

How do I get over feelings of loneliness?

"The pain of loneliness seems to be part of the mortal experience. But the Lord in His mercy has made it so that we need never deal with the challenges of mortality alone. . . . We have been promised the constant companionship of the third member of the Godhead and hence the privilege of receiving revelation for our own lives. We are not alone!"

Sheri L. Dew, former counselor in the Relief Society General Presidency, "We Are Not Alone," Ensign, Nov. 1998, 94; Liahona, Jan. 1999, 112.



Develop Your Talents

I get over my feelings of loneliness by developing my talents, whether it be a musical instrument,

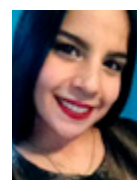
a hobby, etc. This helps to distract you from your feeling of loneliness, and often it will go away completely. This will also lead to finding others who share your interests.

Steven H., 12, New Mexico, USA

Trust the Lord

Leaving home to come to Brazil for my mission was hard. I hardly even spoke the language! But I've learned that if you have the Lord's Spirit with you, you never feel lonely. He knows you and will always help you. Trust Him!

Elder Joseph Tolen, 20, Brazil Campinas Mission



Seek the Light

I seek the support, encouragement, and love of Heavenly Father and the Holy Ghost to give me

peace, hope, and strength when meditating, praying, and reading the scriptures. As it says in 3 Nephi 11:11, Jesus Christ is "the light and the life of the world." He came to dispel all darkness.

Andrea B., 18, Zulia, Venezuela

Reach Out to Friends and Family

When I feel alone, I like to reach out to my friends and family; it really makes me feel happy. I look at the blessings in my life and thank Heavenly Father for how much He has already given to me!

Talli N., 16, Oregon, USA



Remember God's Plan

Know that through God's plan, we are everything but lonely. The Holy

Ghost is always with us, and God knows what we're struggling with. The Lord went through every trial and struggle you face. One of the most important things we feel in mortality is happiness, but we can't have happiness without sadness (see 2 Nephi 2:11). Pray to God and ask for help; He won't fail any of us.

Brock S., 17, Utah, USA

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

What Do You Think?

"What should I do if I have repented but can't stop thinking about what I did wrong?"

Submit your answer by November 15, 2020.

Go to newera.ChurchofJesusChrist.org, click "Submit Your Work." Sign in with your Church Account and then select "New Era" under "Choose Magazine." Click "Add File" to select your file and photos, and then click "Submit" to upload and send us your file. Or send an email to newera@ChurchofJesusChrist.org.

FUN STOP ANSWERS (from pages 42-43): Happy Crossword: Across: 1. pile 5 peas 9 on in 10 meta 11 wickedness never 18 ark 19 EMT 20 EMT 21 sue 22 vie 23 men 24 Antl 26 ETA 27 wert 28 narr: 31 liar 34 Pam is 35 Andes 37 plan of happiness 42 les 43 store up 44 aha 45 eat 46 spent 47 sat 48 act in 51 atone 53 the commandments 59 never steals 60 saxophone Down: 1 pocket 2 ink 3 lie 4 end 5 p.m.; 6 en 7 ate 8 save me 11 was a 12 run 13 never shop 14 emit 15 steal a pen 16 ever 17 rent 25 in an 27 wren 29 Amos 30 rifts 32 input 33 a dip 34 past ten 36 seasons 37 pleat 38 leach 39 are 40 shant 41 sates 49 ices 50 nova 51 a man 52 tele 54 Mex; 55 Mr. O 56 asp 57 nth 58 Deo Tied with a Bow, the Sequel: 1 park; 2 super; 3 board; 4 temple; 5 ball; 6 back; 7 sea; 8 snow; 9 rock.