

MARCH 2018

THE

New Era

GET TO KNOW

**PRESIDENT
NELSON**

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GET FIT
for the
KINGDOM
p. 18

A
CRAFTER
OF
LAUGHTER
p. 24

YOU
CAN DO THE
Impossible
p. 48



What if I
combine nitroglycerine
and clay?

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“Spiritual Dynamite” to learn about a combination that
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FACILITIES: Send address corrections to Distribution Services, Church Magazines, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.

Canada Post Information: Publication Agreement #40017431.



Cover: Get to Know President Nelson, p. 6, 49

Cover photograph by: Matthew Reier

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ONLINE: Go to newera.lds.org and click “Submit Your Work.”

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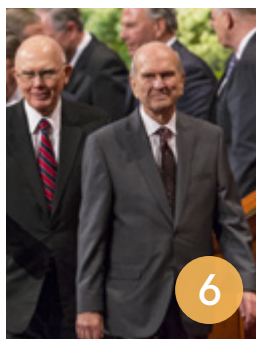
THE MONTHLY YOUTH MAGAZINE OF
THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

March 2018 • Volume 48 • Number 3

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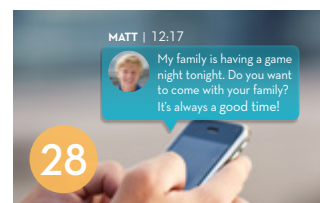


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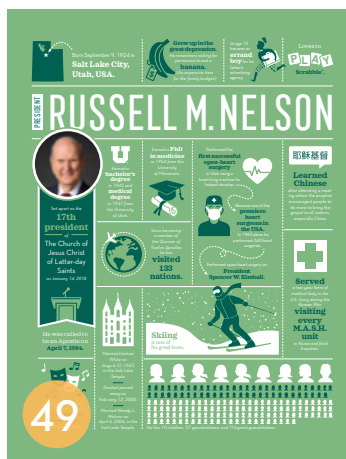
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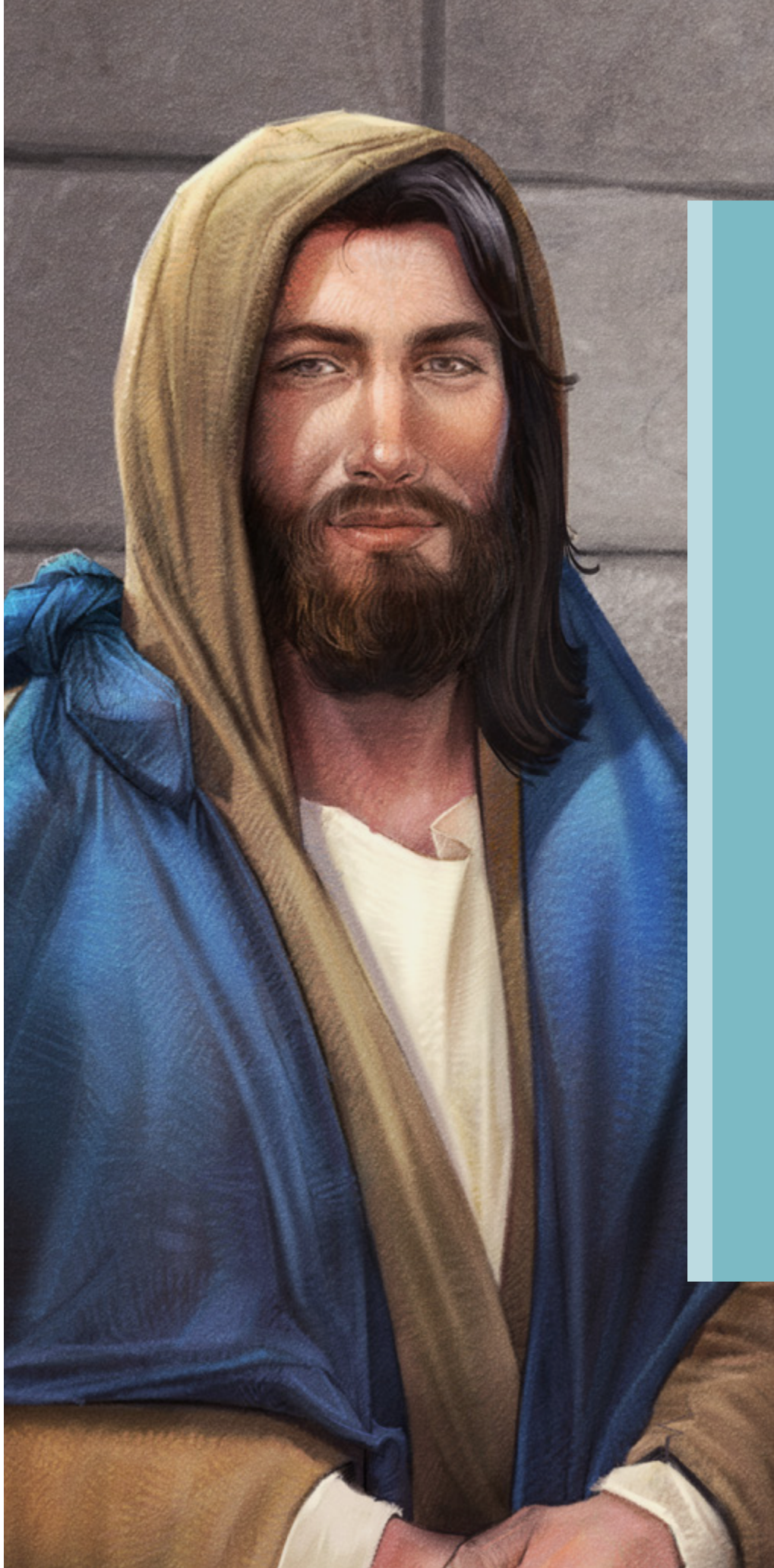
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THE MESSAGE

JESUS IS THE CHRIST

THE
TESTIMONY
of
LATTER-DAY
PROPHETS





PREMORTAL LIFE

The Lord Jesus Christ invited, “Learn of me, and listen to my words; walk in the meekness of my Spirit, and you shall have peace in me” (D&C 19:23). As you know, this verse is this year’s Mutual theme scripture. Have you thought about how you will learn of Him and listen to His words?

One way we learn of Him is through the Presidents of the Church; as latter-day prophets who have been called to be special witnesses of Christ, they have testified, and continue to testify, of the Savior’s divine premortal, mortal, and postmortal roles in Heavenly Father’s eternal plan.



“We know that salvation is in Christ; that He was the Firstborn Son of the Eternal Father; that He was chosen and foreordained in the councils of heaven to work out the infinite and eternal Atonement; that He was born into the world as the Son of God; and that He has brought life and immortality to light through the gospel.”¹

President Joseph Fielding Smith (1876–1972), 10th President of the Church



“The Son of God . . . had the power to make worlds, to direct them. He came here as the Only Begotten Son to fulfill a mission, . . . to bring about salvation to all mankind. By giving His life He opened the door to resurrection and taught the way by which we could gain eternal life.”²

President Harold B. Lee (1899–1973), 11th President of the Church



“Jesus Christ was and is the *Lord God Omnipotent*. (See Mosiah 3:5.) He was chosen before He was born. He was the all-powerful Creator of the heavens and the earth. He is the source of life and light to all things.”³

President Ezra Taft Benson (1899–1994), 13th President of the Church



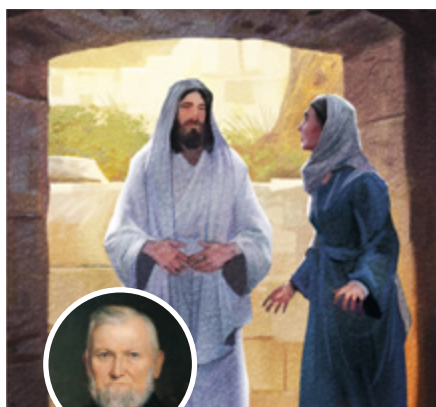
THANKFUL FOR HIM

“I am thankful for [Jesus Christ’s] loving-kindness and for His open invitation to come unto Him. . . . I testify of Jesus Christ as the Master Healer. . . .

“Jesus is the Christ, the Messiah, the Son of God, the Creator, the great Jehovah, the promised Immanuel, our atoning Savior and Redeemer, our Advocate with the Father, our great Exemplar. And one day we will stand before Him as our just and merciful Judge.”¹¹

President Russell M. Nelson, 17th President of the Church

MORTAL LIFE



“The object of Christ’s mission to the earth was to offer Himself as a sacrifice to redeem mankind from eternal death. . . .

“There is no being that has power to save the souls of men and give them eternal life, except the Lord Jesus Christ, under the command of His Father.”⁴

**President Wilford Woodruff (1807–98),
fourth President of the Church**



“Jesus is the Redeemer of the world, the Savior of mankind. . . .

“He came to teach us the character of God, and by example and precept pointed out the path which, if we walk in it, will lead us back into His presence. He came to break the bands of death with which man was bound, and made possible the resurrection by which the grave is robbed of its victory and death of its sting.”⁵

**President Heber J. Grant (1856–1945),
seventh President of the Church**



“Jesus Christ has influenced humanity more than anyone else who ever lived. . . .

“... He healed the sick, restored sight to the blind, cast out evil spirits, restored life to the dead, provided comfort to the oppressed, spread the good news of the gospel of love, testified of the Father, taught the eternal plan of salvation, and laid the groundwork for an organization that would provide for the salvation of man—His Church.”⁶

**President Spencer W. Kimball (1895–1985),
12th President of the Church**

POSTMORTAL LIFE

“The fundamental principles of our religion are the testimony of the Apostles and Prophets, concerning Jesus Christ, that He died, was buried, and rose again the third day, and ascended into heaven; and all other things which pertain to our religion are only appendages to it.”⁷

President Joseph Smith (1805–44), first President of the Church

“He vanquished death, hell and the grave, and arose triumphant as the Son of God, the very eternal Father, the Messiah, the Prince of peace, the Redeemer, the Savior of the world. . . . He triumphed over all, and forever ascended to the right hand of God.”⁸

President John Taylor (1808–87), third President of the Church

“I bear solemn and grateful witness that Jesus is the Christ, the Savior of the world. Certainly He is the center of our worship and the key to our happiness. Let us follow the Son of God in all ways and all walks of life. Let us make Him our exemplar and our guide.”⁹

President Howard W. Hunter (1907–95), 14th President of the Church

“I cannot be grateful enough for the Atonement wrought by my Savior and my Redeemer. Through His sacrifice at the culmination of a life of perfection—that sacrifice offered in pain unspeakable—the bonds of death were broken, and the resurrection of all became assured. Beyond this, the doors of celestial glory have been opened to all who will accept divine truth and obey its precepts.”¹⁰ **NE**

President Gordon B. Hinckley (1910–2008), 15th President of the Church



NOTES

1. Joseph Fielding Smith, “Out of the Darkness,” Apr. 1971 general conference (capitalization standardized).
2. *Teachings of Presidents of the Church: Harold B. Lee* (2000), 18.
3. Ezra Taft Benson, “Jesus Christ: Our Savior and Redeemer,” Oct 1983 general conference.
4. *Teachings of Presidents of the Church: Wilford Woodruff* (2004), 69–70, 74 (capitalization standardized).
5. *Teachings of Presidents of the Church: Heber J. Grant* (2002), 223, 224 (capitalization standardized).
6. Spencer W. Kimball, “The True Way of Life and Salvation,” Apr. 1978 general conference (capitalization standardized).
7. *Teachings of Presidents of the Church: Joseph Smith* (2007), 49.
8. *Teachings of Presidents of the Church: John Taylor* (2001), 43–44.
9. Howard W. Hunter, “Follow the Son of God,” Oct 1994 general conference (capitalization standardized).
10. Gordon B. Hinckley, “My Testimony,” Oct 1993 general conference.
11. Russell M. Nelson, Oct. 2005 general conference.

► President Russell M. Nelson: *Choosing the Path of Love*

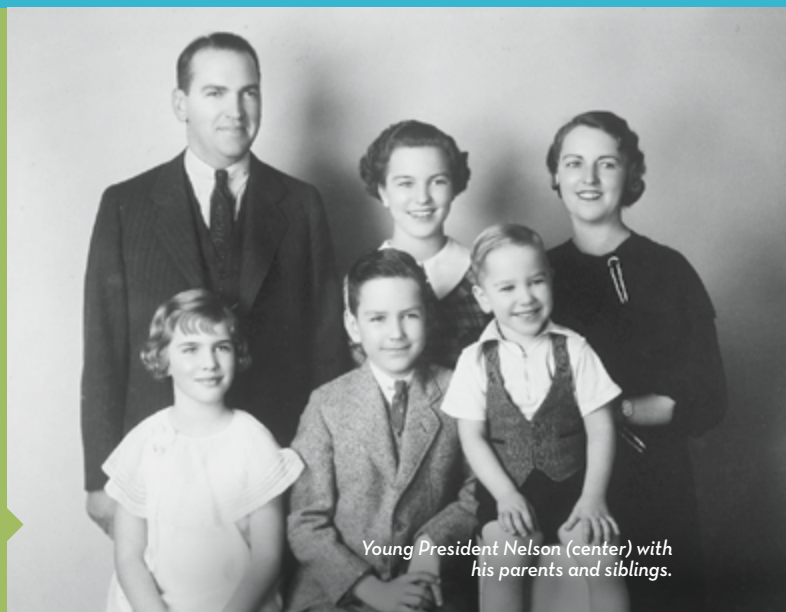


President Nelson as a young boy.

When President Russell M. Nelson was young, he liked to keep busy and be independent. He worked at a few different jobs in those years—for instance, in his father's advertising business, in the post office, in a bank. But as he got older and thought seriously about what he wanted to do with his life, he knew he had to choose his path.

Eventually he decided to become a doctor. How did he make this decision? He says it was based on two things he realized about himself:

1. "That was where my talents lay. I had a great desire to do research, to go into the unknown."
2. "I liked people. I wanted to serve them. I reasoned that the finest career that would be available to a human being would be that of mother. Inasmuch as that was out of the question for me, I reasoned that the second occupation would be medicine. There I could help people every day and teach them."¹



Young President Nelson (center) with his parents and siblings.



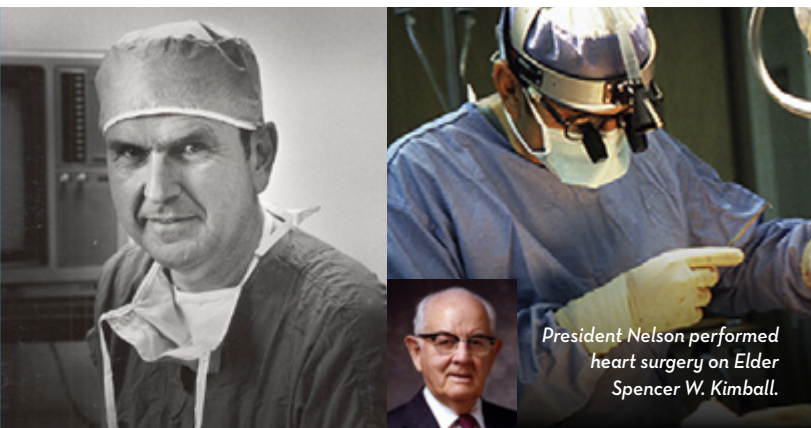
With classmates at medical school.

His chosen career path led him to become a world-renowned heart surgeon and medical researcher. And it all started with his love of others and desire to serve them. In addition, his love of God and desire to serve Him and His children has also led him along his path of Church service, including as an Apostle and now the 17th President of the Church.

Learn More about President Nelson

Learn more about President Nelson on page 49 of this issue, as well as at:

- RussellMNelson.lds.org
- mormonnewsroom.org/leader-biographies/president-russell-m-nelson
- Twitter: [@NelsonRussellM](https://twitter.com/NelsonRussellM)
- Facebook: facebook.com/lds.russell.m.nelson



President Nelson performed heart surgery on Elder Spencer W. Kimball.

Your Path

President Nelson has frequently taught us how we can choose the right path in this life—the path back to Heavenly Father. For instance, he has said: “The greatest compliment that can be earned here in this life is to be known as a covenant keeper. The rewards for a covenant keeper will be realized both here and hereafter.”²

He has also taught that faith in Jesus Christ is essential, particularly as we face difficulties. “Every test, every trial, every challenge and hardship you endure is an opportunity to further develop your faith.”³

When President Nelson was asked to perform heart surgery on Elder Spencer W. Kimball, who was then a member of the Quorum of the Twelve Apostles, he had to exercise faith. The surgery was very risky; Elder Kimball’s heart was weak, and he was old. But President Nelson placed his trust in God and received a blessing from the First Presidency that promised him “that all would go well, and that [he] need not fear for [his] own inadequacies, for [he] had been raised up by the Lord to perform this operation.” The surgery went flawlessly, and President Nelson received a special witness that the person he had just operated on would become the prophet one day—which, about a year later, he did.⁴

Your Reward

President Nelson has repeatedly reminded us why we follow Jesus Christ, why we keep God’s commandments, why we go to the temple, why we stay on the covenant path: “Men are, that they might have joy” (2 Nephi 2:25), both in the eternities and now, regardless of our challenges. He has taught: “Joy is a gift for the faithful. It is the gift that comes from intentionally trying to live a righteous life, as taught by Jesus Christ.”⁵

When it comes to choosing our path in life, we can learn a great deal from President Nelson. As he said after becoming President of the Church: “I declare my devotion to God our Eternal Father and to His Son, Jesus Christ. I know and love Them and pledge to serve Them—and you—with every remaining breath of my life.”⁶ **NE**



President Nelson and his wife Wendy often travel together to visit members around the world.

NOTES

1. In Spencer J. Condie, *Russell M. Nelson: Father, Surgeon, Apostle* (2003), 39–40.
2. Russell M. Nelson, Oct. 2011 general conference.
3. Russell M. Nelson, Oct. 1990 general conference.
4. Russell M. Nelson, *From Heart to Heart* (1979), 164.
5. Russell M. Nelson, *From Heart to Heart* (1979), 164.
6. “New First Presidency Holds News Conference,” Jan. 16, 2018, mormonnewsroom.org.

CHARTING THE COURSE FOR PEACE

PEACE IN JESUS CHRIST IS POSSIBLE DESPITE LIFE'S MANY STORMS.

By Alyssa Nielsen

You've been on the choppy waters of life for some time now, and it can be hard. How are you supposed to steer the ship while adjusting the sails and watching for hurricanes, pirates, icebergs, and rocks? Sometimes your maps are unclear and the stars hidden. (You never could see the Big Dipper.) And yes, you're sea sick.

You crave a peaceful day, smooth waters, and a sandy, sunlit shore in sight. Peace may sound like a mythical isle, but did you know it's real?

Peace comes through comfort from the Holy Ghost and grace through the Atonement of Jesus Christ. So even though wars rage, trials come, and uncertainties abound, peace is possible for you—no matter your current coordinates.

Follow the ships' paths on the next page to help you recognize challenges you might face and some possible choices you can make on the route to peace. Some choices will take you further from peace while others bring you closer.



1 BREAK FREE FROM DOUBT

"We must never allow doubt to hold us prisoner and keep us from the divine love, peace, and gifts that come through faith in the Lord Jesus Christ."

President Dieter F. Uchtdorf, Second Counselor in the First Presidency, "Come, Join with Us," Oct. 2013 general conference.



2 ESCAPE SIN

"Repentance is uplifting and ennobling. It's sin that brings unhappiness. Repentance is our escape route!"

Stephen W. Owen, Young Men General President, Oct. 2017 general conference.



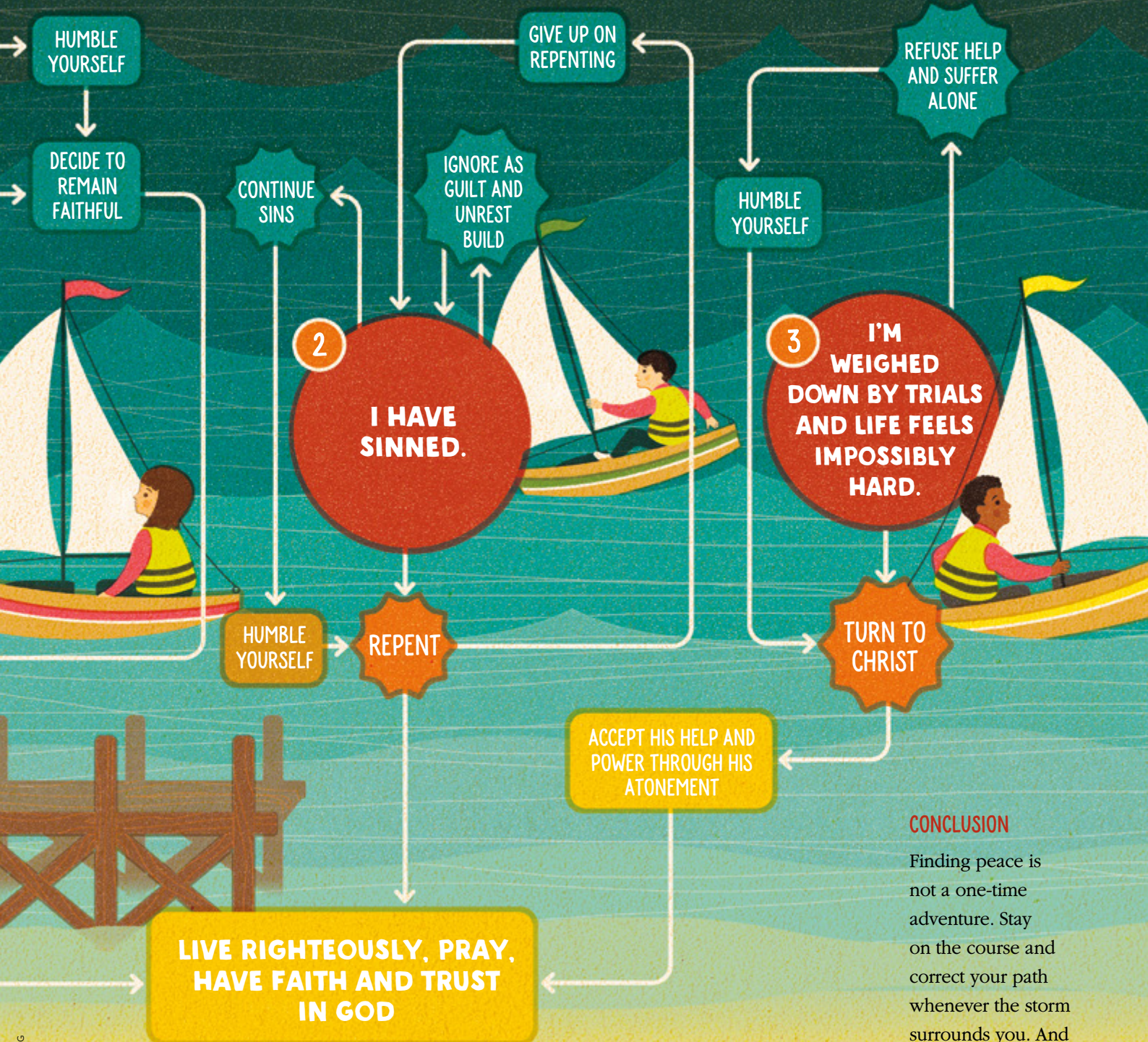
3 CLAIM THE REWARD

"Even with the trials of life, because of the Savior's Atonement and His grace, righteous living will be rewarded with personal peace."

Elder Quentin L. Cook of the Quorum of the Twelve Apostles, Oct. 2017 general conference.



FEAR




CONCLUSION

Finding peace is not a one-time adventure. Stay on the course and correct your path whenever the storm surrounds you. And always remember the Savior can still the seas (see Mark 4:36–41). **NE**

PEACE

THE KEY TO FORGIVING MYSELF



It had been five months, and I still couldn't forgive myself. Ever since slipping up and doing something I was ashamed of, I felt like I was on a downward spiral. My shame kept building anytime I did something else I thought was wrong. I couldn't feel at peace.

By Madison Child

I didn't need to keep punishing myself, because Jesus Christ had already atoned for my sins.



PHOTOGRAPH FROM GETTY IMAGES; CHRIST'S IMAGE BY HEINRICH HOPMANN

I had prayed for forgiveness and had even felt that God had forgiven me. But I just couldn't forgive myself. How could I when I had sinned? I kept beating myself up over and over again, preventing myself from moving on.

While I was feeling this way, I went to a summer youth conference where we focused a lot of our studies on the Savior's Atonement. One day I came across a passage in the Book of Enos that said: "Enos, thy sins are forgiven thee, and thou shalt be blessed.

"And I, Enos, knew that God could not lie; wherefore, my guilt was swept away" (Enos 1:5–6).

That was powerful for me. I realized that, like me, Enos had done something wrong and needed forgiveness. He even described his struggle to seek forgiveness as a wrestle before God (see Enos 1:2). But eventually, after praying through the day and night, Enos felt peace. And when he asked, "Lord, how is it done?" the Lord replied, "Because of thy faith in Christ" (Enos 1:7, 8).

That was it! Enos had faith in Jesus Christ. If Enos could let the Savior erase his guilt, why couldn't I let Him bring that same peace into my life? From that point on, every time I felt that I couldn't forgive myself, I thought of Jesus Christ's love and forgiveness.

I prayed for the ability to let go of my bad feelings and to stop feeling so ashamed. It took some time, but after many prayers, I stopped feeling so terrible all the time. I finally felt peace.

This experience taught me a lot about Christ's grace. After I sinned, I felt godly sorrow, prayed, repented, and felt a confirmation that God had forgiven me. Yet I still kept punishing myself. I eventually realized that I didn't need to keep making myself suffer for committing that sin, because Jesus Christ already paid for it through His Atonement. It must have been hard and painful for Him, but He was still willing to suffer so that I don't have to.

I've since learned to rely on Jesus Christ and let His peace fill my life by strengthening my relationship with Him and my Heavenly Father. I try to pray and read the scriptures, especially the Book of Mormon, every day. I try to participate in uplifting activities and good media.

I still make mistakes, but I know if I repent and keep doing my best, Jesus Christ will bless me with His grace. When I rely on Him and on Heavenly Father, guilt and shame does end. I now know the peace that comes from having faith in Jesus Christ, and I am stronger because of it. **NE**

The author lives in Utah, USA.



LOOKING AT THE STARS

By Jasmine Claspell

A few weeks ago, I was sitting outside looking at the stars. I had never seen so many stars before. Seeing the stars made me wonder how some people could just not believe in God. How could something so beautiful happen by chance? And how do we so often miss the beauty that surrounds us daily and the beauty in ourselves? Well, the answer to the first question was easy for me, it can't happen by chance. The second question was a little bit harder, so I thought it over for a while.

After a while I realized that answer wasn't so hard either. We miss the beauty in the world because we miss the beauty in ourselves, and we miss the beauty in ourselves

when we forget who we are. I decided two things: I would remember who I am, and I would help others remember who they are.

Somebody once said, "What difference would it make if you treated everyone as the children of God they are?" I don't remember who said it, but I remembered it while thinking about beauty around and in us.

For a long time I didn't have an answer for this question. But now I know that if you treat everyone as a child of God, you remember who you are and they too are reminded of who they are. When you remember who you are, you can see the beauty around you and inside yourself.

I think I'll look at the stars more often. **NE**

The author lives in North Carolina, USA.

MR. HEADPHONES

WRITTEN BY MARGOT HOVLEY & ILLUSTRATED BY CAM KENDALL



"WHEN LISTENING TO MUSIC, BE COURTEOUS TO THOSE AROUND YOU. KEEP YOUR MUSIC AT A REASONABLE VOLUME, AND REMOVE YOUR EARPHONES WHEN OTHERS ARE TALKING TO YOU OR WANT YOU TO BE PART OF THEIR ACTIVITIES."
- FOR THE STRENGTH OF YOUTH (2011), 22.

4 LESSONS LEARNED FROM FALLING OFF OF THINGS



Want to know the secret to not falling? Hint: It's not looking down.

By Bethany Bartholomew

I've learned a lot over the years. And being at least a little bit clumsy, I've learned many life lessons from falling off of things.

When I fell off of my scooter, I learned to be honest with my dad about the gash in my foot, even though I was terrified that he would tell me I had to go to the doctor to get stitches.


When I fell off of the balance beam in gymnastics, I learned to get up and try again before my fears kept me from ever getting back on a balance beam again.

When I fell off of a bike while trying to pass my cousins in their go-kart, I learned to not collide with a go-kart and, more importantly, to be patient.

But one of the most valuable lessons I've learned from falling off of things was actually one that I learned from repeatedly falling off of my own foot.

Let me explain.

I spent years in ballet classes learning leaps, turns, stretches, and steps. But there was one thing that I just could not get, no matter how much I practiced: pirouettes. I had failed so many times to



turn around in a full circle while balancing on my toes on one foot that I was convinced I just could not do it.

Then one day my teacher explained a valuable principle to the class. Whenever we would fall down in the middle of a pirouette, she would usually offer advice such as “Turn your head faster” or “Bring your other foot to your knee faster.” But this time she asked me, “Where are you falling?”

I was surprised. I thought it was pretty obvious. I was falling *down*.

My teacher asked again, “Which direction are you falling? Are you falling forward? backward? to the side?”

I said I usually fell forward.

“Then you’re probably looking down,” she explained. “Look up, and try again.”

I did as she said, but this time I fell backward.

“That’s good,” she said, smiling.

She said that our heads are actually very heavy, and they direct where we will go. She stood on one foot, looked down at the ground, and started to fall forward. Then she tried it again with her head tilted back, and she started to fall backward.

“So,” she said, “pay attention to where you’re falling. It has a lot to do with where your head is.”

I’ve thought about that lesson for years: *Where was my head?* Was I always looking down or thinking negative thoughts about myself? Was I looking to the side and comparing myself to those around me? Was I looking backward and focusing too much on the past?

I’ve learned that the best direction to look is up, toward the light.

The path that leads to eternal life and eternal happiness with Heavenly Father is straight and narrow, and if we look in any other direction, that’s where we’re going to go—we’ll stray from the path. So I learned to look to the Savior. He would help me to stay on the path, and He would pick me up when I fell down.

Looking up, thinking positive thoughts, and staying focused on what mattered most helped me to persevere through difficult dance classes, and it has helped me to build my testimony and stay on the path that has led me to incredible blessings. I’m glad I learned that difficult lesson from falling off of my own feet—I learned to look up. **NE**

The author lives in Utah, USA.

“Just a little too much oomph the other way. Try again.”

I spun again, this time looking up, focusing in front of me so that I could keep my head centered over the rest of my body.

“Nicely done!” my teacher said when I successfully completed the turn.

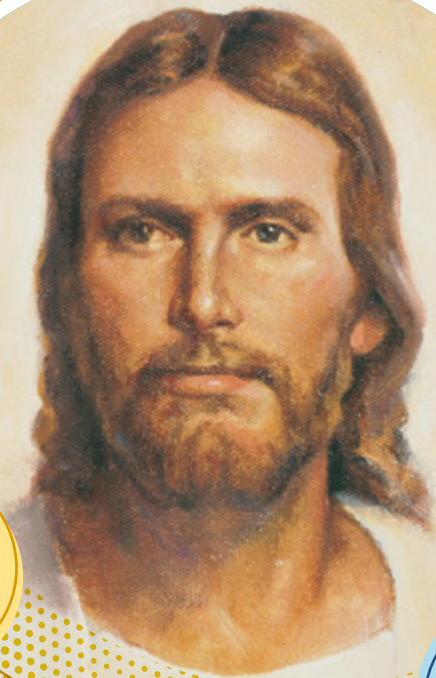
She then gathered the rest of the class and explained to us why she had asked me where I was falling.



PHOTO ILLUSTRATION BY HANSON COBERLY; ILLUSTRATIONS BY CASMIC LAB

Facts about JESUS CHRIST,

Jesus Christ . . .



You . . .



"Was in the beginning, before the world was" (D&C 93:7).

"Waxed [grew] strong in spirit" (Luke 2:40).

"Increased in wisdom . . .

"And stature,

"And in favour with God . . .

"And man" (Luke 2:52).

"Continued from grace to grace, until he received a fulness" (D&C 93:13).



"Were also in the beginning with the Father" (D&C 93:23).

Are getting stronger in spirit by both *learning* and *applying* gospel principles.

Are increasing in wisdom through education, good decisions, and experience.

Are growing physically.

Can gain Heavenly Father's favor by keeping the commandments.

Can gain the trust of your parents and others by showing increased maturity and responsibility.

Can also receive a fulness through Jesus Christ—if you keep God's commandments (see D&C 93:27).



Facts about YOU

Understanding some facts about the Savior and His life can encourage us to believe that following Him really is possible.

By David A. Edwards

Church Magazines

In every way, Jesus Christ is far greater than any of us (see Isaiah 55:8–9; Abraham 3:19). It was no accident that He was the Father’s “Beloved and Chosen from the beginning” (Moses 4:2) and that He obtained the glory He has.

But we shouldn’t think that the Savior’s greatness sets us so far from Him that His invitation to follow Him feels like a call to do the impossible. Modern revelation helps us see just how attainable the goal of following the Savior’s example really is.

Here are some facts about Jesus Christ and some facts about you. These can help you see that you can indeed follow the same basic path He did to obtain a fulness of the blessings Heavenly Father has in store for you.



LINE UPON LINE

“If Jesus, the Son of God, and the Father of the heavens and the earth in which we dwell, received not a fulness at the first, but increased in faith, knowledge, understanding and grace until he received a fulness, is it not possible for all men who are born of women to receive little by little, line upon line, precept upon precept, until they shall receive a fulness, as he has received a fulness, and be exalted with him in the presence of the Father?”

Teachings of Presidents of the Church: Joseph F. Smith (1998), 153.

“Received not of the fulness at the first, but received grace for grace” (D&C 93:12). This means that He didn’t have a complete knowledge of His identity and mission when He first came to earth, nor did He have all power. He grew in knowledge and power from God as He obeyed.

“Was in all points tempted like as we are, . . .

“Yet without sin” (Hebrews 4:15).

Didn’t have a full knowledge of your identity and purpose when you were born but have grown in that knowledge gradually. Through the Holy Ghost, God gives us spiritual knowledge and power “line upon line, precept upon precept” (2 Nephi 28:30).

Are tempted.

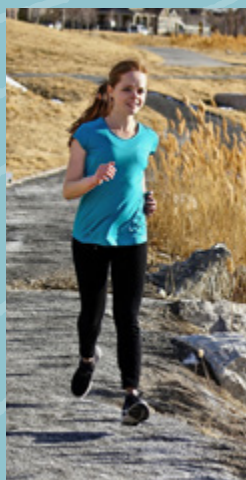
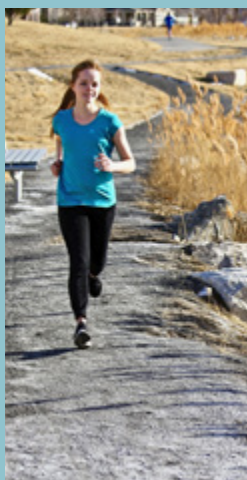
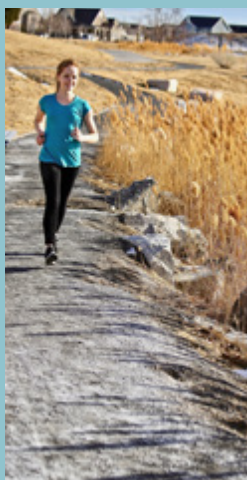
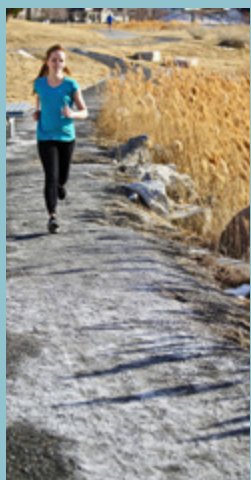
Have sinned (as all people have)—but can be cleansed from sin through Jesus Christ’s Atonement by repenting, being baptized, receiving the Holy Ghost, and partaking of the sacrament.

Of course, other facts about Jesus Christ can show you how you are or can be following Him (for instance, He was baptized, and you have been—or can be—too). And learning about Jesus Christ can help you see that when it comes to your path in this life, He truly “marked the path and led the way, and ev’ry point defines” (“How Great the Wisdom and the Love,” *Hymns*, no. 195). **NE**



A woman with reddish-brown hair tied back is running towards the camera on a wooden boardwalk. She is wearing a teal short-sleeved athletic shirt and black leggings. The boardwalk has wooden railings on both sides, and a modern building with curved balconies is visible in the background. The scene is brightly lit, with long shadows cast across the wooden planks. The title 'EXERCISING Faith' is overlaid on the image. 'EXERCISING' is in a large, teal, outlined sans-serif font, and 'Faith' is in a smaller, yellow, cursive script font below it. There are also some yellow dashed lines and dots scattered around the text.

EXERCISING *Faith*



THOUGH MY BODY IS IMPERFECT, AS I HAVE TAKEN CARE OF IT AND SEEN IT AS A TEMPLE, MY LIFE HAS CHANGED FOR THE BETTER.

By Rachel Roy

RUNNING LAPS AGAIN?!

To say I used to hate exercise is an understatement. Just about any form of exercise was uncomfortable. In my middle school gym class, we had to run laps around the field to complete a mile and a half. We also did other exercises to build endurance, strength, and flexibility. All of it was incredibly hard. And all of it took me a long time to do.

There was a reason things were so challenging. I was born with Cystic Fibrosis (CF), which is a genetically inherited terminal illness.

My condition causes mucus to build up in my lungs. My body also has a hard time absorbing nutrients. Because of this, I need lung treatments every morning and night to keep my airways clear. I also take a series of medications throughout the day. I've always done this. However, my life seriously improved once I added a couple of extra health habits. And yes, one is daily exercise!



My treatment for cystic fibrosis includes airway clearance, medication, and fitness.

COMBINING MOVEMENT WITH MUSIC

Everything started to change in my life when I found something I genuinely loved to do. While in high school, I discovered dancing. The first time I combined movement with music and put my whole energy into dancing, I knew I'd found something special.

When I first started to dance, I experienced the same discomforts I had while running laps in middle school. This time, though, my new passion for dancing made all the difference. I felt carried away as my feet pounded and leapt to the rhythms and beats of the music. I was able to express myself freely through a variety of movements, feeling uplifted and empowered.

I took entry-level dance classes at school and danced as much as possible. The longer I kept at it, the more I noticed big changes in my health. My lung function grew stronger and steadier. As I continued staying active through doing what I loved, I was able to accomplish much more than I'd ever dreamed.

FINDING THE *WHY* FOR EXERCISE

I'd been taught my whole life that my body is a temple. But I hadn't really considered how this means both avoiding harmful things (drugs, alcohol, coffee, tea, etc.) but also *doing* the healthy things my body needs.

President Russell M. Nelson has taught: "With your body being such a vital part of God's eternal plan, it is little wonder that the Apostle Paul described it as a 'temple of God' [1 Corinthians 3:16]. Each time you look in the mirror, see your body as your temple. That truth—refreshed gratefully each day—can positively influence your decisions about how you will care for your body and how you will use it. And those decisions will determine your destiny."¹

As I took care of my body and saw it as a temple, my life changed for the better. Breathing was easier, my energy increased, and I became more alert to my surroundings. My body weight increased to a healthy level, which I could better maintain because my lungs weren't working so hard.

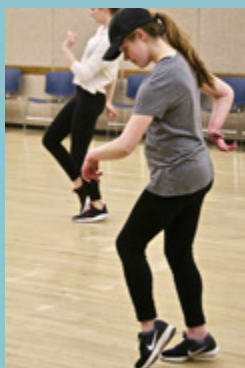
Before, I had always experienced a health crash at least once a year and needed a two-week hospital stay to restore my health. But after I started dancing and taking better care of myself, that need disappeared. I went six or seven years without having to stay in a hospital.



I finished my first half marathon despite pouring rain.



At school, I love dancing with the Hip Hop Club.





BECOMING BETTER PREPARED TO SERVE THE LORD

After graduation I headed off to Brigham Young University. While there, I kept pondering a part of my patriarchal blessing that mentions sharing the gospel. In the past, I'd always thought, "There's no way I can ever serve a full-time mission. It's too risky with CF!" In addition to the health risks, I was afraid my daily treatment routine wouldn't fit with a typical missionary schedule.

Still, the thought wouldn't go away. Could I actually serve a mission?

As I pondered and prayed, I kept thinking about my favorite scripture. In Mosiah 2:20-21, King Benjamin taught how the Lord had "kept and preserved" His people, "lending [them] breath" each day. These scriptures helped me see how the Lord had "kept and preserved" me.

Though I was still a bit scared, I knew it was God's will for me to serve. I received a doctor's clearance, submitted my papers, and was called to serve a mission. I believed the scripture that teaches that God is "supporting [me] from one moment to another" (Mosiah 2:21). As I served my mission in Boston, Massachusetts, that promise was definitely fulfilled.

My mission days were a treasure. One of the greatest blessings was developing a deeper relationship with Heavenly Father and with Jesus Christ. Part of that closeness meant achieving a better understanding of Their will concerning me, including the importance of safeguarding my health.

As a missionary, you're focused on serving others. Yet I knew that to stay on my mission, I had to remain healthy. I decided to never miss a lung treatment. I would exercise every morning. And I would maintain good eating habits.

As a result, I was better able to be His instrument and serve others. It was a valuable lesson to know I can still serve, even with my illness. I've learned that what you can do, despite any limitations you have, is much better to focus on than what you can't do.



My greatest joy as a missionary was when others embraced the gospel.



It was a valuable lesson to know I could still serve, even with my illness.



I love family scripture study—we gain insights from each other.



First snowfall in the mission field.



Just having fun after a CF fundraising walk.



My (busy) daily planner.

LIVING IN GRATITUDE

Satan wants us to mistreat our bodies. The adversary and the world try to twist something good—the need to take care of our bodies—into something harmful: the idea that you must look or feel a certain way. This distortion can cause great discouragement when we don't look that certain way or fit a certain size.

How do we overcome this worldly message and focus instead on better health? How can we stay motivated to prioritize better health, despite all our challenges?

One answer is to live with gratitude.

When we see our body as a gift from our Creator—when we are grateful for all it can do—we feel stronger motivation to care for it and live to our fullest capacity.

There are times with CF where my lungs don't get the full breaths I need—when my arms become swollen from PICC lines and IVs, when I feel fatigued while fighting off illnesses. In these times, I've found that I can either sulk and see my body's limitations or express gratitude by using well what is still functioning and taking the best care of myself. When we live with patience, faith, and gratitude, we find joy.

FULFILLING DREAMS, AND REACHING THE IMPOSSIBLE

Although many say the mission is the best years of their life, I've come to find that my life is a mission. My mission president would always say, "A mission is the training wheels for an unselfish, consecrated life. When the mission ends, the training wheels come off, and you ride."

Because I changed my lifestyle years ago, I've been able to reach a clearer understanding of what the Lord has in store for me and to accomplish much more while paying heed to the Spirit's direction to help me change. I know that "unto whom much is given much is required" (D&C 82:3).



I've experienced the change from being sedentary, weak, and ill to becoming stronger and more capable. I now have many dreams and know how to better work alongside the Lord to accomplish His work. I've also decided to study corporate wellness and fitness coaching as my profession. After experiencing so many positive changes in my own life, I want to help others reach their potential too.

SEEING THE BIGGER PICTURE

When it comes to our physical health, I think of how the Lord has sent us here so that we may have joy (see 2 Nephi 2:25). I believe this includes each of us being able to live each day to the fullest, especially within our families and with those closest to us.

I think often about the joy I can experience with my family today and throughout eternity. Some trials come and go, some stay, but our Heavenly Father, our Savior, and His gospel and promises are always constant. **NE**

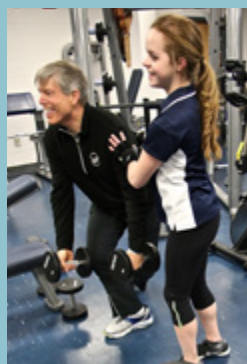
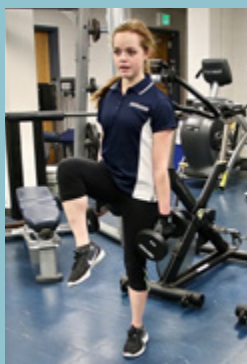
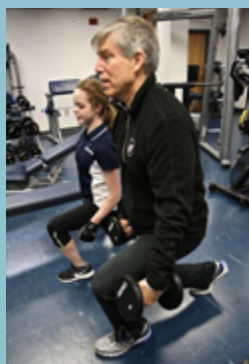
The author lives in Utah, USA.



My current part-time job is as a fitness coach for university faculty and staff.

NOTE

1. Russell M. Nelson, Oct. 2013 general conference.

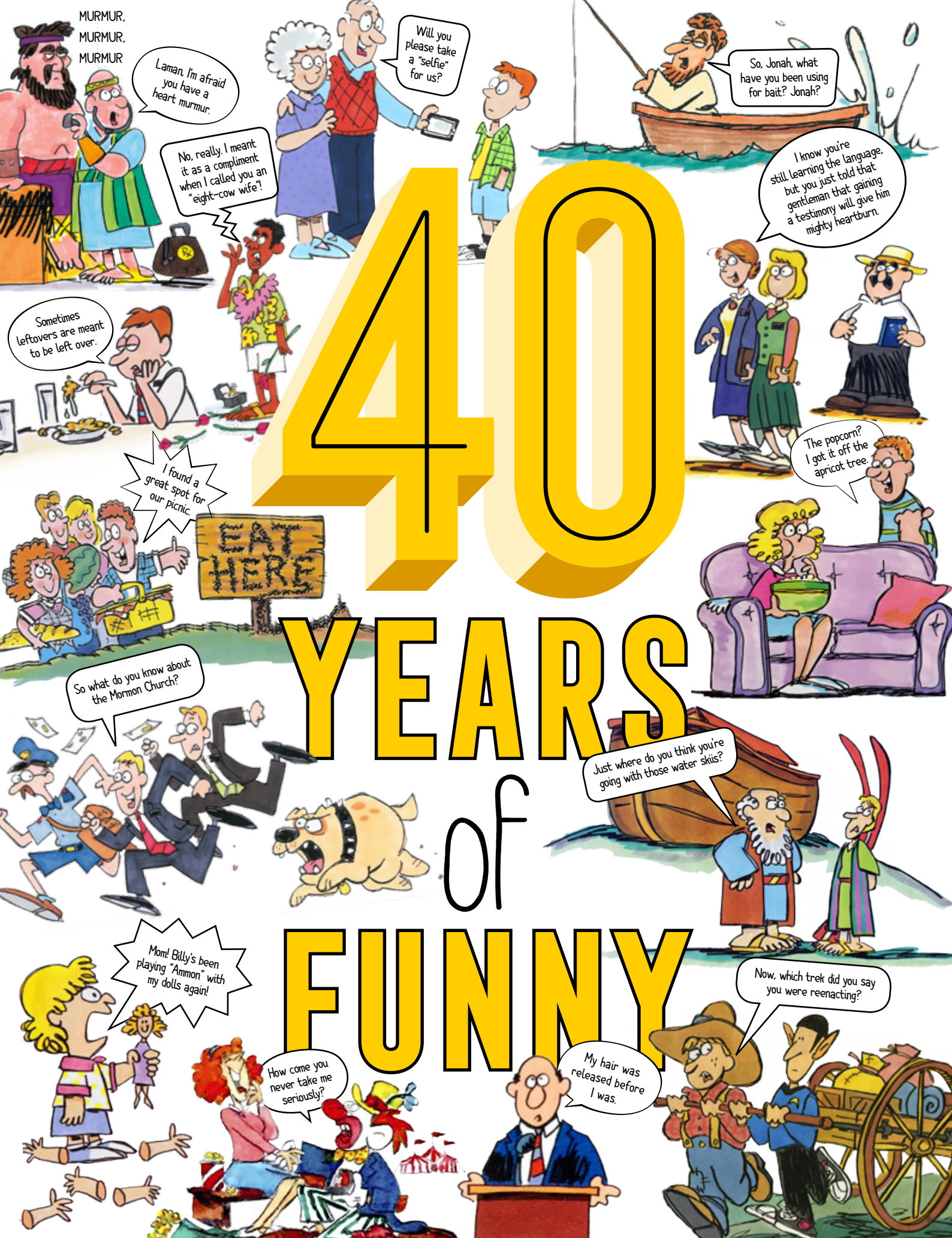


YEARS

of

FUNNY

My hair was...



Forty years ago this month, one missionary's cartoon appeared in the *New Era* for the first time. The rest is history.

By David Dickson

Church Magazines

Doodling cartoons on his math and spelling tests at school may not have earned Val Chadwick Bagley higher scores, but his teachers probably had a blast grading his papers.

"I've always wanted to be a cartoonist," Val says. He would draw every chance he could. On his mission, for example, he kept a regular journal and *four* complete cartoon journals on top of that.

While serving as a missionary in Virginia, Elder Bagley mailed in a cartoon to the *New Era*. The cartoon was picked up and printed in the March 1978 issue, exactly 40 years ago this month.

"In my mind, I had reached the big time!" Val says. He'd grown up reading and loving the *New Era*, especially the cartoons. Seeing a cartoon of his own in its pages was a dream come true.

Val has been a regular contributing cartoonist to the *New Era* ever since. If you've read "The Extra Smile" (now included in "Fun Stop"), you know his stuff. He's also done loads of other projects in his cartooning career, including publishing over 100 books, games, and other items. Yet whenever somebody asks Val what he does for a living, he always has the same answer.

"I always tell them that drawing for the *New Era* is the pinnacle of my accomplishments." (The *New Era* thinks you're awesome too, Val!)

It hasn't been all fun and laughter, though. There have been some major setbacks along the way.

Elder Bagley serving as a missionary in Virginia, USA, in 1978.



Val's first cartoon sent to the *New Era* and published in 1978.

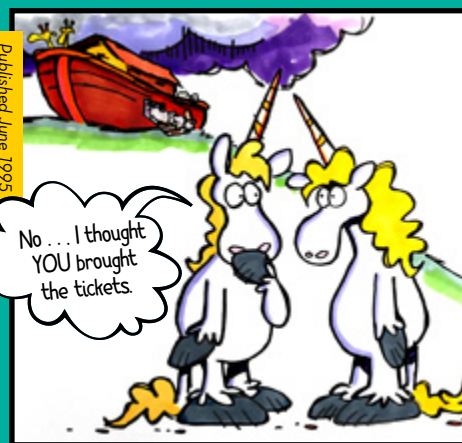




Published April 2005



Published June 1995



Published March 2003



Published Nov. 1994



Published Oct. 2004

TIPS FROM VAL



TIP 1

Rejection is part of the game, but don't let that stop you. I still only get about 25% of my work published. That sounds like a lot of rejection, and it is, but how many baseball players can say they hit a home run 1 out of every 4 times at bat?

TIP 2

My mom (along with ancient and modern prophets) counseled me to **always start every day with prayer.** That has been a huge help!

TIP 3

Be careful who you take advice from. When I went to college, my art teacher said, "You'd be a really good artist if you'd just give up this cartooning thing."

TIP 4

Coming up with new ideas is the hardest part of being a cartoonist. **Always be on the lookout for new ones,** including asking your family and friends what they think is funny.

TIP 5

When it comes to your dreams, don't give up! Although I've always liked to draw, I used to not be very good at it. It wasn't until my mission where I kept a daily cartoon journal of my adventures that I improved enough to get my first cartoon published. Even then, I didn't draw all that well. It has taken me years and years to develop my skill.

USE YOUR TALENTS FOR GOOD

"You and your talents, strengths, and contributions are needed urgently in the Church."
President M. Russell Ballard, Acting President of the Quorum of the Twelve Apostles, Oct. 1993 general conference.

"It is so important for each of us to strive to lay up our spiritual treasures in heaven—using our time, talents, and agency in service to God."

Elder Ronald A. Rasband of the Quorum of the Twelve Apostles, Apr. 2014 general conference.

AN ANSWER IN THE TEMPLE

Val remembers hitting his own personal rock bottom. He'd been working for several years designing cheese and hot-dog labels for an advertisement company. Then that company went out of business. He'd attempted college four different times without finishing a single term. He was close to bankruptcy and running out of options. He didn't know what to do next.

So he went to the temple for guidance. While there, he picked up the Book of Mormon and opened to Helaman 12:2. Val read about how the Lord prospered His people "in the increase of their fields, their flocks and their herds, and in gold, and in silver, and in all manner of precious things of every kind and art." His eyes landed and stayed on the word *art*.

"It was an answer to prayer," Val said. The next day, he launched his cartoon business. He's been going strong ever since.

A CHOICE HE NEVER REGRETS

Val believes we're all given gifts and that "you get to decide what to do with your talents." Artists can portray literally any subject under the sun. For Val, he chooses to use his time and energy strengthening others in the gospel with his cartoons. "I've especially enjoyed working on anything that has to do with the Book of Mormon."

For the past 40 years, Val's cartoons have made you laugh, lifted your spirits, and brightened your days one punchline at a time. And that's been his goal all along.

"I feel so blessed and fortunate that I get to do this," he says. **NE**

VAL CHADWICK BAGLEY



Published Feb. 1997



Published July 1996

HOW TO BE A DIGITAL MISSIONARY

TRY THESE SIX IDEAS TO LEVEL UP
YOUR DIGITAL-MISSIONARY GAME.

Your palms sweat. You bite your lip in anxiety. You're about to hit Send on a message that you've been retying for the last half hour. Are you crazy for thinking your soccer-star neighbor could be interested in the stripling warriors?

No way! Everyone needs the gospel: your friends, classmates, teachers, teammates, neighbors, even strangers! As your love for them grows, your desire to reveal truth and blessings to them increases. Unlike you, they may not know they are

children of God or that they have divine potential. That's where you come in. When the Spirit prompts you to share something, follow that impression—now!

Missionary work can sometimes be daunting—but it's not as hard as it seems. If you have access

to social media, it's an easy way to start conversations with friends and family. You can be a missionary just by adding the gospel to the mix!

The following tips can help you know what to do, from start to finish.



1

PRAY TO CHOOSE SPECIFIC PEOPLE TO SHARE THE GOSPEL WITH.

When you pray, tell Heavenly Father that you want to share the gospel. Ask Him who He wants you to reach out to. After praying to know who you should contact, try scrolling through your list of friends or followers. Once someone's name has popped into your head or caught your eye, it's time to send them a message! Even if you haven't talked to someone in ages—you can reconnect with them and eventually try sharing a gospel message. Friends are rarely offended if you are coming from a place of true caring.



2

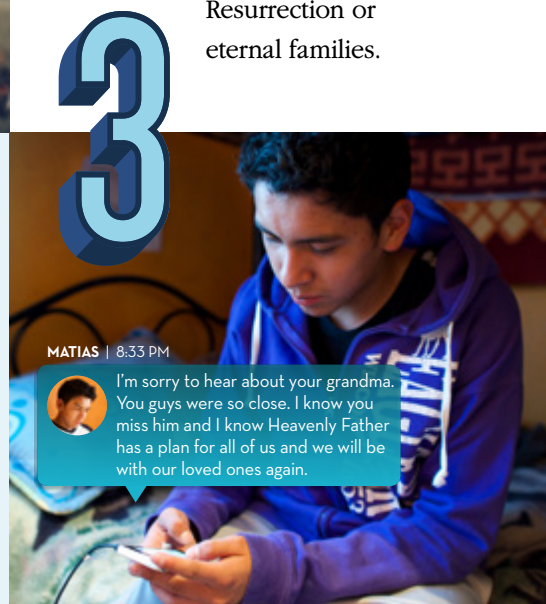
TAILOR YOUR MESSAGE TO A SPECIFIC PERSON'S NEEDS.

If you contact a friend with a specific message made for them, they will feel loved and special. Consider their current circumstances—what could be uplifting for them to hear? For example, if your friend's grandma has recently died, it may be comforting to hear about the Savior's

Resurrection or eternal families.

DON'T LET THE MOMENT PASS.

Once you've received inspiration, take action right away! The longer you wait, the easier it will be to forget or to become lazy. The Holy Ghost has inspired you in a specific moment for a reason, so hop to it! You might help a friend right when they need it the most.



3



4

INVOLVE THE SPIRIT.

Always include the Holy Ghost in every step of your missionary adventure. You may not always know what people need, but God does—and He can tell you through the Spirit. The Spirit may help you know who to contact, what to say, and how to say it, so be sure to pay attention to any promptings you may have during your conversation. Pause before you press Send. Is there anything the Holy Ghost wants you to add or change?



HASTEN HIS WORK

“The Lord is hastening His work, and it is no coincidence that these powerful communication innovations and inventions are occurring in the dispensation of the fulness of times. Social media channels are global tools that can personally and positively impact large numbers of individuals and families. And I believe the time has come for us as disciples of Christ to use these inspired tools appropriately and more effectively to testify of God the Eternal Father, His plan of happiness for His children, and His Son, Jesus Christ, as the Savior of the world; to proclaim the reality of the Restoration of the gospel in the latter days; and to accomplish the Lord’s work.”

Elder David A. Bednar of the Quorum of the Twelve Apostles, “Flood the Earth through Social Media,” *New Era*, Aug. 2015, 32.

Sometimes social media seems like the least likely place to have missionary success—but in reality, there are many people waiting to hear the truth, no matter where they find it! Be brave, and ask the Spirit to guide you to friends that are in need of spiritual uplift. You never know—you just might make their day! **NE**

5

FIND COMMON GROUND.

What do you have in common?

Use that as a starting point for your conversation. If you and a friend struggle with similar trials, share scriptures or other insights that have given you hope. If your friend loves spending time with family, invite the whole bunch over for a family home evening at your place. If you are part of a choir or musical group with friends, play songs from youth.lds.org that they might enjoy.



NIKO | 4:32 PM



I know that we are all children of God and that He loves us!

6

BEAR SIMPLE YET POWERFUL TESTIMONY.

Remember, when you testify of the truth, the Holy Ghost can teach with power and touch your friend’s heart. Share what you know in simple terms like, “I know that we are all children of God and that He loves us.”



MATT | 12:17 PM



My family is having a game night tonight. Do you want to come with your family? It’s always a good time!

SOME

BRACKETS

LAST A MONTH



OTHER BRACKETS LIVE

FOREVER

TagTeam

We weren't quite sure what to expect when the bishop of our ward in northern Utah, USA, encouraged the youth to attend the largest family history conference in the world—RootsTech, held in Salt Lake City. We followed his counsel, and a group of 30 people from our ward spent the day attending this amazing experience.

We listened to President Russell M. Nelson's admonition to "do something to actually experience the joy [of family history and temple work] for ourselves."¹ We realized that the dates assigned to our ward by the Brigham City Temple for our youth baptism night and the ward temple night were only two days apart and we decided to follow President Nelson's counsel.

NAME-GATHERING NIGHT

One month later we held a name-gathering night, a combined Mutual activity for all of the youth and anyone else in the ward who wanted to participate. Everyone brought smart phones, tablets, or computers, and we hooked up to a printer so that we could print out temple-ready names right on the spot.

With the motivation of helping our ancestors (along with a pizza party), we helped each other until we found at least one family name in need of a temple ordinance. "I gained a testimony from

AFTER
ATTENDING
A FAMILY
HISTORY
CONFERENCE,
WE CAME
BACK WITH
A GREAT
IDEA FOR A
FIRST-RATE
TEAM-UP.



the night I looked for names,” said Bryton W., 16. “I was struggling to find even one, but a leader kept pushing me, and I finally succeeded. It made me feel better knowing that I helped someone.”

We learned, worked, acted, taught, and shared. Finding family names to take to the temple touched us and bonded us together.

WARD TEMPLE WEEK

The following week, we took these names to the temple for our ward’s temple week. The youth did the needed baptisms and confirmations on Wednesday night, and the adults in our ward took it from there, culminating in sealings on Saturday. “It was my first time going to the temple,” said Tili W., 12. “I felt good knowing I was doing temple work for my ancestors. I want to continue doing this work, because I get a good feeling, almost like when I was baptized.”

Because of this experience, our ward has a new standard for participating in family history and temple work, and we are excited to continue finding names and taking them to the temple together.

The author lives in Utah, USA.

NOTE

1. Russell M. Nelson, presentation at RootsTech 2017 Family History Conference, Salt Lake City, Utah, Feb. 11, 2017; see lds.org/topics/family-history/familydiscoveryday/nelson.

WHAT IS ROOTSTECH?

RootsTech is the world’s largest family history conference held every year in Salt Lake City, Utah, USA. It will be held this year from February 28 to March 3.

Would you like to be a part of the experience, but live too far away? You can still participate by watching the live stream on LDS.org on Saturday, March 3, 2018. See RootsTech.org and LDS.org.





By Elder
Claudio R. M. Costa
Of the Seventy

FOLLOW

Every blessing I have today started with a testimony of modern prophets.

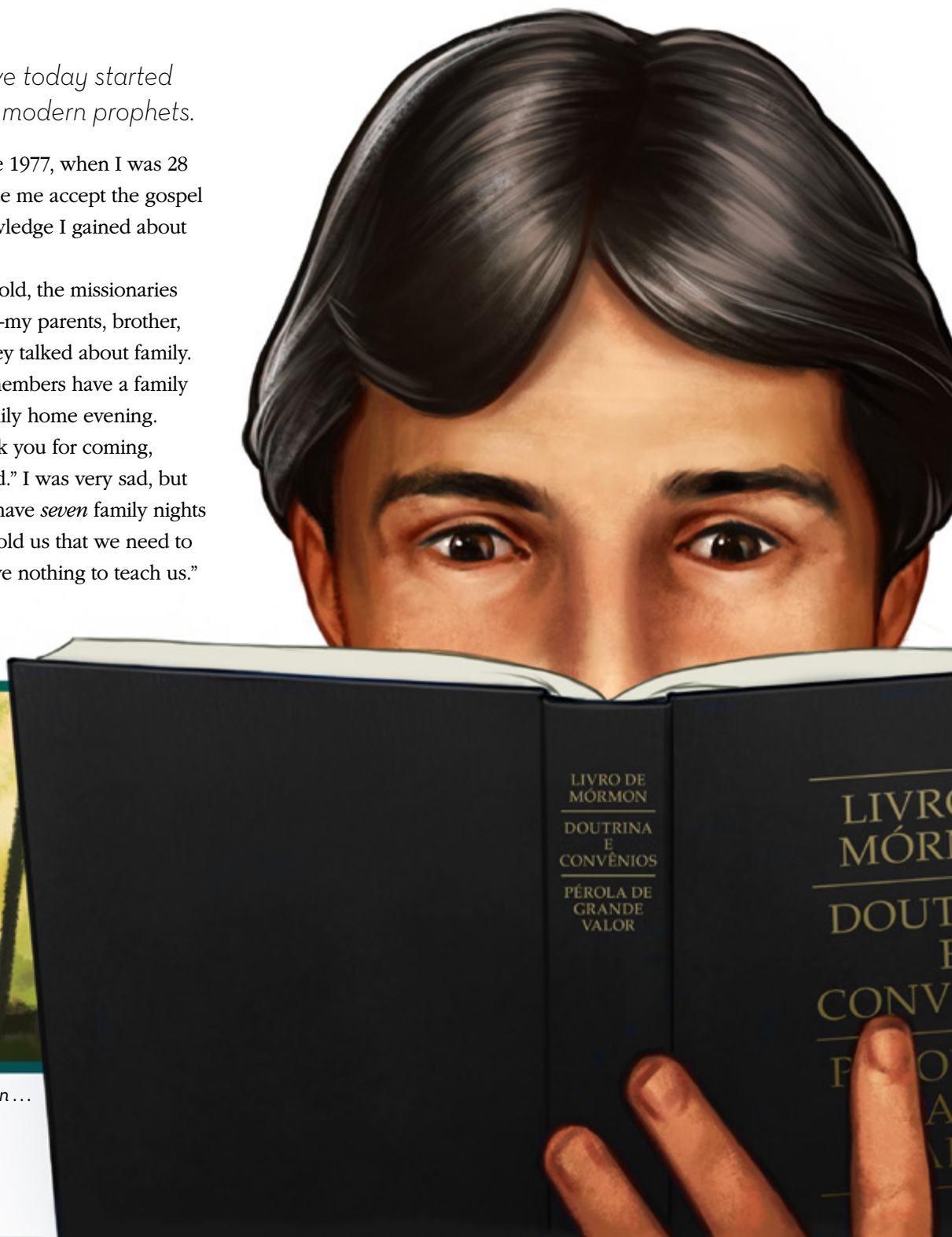
I was baptized in June 1977, when I was 28 years old. What made me accept the gospel is the faith and knowledge I gained about modern prophets.

When I was 12 years old, the missionaries met me and my family—my parents, brother, and two sisters—and they talked about family. They said that Church members have a family night and explained family home evening.

My father said, “Thank you for coming, but we are not interested.” I was very sad, but he explained: “Son, we have *seven* family nights in our family, and they told us that we need to have only *one*. They have nothing to teach us.”



I read about the First Vision...



the PROPHET

ILLUSTRATIONS BY DAVID MALAN

Five years later, when I was 17, I got a job in another city and lived alone. While I was away from home, the missionaries knocked on my parents' door again. This time, my family listened and was baptized. When my parents told me, I said, "I have no interest in religion right now."

Another five years passed, and I came to stay at my parents' home while I was changing employment. My father was the ward mission leader, and every afternoon the missionaries would visit him briefly to update and coordinate plans. One day they asked him, "Who is that young man there?"

He said, "That's my older son."

"Is he a member?"

"No."

"We need to talk with him."

But I said, "No, I'm not interested."

LEARNING ABOUT JOSEPH SMITH

Then one day my father agreed to let the missionaries teach a lady in our home. They came around 5:00 in the afternoon and began teaching her—and they knew that I was in the next room making a sandwich before leaving to see my friends. They taught about a boy prophet—Joseph Smith—and the First Vision. And from the other room, I listened.

When I eventually left the house, the Spirit started to work in my heart and some questions came into my mind: "Why don't you do what the sisters taught this lady? Why don't you study the history of Joseph Smith and ask the Lord if he was a prophet?" And I said to myself, "I'm happy. I'm doing good things. I don't need it." But the Spirit started to wrestle with me, and I decided not to see my friends that night. I went back home.



and the baptism of Joseph Smith and Oliver Cowdery and the Prophet Joseph Smith's testimony.

I asked my mom, “Where can I read the history of Joseph Smith?” She gave me her scriptures and showed me the Joseph Smith—History, and I read and prayed. I read the first paragraph, pondered, and asked Heavenly Father if what’s there is true. I did this with every paragraph until I completed the whole thing. My heart was anxious for an answer. I read and prayed all night, until 9:20 the next morning.

The Lord revealed to me that Joseph Smith was a prophet. I had a very sacred experience. As I finished praying, I promised that I would find the missionaries and be baptized because I had this sure knowledge.

I told the sisters, “I need to be baptized now.” They explained the lessons I needed to have and commitments I needed to make. But I said, “I don’t want to lose a single day with the knowledge that the Lord has given me that Joseph Smith was a prophet.”

The sisters called their zone leader. He agreed to an accelerated schedule for the lessons. He scheduled the baptismal interview and told me he’d also need to talk to the ward mission leader, and I said, “Don’t worry, I’ll talk with the ward mission leader. He’s my daddy. He’s been praying for years for me to be baptized.”

My baptism was an experience I will remember forever. What a sweet and wonderful feeling. I felt that I was a

new man. I was clean. I felt so close to God, and I was very happy.

FOLLOWING THE LIVING PROPHET

Because I have a firm testimony about what happened in the Sacred Grove in 1820, I have always been active in the gospel and the Church. I started to serve, fulfill callings, and give all that I had to the Church.

Two weeks after my baptism, my stake president called me as the leader of the young single adults in my stake (though I had to ask him what a stake is). In another two weeks, I was organizing a regional singles conference. This was the best singles conference in the history of the Church, because I met my wife there.

One year later we were married. We have been happily married for 38 years now. We have four children and 10 grandchildren, and all the blessings we have are because of a decision we made. Before we married, I asked her, “Will you support me in being absolutely 100 percent obedient to the living prophets?” She said, “Yes.”

After I was baptized, the first talk I heard from the prophet, President Spencer W. Kimball (1895–1985), was about being self-reliant and being wise with your money. He also said to provide a good education for your



I followed the counsel of President Kimball.



This helped me provide a good education for my children.

children.¹ These two things have been taught in our family and have been great blessings. My children are in good situations today—not because I’m so smart; I just chose to follow the prophets.

I love to serve the Lord and my fellowmen because that’s what I learned from the prophets.

GAINING YOUR OWN TESTIMONY

Follow the prophets. Listen to their words and practice what they teach, and you will be happy. My faith and knowledge about the Church and the gospel came from my testimony that Joseph Smith was a prophet.

I love Heavenly Father and Jesus Christ. It’s my desire to be with Them forever. That’s why it’s important to listen to the prophets—they know the way back to the presence of God.

I think all young people should read the history of Joseph Smith with real intent, with an open heart and an open mind, and ask Heavenly Father. And I am sure the Lord will give the answer, as He gave to me. If you read the version we have in the scriptures, you can gain a strong testimony. Then you can read the other versions too.²

Joseph Smith saw the light, he saw God the Father and Jesus Christ, and They spoke to him. This is divine knowledge that comes from God, through the Spirit.

After you’ve had this confirmation in your heart, set a goal to know the words of the living prophets. Study their words in the scriptures, general conference, *For the Strength of Youth*, Church magazines, and LDS.org. Learn their counsel in seminary, Sunday School, and quorum or class meetings. Make goals based on prophetic priorities. Then just do it.

You will feel closer to the Lord. You will feel your intelligence expand for school and for all things. And remember you are never alone. You have supportive people around you who are ready to help, including your bishop or branch president. And the Lord and His Spirit will be with you. **NE**

NOTES

1. See Spencer W. Kimball, “Welfare Services: The Gospel in Action,” *Ensign*, Nov. 1977, 76–79.
2. See “First Vision Accounts,” Gospel Topics, [topics.lds.org](https://www.lds.org/topics).



Following prophets has blessed my family.





Felicity K., 12, Alabama, USA



Hello, my name is Felicity. I adore baking, roller blading, and hanging out with friends and family.

I recently had a bake sale for charity. I talked to my bishop to learn more about LDS Charities, and I learned a lot. For example, I learned that it helps lighten the burdens of others all over the world. I decided to donate the bake sale money to LDS Charities.



Kate S., 14, Utah, USA



I've been painting for four or five years. I also like to play tennis and be with my family.

One of my paintings is of the Salt Lake Temple, which has always been my favorite temple. While I painted it, I felt really in touch with God. I know that God gave me this talent to use the best I could.

My name is Carlos V. I live in Chile. I'm 12 years old and serve as ward pianist.

Piano Man!

When I was seven years old, our stake leaders asked each ward to choose someone who would be willing to learn to play the piano. I was chosen and began taking lessons from the stake Primary president.

When I began learning to play the hymns, I would first read the lyrics. That helped me learn the gospel and feel the Spirit while I practiced. It was hard at first, especially when I started playing hymns for my ward in 2015. Sometimes I cried when I played the wrong notes, but I was determined to get better.

Today, I can play almost all the hymns, including some by memory. Singing the hymns is like saying a prayer to Heavenly Father (see D&C 25:12). The hymns invite the Holy Ghost into our meetings. I think it's important that investigators feel the Spirit when they come to church. Playing the piano gives me a chance to share my testimony through music.

For more stories like this one from Chile, go to [@LDSYouth](#) on Instagram.

Send your own photos and testimonies to newera@ldschurch.org.

FUN STOP

St. Patrick's Day Puzzler

What kind of music does a leprechaun band play? To find out, **put the four-leaf clovers in order from completely empty to completely filled in. Copy the letters into the spaces once you have the order figured out.**



ARIE VAN DE GRAAFF

 C	 O	 N	 L	 S
 D	 M	 K	 H	 R
 L	 A	 A		
 O	 R			

RYAN STOKER

Ice Cream Quandary

Your quirky uncle has invited you and your siblings over for ice cream sundaes. But first, you must solve his riddle. **Can you place the cherry outside the goblet by moving only two craft sticks?** The goblet must maintain its original shape. Use craft sticks, toothpicks, or other small objects to experiment and find the solution.

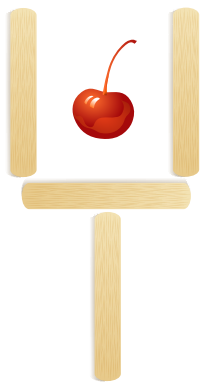


ILLUSTRATION BY GETTY IMAGES

A Great-Great Family Riddle

While doing family history, you found an intriguing clue about an ancestor. Scrawled in faint ink was the following information: your great-great-uncle Phillippe had four daughters. Each of those daughters had a brother. **How many children did Uncle Phillippe have?**

Find the Right Answer Right Away!

Can you find a single word that links the two clues together? The word will have two different meanings but only one spelling.

Example:

Where you keep your money.

Bank

The edge of a river.

- | | |
|---|--|
| 1. A dirty dish's worst nightmare. | "Better patch that leak in your boat, or else!" |
| 2. "Quick, grab your kite!" | That music box won't start by itself. |
| 3. "What a new, original idea." | "That story you're reading sure has a lot of pages." |
| 4. This beats scissors any day of the week. | "Why does this chair have curved legs?" |
| 5. Faster than using a pencil. | A, B, AB, or O ... one of these makes your body go! |
| 6. The successful aftermath of a sad movie. | "Rats! I caught my jacket on an old nail." |
| 7. Common ground between a honeydew melon and Jupiter. | "I don't think this boxer can last one more ..." |
| 8. "Speak louder, or the audience in the back won't be able to hear you." | "Cool volcano! Is it for the science fair?" |
| 9. Octagonal halters of progress. | "Put your name by the X, please." |



JON CLARK

Let's say Goliath DID join the Church, who was going to baptize him?



VAL CHADWICK BAGLEY

“What should I do if my friends have different standards from mine?”

Some ideas to consider:

- 1 Remember that your friends are children of God, so treat them with respect and kindness.
- 2 Ask about their personal standards, and then explain yours and why you choose to stick to them.
- 3 Find common interests and activities that are consistent with your standards.
- 4 When you need to choose a different activity, politely decline an invitation to join in.



Be Respectful

Most of my friends are not LDS. Sometimes I struggle with my faith when I talk about it to

them, but I pray to Heavenly Father to give me strength for them to understand my faith. I love them and still respect them even though they might have different standards from what mine might be. Love, respect and understanding are the key for a good friend relationship.

Brandy D., 19, Maine, USA



Let Your Light Shine

It's OK to have friends who have different standards from yours, but what isn't OK is

if you let them influence you to do wrong. Instead, let your light so shine that you might be the one to influence them. Stand firm in the Church's standards, because the trends of the world change, but the standards of the Lord are unchanging.

Trisha Z., 17, Philippines

Be Kind

You should be kind. As long as they know your standards, you should be able to have a good relationship with your friends.

McKenzie B., 15, Montana, USA



Ask for Help

True friends will love and respect you and your standards. If your friends don't approve,

ask Heavenly Father to help you choose the right friends who will honor our beliefs.

Kiya S., 12, England

Treat Them Like Any Other Friend

You should treat them with respect like you would any other friend. But you have to be mindful that you don't participate in any activities with them that might be against your standards. If they do try to persuade you, tell them why you make different choices. If they keep trying to persuade you, then you might need to associate with other people.

Ben B., 15, Georgia, USA

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



Is it OK when people call Church leaders by just their last names?

We should use Church leaders' titles as a basic sign of respect for them and their callings—as well as for the Lord, who gives them their authority. Though you may feel familiar with them because you love their messages, using their titles shows the Lord how you feel about His priesthood.

President Russell M. Nelson has taught: "Priesthood titles are not created by man; neither are they for adornment, nor do they express mastership. They denote appointment to service in the work of the Lord. . . . Titles pertaining to the holy priesthood deserve our utmost care and respect. Each member of the First Presidency is addressed and spoken of as 'President.' (See D&C 107:22, 24, 29.) . . . The preferred title for one of the Twelve is 'Elder' or 'Brother'" (Apr. 1993 general conference).

Of course, this also applies to women who serve. We should call them "Sister." As President Dallin H. Oaks, First Counselor in the First Presidency, has taught, "Whoever functions in an office or calling received from one who holds priesthood keys exercises priesthood authority in performing her or his assigned duties" (Apr. 2014 general conference). **NE**

Tell Us What You Think:

How do I strengthen my testimony by bearing it when I have such a hard time being in front of people?

Send your answer and photo by April 15, 2018.

Go to newera.lds.org, and click "Submit Your Work." Sign in with your LDS 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.

Responses may be edited for length or clarity.

FINANCIAL SKILLS

Learning to set and keep a budget will assist you your whole life.

This includes distinguishing between wants and needs, as well as learning how to *spend less*. Get in the habit of comparing prices (including online), rather than grabbing the first item you see.

Commit to paying tithing and offerings. Establish a savings account and be consistent with what percent of your income you save.

TRY IT OUT!

1.

Set a monthly budget (or a “spending plan” if budget sounds stifling) and stick to it for three months. If you don’t have income, ask your parents if you can help track a portion of the family budget, such as the groceries.



Running out of money before running out of month is a major stressor!



2.

Pick five different items you buy regularly—or think you will buy regularly when you earn money—and then find at least three different stores that sell these items. Compare prices, including shipping prices if you’re looking online.

3.

Practice saving leftover money. If you used cash to buy something, save the change rather than using it to buy an item you didn’t plan to buy. If at the end of the month you didn’t use your full budget, great! Save what’s left over for later.



ANSWERS (from pages 40–41): St. Patrick's Day Puzzler: SHAMROCK AND ROLL; Ice Cream Quandary: The key is to shift the horizontal stick halfway to the right or left; see solution at newera.lds.org; Find the Right Answer Right Away: 1. sink, 2. wind, 3. novel, 4. rock, 5. type, 6. tear, 7. round, 8. project, 9. sign

AROUND THE WORLD

Guatemala



1947

Year missionaries first entered Guatemala

6

Missions today



2

Temples



Quetzaltenango Guatemala



Guatemala City Guatemala

430

Congregations

267,470

Total Church membership

Amulek

Amulek recognized Alma from a vision. After feeding Alma, Amulek joined him in preaching to the people of Ammoniah. There he contended with Zeezrom, was imprisoned and beaten, and walked freely out of the collapsed prison. He also taught people in Sidom, Zarahemla, Jershon, and Antionum.

- First scriptural reference: Alma 8:19-20.
- Mentioned throughout Alma 8-16, 31, 34-35.
- His genealogy is found in Alma 10:2-3.
- “It was the faith of Alma and Amulek that caused the prison to tumble to the earth” (Ether 12:13).

HYMNASTIC THOUGHT

“The Lord is my **LIGHT**; the Lord is my **STRENGTH**. I know in **HIS MIGHT** I’ll conquer at length. My weakness in mercy he covers with pow’r, And, walking by faith, **I AM BLEST EV’RY HOUR.**”

“The Lord Is My Light,” Hymns, no. 89

“I will trust, and not be afraid.”

Isaiah 12:2.

THIS DATE IN CHURCH HISTORY

1836

Kirtland Temple dedicated on March 27.



1842

Relief Society organized on March 17.



1970

First stake organized in Africa on March 22.



1980

Sunday meetings first consolidated into three-hour block in United States and Canada on March 2.





“I’M GLAD YOU INVITED ME”

ON MY FIRST DATE with Nate, I was surprised to learn that he wasn’t a Latter-day Saint. He was very polite, but when I got home, I wasn’t sure if I would go on another date with him.

The next week, Nate called to see if I’d like to go out on New Year’s Eve. “I’m sorry, Nate,” I said. “That’s a Sunday night, and my family and I are watching a broadcast from the First Presidency.” I felt the spark of a prompting and added, “You are welcome to

watch it with us if you’d like.” I was shocked when he said yes.

I felt the Spirit so strongly as the prophet encouraged us to set resolutions that would enable us to draw closer to Christ. Nate listened to every word. After he went home, I felt calm and peaceful. The next morning, he called me.

“I wanted to thank you for inviting me over last night,” he said. “All my friends were having a party, and I didn’t want to go because I knew there would be some bad stuff going on. I’m glad you invited me. I feel great.”

I felt the Spirit telling me that I had done the right thing. Being friendly helped Nate feel the blessings of righteous living. I know that God cares about all of us and that He will always enable us to choose the right.

Rachel H., Texas, USA

“We all know many whose lives would be improved by the restored gospel. Are we reaching out to them?”

—President Dallin H. Oaks, First Counselor in the First Presidency, Oct. 2016 general conference



Tips for Sharing the Gospel

1. Smile. The gospel is a positive thing, so when you’re sharing it, remember the blessings of the gospel and smile!
2. Live what you believe (see 1 Timothy 4:12; Alma 17:11).
3. Pray for opportunities and help for when those opportunities come (see Alma 17:9).
4. Follow promptings from the Holy Ghost about when and what to share.

IS MY FAMILY HISTORY REALLY DONE?

I REALLY WANTED to help with my family history, but my father had seven generations in his family tree, and all the temple ordinances were complete. For 11 years he found no new information about his family. My desire and hope disappeared. I told myself with frustration, “All my family history is done. Where am I going to get names to take to the temple?”

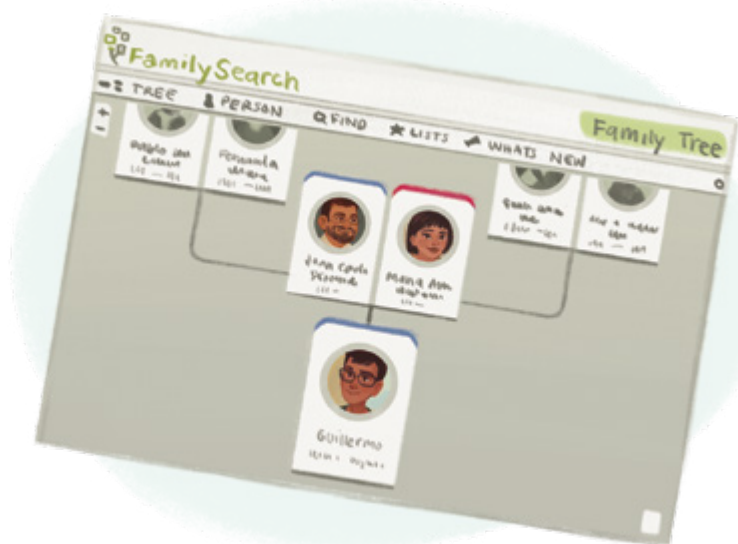
I decided to look at all the information my father had on his FamilySearch tree and a voice told me that there was still much to do. I began to search for information all over the internet. I was able to find many people with my surname, but I could not find my relationship to all those people.

When my hope was exhausted, I decided to fast with my mother to have success in our family history. The next Sunday morning as we were getting ready to go to church, I did my typical internet search, and suddenly I found a page with information I had never seen. It was a miracle!

With the help of new information, I, at age 14, took a total of 400 family names to the temple. I was so happy. My favorite part was sharing those names with the youth and seeing their happiness at having so many cards in their hands.

I testify of this great and marvelous work. When we do family history, the Spirit helps us have success and touches our hearts.

Guillermo T., Chile



LOST IN TIJUANA

ONE YEAR, my family and I drove to Tijuana, Mexico, to visit some members there and drop off some supplies at the mission home. However, once we crossed the border between California, USA, and Mexico, we got lost. None of us had cell phones, so we had no way of contacting anyone for help.

Finally, my sister suggested that we pull over and say a prayer. We all closed our eyes and bowed our heads as she prayed. When she finished, I opened my eyes and the first thing I saw was a taxi with a sticker outline—of the San Diego California Temple! I yelled out, “The temple!”

One of my sisters quickly slipped out of the car and ran up to the taxi, which was stopped in the traffic. She talked to him briefly and then ran back and said that he told us to follow him. We followed as he weaved in and out of traffic and through the streets of Tijuana until we arrived at the mission home.

This experience strengthened my testimony that Heavenly Father lives and is watching out for us. Praying faithfully as a family is the best feeling, and God really does hear our prayers.

Corbin D., California, USA

You Can Accomplish the Impossible!

By President Russell M. Nelson

*From a Brigham Young University-Idaho devotional
given on January 27, 2015.*

You should remember that you are literally and truly a son or daughter of Almighty God. You have been created in His very image. He has sent you here to be successful and to have joy in your journey in mortality. He wants you to know that “with God nothing shall be impossible” (Luke 1:37). You are entitled through your worthiness to receive revelation to help you with your righteous endeavors. You may take upon you the name of the Lord. You may pray in His holy name. You can qualify to speak in the sacred name of God (see D&C 1:20). It matters not that times of tribulation will come. Your prayerful access to help is just as real as it was when David battled his Goliath.

So, to you I say, foster your faith. Fix your focus with an eye single to the glory of God. “Be strong and courageous” (2 Chronicles 32:7), and you will be given power and protection from on high. The Lord has declared His sustaining help: “For I will go before your face. I will be on your right hand and on your left, and my Spirit shall be in your hearts, and mine angels round about you, to bear you up” (D&C 84:88).

The Lord has more in mind for you than you have in mind for yourself! You have been reserved and preserved for this time and place. You can do hard things. At the same time, as you love Him and keep His commandments, great rewards—even unimaginable achievements—may be yours. Indeed, “eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him” (1 Corinthians 2:9).

You can accomplish the impossible. You can help shape the destiny of the entire human family! As you know and apply the teachings of the Lord in your lives and in your work, you can change the world. **NE**



Born September 9, 1924 in
**Salt Lake City,
Utah, USA.**



**Grew up in the
great depression.**
He remembers asking for
permission to eat a
banana.
(An expensive item
for the family budget.)

At age 10
became an
**errand
boy** for his
father's
advertising
agency.

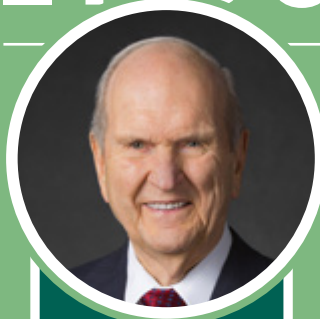


Loves to

PLAY
Scrabble®

PRESIDENT

RUSSELL M. NELSON



Set apart as the
**17th
president**
of
The Church of
Jesus Christ
of Latter-day
Saints
on January 14, 2018



He was called to
be an Apostle on
April 7, 1984.



Has perfect pitch
and
**performed in
musicals**
as a young man.



Earned a
**bachelor's
degree**
in 1945 and
**medical
degree**
in 1947 from
the University
of Utah.

Earned a **PhD
in medicine**
in 1954 from the
University
of Minnesota.



Since becoming
a member of
the Quorum of
Twelve Apostles
he has
**visited
133
nations.**



Performed the
**first successful
open-heart
surgery**
in Utah using a
heart-lung machine he
helped develop.



Became one of the
**premiere
heart
surgeons in
the USA.**

In 1983 alone he
performed 360 heart
surgeries.

Performed open-heart surgery on
**President
Spencer W. Kimball.**

耶穌基督

**Learned
Chinese**

after attending a meet-
ing where the prophet
encouraged people to
do more to bring the
gospel to all nations,
especially China.



Served

a two-year term of
medical duty in the
U.S. Army during the
Korean War,

**visiting
every
M.A.S.H.
unit**

in Korea and field
hospitals.



Married Dantzel
White on
August 31, 1945
in the Salt Lake
Temple.

Dantzel passed
away on
February 12, 2005.

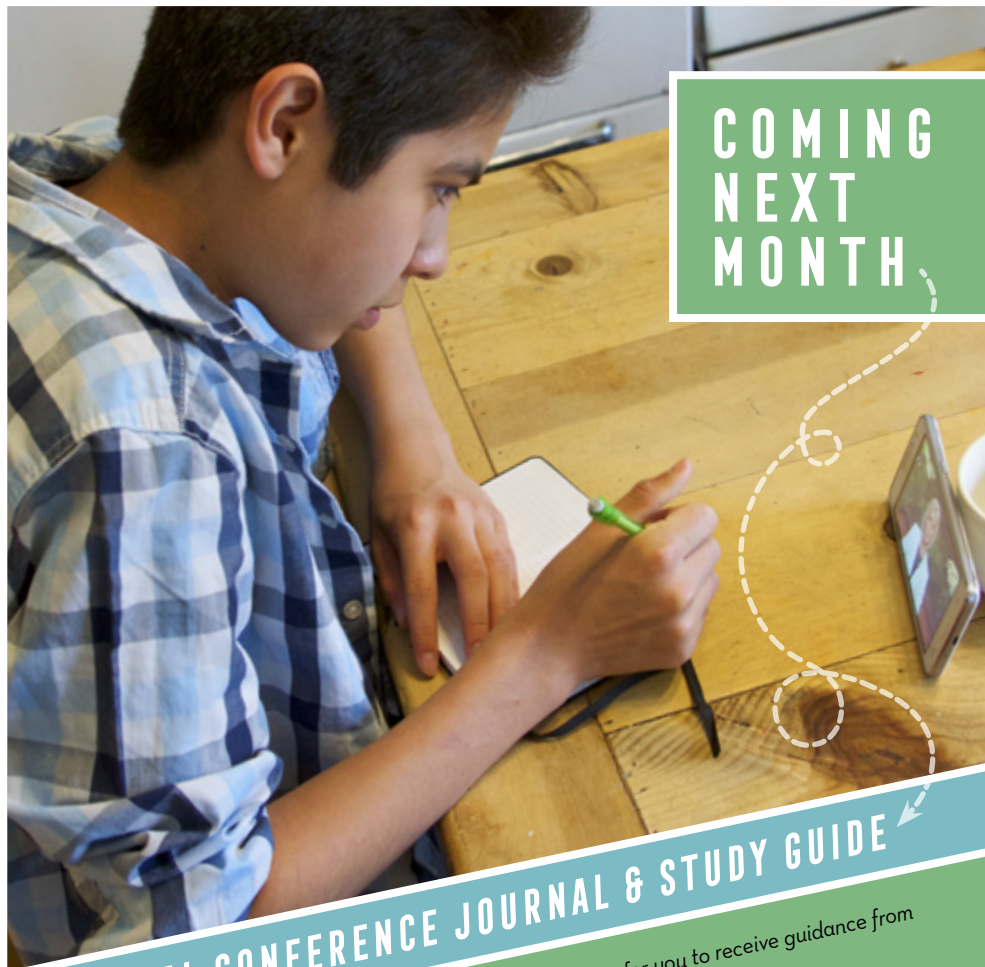
Married Wendy L.
Watson on
April 6, 2006, in the
Salt Lake Temple.

Skiing

is one of
his great loves.



He has 10 children, 57 grandchildren, and 116 great-grandchildren



COMING
NEXT
MONTH

GENERAL CONFERENCE JOURNAL & STUDY GUIDE

April's general conference will be full of unique opportunities for you to receive guidance from the Holy Ghost, learn about the gospel of Jesus Christ, and participate in a solemn assembly to sustain a new President of the Church.

Watch for a new
STUDY GUIDE

in the April issue to help you have a place to record your feelings and impressions throughout the conference.

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

