



MY FAVORITE SCRIPTURE

D&C 64:10

This is my favorite scripture because we all make mistakes. No one is perfect except Jesus Christ, so we should learn to forgive each other when we make mistakes.

Cedric G., age 16, Luzon, Philippines

SEND US YOUR STORY

Do you have an experience with applying counsel from these guidelines in *For the Strength of Youth*?

- Music and dancing
- Physical and emotional health
- Repentance
- Sabbath day observance

Please submit your experience online at liahona.lds.org or by e-mail to liahona@ldschurch.org with "For the Strength of Youth" in the subject line. In your e-mail, include your full name, birth date, ward and stake (or branch and district), and parent's permission (by e-mail) to print your response.



PERSONAL PROGRESS PRAYER

By Amalia Camila Wilte

All my life my parents taught me to pray, but as I began to grow up, I said my personal prayers only at night. I thought that was enough—until I entered Young Women.

When I was given the Personal Progress booklet, I read through all the goals. There was one that really caught my attention: a faith value experience said I should say my prayers in the morning as well as in the evening. "Why in the morning?" I asked myself. "That will be impossible for me."

Time went by, and I was not fulfilling that goal. But I determined to do it, and even though it was difficult, I trusted in the Lord.

At first everything seemed the same. But something inside me began to change. I seemed to feel more sure in everything I did. The small fights I had with my family were not happening anymore. When I got up early for church, I did not feel exhausted. Instead I had a great desire to go.

There was one particular day when I thought that I would not have enough time to do all that I had to do. When I woke up that day, I prayed—although without much confidence—that something would change. I was amazed at what happened: I was able to complete everything I had to do! I felt ashamed for not having trusted fully in the Lord but very happy that He answered my prayer.

Now I say my prayers every morning and evening, and my life really has changed.

I know that Heavenly Father always hears us and answers our prayers. We just need to have faith in Him. He will never abandon us. He is there. We just have to go toward Him. I know that the promise "knock, and it shall be opened unto you" is true (Matthew 7:7). We have only to kneel down, pray, and trust in His timing, not ours.

I am grateful to Him for the Personal Progress program and for the wonderful gift of prayer.