

OCTOBER 2016

THE New Era



TRUE
Friendship
p. 2

A DIFFERENT KIND OF
SCRIPTURE
CHALLENGE
..... p. 13

WISE WORDS
— FOR —
HARD DAYS
pp. 23, 28

— THE —
MIRACLE OF
MEDIUM HEAT
p. 34

COME
FOLLOW ME
THEME
pp. 24, 44, 48

SNIPPETS FROM THIS ISSUE

So often those “angels round about” are our friends. –page 3 • It dawned on me that I *could* be good at something: **Losing!** –page 8 • **Choose to think about God throughout the week.** –page 12 • I didn’t have a stick of gum to offer anybody, but I wanted to help. –page 21 • **It’s not just sticking the grilled cheese sandwich on the pan and forgetting it;** it’s watching and flipping it at the right time. –page 35 • If young women feel pressure to serve a mission, it’s not because of a Church policy or program that sets a new expectation for them to serve. –page 41 I decided **they unintentionally gave me a compliment.** –page 47



Cover: True friends, pp. 2, 42
Cover photograph: Christina Smith

To submit manuscripts or art:

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

Email: newera@ldschurch.org

Mail: New Era Editorial, 50 E. North Temple St., Rm. 2420, Salt Lake City, UT 84150-0024, USA.

For return, include a self-addressed, stamped envelope.

The First Presidency:

Thomas S. Monson, Henry B. Eyring, Dieter F. Uchtdorf

The Quorum of the Twelve Apostles:

Russell M. Nelson, Dallin H. Oaks, M. Russell Ballard, Robert D. Hales, Jeffrey R. Holland, David A. Bednar, Quentin L. Cook, D. Todd Christofferson, Neil L. Andersen, Ronald A. Rasband, Gary E. Stevenson, Dale G. Renlund

Editor: Joseph W. Sitati

Assistant Editors: Randall K. Bennett, Carol F. McConkie

Advisers: Brian K. Ashton, Jean B. Bingham, LeGrand R. Curtis Jr., Christoffel Golden, Douglas D. Holmes, Erich W. Kopischke, Larry R. Lawrence, Carole M. Stephens

Managing Director: Peter F. Evans

Director of Church Magazines: Allan R. Loyborg

Business Manager: Garff Cannon

Managing Editor: Brittany Beattie

Assistant Managing Editor: Joshua J. Perkey

Publications Assistant: Sally Johnson Odekirk

Writing and Editing: Bethany Bartholomew, Ryan Carr, David Dickson, David A. Edwards, Lori Fuller, Garrett H. Garff, Charlotte Larcabal, Michael R. Morris, Richard M. Romney, Mindy Anne Selu

Editorial Intern: Carlisa Cramer

Managing Art Director: J. Scott Knudsen

Art Director: K. Nicole Walkenhorst

Design: Jeanette Andrews, Fay P. Andrus, Rachel Smith

Intellectual Property Coordinator:

Collette Nebeker Aune

Production Manager: Jane Ann Peters

Prepress: Joshua Dennis

Printing Director: Steven T. Lewis

Distribution Director: Troy Vellinga

© 2016 by Intellectual Reserve, Inc. All rights reserved.

The New Era (ISSN 0164-5285) is published monthly by The Church of Jesus Christ of Latter-day Saints, 50 E. North Temple St., Salt Lake City, UT 84150-0024, USA. Periodicals Postage Paid at Salt Lake City, Utah.

To subscribe:

By phone: Call 1-800-537-5971 to order using Visa, MasterCard, Discover Card, or American Express.

Online: Go to store.lds.org.

By mail: Send \$8 U.S. check or money order to Distribution Services, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.

To change address:

Send old and new address information to:

Distribution Services

P.O. Box 26368

Salt Lake City, UT 84126-0368, USA.

Please allow 60 days for changes to take effect.

Visit the New Era online at newera.lds.org.

Copyright information: Unless otherwise indicated, individuals may copy material from the New Era for their own personal, noncommercial use (including such use in connection with their calling in The Church of Jesus Christ of Latter-day Saints). This right can be revoked at any time and for any reason. Visual material may not be copied if restrictions are indicated in the credit line with the artwork. Copyright questions should be addressed to Intellectual Property Office, 50 E. North Temple St., Salt Lake City, UT 84150, USA; email cor-intellectualproperty@ldschurch.org.

POSTMASTER: Send all UAA to CFS (see DMM 507.1.5.2). **NON-POSTAL AND MILITARY FACILITIES:** Send address corrections to Distribution

Services, Church Magazines, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.

Canada Post Information: Publication Agreement #40017431.

WHAT'S INSIDE

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

October 2016 • Volume 45 • Number 10

FEATURES

2 True Friendship

True friendships are based on love of God and sharing that love with others.

Elder Ronald A. Rasband

10 The Rameumptom Conundrum

You can learn from scripture stories—even the odd ones.



14 Brett's Quest

Why was he so excitedly asking to study scriptures together on a weeknight?

16 Bonus Points

This young woman from Iowa, USA, is a basketball star—even without playing on the court.

19 One Week at a Time

Feeling stressed? Focus on the sacrament this week.

20 A Reason for the Repetition

I thanked Heavenly Father for stories that I had once found boring and repetitive.

Elder Scott D. Whiting

24 Which Christlike Attribute Should You Work On?

Take this quiz to figure out what to focus on next.

28 Life Lessons from Apostles

Apostles tell how they've faced challenges.

32 A Recipe for Learning

Try four ways to make God's word delicious to your soul.

34 The Miracle of Medium Heat

Find out the secret to a perfect grilled cheese sandwich—and life.



38 Power to Persevere

Her family was in a devastating car accident. In the aftermath, how could she cope?



PLUS...

- 6 THE OBJECT LESSON
- 8 FOR THE STRENGTH OF YOUTH
- 23 MORMONAD
- 37 LINE UPON LINE
- 41 TO THE POINT
- 42 QUESTIONS & ANSWERS
- 44 COME, FOLLOW ME CARDS
- 45 THE EXTRA SMILE
- 46 INSTANT MESSAGES
- 48 FROM CHURCH LEADERS
- 49 POSTER





By Elder Ronald A.
Rasband

Of the Quorum of
the Twelve Apostles

True Friendship

*True friendships are based on love of God
and sharing that love with others.*

Think for a minute what it means to you to know you have someone standing right by you, someone you can trust to be your friend on good days and bad, someone who values you and supports you even when the two of you are apart.

Our most prized friend is Jesus Christ Himself. Is there any greater assurance than His “I will be on your right hand and on your left, . . . and mine angels round about you, to bear you up” (D&C 84:88)? So often those “angels round about” are our friends.

My message centers on the importance in each of our lives of righteous friendships. In my youth, an inspired patriarch laid his hands on my head and by revelation opened to me an understanding of my potential—for who I really am—and gave a direction for my life, just like a patriarch has done for many of you. I was told that I would not lack for friends and associates, that their friendship would be a special blessing to me both temporally as well as spiritually. I was counseled to select for my closest friends those who were righteous and had a desire to keep the commandments of God.

That passage from my patriarchal blessing has been like a comfort blanket to me throughout my life. At times, especially while living away from home, those words have given me a peace and strength—my friends were standing by, although separated by many miles. And at such times I learned one of life’s most important lessons, that no matter how long I was away, no matter how great the distance, whenever my friends and I met again, it was as if nothing had changed. We picked up our lives where we left off, and it was as if time had stood still.





Choose Good Friends

Why do I emphasize that? Because in today's world so many people willingly trade those friendships for video characters and quick text messages. They spend their time identifying with television personalities who for them are only faces on a screen. Think about it. True friendships are based on love of God and sharing that love with others.

From my earliest days growing up in the Cottonwood Stake in the Salt Lake Valley, friends have been a special blessing to me. The closest friends made in my youth remain my friends to this day. We have always been there for each other. And I have been grateful to make new friends who have been a strength and blessing to me as well.

When I think of friendship, I think of the example of President Thomas S. Monson. Consider this teaching of our beloved prophet. He said:

"Friends help to determine your future. You will tend to be like them and to be found where they choose to go. Remember, the path we follow in this life leads to the path we follow in the next.

"In a survey made in selected wards and stakes of the Church, we learned a most significant fact: Those persons whose friends married in the temple usually married in the temple, while those persons whose friends did not marry in the temple usually did not marry in the temple. This same fact pertained also to full-time missionary service. The influence of one's friends appeared to be a highly dominant factor—even equal to parental urging, classroom instruction, or proximity to a temple.

"The friends you choose will either help or hinder your success."¹

Those are sobering words.

Who wouldn't choose President Monson as a friend? He gives away his trains at Christmastime, he gives the clothes off his back and the shoes off his feet to people who don't have any, he gives countless hours to those so often forgotten in care centers or struggling for life in hospitals, and he shares his joy for life with all of us when he wiggles his ears. What's not to like? When a group of missionaries was asked to identify one of President Monson's greatest attributes, almost all chose his love for people. One even suggested he wished he could live next door to the prophet because he knew they would then become good friends.



Thomas S. Monson (front row, center) as a youth with members of his Sunday School class, 1941.

Be Good Friends

It would be difficult to exaggerate the importance of being good friends. Becoming such friends is not always easy. Ralph Waldo Emerson gave great counsel when he observed, “The only way to have a friend is to be one.”² And the old cliché “Birds of a feather flock together” is still true. To have friends who live high standards, who stand for virtue and goodness, who are faithful and true to their covenants, you must be such a person to them.

In this world where there is so much sleaze, permissiveness, and immorality, having good friends will go a long way in ensuring our ability to withstand the evils of this, our day. Having good friends will put you in a position to attract the kind of eternal companion you will hope to find. Such was the case with Sister Rasband. We were first great friends. An invitation for marriage came later.



Jesus Christ Is Our Example

It was the Savior who said to His disciples, “Ye are my friends” (D&C 84:63). It was the Savior who taught, “Greater love hath no man than this, that a man lay down his life for his friends” (John 15:13). It was the Savior who beckoned, “Come unto me” (Matthew 11:28). In friendship, as in every other principle of the gospel, Jesus Christ is our Exemplar.

Now my dear young, new friends, I bear my testimony to you at this time that this is the gospel of Jesus Christ. I bear witness that a very important element of your experience in the gospel is the friends you make and the mentors you follow, just as I was promised in my patriarchal blessing at 19 years of age.

I pray that each of us will have the privilege of enjoying righteous friendships and mentoring relationships as we grow together in the gospel of Jesus Christ. **NE**

From a Church Educational System fireside given on March 7, 2010.

NOTES

1. Thomas S. Monson, “In Harm’s Way,” Apr. 1998 general conference.
2. Ralph Waldo Emerson, “Friendship,” *Essays: First Series* (1841).

YUM OR NUMB?

Selfishness isn't sweet. This object lesson can help you prove it.

MATERIALS

- At least three small treats for each family member (mini marshmallows work well)
- Ice cubes
- The Book of Mormon



By Breanne Richards

Priesthood and Family Department

You settle in for another episode of your favorite TV series, seriously considering whether professional couch potatoing could be your future career. Your dad throws open the back door and asks for your help with the yard work. Without expecting it or maybe even realizing it, an involuntary groan works its way out of your mouth.

If you've groaned like that (and who hasn't?), it may be because when we get too caught up in our own plans it's easy to forget how sweet service can be.

Try this fun object lesson that reminds your family about the sweetness of service.

1. TASTE THE SWEET

Ask your family to share their favorite service opportunities. What made those experiences so special?

Have each family member eat one of the treats. Ask them what it tastes like. Is it tasty? delectable? oh so scrumptious? This yumminess represents the sweetness of serving others.

Think of people you know who could use extra love or help. Consider making a list of their needs and then creating a family plan to see how to help them.

2. BUT I DON'T WANT TO!

Has there ever been a time when your family members *didn't* want to serve? Why not? Were they just busy? Did it sound boring or too hard?

At this point in the lesson, you might want to read 1 Nephi 17:15–18, where Laman and



Lemuel seem to have a hard time volunteering for service. Discuss how Laman and Lemuel's pride and hard hearts numbed them to the opportunity to serve their family and made them "past feeling" (1 Nephi 17:45).

3. CAN YOU TASTE IT?

Now it's time to use those ice cubes. Have your family members place an ice cube on their tongue. When they can hardly stand the coldness anymore, have them quickly replace the ice cubes with one of the treats. Ask them how the treat tastes now. (*Hint:* They probably won't be able to taste it because their tongues are too cold.)

4. SWEET OR NUMB?

Explain that it can be easy to think so much about our own needs and wants that we don't pay attention to the needs of others. Just as the ice cubes numbed our tongues, when our hearts are "numb," "cold," or "prideful," we can lose the ability to see or care about other people who need us.

In other words, when we focus on ourselves, we have a harder time recognizing the Lord's promptings to serve His children. For a time, it's like we've lost the ability to taste sweet things.

IT BEGINNETH TO BE DELICIOUS

Now for the good news. We can always relearn what we've forgotten. To illustrate this, get ready to hand out a final round of treats.

Once everyone's tongue has warmed up, eat the last treat. You should all be able to taste the delectable deliciousness with no problem.

Sometimes, learning to like service can take time—just like letting your tongue warm back up. So tell your family to not lose hope if they struggle. Just try one act of service at a time. Pretty soon it will begin to be "delicious" to you (see Alma 32:28).

So, the next time that couch starts to feel a bit too comfortable, take a moment to look around. Chances are you'll find a way to serve someone else—and that'll be a whole lot sweeter! **NE**



HOW TO BE A REAL LOSER

Nobody is a born loser. But with practice, we can get better at it over time.

By Richard M. Romney

Church Magazines

“Loser!” I’ll never forget the sting I felt the first time someone called me that. It was in junior high school. It hurt.

“You’re such a loser!”

It made me feel excluded, unappreciated, and unable. And it was easy to find ways to reinforce the image. I wasn’t good at sports. *Loser*. I wasn’t good at talking to girls. *Loser*. I didn’t have a lot of friends. *Loser*. (In reality, these don’t make someone a loser, but it was hard to see that at the time.)

Then one day in ninth-grade seminary it dawned on me that I *could* be good at something: Losing!

Let me explain. That day we read in the Book of Mormon about King Lamoni’s father, who prayed: “O God, Aaron hath told me that there is a God; and if there is a God, and if thou art God, wilt thou make thyself known unto me, and I will give away all my sins to know thee” (Alma 22:18).

I could be a good loser by losing my sins! I could give away and lose bad habits, bad feelings, lying,

cheating, stealing . . . you get the idea. Not that I was having huge problems with major sins, but here was a way to quickly turn losing into winning. Or so I thought.

I knew I could lose the big, bad, awful things. The very first day, for example, I lost murder and armed robbery right off the bat. It wasn’t hard to give up things I’d never even been tempted to do. Some of the little sins were easy to lose too. Like teasing my sister. Yeah, I’d have to work at it, but I could lose it in a reasonable amount of time.

But *all* of my sins? I soon found that there were enough potential transgressions, sins of commission, and sins of omission that I could spend my lifetime trying to eliminate them. Maybe I wasn’t such a great loser after all!

Then we read another scripture in seminary, and something else dawned on me. “I will give unto the children of men line upon line, precept upon precept, here a little and there a little; and blessed are those who hearken

unto my precepts” (2 Nephi 28:30). “*Here a little and there a little*.” Maybe one by one I could lose my sins . . . but where to start?

Later, in a priesthood quorum lesson, we read this counsel from a prophet: “The most important of all the commandments of God is that one that you are having the most difficulty keeping today. . . . Put that aright and then you start on the next one that is most difficult for you to keep. That’s the way to sanctify yourself” (*Teachings of Presidents of the Church: Harold B. Lee* [2000], 30.)

Here was my answer! I’d give away my toughest sin first. And this has become a pattern in my life. It hasn’t always been easy, and I’m still working on it. I’ve found that some sins challenge me over and over again, and they may for the rest of my life. But that doesn’t mean I’ve failed—as long as I keep trying. I now find comfort in these words:

“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 the best of their ability to acquire them. If you stumble in that pursuit, so does everyone; the Savior is there to help you keep going. . . . He will help you get back up. He will help you repent, repair, fix whatever you have to fix, and keep going. . . . 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, Apr. 2016 general conference).

I’ve also found that as I work on losing my sins, I experience a great reinforcement. It’s described in the Book of Mormon, when the people responded to King Benjamin: “The Spirit of the Lord Omnipotent . . . has wrought a mighty change in us, or in our hearts, that we have no more

disposition to do evil, but to do good continually” (Mosiah 5:2).

Who wants to be a loser? You will, when you understand the joy of losing sins. I’ve found that the more I lose them, the more they’re replaced by the desire to do good. And that’s become the goal I strive for because “inasmuch as men do good they shall in nowise lose their reward” (D&C 58:28). **NE**



THE RAMEUMPTOM CONUNDRUM

By David Dickson
Church Magazines

*Can I really apply lessons from all the scripture stories?
Even the unusual ones?*


“Look how much better I am than everybody else! Everybody look! Cast your eyes upon the pure awesomeness that is ME!”

OK, so that’s not *exactly* what the Zoramites said when they were standing on the Rameumptom with their arms thrown high in the air, but it was awfully close.

Do you ever read about these people in Alma 31 and then think something along the lines of, “Whoa. That’s odd. Glad that’s not me”? Fair enough if you do. It’s indeed bizarre. But before you zip past that scene and plow into the oh-so-cool seed-and-faith analogy in Alma 32, hang tight for a moment.

What can you learn from those high-climbing, platform-praying Zoramites? Is there anything at all you can apply to your own life from what you read there?

You bet there is. And the neat thing is, you can do this with anything in the scriptures.



*All accounts from the scriptures
are there for a reason. We can and
should learn from each of them.*

DO THIS, NOT THAT

Broadly speaking, there are two types of lessons we can learn from the examples of others: what to do and what not to do. Examples: Your friend has perfected a technique for asking a girl to dance with minimal awkwardness. That's a positive example you can learn from. Your other friend, the budding electrician, tried to see if he could charge his phone faster by tapping into 220 voltage instead of 110. His phone exploded. Now you know this is not a wise course to follow.

Nephi getting the plates from Laban is an example from the first category. This account teaches us by positive example about faith, determination, and obedience.

The Rameumptom is an example from the latter category. And while you can rest easy knowing you'll never walk into a Latter-day Saint meetinghouse and find a Rameumptom set up for use, there are still lessons you can find and apply to your own circumstances.

Try this one on for size: "Now, after the people had all offered up thanks after this manner, they returned to their homes, never speaking of their God again until they had assembled themselves together again" (Alma 31:23).

Ponder that for a moment. Their religious practices took place every week. They even called it "the day of the Lord" (Alma 31:12). For the rest of the week, however, they didn't spend much time thinking about God.

Is that a trap we can fall into?

Or how about this one? These Zoramites loved money and liked buying nice things to show off (see Alma 31:24). Here's one more. They spoke the same words over and over again in their prayers instead of truly talking with God (see Alma 31:20).

We don't have to climb a high platform to see that those are real risks for each of us. So, we can read, think about the situation, and apply it. If those Zoramites ended up in a place we don't want to be—and they did—for starters, we can try doing the opposite of what they did. In other words, choose to think about God *throughout* the week. Focus on eternal things over worldly things. Pray sincerely, and pray often.

WATCH FOR CLUES

This idea of reading scriptures and applying principles learned into your own life might sound so overly simple that

it's tempting not to spend much time thinking about it. But that would be a mistake. Searching the scriptures for clues on how to adjust your daily habits can transform life for the better, top to bottom.

If after reading about the Zoramites, for example, you decided to put more thought and time into your personal prayers, that single decision would bless you the rest of your life.

And you can keep doing that. All accounts from the scriptures are in there for a reason. We can and should learn from each of them.

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles has taught, "Immerse yourself in the scriptures. You will find your own experiences described there. You will find spirit and strength there. You will find solutions and counsel."¹

YOU'VE GOT THIS!

As we continue to read and apply, bit by bit we transform into the person Heavenly Father knows we can be. Don't fall for Satan's lie that you're too flawed or too far gone for this powerful change to take place. With our Heavenly Father's help, you can find your way back. You can try again. You can start anew.

President Thomas S. Monson has said, "Should there be anyone who feels he is too weak to change the onward and downward course of his life, or should there be those who fail to resolve to do better because of that greatest of fears, the fear of failure, there is no more comforting assurance to be had than these words of the Lord: 'My grace,' said He, '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]."²

Search the scriptures for clues on how to live your life, as well as how not to live your life. Put those lessons into practice.

You're going to make it. Just wait and see. **NE**

NOTES

1. Jeffrey R. Holland, "For Times of Trouble," *New Era*, Oct. 1980, 13.
2. Thomas S. Monson, "Your Eternal Voyage," Apr. 2000 general conference.

READ. APPLY. REPEAT.

By Adam Olson

Church Magazines

I've tried studying the scriptures lots of different ways—by number of verses or pages, by time, front to back, and by topic. And I've been blessed in different ways no matter how I've studied.

But one challenge changed me.

A quorum adviser gave everyone a small notebook with simple instructions:

1. Don't worry about how much you read or how long you read. Just read until something seems important to you.
2. Think about why it's important.
3. Decide what you will do that day because of what you learned, and do it.
4. Use the notebook to write down what you read, what you learned, and what you did. We'll talk about what happened on Sunday.

Connecting what I read with what I do has been amazing. I didn't realize it was so simple. As I acted on the principles I learned, I began to recognize how Heavenly Father used the scriptures and the Holy Ghost to point out specific things He wanted me to know and do. I learned that He was there, that He loved me, and that He was speaking to me.

I still study the scriptures in a variety of ways, including occasionally just being happy I got a few verses in before falling exhausted into bed. But now, no matter how I study that day, I try to ask, "What will I do today because of what I learned?" **NE**

Brett's Quest

By Helen Marie Parsons

It all started when my friend Brett said, “Last night when I talked to my friend, I found out that her parents have been telling her stuff about our religion, making us sound really bad. She told me that I was wrong for being Mormon, and she seemed to have plenty of evidence. Lots of stuff that I didn’t know about. I figured I can’t defend this if I don’t know what we believe.”

Then he asked me, “Do you want to come over and study scriptures tonight? You know, we could do a little reading, look some stuff up.”

“Seriously?” I hesitated. It wasn’t that I didn’t want to. It was just that I was taken off guard. I mean, how many teenagers hang out on weeknights to study the scriptures for fun?

“Sure, I guess,” I accepted slowly. “If you really want to.”

Brett was the only other Church member in my grade, and he’d never seemed very religious. I still remember being surprised my sophomore year when I first met him. He asked me why I chose not to date until I was 16. I was astounded by his question because Brett had been an active member his entire life but he somehow still didn’t know some of the basic teachings of the Church.

To him, church was a Sunday thing. I remembered answering Brett’s question about my decision not to date until 16 and then enlightening him on many other standards we had as Church members.

Now, as seniors, we’d grown to be close friends. And once again I found myself surprised by Brett.

I arrived at his house not sure what to expect.

As I walked into his family’s study, I noticed the Bible was open and several LDS reference materials were stacked on the desk. He’d already begun. “Look at this,” he said excitedly, pointing to James 2:21–26.





Hanging out on
a weeknight to search through
the scriptures together?
Was he serious?

"I thought we could find some answers."
Then he asked, "Do you have any questions?"

"I don't know. I guess so."

"After listening to my friend, I know
I need to study more," Brett continued.

"So, are you looking up things about the
points she made?" I asked.

"Yeah. I can see where she's coming from, but
you know, the more I find out about what we
believe," he continued, "the more I see and feel
just how right our beliefs are. It's exciting.
I want you to help me."

I'd never considered the scriptures exciting
before. I felt humbled by his enthusiasm. He
wanted my help because I'd read the Book of
Mormon, prayed, felt the Spirit, and from then
on hadn't had doubts.

But at that moment, I realized I too needed to
search the scriptures more.

Brett and I really studied the scriptures that night and
found the answers to his questions. Time and time again,
Brett searched the scriptures in response to criticisms of the
Church. As he learned to trust the scriptures, his testimony
grew. Not only did that study help him talk with his friend,
but his example of asking questions and finding the answers
in the scriptures made a difference for me too. **NE**

The author lives in New Jersey, USA.

BONUS POINTS

By Hillary Holbrook

Inside the locker room, you could hear the fans cheering. The Iowa, USA, women's high school varsity basketball championship game was about to begin. The team in black jerseys—who'd clawed their way into the finals—were ready.

Sixteen girls listened attentively to an inspiring pump-up speech from team manager Hailey B., 16.

It may seem odd for the manager to give the pep talk, but it's not unusual for Hailey. When she talks, players listen. They know she's eager for them to win.

Basketball Standards

There's another reason Hailey is cheering for everyone. It has to do with her standards.

Hailey had already completed one season with the freshman team and was eager to earn a starting spot on the junior varsity (JV) team. But as she prepared, she ran into a problem.

The coaches held preseason games on Sundays that "were essentially the tryouts for the team," Hailey said. But she'd promised herself and her Father in Heaven that she'd keep the Sabbath holy. "So I missed 10 games," she said. "The coaches never really saw me play."

She made the team, but it became clear she'd spend most of the season on the bench. Instead of becoming discouraged, she chose to encourage her teammates.

Winning Attitude

"Hailey never complained," said her Young Women president, Jami. "Instead she became the team's biggest cheerleader. Everyone knew she'd be there cheering, and they'd talk about what a support she was. She could have become bitter, but instead she just kept smiling."

Hailey's JV coach, Jon, agreed. He said no one has "a bigger heart or a greater love for the game" and that "selfless players like Hailey are critical to a team's success." Before one game, he said, she made signs for each player and coach using paper plates, a paper flag, and candy. "She's always taking time for others," he said.

Training Schedule

Somehow, despite a busy schedule, Hailey squeezes in time for what's important. Her alarm buzzes at 5:15 every morning to get ready for 5:45 seminary. "It's a matter of priorities," she said. "Scripture reading and prayer help me all day. They help me look at other people at school

*She wasn't shooting from the floor,
but Hailey was scoring big in ways
that matter more.*



and remember that they're children of God." The same holds true for her teammates, she said; "they're daughters of the same Heavenly Father as me."

Despite bouncing between seminary, school, practices, games, and family time, Hailey keeps her

Hailey scores big by spending time with her family and keeping stats for her team.



priorities focused on her family and the gospel.

"Our family loves spending time together," she said. "We enjoy vacationing and camping every summer." Hailey is especially fond of trips that include fishing and horseback riding. And when it's not basketball season, she plays lacrosse, babysits, and fine-tunes her math skills. Her strength comes from the fundamentals—prayer, scripture study, Sabbath day observance, and keeping the commandments.

"Any athlete knows about training rules," she said. "If you want to do well, you practice every day. The same is true with the gospel. If you want to stay strong, stick to the basics."

Lots of Assists

You could also say that Hailey specializes in assists.

"When I'm feeling down, she always finds a way to cheer me up,"

said her sister, Kelsey, 11. "She's the best sister I could ask for."

Hailey also assists those who are curious about the gospel. She remembers a bus ride when her teammates asked questions about the Church. She was thrilled to answer.

"I explained what a temple is and

what we do there. I explained what a missionary is. I explained that following the standards in *For Strength of Youth* leads to blessings."

One of those blessings came when the varsity coach pulled her aside.

Inspired Effort

"He asked if, in addition to being on the JV team, I'd serve as a manager for the varsity team," Hailey said, a smile lighting her face. Her mom, Kathy, said, "We feel that was a blessing she received for keeping the Sabbath holy."

As team manager, Hailey not only attended games and practices (except on Sundays) but also kept records, like the minutes per game of each player. The position was a recognition of her desire to help the team any way she could.

By the end of the season, the team's record was 20-3. Critics hadn't expected them to perform so well, but the team had dedicated the season to two players who'd recently lost a parent

to cancer. That inspired them to give extra effort. Now they were playing for the top spot in the state. But they were also playing for each other.

In her pregame speech, Hailey told them, "We've worked hard for this the entire season, and now it's our chance to prove we can be champions." Then they stormed the court as the crowd roared.

Winning Over Time

Hailey compared her experience with the team to what it's like when members of a family obey God's commandments. In basketball, she said, even though players have individual talents, victory depends on working together.

"It's the same in a family," she said. "Individually you have to find what you're good at and build your own testimony, but when you bring all these pieces together—reading the scriptures together, going to church together, spending time together—you're a stronger family. You push for your ultimate goal over time—to gain celestial glory and be together forever."

This basketball season, Hailey scored points on many levels by living her standards. She gained peace in her heart for doing what she knew was right, something more important than making layups or firing off a 3-point buzzer-beater. She strengthened her family and set a good example for them. Plus, she won admiration and respect from teammates and coaches.

Oh, and by the way, Hailey's team won the state title, 46-42. **NE**

The author lives in Iowa, USA.

One Week at a Time

What are you doing next week?

High school! College! Mission! Marriage! Certain future events have a tendency to dominate our thinking. It can be almost paralyzing to know how best to prepare for such things.

Similarly, some trials can overwhelm us in terms of day-to-day decision making. Problems on your mind or questions in your heart can loom so large you can't imagine reaching the other side of them.

No matter what you're facing, though, there's something that can help: worthily partaking of the sacrament *each and every week*.

If something feels too big to bear, just bear with it one week at a time. The sacrament can help.

There's a special spirit that comes from praying and pondering during the sacrament ordinance. Consider listening closely during this time for promptings and impressions about what you might do differently during the coming week. Not necessarily the coming month, semester, or school year . . . only the next week. Think of it as learning "line upon line" (Isaiah 28:10).

As an example, pretend you'd been praying for strength to get through a trial and the unmistakable prompting you received during sacrament is to take off your ear buds while on the bus to school that week instead of listening to music as you normally do. Would your reaction be something along the lines of, "Huh?" Nobody'd blame you if it were. But if it's a prompting, follow it anyway.

Elder Larry R. Lawrence of the Seventy taught the following in general conference: "The Holy Ghost really does give customized counsel."¹ He then gave examples of people he's known who received such counsel, from a prompting to stop complaining to a divine nudge to clean their room.

It could be that on the school bus you'd strike up a conversation with someone who later becomes a close friend and the very answer to your prayers.

Such promptings can certainly arrive any time of the day or week. But prepare and watch closely for them during the sacrament ordinance. The promise of having the companionship of the Holy Ghost is mentioned in the blessings on both the bread and the water (see D&C 20:77, 79).

Even the biggest problems can shrink to a more manageable size as you face them with God's help and direction, one week at a time. **NE**

NOTE

1. Larry R. Lawrence, Oct. 2015 general conference; see also Neill F. Marriott, Oct. 2015 general conference.



A REASON *for the*



By Elder
Scott D. Whiting
Of the Seventy

Sometimes the stories and messages we hear over and over again are actually preparing us for something greater.

You've probably been in a Church meeting when someone starts sharing a story that you've already heard quite a few times. Maybe it feels like a few hundred times. There are probably a few stories you could even recite.

I remember hearing one such story when I was a young man. It was about President Spencer W. Kimball (1895–1985), and I had heard it so many times that I figured

I could probably tell it in my sleep.

One stormy night, President Kimball saw a pregnant young mother and her two-year-old daughter in an airport. The mother couldn't pick up her child because of the threat of miscarriage, so she scooted the sobbing child along with her foot.

Grumpy passengers looked at her judgmentally and said unkind things under their breath, but President Kimball immediately offered to help.

With the mother's permission, he picked up and consoled the child and gave the girl a piece of gum. Then he kindly spoke to those in line and asked if the young mother could move to the front. The once-grumbling



REPETITION

passengers immediately agreed. He spoke with the clerk and got them on the next available flight, ensuring them a safe and much faster trip home.

It wasn't until years later that I learned one reason why the Lord wanted me to know this story by heart.

I was living in Tokyo, Japan, with my wife and one-year-old daughter. One cold, stormy day, I walked to the train station to catch a train. I pushed through the masses of people and umbrellas, and I made my way down the flight of stairs where I saw a young woman holding a screaming baby. Tears streamed down the mother's exhausted face, but the people passing them only walked on, muttering about the pair.

Immediately I remembered the story of President Kimball. The memory came to me with such force that I immediately stopped and asked if I could help. Once

I assured her of my sincerity, she let me hold her baby and told me her story.

She was waiting for her husband to return from making a phone call about a possible job offer. He had been out of work for months, and they were homeless and living in a park.

Just then, her husband returned. Once his wife and I explained who I was, he slumped against the wall. The phone call had been fruitless. He was still jobless, and they were still homeless.

I didn't have a stick of gum to offer anybody, but I wanted to help. Knowing that Church leaders can sometimes help in these situations, I called my stake president and asked if he could meet with them. He quickly agreed to see us that evening. After I hung up, I gave them what money I had and instructed them to buy food and to meet me later.



When we hear a message more than once, ... oftentimes there's a greater message that may prove valuable for us down the road.

None of them had eaten in over 24 hours.

Later that night, we walked to the stake center, where the stake president warmly greeted them and ushered us into his office.

As we talked, the father told us that after months of living in hunger and desperation, he and his wife decided that if he didn't get a job that day, they would leave the baby at a police station and take their own lives.

As I listened, I felt a wave of gratitude for the example and teachings of prophets. I silently thanked Heavenly Father for stories that I had once found boring and repetitive. Without that repetition, I doubt the story of President Kimball would have come to me

with enough force to guide my own actions that night.

The stake president introduced them to the bishop of their area, and they helped the family get basic necessities. Eventually, the entire ward rallied around this little family while they got back on their feet to become self-reliant again. Over time, they learned about the restored gospel, and then I had the blessing of baptizing the father and mother and then watching the stake president confirm them as members of The Church of Jesus Christ of Latter-day Saints.

I don't consider my role in this to be anything great, but I know that I was prepared for that stormy day in the train station. There was a reason I heard stories from and about prophets throughout my youth. Heavenly Father knew that someday I would need that story about President Kimball and that it would be used to bless someone else.

We need to make time to hear the words of the prophets. With new information available instantly, we can get so focused on searching for something new—new excitement, new entertainment—that we forget that the Lord's pattern is consistent, and oftentimes repetitive, spiritual nourishment. When we hear a message more than once, it's better to recognize that it's for our good rather than tuning out because we've heard it before. Oftentimes there's a greater message that may prove valuable for us down the road.

We can make sure we receive these messages by simply being in the right place at the right time. The consistency of doing the small and simple things allows the constant drip of the gospel to make a lasting impression on us. We will be prepared to do all that Heavenly Father asks of us. **NE**

IMAGINE YOURSELF REBUILT

“You may feel that your life is in ruins.... 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.”

President Dieter F. Uchtdorf, Second Counselor in the First Presidency,
April 2016 general conference



*Where are your strengths? What can you work on?
This quiz can help you find out!*



..... WHICH

CHRISTLIKE ATTRIBUTE

SHOULD YOU WORK ON?

One of the beautiful things about the commandment to “press forward” (2 Nephi 31:20) is that it implies a process, a journey. It doesn’t say, “Arrive at perfection right now.” Pressing forward toward eternal life is a step-by-step journey. We become more like Heavenly Father and Jesus Christ by keeping covenants and striving to improve—little by little, attribute by attribute. Which Christlike attribute could you focus on?



RESPONSE KEY

1 = Never

2 = Sometimes

3 = Often

4 = Almost always

5 = Always

Christlike Attribute Quiz

Read each statement and decide how true that statement is about you. Choose the best answer from the response key.

Spiritual growth is a gradual process, and none of us is perfect, so you should expect to rate yourself better on some attributes than on others. As you complete the quiz, identify the attribute you most need or want to develop and set a goal or two to help you take the next step in becoming more like Christ. You can read the experiences of three youth who are working on goals right now.

Faith

- _____ 1. I believe in Jesus Christ and accept Him as my Savior (see 2 Nephi 25:29).
- _____ 2. I feel confident that Heavenly Father and Jesus Christ love me (see 1 Nephi 11:17).
- _____ 3. I firmly believe that through the Atonement of Jesus Christ I can be forgiven of all my sins if I repent (see Enos 1:5-8).
- _____ 4. I have enough faith in Jesus Christ to obtain answers to my prayers and accept God's will (see Mosiah 27:14).
- _____ 5. I think about the Savior during the day and remember what He has done for me (see D&C 20:77, 79).
- _____ 6. I know by the power of the Holy Ghost that the Book of Mormon is true (see Moroni 10:3-5).

Hope

- _____ 7. One of my greatest desires is to inherit eternal life in the celestial kingdom of God (see Moroni 7:41).

- _____ 8. I am confident that the Lord will fulfill His promises as I strive to keep my covenants (see D&C 82:10; John 14:27).
- _____ 9. I feel peaceful and optimistic about the future (see D&C 59:23).
- _____ 10. I firmly believe that someday I can dwell with Heavenly Father and become like Him (see Ether 12:4).

Charity and Love

- _____ 11. I desire the eternal welfare and happiness of other people (see Mosiah 28:3).
- _____ 12. When I pray, I ask for charity (see Moroni 7:47-48).
- _____ 13. I try to understand others' feelings and see their point of view (see Jude 1:22).
- _____ 14. I forgive others who have offended or wronged me (see Ephesians 4:32).
- _____ 15. I try to help others when they are struggling or discouraged (see Mosiah 18:9).
- _____ 16. I tell others that I love them and care about them (see Luke 7:12-15).



HAPPIER WITH Charity and Love

Since I began working on developing charity, I've felt the Holy Ghost more often. Some of the goals I set were: to pray when I feel anger coming, to try to see others as our Father in Heaven would, and to try to make others around me happier than they were before. I've also started praying for charity and studying charity in the scriptures and other resources. I look to Jesus Christ as my example of charity. I have become a happier person. When I try to make other people's day, I make my own.

Sarah M., 13, North Carolina, USA

WORKING ON Virtue

I chose to work on virtue. To learn more about it, I compared the accounts of Joseph of Egypt and King David as suggested in the *Fulfilling My Duty to God* booklet ([2010], 64) and noted what Joseph did to overcome temptation and maintain his purity and what David did that led to his transgression. I've worked on being more virtuous by inviting the Holy Ghost early in the day by reading my scriptures in the morning when everything is quiet and taking time to ponder. I've also listened to "If the Savior Stood Beside Me" (*Friend*, Oct. 1993, 14) often so that when temptations came, I would have it ready to play in my mind. One thing that helps when I'm about to do or say something that isn't right is to remind myself I'm a child of God. It really helps to remember who you are.

Spencer S., 17, Cavite, Philippines



- ___ 17. I look for opportunities to serve other people (see Mosiah 2:17).
- ___ 18. I say positive things about others (see D&C 42:27).
- ___ 19. I am kind and patient with others, even when they are hard to get along with (see Moroni 7:45).
- ___ 20. I feel happy for other people's success (see Alma 17:2-4).

Virtue

- ___ 21. I am clean and pure in heart (see Psalm 24:3-4).
- ___ 22. I have no desire to do evil but to do good (see Mosiah 5:2).
- ___ 23. I am dependable—I do what I say I will do (see Alma 53:20).
- ___ 24. I focus on good, uplifting thoughts. When I have an impure thought, I replace it with a righteous one (see D&C 121:45).
- ___ 25. I repent often and work hard to overcome my weaknesses (see D&C 49:26-28).
- ___ 26. I feel the influence of the Holy Ghost in my life (see D&C 11:12-13).

Knowledge

- ___ 27. I study the scriptures daily (see John 5:39).
- ___ 28. I earnestly seek to understand the truth and find answers to my questions (see D&C 6:7).

- ___ 29. I receive knowledge and guidance through the Spirit (see 1 Nephi 4:6).
- ___ 30. I love and cherish the doctrines and principles of the gospel (see 2 Nephi 4:15).

Patience

- ___ 31. I wait patiently for the blessings and promises of the Lord to be fulfilled (see 2 Nephi 10:17).
- ___ 32. I am able to wait for things without getting upset or frustrated (see Romans 8:25).
- ___ 33. I am patient with the faults and weaknesses of others (see Romans 15:1).
- ___ 34. I am patient with myself as I rely on the Lord and work to overcome my weaknesses (see Ether 12:27).
- ___ 35. I face adversity and afflictions calmly and hopefully (see Alma 34:40-41).

Humility

- ___ 36. I am meek and lowly in heart (see Matthew 11:29).
- ___ 37. I rely on the Lord for help (see Alma 26:12).
- ___ 38. I am sincerely grateful for the blessings I have received from the Lord (see Alma 7:23).
- ___ 39. My prayers are earnest and sincere (see Enos 1:4).
- ___ 40. I appreciate direction from my leaders or teachers (see 2 Nephi 9:28).



_____ 41. I try to accept the Lord's will, whatever it may be (see Mosiah 24:15).

Diligence ::::::::::::::::::::::::::::::::::

_____ 42. I work effectively, even when I'm not under pressure or close supervision (see D&C 58:26-27).

_____ 43. I spend my time and energy on the most important things (see Matthew 23:23).

_____ 44. I have a personal prayer at least twice a day (see Alma 34:18-27).

_____ 45. I set goals and plan regularly (see D&C 88:119).

_____ 46. I work hard until the job is completed successfully (see D&C 10:4).

_____ 47. I find joy and satisfaction in my service (see Alma 36:24-25).

Obedience ::::::::::::::::::::::::::::::::::

_____ 48. I pray for strength to resist temptation and to do what is right (see 3 Nephi 18:15).

_____ 49. I keep the commandments and remember the covenants I have made (see D&C 97:8).

_____ 50. I willingly follow the counsel of my leaders and parents (see Hebrews 13:17). **NE**

Adapted from Preach My Gospel: A Guide to Missionary Service (2004), 126.

My Goals ::::::::::::::::::::::::::::::::::

Did one or two items stand out to you? Jot them down here and write some things that came to mind to help you work on them.

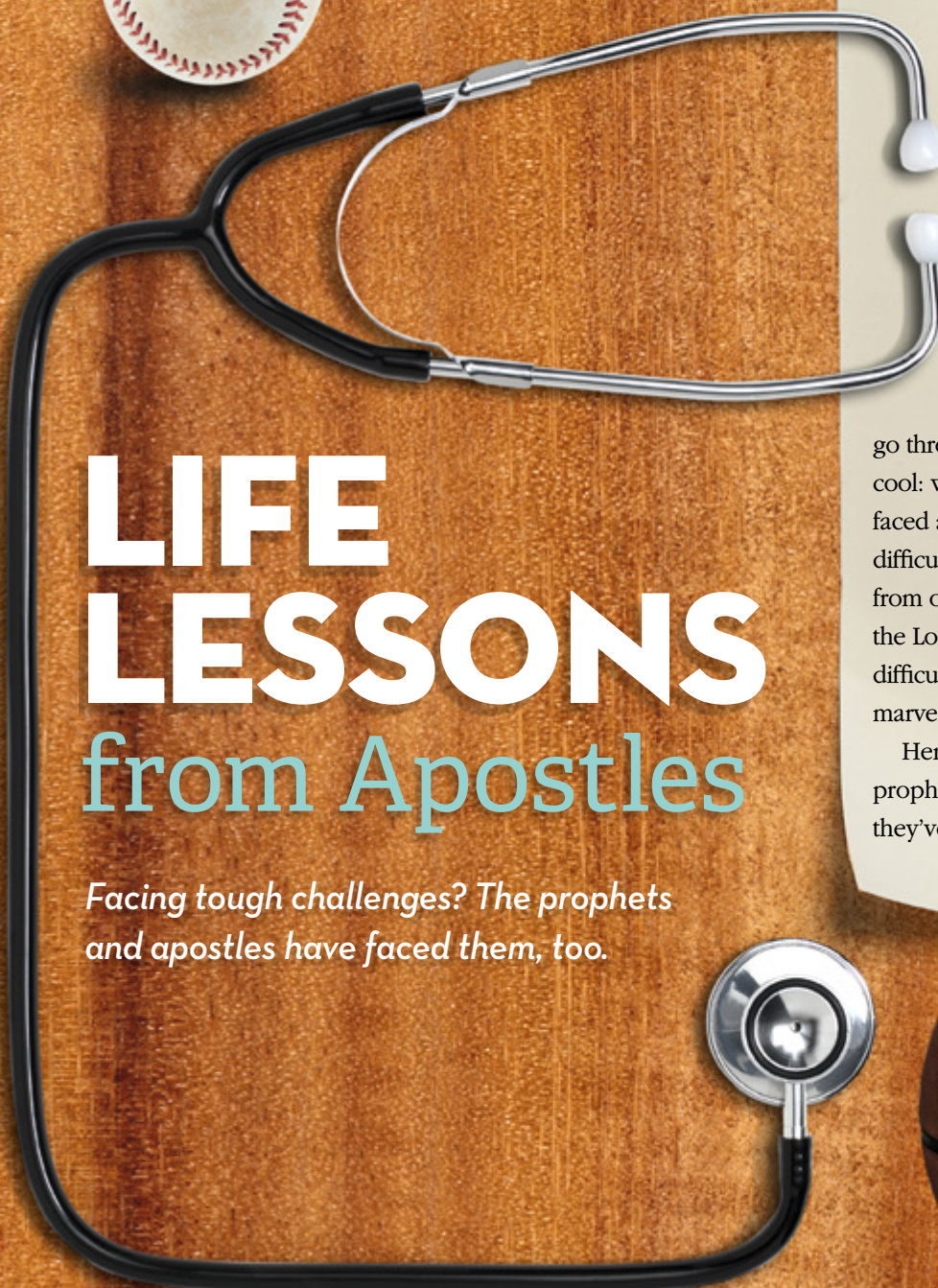
Remember: pressing forward toward eternal life is a step-by-step journey.

Humility

As we're faithful, God blesses us. This is something I know to be true and have experienced time and time again. I chose to work on developing humility because I want to show my Father in Heaven that my life really is His. I want Him to be able to use me in this world, and that won't happen if I'm choosing my own paths. He won't use the puffed-up. So I want my life to be completely dedicated to Him, to have my work and my glory be "to [help] bring to pass the immortality and eternal life of man" (see Moses 1:39). Plus, the pride cycle gets me so spiritually dizzy.

I love listening to talks, so I've downloaded a few hours' worth of talks about humility to listen to while I'm working. I'm also working to compliment people more. This is a demonstration of love, and it keeps me focused on the purpose of life and helps me rejoice in the success of others.

Elijah D., 18, Utah, USA



LIFE LESSONS from Apostles

Facing tough challenges? The prophets and apostles have faced them, too.

By Joshua J. Perkey

Church Magazines

Life can be awesome, but sometimes it can also be hard. For as many wonderful things that we experience, we also have heartaches, make mistakes, lose friendships, or don't make the grade in some way.

Nobody really *wants* those kinds of pains, and nobody can avoid them. Even prophets and apostles go through them. But here's something really cool: when we look at the challenges they've faced and how they learned from those difficulties, we can see how we can learn from our experiences, too—especially with the Lord's help. And if we turn to the Lord in difficult times and seek His help, He can do marvelous things with our lives.

Here are three examples from living prophets and apostles who shared lessons they've learned through experience.





NOT TAKING OURSELVES TOO SERIOUSLY

As a youth, President Thomas S. Monson enjoyed playing sports. However, the games didn't always go as well as he might have hoped. His interactions with others gave him opportunities to learn important lessons.

"I share with you an experience that embarrassed, a game that was lost, and a lesson in not taking ourselves too seriously.

"First, in a basketball game when the outcome was in doubt, the coach sent me onto the playing floor right after the second half began. I took an in-bounds pass, dribbled the ball toward the key, and let the shot fly. Just as the ball left my fingertips, I realized why the opposing guards did not attempt to stop my drive: I was shooting for the wrong basket! I offered a silent prayer: 'Please, Father, don't let that ball go in.' The ball rimmed the hoop and fell out.

"From the bleachers came the call: 'We want Monson, we want Monson, we want Monson—out!' The coach obliged. . . .

"I fared much better at fast-pitch softball. My most memorable experience in softball was a thirteen-inning game I pitched in Salt Lake City on a hot Memorial Day. The game was scheduled for just seven innings, but the tied score could not be broken. In the last of the thirteenth, with two men out and a runner on third, the batter hit a high pop fly to left field. The catch was certain, I thought. And yet the ball fell through the hands of the left fielder. For thirty-eight years I have teased my friend who dropped the ball. I have promised myself I will never do so again. I'm not even going to mention his name. After all, he, too, remembers. It was only a game."¹



*President Thomas S. Monson,
1944*



BEING WILLING TO LISTEN AND LEARN



Elder M. Russell Ballard,
1948

Sometimes Heavenly Father provides us an opportunity to avoid challenges—if we are willing to listen and learn. Elder M. Russell Ballard of the Quorum of the Twelve Apostles once faced this very dilemma.

“Years ago when I was in business, I learned a very expensive lesson because I did not listen carefully to the counsel of my father, nor did I heed the promptings of the Spirit giving me guidance from my Heavenly Father. My father and I were in the automobile business, and the Ford Motor Company was looking for dealers to sell their new line of cars. Ford executives invited my father and me to a preview showing of what they thought would be a spectacularly successful product. When we saw the cars, my father, who had over 35 years’ experience in the business, cautioned me about becoming a dealer. However, the Ford sales personnel were very persuasive, and I chose to become Salt Lake City’s first—and actually last—Edsel dealer. And if you don’t know what an Edsel

is, ask your grandpa. He will tell you that the Edsel was a spectacular failure.

“Now, there’s a powerful lesson for all of you in this experience. When you are willing to listen and learn, some of life’s most meaningful teachings come from those who have gone before you. They have walked where you are walking and have experienced many of the things you are experiencing. If you listen and respond to their counsel, they can help guide you toward choices that will be for your benefit and blessing and steer you away from decisions that can destroy you. As you look to your parents and others who have gone before you, you will find examples of faith, commitment, hard work, dedication, and sacrifice that you should strive to duplicate.”²

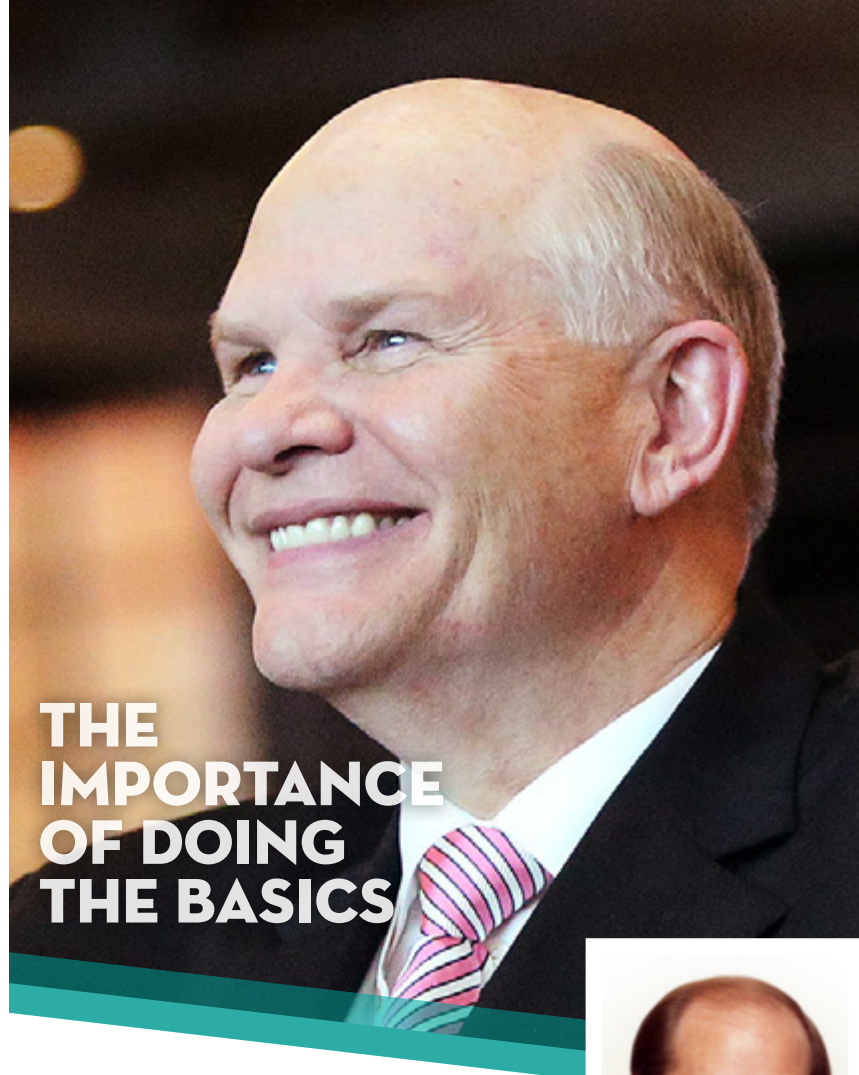
Elder Dale G. Renlund of the Quorum of the Twelve Apostles learned a significant lesson about the influence of daily prayer and scripture study in our lives and how we choose to honor the Sabbath day. As a heart transplant doctor, he often had to work on Sundays to save lives, like many people in health care.

“In 1980 we moved as a family across the street from the hospital where I trained and worked. I worked every day, including Sundays. If I finished my Sunday work by 2:00 p.m., I could join my wife and daughter and drive to church for meetings that began at 2:30.

“One Sunday late in my first year of training, I knew that I would likely finish by 2:00. I realized, however, that if I stayed in the hospital just a little longer, my wife and daughter would depart without me. I could then walk home and take a needed nap. I regret to say that I did just that. I waited until 2:15, walked home slowly, and lay down on the couch, hoping to nap. But I could not fall asleep. I was disturbed and concerned. I had always loved going to church. I wondered why on this day the fire of testimony and the zeal that I had previously felt were missing.

“I did not have to think long. Because of my schedule, I had become casual with my prayers and scripture study. I would get up one morning, say my prayers, and go to work. Often day blended into night and into day again before I would return home late the following evening. I would then be so tired that I would fall asleep before saying a prayer or reading the scriptures. The next morning the process began again. The problem was that I was not doing the basic things I needed to do to keep my mightily changed heart from turning to stone.

“I got off the couch, got on my knees, and pleaded with God for forgiveness. I promised



my Heavenly Father that I would change. The next day I brought a Book of Mormon to the hospital. On my to-do list that day, and every day since, were two items: praying at least morning and evening and reading in the scriptures. Sometimes midnight would come, and I would have to quickly find a private place to pray. Some days my scripture study was brief. I also promised Heavenly Father that I would always try to get to church, even if I missed part of the meeting. Over the course of a few weeks, the zeal returned and the fire of testimony burned fiercely again. I promised to never again fall into the spiritual death trap of being casual about these seemingly small actions and thereby jeopardizing things of an eternal nature, regardless of circumstances.”³ NE



Elder Dale G. Renlund,
1983

NOTES

1. Thomas S. Monson, “Goal beyond Victory,” Oct. 1988 general conference.
2. M. Russell Ballard, Apr. 2009 general conference.
3. Dale G. Renlund, Oct. 2009 general conference.

By Rosemary Thackeray

When I was young, I spent many hours watching my mom in the kitchen. She would make the most delicious meals, breads, cookies, and pies for our family.

After some time, I began reading recipes, following the instructions, and making food. I didn't have to rely on my mom—I could do it myself.

As with learning to cook, we learn the gospel and develop our testimony by doing. After Lehi told his family about his dream of the tree of life, Nephi said he wanted to “see, and hear, and know of these things” himself (1 Nephi 10:17). In other words, for Nephi it wasn't enough to listen to his father's testimony. He wanted to learn what his father already knew.

The recipe for gospel learning has a few simple steps. You can use the following four ideas to help your gospel learning with your family, at church, or during your personal study.

1. Prepare to learn.

Begin your personal study with a prayer. Ask Heavenly Father to help you understand what you are reading. Write down one or two questions and look for the answers. The Holy Ghost will bear witness of the truth as you read,

ponder, and pray (see Moroni 10:5).

Prepare for gospel learning at church by reading the lesson before you go. The *Come, Follow Me* lessons can be found on LDS.org and in the Gospel Library app.

2. Get involved in your learning.

- Read for understanding. The number of pages you read or how fast you read is not as important as understanding what you read. You may have to re-read some sentences several times. Use a dictionary to look up words you don't know. For example, what does *dispensation* mean? You can use the Guide to the Scriptures to find out.
- Ask questions about what you are reading. Maybe you wonder, “What was happening in Jerusalem at the time Lehi and his family left? Why didn't the people listen to Lehi?”
- Try to answer these three questions about any gospel teaching: Why was this important to the people at that time? How does it apply to *us* today? How does it apply to *me*?
- Search for patterns and connections. For example, what are the patterns in the way Nephi responded to adversity? How is his family's journey in the

A RECIPE FOR LEARNING

Try these four ways to make the word of God delicious to your soul.

MORONI 10:3-17

de los hombres, lo mismo hoy, y mañana, y para siempre.
8 Y además os exhorto, hermanos míos, a que no neguéis los dones de Dios, porque son muchos, y vienen del mismo Dios. Y hay diversas maneras de administrar estos dones, pero es el mismo Dios que obra todas las cosas en todo; y se dan a los hombres por las manifestaciones del Espíritu de Dios para beneficiarlos.
9 Porque he aquí, a uno le es dado por el Espíritu de Dios enseñar la palabra de sabiduría, 10 y a otro, enseñar la palabra de conocimiento por el mismo Espíritu;
11 y a otro, una fe sumamente grande; y a otro, los dones de

MORONI 10:18-29

vosotros el poder y los dones de Dios, será por causa de la incredulidad.
25 Y ¡ay de los hijos de los hombres si tal fuere el caso; porque “no habrá entre vosotros quien haga lo bueno, no, ni uno solo! Porque si hubiere entre vosotros quien hiciere lo bueno, será por el poder y los dones de Dios.
26 Y ¡ay de aquellos que hagan cesar estas cosas y mueran, porque mueren en sus pecados y no pueden ser salvos en el reino de Dios! Y lo digo de acuerdo con las palabras de Cristo, y no miento.



wilderness like the Israelites' journey out of Egypt?

- Write your feelings and impressions in a journal. "As you write down precious impressions, often more will come. Also, the knowledge you gain will be available throughout your life" (Richard G. Scott, "To Acquire Knowledge and the Strength to Use It Wisely," *Ensign*, June 2002, 32). Especially write what the ideas mean in your life.
- Draw a picture. Another way to record what you are learning is to draw it. One time when I was visiting a friend for family home evening, her grandmother shared personal stories about faith and prayer. Before the lesson began, my friend gave her young children paper and crayons so they could draw the stories while their great-grandmother talked. Drawing pictures helped them pay attention, and they even asked questions along the way to clarify parts of the story.

3. Study and live the gospel every day.

Learning takes effort; we need to apply ourselves to understanding (see Mosiah 12:27). Elder M. Russell Ballard of the Quorum of the Twelve Apostles counseled us to "establish a time and place to study the scriptures on a daily basis, even if it is only for a few minutes" ("When Shall These Things Be?" *Ensign*, Dec. 1996, 60). When we study regularly, learning becomes easier. For example, I found that when I actually read the Isaiah chapters in the Book of Mormon (instead of skipping them), they started to make sense to me.

When it comes to gospel learning, it's not enough to know something intellectually. We also need to put into practice what we learn. As we act on truth, the Holy Ghost confirms it to us, and our testimony grows. As we live that truth consistently, we begin to change, becoming converted to Jesus Christ.

4. Share what you are learning.

Telling others about a gospel principle in our own words helps us remember that principle and feel the Spirit, which strengthens our testimonies. Often a good time to share is during family home evening. You can also share when you talk with friends at school or with family members at dinnertime.

As we follow these four simple steps and diligently seek to know the Savior, we are promised that "the mysteries of God shall be unfolded unto [us], by the power of the Holy Ghost" (1 Nephi 10:19). **NE**

The author lives in Utah, USA.

FOUR THINGS WE NEED

"You and I do not need sophisticated study aids and should not rely extensively upon the spiritual knowledge of others. We simply need to have a sincere desire to learn, the companionship of the Holy Ghost, the holy scriptures, and an active and inquiring mind."

Elder David A. Bednar of the Quorum of the Twelve Apostles, "A Reservoir of Living Water" (Church Educational System fireside for young adults, Feb. 4, 2007), 3, si.lds.org.



The Miracle of

MEDIUM HEAT

By David A. Edwards

Church Magazines

Imagine a young man who is home alone and is getting hungry (it's far-fetched, yes, but just try to imagine it). Now imagine that this young man decides to try to make a grilled cheese sandwich on his own for the first time.¹ Imagine that this young man's parents had never taught him how to make grilled cheese and that he had never observed them very closely when they made it.

Let's say, though, that this young man gets all of the ingredients just right: bread, cheese, a little butter on the outside of the bread (and a little mayonnaise inside because he's brilliant). Next, he gets out the pan and puts it on the stove. (We're also imagining he doesn't have a special griddle or other appliance for making this treat.)

Now imagine that a certain thought takes hold of his mind—a thought that so many people have been ignorant enough (or temporarily insane enough) to think: “If I turn the heat up high, it'll be done faster.”

Imagine what happens next. (Or perhaps you don't have to imagine.)

He's going to get either perfectly crispy, golden-brown bread or perfectly gooey, melted cheese—but not both. Most likely, he'll have bread that looks and feels (and probably tastes) like lava rock and half-melted cheese, which is about as appealing as half-told tales.

His problem, as you can see, was a combination of ignorance (which is excusable) and impatience (which, though understandable, is less excusable). If he were to repeat this mistake the next time, it would be even less excusable, since it couldn't be blamed on ignorance but would result almost entirely from impatience.

To get it right, he would have to discover the miracle of medium heat.

MEDIUM ISN'T TEDIOUS

The medium setting on a stove is perfect for grilled cheese and many other dishes because it allows food to be cooked through without being overdone on the outside. The only

downside is that it requires more time and attention, which require *patience*.

The Lord has said, “Continue in patience until ye are perfected” (D&C 67:13). He's talking here about the kind of perfection that goes well beyond making perfect grilled cheese sandwiches; He wants us to become more like Him. Jesus Christ is the foremost example of patience. And part of following His example means enlarging our perspective, looking beyond the things of the moment, and seeing the greater reward that comes from self-discipline, faith, obedience, steady and consistent effort, long-suffering, and love—in other words, having patience.

By definition, patience implies waiting, which may sound boring, but as President Dieter F. Uchtdorf, Second Counselor in the First Presidency, has taught us, it's much more than merely waiting: “Patience means active waiting and enduring. It means staying with something and doing all that we can—working, hoping, and exercising faith; bearing hardship with fortitude,

NOTES

1. Obviously, this young man is an American. He could just as well be from somewhere

else, making a fry-up, crêpes, Kartoffelpuffer, Köttbullar, pancakes, tortillas, or rice for the first time. The idea would be the same.

2. Dieter F. Uchtdorf, “Continue in Patience,” Apr. 2010 general conference.

even when the desires of our hearts are delayed. Patience is not simply enduring; it is enduring well!”²

It's not just sticking the grilled cheese sandwich on the pan and forgetting it; it's watching and flipping it at the right time.


It's not just getting through school or seminary or church; it's actively learning or worshipping.

It's not just waiting for a testimony of the Book of Mormon to be bestowed upon you because you asked for it; it's continuing to read, study, ponder, pray, and live according to the precepts of that book.

It's not just sitting there while

friends make fun of your religion; it's praying for them and really wanting them to have a change of heart and doing what you can to bring it about.

It's not just waiting until 16 to date; it's learning to love obedience and trying to understand how following the prophets' counsel will bless you.



Do you want it right now—
or do you want it right?



PRESS FORWARD

"To wait upon the Lord means planting the seed of faith and nourishing it 'with great diligence, and ... patience' [Alma 32:41]....

"Waiting upon the Lord means to 'stand fast' [Alma 45:17] and 'press forward' in faith, 'having a perfect brightness of hope' [2 Nephi 31:20]."

Elder Robert D. Hales of the Quorum of the Twelve Apostles, Oct. 2011 general conference.

TURN DOWN THE HEAT

Patience and temperance, or self-control, are both part of the "fruit of the Spirit" (see Galatians 5:22–23). Though there are urgent things that require immediate action or a ready response (just as there are some foods that need intense high heat), you should see yourself tending toward greater patience and self-control. If you sense that this is happening, it's a sign that the Spirit is working in your life.

The miracle of medium heat may give you a perfect grilled cheese sandwich, hamburger patties that don't look like hockey pucks with a pink center, hash browns instead of hash blacks, and rice that's soft and fluffy instead of hard and chewy. But

patience will have its "perfect work" (James 1:4) in your life, helping you press forward to become more like Jesus Christ, bringing the influence of the Holy Spirit, and ultimately helping lead you to eternal life.

As you notice the things that cause you to become impatient, think of that grilled cheese sandwich (or whatever other dish makes sense to you) and what you might be sacrificing by letting impatience guide your actions. If you're guilty of giving in to impatience too often, you're not the only one. You can repent and try again to follow Jesus Christ's example and teachings. There's more than one grilled cheese sandwich to be made, and it's never too late to learn about the perfection that's possible through patience. **NE**



WATCH A VIDEO

See President Dieter F. Uchtdorf explain what patience has to do with marshmallows at lds.org/go/patienceNE1016.

Matthew 26:26–28

When the Savior introduced the sacrament, He said a lot in just a few words.



BRAKE IT

“With torn and broken bread, we signify that we remember the physical body of Jesus Christ—a body that was buffeted with pains, afflictions, and temptations of every kind, a body that bore a burden of anguish sufficient to bleed at every pore, a body whose flesh was torn and whose heart was broken in crucifixion.”

Elder James J. Hamula of the Seventy, “The Sacrament and the Atonement,” Oct. 2014 general conference.

NEW TESTAMENT

The Greek word translated as “testament” means “covenant.” In the Passover, the covenant with Israel was signified by the blood of a lamb. Jesus Christ introduced a new covenant signified by His own blood.

CUP

At the Last Supper, wine was used to represent the blood of Jesus Christ. Today we use water, but it carries the same meaning (see D&C 27:2).

BREAD

During the Passover, unleavened bread was eaten for seven days. Leaven such as yeast makes bread softer but also makes it more susceptible to mold and decay. Thus, unleavened bread symbolized purity or a lack of corruption. Most importantly, though, the bread of the sacrament represents the body of Jesus Christ, who said, “I am the bread of life” (John 6:35).

26 ¶ “And as they were eating, Jesus took ^bbread, ^cand blessed it, and brake it, and gave it to the disciples, and said, Take, eat; this is my ^abody.

27 And he took the ^acup, and gave thanks, and gave it to them, saying, ^bDrink ye all of it;

28 For this is my ^ablood of the new ^btestament, which is shed for many for the ^cremission of sins.

THIS IS MY BODY

Jesus Christ said, “I am the resurrection, and the life” (John 11:25). Because of His Resurrection, we will all be resurrected (see 1 Corinthians 15:20–22; Alma 11:42–44). His resurrected body is perfect, incorruptible, and glorious, and He showed it to many people. The power of Jesus Christ’s Resurrection will also bring us back into the presence of God to be judged (see Helaman 14:17).

BLESSED IT

At the Last Supper, the Savior gave a blessing of thanks over the bread and wine. Since that time, the sacrament is administered as a priesthood ordinance in which the emblems of the sacrament are blessed and sanctified for those partaking of them.



THIS IS MY BLOOD

“The Savior’s spiritual suffering and the shedding of his innocent blood . . . paid the debt for what the scriptures call the ‘original guilt’ of Adam’s transgression (Moses 6:54). Furthermore, Christ suffered for the sins and sorrows and pains of all the rest of the human family, providing remission for all of our sins as well, upon conditions of obedience to the principles and ordinances of the gospel he taught (see 2 Nephi 9:21–23). As the Apostle Paul wrote, we were ‘bought with a price’ (1 Corinthians 6:20). What an expensive price and what a merciful purchase!”

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles, Oct. 1995 general conference.

Editors’ note: This page is not meant to be a comprehensive explanation of the selected scripture verses, only a starting point for your own study.



POWER TO PERSEVERE

By Jessica Turner
as told to Lynne Crandall

About a month before my 16th birthday, my family went on a road trip across the United States to visit some Church history sites. I didn't mind being in the car for so long because my family always had a good time. I remember getting in the car the day after we visited Winter Quarters, Nebraska. It was raining like crazy. I got in the back seat, grabbed a blanket, and curled up to listen to the rain as I fell asleep.

The next thing I remember was feeling like I was spinning out of control. Later I learned that our car had hydroplaned and crashed into the cement barrier under an overpass. I vaguely remember someone telling me I'd broken my leg and was heading into surgery.

Soon after that while I was recovering in the hospital, my dad came into my room. He sat down next to me on my bed and reached for my hand. Somehow I felt I already knew what he was going to say.

"Honey," he said, "do you know where you are?"

"In the hospital," I replied.

"Do you know what happened?"

"We were in a car accident."


"Has anyone told you about the rest of the family?"

I paused and then answered no.

He said that everyone was going to be OK—except for my mom. She didn't make it.

I was expecting to feel crushing sadness right away, but I didn't. Through my initial shock, somehow, for some reason, I felt peace, a sweet feeling that I could trust God that things would be all right.

Lying there in the hospital, I remembered one particular Church history site we had seen two days before the accident: Martin's Cove, Wyoming. Many pioneers died there from hunger and exposure to the snow and cold weather. I remembered seeing piles of rocks placed over graves and thinking about how much faith it took for the rest of the pioneers to pick up their handcarts and keep going. That story impressed me. As I thought about that experience, I knew that the pioneers persevered and that



With a broken leg
and a broken heart,
I needed healing.
Hope got me through.

I would have to as well, including being strong for my younger siblings.

My initial feeling of peace stayed with me for another week and a half. I was sitting in a wheelchair watching fireworks through the hospital window on the Fourth of July when it hit me—my mom was gone. She wouldn't be at my high school graduation. She wouldn't be there when I received my endowment in the temple. She wouldn't be at my wedding. She was gone.

That's when things started getting really hard. The pain in my leg was terrible, and I had no appetite. I watched TV without seeing it, and I mostly just slept. My family worried about me because I wasn't crying very much.

The tears came a lot more when we finally went home to Oregon to an empty house. I suddenly had to take over some of my mom's responsibilities, and my siblings often looked to me for comfort. I tried to be strong for them. But it wasn't easy.

Going back to school was tough. Everyone had heard about the accident, and if they

hadn't, they heard about it when my teachers introduced me as the girl who was in the accident. I felt isolated.

It was especially hard when my dad remarried nine months after my mom died. I knew that my stepmom would be good for our family and that we needed her, but it was hard to adjust.

Not everything was dark during this time though. I felt a lot of love from my Father in Heaven, my family, and my Church leaders. What helped me heal and move forward after the accident was doing simple things that strengthened my faith. Every day I spent an hour before going to bed reading the scriptures, praying, and writing in my journal in my closet. In the privacy of my closet, I didn't have to be strong for my siblings. I could cry as much as I needed and pour out my heart to God. I told Him exactly what I was feeling and how much I missed my mom. I know He heard me because of the many tender mercies I felt. That closet space became sacred to me.

Doing those simple things helped me stay connected to God instead of pushing Him away and becoming bitter. I didn't see the accident as God hurting my family. I felt more power to be patient and submit to His will

and keep moving forward through my hard days. And there were some really *hard* days.

After my dad remarried, I wanted to set a good example for my siblings, and I definitely didn't want to have bad feelings toward my stepmom, so I continued to put my trust in God. One activity in my Personal Progress book focused on making my home life better by strengthening my relationship with a family member for two weeks. Basically the goal was to try to be Christlike and show love through actions. I decided to try it and serve my stepmom.

With our combined families, there were a lot of dishes. So that's where I started. As I served her over the next two weeks, I felt enabled to love my stepmom and be patient even though I wasn't necessarily happy about the situation. Simply focusing on serving her helped me get through hard times because I felt the Spirit with me.

I still don't understand everything about why the accident happened to my family, and there are still hard days. But like the pioneers, I have put my trust in God and been given the power to persevere. **NE**

The author lives in Utah, USA.



LIFT UP YOUR HEART

"You may feel that your life is in ruins. . . . You may be afraid, angry, grieving, or tortured by doubt. But just as the Good Shepherd finds His lost sheep, if you will only lift up your heart to the Savior of the world, He will find you.

"He will rescue you.

"He will lift you up and place you on His shoulders.

"He will carry you home."

President Dieter F. Uchtdorf, Second Counselor in the First Presidency, "He Will Place You on His Shoulders and Carry You Home," Apr. 2016 general conference.



What should I tell a young woman who says she feels pressure to go on a mission?

When President Thomas S. Monson announced that young men could serve at 18 years old and young women at 19, he reiterated that missionary service is a priesthood duty and encouraged all worthy and able young men to serve. He then said, “Many young women also serve, but they are not under the same mandate to serve as are the young men. We assure the young sisters of the Church, however, that they make a valuable contribution as missionaries, and we welcome their service” (“Welcome to Conference,” Oct. 2012 general conference).

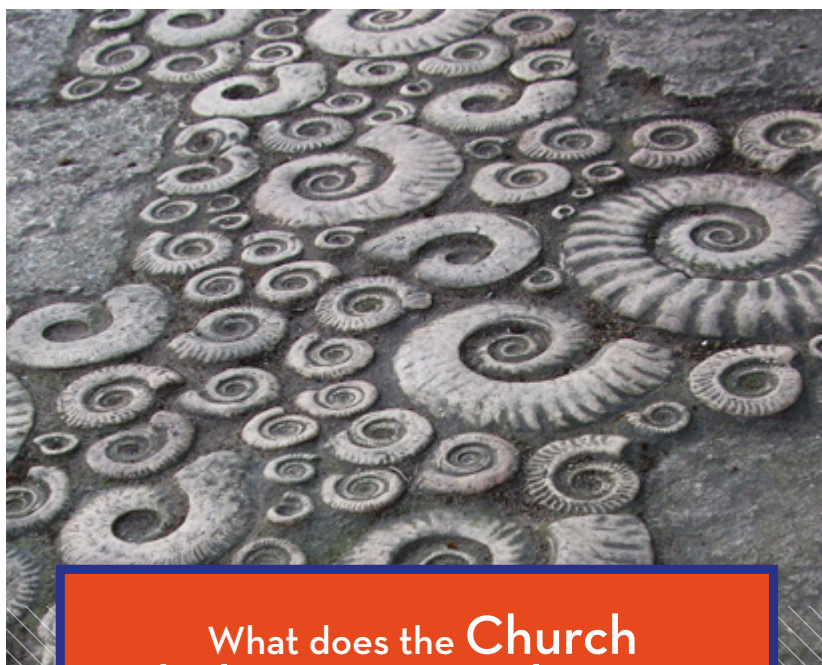
If young women feel pressure to serve a mission, it’s not because of a Church policy or program that sets a new expectation for them to serve. Any person exerting this kind of pressure is not in harmony with what President Monson and other Church leaders have taught. The Church’s stance has been the same for a long time: young women are *welcome* to serve missions, but unlike young men, they are not *expected* to serve. **NE**

What does the Church believe about evolution?

The Church has no official position on the theory of evolution. Organic evolution, or changes to species’ inherited traits over time, is a matter for scientific study. Nothing has been revealed concerning evolution. Though the details of what happened on earth before Adam and Eve, including how their bodies were created, have not been revealed, our teachings regarding man’s origin are clear and come from revelation.

Before we were born on earth, we were spirit children of heavenly parents, with bodies in their image. God directed the creation of Adam and Eve and placed their spirits in their bodies. We are all descendants of Adam and Eve, our first parents, who were created in God’s image. There were no spirit children of Heavenly Father on the earth before Adam and Eve were created. In addition, “for a time they lived alone in a paradisiacal setting where there was neither human death nor future family.” They fell from that state, and this Fall was an essential part of Heavenly Father’s plan for us to become like Him. (See Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles, “Where Justice, Love, and Mercy Meet,” Apr. 2015 general conference.) **NE**

For further reference, see “The Origin of Man,” *Improvement Era*, Nov. 1909, 78; *Ensign*, Feb. 2002, 29. See also *Encyclopedia of Mormonism*, 5 vols. (1992), “Evolution,” 2:478.



“Some people tell me I need to have friends who don’t share my standards in order to strengthen mine. Is this true?”

Ultimately, strengthening your standards comes from learning and living the gospel of Jesus Christ, and friends can help or hinder you in doing that. Friends have a big influence on you—from the way you think, speak, and act to even the person you become. *For the Strength of Youth* recommends, “Choose friends who share your values so you can strengthen and encourage each other in living high standards” ([2011], 16). These kinds of friends help you live the gospel of Jesus Christ, keep your standards, and become a better person.

However, not all the people you associate with will have similar standards as yours or be members of the Church. It’s important to be friendly to everyone and to treat them the way the Savior would treat them—with love and kindness. As you continue to live your standards, you can be “an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity” (1 Timothy 4:12). Through your example, they will see how you are blessed by living high standards, and you can encourage them to do the same.

Seek the guidance of the Holy Ghost—and have the courage to act on His promptings—as you choose friends and strive to strengthen your standards. **NE**



Tell Them about Your Standards

My first year in middle school I was nervous that I wouldn’t be able

to find friends who would respect my standards. After a short time I became good friends with a classmate, and I told him that I was a Mormon. He asked me about it, so I gave him a *For the Strength of Youth* pamphlet. Starting that day, he quit swearing in front of me. If your friends are true friends, they will respect your decisions and help you maintain your standards.

Candela M., 13, Buenos Aires, Argentina



Follow the Prophets’ Counsel

Sometimes it’s hard to resist temptation if we hang out with

friends who make bad choices or try to get us to make bad choices. The prophets have told us in the *For the Strength of Youth* pamphlet that friends “will influence how you think and act, and even help determine the person you will become” ([2011], 16). I think we should have friends who are willing to respect our standards and even show interest in us keeping our standards.

Calvin W., 16, Arizona, USA

Remember Your Standards

Friends who don’t share your standards could actually weaken and tear your standards down. When I first

moved to my new school, I tried to fit in by saying some of the things people around me would say. I almost forgot some of my standards while trying to be like everyone. I know now that in order to build your standards, you need friends who support and share your standards. I'm grateful I eventually found friends like that because they remind me of my standards.

Logan J., 15, Utah, USA



Keep Your Standards High

Friends with different standards do not necessarily strengthen yours, but by being their friend, you can give them a good example to follow. When you have friends who do share your beliefs, it can encourage you to keep your standards high and help you stand up for what is right.

Warren S., 14, Oregon, USA



Find Friends Who Respect You

If your friends don't share your standards, it can be more difficult to strengthen your own. Reading *For the Strength of Youth* always helped me choose good friends who respect me. Now I am preparing to serve a mission, and I know that being around people with my standards helped me remain faithful in the gospel.

Nair M., 19, Buenos Aires, Argentina



Hold to the Iron Rod

Having friends with good standards is exactly what you want.

You want to surround yourself with friends who will help you keep the commandments and motivate you to live righteously. Keep a strong grip on the iron rod, which leads to the tree of life, not to the large and spacious building. Surrounding yourself with unrighteousness will lead to temptations. Have good friends who will influence you to live the gospel.

Annie P., 13, Utah, USA



Pray to Find Friends

After my family and I moved to a new state, I prayed constantly to find friends with whom

I could talk about the gospel. As I prayed, I felt comforted, and a few months later I made some incredible friends. I can count on their support,

and they have helped me to develop an even greater love for the gospel. I know that friends are important and they can make it easier for us to live the gospel.

Sarah P., 16, Rio de Janeiro, Brazil

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



THE INFLUENCE OF GOOD FRIENDS

"Everyone needs good friends. Your circle of friends will greatly influence your thinking and behavior, just as you will theirs. When you share common values with your friends, you can strengthen and encourage each other. Treat everyone with kindness and dignity. Many nonmembers have come into the Church through friends who have involved them in Church activities."

President Thomas S. Monson, "That We May Touch Heaven," Oct. 1990 general conference.

UPCOMING QUESTION

"Besides prayer and scripture study, what's the best way to strengthen my testimony?"

Send your answer and photo by November 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.



Becoming More Christlike

Jesus Christ beckons us to come unto Him, to follow Him, and to be like Him. The path to becoming like Him is the path to happiness—both in this life and in the life to come. The Lord's servants help us to know how we can become more Christlike. Many of them gave us counsel about this in the April 2016 general conference. For instance:

- “Trust in That Spirit Which Leadeth to Do Good,” by President Henry B. Eyring
- “Always Retain a Remission of Your Sins,” by Elder David A. Bednar
- “A Pattern for Peace,” by Bishop W. Christopher Waddell
- “The Greatest Leaders Are the Greatest Followers,” by Stephen W. Owen

Find these and more at conference.lds.org.



Share These Cards

Give yourself an easy reminder to think about this month's theme. Just place these cards in your scriptures, locker, or bedroom. You can also download or share them online at lds.org/go/cardsNE1016.

WITH THE HELP
OF THE LORD ...
OUR LIMITATIONS
CAN BE
OVERCOME.

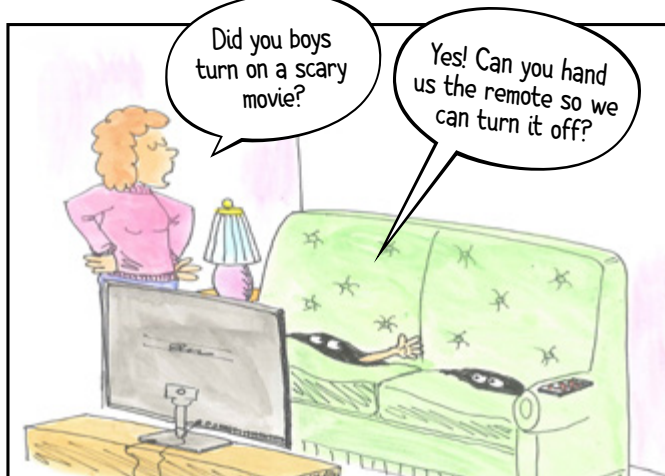
Elder David A. Bednar
Quorum of the Twelve Apostles
April 2016 general conference

THERE WILL BE TIMES
WHEN THE PATH AHEAD
SEEMS DARK,
BUT KEEP FOLLOWING
THE SAVIOR.
HE KNOWS THE WAY;
IN FACT, HE IS THE WAY.

Stephen W. Owen
Young Men General President
April 2016 general conference



VAL CHADWICK BAGLEY



RYAN STOKER



JON CLARK



ARIE VAN DE GRAAFF



RAPPELLING THROUGH FEAR

I used to work at a camp where I helped campers rappel (or abseil) down a 100-foot cliff, a difficult and terrifying task for some. Most of them struggle with it for one reason: they lack trust. When rappelling, you need to trust your partners, the gear, the rope, the belay, and the carabiner. But most importantly, you need to trust yourself—or nothing can be accomplished.

Many people who approach the cliff come with wide eyes and shaking hands. But before they can scramble away in fear, I look at them and say, “Everything will be OK. I *know* you can do this. And I’m holding you up the whole way.” And when they make it to the ground, everyone cheers and

hugs them, celebrating that they were able to conquer their fears.

During my time there, I realized something powerful: in order to overcome our fears, we need to place our trust in the Lord. Sometimes I get scared or lose trust in myself, but then I remember the rappelling wall at camp. I see myself turn away from the cliff’s edge, but it’s like I can hear the Savior calling to me, saying, “Trust me! I will guide you and encourage you the whole way down. I *know* you can do this.” Putting my trust in the Lord, I can make it through any trial or fear. It may be hard and scary, but I know the Lord is there, helping me along the way.

Christian E., Colorado, USA

THE UNINTENTIONAL COMPLIMENT

This was my first year at a new high school. I thought I'd been getting along all right, making friends and fitting in. Then one day in history class I overheard a group of people talking—right in front of me—about something they were going to do. They were talking about going to an activity that all the Mormons wouldn't be able to come to because it was on a Sunday and because of the things they were going to be doing. I was friends with them, but they didn't invite me.

It got me thinking. At first I was hurt that I wasn't even considered to be part of the group, but then I thought about it. Did I really want to be invited when they would be doing something "Mormons" wouldn't do? And after thinking about it for a bit more, I decided they unintentionally gave me a compliment. I've been living my life in such a way that I'm an example, and they knew—without my verbalizing it—what I stood for.

Lynette R., Utah, USA

THE GRATITUDE COMMITMENT

Last year around Thanksgiving, my family and I were sitting around the table, about ready to stuff ourselves full of warm, flavourful food. Starting our Thanksgiving tradition, my mom said, "Before we start to eat, let's go around the table and say five things we're grateful for. Don, would you like to start?"

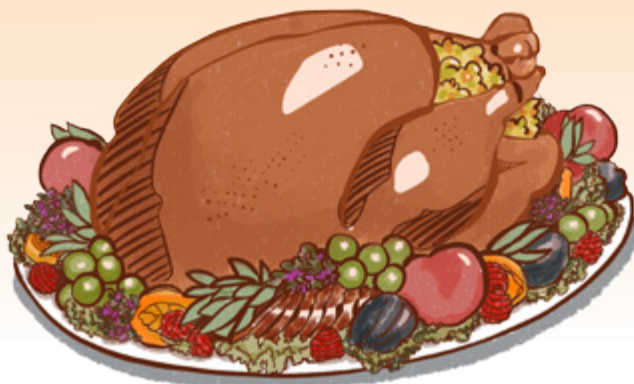
"Sure thing," my dad replied. "I'm grateful for you guys and your mom and that you're always there for me even when work gets tough. I'm grateful for our home and that we're all healthy and happy." He turned to me. "What about you, Alison?"

"Um . . ." I said, thinking about how the year had flown by. It seemed like just yesterday that I was at last year's Thanksgiving dinner, struggling to find five solid things for which I was grateful.

I thanked everyone in my family for being so loving and for each of their unique contributions in my life. This lifted my spirits for a few hours, but I soon felt like the gesture seemed inauthentic. Unsatisfied, I made a commitment to myself that I'd try to find reasons to be grateful every week instead of just around Thanksgiving.

This seemingly small decision made a huge difference in my life. I'm not sure how or if I've made a difference to my parents or siblings by being more grateful toward them, but I know I've been blessed. By committing to being more grateful in my life, I've been able to develop a stronger relationship with both my family and my Heavenly Father—something definitely worth feeling grateful for.

Alison R., Ontario, Canada





By Elder D. Todd
Christofferson

Of the Quorum of the
Twelve Apostles

HOW TO MAKE CHRIST THE CENTER OF OUR LIVES

Jesus achieved perfect unity with the Father by submitting Himself, both body and spirit, to the will of the Father. Referring to His Father, Jesus said, “I do always those things that please him” (John 8:29). Because it was the Father’s will, Jesus submitted even to death, “the will of the Son being swallowed up in the will of the Father” (Mosiah 15:7). His focus on the Father is one of the principal reasons Jesus’s ministry had such clarity and power. There was no distracting double-mindedness in Him.

In the same way, you and I can **put Christ at the center of our lives** and **become one with Him** as He is one with the Father (see John 17:20–23). We could begin by stripping everything out of our lives and then putting it back together in priority order with the Savior at the center. We would first **put in place the things that make it possible always to remember Him**—frequent prayer, studying and pondering the scriptures, thoughtful study of apostolic teachings, weekly preparation to partake of the sacrament worthily, Sunday worship, recording and remembering what the Spirit and experience teach us about discipleship. There may be other things that will come to your mind particularly suited to you at this point in your life. **Once adequate time and means** for these matters, **for centering our lives in Christ, have been put in place**, we can **begin to add other responsibilities** and things of value insofar as time and resources will permit, such as education, family responsibilities, and personal avocations. In this way the essential will not be crowded out of our lives by the merely good, and things of lesser value will take a lower priority or fall away altogether.

Though it may not be easy, we can consistently **press forward with faith** in the Lord. I can attest that over time one’s desire and capacity to always remember and follow the Savior will grow. We should patiently **work** toward that end and **pray always** for the discernment and divine help we need (see 2 Nephi 32:9). **NE**

From a Brigham Young University–Idaho devotional given on January 27, 2009.



HOW HAVE YOU APPLIED THIS?

My family and I experienced some big trials, and now we don’t have a priesthood holder in our home. Trials help bring us to our knees in prayer. I am thankful to have the scriptures and the ability to read them every day. They have taught me that, even though others’ decisions may impact my life, my worth is still great. I am so thankful to know that I can speak with my Heavenly Father any time of the day or night. This is a blessing!

Hailey D., 17, Idaho, USA



Share Your Experiences

Share how you can make Christ the center of your life and read the experiences of other youth at lds.org/go/centerNE1016.

Bonnie L. Oscarson
Young Women General President
April 2016 general conference

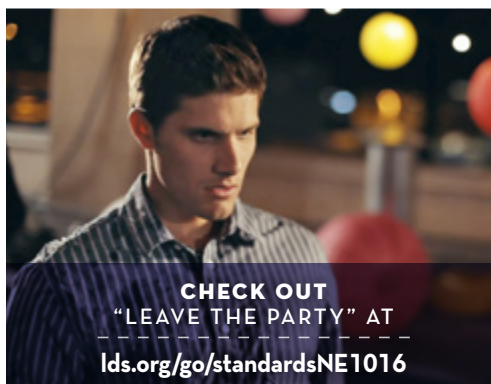
Bonnie L. Oscarson
Young Women General President
April 2016 general conference

WHAT'S ONLINE



CHANGING HEARTS

Seminary can be life-changing—for more than just the students. Watch President Thomas S. Monson tell the story of how one father's heart was changed because of his daughters' example in attending seminary at lds.org/go/seminaryNE1016.



CHECK OUT
"LEAVE THE PARTY" AT

lds.org/go/standardsNE1016

CHOOSING *to Leave or Stay*

Staying true to your standards isn't always easy, but it's always worth it. Check out how one young man's seemingly small decision at a party led to lifelong results.

BECOMING MORE *Like Christ Today*

Jesus Christ is our ultimate example, and He has all of the qualities we're striving to have in our lives. Check out this short video and think about one way you can be a little more Christlike today.



CHECK OUT
"CHRISTLIKE ATTRIBUTES" AT

lds.org/go/ChristlikeNE1016

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS