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ON THE COVER: The Samoan Way, p. 14. Photograph by Leslie Nilsson.

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GENERAL CONFERENCE NOTEBOOK

INCLUDED THIS MONTH

Get ready to use your General Conference Notebook!

Participate in this one-of-a-kind bicentennial general conference on Saturday and Sunday, April 4 and 5 (or whenever it becomes available in your area). Take notes, record your inspiration, and then return to your notes after conference to remember what you felt impressed to learn and do.



By Elder D. Todd Christofferson Of the Quorum of the Twelve Apostles



3 WAYS JOSEPH SMITH REVEALS JESUS CHRIST TO US

oseph Smith Jr. was called of God "to be a translator, a revelator, a seer, and prophet" (Doctrine and Covenants 124:125). Each of these titles has particular significance, but there is no more important aspect of his prophetic mission than his revelation of Jesus Christ in our time.

Every element of God's plan for the salvation of His children in time and eternity hinges on Jesus Christ and faith in Him, and since there is no salvation without Jesus, it is critical that He be revealed to mankind in His true character. This becomes increasingly important as the biblical testimony of Jesus recedes in time and more and more begin to doubt, including even some professors and ministers of religion.

The Prophet Joseph Smith is the great latter-day revelator of Jesus Christ in at least three important ways: first, he is a personal witness of the fact of the Savior's Resurrection; second, he is the translator and publisher of the most forceful and complete written testament of Jesus Christ in existence; and third, he presents to the world a testimony of Christ irrefutably sealed with his own blood.

1. HIS PERSONAL WITNESS OF THE SAVIOR'S RESURRECTION

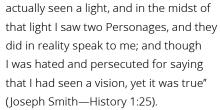
At age 14, in response to sincere and fervent prayer, Joseph Smith was visited by the Savior and God the Father. He saw the Father motion toward Jesus, and heard Him say, "This is My Beloved Son. Hear Him!" (Joseph Smith—History 1:17). Joseph



FIBST VISION BY LIZ LEMON SW



spoke to the Lord, and the Lord spoke to him. He knew firsthand that Jesus is the Son, the Beloved Son of God, and that as a resurrected being, He lives. Of his experience, Joseph Smith wrote, "I had



Some 16 years later, in the temple at Kirtland, Ohio, Joseph recorded:

"We saw the Lord standing upon the breastwork of the pulpit, before us; and under his feet was a paved work of pure gold, in color like amber.

"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 110:2–4).

In Joseph Smith's testimony of these and other visitations, we find the clearest possible revelation of the resurrected Lord.

2. HIS TRANSLATION AND PUBLICATION OF THE BOOK OF MORMON

The Book of Mormon: Another Testament of Jesus Christ is the single most complete and compelling volume of scripture known to the world that attests to the divinity of Jesus Christ and the plan of redemption that centers in Him. It was compiled for the purpose of convincing all "that Jesus is the Christ, the Eternal God, manifesting himself unto all nations" (Book of Mormon, title page). It confirms and upholds the





eloquent witness of both the Old and New Testaments of the Bible. In translating and publishing the Book of Mormon, Joseph Smith has made its testimony his own.

The Book of Mormon's witness of Christ is found throughout the book. Among the most moving declarations are those connected with the Lord's personal ministry among the Book of Mormon peoples following His Resurrection. After the Father's voice from heaven introduced Jesus as "my Beloved Son, in whom I am well pleased, in whom I have glorified my name" (3 Nephi 11:7), the Savior, standing in their midst, said to the people:

"Behold, I am the light and the life of the world; and I have drunk out of that bitter cup which the Father hath given me, and have glorified the Father in taking upon me the sins of the world, in the which I have suffered the will of the Father in all things from the beginning....

"Arise and come forth unto me, that ye may thrust your hands into my side, and also that ye may feel the prints of the nails in my hands and in my feet, that ye may know that I am the God of Israel, and the God of the whole earth, and have been slain for the sins of the world" (3 Nephi 11:11, 14).

My own witness of Jesus Christ was born in the pages of the Book of Mormon. It was the first and foundational evidence leading to my testimony of the Prophet Joseph Smith. Continued study of that book continues to deepen my conversion.

3. SEALING HIS TESTIMONY WITH HIS OWN BLOOD

Martyrdom endows a prophet's testimony with a special validity. Indeed the Greek root *martureo* from which the English word *martyr* is derived means *witness*.

"Like most of the Lord's anointed in ancient times, [Joseph Smith] has sealed his mission and his works with his own blood" (Doctrine and Covenants 135:3). In a hail of bullets on the afternoon of June 27, 1844, in Carthage, Illinois, Joseph and his brother, Hyrum, were cut down for the religion and testimony they professed.

Joseph Smith's revelation of Christ, sealed by his blood and supported by the testimony of his fellow martyr Hyrum, is now

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JOSEPH SMITH'S REVELATION
OF CHRIST, SEALED BY HIS
BLOOD . . . , IS NOW BINDING
UPON THE WORLD."

binding upon the world. The most eloquent expression of that testimony was given in 1832 as follows:

"And now, after the many testimonies which have been given of him, this is the testimony, last of all, which we give of him: That he lives!

"For we saw him, even on the right hand of God; and we heard the voice bearing record that he is the Only Begotten of the Father—

"That by him, and through him, and of him, the worlds are and were created, and the inhabitants thereof are begotten sons and daughters unto God" (Doctrine and Covenants 76:22–24).

Among mortals, the Lord Jesus Christ has had no surer witness, no more committed disciple, no more loyal advocate than Joseph Smith, His prophet, seer, and revelator. By his personal witness of the resurrected Savior, by his translation and publication of the Book of Mormon, and by his martyrdom, Joseph Smith has laid before the world the preeminent revelation of Jesus Christ for our time. **NE**

From a BYU-Idaho devotional address given on September 24, 2013.

A GLOSSARY OF RESTOR

Here are some key terms that may need some explanation when you're talking to others about the Restoration.

ome of the terms we use in talking about the Restoration (such as *Restoration*) may be unfamiliar to others (at least the way we use them). Here are a few such terms and a brief explanation of what we mean by them.

APOSTASY:

A turning away from truth by individuals, groups, or nations.

People in apostasy usually reject God's prophets, break His laws, and stop keeping their covenants with Him. The period of apostasy after the death of Jesus Christ and His Apostles is called the Great Apostasy and led to the loss of God's authority, prophets, and Church from the earth.

ATONEMENT OF JESUS CHRIST:

Jesus Christ's suffering the penalty for our sins, dying on the cross, and being resurrected so

that we can be resurrected, return to Heavenly Father, and become like Him. Jesus Christ was the only one capable of making a perfect Atonement for all mankind. He also took upon Himself the pains, sicknesses, temptations, afflictions, and infirmities of us all (see Alma 7:11–13).

CONFIRMATION:

A religious ceremony, (or *ordinance*), in which

a person becomes a member of The Church of Jesus Christ of Latter-day Saints and and receives the gift of the Holy Ghost. This is done by someone with authority, who lays his hands on the person's head during the ordinance.

COVENANT:

A promise between God and His children. God sets the terms,

and we agree to do what He asks of us. God then promises us certain blessings if we obey. We make covenants through ceremonies (or *ordinances*) such as baptism, the sacrament, and temple ceremonies.

DISPENSATION:

A period of time in which at least one person is on

the earth who is authorized by God to deliver (or "dispense") the gospel to the world. This authority comes through the priesthood and its keys (see Priesthood). In each new dispensation, the gospel is revealed through a prophet again (see Prophet). The dispensation that began when the Lord called the Prophet Joseph Smith is known as the "dispensation of the fulness of times" (see Ephesians 1:10).

EXALTATION:

To become like our Father in Heaven and live forever

as families in His presence (see Doctrine and Covenants 132:19–20). Exaltation is God's greatest gift to His sons and daughters and comes through the Atonement of Jesus Christ and through obedience to God's laws, including making and keeping covenants (see Covenant).

GOSPEL:

God's plan of salvation, made possible through the Atonement of Jesus

Christ. The gospel includes God's truths, laws, covenants, and ordinances (religious ceremonies), which make it possible for people to return to God.

ATION TERMS



PREMORTAL LIFE

(PREMORTAL EXISTENCE: PRE-EARTH LIFE)

Our life before we were born on this earth, when

we were in the presence of our Father in Heaven as His spirit children.

PRIESTHOOD:

Authority and power from God to act in the name of

Jesus Christ for the salvation of all people.

PROPHET:

A man who has been called and given authority by God and who

speaks for Him. A prophet tells people about God's will and true character, tells them not to sin, and tells them of the consequences if they do. At times, he may by inspired to foretell the future for people's benefit.

REDEMPTION:

Being freed from sin and death through the

Atonement of Jesus Christ (see Salvation).

RESTORATION OF THE GOSPEL:

Jesus Christ's bringing back His true Church, teachings, and authority (which had

been lost through apostasy [see Apostasy]), by calling a prophet again.

RESURRECTION:

The reuniting of spirit and body after death.

After resurrection, the spirit is joined with a body of flesh and bones that cannot die, and they will never again be separated. Every person born on earth will be resurrected because Jesus Christ overcame physical death.

REVELATION:

Communication from God to His children on earth. This

can come through various means, such as inspiration, visions, dreams, and visits by angels. Prophets receive revelation for the world and the Church; individuals receive it for their personal lives.

SALVATION:

To be saved from physical death and spiritual death (sin) through

the Atonement of Jesus Christ. By the grace of God, all people will be resurrected and thus saved from physical death. This comes through the death and Resurrection of Jesus Christ. Salvation from sin comes by the grace of God as we have faith in Jesus Christ, repent, and obey His laws, including making and keeping covenants (see Articles of Faith 1:3).

SPIRITUAL DEATH:

Separation from God through sin.

Through the Atonement of Jesus Christ, we can become clean from sin and overcome spiritual death as we repent and live God's laws (see Articles of Faith 1:2–3). **NE**

For More

For more terms and topics, see *Preach My Gospel* (2018), 44–45, 58–59, 73; see also Gospel Topics on ChurchofJesusChrist.org and in the Gospel Library app.



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THE FIRST VISION: THE FIRST VIS

The First
Vision teaches us
that you have a role to play
in the ongoing Restoration and that
God will sustain you.

By Stephen W. Owen

Young Men General President

hen I was a young boy, I received a loving gift from my
Father in Heaven that has helped me throughout my life.
One summer morning I was with my parents and my two
little brothers and sister at our ranch trying to round up
our horses.

I remember watching my dad and my little brothers as I walked in the pasture by myself. The sky was blue, the sun was bright, the grass was green and lush, and there was a little breeze in the air. As I stood there, I looked up to the sky and the mountains. Then an overwhelming feeling came upon me that Heavenly Father had created all of this—everything I could see—and that He loved me.

At that age, I had not yet read the Book of Mormon. My understanding of the gospel was limited. And yet I felt something very real that went deep into my heart. It was a warm, gentle feeling of truth.

That experience caused me to be sensitive to spiritual things and to listen to the counsel from the Lord. Each of us has the privilege to have spiritual experiences if we seek them and pay attention to them.

In the spring of 1820, 14-year-old Joseph Smith had a spiritual experience that was both personal and of profound universal significance. He was wrestling with questions of the heart, just like you and I do. He studied the scriptures, he pondered, and finally he decided to pray to Heavenly Father to seek answers.

Of course, what happened next was the unique, extraordinary experience we call the First Vision. Heavenly Father and Jesus Christ appeared personally to Joseph Smith, calling him as the first prophet of this dispensation. This opened the Restoration and led to many revelations and blessings—for example, the restoration of the priesthood; the establishment of the Lord's true Church, The Church of Jesus Christ of Latterday Saints; and the calling of prophets and apostles.

YOU HAVE A ROLE TO PLAY IN THE GATHERING OF ISRAEL

The Restoration may have begun with Joseph in the grove, but it didn't end with Joseph's death. In fact, the Restoration is very much still rolling forth today. The Lord continues to reveal His will to His prophet and directs and guides His





Church. What does that mean for you, personally? It means that you have a role to play in the ongoing Restoration! How do you fulfill that role?

FOLLOW THE COVENANT PATH

First, you follow the covenant path. That means living faithfully according to the covenants you have made and will make in the future. You have faith in Jesus Christ, you follow His commandments, you repent when you make mistakes, you love and serve others, you seek the Lord's counsel, and you strive to help others do the same.

TAKE PART IN THE GATHERING OF ISRAEL

Next, you participate in the gathering of Israel. Think about what's happened with temples during the 200 years since the First Vision. From the humble beginnings of the Kirtland Temple, temples now dot the earth. Why are we a templebuilding people? So that we can receive eternal life through covenants made in the temple.

Most people who have lived haven't received those covenants. In temples we can perform the ordinances for the dead who now can't do that work for themselves. That's the reason you go to the temple now—it's a necessary part of the salvation of the human family.

As we participate in the gathering of Israel, we also share the gospel with others to strengthen their faith and invite them to come unto Christ. President Russell M. Nelson has taught that "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. They decide for themselves if they want to know more."1 That's what the gathering of Israel is all about.



The First Vision also teaches us other important principles that affect your life.

GOD ANSWERS PRAYERS

A key message of the First Vision is that God answers prayers and reveals truth. Just as Joseph had his questions answered, you can pray and get answers to your prayers as well. You are not likely to see heavenly beings as Joseph did, but God has promised to lead and guide His faithful Saints.

GOD IS MORE POWERFUL THAN THE OPPOSITION

When Joseph Smith began to pray, the adversary attacked him and tried to stop him. But when Joseph called on our Heavenly Father, the light of our Heavenly Father and Jesus Christ drove the adversary away.

Our Heavenly Father knows you and wants to bless you. You have the assurance that if you are prayerful and keep pressing forward with "a perfect brightness of hope" (2 Nephi 31:20), God will bless you, help you, and answer your prayers.

RELY ON YOUR SACRED MOMENTS . . .

Joseph Smith's experiences *after* the First Vision also teach us to rely on the spiritual experiences we've had when things get tough. Many of the people Joseph thought would support him ridiculed him. Instead of giving up, Joseph trusted in the answer he had received. (See Joseph Smith—History 1:21–26.)

For me, ever since that moment in the pasture as a boy, whenever I've faced difficult times or temptations, I've remembered what I felt at that moment—the Holy Ghost teaching me truth. That feeling has sustained me. I knew God would help me, and even when I'd struggle, I knew the Lord loved me and I could turn to Him.

When you struggle, you can look to the light that is Jesus Christ and remember the Spirit you've felt and what you know to be true. That can sustain you.

... AND KEEP BUILDING ON THEM

But you also need to seek to be guided by the Spirit throughout your life. Joseph didn't stop seeking heavenly guidance after he experienced the First Vision. He called on God regularly—he studied, learned, and had new spiritually strengthening and enlightening experiences that helped him through many challenging times.

We can have the Holy Ghost with us constantly by doing the things that invite the Spirit into our lives. These include praying, studying the scriptures, attending church, bearing testimony, serving others, and repenting.

GOD WILL BE WITH YOU

Throughout your life, you will experience good times and difficult times. As you participate in the gathering of Israel and strive for heavenly guidance, God will bless you, support you, and sustain you. **NE**



NOTE

 Russell M. Nelson, "Hope of Israel" (worldwide youth devotional, June 3, 2018), 8, Hopeofisrael. Churchofjesus Christ.org.



By Allen Davis

ne day, my brother Rick and I decided to go goose hunting. That day we had success and both of us shot a goose. With the two geese in the car, we dreaded what was to come. Our father had taught us that we hunt for food. We knew that meant we would have to pluck both of these large birds and prepare them to be put in the freezer.

As we drove home, we talked about how hard it was to pluck a goose. We tried to find ways to get out of the job.

"Wait a minute," said Rick. "Didn't

Brother Owen lose his job?"

"Yeah," I replied.

"Maybe they need food," said Rick.

We decided it would be a good deed for us to deliver some food to their door. (Of course, we were much more interested in getting out of the work than in doing a good deed.) We dumped the geese on the Owens' doorstep, rang the doorbell, and ran back to the car as fast as we could. As we drove away, we were excited that we had found a way to avoid the work of plucking the geese.

The next day was fast Sunday. Brother Owen was the first one up to bear his testimony. He explained that he had lost his job and his family was struggling to get by. The night before, he was getting his three daughters ready for bed. They were crying because they were hungry and there was no food. His oldest daughter, still in Primary, explained that if they prayed, Heavenly Father would bring them food.

Brother Owen was overcome by the faith of his daughter. With tears in his



eyes, he asked his daughter to pray. He explained that she had said a simple prayer, explaining to Heavenly Father that she and her family were hungry. Then she asked Heavenly Father to bring them food. As the prayer ended, the family was surprised by a knock on the door. They opened the door and found not one, but two large geese sitting on the doorstep. They thanked Heavenly Father for such a quick answer to their prayer. Brother Owen testified that God answers prayers and sat down.

Rick and I had tears in our eyes.

From then on, every time my brother and I went hunting, we would drop our birds on the Owens' doorstep and run to the car. We left pheasants, ducks, quail, doves, and even some fish.

One day, as we were emptying the birds from our vests onto the Owens' front porch, the door opened. Brother Owen stood in the doorway.

"I thought it was you," said Brother Owen. We apologized for leaving the birds there without cleaning them. He assured us that he was happy to clean the birds, and he was thankful for all the food we had left him. He told us how much he appreciated our thoughtfulness.

Initially, my brother and I had been trying to avoid the responsibility of cleaning after a hunt. But our loving Heavenly Father was able to use us to bless the lives of others. Now I look for opportunities to bless the lives of others—not to get out of work, but to be an instrument in God's hands. **NE**

The author lives in Utah, USA.







ot many of us have the chance to crack open a snack with a machete on a regular basis. Or eat bananas right off the tree. Or swim and fish in the warm ocean just down the road.

Life in Samoa moves at its own pace and rhythm. It's a stunningly beautiful and peaceful place to live. (Well, peaceful so long as you're not falling out of a mango tree, as you'll learn in a bit.)

Sefa L., 19, and his younger brother Don L., 15, have lived in Samoa their whole lives. They've grown up learning to live off the land, and they love where they live.

But their love for each other is what keeps them strong. Samoans often refer to "the Samoan way," which can be summed up in four simple words: they help each other.

NOT YOUR AVERAGE CHORE LIST

For Don and Sefa's family, the fridge is never empty. That's because there's no fridge in the first place. Their meals come fresh from the land, as well as from selling or trading that food for other supplies.

On their land, they have all the food they'll ever need. But that doesn't mean it's easy. Mealtime requires serious work.

"I like to do my duties to help my family," Don says. And he's not talking about loading and unloading the dishwasher. He's

PHOTOGRAPHS BY LESLIE NILSSON AND GETTY IN

















This sacrifice means a lot to Don. "This makes me feel closer to my brother," he says. "I love him and appreciate what he's doing for me."

Sefa also knows that Don will ultimately be able to pay it forward. He likes to imagine the man his younger brother will grow to be. "I know that someday Don will do great things for his own family," Sefa says. He wants his brother to have every shot at success.

Once again, it's the Samoan way. They help build each other's future.

GATHERING ISRAEL, SAMOAN STYLE

A particular sight that outsiders can't fail to notice is the abundance of pigs on the island. They're everywhere! And they are quite valuable. These pigs are used mainly for selling or for celebratory feasts.

One of the main occasions when pigs are used for feasts is to celebrate a missionary's return. Missionary work is a big deal in this culture. A missionary is celebrated and sustained not just at the family level but also at the village level.

"My biggest goals in life are to serve a mission and be married in the temple," Sefa says. Don nods his head in agreement eagerly.

If the Samoan way is to help others, what better way is there to help than by bringing someone closer to Christ?

MY BROTHER'S KEEPER?

Sefa and Don may carry and use machetes with the same ease that other teens might carry and use a smartphone. But they're still just typical brothers who love to goof off, tease each other, and play games together (their favorite is rugby). They enjoy each other's company and find small ways to help each other every single day.

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles once said, "Although I may not be my brother's keeper, I am my brother's brother, and 'because I have been given much, I too must give" (Oct. 2014 general conference [Ensign or Liahona, Nov. 2014, 42]).

Don and Sefa might say, "That's just living life the Samoan way." **NE**



BIGGEST BULLY By Ellie Farnest

hen I was 12, the girls I thought were my four best friends decided they didn't want to be friends with me. They began to say horrible and hateful things about me. I felt unloved, unwanted, unneeded, and worthless. I thought I would never feel happy again.

I tried and tried, but the happiness just never came. I didn't want to do anything, and I stopped participating in school activities. After a few months of feeling like everything was falling apart, I started to hide my feelings and pretend to be happy.

I stopped praying, and I complained anytime I had to go to church or midweek activities. My former friends had constantly teased me about being a member of the Church. I told myself that if I stopped going to church and living the standards, I could get my friends back.

But after a few months, I realized that I needed to rely more on the Savior when I was feeling hurt and lonely. Jesus

Christ felt all of my pain. He died on the cross for me, and I was setting aside His sacrifice and His gospel. I started complaining less and less until, finally, Sunday was my favorite day of the week.

Even after going to church, something still didn't feel right. I decided I needed to pray.

I couldn't remember the last time I had prayed.

Before I could think twice about it, I knelt down and started to pray. I cried to Heavenly Father about everything that had happened. I apologized for forgetting Him when He was what I needed most.

After I finished my prayer, I had a very strong impression to go look at my scriptures. I wasn't sure what to do, so I just opened up to a random page and started reading. I came across

Mosiah 26:31: "Ye shall also forgive one another your trespasses; . . . he that forgiveth not his neighbor's trespasses when he says that he repents, the same hath brought himself under condemnation."

I realized that my pain and unhappiness weren't simply caused by what those girls had said or done to me. I was unhappy because I was holding a grudge against my former best friends, and I blamed myself for letting them hurt me. By not forgiving them or myself, I became my biggest bully.

I prayed that I would be able to forgive the girls who had hurt me and that I could forgive myself. Forgiving them was so hard for me, and it took a while. Forgiving them was like letting a piece of myself fall away. But after fully forgiving them, I felt that I could move on and learn from what happened to me by helping the people around me who might be struggling.

I don't know why I let myself be sad for over a year, and I honestly have no idea why I thought being

away from the Church would make me happier. Clearly, I was wrong. Even though it was still hard to feel happy and to forgive after that time, keeping an eternal perspective and focusing on Heavenly Father's plan of salvation really helped me. Heavenly Father and Jesus Christ were there

for me the whole time I was struggling; I had just been too stubborn to turn to Them. I'm glad I eventually did.

I am grateful for what I learned from my experience. I am a stronger, more compassionate, all-around better person because of it. I have been able to help so many people through their hard times because of my own. I have a strong belief that trials really can lead to blessings when we turn to God. **NE** *The author lives in Utah, USA.*

CONN

JOSH A., 16, California, USA

I really like fishing because I can get out in nature and just get away from life and be calm. I started going when I was about 10 or 11. I caught a really big fish, and that got me really excited to go out fishing with my dad. Now my dad and I compete in tournaments pretty often, and I'd like to become a professional bass fisherman someday.

To get really good at fishing, you have to spend time on the water. You have to try to educate yourself as much as possible by doing things like watching videos and talking to as many people as you can, and then just going fishing. It takes a lot of practice.

Just like with fishing, if you want to get a testimony and maintain it, you have to keep practicing—keep reading the scriptures and going to church and going to seminary and studying.

I'm the only member of the Church in my school. I drive to another town every morning for seminary where we have about 20 students. It's been hard being the only member in my school, so I've just had to separate myself from some things. Fishing gives me something positive to do so I don't have to feel like I have to be involved with other bad things.



ALIFORNIA



LARGEST TREE

Home to the world's largest tree, a giant sequoia named General Sherman, which stands 275 ft. (83 m) tall and 17.5 ft. (5.3 m) wide.

7 TEMPLES

Los Angeles, Oakland, San Diego, Fresno, Redlands, Newport Beach, and Sacramento









The world's hottest verified temperature was recorded in this desert valley: 134.1° F (56.7° C).



During the "Gold Rush" of 1849, over 90,000 people rushed to the state searching for gold.

STATE MOTTO

"Eureka!" a Greek word meaning "I have found it!"



MIGUEL H.,

12, Portugal

One thing I love to do is roller skate. I try to learn new moves so I can improve my talent. When I think of how I can be a better person, I try to do what Christ would do. I feel that responsibility a lot because I am a deacons quorum president, so I strive to always make good choices.

Recently I got to plan an activity for my quorum. It was really fun and helped me want to serve others like my leaders have served and helped me.



DONELLE N.,

14, Idaho, USA

A few months ago, I prayed that I could find a friend, but I felt like my prayers weren't being answered.

Then one Sunday, I met a girl who had just moved in. I tried to be nice to her and treat her like a friend. We ended up becoming great friends! I'm glad I reached out and my prayer was answered.

FUN STOP

Relic Replication

one spelling.

The Budhall

- 1. When tightly strung, this makes the fuzzy yellow-green ball fly
- aboveground.
- the future.
- the silence any longer.
- **8.** "If I could remember this, I could text her!" What a dentist's next shot makes you.
- **9.** A traditional time for a date.

Why did I get a "D" on my report on "The Consequences of Procrastination?"



AL CHADWICK BAGLEY



Rather than one big pot o' gold, could I get ten wee ones instead? It'll make it easier to pay me tithing!

CEVIN BECKSTROM









Riddle Brothers

Lehi's family was by the seashore getting ready to build a ship. The littlest brothers, Jacob and Joseph, were crying. Sariah asked them what was the matter. They said they were eating honeycomb but put it down to go get their wooden camel dolls. When they came back, the honeycomb was gone. Sariah went and asked her other sons what they were doing when the honeycomb disappeared. Sam said he was gathering rocks where Nephi told him to find ore for tools. Lemuel said he was doing whatever Laman was doing. Laman said he was down at the beach tossing scrap wood into the water and watching them sink underwater. Nephi said he was at his forge. Sariah immediately told Laman and Lemuel to give the honeycomb back to Jacob and Joseph or get them a new one. How did she know they had taken it?

LLUSTRATION BY DEAN MACADAM

Conference Culture Quiz

Without looking them up, can you guess which of the following pop culture references was **NOT** spoken in general conference?

- A. "The adversary would have you believe that the task before you exceeds your abilities in every conceivable way. . . . A potent argument to this destructive line of thinking was once spoken by the venerable starship captain Jean-Luc Picard: 'Things are only impossible until they are not.'"
- **B.** "When we are partially in or not in at all, there is, in the *Star Wars* vernacular, 'a disturbance in the force."
- C. "And so, the very normal and unremarkable hobbit found himself darting out his front door to the path of adventure so quickly that he forgot his hat, walking stick, and pocket handkerchief."
- the boat which would carry us in a vertical dive that evoked screams from the passengers ... I noticed on one wall a small sign declaring a profound truth: 'You can't run away from trouble; there's no place that far!' These few words have remained with me. They pertain not only to the theme of Splash Mountain but also to our sojourn in mortality."

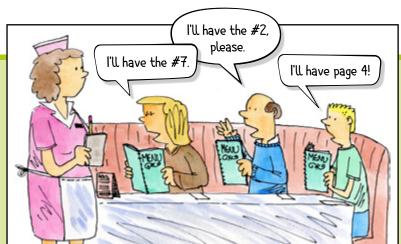


Hink Pink Think



What's a hink pink (a rhyming word pair) for a skin care product made out of seaweed and hermit crab shells? Ocean lotion! (Feel free to groan.) **Can you figure out the rest of the hink pinks? Some are more than two words.**

1.	When someone challenges you to ask of God.
2.	When you show up to rake leaves for your neighbor, but you're freaked out because the leaves are full of spiders.
3.	Ancient wooden boxes that you might put the original Book of Mormon record in.
4.	Whispered gossip that there might be some funny jokes happening soon.
5.	A promise you make to mature and develop.
6.	How you access the "narrow way" to salvation (see 3 Nephi 27:33).
7.	The abyss into which New Year's resolutions often disappear.
8.	When you undertake a journey to ace your next history exam.
9.	When a slow song starts up, you make eye contact with someone cute, and then completely freeze up and can't utter a word.
10.	Bonus: A fine imposed for gulping down your spearmint after realizing how awesome the Church's new curriculum is.



RYAN STOKER





"The results of sincere repentance are peace of conscience, comfort, and spiritual healing and renewal.

"Your bishop or branch president is the spiritual physician's assistant who is authorized to help you repent and heal."

Elder David A. Bednar of the Ouorum of the Twelve Apostles, April 2013 general conference (Ensign or Liahona, May 2013, 44).



The Bishop Loves You

Though the bishop is a judge, it is important to remember that he is

not there to be judgmental of us. He loves us and wants to help us return to Heavenly Father. Also, the bishop can help us repent of our sins. When we truly repent, we are forgiven and able to receive all blessings available to us. I would much rather confess my sins and be worthy of a privilege or calling than have a privilege or calling and feel guilty while holding it.

Hannah M., 19, Virginia, USA



Have Courage

The bishop is not just a guy in your ward; he is appointed of God to help you. He is there to

help you draw closer to the Savior and know how to repent and become clean. The Lord wants you to repent and He appoints men on earth to help us repent and to come back to Him. Having courage to talk to your bishop does not show that you are weak and not worthy of respect; it shows strength.

Hannah S., 17, Texas, USA



Don't Be Afraid

The bishop is there to help you, whatever comes your way. You can talk to him. You can

also ask your parents. They are also there to help you. They want you to talk to them; they want to help you. You don't have to be afraid.

Benjamin W., 12, Washington, USA

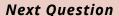


He Wants What's Best for You

If a friend of mine is afraid of confessing to the bishop, I would tell

them that it's OK and that the bishop wants you to tell him because he wants what's best for you and that he can give you good advice. You can also learn from your mistakes and be a better person.

Abram C., 13, California, USA



How do we as a youth group become closer together?

Send your answer and photo by April 15, 2020.

Go to newera. Churchof Jesus Christ.org, and 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** email us at newera@ Churchof Jesus Christ.org.

Responses may be edited for length or clarity.



What is the Church's stance on racism?

We believe that God is the Father of all humankind and that "he denieth none that come unto him, [both] black and white . . . ; and all are alike unto God" (2 Nephi 26:33). Because all people are equal before God, we believe that no person can rightly claim to be superior to another because of their racial or ethnic background. In addition, we believe that it is sinful to look down upon, denigrate, or discriminate against others because of their race.

Modern prophets and apostles have condemned racism in the strongest possible terms. For instance:

- President Gordon B. Hinckley (1910–2008): "No man who makes disparaging remarks concerning those of another race can consider himself a true disciple of Christ. Nor can he consider himself to be in harmony with the teachings of the Church of Christ."¹
- President M. Russell Ballard, Acting President of the Quorum of the Twelve Apostles: "We need to embrace God's children compassionately and eliminate any prejudice, including racism, sexism, and nationalism."²
- President Dallin H. Oaks, First Counselor in the First Presidency:
 "Racism is probably the most familiar source of prejudice today, and we are all called to repent of that."³

NOTES

- Gordon B. Hinckley, "The Need for Greater Kindness," Apr. 2006 general conference (Ensign or Liahona, May 2006, 58).
- M. Russell Ballard, Oct. 2017 general conference (Ensign or Liahona, Nov. 2017, 106).
- 3. Dallin H. Oaks, "A Cause for Celebration," New Era, Aug. 2018, 4.

Follow Me gum swallow fee Riddle Brothers: Wood floats, so Laman must have been lying.

FUN STOP ANSWERS (from pages 24–25): Conference Culture Quiz: A was the imposter! B, spoken by Elder Sabin, Apr. 2017 general conference. C, spoken by President Monson, Apr. 1998 general conference. Relic Replication: 1: racket; 2: seal; 3: spring; 4: present; 5: wave; 6: ring; 7: resume; 8: number; 9: evening Hink Phink Think: 7: preyend by President Monson, Apr. 1998 general conference. Eldic Replication: 1: racket; 2: seal; 3: spring; 4: present; 5: wave; 6: ring; 7: resume; 8: number; 9: dance trance; 10: come, evening Hink Phink Think: 7: preyend as evening Hink Phink Phink Think: 7: present; 5: wave; 6: ring; 7: resume; 8: number; 9: dance trance; 10: come, evening Hink Phink Think: 1: preyend as evening Hink Phink: 1: preyend as evening Hink: 1: pre

king Outside Written by Chakell Wardleigh Illustrated by Mike Laughead





















"Choose friends who use good language. Help others improve their language by your example. Be willing to politely walk away or change the subject when those around you use inappropriate language."

For the Strength of Youth (2011), 20.

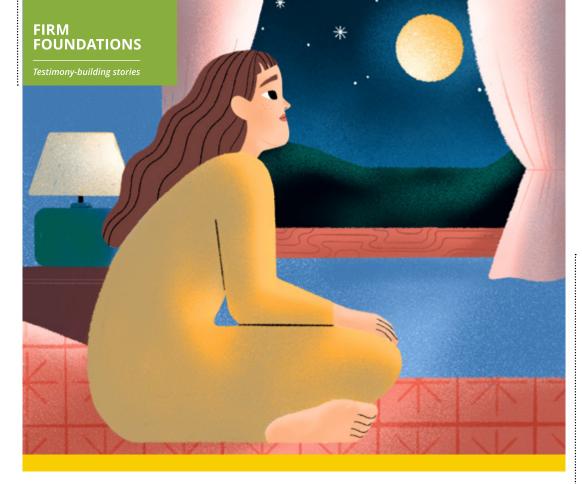


"Until that hour when Christ's consummate gift is evident to us all, may we live by faith, hold fast to hope, and show 'compassion one of another' (1 Peter 3:8)."

Elder Jeffrey R. Holland, Oct. 2013 general conference (Ensign or Liahona, Nov. 2013, 42).

See the video "Like a Broken Vessel" at mentalhealth. Churchof Jesus Christ.org.

New Era



TALKS WITH GOD ON SLEEPLESS NIGHTS

WHEN I WAS YOUNGER, I had trouble falling asleep each night. It was frustrating to be so tired and still not be able to rest.

I talked to my parents about my struggle, and they suggested I switch out my pillows, move my head to the other side of the bed, and not be near any electronic devices before bedtime. But even after following their advice, I still couldn't sleep!

Then my dad gave me one more suggestion that changed everything. He said, "When you say your nighttime prayers, just talk to Heavenly Father."

"Think of it: the absolute Supreme Being, the most all-knowing, allseeing, all-powerful personage, encourages you and me . . . to converse with Him as our Father."

Elder Richard G. Scott (1928–2015) of the Quorum of the Twelve Apostles, "Using the Supernal Gift of Prayer," Apr. 2007 general conference (Ensign or Liahona, May 2007, 8).

So night after night, I began talking to Heavenly Father about my day. I would start with when I woke up and talk about everything that happened until right when I was in my bed. I told Him about people I saw, blessings I was grateful for, how pretty it was outside, and things that made me feel happy. I also told Him about things that were sad, like if I hurt my leg or made a mistake.

I wasn't able to fall asleep right away, but I noticed that my relationship with my Heavenly Father was strengthening. He listened to me. He understood my high points and my low ones. He helped me feel calm enough to eventually fall asleep each night.

I am so grateful I could talk to Heavenly Father during those sleepless nights. I know He loves me and helps me, even with small things like helping me sleep.

Alyssa B., 19, Virginia, USA



How Can I Make My Prayers Feel **More Natural** and Meaningful?

- Recognize that God is your Father and you are His child.
- Counsel with the Lord in all your doings.
- Say morning and evening prayers.
- Keep a prayer in your heart throughout the day.
- Always express heartfelt gratitude.
- Pray for others with real intent and a sincere heart.

From Flder David A Bednar of the Quorum of the Twelve Apostles, Oct. 2008 general conference (Ensign or Liahona, Nov. 2008, 41-44).

STANDING FOR SOMETHING

ONE DAY at my high school, we had an assembly about the negative effects of drunk driving and drinking alcohol in general. After a brief introduction, the speaker paused and scanned the auditorium. He said, "If you've never once tasted alcohol, stand up."

Laughter bounced off the walls as people whispered jokes to each other. Their laughs were cut short when they noticed a few people were actually standing. Out of nearly four hundred students, seven were standing, including me.

As I felt my classmates' eyes on me, my face grew hot and I shifted from foot to foot. But then, something I had often repeated in Young Women came into my mind:

"We will stand as witnesses of God at all times and in all things, and in all places" (see Mosiah 18:9).

With a soft yet powerful whispering from the Spirit, I straightened my back and stood tall. I was no longer embarrassed.

I stood for something.

Charlene J., Arizona, USA





FROM JUST NICE TO JUST RIGHT

I WAS 14 when I got baptized, but I didn't really like going to Church activities because I didn't have any friends. It was hard coming into a totally new experience feeling like I didn't know anyone. On top of that, I still had school and other things to worry about.

But as I got older, I felt a desire to strengthen my testimony of the Savior, so I started attending seminary. It was just a nice experience at first. But then I made friends with some of my classmates, and they helped me become more active in the Church. I even set a goal to graduate from seminary.

I could tell that my heart was being molded each day as I went to class and learned about the Savior. I read the scriptures more and came to rely on them, especially when I faced challenges.

Now I've graduated from seminary and made a new goal to serve a mission so I can help others learn about Christ. I know the Lord helps us when we act on our faith—even if it starts out as just a little seed.

Romino P., 20, Philippines





Press Forward with Unwavering Faith

By Elder Ulisses Soares Of the Quorum of the Twelve Apostles

From an April 2017 general conference address (Ensign or Liahona, May 2017, 33-35).

ortal life is a period of testing where we will be proven to see if we will do all things that the Lord our God shall command us (see Abraham 3:25). This will require unwavering faith in Christ even in times of great difficulty. It will require that we press forward with steadfast faith in Christ, being led by the Spirit and trusting that God will provide for our needs (see 1 Nephi 4:6-7; 2 Nephi 31:20).

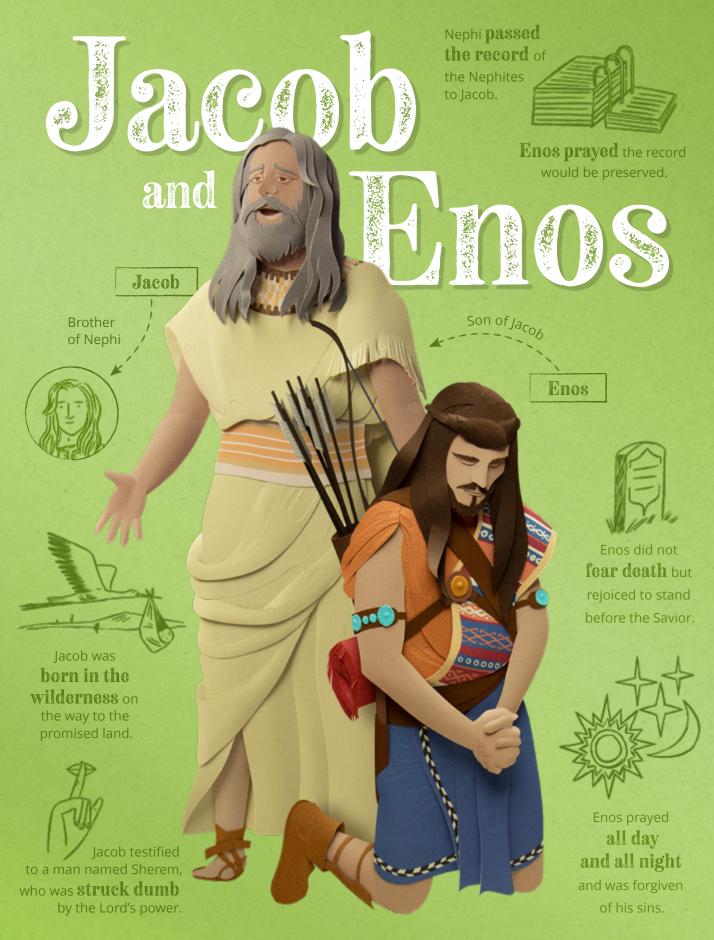
At the conclusion of His earthly ministry, the Savior taught His disciples, "In the world ye shall have tribulation: but be of good cheer; I have overcome the world" (John 16:33).

Ponder with me for a moment—Jesus Christ, the Only Begotten Son of the Father, lived a sinless life and overcame all the temptations, pains, challenges, and afflictions of the world. He shed drops of blood in Gethsemane; He suffered terrible pain beyond any power of description. He took upon Himself all our pains and sicknesses. He stands ready to help—to help each of us—with every burden. Through His life, suffering, death, and Resurrection, He removed every impediment to our rejoicing and finding peace on this earth. The benefits of His atoning sacrifice are extended to all those who accept Him and deny themselves and to those who take up His cross and follow Him as His true disciples (see Luke 9:23). Therefore, as we exercise faith in Jesus Christ and in His Atonement, we will be strengthened, our burdens will be eased, and through Him we will overcome the world.

As we contemplate the strength and hope that we can receive from the Savior, we do have reason to lift up our heads, rejoice, and press forward in faith without wavering.

If we are steadfast and do not waver in our faith, the Lord will increase our capacity to raise ourselves above the challenges of life. We will be enabled to subdue negative impulses, and we will develop the capacity to overcome even what appear to be overwhelming obstacles. I testify that by the power of your unwavering faith in Christ, you will receive all of the promised blessings from our loving Heavenly Father. NE





PREPARE FOR AN UNFORGETTABLE CONFERENCE!

Russell M. Nelson invited us to prepare for the special April 2020 general conference commemorating the 200th anniversary of the First Vision.



- ☐ Read Joseph Smith's account of the First Vision (see Joseph Smith—History 1:1–26).
- ☐ Think about how the First Vision and the events that followed have blessed your life.
- $\hfill\square$ Incorporate the Book of Mormon videos into personal and family study.
- $\hfill \Box$ Create a plan to "immerse yourself in the glorious light of the Restoration."

"As you do [these things]," President Nelson said, "general conference next April [2020] will be not only memorable; it will be unforgettable" (see "Closing Remarks," *Ensign* or *Liahona*, Nov. 2019, 122).

