YOUTH MAGAZINE OF THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS MAY 2016 THE LET GO OF WORRIES REASONS p. 30 FIND ANSWERS — TO YOUR — QUESTIONS pp. 40, 48

General Conference

HIGHLIGHTS pp. 2-22

PLUS SUNDAY LESSON

SNIPPETS FROM THIS ISSUE

Don't worry? That seemed to be all I could do lately! -page 25 · I'm now motivated be more sincere in my prayers. -page 26 · I will always be grateful that I decided to take an Apostle's advice. -page 29 · your mom. -page 30 · Her choices were written on her face. -page 32 · We don't live the Word of Wisdom because . . . it's supported by ... science. -page 36 • Prophets ... warn us of coming dangers, . . . regardless of public opinion. -page 39 · It's our brain's fault, really. -page 40 • I repeated these words over and over in my head until my fear went away. -page 47 • What if I hear something in church that contradicts what I've learned before? -page 48



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President Thomas S. Monson

STAYING WORTHY, MAKING CORRECT CHOICES

A Sacred Trust

"A common thread binds us together. We have been entrusted to bear the priesthood of God and to act in His name. We are the recipients of a sacred trust. Much is expected of us.

". . . What a wonderful gift we have been given. Ours is the responsibility to guard and protect that priesthood and to be worthy of all the glorious blessings our Father in Heaven has in store for us—and for others through us.

"Wherever you go, your priesthood goes with you. Are you standing in holy places? Before you put yourself and your priesthood in jeopardy by venturing into places or participating in activities which are not worthy of you or of that priesthood, pause to consider the consequences. Remember who you are and what God expects you to become. You are a child of promise. You are a man of might. You are a son of God.

"This precious gift of priesthood power brings with it not only solemn responsibilities but also special blessings for ourselves and for others. May we, in whatever place we may find ourselves, always be worthy to call upon its power, for we never know when our need and our opportunity to do so may come. . . .

General Conference

"May we determine, here and now, ever to be prepared for our time of need, our time of service, our time of blessing.

"... You 'are a chosen generation, a royal priesthood' (1 Peter 2:9). May we ever be worthy of these divine accolades."

Choices

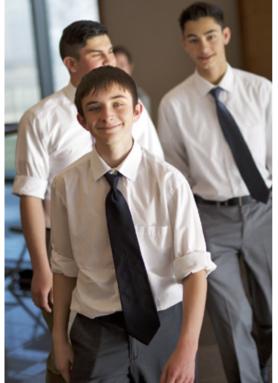
"I have been thinking recently about choices. It has been said that the door of history turns on small hinges, and so do people's lives. The choices we make determine our destiny.

"When we left our premortal existence and entered mortality, we brought with us the gift of agency. Our goal is to obtain celestial glory, and the choices we make will, in large part, determine whether or not we reach our goal. . . .

"... We know where we want to go, and it *does* matter which way we go, for the path we follow in this life leads to our destination in the next life.

"May we choose to build up within ourselves a great and powerful faith which will be our most effective defense against









the designs of the adversary—a real faith, the kind of faith which will sustain us and will bolster our desire to choose the right. Without such faith, we go nowhere. With it, we can accomplish our goals.

"Although it is imperative that we choose wisely, there are times when we will make foolish choices. The gift of repentance, provided by our Savior, enables us to correct our course settings, that we might return to the path which will lead us to that celestial glory we seek.

"May we maintain the courage to defy the consensus. May we ever choose the harder right instead of the easier wrong.

"As we contemplate the decisions we make in our lives each day—whether to make this choice or that choice—if we choose Christ, we will have made the correct choice.

"That this may ever be so is my heartfelt and humble prayer."

"President Thomas S.

Monson told us to 'choose the harder right instead of the easier wrong.' No words could be truer.

"I was impressed to make changes in many facets of my life, which will bring the smile of Heavenly Father's approval.

"I know now more than ever that I'm not alone, and I thank my Redeemer for the work that charts a safer course that leads me back to Him.

"Nobody should miss conference, for in this special gathering the heavens are opened and the voice of God is heard as in times of old."

Uzoukwu O., 17, Imo, Nigeria

3









President Henry B. Eyring First Counselor in the First Presidency

SERVE, LEARN, AND BUILD

Trust in That Spirit Which Leadeth to Do Good

"When our faith in Jesus Christ leads us to qualify for the joy of His forgiveness, we feel a desire to serve others for Him. . . .

- "... Commit... to go and serve, knowing that you do not go alone. When you go to comfort and serve anyone for the Savior, He prepares the way before you....
- "... Remember the Lord as you go in service for Him. The Lord ... feels the comfort we give others as if we had given it to Him. ...
- "... Do the best [you] can out of love for God to serve those in need.... Be personally modest about [your] good works....

"My prayer for the sisters . . . is that their faith in the Savior and gratitude for His Atonement will lead them to do all they can for those God asks them to serve."

Where Two or Three Are Gathered

"The word of God . . . will be poured out on all of us who listen, watch, and read the proceedings of this conference. The music, the talks, and the testimonies have been prepared by servants of God who have sought diligently for the Holy Ghost to guide them. . . .

". . . If you listen with the Spirit, you will find your heart softened, your faith strengthened, and your capacity to love the Lord increased.

"Your choice to pray with full purpose of heart will transform your experience in the conference sessions and in the days and months that follow. . . .

"... The prophets and apostles you will hear in this conference speak for the Lord. They are His servants, authorized to act for Him. He goes before His servants in the world."

Eternal Families

"Every priesthood effort and every priesthood ordinance is intended to help Heavenly Father's children be changed through the Atonement of Jesus Christ to become members of perfected family units. . . .

"Since that is true, everything we do should have celestial marriage as its focus and purpose. That means we must strive to be sealed to an eternal companion in the temple of God. We must also encourage others to make and keep the covenants that bind a husband and wife together, with their family, in this life and in the world to come. . . .

"... There is no more important commitment in time or in eternity than marriage."









President
Dieter F. Uchtdorf
Second Counselor in
the First Presidency

FAMILY AND REBUILDING

In Praise of Those Who Save

"Families are not just meant to make things run more smoothly here on earth and to be cast off when we get to heaven. Rather, they are the *order* of heaven. . . .

"But strong marriage and family relationships do not happen just because we are members of the Church. They require constant, intentional work. . . .

"Whatever problems your family is facing, whatever you must do to solve them, the beginning and the end of the solution is charity, the pure love of Christ. . . .

"... Pride is one of the biggest reasons marriages and families struggle....



"Even when you are not at fault—perhaps especially when you are not at fault—let love conquer pride.

"... We all can be saviors of strong families....

"As we emulate the Savior's love, He will surely bless and prosper our righteous efforts to save our marriages and strengthen our families."

He Will Place You on His Shoulders and Carry You Home

"It matters not how completely ruined our lives may seem. . . . Even those who are without hope . . . can be rebuilt. . . .

"... The sheep is worthy of divine rescue simply because it is loved by the Good Shepherd. . . .

"Our Savior, the Good Shepherd, knows and loves us. He knows and loves you. . . .

"Because He loves you, He will find you. He will place you upon His shoulders, rejoicing. . . .

"So what must we do?

"His invitation is simple:

"'Turn . . . to me' [Joel 2:12].

"'Come unto me' [Matthew 11:28].

"'Draw near unto me and I will draw near unto you' [D&C 88:63]. . . .

"It requires a little faith. But do not despair. If you cannot muster faith right now, begin with hope. . . .

"As we increase in faith, we also must increase in faithfulness. . . .

"Obedience is the lifeblood of faith. . . .

"You may feel that your life is in ruins.... But...if you will only lift up your heart to the Savior of the world, He will find you....

"... Our loving Heavenly Father can and will rebuild us. His plan is to build us into something far greater than what we were—far greater than what we can ever imagine."





THE PRICE OF PRIESTHOOD POWER

"In a coming day, only those men who have taken their priesthood seriously, by diligently seeking to be taught by the Lord Himself, will be able to bless, guide, protect, strengthen, and

heal others. Only a man who has paid the price for priesthood power will be able to bring miracles to those he loves and keep his marriage and family safe, now and throughout eternity.

"What is the price to develop such priesthood power?...

- "... Faith, virtue, knowledge, temperance, patience, godliness, brotherly kindness, charity, and diligence. And don't forget humility!...
- "... We need to pray from our hearts.... Are you willing to pray to know how to pray for more power?...

"Are you willing to search the scriptures and feast on the words of Christ—to study earnestly?...

"Are you willing to worship in the temple regularly? ... Imagine how pleased He would be if you asked Him to teach you about priesthood keys, authority, and power as you experience the ordinances of the Melchizedek Priesthood in the holy temple....

"Are you willing to follow President Thomas S. Monson's example of serving others?...

"... If we will humbly present ourselves before the Lord and ask Him to teach us, He will show us how to increase our access to His power."

President Russell M. Nelson, President of the Quorum of the Twelve Apostles



OPPOSITION IN ALL THINGS

"Central to the gospel of Jesus Christ is the Father's plan of salvation for the eternal progress of His children. That plan ... helps us understand many things we face in mortality....

"... We progress by making choices, by which we are tested to show that we will keep God's commandments (see Abraham 3:25). To be tested, we must have the agency to choose between alternatives. To provide alternatives on which to exercise our agency, we must have opposition....

"Opposition in the form of difficult circumstances we face in mortality is also part of the plan that furthers our growth in mortality....

"All of us experience various kinds of opposition that test us. Some of these tests are temptations to sin. Some are mortal challenges apart from personal sin. Some are very great. Some are minor. Some are continuous, and some are mere episodes. None of us is exempt. Opposition permits us to grow toward what our Heavenly Father would have us become....

"Through all mortal opposition, we have God's assurance that He will 'consecrate [our] afflictions for [our] gain' (2 Nephi 2:2). We have also been taught to understand our mortal experiences and His commandments in the context of His great plan of salvation, which tells us the purpose of life and gives us the assurance of a Savior."

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles



General Conference HIGHLIGHTS

"This conference I've felt that Heavenly Father really cares for me. I believe that He inspired the General Authorities. I felt His Spirit there. I feel uplifted!"

Mckenna S., 16, Maryland, USA









FAMILY COUNCILS

"Family councils have always been needed. They are, in fact, eternal. We belonged to a family council... when we lived with our heavenly parents as their spirit children.

"A family council, when conducted with love and with Christlike attributes, will counter the impact of modern technology that often distracts us from spending quality time with each other and also tends to bring evil right into our homes.

"Please remember that family councils are different from family home evening held on Mondays. Home evenings focus primarily on gospel instruction and family activities. Family councils, on the other hand, can be held on any day of the week, and they are primarily a meeting at which parents listen—to each other and to their children....

"When parents are prepared and children listen and participate in the discussion, the family council is truly working!

"No matter what our particular family situation is, it is critical that we understand the unique circumstances of each family member. Though we may share DNA, there may be situations and circumstances among us that may make us vastly different from each other and which may require the compassionate collaboration of the family council....

"... Inviting the Lord to be part of our family council through prayer will improve our relationships."

Elder M. Russell Ballard of the Quorum of the Twelve Apostles



THE HOLY GHOST

"The Holy Ghost provides personal revelation to help us make major life decisions about such things as education, missions, careers, marriage, children, ... and so on. In these matters, Heavenly Father expects us to use

our agency, study the situation out in our minds according to gospel principles, and bring a decision to Him in prayer....

"... The Holy Ghost is not given to control us. Some of us unwisely seek the Holy Ghost's direction on every minor decision in our lives. This trivializes His sacred role. The Holy Ghost honors the principle of agency. He speaks to our minds and our hearts gently about many matters of consequence....

"The revealed truths of the restored gospel came through the pattern of seeking in prayer and then receiving and following the promptings of the Holy Ghost.... I testify that today, revelation from the Lord to the First Presidency and the Twelve comes according to this same sacred pattern....

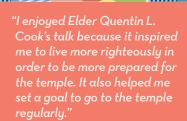
"The Holy Ghost is a medium for God's work in families and throughout the Church....

"... I offer my testimony of the personal revelation and constant flow of daily guidance, caution, encouragement, strength, spiritual cleansing, comfort, and peace that have come to our family through the Holy Ghost. Through the Holy Ghost, we experience 'the multitude of [Christ's] tender mercies' [1 Nephi 8:8] and miracles that do not cease."

Elder Robert D. Hales of the Quorum of the Twelve Apostles







Christian D. Htab. HSA







TOMORROW THE LORD WILL DO WONDERS AMONG YOU

"None of us want tomorrow, or the day after that, to destroy the wonderful feelings we have had this weekend. We want to hold fast to the spiritual impres-

sions we have had and the inspired teachings we have heard. But it is inevitable that after heavenly moments in our lives, we, of necessity, return to earth, so to speak, where sometimes less-than-ideal circumstances again face us....

"Please remember tomorrow, and all the days after that, that the Lord blesses those who want to improve, who accept the need for commandments and try to keep them, who cherish Christlike virtues and strive ... to acquire them. If you stumble in that pursuit, so does everyone; the Savior is there to help you keep going....

- "... We are going to be blessed for our *desire* to do good, even as we actually strive to be so....
- "... The first great commandment of all eternity is to love God with all of our heart, might, mind, and strength. ... But the first great truth of all eternity is that God loves us with all of His heart, might, mind, and strength. ...
- "... So keep loving. Keep trying. Keep trusting. Keep believing. Keep growing. Heaven is cheering you on today, tomorrow, and forever."

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles



ALWAYS RETAIN A REMISSION OF YOUR SINS

"As members of the Lord's restored Church, we are blessed both by our *initial cleansing* from sin associated with baptism and by the potential for an ongoing cleansing from sin

made possible through the companionship and power of the Holy Ghost—even the third member of the Godhead....

"... The act of partaking of the sacrament, in and of itself, does not remit sins. But as we prepare conscientiously and participate in this holy ordinance with a broken heart and a contrite spirit, then the promise is that we may always have the Spirit of the Lord to be with us. And by the sanctifying power of the Holy Ghost as our constant companion, we can always retain a remission of our sins....

"The ordinances of baptism by immersion, the laying on of hands for the gift of the Holy Ghost, and the sacrament are not isolated and discrete events; rather, they are elements in an interrelated and additive pattern of redemptive progress. Each successive ordinance elevates and enlarges our spiritual purpose, desire, and performance....

"... I promise and testify we will be blessed with increased faith in the Savior and greater spiritual assurance as we seek to always retain a remission of our sins and, ultimately, to stand spotless before the Lord at the last day."

Elder David A. Bednar of the Quorum of the Twelve Apostles

















SEE YOURSELF IN THE TEMPLE

"It is our great desire that members of the Church will live to be worthy of a temple recommend. Please don't see the temple as some distant and perhaps unachievable goal. Working with their bishop, most members can

achieve all righteous requirements in a relatively short period of time if they have a determination to qualify and fully repent of transgressions. This includes being willing to forgive ourselves and not focus on our imperfections or sins....

"... Members, both adults and youth, self-certify their worthiness when they answer the temple recommend questions. The essential requirement is to increase our testimony of God the Father; His Son, Jesus Christ; and the Restoration of His gospel and to experience the ministering of the Holy Ghost....

"The primary blessings of the temple are the ordinances of exaltation. The gospel plan is about exaltation and encompasses making and keeping sacred covenants with God. Except for baptism and confirmation, these ordinances and covenants are performed and received in the temple for the living. For the dead, all the saving ordinances and covenants are received in the temple....

- "... The Lord organizes eternal families only in temples....
- "... I pray that each of us will honor the Savior and make any necessary changes to see ourselves in His sacred temples. In doing so, we can accomplish His holy purposes."

Elder Quentin L. Cook of the Quorum of the Twelve Apostles



FATHERS

"I speak today of fathers. Fathers are fundamental in the divine plan of happiness, and I want to raise a voice of encouragement for those who are striving to fill well that calling. To praise and encourage fatherhood and fathers is not to

shame or discount anyone. I simply focus today on the good that men can do in the highest of masculine roles—husband and father....

"As a Church, we believe in fathers.... We believe that far from being superfluous, fathers are unique and irreplaceable....

"... Fatherhood is much more than a social construct or the product of evolution. The role of father is of divine origin, beginning with a Father in Heaven and, in this mortal sphere, with Father Adam....

"To young men, recognizing the role you will have as provider and protector, we say, prepare now by being diligent in school and planning for postsecondary training. Education, whether in a university, technical school, apprenticeship, or similar program, is key to developing the skills and capabilities you will need. Take advantage of opportunities to associate with people of all ages, including children, and learn how to establish healthy and rewarding relationships. That typically means talking face to face with people and sometimes doing things together, not just perfecting your texting skills. Live your life so that as a man you will bring purity to your marriage and to your children."

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





'The Spirit touched my heart throughout conference. How blessed we are to have prophets and apostles here today. My love for Heavenly Father and Jesus Christ has grown. The things I heard at conference will stay with me, and I will act on what I have learned." Abigail A., 13, Georgia, USA





WHOSO RECEIVETH THEM. **RECEIVETH ME"**

"My plea today is for the hundreds of thousands of children, youth, and young adults who do not come from these, for lack of a better term, 'picture-perfect'

"These young Latter-day Saints enter the Church with great faith. They hope to create the family ideal in their own lives at a future day. In time, they become an important part of our missionary force, our righteous young adults, and those who kneel at an altar to begin their own families.

"We will continue to teach the Lord's pattern for families, but now with millions of members and the diversity we have in the children of the Church, we need to be even more thoughtful and sensitive....

"While a child's earthly situation may not be ideal, a child's spiritual DNA is perfect because one's true identity is as a son or daughter of God.

- '...Let's open our arms and our hearts a little wider. These youth need our time and our testimonies....
- "... Reach out to the youth who feel alone, left behind, or outside the fence. Let us think about them, welcome them, embrace them, and do everything we can to strengthen their love for the Savior."

Elder Neil L. Andersen of the Quorum of the Twelve Apostles



STANDING WITH THE LEADERS OF THE CHURCH

"Our youth love the Lord, sustain their leaders, and desire to have their questions answered! Questions are an indication of a further desire to learn, to add to those truths already in place

in our testimonies, and to be better prepared to 'press forward with a steadfastness in Christ' [2 Nephi 31:20]....

"We have sustained leaders today who, by divine inspiration, have been called to teach and guide us and who are calling out to us to beware of the dangers we face each day-from casual Sabbath-day observance, to threats to the family, to assaults on religious freedom, and even to disputing latter-day revelation. ... Are we listening to their counsel?...

"As we press forward, choosing to follow the counsel and the warnings of our leaders, we choose to follow the Lord while the world is going in another direction. We choose to hold fast to the iron rod, to be Latter-day Saints, to be on the Lord's errand, and to be filled 'with exceedingly great joy' [1 Nephi 8:12].

"The growing question of today is clear: are you standing with the leaders of the Church in a darkening world so that you might spread the Light of Christ?...

"I pray that we will reach out–reach out and take the Savior's hand that He is extending to us, often through His divinely called leaders and our family members—and listen for His call to come."

Elder Ronald A. Rasband of the Quorum of the Twelve Apostles













WHERE ARE THE KEYS AND AUTHORITY OF THE PRIESTHOOD?

"For you young men and young women, I have considered three ways that you can 'find the keys,' or use priesthood keys and authority to bless your life and the lives of others.

"[1.] Prepare for Missionary Service

"...It is never too early for you to prepare for missionary service. ... All of your preparation, ... whether you serve as a full-time missionary or not, will accrue lifelong benefits to you as a member missionary.

"[2.] Attend the Temple

"... Ordinances performed in these temples enable individuals and families to return to the presence of our heavenly parents.

"We encourage you young men and young women to research and find the names of your ancestors and perform proxy baptisms for them in the temple....

"[3.] Go Forward with Faith...

"Through this restoration, each of you has access to the great blessings promised to Abraham. These blessings can be yours if you remain faithful and live worthy....

"... Priesthood authority and priesthood keys start the engine, open the gates of heaven, facilitate heavenly power, and pave the covenant pathway back to our loving Heavenly Father."

Elder Gary E. Stevenson of the Quorum of the Twelve Apostles



"THAT I MIGHT DRAW ALL MEN UNTO ME"

"The closer we are to Jesus Christ in the thoughts and intents of our hearts, the more we appreciate His innocent suffering, the more grateful we are for grace and forgiveness, and

the more we want to repent and become like Him....

"... Because of the Atonement of Jesus Christ, ultimately, in the eternal scheme of things, there will be no unfairness.... Our present circumstances may not change, but through God's compassion, kindness, and love, we will all receive more than we deserve, more than we can ever earn, and more than we can ever hope for....

"No matter where you stand in your relationship to God, I invite you to draw nearer to Heavenly Father and Jesus Christ, the Ultimate Benefactors and Givers of all that is good. I invite you to attend sacrament meeting each week and partake of the holy emblems of the Savior's body and blood....

"As you do, I promise that you will feel nearer to God. Natural tendencies to childish whining, disgruntled entitlement, and derisive skepticism will dissipate. Those sentiments will be replaced by feelings of greater love and gratitude for Heavenly Father's gift of His Son. As we draw closer to God, the enabling power of the Atonement of Jesus Christ will come into our lives. And ... we will find that the Savior has been nearby all along."

Elder Dale G. Renlund of the Quorum of the Twelve Apostles





I come from a **troubled** family. Can I really create a strong family in my future?



To children whose family situation is troubled, we say, you yourself are no less for that. Challenges are at times an indication

of the Lord's trust in you. He can help you, directly and through others, to deal with what you face. You can become the generation, perhaps the first in your family, where the divine patterns that God has ordained for families truly take shape and bless all the generations after you.

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



"I loved general conference! It was especially powerful this time. The speakers had topics I've recently had questions on, and I felt the Spirit so strongly in all of the talks."

Emily A., 16, Washington, USA



I believe the Church is true, but it's still hard for me to live it. How can I be more spiritual?



We all need to seek to have our hearts and very natures changed so that we no longer have a desire to follow the ways of the world but to please God. True conversion is a process that takes place over a period of time and involves a willingness to exercise faith. It comes when we search the scriptures instead of the Internet. It comes when we are

obedient to the commandments of God. Conversion comes when we serve those around us. It comes from earnest prayer, regular temple attendance, and faithful fulfillment of our God-given responsibilities. It takes consistency and daily effort.

Bonnie L. Oscarson, Young Women general president



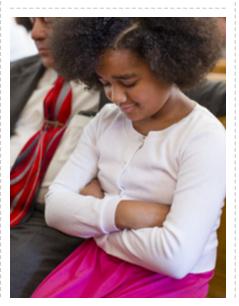
How can I make my prayers more meaningful?



We need to pray from our hearts. Polite recitations of past and upcoming activities, punctuated with some requests for

blessings, cannot constitute the kind of communing with God that brings enduring power. Are you willing to pray to know how to pray for more power? The Lord will teach you.

President Russell M. Nelson, President of the Quorum of the Twelve Apostles



Why is there so much persecution against the Church?



The Church in its divine mission and we in our personal lives seem to face increasing opposition today. Perhaps as the

Church grows in strength and we members grow in faith and obedience, Satan increases the strength of his opposition so we will continue to have "opposition in all things" [2 Nephi 2:11].

Some of this opposition even comes from Church members. Some who use personal reasoning or wisdom to resist prophetic direction give themselves a label borrowed from elected bodies-"the loyal opposition." However appropriate for a democracy, there is no warrant for this concept in the government of God's kingdom, where questions are honored but opposition is not....

Through all mortal opposition, we have God's assurance that He will "consecrate [our] afflictions for [our] gain" (2 Nephi 2:2).

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles



I used to have a testimony, but I'm **not sure** anymore. What can I do?



We learn by asking and searching. But please do not cease exploration until you arrive . . . "where [you] started and know

the place for the first time." When you are ready, please open your heart to the Book of Mormon, again, for the first time. Please pray with real intent, again, for the first time.

Trust that early or faint memory. Let it enlarge your faith. With God, there is no point of no return.

Elder Gerrit W. Gong of the Seventy

1. T. S. Eliot, "Little Gidding," in Four Quartets (1943), section 5, lines 241-42.



How can I make my home

a better place to be?



Humility enables us to be better ... sons and daughters, neighbors and friends.

... It is especially important to remember humility when you feel contention rising in your home. Think of all the heartache you can avoid by humbling yourself to say, "I'm sorry"; "That was inconsiderate of me"; "What would you like to do?"; "I just wasn't thinking"; or "I'm very proud of you." If these little phrases were humbly used, there would be less contention and more peace in our homes.

Elder Steven E. Snow of the Seventy

What exactly are priesthood keys?



The priesthood, or priesthood authority, has been defined as "the power and authority of God"¹ and "the consum-

mate power on this earth."² Priesthood keys are defined for our understanding as well: "Priesthood keys are the authority God has given to priesthood leaders to direct, control, and govern the use of His priesthood on earth."3 Priesthood keys control the exercise of priesthood authority. Ordinances that create a record in the Church require keys and cannot be done without authorization. Elder Dallin H. Oaks taught that "ultimately, all keys of the priesthood are held by the Lord Jesus Christ, whose priesthood it is. He is the one who determines what keys are delegated to mortals and how those keys will be used."4

Elder Gary E. Stevenson of the Quorum of the Twelve Apostles

NOTES

- 1. Handbook 2: Administering the Church (2010), page 8.
- 2. Boyd K. Packer, "Priesthood Power in the Home" (worldwide leadership training meeting, Feb. 2012), lds.org/broadcasts
- 3. Handbook 2, 2.1.1.
- "The Keys and Authority of the Priesthood," *Ensign*, May 2014, 50.





How can I prevent trials from overcoming my faith?



All of us have had our faith tested by precious blessings delayed, vicious attacks of those who wanted to destroy our

faith, temptations to sin, and selfish interests that reduced our efforts to cultivate and soften the spiritual depths of our hearts....

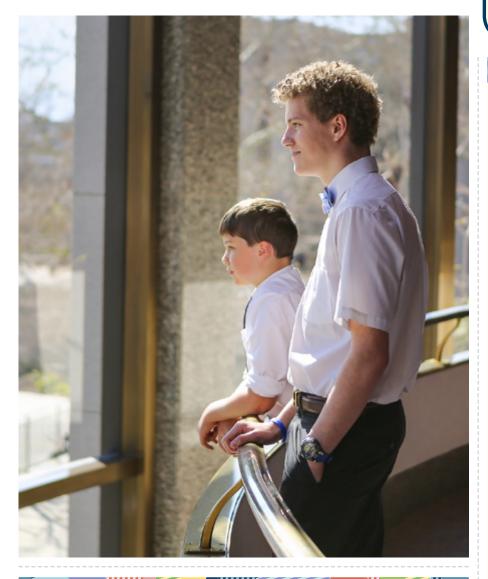
...Satan is clever. He tells those he wishes to be miserable that the joy they once felt was childish self-delusion....

... If you listen [to conference] with the Spirit, you will find your heart softened, your faith strengthened, and your capacity to love the Lord increased....

...Listen carefully to the testimonies borne in this conference-you will feel closer to the Lord.

President Henry B. Eyring, First Counselor in the First Presidency







If I **forgive** someone, won't that mean that **justice** isn't served?



I am convinced that most of us want to forgive, but we find it very hard to do. When we have experienced an injustice, we may be quick to say, "That person did wrong. They deserve punishment. Where is the justice?" We mistakenly think that *if* we forgive, somehow justice will not be served and punishments will be avoided.

This simply is not the case. God will mete out a punishment that is fair, for mercy cannot rob justice (see Alma 42:25). [See also D&C 82:23 and Jacob 3:1.]

As victims, if we are faithful, we can take great comfort in knowing that God will compensate us for every injustice we experience....

... To forgive is not to condone. We do not rationalize bad behavior or allow others to mistreat us because of their struggles, pains, or weaknesses. But we can gain greater understanding and peace when we see with a broader perspective.

Elder Kevin R. Duncan of the Seventy

What if I feel like I get revelation that goes against gospel teachings?



Sometimes the adversary tempts us with false ideas that we may confuse with the Holy Ghost. I testify that faithfulness in

obeying the commandments and keeping our covenants will protect us from being deceived. Through the Holy Ghost, we will be able to discern those false prophets who teach for doctrine the commandments of men....

All of us may be tempted to let our personal desires overcome the guidance of the Holy Ghost. The Prophet Joseph Smith pleaded with Heavenly Father for permission to lend the first 116 pages of the Book of Mormon to Martin Harris. Joseph thought it was a good idea. At first the Holy Ghost did not give him confirming feelings. Eventually, the Lord allowed Joseph to lend the pages anyway. Martin Harris lost them. For a season, the Lord withdrew the Prophet's gift to translate, and Joseph learned a painful but valuable lesson that shaped the remainder of his service.

Elder Robert D. Hales of the Quorum of the Twelve Apostles





Being a refugee may be a defining moment in the lives of those who are refugees, but being a refugee does not define them.... This moment does not define them, but our response will help define us.

Elder Patrick Kearon of the Seventy

Knowing someone's name can make a difference.

Elder Neil L. Andersen of the Quorum of the Twelve Apostles

As sisters we make up more than half of the Lord's storehouse to help Heavenly Father's children.

His storehouse is not composed just of goods **but also of time**,

talents, skills, and our divine nature.

Linda K. Burton, Relief Society general president

Your ability to lead does not come from an outgoing personality, motivational skills, or even a talent for public speaking. It comes from your commitment to follow Jesus Christ.

Stephen W. Owen, Young Men general president



Our commitment to the **Lord and His**

Lord and His servants

cannot be a part-time commitment.

Bishop W. Christopher Waddell, Second Counselor in the Presiding Bishopric

Children have a natural desire to do good and to be good.

WE CAN FEEL THEIR INNOCENCE, THEIR PURITY.

Mary R. Durham, former second counselor in the Primary general presidency



Come to the **temple.**Come **often.** Come with and for your **family.** Come, and **help others** to come too.

Elder Kent F. Richards of the Seventy

Set aside PRIDE.

President Dieter E. Uchtdorf, Second Counselor in the First Presidency



If you... have any questions in your heart, do not give up!...

I invite you to follow the example of the Prophet Joseph Smith when he read in James 1:5, "If any of you lack wisdom, let him ask of God, that giveth to all men liberally."

Elder Jairo Mazzagardi of the Seventy



Once we repent and priesthood leaders declare us worthy, we need not continue to confess and confess these past sins. To be worthy does not mean to be perfect. Heavenly Father's plan of happiness invites us to be humbly at peace on our life's journey to someday become perfected in Christ, not constantly worried, frustrated, or unhappy in our imperfections today.

REMEMBER, HE KNOWS ALL THE THINGS WE DON'T WANT ANYONE ELSE TO KNOW ABOUT US—AND LOVES US STILL.

Elder Gerrit W. Gong of the Presidency of the Seventy

Showing love and service doesn't have to be big and grandiose to be meaningful and make a difference....

... We give service when we don't criticize, when we refuse to gossip, when we don't judge, when we smile, when we say thank you, and when we are patient and kind.

Cheryl A. Esplin, former first counselor in the Primary general presidency



It is opposition that enables choice and it is the opportunity of making the right choices that leads to the growth that is the

PURPOSE OF THE FATHER'S DI AN.

Elder Dallin H. Oaks of the Quorum of the

Take **JOY** in the successes of SIBLINGS and FRIENDS.

Elder Steven E. Snow of the Seventy

Even though we may be a victim once. we need not be a victim twice by carrying the burden of hate. bitterness, pain, resentment, or even revenge. We can forgive, and we can be free!

Elder Kevin R. Duncan of the Seventy

Maybe OBEDIENCE is NOT so much THE PROCESS of bending, twisting, and pounding our souls into SOMETHING we are not. INSTEAD. it is the PROCESS by which we DISCOVER what we TRULY are MADE OF.

President Dieter F. Uchtdorf, Second Counselor in the First Presidency

We must **not delay** going to **the rescue.** Sometimes many weeks pass as we talk about how to help families or individuals who are in special need. We deliberate about who will visit them and the approach to take. Meanwhile, our lost brothers and sisters continue needing and sometimes even calling and pleading for help.











BEING DISTINCT AND DIFFERENT FROM THE

WORLD will draw some criticism, but we must anchor ourselves to eternal principles and testify of them, no matter the world's response.

Neill F. Marriott, second counselor in the Young Women general presidency

Each of us may feel the influence of the Holy Ghost differently. His promptings will be felt in different degrees of intensity according to our individual needs and circumstances.

Elder Robert D. Hales of the Quorum of the Twelve Apostles



Here on earth, we identify ourselves in many different ways, including our place of birth, our nationality, and our language. Some even identify themselves by their occupation or their hobby. These earthly identities are not wrong unless they supersede or interfere with our eternal identity—that of being a son or a daughter of God.

Elder Donald L. Hallstrom of the Presidency of the Seventy



Wherever you rank
your own father
on the scale of
good-better-best
(and I predict that
ranking will go higher
as you grow older
and wiser), make up
your mind to honor
him and your mother
by your own life.

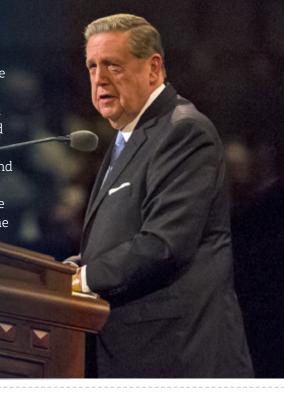
Elder D. Todd Christofferson of the Quorum of the Twelve Apostles

Keep Trying

"If in the days ahead you not only see limitations in those around you but also find elements in your own life that don't yet measure up to the messages you have heard this weekend, please don't be cast down in spirit and don't give up. The gospel, the Church, and these wonderful semiannual gatherings are intended to give hope and inspiration. They are not intended to discourage you. Only the adversary, the enemy of us all, would try to convince us that the ideals outlined in general conference are depressing and unrealistic, that people don't really improve, that no one really progresses. ... Don't fall for that. With the gift of the Atonement of Jesus Christ and the strength of heaven to help us, we can improve, and the great thing about the gospel is we get credit for *trying*, even if we don't always succeed.

"... May [a loving Father in Heaven] bless us to strive with patience and persistence toward the ideals we have heard proclaimed this conference weekend, knowing that His divine love and unfailing help will be with us even when we struggle—no, will be with us especially when we struggle."

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles



4/////



LISTEN CAREFULLY "True testimonu will

mony will be given to the speakers.
Their words may be few,

but they will be carried into the heart of the humble listener who has come to the conference hungry for the good word of God.
"... Listen carefully to

the testimonies borne in this conference—you will feel closer to the Lord."

President Henry B. Eyring, First Counselor in the First Presidency



WHAT DID YOU HEAR?

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WHAT WILL YOU DO DIFFERENT?

Think about what the Spirit prompted you to do during conference, and set goals to help you accomplish them.

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Look for invitations given in conference talks that can help you improve, like these:

President Monson: Remember who you are and what God expects you to become. You are a child of promise.

President Monson: Choose the harder right instead of the easier wrong.

President Eyring: Go and serve. . . . Remember the Lord as you go in service for Him.

President Uchtdorf: If you cannot muster faith right now, begin with hope.

President Nelson: Live up to [your] privileges as bearers of the priesthood.

Elder Christofferson: Honor [your father] and your mother by your own life.

Elder Renlund: Prepare conscientiously and partake worthily of the sacrament each week.

Sister Marriott: Use [your] unique gifts to nurture, to speak up, and to defend gospel truth.

Sister Burton: Prayerfully determine what you can do-according to your own time and circumstance-to serve the refugees living in your neighborhoods and communities.

WHAT OTHERS HAVE YOU FOUND?







SCRIPTURES IN GENERAL CONFERENCE

You can have more of your questions answered by studying general conference on your own, including looking up scriptures that were used in the talks.

Here are the scriptures that were referred to most often:

- John 14:6*
- Hebrews 12:1
- 2 Nephi 31:17
- · 2 Nephi 31:20*
- Mosiah 18:9
- Doctrine and Covenants 11:12
- Doctrine and Covenants 84:20
- Doctrine and Covenants 121:36*
- Doctrine and Covenants 121:41*
 - * Seminary scripture mastery verse

Several other seminary scripture mastery verses were mentioned by more than one speaker:

- Isaiah 1:18
- Matthew 25:36
- Mosiah 2:17
- Ether 12:27
- Moroni 7:47
- Doctrine and Covenants 58:42
- Doctrine and Covenants 121:42
- Moses 1:39



"The reality of the Resurrection of the Savior overwhelms our heartbreak with hope because with it comes the assurance that all the other promises of the gospel are just as real—promises that are no less miraculous

than the Resurrection. We know that He has the power to cleanse us from all our sins. We know that He has taken upon Himself all our infirmities, pains, and the injustices we have suffered [see Alma 7:11–12]. We know that He has 'rise[n] from the dead, with healing in his wings' [2 Nephi 25:13]. We know that He can make us whole no matter what is broken in us. We know that He 'shall wipe away all tears from [our] eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain' [Revelation 21:4]. We know that we can be 'made perfect through Jesus ..., who wrought out this perfect atonement' [D&C 76:69], if we will just have faith and follow Him."

Elder Paul V. Johnson of the Seventy, April 2016 general conference



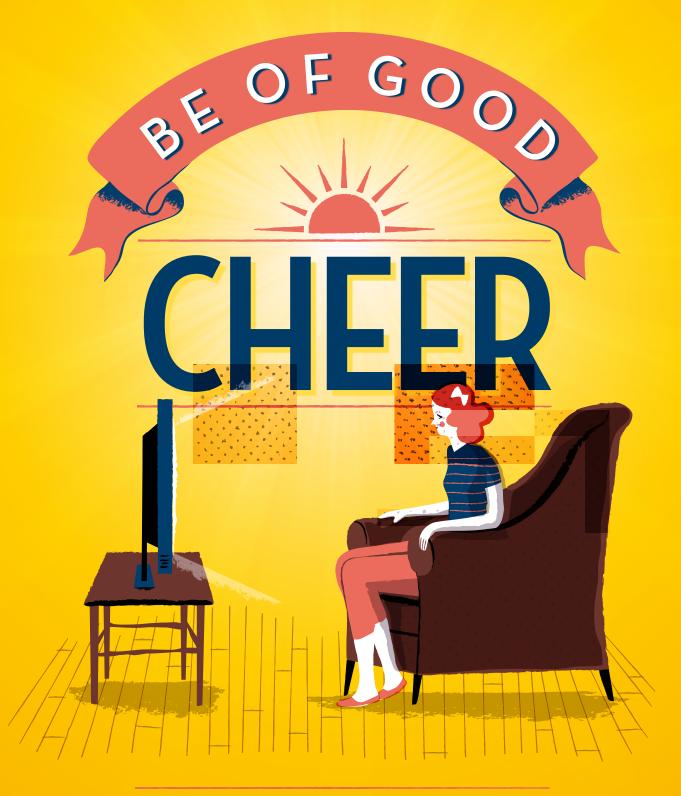
"Love is making space in your life for someone else....

"Mothers literally make room in their bodies to nurture an unborn baby—and hopefully a place in their hearts as they raise them—but

nurturing is not limited to bearing children. Eve was called a 'mother' before she had children [see Genesis 3:20]. I believe that 'to mother' means 'to give life.' Think of the many ways you give life. It could mean giving emotional life to the hopeless or spiritual life to the doubter. With the help of the Holy Ghost, we can create an emotionally healing place for the discriminated against, the rejected, and the stranger. In these tender yet powerful ways, we build the kingdom of God. Sisters, all of us came to earth with these life-giving, nurturing, maternal gifts because that is God's plan."

Neill F. Marriott, second counselor in the Young Women general presidency, April 2016 general conference





High school was great, but life was full of worries. How was I supposed to look toward a brighter future?

By Bethany Bartholomew

t was near the end of my freshman year of high school, and I was exhausted! Homework, worries, hanging out with friends, worries, musical practice, worries-it never seemed to end! High school had been fun and much better than I'd expected, but I still felt weighed down and tired, not to mention cranky. It was affecting my relationship with my mom. And my older

sister-my usual confidante-was leaving for college in just two months! What was I going to do?

I was sitting watching general conference, worrying once again about life and its struggles, when President Thomas S. Monson stood up to speak. He began his talk by acknowledging that there were many concerns in the world around us. Inwardly, I agreed. The economy had me worried; I didn't know much about economics, but I knew things weren't great. Natural disasters had me worried; I was used to

bad storms because we lived in Georgia, USA, but what if I needed to learn what to do in an earthquake or some other disaster? Even the little things had me worried; I had friends, but I was worried about being popular enough and about getting ready to date. And let's not even mention worrying about preparing for college!

But then President Monson said, "It would be easy to become discouraged and cynical about the future or even fearful of what might come—if we allowed ourselves to dwell only on that which is wrong in the world and in our lives. Today, however, I'd like us to turn our thoughts and our attitudes away from the troubles around us and to focus instead on our blessings as members of the Church. The Apostle Paul declared, 'God hath

not given us the spirit of fear; but of power, and of love, and of a sound mind' [2 Timothy 1:7]."1

Wow. That was just what I needed to hear. Don't fear? Don't worry? That seemed to be all I could do lately! I kept listening as President Monson continued:

"How might we have joy in our lives, despite all that we may face? Again from the scriptures: 'Wherefore, be

> of good cheer, and do not fear, for I the Lord am with you, and will stand by you' [D&C 68:6]."2

> At that moment, I realized that I was spending too much of my time worrying and fearing and not letting my heart be filled instead with faith. Of course life was going to be scary and difficult sometimes, but the Lord is on our side. He won't let us fail. President Monson closed his talk with words of comfort and light: "My beloved brothers and sisters, fear not. Be of good cheer. The

as your faith." -President Thomas S. Monson

"My beloved brothers

and sisters, fear not.

Be of good cheer.

The future is as bright

future is as bright as your faith."3

It was time for me to change my attitude.

I started turning to the Lord more. When I got worried, I would pray in my head, or out loud if I was alone. I started trying to be more cheerful. I made a goal to be optimistic and happy in my sophomore year, and I ended up becoming best friends with other girls who seemed to have similar goals. Together, we made high school a happy and fun experience. I also started talking to my mom about good things that happened at school. I felt lighter, happier—and I became best friends with my mom. Learning to be cheerful had changed my whole perspective, and life became a joy again. NE

Bethany Bartholomew lives in Utah, USA.

NOTES

- 1. Thomas S. Monson, "Be of Good Cheer," Ensign, May 2009, 89.
- 2. Thomas S. Monson, "Be of Good Cheer," 89.
- 3. Thomas S. Monson, "Be of Good Cheer," 92.

My Conference Action Plan

See what these youth decided



hree days, six sessions, and 35speakers flew by in a flash. Now what? See how these young

men and women are making changes based on something they heard from our leaders.

Check out lds.org/go/planNE516 starting May 5 to see how their plans have made a difference in just 30 days.

Be Sincere in Prayer

As the only Mormon at my school, it is sometimes hard to remember my true identity. Elder Donald L. Hallstrom spoke of our eternal roles as sons and daughters of God. I'm now motivated to be more sincere in my prayers. I pray a lot every day, but sometimes I'm too tired, rushed, or unfocused. I want to strengthen my identity as a daughter of God through sincere prayer and fasting. Through this, I hope to be a better influence so my friends at school will have a desire to find out who they truly are.

Summer C., 17, Hawaii, USA

Attend the Temple

While watching conference, I felt inspired to attend the temple more often. All over the world there are people who have to sacrifice so much to go, and I'm only a 10-minute drive away. I hear stories of struggles and the excitement when new temples are announced, and it makes me want to try harder to go to the temple on a regular basis. Heavenly Father has blessed me with a temple close by, and it's an amazing blessing to be able to attend and feel the Spirit and His love for me.

Katie-Lynn B., 15, Nova Scotia, Canada

Read the Scriptures

In conference, Mary R. Durham spoke about how the things of this world can drown out the things of the Spirit. To make sure this doesn't happen to me, I'd like to read my scriptures every day. In the morning before I go to school, I like to go on my iPod and watch videos. Instead, I will read my scriptures. I hope this will help me recognize the Spirit and be ready to hear the Holy Ghost. Conference made me feel good and taught me how much Heavenly Father loves me.

Owen O., 12, Nova Scotia, Canada



to do differently after listening to general conference.

Listen to the Holy Ghost

I have felt inspired to strive harder to strengthen my personal relationship with the Holy Ghost and diligently listen to promptings. I have set a goal to incorporate greater sincerity into my prayers and learn how the Spirit speaks to me. I will seek to be prompted daily for simple ways to serve others. Because of conference, I want to become an instrument for good in the hands of the Lord.

Grant H., 15, Maine, USA



I was really inspired by Elder Dale G. Renlund's talk, especially when he said, "Our absolute distance from Heavenly Father and Jesus Christ is important, but the direction we are heading is even more crucial." Often I feel overwhelmed by all the things I need to change in my life, and Elder Renlund's words reminded me that having the desire to come closer to God and working toward

becoming who He wants me to be matters more than how far I am in that journey.

Libby M., 15, Maine, USA



Elder Hallstrom said the world can make us forget who we are and weaken our connection with Heavenly Father. No matter what | want or what I think I need, Heavenly Father has a plan for me. I have life-changing decisions to make soon, so I will open my heart to Heavenly Father and allow Him to prompt me. By doing this, I can connect to Him better and become my true self and the most righteous person my Heavenly Father wants me to be.

Brooke R., 18, Montana, USA

Find Ancestors

I greatly enjoyed the talk by Elder Gary E. Stevenson focusing on ways to magnify the priesthood. One way is to find ancestors and perform ordinances in the temple. Right now , I am serving as the teachers quorum president and a family history consultant. I feel that focusing on family history and temple work will help me in both callings as I strive to increase my priesthood power. Each month, I will find the names of 10 ancestors and then make sure their temple ordinances are performed. Hyrum J., 14, California, USA





Something that inspired me to change the way I live is Elder Kevin R. Duncan's talk about forgiveness. When we are forgiving, we learn to tolerate others and to learn from them as well. As we forgive others, we get rid of pain in our hearts and any hatred we may have for them. I am going to try to forgive others and myself as well. From this, I can learn how the Atonement helps us to repent and to forgive.

Johanan M., 15, Illinois, USA





WRITE IT DOWN

I never would have thought that following this one piece of advice from an Apostle would open the door to my testimony.

By Jennifer Johnson

y seminary teacher began my very first seminary class by passing out small booklets to all the students. I was ready to really dig into the gospel at seminary, so I was excited to find out what wisdom these little books held. When I received my book and flipped through it, however, I realized it was full of blank pages.

My teacher explained that these blank books were for us to record our own spiritual impressions. He then shared a quote from Elder Richard G. Scott (1928-2015) of the Quorum of the Twelve Apostles:

"Write down in a secure place the important things you learn from the Spirit. You will find that as you write down precious impressions, often more will come. Also, the knowledge you gain will be available throughout your life."1

My teacher bore testimony of Elder Scott's words and encouraged us to write down insights we received as we studied the scriptures that year.

I was touched by Elder Scott's promise that the Lord will give us more direction when we write down what we receive, and I wanted to show Heavenly Father that I valued His guidance. The only problem was that I wasn't sure I even knew how to receive personal revelation. I couldn't think of anything I should write down. There was no way I could ever fill up my book with insights!

But Elder Scott's words stuck with me throughout the day, and by the next morning I had decided that I would trust the counsel of a living prophet and try to write down impressions.

Within a couple of weeks my daily scripture study changed. Before, I would read a few verses every day just to be able to check "read my scriptures" off my to-do list. Now I was looking for answers. I was looking for something that the Lord wanted me to write down.

44 Write down in a secure place the important things you learn from the Spirit. You will find that as you write down precious impressions, often more will come.77

—Elder Richard G. Scott

Soon I found out that Elder Scott's promises were true. I started to recognize the Spirit's voice as I studied, first helping me feel God's love, then testifying of truth as I read, and finally giving specific direction for my life. Not only did I have things to write in my study journal, but also—and much more importantly—I was learning how to recognize personal revelation.

Blessings continue to come. The act of writing things down helps me remember them later more easily, and I also now have a record to reference if I can't quite remember the details of a lesson I learned. When I'm discouraged or struggling with a gospel question, I go back and read about specific experiences where I received undeniable confirmation of the basic truths of the gospel. These experiences are the backbone of my testimony, and my study journal is a way to always keep them fresh in my mind.

I will always be grateful that I decided to take an Apostle's advice and write things down, even though at first I thought I had nothing to write. Keeping a study journal has shown me how to recognize when God speaks to me. **NE**

Jennifer Johnson lives in Utah, USA.

NOTE

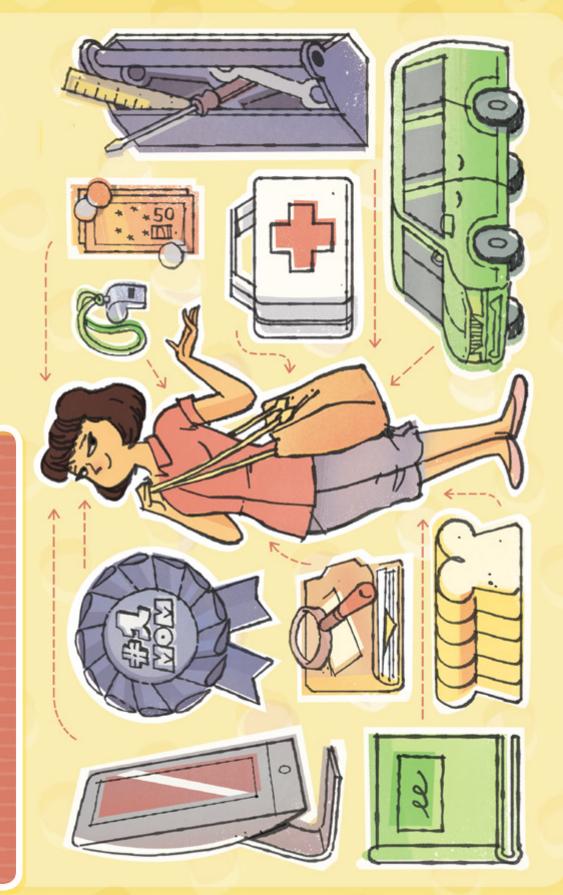
1. Richard G. Scott, "To Acquire Knowledge and the Strength to Use It Wisely," *Ensign*, June 2002, 32.



MONT SERVICE S

How many job titles does your mom have?

hat exactly is your mom doing while you're at school or at work or with friends? Working as a mechanical engineer or a humanitarian or an accountant? Maybe all of the above! Of course, not every home is the same, but take a peek into the secret life of your mom. Some of her daily jobs might surprise you.





Doctor

Moms are expert physicians, for most everyday things at least. Of course, Mom knows when you need professional care, but for the occasional cold, cough, or cut, she is the person to see. Want a

great medical reference when you get older? Write down some of her best medical advice and keep it handy. You might be surprised how often you use it.



Employee/Student/Humanitarian

went back to school to finish her degree. Maybe she is helping Maybe Mom works outside of the house. Maybe she recently a friend through a hard time or spending a lot of time on her

elementary school or helping out at your high school as one of the band boosters. Church calling. She could even be volunteering with the PTA at your little sister's f Mom seems stressed or burned out, maybe offer to watch your siblings for a while today so that she can get some much needed me-time.



Coach

cream-to-feel-better friend. She knows when to push you to be Mom is your #1 cheerleader, head coach, and let's-go-eat-icebetter and when to tell you how amazing you are. This week, really listen to her coaching. You may be surprised by what she's telling you.



Accountant

Every mom and dad runs a small business. You call it "home," and it involves a lot of financial responsibilities. That means managing there's enough for groceries. Mom's probably got great advice to get you started the monthly budget, paying bills each week, and making sure



Chef

on managing your own finances.

Mom can cook some of your favorite recipes—the best desserts teach you how to cook your favorite meal. Then, surprise her by and, of course, the more healthy options. Ask her if she can

making dinner one day. It's a great way to learn a new skill, and (bonus!) you get to be in charge of choosing the meal for that night.





Chauffeur

forth to all those different events each day can get pretty tiring, lessons? Mom's got your back! But sometimes driving back and nave your license, you could really help her out today by driving your siblings to Need to get to school or to basketball practice or to trumpet especially if she's also driving your siblings everywhere they need to go. If you different events.



Mechanical Engineer

Mom knows how to fix everything! Well, most things, anyway. Ask maybe just putting the pull string back on that old ceiling fan, Whether it's fixing a broken doorknob, changing a flat tire, or

your mom to teach you how to sew on a button, and then help fix your brother's shirts. Or simply change the lightbulb in your bedroom that went out two days ago. Any small act can make a big difference.



Detective/Search Engine

She has answers to most of life's questions, from how to handle What's better than any online search engine? Mom, of course! likes—a new song from her favorite artist or maybe a fun new necklace. These Sometime over the next few days, see if you can help her find something she the awkwardness of a first date to where to find your socks. can really brighten her day.



Teacher

you learn a new skill this year. Who knows? She might be super From how to tie our shoes to how to read, Mom has taught us many valuable lessons over the years. Maybe ask her to help

excited to finally get to teach you how to use power tools. Vroom! NE



A MOTHER'S LOVE

here before: that no love in mortality comes closer to approximating the pure love of Jesus Christ than the Today I declare from this pulpit what has been said selfless love a devoted mother has for her child."

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles Behold Thy Mother," Ensign, Nov. 2015, 48.



Unlike the rest of my co-workers, I didn't drink. Andrea wanted to know why.

By Hillary Holbrook

counted the cash I'd collected for the evening and stuffed it into my apron. "A good night," I thought to myself. My tables had been generous, allowing for an abundance of tips. After checking with my manager to make sure everything was finished for the day, I exited, leaving behind the restaurant once full of cowboys and blaring country medleys. A few of my fellow co-workers were sitting on the balcony, staring out into the river full of night stars, resting their feet from a busy night's work.

"Hey, Hill," Andrea* said. I liked her because she was one of the hardest workers. Her job was being the line of connection between the cooks and waitresses. "Hot food!" she would yell to the servers when their trays were ready. As much as I liked her, I knew she had drug and alcohol problems. Her choices were written on her face.

Her teeth were yellowed, her hair was thin, and she was unusually skinny for her age and height.

"Hey, how's it going?" I asked, taking my seat at the table covered with a red-andwhite tablecloth. On warm summer nights, we used the balcony, which overlooked a river, for seating.

"It's good," she said, dipping into a cup of quickly melting vanilla ice cream. "A bunch of us are going drinking tonight. Want to come?"

"No, thanks," I replied, loosening my bolo tie. By now, everyone in the restaurant knew me as the "Mormon girl who doesn't drink." They always asked me questions about my beliefs, and I tried to answer the best I could. Usually, though, they asked to satisfy their own curiosity or to start a war of words. Andrea was different, though. She didn't tease or mock me.



"You've never had a drink of alcohol in your whole life?" she asked. Such a concept was, to her and many others, remarkable for a young adult in Texas, USA.

"No, I haven't," I replied. As she listened closely, I explained the meaning of the Word of Wisdom and how it keeps our bodies and spirits clean. I shaped my words to keep from offending her. Unlike the others, she didn't object to the doctrine but nodded in understanding.

Four months later, I had returned home from my first semester of college. The steakhouse allowed me to work for a few weeks during Christmas break.

On my first day back, I saw Andrea at her usual spot in the kitchen. She looked so happy. I could tell from her countenance that something had changed about her. The moment she saw me, she gave me a big hug.

"Hill, I've been clean for three months," she said, a tear spilling down her cheek. "I feel so much better about myself."

She looked better, too. She had gained some weight, her hair looked fuller, and her teeth were whiter.

"I'm so proud of you," I replied, hugging her back.

The Spirit filled me with warmth. Out of all the dozens of people I'd worked with, she was the one who had made a change. A decision I had made years ago to keep the Word of Wisdom had resulted in good consequences not only for me but for her too.

"Thank you for your example," she said. As I looked at her smiling face, I knew that she'd experienced a change of heart. The Spirit had touched her heart and allowed that change to take place. From that moment on, I didn't care how much my co-workers teased me or challenged my beliefs. I'd touched the life of one person, and that was all that mattered to me.

Andrea stayed clean, finished college, and later worked for a highly regarded tax business. Even though she isn't a member of the Church, to this day she has been blessed by the Word of Wisdom and the role it plays in keeping our bodies and spirits clean (see D&C 89). NE

Hillary Holbrook lives in Iowa, USA.

* Name has been changed.

TRUSTING THE WISDOM OF THE WORD

Sometimes commandments might not make sense to us. But obedience to the Lord always does.

By Charlotte Larcabal

Church Magazines

ave you ever wondered why a certain commandment had to be the way it is? Maybe there are principles you still don't fully understand, or maybe there's a standard that seems to contradict what the media or people around you are saying. Have you ever experienced something like that? You're not alone.

The Word of Wisdom

One commandment that probably didn't make sense to everyone at first is the Word of Wisdom. Today it's pretty common knowledge that using tobacco is bad news, but when Joseph Smith first introduced the Word of Wisdom, most people had no idea how harmful tobacco was. In fact, early Church members often smoked or chewed tobacco during Church meetings. So maybe giving up tobacco to live the Word of Wisdom might not have made much sense at the time. But obeying the Lord by listening to His chosen prophet did.

Heavenly Father sees and knows

infinitely more than we do, so keeping His commandments is always the right decision.

Check out the first verse of Doctrine and Covenants 89, the section containing the Word of Wisdom:

"A Word of Wisdom, for the benefit of the council of high priests, . . . and the church, and also the saints in Zion" (see D&C 89:1; emphasis added).

ments, the Word of Wisdom is for our benefit; in fact, it's given as a "principle with promise" for everyone who lives it (D&C 89:3).

Like all of the Lord's command-YOUR BODY IS A TEMPLE, A GIFT FROM GOD. SO IT MAKES SENSE THAT HE WOULD KNOW HOW TO TAKE CARE OF IT.

So what's the promise? Those who care for their bodies and avoid tea, coffee, tobacco, alcohol, and habit-forming substances are promised many things, including better health (see D&C 89:18) and "great treasures of knowledge,



even hidden treasures" (D&C 89:19).

Not too bad, right? Your body is a temple, a gift from God. So it makes sense that He would know how to take care of it. That's why we can trust His counsel.

Daniel and the Faith to Live the Lord's Law of Health

The Word of Wisdom wasn't the first law of health from the Lord.

Through His prophet Moses, the Lord also gave dietary instructions and promises to the ancient Israelites (see Leviticus 11). One young man—Daniel—lived the Lord's law of health even when taken to the palace of Nebuchadnezzar, the king of Babylon.

Daniel was an Israelite living in Babylon, far away from home, and almost everyone else was eating the king's food and drinking the king's wine, but Daniel "purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank" (Daniel 1:8). Refusing to eat the food of a king would put Daniel in danger. From that point of view, it might not have made sense to avoid the king's meat. But Daniel knew he could trust God's command. Daniel had faith that God promised protection and



blessings to those who kept His commandments. And you know what? That's exactly what happened.

The king's servants tried to talk Daniel out of it, but Daniel stayed strong and proposed an experiment: For 10 days, Daniel and his friends Shadrach, Meshach, and Abed-nego would eat fruit, vegetables, and grains and drink water while everyone else ate the king's meat and wine. Then they could see who was healthier.

You can guess what happened. Ten days later, "their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat" (Daniel 1:15). Daniel and his friends were so much healthier than the others that the king ended up putting everyone else on the same healthy diet.

Abed-nego were even 10 times better than all astrologers in the realm (see Daniel 1:17-20).

Delayed Blessings

Sometimes promised blessings do come quickly, like they did for Daniel and his friends. But sometimes they don't come as quickly as we'd like.

President Dieter F. Uchtdorf, Second Counselor in the First Presidency, learned this when he was training to be a fighter pilot. During fitness training, he noticed that men who smoked and drank repeatedly outran him.

"I remember thinking, 'Wait a minute! Aren't I supposed to be able to run and not be weary?" he said. "But I was weary, and I was overtaken by people who were definitely not following the Word of Wisdom.

WE DON'T LIVE THE WORD OF WISDOM BECAUSE

THE WORLD ACCEPTS IT OR BECAUSE IT'S

SUPPORTED BY THE SCIENCE OF MEN. WE LIVE

THE WORD OF WISDOM BECAUSE IT'S A

COMMANDMENT FROM GOD.

A healthy glow wasn't the only benefit. God also blessed Daniel with "knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams" (Daniel 1:17). When it came to matters of wisdom and understanding, King Nebuchadnezzar found that Daniel, Shadrach, Meshach, and

I confess, it troubled me at the time. I asked myself, was the promise true or was it not?"

Like many of us, President Uchtdorf had to wait for an answer.

"Years later I could see clear evidence of the temporal blessings that come to those who obey the Word of Wisdom—in addition to the spiritual



AN EXPRESSION **OF LOVE**

"His commandments are a manifestation of His love for us and obedi-

ence to His commandments is an expression of our love for Him."

Carole M. Stephens, first counselor in the Relief Society general presidency, "If Ye Love Me, Keep My Commandments," Ensign, Nov. 2015, 120,

blessings that come immediately from obedience to any of God's laws," he said. "Looking back, I know for sure that the promises of the Lord, if perhaps not always swift, are always certain."1

God's ways are not our ways (see Isaiah 55:8–9), and sometimes that means we might not immediately understand His ways. But they are always correct. Eventually the promised blessings will come and we will begin to understand the wisdom of the Lord's commandment. Today, medical evidence proves that tobacco is harmful, and the principles in the Word of Wisdom are widely accepted as sensible health guidelines. But we don't live the Word of Wisdom because the world accepts it or because it's supported by the science of men. We live the Word of Wisdom because it's a commandment from God. He gave us commandments because He loves us, and we keep the commandments to show our love for Him. His commandments mark the straightest way to happiness and the surest way to Heavenly Father. NE

1. Dieter F. Uchtdorf, "Continue in Patience," Ensign, May 2010, 58.

HE NEVER FORGOT

On a very long, hot day in Georgia, the Lord showed me that He remembers our prayers.

By Jeff Brown

had a remarkable experience one day on my mission in Georgia, USA. Before leaving for our appointments that day we knelt in prayer. As I prayed, I distinctly felt what I was supposed to pray for. I asked the Lord to help us find somebody *that day* whom we could teach and baptize.

Our area was a military base. We didn't live on the base, so we had to ride our bikes for miles to get there. It was very hot that day and we had to stop frequently for water breaks.

One after another, each of our 10 appointments fell through. We couldn't believe it. We rode mile after mile, working all day until there were no appointments left.

About halfway home we stopped at a member's home for more water and asked about his neighbors. He told us he had forgotten to talk to them, but after we thanked him for the water and started to leave, he called out to us, "Hey, wait! I want you to meet my mom."

As he introduced us to her, we seemed to connect right away. I still remember the strong feelings in the room and the sweet spirit that was there. We later had many wonderful lessons with her, and she was eventually baptized.

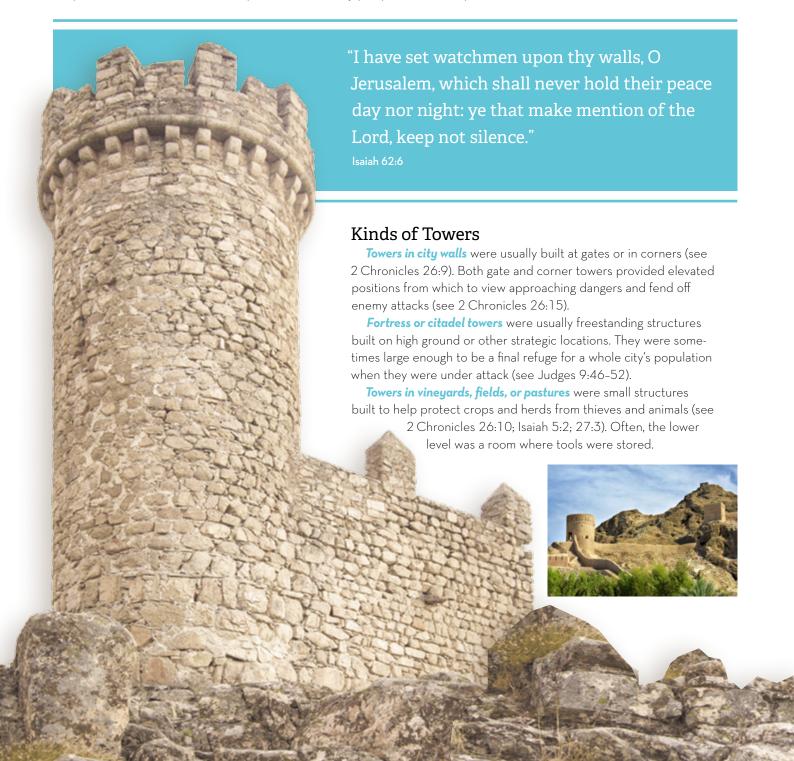
That night after we first met her, we rolled into our apartment dragging our worn-out bodies. I remember dropping in exhaustion to my knees to say my prayers. As I started to thank Heavenly Father for the blessing of finding this special person, I remembered my morning prayer. The Lord reminded me clearly that He had not forgotten my prayer. I will never forget the lesson I learned from the Lord about a long hard day's work and the power of prayer. **NE**

Jeff Brown lives in Utah, USA.



WATCHMEN ON THE TOWER

The structures used by those who looked out for dangers approching ancient cities help us understand some important roles of prophets and apostles in our lives.







Watchmen

Watchmen were sentries stationed on a wall or in a tower in order to look out for and warn of dangers approaching from afar. They were employed to protect cities as well as vineyards, fields, or pastures.

Watchmen on the tower:

Have an elevated view. As God's called and authorized servants, prophets are separated from the world, draw closer to Him, and are allowed to see things from a more heavenly perspective.

See things the rest cannot see. "A seer can know of things which are past, and also of things which are to come, and by them shall all things be revealed, or, rather, shall secret things be made manifest, and hidden things shall come to light, and things which are not known shall be made known by them, and also things shall be made known by them which otherwise could not be known" (Mosiah 8:17).

Are vigilant. Prophets have a solemn responsibility to warn us of coming dangers, and they will continue to do so regardless of public opinion or trends in society.

Warn of things while they are still far off. "A prophet denounces sin and foretells its consequences. He is a preacher of righteousness. On occasion, prophets may be inspired to foretell the future for the benefit of mankind" (Guide to the Scriptures, "Prophet," Ids.org/scriptures/gs).

Offer safety and protection. By heeding prophets' warnings, we can find safety and avoid the calamities that may befall us, individually or collectively, if we do not obey. **NE**



BIBLE FACTS

In the Old Testament, the Lord is sometimes compared to a fortress or citadel tower of refuge (see Psalm 18:2; 61:3; Proverbs 18:10; 2 Samuel 22:3), and prophets are sometimes compared to watchmen (see Isaiah 62:6; Jeremiah 6:17; Ezekiel 3:17; 33:7; Hosea 9:8; Micah 7:4).

"I have made thee a watchman unto the house of Israel: therefore hear the word at my mouth, and give them warning from me."

Ezekiel 3:17; see also Ezekiel 33:1-7.



THE DUTY TO WATCH

"Through the centuries, prophets have fulfilled their duty when they have warned people of

the dangers before them. The Lord's Apostles are duty bound to watch, warn, and reach out to help those seeking answers to life's questions."

Elder M. Russell Ballard of the Quorum of the Twelve Apostles, "God Is at the Helm," Ensign, Nov. 2015, 25.



ARE MY ANSWERS IN THERE?



By David A. Edwards

Church Magazines

e all have questions, all the time. We can't help it. It's our brain's fault, really—it's always looking for some kind of stimulation, and one of its favorite activities is to look for information gaps to fill. You could say that, in a way, a person's inner life can be plotted by its movement from one question to another, even though we don't always consciously put those questions into words.

Of course, not all questions are created equal. Some are pretty trivial ("If Superman fought Darth Vader, who would win?"). Others are of great cosmic weightiness ("Is there an order to the universe, or is everything just random?"). And others, though seemingly not related





to the deep questions of the universe, are of such personal and emotional importance that they can take all of our attention ("How can I make friends at this new school so that I don't feel lonely all the time?").

The less trivial types of questions are the ones we (hopefully) spend the most mental and spiritual energy on, and we're sometimes told that we can find answers to these questions in the scriptures. For major doctrinal questions, the scriptures do contain answers; we just need to search for them (see the ideas below on searching the scriptures). They also contain principles and teachings we can directly apply to many personal questions.

But what if your question is about

something personal that doesn't come up in the scriptures anywhere?

Well, even then, the scriptures can help. Here's how, as explained by Elder Dallin H. Oaks of the Quorum of the Twelve Apostles:

"We say that the scriptures contain the answers to every question because the scriptures can *lead* us to every answer. . . .

"... Even though the scriptures [may] contain no words to answer our specific personal question, a prayerful study of the scriptures will help us obtain such answers. This is because scripture study will make us susceptible to the inspiration of the Holy Ghost, which, as the scriptures say, will 'guide [us] into all truth' (John 16:13), and by whose power



WE CAN FIND ANSWERS "As we read and ponder the

ponder the scriptures, we will experience

the sweet whisperings of the Spirit to our souls. We can find answers to our questions."

President Thomas S. Monson, "We Never Walk Alone," Ensign, Nov. 2013, 122.

Music Download
Download the song "You Already
Know It" from the 2016 Mutual Theme
album at pressforward.lds.org.

SEARCHING THE SCRIPTURES

You have lots of helps for finding doctrinal answers in the scriptures: **Do you want scripture references on a topic?** Use the Topical Guide.

Also, in the digital scriptures, use the search tool, and as you're studying, add your own topic tags that you can browse through later.

Do you have a question about what you're reading right now? Use the footnotes. In the digital scriptures, you can actually turn the footnotes on or off depending on whether you want to see them as you read.

Do you want further information about a topic? Use the Bible Dictionary to get definitions of terms, information about people and places, and explanations of gospel topics. You can also go to the Gospel Topics pages at topics. Ids.org. In addition, you can use institute manuals to get even more information on the topics covered in the passage you're reading (go to Ids.org/manual/institute). All of these resources also give additional scripture references.



we can 'know the truth of all things' (Moroni 10:5).

"We may also find that a specific verse of scripture that was spoken for quite a different purpose in an entirely different age will, under the interpretive influence of the Holy Ghost, give us a very personal message adapted to our personal needs today. . . .

". . . The scriptures will help us resolve all of our personal questions because by reading them we invite and qualify ourselves for the inspiration of the Holy Ghost, which will guide us into all truth."1

By choosing to read, study, ponder, and pray about the scriptures, we show our faith, humility, obedience, and diligence. This use of agency allows Heavenly Father to bless us

with the Holy Ghost's guidance, and we learn then that, as Elder Larry R. Lawrence of the Seventy has said, "the Holy Ghost really does give customized counsel."2

So, the next time you find yourself struggling with a personal question and not finding any answers or any peace, remember to bring the question into your scripture study. Your answers will come in the Lord's way through the inspiration of the Holy Ghost—and according to His timing, but they will come. He has promised it, and He keeps His promises. NE

NOTES

- 1. Dallin H. Oaks, "Studying the Scriptures," BYU-Hawaii devotional address, Mar. 14, 1986, 18-21, Church History Library, Salt Lake City.
- 2. Larry R. Lawrence, "What Lack I Yet?" Ensign, Nov. 2015, 34.



HE SPEAKS TO US

'When we want to speak to God, we pray. And when we want Him to speak to us, we search the scriptures; for

His words are spoken through His prophets. He will then teach us as we listen to the promptings of the Holy Spirit."

Elder Robert D. Hales of the Quorum of the Twelve Apostles, "Holy Scriptures: The Power of God unto Our Salvation," Ensign, Nov. 2006, 26-27.

JOIN THE CONVERSATION

THINGS TO PONDER **FOR SUNDAY**

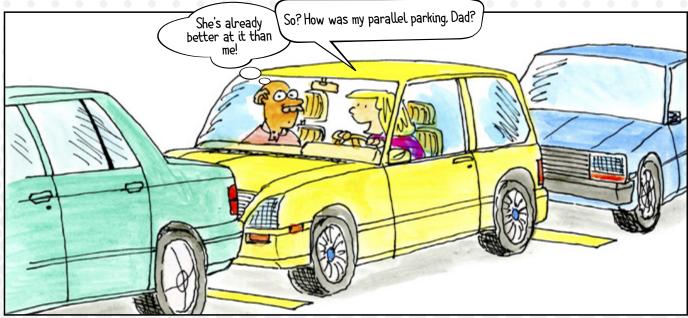
- · What kinds of questions have I brought to my scripture study before?
- · What questions do I have now that I could bring to my scripture study?

THINGS YOU MIGHT DO

- Read the scriptures with a question in mind.
- Share stories of having questions answered through the scriptures at lds.org/go/answersNE516.







RYAN STOKER

I have a hard time reading the scriptures

because the language is different from what I'm used to. How can I understand them better?

hen you start learning a new language or a new subject in school, how quickly do you learn it? You probably don't expect to understand everything immediately, right? For most people, it takes time and work.

Studying the scriptures can be like that; it takes time and effort to learn the language of the scriptures, but help is available. Here are a few ideas to improve your understanding of the scriptures:

- 1. Pray to understand what you are reading.
- 2. Set aside regular time to study and search the scriptures.
- 3. Use the resources available at lds.org/scriptures/study-helps.
- 4. Ponder what you are reading, and then write down your impressions, thoughts, and feelings.
- 5. Talk with parents, Church leaders or teachers, or seminary teachers for help understanding especially difficult parts.

When Jesus visited the Nephites, He taught them out of the scriptures and asked them to "go ye unto your homes, and ponder upon the things which I have said, and ask of the Father, in my name, that ye may understand, and prepare your minds for the morrow, and I come unto you again" (3 Nephi 17:3).

That counsel still applies to us today. When we take the time to study and ponder the scriptures, great blessings will come to us as we begin to understand and apply what we learn. NE



Begin with Prayer Begin your scripture study with prayer. Tell Heavenly Father that you are trying to

understand His word, and ask Him to send His Spirit to help you. After this first step, try reading the stories you already know, such as Nephi's family leaving Jerusalem, God commanding Abraham to sacrifice Isaac, Jesus Christ healing the lepers, or Joseph Smith's First Vision.

Reading at least a little bit every day shows Heavenly Father that you are willing to sacrifice time and make the effort to understand His word. Erica C., 17, Kansas, USA

Attend Seminary

An amazing thing about seminary is that it helps me understand things much better. Without seminary, I don't think that I would fully appreciate all of the amazing things the scriptures talk about. You don't just read, but you study, ponder, and realize so many new things. Jillian J., 16, Utah, USA



Pray and Fast I am learning to speak English, and since the scriptures are not in my native

language, I often do not understand the scriptures. I have a hard time with it, but I pray and my Heavenly Father answers me and helps me to

understand what I am reading. Bring yourself closer to Heavenly Father by praying and fasting. Call on Him in the name of Jesus Christ and ask for help. Without Him, nothing will work out, but with Him, everything will be OK, more peaceful, and more comfortable.

Feven J., 15, Colorado, USA



Find What the Stories Are Saying

If you pray to know what the words are trying to convey to you,

knowledge will come. Then you will be able to find out for yourself what the stories are saying to you through God's words.

Emily H., 14, Georgia, USA



Take Time to Ask for Help

Take time to ask for guidance from the Lord to help you understand

what you will read. Study more about the language of the scriptures. You can seek guidance from your parents and ask them to help you.

Nino L., 17, Philippines

Have Faith

Sometimes the language they use in the scriptures is confusing, and it can be hard to understand what the stories are trying to teach you. Try saying a prayer before you read and ask Heavenly Father to send the Spirit

to help you more clearly understand the scriptures. Then have faith that the Spirit will enlighten your understanding, open your mind, and testify of the truthfulness of the words to you.

Angela L., 15, Texas, USA



Get Help Books

Read the scripture manuals that the Church has available (at lds.org/go/

manualsNE516). If you are confused about what you are reading, you can look in the manuals for additional help. They have helped me a lot to understand the scriptures.

Aden S., 14, Utah, USA



Read Consistently

Like any other skill, scripture study takes practice and effort to reap the full rewards

and to understand the language. By reading each day, you show the Lord



KEEP READING

"Make scripture reading a part of your regular routine, and the blessings will

••

follow. There is in the scriptures a voice of warning, but there is also great nourishment.

"If the language of the scriptures at first seems strange to you, keep reading. Soon you will come to recognize the beauty and power found on those pages."

President Boyd K. Packer (1924-2015), President of the Quorum of the Twelve Apostles, "The Key to Spiritual Protection," Ensign, Nov. 2013, 27.

you are humble and teachable so He will help you learn little by little as you look to His word for guidance. Reading each day helps me better understand gospel principles, and I learn more each time I open them and invite the Spirit into my life.

Samantha S., 18, Arizona, USA

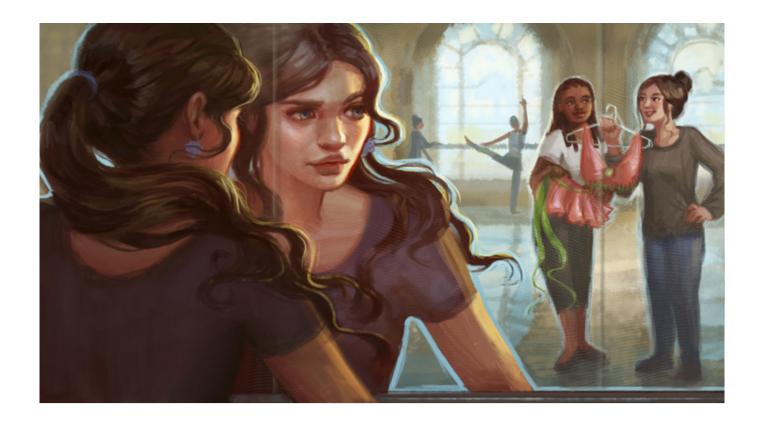
Responses are intended for help and perspective, not as official pronouncements of Church doctrine.

UPCOMING QUESTION

"How can I know if I'm ready to receive my patriarchal blessing, and how do I prepare?" Send your answer and photo by June 15, 2016.

Go to newera.lds.org, 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 your photos, and then click "Submit" to upload.

Responses may be edited for length or clarity.



MY COACH SAID NO

ne day I was listening to a talk given by a young woman who was preparing to go on a mission. In her talk she emphasized the fact that Heavenly Father and Jesus Christ love us very much. Heavenly Father loves us so much that He gives us standards so we can be protected from the world's damaging traditions and unhealthy habits.

When I got home from church that day, I wrote down in my journal what I had learned. What I didn't know at the time was that this information would not only

add to my conversion process but would also prepare me for a decision that would try my testimony. Two weeks later my dance coach showed us the costume for a certain dance routine, and to my dismay it was too immodest for me to feel comfortable wearing. I decided to ask my coach to either change the costume or take me out of the routine.

I hoped that because I did the right thing, Heavenly Father would soften my coach's heart and everything would work out without major consequences. Unfortunately, my coach quickly took me out of the routine.

I was devastated. Later, my parents reminded me that I had made the best decision. They supported me completely.

I'm glad that I was able to make the right decision and stand up for my values. Heavenly Father gave me certain values to live by because He loves me. Knowing this helped me learn that modesty is very important in ways that I may or may not yet understand. I am grateful to have this knowledge given to me to help me through adversity.

Agnes G., South Carolina, USA

RUNNING ON FAITH

am a cross-country runner. One day before a race I had great fear come over me. This was an important race and I was afraid that I wouldn't do well. I didn't want to let my team down. I called my mom a little bit before the race began and told her how I felt. She began to sing the third verse of "How Firm a Foundation" (*Hymns*, no. 85) to me. The song reminded me that I should not fear, because God is with me. I repeated these words over and over in my head until my fear went away and I was able to run the race.

Satan wants us to be miserable like him. I realized that one of the biggest tactics that he uses is fear. When I feel fear about something good, I know Satan is working to trick me. Fear holds me back from trying to succeed and be happy. I am a child of God, and He cares about me. He will always be there for me when I am willing to go to Him. He will never let me go through this life alone.

Jeremy T., Utah, USA

THANKFUL BUT UNCERTAIN

had filled out a lot of job applications before I finally received a part-time offer at a restaurant. I was filled with gratitude for the job offer, yet for some reason, I began to feel uneasy about the job. As the time drew closer for me to start work, the feeling of uneasiness persisted. I decided to pray about the situation and include the Lord in my decision.

After I prayed, I felt that I shouldn't accept the job. I wondered why I would be blessed with a job offer and then prompted by the Holy Ghost not to take it. I prayed multiple times to know what I was supposed to do. Each time I prayed about it, the same feeling continued to surface, stronger than ever.

Finally, I decided to contact the restaurant manager and explain that I wouldn't be working there after all. Telling the manager my decision was very difficult because I still didn't have a job and needed one, but I felt peace.

A few days later, I found out about another job. I applied for this job and was offered the part-time job not only for the remainder of the school year but also for the summer. If I had taken the first job at the restaurant, I wouldn't have found out about this better opportunity. Choosing to include the Lord in my employment decisions and following spiritual promptings taught me valuable lessons and paid off in more ways than one.

Alyssa N., as told to Colleen H., Pennsylvania, USA





in church that contradicts

what I've learned before?

f something you hear in church doesn't match what you've learned before, first of all, relax. Don't let it upset you. You can actually look at it as an opportunity for learning. Next, look at the situation and the teaching. If it's in sacrament meeting, you can remember to look it up in the scriptures or ask a parent or leader about it later. If it's in a classroom setting and the question deals with a fundamental gospel doctrine that really needs to be understood clearly, you can ask about it right then and there, remembering not to be confrontational or contentious. Doing so can help clarify things not only for you but also for any others who may have the same question but are too timid to ask. If the answer you get doesn't seem right, look it up or ask someone else later. If it's a point that's minor or secondary to what you're discussing, it may be best to just let it go for the moment and ask a parent or leader about it later. NE

Are e-cigarettes OK because they're not real tobacco cigarettes?

lectronic cigarettes, or e-cigarettes, deliver nicotine to the body through vapor from electronically heated water rather than through smoke from burning tobacco. So, does that mean they're OK? No. Not even remotely. The jury's still out on how safe they actually are, but more important, you want to avoid the appearance of breaking the Word of Wisdom. And most important, the whole purpose of e-cigarettes is to deliver a highly addictive drug into your body, and there's no good reason to want that.

President Boyd K. Packer (1924-2015), President of the Quorum of the Twelve Apostles, taught that Word of Wisdom principles apply beyond the things specifically prohibited:

"The Word of Wisdom was 'given for a principle with promise' (D&C 89:3). . . . Generally principles are not spelled out in detail. . . .

"Members write in asking if this thing or that is against the Word of Wisdom. . . . There are many habit-forming, addictive things that one can drink or chew or inhale or inject which injure both body and spirit which are not mentioned in the revelation. . . .

"... Promises made in the revelation will be denied to the careless or the reckless.

"Obedience to counsel will keep you on the safe side of life" ("The Word of Wisdom: The Principle and the Promises," Ensign, May 1996, 17-18). NE



WHAT'S ONLINE



Sisters rehearse for the choir that performed in the general women's session of general conference.

AN INVITATION TO Make a Difference

Over 60 million refugees around the world are in desperate need of help. And you can make a difference! If that number sounds daunting or you don't know where to start, check out the conference talks from President Henry B. Eyring, Elder Patrick Kearon, and Sister Linda K. Burton, which share ideas for supporting the First Presidency's October 27, 2015, invitation to all members.

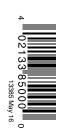
What can you, your family, or your friends do to "impart of your substance to the poor" (Mosiah 4:26)? (And remember, the "poor" might be the girl on the back row of your biology class, too!) Consider these ideas based on Elder Kearon's talk or visit IWasAStranger.lds.org for more ideas.

- · Help refugees learn your language.
- Help them transition to a new culture, even by going with them to the grocery store or school.
- As you're able, give to the Church's humanitarian effort.
- Learn about world events that drive these families from their homes.
- Take a stand against intolerance.
- · Promote respect and understanding across cultures and traditions.
- Meet refugee families and hear their stories in person (not just on the news).

Whether helping refugees or classmates, remember to first seek personal revelation from the Spirit—He will give you customized counsel about how to help in your neighborhood. You might even think about how to help refugees as part of Personal Progress, Duty to God, and Scouting. Keep in mind that the little things you do are often just as important as an organized neighborhood project with your friends or family.

"REACHING OUT TO OTHERS WITH LOVE MATTERS TO THE LORD."

Linda K. Burton, Relief Society general president



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