

# STRENGTHENED BY THE WORD

*Teens testify of times when scriptures taught them, comforted them, and guided them.*



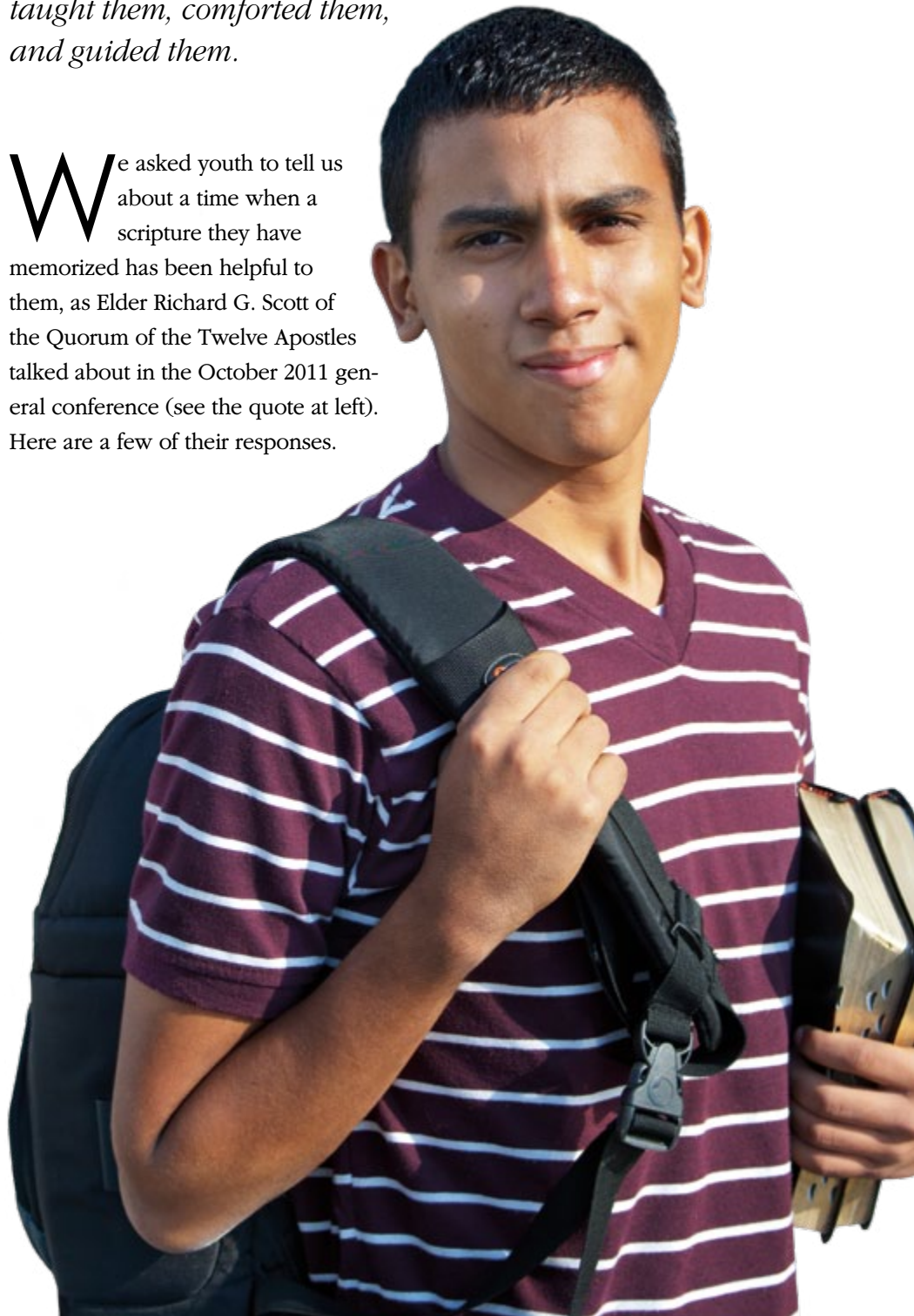
## **SCRIPTURES HELP IN TIME OF NEED**

"Scriptures are like packets of light that illuminate our minds and give place to guidance and inspiration from on high. . . .

"Great power can come from memorizing scriptures. To memorize a scripture is to forge a new friendship. It is like discovering a new individual who can help in time of need, give inspiration and comfort, and be a source of motivation for needed change."

**Elder Richard G. Scott of the Quorum of the Twelve Apostles, "The Power of Scripture," *Ensign*, Nov. 2011, 6.**

**W**e asked youth to tell us about a time when a scripture they have memorized has been helpful to them, as Elder Richard G. Scott of the Quorum of the Twelve Apostles talked about in the October 2011 general conference (see the quote at left). Here are a few of their responses.



**Peace unto My Soul**

*“My son, peace be unto thy soul; thine adversity and thine afflictions shall be but a small moment” (D&C 121:7).*

The scripture that has given me the most comfort over the years is Doctrine and Covenants 121:7, when the Prophet Joseph Smith was in Liberty Jail crying out to Heavenly Father for help. I memorized this verse in seminary and recall it when I need comfort. It reminds me that my Father in Heaven loves me and is aware of my trials. I have used this verse to bring me peace in times of frustration and weakness.

This verse helped me when I was at a party that turned into an environment I knew I shouldn't be in. I politely told my friends no when they asked me to drink or smoke. This verse gave me the strength I needed to stand up for my beliefs.

This verse also helped me make a difficult decision. My friend and I had been inseparable for five years. We played

sports together, went on trips together, and hung out every weekend. But she began hanging out with an older group of friends who I didn't want to be around. In the end she made me choose between having her as a friend or sticking to my beliefs regarding the Word of Wisdom and the law of chastity. I was devastated. I never knew that standing up for what I believed could be so hard. But I chose to make new friends, always keeping in mind Heavenly Father's promise to Joseph Smith that everything would work out all right.

Nothing is worth compromising my beliefs, and I experience true and lasting joy when I choose the right. This scripture has strengthened my testimony and provided help when I needed it.

**Lauren J.**  
age 16, Arkansas, USA



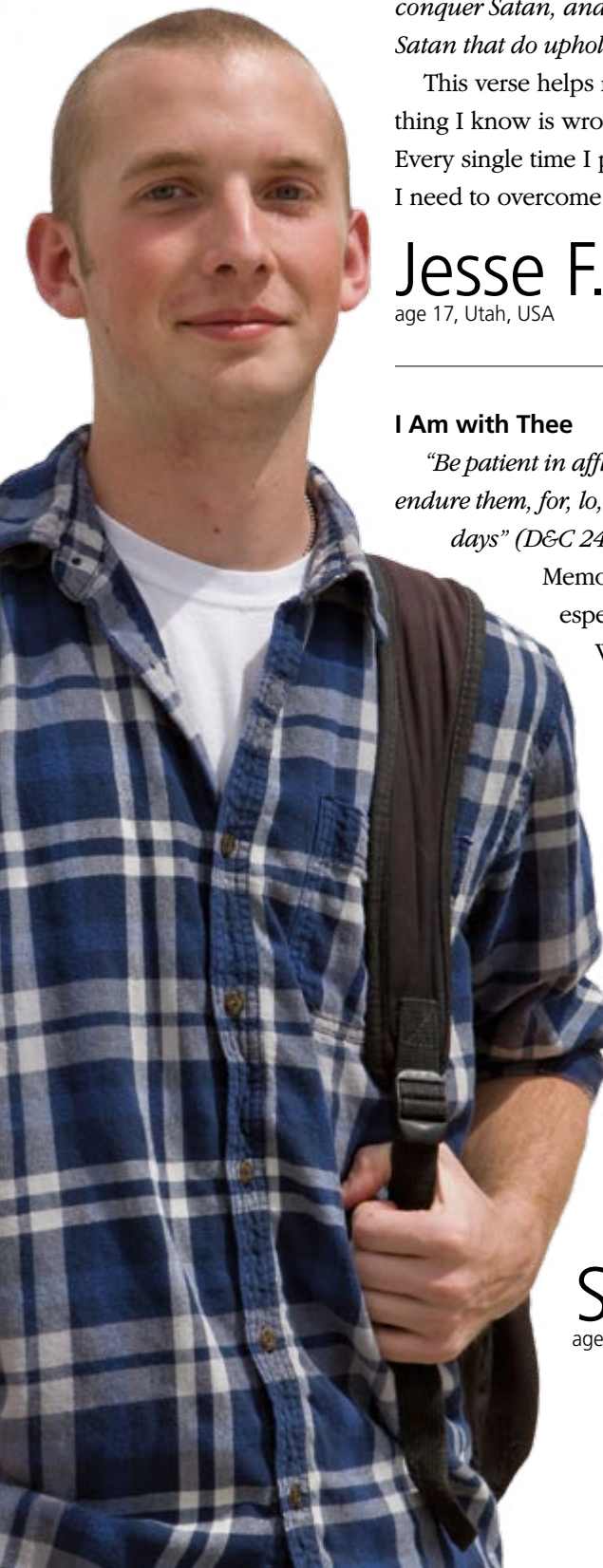
**Weak Things Become Strong**

Months before the entrance exam for high school, I did not feel prepared. I was sure that it would be impossible to do well. So I turned to my Heavenly Father in prayer. While I was praying, these words came to my mind:

*“If men come unto me I will show unto them their weakness. I give unto men weakness that they may be humble; and my grace is sufficient for all men that humble themselves before me; for if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them” (Ether 12:27).*

I realized that when I pray to Heavenly Father for strength to face challenges and tests, He blesses me and helps me overcome my weaknesses. Presenting my concern to the Lord was the best decision I could make. He is the best teacher, and I know He helped me.

**Irvin O.**  
age 16, El Salvador



### Pray Always

*“Pray always, that you may come off conqueror; yea, that you may conquer Satan, and that you may escape the hands of the servants of Satan that do uphold his work” (D&C 10:5).*

This verse helps me face temptations. When I’m about to do something I know is wrong, this verse and its message pop into my mind. Every single time I pray after I have that prompting, I get the help that I need to overcome the temptations I’m faced with.

## Jesse F.

age 17, Utah, USA

### I Am with Thee

*“Be patient in afflictions, for thou shalt have many; but endure them, for, lo, I am with thee, even unto the end of thy days” (D&C 24:8).*

Memorizing this scripture has been a blessing, especially when I have felt scared or alone.

Whenever I remember it, I gain courage and feel better. As young men and young women, we need guidance and support, especially when confronting difficult trials and challenges. Even though sometimes the future seems uncertain or discouraging, I know that I can trust in the Lord and receive His warm embrace.

When I was little, I was taught at home and in Primary that the Lord would always be by my side if I did my part. Because of those teachings and also this scripture, I know that I can count on Him always.

## Sofia I.

age 15, Uruguay



### SET A GOAL

**C**onsider setting a goal to memorize some scriptures. You could memorize scripture mastery verses in seminary or as part of Duty to God or Personal Progress.