I HEARD WITHOUT A SOUND

FOR YOUTH CONFERENCE one year, we went on a pioneer trek reenactment. I was terrified. It wasn’t that I minded walking for miles and miles a day—I was worried that I wouldn’t be able to hear anything.

I lost my hearing to meningitis when I was three years old. With technology now, I can hear with a cochlear implant. But just before trek, I broke my good implant playing basketball and had to use a backup processor. It had only one battery, which lasted about 6 hours.

I didn’t know what to do—I just wanted to feel peace and comfort. So I asked my dad for a blessing. He blessed me that Heavenly Father would take care of me if I showed faith.

All during trek, I took my implant on and off to preserve battery life. One day we were heading up into a cove, and I felt strongly that I should take off my implant. I was reluctant because my trek pa was sharing a spiritual message and I wanted to hear it. But I remembered my dad’s blessing and put the implant in my pocket.

As we walked a little further, I heard a voice in my head. It was so clear. I looked up and realized that the words in my head were the same words my trek pa was saying. I could hear every word of his testimony!

I know that Heavenly Father loves us and cares about our worries. He wants to bless us; He just asks that we show a little faith in Him.

Brody S., Wyoming, USA

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How Can I Show Heavenly Father That I Trust Him?

1. Follow the prophet. God calls prophets to establish His word, so we are trusting God when we listen to His servants (see Doctrine and Covenants 1:38).

2. Obey spiritual promptings. God gives us the Spirit to “show unto [us] all things what [we] should do” (2 Nephi 32:5). We show God we trust Him when we do what He tells us through the Spirit.

3. Practice patience. Sometimes things don’t work out the way we hoped, even when we’ve made good choices. Try to be patient and remember that the Lord is directing your paths! (See Proverbs 3:6).

“Heavenly Father loves us more and knows us better than we love or know ourselves. We can trust the Lord and lean not unto our own understanding.”

A PICTURE OF HOPE

WHEN I WAS YOUNGER, I followed bad examples. I was curious to do the things my friends were doing. But I started feeling lost and sad. To make things worse, my family went through a lot of trials. My mom was diagnosed with a serious illness, and my brother tried to take his own life.

With all of this going on, I lost faith. It was hard to go to church because I didn’t feel like I belonged. But after a while, my leaders’ lessons made me realize that I still believed, even though my testimony was weak.

I had to work hard to stop doing and even thinking about things I knew were bad for me. I often prayed for the Lord’s help as I repented. Then one day, I found a photo of when I was a little girl and President Russell M. Nelson visited our ward. He was carrying me. I knew the photo was a reminder that God was looking out for me.

I know Jesus Christ sacrificed Himself for my sins. He can sustain us through hard things and help us find the right path, even if we get lost for a time.

Maria O., Ecuador

HE MULTIPLIED MY TIME

DURING A PARTICULARLY ROUGH WEEK at school, it seemed like all my classes had assignments due, with tons of readings and quizzes. I just wanted to break down and give up. I didn’t have enough time!

One day, I was feeling pretty low when I came across a quote by President Russell M. Nelson. It said, “I promise you that as you consistently give the Lord a generous portion of your time, He will multiply the remainder” (“Stand as True Millennials,” Ensign, Oct. 2016, 29).

I decided to read the entire talk. After that, I knew exactly what I needed to do. I needed to give more time to the Lord through meaningful prayer and scripture study and by going to the temple more often.

As soon as I started doing that, things began to change. It felt like I had so much more time to get everything done. I got plenty of sleep and even had time to spend with my friends! School hadn’t changed—it was still busy. But I had changed.

Now, whenever I need more time, I remember President Nelson’s promise. I know if I make my relationship with my Savior my first priority, He will bless me with enough time to do everything else.

Clark D., Utah, USA