



WE'VE GOT YOUR BACK

A couple of months ago in Young Women, we had a lesson on service where we learned about Mosiah 2:17, which says, “When ye are in the service of your fellow beings ye are only in the service of your God.”

I felt the Spirit so strong all that day, so I prayed all week for opportunities to make a difference and do something that someone *truly* needed. That week at school I found out that one of my friends was feeling sad and lonely and having difficulties with her school friends. I knew this could be an opportunity to serve.

So my other two friends and I decided to get her a little gift, leave

it on her doorstep, and run. Then the next day as I was scrolling through my News Feed on Facebook, I noticed a post from the young woman we’d given the gift to, and my heart leaped in my chest. It read, “To the people who left the bag and card, thank you so much. It feels so good to know that three people love me for who I am and have got my back no matter what.”

Though it might have been a small act of kindness, what we did meant so much, not only to the girl but also to my friends and me as well. I’ve learned that the best way to find happiness is to bring happiness to those who need it.

Lauren D., Utah, USA

WHERE WAS THE WATER?

I recently took a backpacking trip with a group of other young men through Yosemite National Park in California, USA. The first day of hiking was the hardest physically because of the elevation gain and the altitude, but it became even harder when we couldn't find any of the planned pools or creeks on the trail to find water we could filter. I started to get worried because I'd only brought one canteen of water, which quickly ran out in the afternoon heat.

After about four miles with no water source, we decided to say a prayer that we would find water soon. About a half-mile farther on, we found a small pool of water fed by a small stream. We were so overjoyed that we decided to give a prayer of thanks to the Lord, much like Lehi and his family when they traveled in the wilderness.

Reflecting back on this journey, I realized that we are all searching for something we desperately need in life: the living water of Christ. Without it, we wouldn't be able to go very far in our personal journeys. I know that we will find different sources that lead to the living water—the scriptures, the words of the prophets, the advice of our bishops and parents—and if we take what we need from these sources, we will stay on the right path.

Brian B., California, USA



FOR THE STRENGTH OF YOUTH AND AN EXAM

When my parents suggested I use the *For the Strength of Youth* booklet to study for my next oral Spanish exam, I was surprised. It did make sense, especially since the examiner *would* be asking me about my stances on moral issues, but I didn't think it would be as helpful as they thought it would be.

My father downloaded a copy of *Para la Fortaleza de la Juventud* from [LDS.org](https://www.lds.org), and for the next few weeks, I cross-referenced my English copy with my Spanish one. I looked up interesting words and useful phrases, and it also helped me get a deeper understanding of the doctrine.

When the morning for the exam came, the language came to me as I needed it, and I was able to talk with confidence about morality, music, abstinence from alcohol, the importance of families, and clean living. I was able to testify of the truthfulness of my beliefs, and I actually enjoyed it.

Studying *Para la Fortaleza de la Juventud* did help me speak better Spanish, but what I didn't expect was how close it brought me to the Spirit. As I answered the questions that day, the Spirit brought so much back to my remembrance. I know now that as long as I do what it takes to have the Spirit in my life, I don't have to be afraid.

Jacob G., England