord there, and I felt spiritually renewed at the end of each shift as I focused on the Savior. The peace I felt also helped me find direction and answers for my life.

A close-up photograph of a hand turning a temple key on a wooden door. The key is ornate, with a central emblem and decorative scrollwork. The hand is light-skinned and is shown from the side, gripping the handle of the key. The background is a warm, golden-brown color, suggesting the wood of the door. The lighting is soft, creating a gentle glow around the hand and the key.

I wanted to invite those blessings into my life.

Making Time

My temple service ended when I moved away to attend college. And I was so busy and overwhelmed with my studies that I didn't attend the temple as often. I started to notice a nagging feeling that I needed to serve there again, so I met with my bishop to ask about it.

I received a call to serve in the temple on Saturday afternoons.

Yes, I was so busy, but I was thrilled to make time to serve in the Lord's house every week. With each shift, I grew closer to the Savior and to Heavenly Father, and I was able to enjoy the peace that is unique to His house.

Enjoying the Blessings of the Temple

My temple service has been somewhat brief, but I can testify that my time serving has changed my life for the better.

Because of the sacrifices I made to serve and because of the goodness of the Lord, I truly feel like I received the blessings of the temple that President Russell M. Nelson once described: "I promise you that the Lord will bring the miracles He knows you need as you make sacrifices to serve and worship in His temples."²

I have experienced those miracles. And I know you can too as you make temple service a key part of your life.

We won't all have the opportunity to serve as a temple worker. But by participating in temple and family history work, keeping and honoring our covenants, and attending the temple when we are able, we can all come closer to Heavenly Father and Jesus Christ and invite Their guidance and goodness into our lives. And when They are our focus, we can always have peace in our hearts, no matter what challenges we face. ■

The author lives in Utah, USA.

NOTES

1. Ronald A. Rasband, "Recommended to the Lord," *Ensign or Liahona*, Nov. 2020, 23.
2. Russell M. Nelson, "Becoming Exemplary Latter-day Saints," *Ensign or Liahona*, Nov. 2018, 114.

MORE FOR YOU IN YA WEEKLY!



How do
covenants affect
my relationships
with others?



What blessings
come from doing
**temple and family
history work?**



How can I
find **more
meaning in
temple worship?**

You can find answers to these questions and others in this month's YA Weekly (located in the Young Adults section under Audiences in the Gospel Library).

Each month in YA Weekly, you can also find new articles and insights about missionary work, help in gaining life skills, devotionals from Church leaders speaking to young adults, and more.

PHOTOGRAPH OF THE HAGUE NETHERLANDS TEMPLE BY NICOLE IJER





PAPERLAND TEMPLE BY AMY ZELESKI

YOUNG ADULTS

*How covenants can
transform our relationships*

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UNITY

**INCLUDING
OUR BROTHERS
AND SISTERS**

18, 20

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