

“It’s so easy to play on my phone rather than do homework or study the scriptures. How can I stay focused?”



*“I know our greatest happiness comes as we tune in to the Lord (see Alma 37:37) and to those things which bring a lasting reward. . . . I urge each of us to take those things which rob us of precious time and determine to be their master, rather than allowing them through their addictive nature to be the master of us.”*

**Elder Ian S. Ardern of the Seventy, Oct. 2011 general conference (*Ensign* or *Liahona*, Nov. 2011, 32).**



#### Use Reminders

Put a reminder on your phone for when you get home so you don’t get distracted by it. Set a

certain time for homework and scripture study and keep those habits to get the important things done first.

**Megan J., 15, Utah, USA**



#### Make a Schedule

I make a schedule for everything—reading the scriptures, my prayers, and my time to use

my cell phone. I know that as I do the things Christ wants me to first, other things will be added. Don’t forget that Heavenly Father and Jesus Christ love you and want you to live in the world, not of the world, as you distinguish right from wrong.

**Letícia C., 14, Rio Grande do Sul, Brazil**



#### Follow Church Accounts

I personally follow lots of Church accounts. So even though I spend a lot of time

on Facebook, Instagram, or other social media, it’s not time-wasting because I read uplifting and inspiring words. I even get updated with new happenings in the Church, and I also get answers to my questions.

**Jamille T., 19, Tarlac, Philippines**



#### Delete the Distractions

Delete all your social media apps or anything that is distracting you. I have found that when you don’t have

access to those apps, you focus more on what’s important. It not only helped me in my studies, but I found myself less hooked on social media and more interested in the real world.

**Michael S., 21, California, USA**



### **Prioritize**

It's easy to lose a lot of time using social media and end up leaving things like scripture

study and schoolwork for later. But it's clear this isn't using our time how we should. We can never forget that regular scripture study is much more important than an entire afternoon spent on Facebook or other social media. So when we have to make our choices, we should remember to prioritize what is most important and not things that are only momentary.

**Kailani R., 17, Rio Grande do Sul, Brazil**

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

### **What Do You Think?**

#### **How can I stop questioning my self-worth?**

Send your answer and photo by August 15, 2020.

Go to [newera.lds.org](http://newera.lds.org), click "Submit Your Work." Sign in with your Church Account and then select "New Era" under "Choose Magazine." Click "Add File" to select your file and photos, and then click "Submit" to upload and send us your file. Or send an email to [newera@ChurchofJesusChrist.org](mailto:newera@ChurchofJesusChrist.org).

Responses may be edited for length or clarity.

FUN STOP ANSWERS (from pages 42-43): A keen eye both Deception Dely: blue spot on giraffi, color on giraffi, spot on dog's head, color on sunglasses, mustache, center of paisley pattern on bandana, spots on dog's legs, frog under skateboard, cat's tongue, skateboard wheels, Hink Pink Think: 1. summer plumber 2. Great Plains eight grains 3. "Buy an ear, pioneer!" 4. smores drawers 5. handcart band start 6. bent tent 7. oxen toxin 8. fish wish 9. dragon wagon 10. weeping stag sleeping bag 11. trek tech 12. late bait.