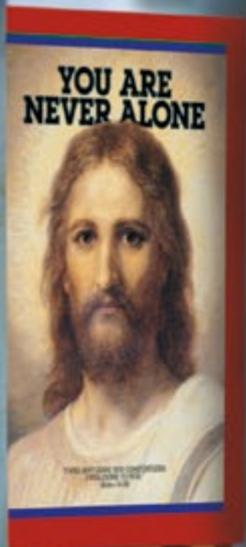


THE **New Era**

SEPTEMBER 2012



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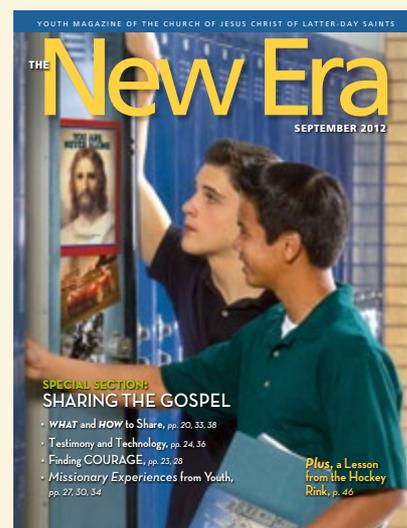
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THE MONTHLY YOUTH MAGAZINE
OF THE CHURCH OF JESUS CHRIST
OF LATTER-DAY SAINTS

September 2012 Volume 42, Number 9

Cover: Sharing the gospel in your everyday life. See pages 20–40.

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Keeping YOUR LIFE IN BALANCE



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

These eight suggestions can help you face life's many challenges without feeling overwhelmed.

Coping with the complex and diverse challenges of everyday life, which is not an easy task, can upset the balance and harmony we seek. Many good people are trying very hard to maintain balance, but they sometimes feel overwhelmed and defeated.

I have a few suggestions that I hope will be valuable to those of you concerned with balancing life's demands. These suggestions are very basic; their concepts can easily be overlooked if you are not careful. You will need a strong commitment and personal discipline to incorporate them into your life.

1. Establish Priorities

Think about your life and set your priorities. Find some quiet time regularly to think deeply about where you are going and what you will need to do to get there. Jesus, our exemplar,

often “withdrew himself into the wilderness, and prayed” (Luke 5:16). We need to do the same thing occasionally to rejuvenate ourselves spiritually as the Savior did.

Write down the tasks you would like to accomplish each day. Keep foremost in mind the sacred covenants you have made with the Lord as you write down your daily schedules.

2. Set Attainable Goals

Set short-term goals that you can reach. Set goals that are well balanced—not too many nor too few and not too high nor too low. Write down your attainable goals and work on them according to their importance. Pray for divine guidance in your goal setting.

3. Budget Wisely

Everyone faces financial challenges in life. Through wise budgeting, control your real needs and measure them carefully against your many wants in life. The prophet Jacob said to his people: “Wherefore, do not spend money for that which is of no

worth, nor your labor for that which cannot satisfy” (2 Nephi 9:51).

Remember to always pay a full tithing.

4. Build Relationships

Stay close to your parents, relatives, and friends. They will help you keep a balance in your life. Build relationships with your family and friends through open and honest communication.

Good family relationships can be maintained through gentle, loving, thoughtful communication. Remember that often a glance, a wink, a nod, or a touch will say more than words. A sense of humor and good listening are also vital parts of good communication.

5. Study the Scriptures

Search the scriptures. They offer one of the best sources we have to keep in touch with the Spirit of the Lord. One of the ways I have gained my sure knowledge that Jesus is the Christ is through my study of the scriptures. Presidents Ezra Taft Benson (1899–1994) and



Gordon B. Hinckley (1910–2008) called upon members of the Church to make the study of the Book of Mormon a daily habit and a lifetime pursuit.

The Apostle Paul's advice to Timothy is good counsel for each of us. He wrote, "All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness" (2 Timothy 3:16).

6. Take Care of Yourself

Many people, including me, have difficulty finding the time for sufficient rest, exercise, and relaxation. We must schedule time on our daily calendars for these activities if we are to enjoy a healthy and balanced life. Good physical appearance enhances our dignity and self-respect.

7. Live the Gospel

The prophets have taught repeatedly that families should teach one another the gospel, preferably in a weekly family home evening. This family practice, if we are not very careful, can slowly drift away from us.

We must not lose this special opportunity to “teach one another the doctrine of the kingdom” (D&C 88:77), which will lead families to eternal life.

Satan is always working to destroy our testimonies, but he will not have the power to tempt or disturb us beyond our strength to resist when we are studying the gospel and living its commandments.

8. Pray Often

My last suggestion is to pray often as individuals and as families. You can know the right decisions to make each day through constant, sincere prayer.

The prophet Alma summarized the importance of prayer in these words: “Humble yourselves before the Lord, and call on his holy name, and watch and pray continually, that ye may not be tempted above that which ye can bear, and thus be led by the Holy Spirit, becoming humble, meek, submissive, patient, full of love and all long-suffering” (Alma 13:28). When I am in tune spiritually, I find that I can balance everything in my life much more easily.

Stay Focused and Do Your Best

Other suggestions could be added to these. However, I believe that when we focus on a few basic objectives, we are more likely to be able to manage the many demands that life makes on us. Remember, too much of anything in life can throw us off balance. At the same time, too little of the important things can do the same thing. King Benjamin counseled “that

all these things [be] done in wisdom and order” (Mosiah 4:27).

Often the lack of clear direction and goals can waste our time and energy and contribute to imbalance in our lives. A life that gets out of balance is much like a car tire that is out of balance. It will make the operation of the car rough and unsafe. Tires in perfect balance can give a smooth and comfortable ride. So it is with life. The ride through mortality can be smoother for us when we strive to stay in balance. Our main goal should be to seek “immortality and eternal life” (Moses 1:39). With this as our goal, why not eliminate from our lives the things that clamor for and consume our thoughts, feelings, and energies without contributing to our reaching that goal?

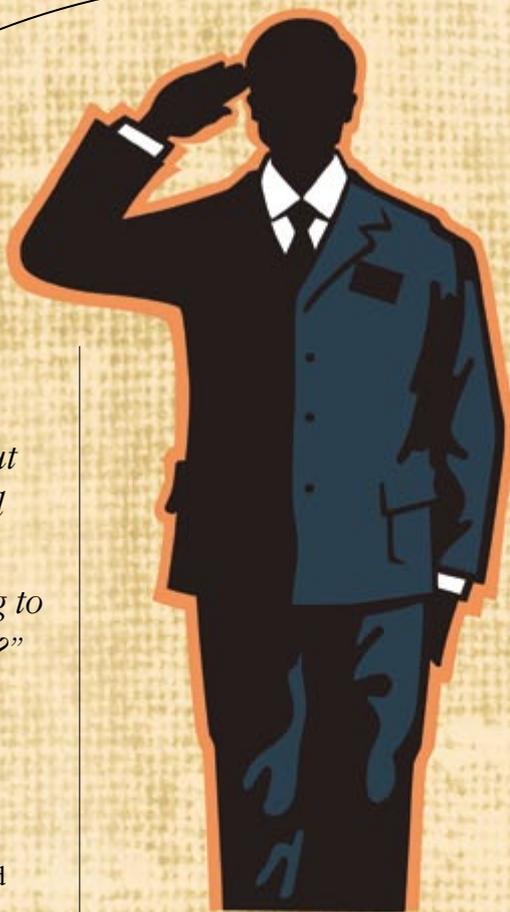
When we focus on a few basic objectives, we are more likely to be able to manage the many demands that life makes on us.

Not long ago, one of my children said, “Dad, sometimes I wonder if I will ever make it.” The answer I gave to her is the same as I would give to you. Just do the very best you can each day. Do the basic things and, before you realize it, your life will be full of spiritual understanding that will confirm to you that your Heavenly Father loves you. When a person knows this, then life will be full of purpose and meaning, making balance easier to maintain. **NE**

From an April 1987 general conference address.



The Most Powerful Army



I planned to become an officer in the army. But when I thought about my future, I remembered my mother's question, "When are you planning to serve a full-time mission?"

By H. Daniel Wolke Canales

Ever since I was little, I was fascinated by the stories of Church leaders who served in the armed forces. Many of them have been war heroes and great examples of valor and humility in their home countries. Their experiences inspired me to participate in my country's military.

When I was 13, I entered a school known for its strict military discipline and infantry training. My schedule was demanding. I often was so exhausted by the end of the day that my scripture study and seminary participation seemed impossible.

By my second year at school, I had made plans for my life: upon finishing school at age 18, I would go directly into officer school and graduate four years later as an officer in the Guatemalan Army. All my wishes and dreams seemed to be coming true.

One day I told my mom about my plans, and she asked, "When are you planning to serve a full-time mission?" From that day forward her question lingered in my mind every time I thought about my future.

I still had a rigorous schedule, but I started to show more interest in my spiritual training. I started attending seminary, working with the full-time missionaries, and participating in Church activities. Following the advice of my older brother who was serving a full-time mission, I also began reading the Book of Mormon.

When I was training to be a paratrooper, we had very intense training each day. We would get back to our barrack almost crawling, but I always

found the strength to read the Book of Mormon. Daily reading of the scriptures strengthened my spirit and helped me continue with my training.

One evening several of my friends gathered around my bed to ask me some questions about the Book of Mormon and the Word of Wisdom. It was my opportunity to be the best kind of soldier—one who defends the truth and brings freedom through a firm and convincing testimony of the Book of Mormon.

When I was 19, I enlisted again in an army—the army of God, the most powerful army of all. I had the privilege of standing shoulder to shoulder with the valiant elders and sisters of Zion in the battalion of the Mexico Puebla Mission. Girded with the armor of God, we proclaimed the gospel and fought for liberty with courage and strength.

We are fighting against the hosts of darkness, but the victory belongs to God. I want to continue to be a brave soldier, enlisted for our King. We have powerful weapons: the Book of Mormon, the Holy Ghost, and the fulness of the gospel. We are led to victory by living prophets. If we train and prepare ourselves for the coming of our Savior, Jesus Christ, He will give us crowns of honor in celestial glory. **NE**

SERVING

IN

MALAYSIA

By Norma Smith

Find Ways to Serve

You can serve in your home or with your friends or Young Men and Young Women groups. *Fulfilling My Duty to God* and *Young Women Personal Progress* provide many ideas. You can also talk with your parents and Church leaders to see if they know anyone you can help.



*These Latter-day Saint youth
have found many ways to help
their country and communities.*



Deedra R., 15, of Malaysia has had a chance to work with Latter-day Saint Charities to serve her fellow countrymen. She says, “I had some wonderful experiences with the humanitarian aid projects. The one that was my favorite was going to the Orang Asli village [a native village] teaching them about family home evening. I like teaching little children and helping them understand what I know. I loved how they were so willing to listen. I really felt the Spirit when we visited them.”

For the past few years, LDS Charities, part of the humanitarian aid services of the Church, has provided opportunities for the youth of the Church in Malaysia to serve their neighbors. They are learning valuable lessons as they work together with a common cause, in addition to feeling the joy of service that changes lives.

The diversity of their service is as varied as the diversity in their country, where the young men and women are making a difference by helping people in their country. They have assembled furniture for many schools that have no funding, put together hundreds of school kits, built soccer goals, given educational toys to schools, taught games at a school for disabled children, presented motivational talks to youth at a community learning center on the importance of gaining an education, and performed in musical groups.

Brandon C., 16, says, “I feel grateful that I have limbs and a mind that are able to serve others and help in every way I can. I am honored that I was given the opportunity to serve as God’s instrument to help our brothers and sisters who are in need. Service is one of the best things we can do for others, and I am thankful for the activities that have been held.”

When the call goes out for a service project, the Mutual leaders never have trouble filling up as many cars as they can muster with eager youth who love to join together to accomplish whatever task may be at hand. The youth are enthusiastic and tireless, most often working in the sweltering tropical heat and humidity until the project is completed.

Shashita A., 14, says, “From these activities, I learned to appreciate what I have and be thankful. I know that the people we serve are special children of God just like us.” **NE**

THE BLESSING OF SERVICE

“Service to others is an important characteristic of a disciple of Jesus Christ. A disciple is willing to bear other people’s burdens and to comfort those who need comfort. Often Heavenly Father will meet the needs of others through you. . . .

“As you devote yourself to serving others, you will draw closer to Heavenly Father. Your heart will be filled with love.”

For the Strength of Youth
(2011), 32–33.

Agency and Accountability



**By Elder
Shayne M. Bowen**
Of the Seventy

There is a story told of an old Cherokee teaching his grandson about life. “A fight is going on inside me,” he said to the boy.

“It is a terrible fight, and it is between two wolves. One is evil: he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.”

He continued, “The other is good: he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you—and inside every other person too.”

The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win?”

The old Cherokee simply replied, “The one you feed.”

Agency and Premortality

Eons of time ago, when we were all in the presence of our Father in Heaven, there was a Grand Council held. In that council our Father, desiring that we have the same joy and happiness that He enjoys, presented His plan whereby we could come to this earth, gain a

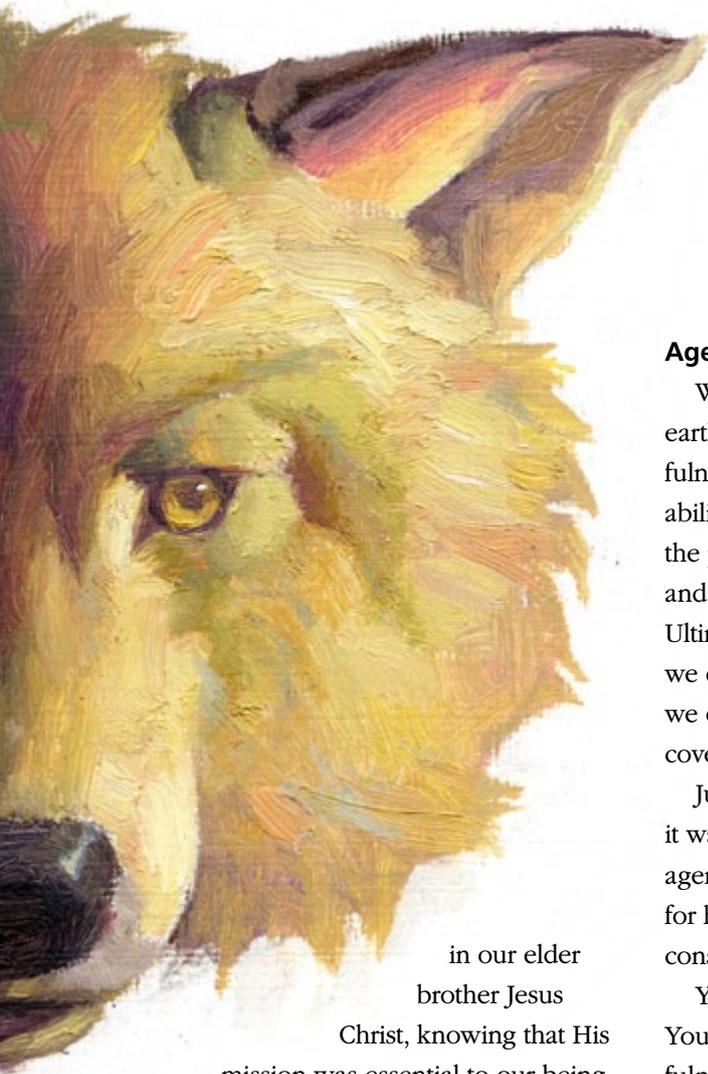
physical body, and experience the bitter and the sweet of this life. We could choose to keep His commandments and become like Him or choose not to keep His commandments and deny ourselves of the joy and blessings He promises.

A central part of our Father’s plan was that we would be free to choose. This gift is called agency, the power to choose. The companion of agency is always accountability. We are individually responsible for the choices we make.

When Heavenly Father asked who would carry out the plan, Lucifer offered to redeem all mankind under his conditions, where agency would be denied and he would receive all the glory. This would frustrate God’s eternal plan of happiness.

Jesus Christ offered Himself to be the Savior in the Father’s plan. He chose to submit to the plan of the Father. We put our faith





in our elder
brother Jesus

Christ, knowing that His mission was essential to our being able to return to our Father's kingdom.

What happened to Lucifer? The Father said:

"Wherefore, because that Satan rebelled against me, and sought to destroy the agency of man, which I, the Lord God, had given him, and also, that I should give unto him mine own power; by the power of mine Only Begotten, I caused that he should be cast down;

"And he became Satan, yea, even the devil, the father of all lies, to deceive and to blind men, and to lead them captive at his will, even as many as would not hearken unto my voice" (Moses 4:3–4).

Because agency is an eternal principle and Heavenly Father would not violate it, He lost one-third of His children, who chose to follow Satan.

Agency and Mortality

What then is the purpose of life on this earth? One key purpose is to prove our faithfulness (see Abraham 3:24–25). We have the ability to know right from wrong. We have the power given to us from God "to act . . . and not to be acted upon" (2 Nephi 2:26). Ultimately, we will receive the kingdom that we desire according to the commandments we obey, the ordinances we receive, and the covenants we keep.

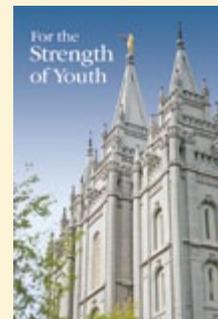
Just as the wise old Cherokee explained, it was up to him which wolf he fed. He had agency, and he alone would be accountable for his choice. He would have to live with the consequences of his choices.

You are the youth of the noble birthright. You have been sent to the earth when the fulness of the gospel is here. You have been baptized and confirmed so that you can receive, if you desire, the Holy Ghost as your constant companion. You have made baptismal covenants. And young men, you have made additional priesthood covenants.

You have agency to choose eternal life by keeping yourself clean and worthy to enter into God's holy temple and receive the ordinances that will allow you to return to the presence of the Father. You can choose the blessing of eternal life, to live the life that God lives for all eternity with your family. You have the potential to receive all that the Father has. The choice is yours.

Use your God-given agency wisely. **NE**

Future issues will have more articles about standards in the new For the Strength of Youth.



KEY IDEAS ABOUT AGENCY

"The right to direct your life is one of God's greatest gifts to you. . . .

"You are responsible for the choices you make. . . .

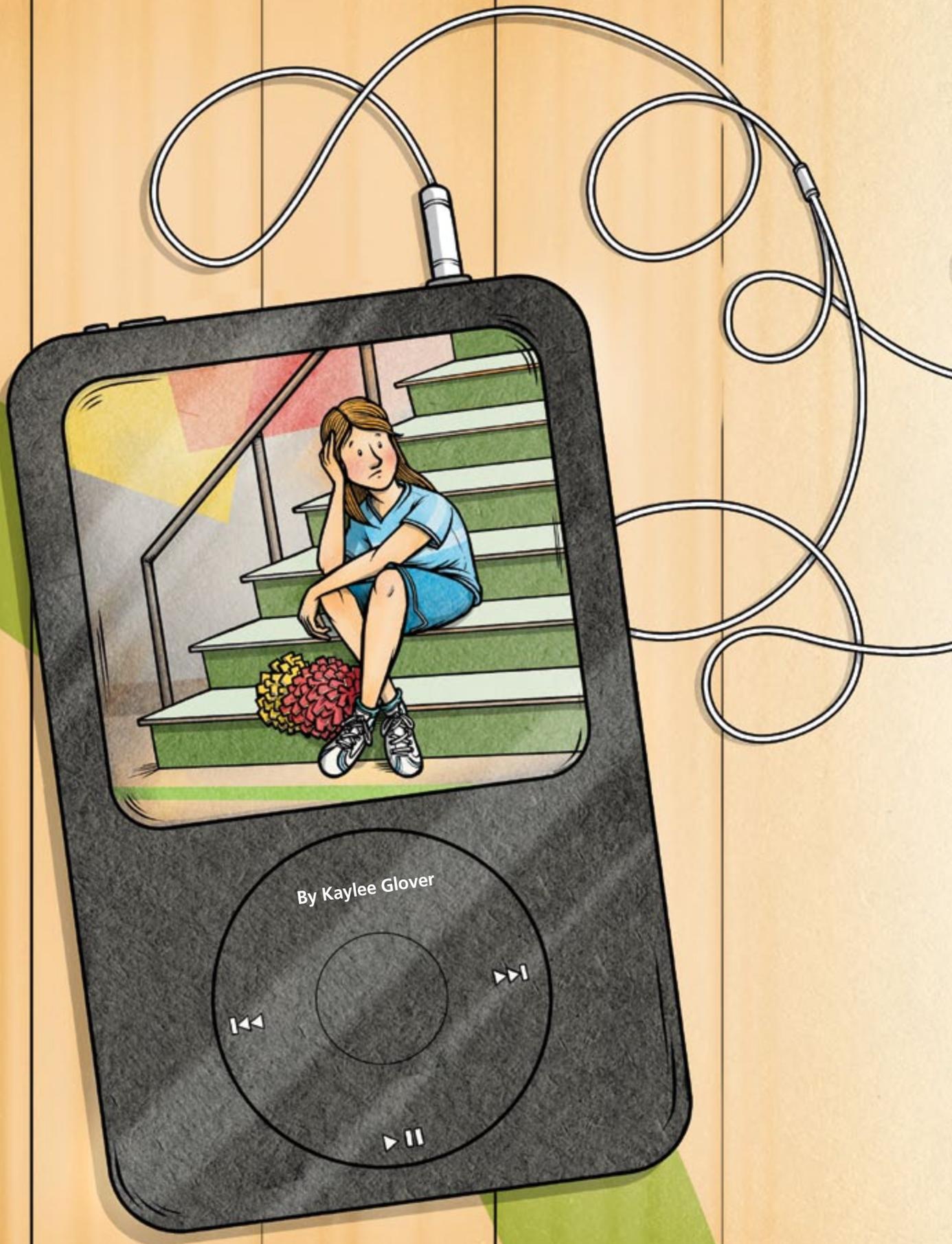
"While you are free to choose your course of action, you are not free to choose the consequences."

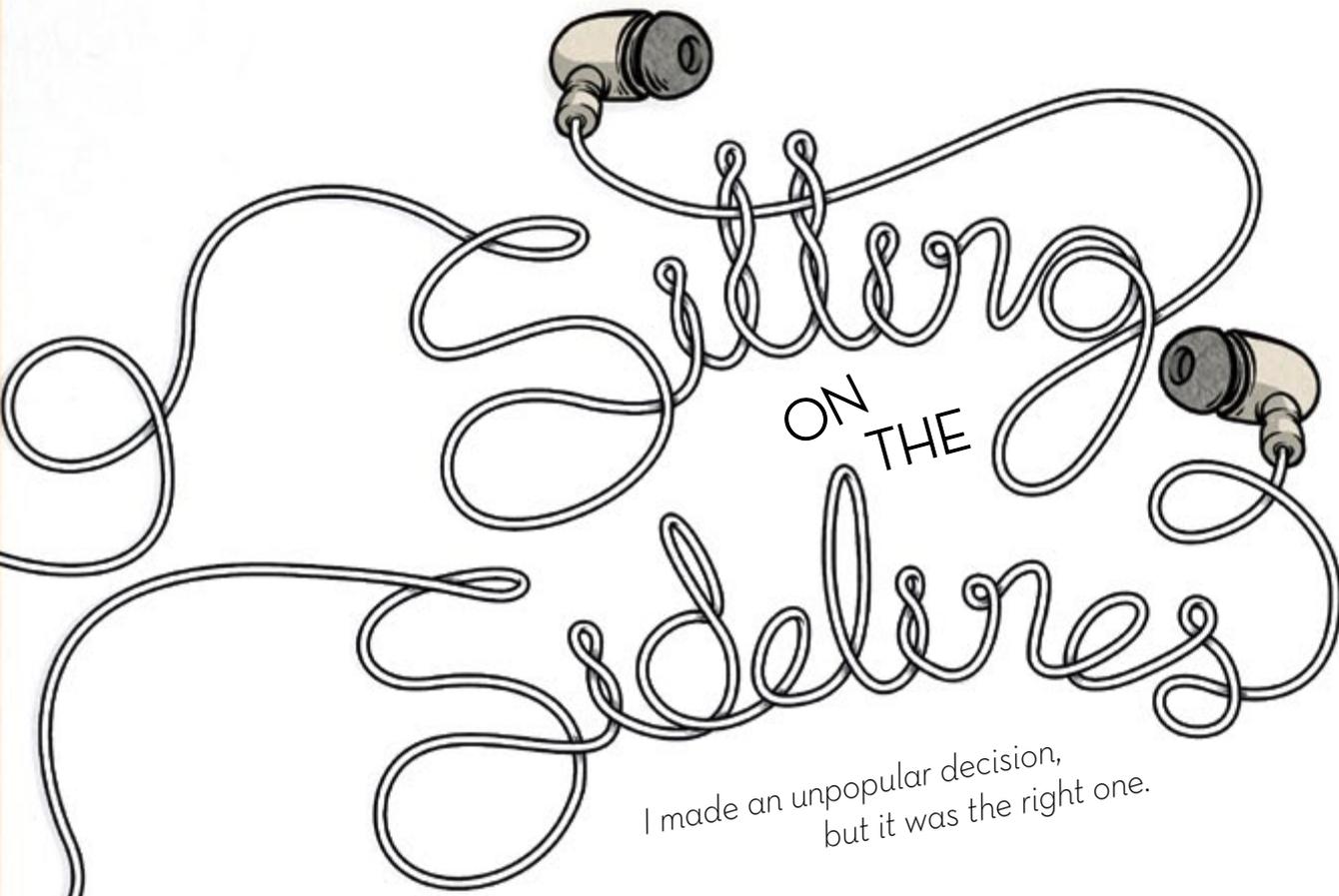
For the Strength of Youth (2011), 2.



More Online

Find videos, articles, Mormonads, and more online. Visit youth.lds.org, select "For the Strength of Youth," and then click "Agency and Accountability."





At the end of my eighth grade year, I was so excited to try out for my junior high's cheerleading squad. I remember watching the ninth-grade cheerleaders, hoping that I might be one of them the following year. I was excited when I realized a lot of my friends would be trying out too. After tryouts, I was thrilled to find out I had made the squad.

Throughout the summer, we learned chants, stunts, and a dance that we'd be performing throughout the year at games and assemblies. I asked my mother to download the song we were dancing to so I could practice at home. After she did, she was concerned that it was suggestive and inappropriate. I quickly explained that the music we were using at school had been edited and that the bad words were taken out. Then my mom explained that just removing the bad words from a song doesn't remove the meaning. She helped me understand what kind of



MAKE WISE MUSIC CHOICES

"Choose carefully the music you listen to. Pay attention to how you feel when you are listening. Some music can carry evil and destructive messages. Do not listen to music that encourages immorality or glorifies violence through its lyrics, beat, or intensity. Do not listen to music that uses vulgar or offensive language or promotes evil practices. Such music can dull your spiritual sensitivity."

For the Strength of Youth (2011), 22.

message I would be sending about myself if I were to dance to this kind of music.

The next day, I brought some wholesome music, hoping the coach would be open to changing the song because it was not appropriate for us. No one really liked my idea, and I chose to sit out while the rest of the squad continued to rehearse to the inappropriate song.

I was disappointed that I was the only one who seemed to be bothered by our squad's choice of song, and I knew that by choosing to sit out, I would most likely be sitting out the entire year. This was very hard for me because I really wanted to feel like a part of the cheer squad. I knew this was the only dance we would be performing and that I would not get to be a part of the halftime performances.

I realized I would need to rely on the Lord to get me through this trial. I had not made the popular decision. I was very discouraged



Get More

In the October 2011 general conference, President Thomas S. Monson gave two talks on having the courage to stand alone. Read or watch them at lds.org/go/92A and lds.org/go/92B. You can also see a *Mormon Messages for Youth* video on this topic at lds.org/go/92C.

as young women I trusted as friends began gossiping about me, sharing unkind text messages with one another, and turning their backs on me. There were times I would show up and my teammates would ignore me and pretend I wasn't there, but even this was better than the times we would sit in a circle while everyone openly talked about me. I struggled with the idea of having to suffer through this for the entire year. I am proud to say I never second-guessed my choice. I did, however, wonder why the right thing didn't feel better. Why was I being punished for making the right choice?

In church when we talked about standing for truth and righteousness, I often pictured how glorious it would feel to make the right choice and have others happily follow. I thought of how wonderful it would feel to be a righteous leader. This experience helped me understand how difficult it truly is to stand up against your peers and those you respect—and how lonely it can be to stand alone.

As youth in the Church, we are going to have to make unpopular decisions. I know that by taking a stand for things that are virtuous and true, we will not only bless our own lives but the lives of those around us as well. In Joshua 1:9 we read, "Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest." The Lord loves us and is there to help us make the decisions that will define whom we will become.

I am grateful I was given the opportunity to stand up for what I believe in. I was grateful that I had the courage to stand alone among my peers. I was grateful to experience that the Lord does help us find the strength to do what is right. I could feel in my heart that He was proud of me. Deep down I knew I was a righteous leader, even if no one else followed. **NE**

DAVIN, His Duty, and His Dad

Learning his priesthood duties is a family matter for this young man from Canada.

When a young man receives the Aaronic Priesthood, learning about his duties means more than simply getting to know a list of things he's expected to do. It means deepening his commitment and testimony, as well as being ready to act.

Davin E., 14, from Alberta, Canada, understands this well, and he has found that the *Fulfilling My Duty to God* booklet has been a great resource in his efforts. "It teaches me that I can serve others and that I can invite others to come unto Christ, and it helps me prepare for my mission," he says.

Working with his dad on Duty to God has been an added blessing for Davin.

As he approaches each new section of the booklet, Davin sets goals regarding what he wants to learn. Then he and his father, James, discuss how he will learn about his selected topic, as well as what he can do to act on what he learns. Once he's done that, he has the opportunity to share what he's learned either in family home evening or at the beginning of his teachers quorum meeting on Sunday.

His father says, "My favorite goal was Davin's desire to

WORK TOGETHER

Invite your parents . . . to make plans too, and work on your plans together. When you work on your plans with someone else, you support and encourage one another."

Fulfilling My Duty to God (2010), 9.

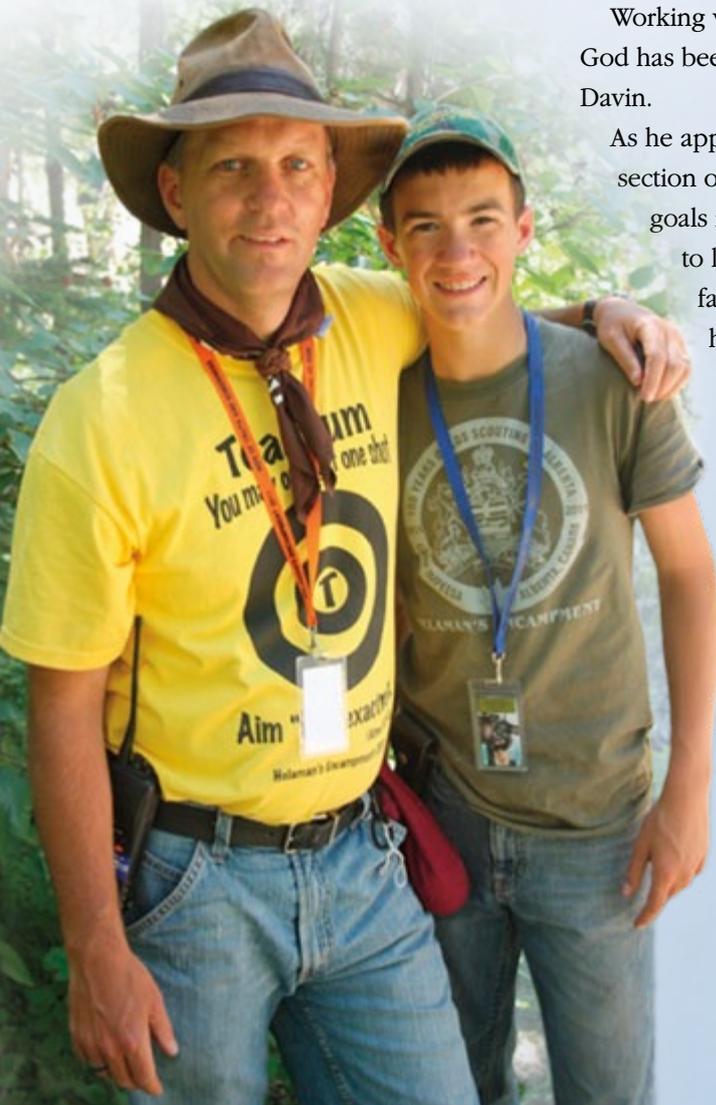
learn about his priesthood duty. We searched the Doctrine and Covenants together to discover the sections pertaining to the priesthood. He then read these sections and shared what he had learned with the family and in his journal. I believe that as Davin learns and applies the truths of the gospel on his own, they will become relevant to him personally."

As for Davin, he appreciates working together with his dad. "Doing Duty to God with my dad helps me because he has more insight than I do and knows what I need to do to become a better priesthood holder," he says.

Davin concludes, "Duty to God improves your life, and it allows you to learn things that you discover are important. I know that fulfilling my priesthood duties helps me and others in the Church. And I know that Duty to God allows me to strengthen my testimony." **NE**

What Will You Do?

As you learn your priesthood duties and make your plans in each section of *Fulfilling My Duty to God*, consider including someone, such as a parent or a quorum adviser, in your planning.



**“I have a problem
with not
forgetting
past
mistakes
after I have repented.
What can I do
to feel at peace?”**

We're often told that we need to forgive and forget. However, when dealing with our own past transgressions, the forgetting aspect can feel overwhelming. After all, how can we ever consciously choose to forget something? And if we do forget our sins, how can we hope to learn from our mistakes?

Forgetting a past sin isn't the same as the everyday forgetting that keeps us from finding our keys. We don't actually forget the transgressions that we've committed; we just stop letting them have any power over us. As Elder Tad R. Callister of the Seventy has said, "I do not know if we will forget our sins, but the time will come when those who repent will no longer be troubled by their sins" ("How Do I Know When I Am Forgiven?" *New Era*, Aug. 2012, 26).

When we fully accept the Atonement of Jesus Christ and do our part to repent of our sins, then the memory of a sin actually becomes a blessing. We are able to take important lessons from the experience and ensure that we don't fall into the same traps.

If you find yourself reliving past sins in your mind, try to direct your mind to more positive thoughts and present matters—scripture study, service, gratitude, the good and uplifting things in your life. If you still feel guilty, then pray to Heavenly Father for peace. It's also possible that there might be some aspect of repentance that you've neglected. You can always speak with your bishop or branch president if you need more help. **NE**

Pray and Get to Work



Pray to the Lord for peace, and then busy yourself with uplifting activities like scripture study, service, or volunteer work. Helping others with their trials is one of the

best ways to feel closer to Christ. When I dwell on my past mistakes, it makes it difficult to progress and find the beauty in all the blessings I have already been given.

Hanna O., 17, Oregon, USA

Remember God's Promise



Always remember God's promises written in the scriptures. He says in Doctrine and Covenants 58:42, "Behold, he who has repented of his sins, the same is forgiven, and

I, the Lord, remember them no more." If we truly repent of our sins, God will no longer remember them. Then we don't have to worry about those past mistakes because God will have already forgiven us.

JJ Q., 18, Virginia, USA

Let Go of Unnecessary Burdens



Repentance is hard, but finding the will to forgive yourself is harder. Continually dwelling on past mistakes keeps you from spiritual growth and receiving blessings.

If the Lord has forgiven you, forgive yourself and let go of your unnecessary burden because then comes your desired peace of mind.

Emily V., 17, Alberta, Canada

Talk with a Friend



What I do when I have made a mistake and can't forget about it 100 percent is pray to God.

If you feel scared to pray at first, talk with your bishop. You can also get general advice from your Young Men/Young Women leaders about prayer—they will help you, for they are your friends.

Daniel P., 16, New York, USA

Make It Right



If you have already sincerely repented, you are on the path to forgiveness. You can pray for peace. Since you know

what you did was wrong and you keep thinking about it, you know you'll never do it again. You can also do everything you can to make it up to the person you did wrong to."

Jennavieve F., 14, Washington, USA

Pray and Study the Scriptures

I can get my answers by reading scriptures and by praying to God. Reading the scriptures helps me find answers to my questions. I seek help from my Heavenly Father to help me forget and forgive my past mistakes. Happiness and peace are the result of my prayer and scripture study.

Poojitha P., 14, India

Have Faith in the Atonement

To feel peace from a past mistake, have faith in the Lord's wonderful and infinite Atonement. The Atonement is infinite, which means that it is never ending and it allows us to become clean of any sin, no matter how serious it may have been. [See Isaiah 1:18.]

Shawn S., 18, Arizona, USA

Think of Better Things



One way to forget about a past mistake that you've already repented of is to just shake out the negative thoughts about what it

was and then think of better things, such as a good choice you've made.

Ciarra B., 14, Washington, USA

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



THE NEED TO REMEMBER

"Satan will try to make us believe that our sins are not forgiven because we can remember them.

Satan is a liar; he tries to blur our vision and lead us away from the path of repentance and forgiveness. God did not promise that we would not remember our sins. Remembering will help us avoid making the same mistakes again. But if we stay true and faithful, the memory of our sins will be softened over time. This will be part of the needed healing and sanctification process."

President Dieter F. Uchtdorf, Second Counselor in the First Presidency, "Is There a Point of No Return?" *New Era*, June 2010, 5.

NEXT QUESTION

"Some of my friends have questions about the Church, but it seems they just want to argue. How can I avoid an argument and turn this into an opportunity to share?"

Send your answer and photo by October 15, 2012.

Go to newera.lds.org, click "Submit Material," and then select "Questions and Answers."

You can also write to us at newera@ldschurch.org or

New Era, Q&A, questions
50 E. North Temple St., Rm. 2420
Salt Lake City, UT 84150-0024, USA

Responses may be edited for length or clarity.

The BOOK of MORMON

FROM PLATES TO PRESS

By Kimberly Richter

During the next year in seminary, you'll be studying the Book of Mormon. You've probably studied it before in church or at home. But have you thought much about how it went from a stack of gold plates to the book sitting on your bedside table? Here are some interesting facts about the receiving, translating, and printing of the Book of Mormon.

The First Vision

- Joseph Smith's prayer in the Sacred Grove was the first time he tried to pray vocally (see Joseph Smith—History 1:14).
- After the First Vision, Joseph looked physically drained. When he got home, his mother asked what was wrong. (See JS—H 1:20.)
- Joseph Smith's father, Joseph Sr., had several profound dreams throughout his life. These experiences may help explain why Joseph Sr. so readily accepted his son's visions and prophetic calling. (See *Church History in the Fulness of Times* [2003], 22.)
- How would you respond if your brother said he'd seen a vision? Joseph's family immediately believed him. His brother William said, "We all had the most implicit confidence in what he said. He was a truthful boy" (quoted in *Church History in the Fulness of Times*, 34).

The Plates

- The first time Moroni visited Joseph and told him about the Book of Mormon, he visited him four times, repeating himself and then giving additional information with each successive visit (see JS—H 1:30–49).
- Moroni visited Joseph every year from 1823 to 1827. In these visits, Moroni taught Joseph about many prophecies and covenants. Moroni and other heavenly





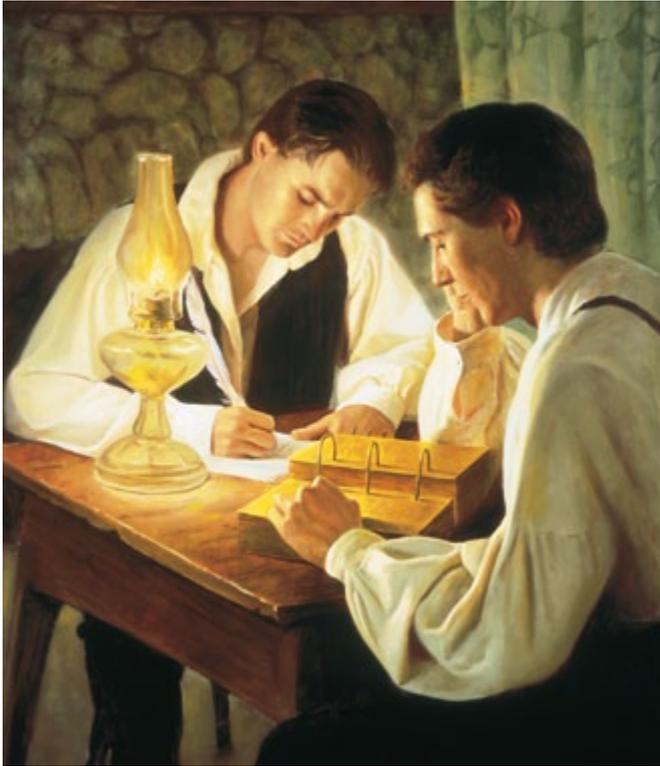
messengers helped prepare Joseph for his responsibilities as the Prophet of this dispensation (see *History of the Church* 4:537).

- Joseph was 17 when he first saw the gold plates, but he wasn't allowed to remove them from the hill until four years later (see JS—H 1:50–54).

- The box with the gold plates also contained the Urim and Thummim and the breastplate (see JS—H 1:52). These are the only objects we know were in the box when Joseph retrieved the plates, though an angel also showed the sword of Laban and the Liahona to the Three Witnesses (see D&C 17:1).

- The plates Joseph received were written on directly by 11 different people: Nephi, Jacob, Enos, Jarom, Omni, Amaron, Chemish, Abinadom, Amaleki, Mormon, and Moroni. (Of course, the words of other prophets and leaders were recorded on the plates by these 11.) There were also 11 people (besides Joseph Smith) who saw the gold plates and witnessed that they had seen them (see “The Testimony of Three Witnesses” and “The Testimony of Eight Witnesses” near the front of the Book of Mormon).

- Many people tried to steal the plates once Joseph removed them from the Hill Cumorah. At different times, Joseph hid them in a hollow log, under the hearthstone of his fireplace, under a wood floor on the Smith farm, under flax in a loft, and in a barrel of beans. (See *Church History in the Fulness of Times*, 44–45.)



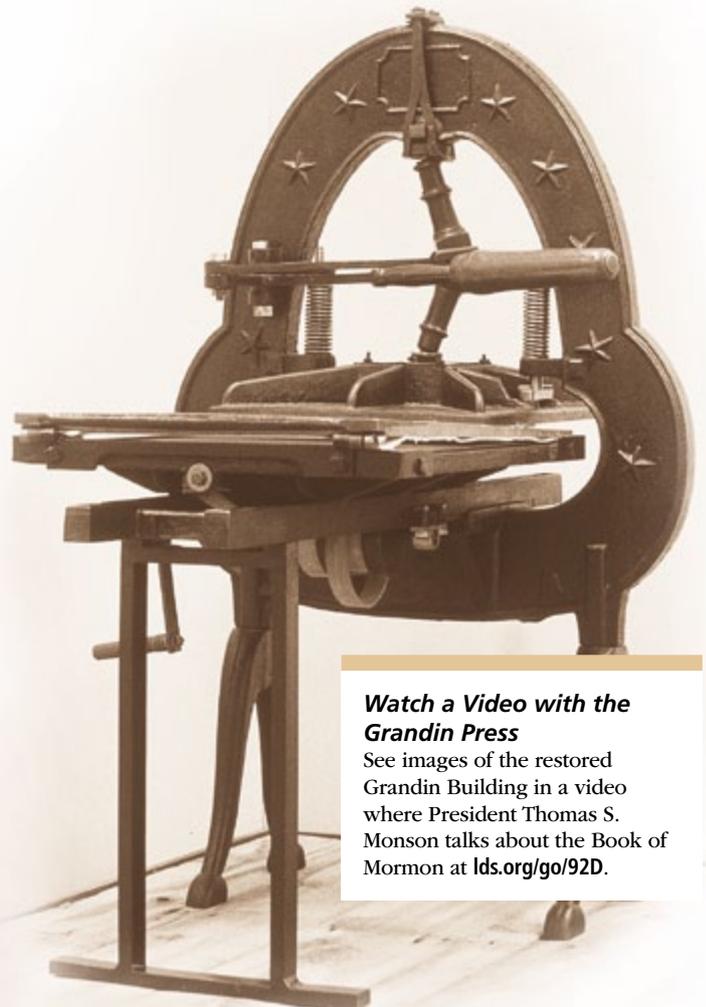
The Translation

- Joseph first began translating the plates in 1827, when he was 21. The majority of the Book of Mormon (531 pages in English) was translated with Oliver Cowdery as scribe in about 65 working days between April and June 1829. (See *Church History in the Fulness of Times*, 46–62.)
- The large plates (Mosiah through Moroni) were translated before the small plates (1 Nephi through the Words of Mormon) (see *Church History in the Fulness of Times*, 59).
- Martin Harris, Oliver Cowdery, John Whitmer, and Emma Smith served as Joseph’s scribes during the translation of the Book of Mormon (see *Church History in the Fulness of Times*, 47, 52, 56, 58, and 82). Oliver Cowdery also desired to translate the plates but was unsuccessful (see D&C 8, 9).
- The first 116 pages of the Book of Mormon, taken from the book of Lehi (part of the large plates of Nephi), were translated soon after Joseph received the plates. Emma Smith and Martin Harris were Joseph’s scribes during this time. These pages were lost and never retranslated. Why? Because wicked men had stolen the pages and altered them, hoping to discredit Joseph when he translated them again and the two manuscripts didn’t match because of their alterations (see D&C 10).
- The lost 116 pages held the secular history of the Nephites, but Nephi had been asked to prepare two plates

that covered the same period of time. We still have the sacred history of the Nephites that was recorded on the small plates. (See 1 Nephi 6, 9; Words of Mormon 1:3–7.)

The Printing

- Joseph was ready to print the Book of Mormon in 1829. A copyright was obtained on June 11, and the translation was completed on July 1 (see *Church History in the Fulness of Times*, 66).
- The printer, E. B. Grandin, was only 23 years old. He agreed to print 5,000 copies of the book, which was an enormous number at that time (see *Church History in the Fulness of Times*, 63).
- Martin Harris sold 151 acres of his farm in order to pay the costs of printing the Book of Mormon (see *Church History in the Fulness of Times*, 65).
- The Book of Mormon was available for purchase on March 26, 1830. It was bound in brown leather and could be found at Grandin’s bookstore.
- The cover page of the Book of Mormon was written by Moroni. It says the purpose of the Book of Mormon is to convince “Jew and Gentile that Jesus is the Christ, the Eternal God.” **NE**



Watch a Video with the Grandin Press

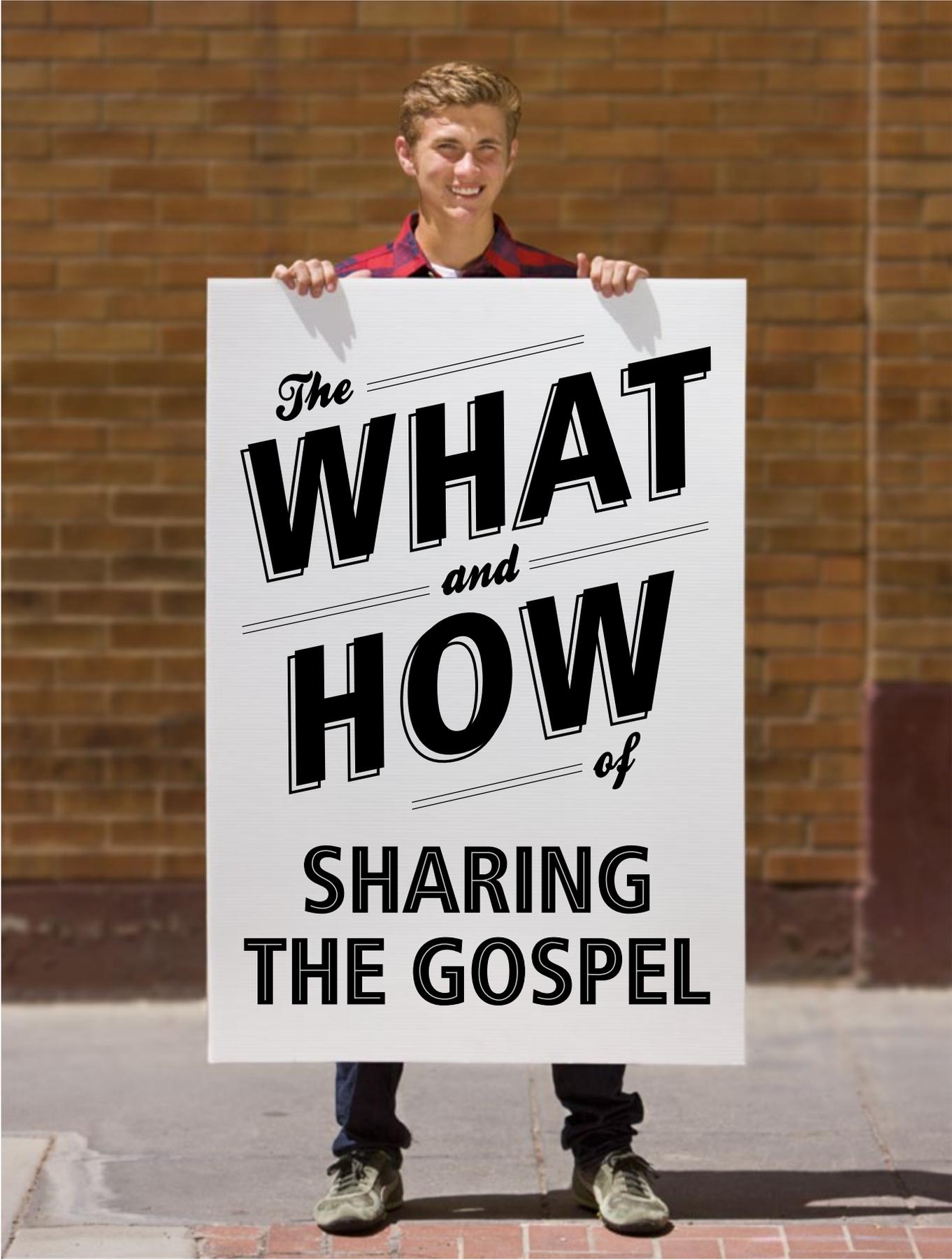
See images of the restored Grandin Building in a video where President Thomas S. Monson talks about the Book of Mormon at [lds.org/go/92D](https://www.lds.org/go/92D).

SPEND TIME WISELY

*“CHOOSE TO DO MANY GOOD
THINGS OF YOUR OWN FREE WILL”*

(For the Strength of Youth [2011], 3).



A young man with short brown hair, wearing a red and blue plaid shirt and dark pants, is smiling and holding a large white rectangular sign in front of a brick wall. The sign contains the following text:

The
WHAT
and
HOW
of
**SHARING
THE GOSPEL**

As you talk about the gospel with your friends, remember that *how* you say something is as important as *what* you say. Our prophets and apostles have taught us how we can share the gospel with the Spirit and with love.



Share Your Testimony in Many Ways

“You possess a testimony; share it. Never underestimate the far-reaching influence of your testimony. You can strengthen one another; you have the capacity to notice the unnoticed. When you have eyes to see, ears to hear, and hearts to feel, you can reach out and rescue others of your age. . . .

“You can share your testimony in many ways—by the words you speak, by the example you set, by the manner in which you live your life.”

President Thomas S. Monson, “Be Thou an Example,” *Ensign*, May 2005, 115.

but also ask them about their beliefs. Gauge the level of interest by the questions they ask. If they are asking a lot of questions, focus the conversation on answering those questions. Always remember that it is better for them to ask than for you to tell. . . .

“We should appreciate and approach such conversations with Christlike love. Our tone, whether speaking or writing, should be respectful and civil, regardless of the response of others. We should be honest and open and try to be clear in what we say. We want to avoid arguing or becoming defensive in any way.”

Elder L. Tom Perry of the Quorum of the Twelve Apostles, “Perfect Love Casteth Out Fear,” *Ensign*, Nov. 2011, 43.



Determine Their Level of Interest

“Speak up about the Church. In the course of our everyday lives, we are blessed with many opportunities to share our beliefs with others. When our . . . associates inquire about our religious beliefs, they are inviting us to share who we are and what we believe. They may or may not be interested in the Church, but they are interested in getting to know us at a deeper level.

“My recommendation to you is to accept their invitations. Your associates are not inviting you to teach, preach, expound, or exhort. Engage them in a two-way conversation—share something about your religious beliefs

Never underestimate the far-reaching influence of your testimony. . . . You can share [it] in many ways.



Act in Love

“The most effective missionaries, member and full-time, always act out of love. . . . I hope no person we approach

with an invitation to hear the message of the restored gospel feels that we are acting out of any reason other than a genuine love for them and an unselfish desire to share

something we know to be precious. If we lack this love for others, we should pray for it.”

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles, “Sharing the Gospel,” *Ensign*, Nov. 2001, 8.



Invite Others into Your Daily Activities

“A sister in France was asked about the secret of her success. She said, ‘I simply share my joy. I treat everyone as if they were already a member of the Church. If I’m standing by someone in line and strike up a conversation, I share with them how much I enjoyed my Church meetings on Sunday. When co-workers ask, “What did you do this weekend?” I do not skip from Saturday night to Monday morning. I share with them that I went to church, what was said, and my experiences with the Saints. I talk about how I live, think, and feel.’ . . .

There is nothing more effective that any of us can do for our friends than to say “come and see” by joining with us in sacrament meeting.

“Church literature or DVDs can introduce new friends to the Church. Invitations to hear a family member speak in sacrament meeting or to attend the baptismal service of a family member or to tour a meetinghouse have also been appreciated by those who are not members. From every indicator we have, there is nothing more effective that any of us can do for our friends than to say ‘come and see’ by joining with us in sacrament meeting.

Far too many do not know they are welcome to worship with us.”

Elder M. Russell Ballard of the Quorum of the Twelve Apostles, “Creating a Gospel-Sharing Home,” *Ensign*, May 2006, 86–87.

Avoid Debating, Even Online

“Every disciple of Christ will be most effective and do the most good by adopting a demeanor worthy of a follower of the Savior. Discussions focused on questioning, debating, and doubting gospel principles do little to build the kingdom of God. . . . As you participate in this conversation and utilize the tools of new media, remember who you are—Latter-day Saints. . . . Remember that contention is of the devil (see 3 Nephi 11:29).”

Elder M. Russell Ballard of the Quorum of the Twelve Apostles, “Sharing the Gospel Using the Internet,” *Ensign*, July 2008, 63.



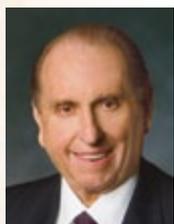
Ask Them about Their Lives and Beliefs

“There is a mirror quality to conversation. If we talk about the weather, people respond by talking about the weather. If we talk about sports, they respond by talking about sports. [My] friend says he asks people he meets about their school and listens intently. After they respond by asking him about his school, he tells them about BYU and then shares his testimony of the gospel. Then, in a positive way, he offers to let them learn more from the missionaries. He has been very successful in sharing the gospel. He has also remained on excellent terms with his friends who do not respond to his invitation, because he genuinely loves them and is interested in them.”

Elder Quentin L. Cook of the Quorum of the Twelve Apostles, “Be a Missionary All Your Life,” *Ensign*, Sept. 2008, 47.

Romans 1:16

The Apostle Paul taught us to be bold in our testimony of the gospel.



I am not ashamed

“Have the courage to stand firm for truth and righteousness. Because the trend in society today is away

from the values and principles the Lord has given us, you will almost certainly be called upon to defend that which you believe. Unless the roots of your testimony are firmly planted, it will be difficult for you to withstand the ridicule of those who challenge your faith. When firmly planted, your testimony of the gospel, of the Savior, and of our Heavenly Father will influence all that you do throughout your life.”

President Thomas S. Monson, “May You Have Courage,” *Ensign*, May 2009, 126.

To every one that believeth

“In order for your faith to lead you to salvation, it must be centered in the Lord Jesus Christ. . . . Having faith in Jesus Christ means relying completely on Him. . . . Faith is much more than passive belief. You express your faith through action—by the way you live.”

True to the Faith (2004), 54.

The gospel of Christ

The original Greek word for *gospel* means “good news,” referring specifically to the coming of Jesus Christ and to the plan of salvation made possible through His Atonement.

16 For I am not ^aashamed of the ^bgospel of Christ: for it is the ^cpower of God unto ^dsalvation to every one that believeth; to the Jew first, and also to the Greek.

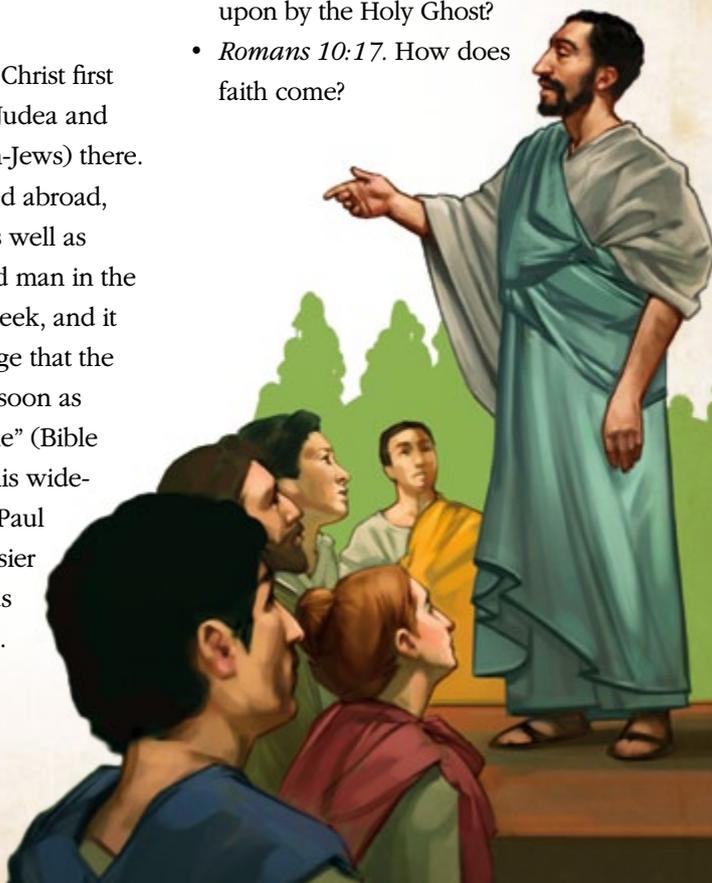
To the Jew first, and also to the Greek

The disciples of Jesus Christ first preached to the Jews in Judea and later to the Gentiles (non-Jews) there. As the disciples journeyed abroad, they preached to Jews as well as Gentiles. “Every educated man in the Roman Empire spoke Greek, and it was in the Greek language that the gospel was preached as soon as it spread outside Palestine” (Bible Dictionary, “Greece”). This widespread language, which Paul had mastered, made it easier to preach the gospel to as many people as possible.

The power of God unto salvation

Here’s a scripture chain that might help you understand this phrase. Read these scriptures, answer these questions, and perhaps record your thoughts in your journal:

- *Romans 1:16*. What does this verse say the gospel of Christ is?
- *Articles of Faith 1:4*. What is the first principle of the gospel?
- *Doctrine and Covenants 68:4*. What happens when the Lord’s servants preach the gospel when moved upon by the Holy Ghost?
- *Romans 10:17*. How does faith come?



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

A TEXT FROM TYLER

By Cecelia Proffit

When I first met Tyler, he was the last person I would ever have imagined joining the Church. Even as we became friends, I never really considered talking to him about my beliefs, since I was sure he would never be interested. Thankfully, the Lord had other plans.

As I was sitting in bed one night, my phone buzzed, and a text from Tyler read, “Who is God to you?” Surprised, I answered with a simple testimony, and Tyler responded with more questions about what I meant. Over the next several weeks we continued to talk about gospel questions, and the Spirit worked in Tyler’s life, teaching and testifying of the



An unexpected question from a friend led to an opportunity to share the gospel.

truth. It was awesome to watch as Tyler voluntarily started to change his life out of a sincere desire to do God's will. His earrings came out, the profanity stopped, and he started reading the Bible on his own.

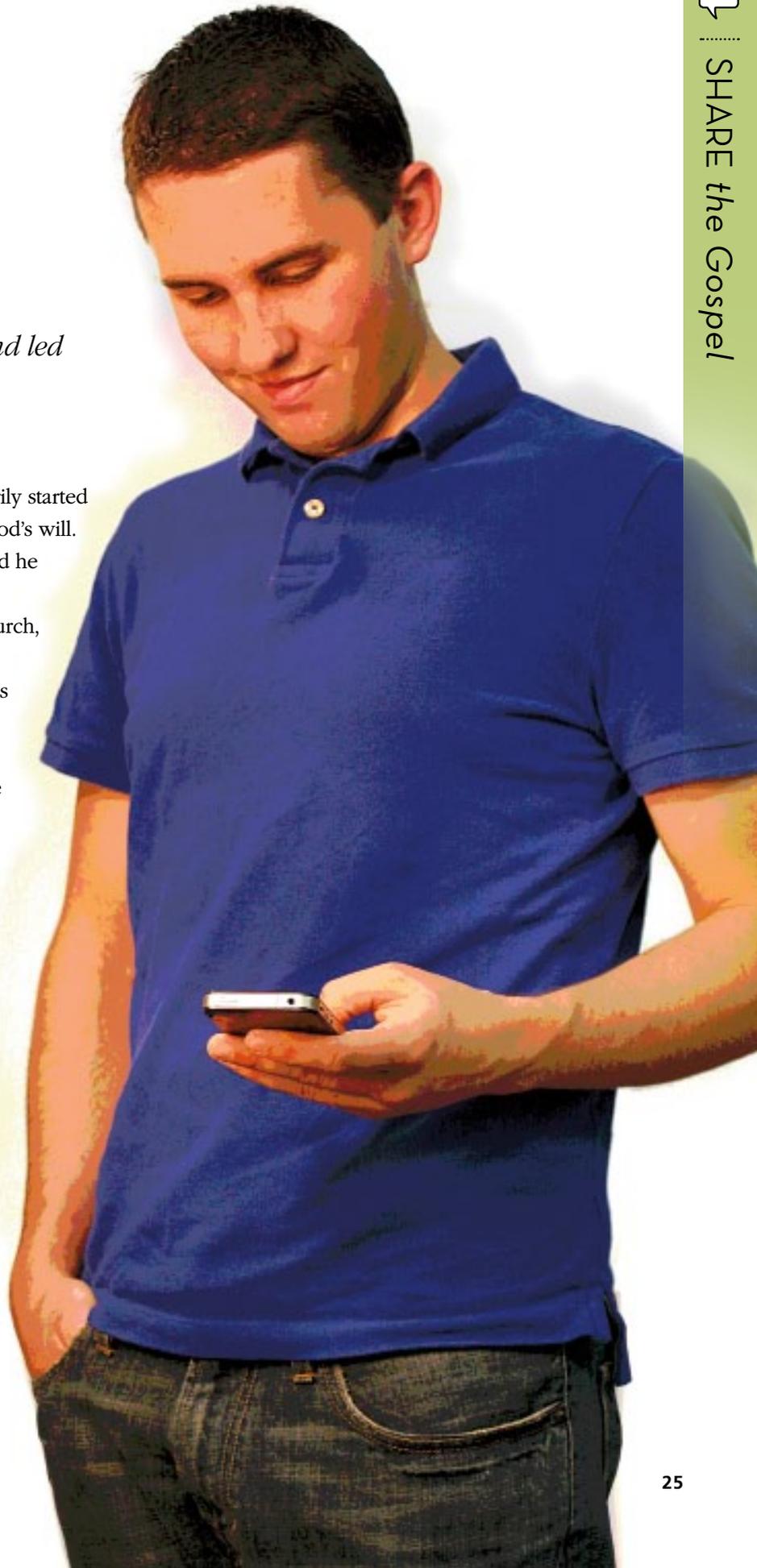
That April, I finally invited him to come to church, where he soon became a regular. However, certain doctrines and principles that didn't match his lifestyle kept him from fully embracing the gospel. He wanted to be a Latter-day Saint; he just wanted other things more. After a few weeks, he started going to a different Christian church.

"Heavenly Father, I know this gospel is true. So why couldn't Tyler accept it?" I prayed in hurt frustration. This wasn't the ending I'd had in mind.

Weeks later, a sister at church asked how Tyler was doing and where he was. "Oh, he's fine," I answered awkwardly. "He's going to another church now."

"He felt something here," she insisted. "He'll be back." I nodded politely, unconvinced.

As the summer progressed and I moved away to attend college, I realized that although things hadn't worked out as I had hoped, I had to trust that God still knew and loved my friend more than I could imagine and that He had a plan for Tyler. "Maybe in the next life Tyler will accept the fulness of the gospel," I thought. I resolved that no matter what, I would pray to love as God



I couldn't relate to all of Tyler's individual struggles, but I knew and shared my testimony that there is One who knows every pain and trial perfectly and that by relying on His Atonement we can have the strength to accomplish anything.

loves—being patient and kind, always believing, hoping, and enduring.

One Sunday in late January, Tyler texted me, asking, “Where do we go after we die?” I was hesitant to give him a sincere answer because of some of our recent exchanges, but he convinced me that he was asking in earnest, so I sheepishly gave him a better explanation of the plan of salvation. He seemed to accept it, which surprised me. Then he *really* surprised me by telling me he had been praying about things for a long time and had decided to make some pretty serious lifestyle changes—changes that would open up the possibility of Church membership. I was ecstatic.

Now that Church membership was an

option for Tyler, he had many questions. He met with the missionaries in my family's home, and my parents gave him a Book of Mormon I had written my testimony in years before but had never given away. As Tyler seriously read and prayed about it, and as I and others fasted and prayed for Tyler, the Lord blessed him. The power of the Book of Mormon began to work in Tyler's life, and his testimony of the gospel grew. Though he brought up some tough questions that I didn't have answers for, the truth withstood every criticism.

I couldn't relate to all of Tyler's individual struggles, but I knew and shared my testimony that there is One who knows every pain and trial perfectly and that by relying on His Atonement we can have the strength to accomplish anything. It wasn't always easy for Tyler, but while he investigated the Church, his faith and trust in the Lord enabled him to prepare for baptism. As he grew and changed, I gained a new appreciation for our Savior's Atonement and love for us and how we can be absolutely cleansed of every sin and imperfection.

And so last April, my brother Nathan had the opportunity to baptize Tyler. Since then, Tyler has received the gift of the Holy Ghost, been ordained a priest, and given away dozens of copies of the Book of Mormon. Tyler is an example of strength and faith to those he meets. And although his trials are not over, he is an inspiration to me in the way he lives close to the Spirit by doing the “little things” like reading his scriptures and earnestly praying. His life is a reminder to me of the power of the Atonement and the love of our Savior to help us overcome anything that stands in our way. The Church is true! **NE**



More Ways to Share the Gospel

Cecelia used text messaging to share the gospel. You can use other mobile or online helps to share the gospel as well. Visit [lds.org/go/92E](https://www.lds.org/go/92E) and click “What to Share” and “Church Social Media Accounts” for more ideas. You'll also find ideas on page 36.

A POSITIVE MOVE

By Lauren Rossing

AN INVITATION FROM A NEW WARD SET ME ON A PATH THAT CHANGED MY LIFE.

When I was younger, my family was not active in the Church. I remember very few instances when I went to Primary. I attended church on special occasions such as Christmas, Easter, baptisms, or blessings. Then, when I was about 13, my family moved from one end of town to the other. I attended the same school and had the same friends. The only difference now was our new ward. Because of this move, everything changed.

One girl in my new ward called me faithfully every week to invite me to church and Mutual. The meetinghouse was just through my backyard. Although I could have walked, she would offer me a ride. She fulfilled her calling as Beehive class president, and I started coming to church. At first, I came because I felt bad saying no. But it wasn't long before I was coming on my own. I loved being in church, I loved the scriptures, and I loved the girls in our ward.

My freshman year in high school, however, I chose not to take seminary. I thought I didn't have room in my schedule. I didn't understand how important seminary was. My friends could say nothing but good about seminary, so I decided to adjust my schedule so that I could take it.

Seminary gave me a fresh outlook on the gospel. Through seminary my testimony of the scriptures developed.

I read the entire New Testament and learned about the Atonement of Jesus Christ. My testimony grew at an overwhelming speed. Once again I felt the peace and love the gospel provided me, and I wanted my family to feel it as well.

I began to urge my family to come with me to sacrament meeting. I told them I wanted us to be an eternal family. To encourage them, I would wash everyone's church clothes on Saturday night so that the excuse "I don't have anything to wear" was no longer an option. I told them that I had a testimony of the gospel and that I wanted to share it with them. Most important, I prayed. I prayed that my family could know the Spirit the way I did. I wanted them to go to church so that we could someday be sealed in the temple.

It started slowly and took some time, but one warm August morning, my prayers were answered as we were sealed in the Portland Oregon Temple. I felt the Spirit stronger at that moment than ever before. I knew my family could be together forever. To this day I cannot thank my Heavenly Father enough for this wonderful blessing.

Now I am trying my best to be a good example and friend to everyone around me so that perhaps I can do for them what was done for me. **NE**

SHARE the Gospel

ILLUSTRATION BY BRYAN BEACH

Answering DIFFICULT Questions ABOUT THE CHURCH

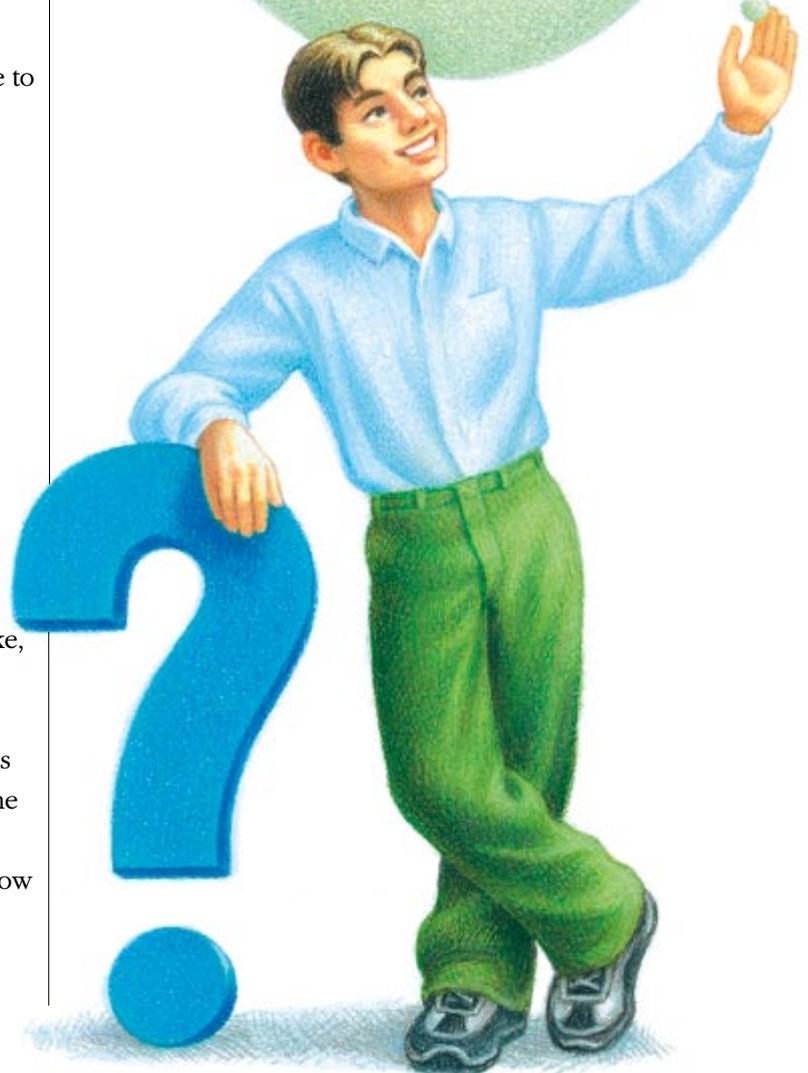
*Have you ever been
asked a tough question
about the Church by one
of your friends?*

It can be an intimidating experience to be asked questions about the Church. Imagine you are eating lunch at school with a group of friends when one of them turns to you and says, “I heard Mormons are not Christians. Is that true?” You explain that “Mormon” is just a nickname and that the real name of the Church is The Church of Jesus Christ of Latter-day Saints. “I believe in and follow Jesus Christ,” you add. Then someone asks another question. This time the question sounds more like an attack, and you’re not so sure you have the right answer. Suddenly you feel singled out, as if you’re being interrogated. These moments may seem a little scary, but they can be a great learning experience for you and a chance to share the truthfulness of the gospel with others.

Five Principles of Sharing

Questions are at the heart of learning, and sincere gospel questions can lead to understanding and testimony for you and your friends. Consider the following principles as you share answers to gospel questions. Remember that how you react to the question and how you live your life can have just as great an influence as the actual words you say.

1 Be grateful. When others ask questions, realize you have been given the opportunity to share gospel truths. Before responding, consider saying something like, “That’s a great question.” Using kindness will help bring the Spirit into the situation and avoid contention. Elder M. Russell Ballard of the Quorum of the Twelve Apostles has stated, “We should also remember that sometimes the best way to answer people’s interest can be by how we live, how we radiate the joy of the gospel in our lives, how we treat others, and how sincerely we follow the teachings of Christ” (“Faith, Family, Facts, and Fruits,” *Ensign*, Nov. 2007, 27).





By David L. Beck
Young Men
General President

2 Be comfortable not knowing all of the answers.

If you don't know the answer, it's OK to say so. Tell the person you would like to follow up after you study more about the question. Not knowing the answer to a gospel question does not mean you don't have a testimony. Stay anchored in the things you believe. Share your experiences in the gospel.

Look at how the prophet Nephi answered a question he did not know the answer to. He was asked, "Knowest thou the condescension of God?"

To which he replied, "And I said unto him: I know that he loveth his children; nevertheless, I do not know the meaning of all things" (1 Nephi 11:16–17).

Nephi's faith was not shaken because he couldn't answer this question. He responded by sharing something he had experienced. Being aware of the fact that he did "not know the meaning of all things" actually opened the way for Nephi to be an excellent student of the gospel as the Spirit of the Lord taught him.

As you search for answers, go to sources you can trust (see the list at bottom right). Avoid reading the inaccurate literature produced by those who are trying to tear down the Church.

3 Keep answers clear and simple. Most people do not expect or want long, complicated answers. Stick to the point and make sure to use plain language and avoid words or phrases that are not understood or mean something different outside of the Church. Keep your answers focused on gospel doctrine rather than speculation or rumor.

4 Learn from each other. When answering questions, it may also be helpful to find out what your friends believe about the topic. Share your beliefs in a kind and gentle way, and listen to your friends with attention and respect.

When you seek to understand others first, they will often do the same in return.

5 Testify of Jesus Christ. When you share what you know to be true, the Spirit carries your message to the hearts of your friends (see 2 Nephi 33:1). Share your testimony of the Savior and how living the gospel has blessed your life. On this topic, Elder L. Tom Perry of the Quorum of the Twelve Apostles has said, "We must be bold in our declaration of Jesus Christ. We want others to know that we believe He is the central figure in all human history" ("Perfect Love Casteth Out Fear," *Ensign*, Nov. 2011, 42).

Be Not Ashamed

As chosen sons and daughters of God, you stand out from your peers. You have an inner light that shines forth for good. I pray you will feel the confidence that comes from living the gospel every day. You need not fear when others ask you questions about the Church:

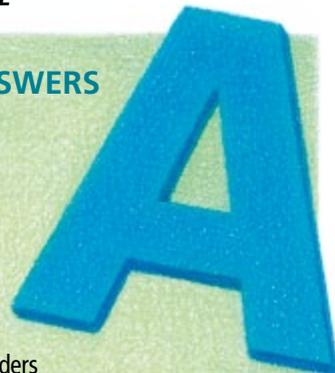
"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

"Be not thou therefore ashamed of the testimony of our Lord" (2 Timothy 1:7–8). **NE**

WHERE TO FIND ANSWERS

Where can you find answers to gospel questions? Here are several great resources:

- The scriptures
- General conference talks on **conference.lds.org**
- Parents and other Church leaders
- *True to the Faith: A Gospel Reference*
- "Gospel Topics" on **youth.lds.org**
- **Mormon.org**



BEING YOUR BEST SELF

By David A. Edwards
Church Magazines



What sets Latter-day Saint youth apart?

While discussing this question in a group of eight youth in Indiana, four young men give an example that illustrates, in a slightly quirky way, what they feel is one important aspect of who LDS youth are.

“You wouldn’t see people doing the Chicken Dance at prom,” says Robert, “but you’d see people doing the Chicken Dance at Church dances.”

Everyone in the group laughs, and Thomas adds, “*Everybody* would be doing the Chicken Dance!”

“It’s a regular thing,” says Skyler.

Then Connor observes, “And they’d be doing the Chicken Dance to a song that’s *not* the Chicken Dance song.”

Again, everyone laughs and nods in agreement. To them, this small anecdote demonstrates something that gives a sense for what it means to be a youth in The Church of Jesus Christ of Latter-day Saints—and no, doing a funny dance is not what it’s all about. It means that, among other things, you’re confident and comfortable with who you are and you draw strength from being with other Latter-day Saint youth in an environment that’s wholesome, accepting, and supportive.

A Support System

Drew H., Grace E., Hayden K., Robert B., Connor S., Skyler F., Tyson C., and Thomas S. know that they stand out. For them as well as their friends and peers, that’s a good thing.

“Being an LDS youth means that I have strong beliefs, I stick to them, I have a strong support system, and I know what I’m going to do before the question arises,” says Hayden.

Thomas agrees. “The big thing that I like about being a youth in the Church and in this group is that I always know I’ll have someone to come to. We have a very good support structure. We all look out for each other. We notice when people are having a bad day, and we try and help them out. We all stick together and keep each other on the right path.”

Sometimes this support system even extends to friends who are not members of the Church, says Robert. “All my friends know my standards or have the same standards as me. And I don’t have to worry as much about all the bad influences, because people know that I’m a member and respect it.”

An Outward Reach

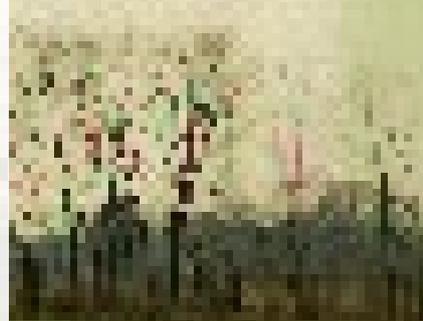
Grace believes that “being an LDS youth means following the standards that the Church and my parents have set for me and trying to be a good example and share my standards with other people.”

Because they’re confident in their standards and beliefs, these youth have opportunities to share the gospel with their friends. Skyler recalls, “Last year in my English class, we had free reading time, and I just happened to have two copies of the Book of Mormon in my backpack. Two of my friends asked me if I had a book they could read, so I gave them both a copy.

“I didn’t expect them to read it,” he says, “but they actually did, and they came to me with some pretty good questions. I’ve talked to them some more, and one of them wants to come to church to see what it’s like. The other one says every now and then he reads the book and that someday he might want to come to church, too.”

Robert says that Church members participating in the school band also have

These youth in Indiana feel confident that they can be their best selves as they live the gospel and draw strength from one another.



BE TRUE TO YOUR BEST SELF

"As each realizes his own potential and what our Heavenly Father expects of him, a determination to live proper standards, to be true to one's best self, and to act always in accordance with a high sense of true values, there will follow incomparable joy and lasting peace."

President Thomas S. Monson, "The Upward Reach," *Ensign*, Nov. 1993, 49.

opportunities to share the gospel. "In band, we kind of stick together. Some people are like, 'Oh, you guys are LDS,' and then they start talking about the Church. One of the girls has been asking about the Church, and she might come to church sometime soon."

Seminary has also been a conversation starter for many of them. For instance, Drew says, "Because I'm on the wrestling team and sometimes we have morning practices, I had to explain to the coach that I wasn't going to be there because I would be at church doing scripture study. Some guys on the team asked me about that, so seminary became an opportunity to tell people about the Church."

Reaching out to others in this way is a defining trait of Latter-day Saint youth, according to Drew. "Being an LDS youth means that I have a knowledge of the gospel, which allows me to help other people with their problems and help bring them closer to Christ, like the gospel's done for me."

A Wealth of Blessings

Tyson also believes that the gospel has given him much to

be grateful for—and to share. "The gospel helps me—like if I have a bad week at school and then I go to church, I just feel so much calmer. It helps me to see the big picture—how a decision now is going to affect me later in life, so I have to make my decisions wisely. Not everybody has that."

The peace and comfort of the gospel, as well as the acceptance and support of other LDS youth, mean a great deal to this group. Drawing closer to Heavenly Father and Jesus Christ gives a sense of identity and purpose, and the strength these youth feel from one another gives them confidence to live the way they truly want to live and be who they truly want to be—followers of Jesus Christ. In a way, being LDS means these youth get to really be themselves—their best selves. And this is an attractive thing to the other youth around them.

And those dances?

As Hayden says, "People ask about coming to our dances. They say, 'We've been looking for the Mormons, because we know you guys know how to have real fun.'"

And Grace sums up everyone's feelings neatly: "Best dances in the entire world." **NE**



HOW CAN YOU SHARE THE GOSPEL?



The Lord has said, “If ye have desires to serve God ye are called to the work” (D&C 4:3). And you’ve probably heard “every member a missionary” a few times in your life. So, what can *you* do to share the gospel?

Looking through recent issues of the *New Era*, you can find several examples of the kinds of things youth of the Church are doing to help others come unto Christ and learn about His restored gospel. Here are just a few.

- Invite friends to Mutual activities.
- Study *Preach My Gospel*.
- Participate in extracurricular activities (sports, music, drama, service, or whatever) to get to know more people and have positive associations with them.
- Let people know about our standards and why we have them.
- As you study the gospel, think about how you are preparing to answer questions your friends may ask.
- Invite friends to church.
- Get a copy of the Book of Mormon to give to someone.
- Pray about finding someone to share the gospel with.
- Include someone in an activity with your group of friends who are Church members, even though you may not know her that well.
- Listen to others when they talk about their beliefs.
- Be prepared to share the gospel at any moment—even when you’re watching a movie with your friends or family.
- Invite friends to play Church sports.
- Be open to the possibility that anyone—even someone you would least expect because of how he talks, acts, and dresses—can be ready to hear the gospel.
- Invite friends to seminary.
- Set a goal as a priesthood quorum to add new members to your quorum by inviting all to come unto Christ.
- Smile. Really. It’s just that simple sometimes.
- Always treat people kindly, even when they are unkind to you.
- Strengthen your testimony—pray, study the scriptures, and participate fully in the Church. The depth of your conversion will shine through.

By Allison Guffey

My road to conversion began when a nonmember friend sent me a Book of Mormon.

An Unexpected Gift

My conversion story is kind of different. It started because my best friend, Calvin, is a member of the Church. We have a mutual friend who is not a Church member and who one day thought it would be funny to go online and have a Book of Mormon sent to me. That friend meant it as a joke, but I was actually interested in it, because although Calvin and I were such great friends, I felt like it was a whole part of him I didn't know about.

The Book of Mormon came in the mail, and I started reading it. Sometime later, Calvin invited me to a Mutual activity. We went to the park and played volleyball, and I had a lot of fun with the youth. They made me feel welcome, so I kept going to the combined activity every month. After a few months, I made a couple of friends in the Young Women group. I decided to go one night to a Young Women activity, and I loved it. I started going every week.

Calvin invited me to church one week, and it happened to be general conference. It was like nothing I had ever experienced, and I was in awe. I kept going to church every week I could. After a couple months of regularly going to the activities and to church, I really wanted to talk to the missionaries

about being baptized, but I knew I had to take lessons first, and I wasn't sure how to ask them. I had talked to Lindsey, a good friend I made in Young Women, about how I really wanted to be baptized, so she asked the missionaries about the lessons for me. After that, every Wednesday before the Mutual activity, I would come an hour early with Lindsey, and we would have a lesson.

During the missionary lessons, I never questioned anything about the gospel, because it was like I'd known it all my life but just hadn't known what I knew. I took the lessons for about a month and half, and then the missionaries asked me if I wanted to get baptized. I was really excited. I couldn't wait to tell everybody; I was filled with joy.

Before I was able to be baptized, my mom asked me a lot of questions, because she wanted to see if I knew what I was getting into. But I knew it was something I really wanted to do, and I knew the standards I would need to keep. After hearing how much I knew about the Church and how I understood I would be changing my lifestyle, my mom allowed me to be baptized.

On the day of my baptism, the friends I had made came to support me. Lindsey and another friend, Jameson, gave talks, and Calvin baptized me. It was such a beautiful day. I was grateful for the support of my friends, and I felt close to my Savior Jesus Christ.

Through friendship—even through a friend who wasn't a member—I have come to know that the Book of Mormon is truly another testament of the Savior Jesus Christ, that Joseph Smith was a prophet called of God to restore Christ's Church on the earth in the latter days, and that Heavenly Father has a plan for His children. I know that an individual can bring a friend into the gospel by small and simple means. I will never forget the friends who shared the gospel with me. **NE**

Share the Book of Mormon

Think of someone you can share the Book of Mormon with. You can obtain a copy from the missionaries or online at store.lds.org. Consider writing your testimony in the copy before you give it to your friend.



SHARING THE GOSPEL THROUGH SOCIAL MEDIA

New technologies give us more and more ways to further the work of the Lord.

By J. Aaron Black
Missionary Department

How many times have you heard how important it is to share the gospel? The prophets have taught “every member a missionary.” In the scriptures, the Lord declares that everyone should have the opportunity to hear the gospel: “For, verily, the sound must go forth from this place into all the world, and unto the uttermost parts of the earth—the gospel must be preached unto every [person]” (D&C 58:64).

“The uttermost parts of the earth” may sound huge, but reaching every person has become easier thanks to technology such as the Internet and social media. Elder Russell M. Nelson of the Quorum of the Twelve Apostles has said, “We are blessed to be living in such an exciting gospel dispensation. God is inspiring the minds of great people to create inventions that further the work of the Lord in ways this world has never known.”¹

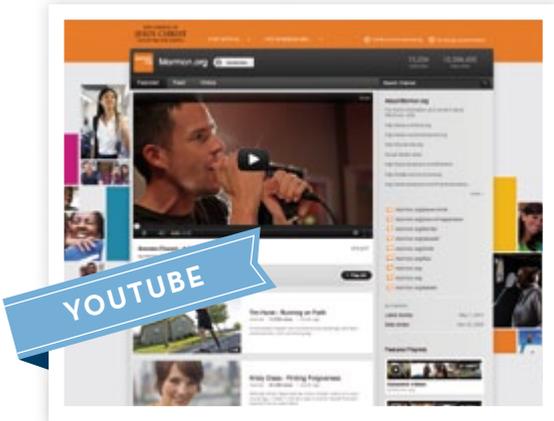
The Internet and social media allow free and fast communication, but it can be easy to forget that the Lord has given us these tools to share the gospel with people we know. Elder L. Tom Perry of the Quorum of the Twelve Apostles has taught, “Today’s ‘manner of conversation’ seems to involve the Internet more and more. We encourage people, young and old, to use the Internet and the social media to reach out and share their religious beliefs.”²

To help you reach out and share your religious beliefs in this way, the Church created **Mormon.org**, a website for those interested in learning about the Church. There, Church members 14 years old and older can create an online profile, sharing their feelings about the gospel with the world. For step-by-step instructions, visit **Mormon.org/create**. Once you create your profile, you can share the link on blogs and social media pages.

Mormon.org is also a place where those not of our faith can learn more about our beliefs and our people and can even chat with full-time missionaries. If your non-LDS friends ever want to learn more, you can invite them to visit Mormon.org.

A more personal way to share the gospel and invite your friends to learn more





is through social media. Mormon.org has pages on Facebook (facebook.com/mormon), YouTube (youtube.com/mormon), Google+ (gplus.to/mormon), and Twitter (twitter.com/mormonorg).³ On each of these social media sites, uplifting content about the gospel is posted (like videos, pictures, posts, and status updates). If your parents have given you permission to use these social media tools, you can share this content on your personal social media page.

On Facebook, YouTube, and Google+, you can leave comments on each post with your testimony, engage in online conversation with other users from around the world, and share the content on your own page. Sharing lets all your friends see the posts and learn more about the gospel. On Twitter, you can reply to posts and “retweet” them so others learn what you believe.

Be sure to add your own testimony when you share the Mormon.org updates, videos, pictures, and posts on your personal social media pages.

The Internet and social media are tools the Lord has given us to live His commandment that the gospel be taken to the “uttermost parts of the earth.” They make sharing the gospel so easy; anyone can do it. It’s never been easier for every member to be a missionary. **NE**

Reaching every person has become easier thanks to technology.



NOTES

1. Russell M. Nelson, “Computerized Scriptures Now Available,” *Ensign*, Apr. 1988, 73.
2. L. Tom Perry, “Perfect Love Casteth Out Fear,” *Ensign*, Nov. 2011, 43.
3. Facebook, YouTube, Google+, and Twitter are trademarks of their respective owners.



BLESSED BY
EXAMPLE

*Just as my friends influenced my life, you can bring the light
of the gospel to your friends' lives by the way you live.*



**By Elder
O. Vincent Haleck**
Of the Seventy

Recently I visited with a friend I knew in high school. We talked about when we first met, about the joy that comes from living the gospel, and about the influence friends can have on our lives. In fact, it was because of the example of my friends that I joined the Church.

I first came to the United States from American Samoa when I was 10 because my father wanted his children to have more educational opportunities than those he had. I lived in Seattle, Washington, with an aunt and uncle. At 14, I moved to California. My grandmother, with whom I lived, was a temple worker in the Los Angeles California Temple, but I was not a member of the Church.

During my junior year of high school, I became involved with student government and noticed several people on the student council who stood out from all the rest. They were respectful of others, clean in speech and dress, and had a dignity and light about them that caught my attention. We became friends, and they invited me to go to Mutual with them. I liked the fun, wholesome activities and the Spirit that I felt there, so I began attending regularly. Just a few weeks later my friends introduced me to the missionaries and to the Book of Mormon. I was baptized soon afterward and began a lifelong study of the Book of Mormon.

My friends followed the counsel found in 1 Timothy 4:12: “Be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity.” Like my friends, we can be an influence for good by our day-to-day actions of living the gospel. As we live our lives to reflect our standards and beliefs, those who are prepared to receive the gospel will notice and want to know more.

For example, remember the story of Alma found in the Book of Mormon. Alma was living a comfortable life as a priest in the court of King Noah. When Abinadi bore his testimony, Alma believed him and, with great danger to himself, wrote down Abinadi’s words and taught others about the Savior (see Mosiah 17:2–4).

“And it came to pass after many days there were a goodly number gathered together at the place of Mormon, to hear the words of Alma. Yea, all were gathered together that believed on his word, to hear him. And he did teach them, and did preach unto them repentance, and redemption, and faith on the Lord” (Mosiah 18:7; see also verses 1–6).

Later, when Alma the Younger was causing problems for the Church, an angel answered Alma’s prayers: “The Lord hath heard the prayers of his people, and also the prayers of his servant, Alma, who is thy father; for he has prayed with much faith concerning thee that thou mightest be brought to the knowledge of the truth”





Alma the Younger and his friends became great missionaries and touched the lives of thousands by their example for good.

(Mosiah 27:14). Alma the Younger and his friends repented, became great missionaries, and touched the lives of thousands by their example for good.

“And thus they were instruments in the hands of God in bringing many to the knowledge of the truth, yea, to the knowledge of their Redeemer.

“And how blessed are they! For they did publish peace; they did publish good tidings of good; and they did declare unto the people that the Lord reigneth” (Mosiah 27:36–37).

My friends also set a good example for me when they chose to serve missions. Although I faced some opposition, I decided I also wanted to serve a mission. That decision has shaped the rest of my life. When I served in the Samoa Apia Mission, the missionaries carried much of the priesthood leadership responsibilities, and I could see that the Church in the islands needed to be strengthened. I made up my mind to do my part—I would return to Samoa after finishing my mission and my education.

After graduation from college, my wife and I moved to Samoa, where we raised our children and worked to strengthen the Church and the community. My father, not a member of the Church, was actively involved in local business and community affairs. His motto was “If it’s worth doing, it’s worth doing right.” As my siblings and I discovered the gospel and lived it to the best of our abilities, he noticed the changes for good in our lives. In 1999, President Gordon B. Hinckley (1910–2008) stayed in my father’s home on his return from the groundbreaking of the Suva Fiji Temple. During that visit, the Spirit touched my father’s heart, and I was privileged to baptize him when he was 80 years old. He found great joy in the gospel and was unashamed and bold in sharing it with others during the last days of his life.

I know the importance of being an example of the believers and the happiness it brings into our lives and the lives of others. Because of my friends’ good examples and the love of a prophet, my family and I have been blessed with the joy the gospel brings.

Every day we influence others by our actions. Let us be sure to reach out to others and share the truth of this scripture that it may bring happiness to their lives too: “Remember, remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation; that when the devil shall send forth his mighty winds, yea, his shafts in the whirlwind, yea, when all his hail and his mighty storm shall beat upon you, it shall have no power over you to drag you down to the gulf of misery and endless wo, because of the rock upon which ye are built, which is a sure foundation, a foundation whereon if men build they cannot fall” (Helaman 5:12). **NE**

"No, Brett, these mission papers do *not* self-destruct . . ."



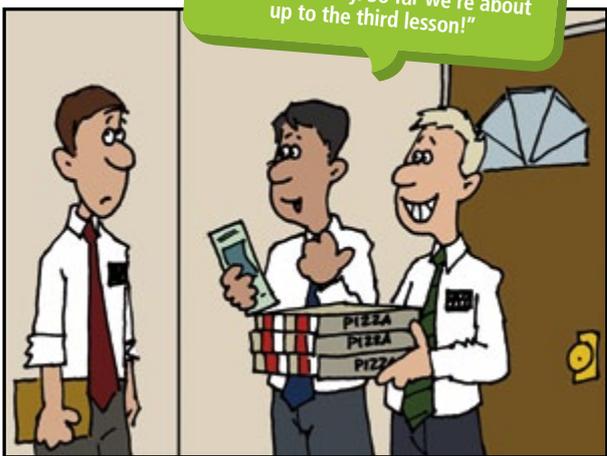
JON CLARK

"When my priests quorum adviser signed me up for splits with the missionaries, I assumed bananas and ice cream were involved."

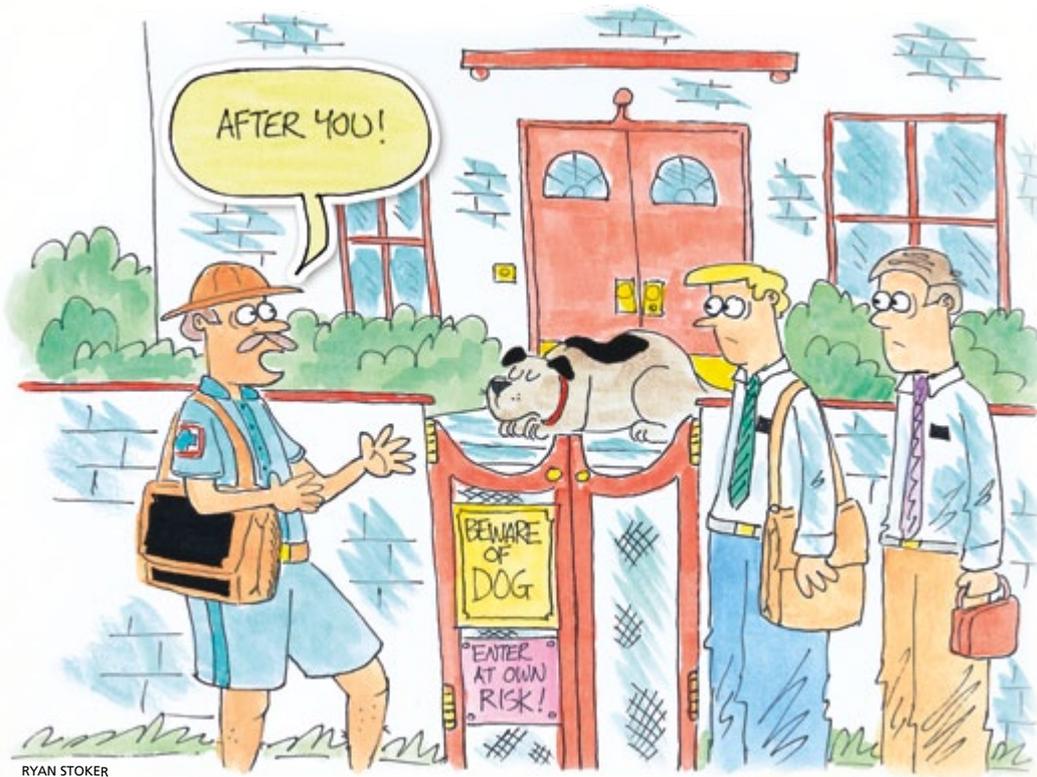


ARIE VAN DE GRAAFF

"Elder Hancock here had the idea to talk to the pizza guy each time he made a delivery. So far we're about up to the third lesson!"



KEVIN BECKSTROM



RYAN STOKER

WHAT WE REALLY THINK OF YOUTH

“What do you think of when you hear the word *arise*? Personally, I think of you—the noble youth of the Church. I picture you diligently arising from your beds each morning for early-morning seminary. I see you faithfully arising from your knees after finishing your daily prayers. I think of you courageously arising to share your testimony and defend your standards. I am inspired by your commitment to the gospel and your good examples.”

Ann M. Dibb, second counselor in the Young Women general presidency, “*Arise and Shine Forth*,” *Ensign*, May 2012, 117.

THIS MONTH IN HISTORY
September 22, 1827

The Prophet Joseph Smith received the gold plates from the angel Moroni at the Hill Cumorah.



SHINING SERVICE

On a cold but beautifully sunny day last March, youth from one Texas ward volunteered in their community’s benefit run to help raise awareness for colon cancer. The young men and women were put in charge of providing directions and handing out bottled water and bananas to the runners and walkers. The young men and women also released hundreds of balloons to start the race and to mark the run’s halfway point. “I loved seeing how happy the runners and walkers were when they saw us cheering them on and seeing 300 balloons fill the sky as we let them go,” says Thomas G, a deacon who helped out.

The Latter-day Saint youth were easy to spot since they all wore special volunteer shirts that read, “Arise & Shine Forth Volunteer 2012.” The event’s coordinator spoke highly of the youth and their willingness to serve, saying, “I couldn’t have done this event without the ‘Arise & Shine Forth’ volunteers.”

Rachael D., one of the Laurels at the event, summed up the experience saying, “It felt like we were standing out and making a difference in our own lives and other people’s lives. A lot of people had a blue event shirt, but ours had our Mutual theme on it. I felt like I was wearing a banner that said, ‘I stand up and help where I can and whenever I can.’”



PHOTOGRAPHS COURTESY OF MELANIE GARCIA



QUOTE FROM CONFERENCE

“Nothing about the priesthood is self-centered. The priesthood always is used to serve, to bless, and to strengthen other people.”

Elder David A. Bednar of the Quorum of the Twelve Apostles, “The Powers of Heaven,” *Ensign*, May 2012, 48.

MY FAVORITE SCRIPTURE

D&C 64:10

“I, the Lord, will forgive whom I will forgive, but of you it is required to forgive all men.”

This is my favorite scripture because we all make mistakes.

No one is perfect except Jesus Christ, so we should learn to forgive each other when we make mistakes.

Cedric G., 16, Luzon, Philippines

PHOTOGRAPH BY PAUL VANDENBERGHE

Tell us about your favorite scripture in a paragraph or two. Send it to us, along with a photo, by going to newera.lds.org and clicking “Submit Material.”

	perfect	hope				true		things
concerning	true			hope	perfect	seen		
faith		seen	things	concerning	true	hope	perfect	
things	hope	faith	concerning			perfect		seen
seen	concerning	perfect	hope					Alma 32:21
Alma 32:21		true			faith		things	hope
hope		concerning			things	knowledge		true
perfect				faith	hope			concerning
true	faith	Alma 32:21		knowledge	concerning	things		perfect

SCRIPTURE SUDOKU: ALMA 32:21

The objective of a regular Sudoku is to fill the 9×9 grid so that each column, each row, and each of the nine 3×3 boxes (also called *blocks* or *regions*) contains the digits from 1 to 9 only one time. For this puzzle, instead of using numbers, use the scripture reference and the eight words in bold to complete the puzzle.

Alma 32:21

And now as I said **concerning faith**—faith is not to have a **perfect knowledge** of **things**; therefore if ye have faith ye **hope** for things which are not **seen**, which are **true**.

5 HABITS TO DEVELOP IN YOUR TEENS

- Studying scripture daily.
- Doing hard things.
- Developing a love of learning.
- Praying daily.
- Finding ways to serve others.

POLL RESULTS: SCRIPTURE STUDY

At youth.lds.org we asked, “How are you studying the scriptures?” Here are the results:

Sequentially	35%
I read assignments from seminary, Sunday School, or family study	21%
I look for answers to questions	16%
By topic	10%
Other	19%

WE'VE GOT MAIL

Prayer Helps

I read the *New Era* on Sundays before church. I read “Dad’s Keys and a Dangerous Snake” from the October 2011 issue. It was a great story about how saying prayers helps. I also enjoy the *Mormonads* with their funny but good advice.

Carter S., 14, Texas, USA

Shine Forth

People are always watching, whether you think they are or not. Your light is shining in that dark place, whether it’s school, work, or even in your own home. If you’re going to set a trend, start a good one. You never know—you could change the world. Arise and shine forth.

Alexandria H., 17, Missouri, USA

Give Thanks

I liked how the article “Three Great Reasons to Give Thanks” (Dec. 2011) talks about how we are always happier when we are thankful. My mom and I decided we are going to do the 100-list gratitude challenge as a family home evening lesson.

Davin C., 14, Utah, USA

I Love Conference (from youth.lds.org)

I used this article in a lesson for family home evening [see “Getting the Most out of General Conference” at lds.org/go/92F]. It was awesome to read this, and it will help me get more out of conference. I love conference and the feeling it brings to my home.

Robyn Elizabeth D., 13, Utah, USA

We love hearing from you, whether it’s sending us a message or leaving a comment online. Write to us by going online to newera.lds.org and clicking “Submit Material.” Or leave a comment on any article at youth.lds.org.

You can also e-mail us at newera@ldschurch.org or write to *New Era*, 50 E. North Temple St., Rm. 2420, Salt Lake City, UT 84150-0024.

TO THE POINT

If people ask why we send missionaries to Christian nations, what should I tell them?

For many people who are not members of our Church, “missionary work” means going to a far-flung land where, for instance, non-Christians can be taught about Christianity and where humanitarian aid work can be performed. So when they find out that our Church is doing “missionary

work” right in their neighborhood, they may wonder why.

The message our missionaries share is for all the world, so we send them to all the world. We believe that the fulness of the gospel of Jesus Christ has been restored, including Christ’s Church and the priesthood authority necessary to perform ordi-

nances, such as baptism.

Only in this Church is the gospel fulness restored. Because all people need to hear this message, including those in places where there is a long tradition of Christianity, we send missionaries to all people. **NE**



When is it not appropriate to share spiritual experiences?

Sharing our spiritual experiences with those who are open to hearing them is a wonderful way to build the faith and testimony of others. If you feel prompted to tell about an answer to prayer, for instance, others will have more faith that their prayers can be answered. But if you have had an unusual or deeply personal spiritual experience, it is wise not to share it unless the Holy

Ghost moves you to do so.

President Boyd K. Packer, President of the Quorum of the Twelve Apostles, has said:

“I have learned that strong, impressive spiritual experiences do not come to us very frequently. And when they do, they are generally for our own edification, instruction, or correction. . . .

“I have come to believe also that it is not wise to continually

talk of unusual spiritual experiences. They are to be guarded with care and shared only when the Spirit itself prompts you to use them to the blessing of others. . . .

“We are, I believe, to keep these things and ponder them in our hearts.”¹ **NE**

NOTE

1. Boyd K. Packer, “The Candle of the Lord,” *Ensign*, Jan. 1983, 53.

People sometimes ask me about temple garments, occasionally in disrespectful terms. What should I say to them?

First of all, when people use disrespectful terms to refer to temple garments, it is entirely appropriate for you to kindly ask them to show more respect, since the garments are sacred to us.

Also, you may want to point out that members and clergy in many other religions wear specific articles of clothing to represent their personal faith or their official responsibility, so

the fact that our religious practice includes special clothing is really not unusual.

To explain the significance of temple garments, you can say that they are simple, modest underclothing given to adult members of the Church as part of special ceremonies in our temples. In these ceremonies, we commit ourselves to live the way Jesus Christ would have us live, and the garments are a

constant physical reminder of this personal, spiritual commitment. In this way, garments can help protect us against temptation and evil. **NE**

CHECKING MY PRIDE

As a junior in high school, I played on my school's varsity ice hockey team. Just weeks into the season, I broke my arm badly during a game against our rival school and was taken





SUPPER SURPRISE

to the hospital. Reconstructive surgery was performed on my arm that night, and upon returning to the doctor's office the next week I was told that I would miss the remaining five months of the season. I was devastated.

In the weeks following the injury, I pattered around using just one arm, trying to function as best I could. I couldn't bathe myself. Feeding myself was very difficult. I couldn't play the guitar. And I couldn't write with my preferred hand. The whole time I thought, "Why me?"

Then about three weeks after the injury, my mom drove me back to the ice rink to get the gear I had left there on the night of my injury. My coach had the gear in his office upstairs, and while we were talking, he said something I'll never forget: "Aaron, we'll miss you this year; we sure could use you on the ice. But there's someone upstairs who's watching out for you. This year, there's something more important for you than hockey." It had never occurred to me that God had something else planned for me, but He did.

I learned many things that year. I learned to be humble and to accept the help of others, especially Christ and His Atonement. I widened my horizons by becoming more involved in the school choir and learning to play lacrosse. I learned how to forgive people. But the most important thing I learned is that my Heavenly Father loves me and knows what is best for me.

Aaron C., Idaho, USA

One day I came home from track practice exhausted. I had a lot of homework due the next day, practice had been grueling, and I was hungry and tired. Trying not to think of all the chores I still had to do, I made it through the doors of my house. My thoughts weren't so happy as I marched down to the basement. I was ready to lash out at anybody who was in my way. As I made my way into the kitchen, I smelled dinner, which was nearly ready, and saw that my sister was just finishing the dishes. The other rooms were also clean, and good music was playing on the radio.

I dropped my stuff in my room and came out to see who had cleaned the place. I asked my sister about it, and she said, "I decided that you might like some supper. And the dishes needed to be done, and you weren't going to be home for a while, so I just decided to surprise you." I was overwhelmed. I hugged her. Making my way to my room, my entire attitude changed. Although my day had started off not so great, it ended well, because my sister decided to show an act of kindness. I knelt down and poured out my gratitude to my Father in Heaven.

Nicole E., Wyoming, USA

BEING TAUGHT BY THE SPIRIT

One Sunday during our teachers quorum meeting, we had a lesson on patriarchal blessings. I didn't know a lot about patriarchal blessings, so I found the lesson very interesting. The next week my aunt and uncle who recently became active in the Church received their patriarchal blessings. Then that Monday I got my copy of the *New Era* in the mail. I saw that one of the articles in it was titled "When Should I Get My Patriarchal Blessing?" [Aug. 2009], and that is when I started to wonder if my Heavenly Father was trying to tell me to get my patriarchal blessing. I prayed about it and received my answer. Soon afterward I received my patriarchal blessing.

A few weeks later I started to struggle with school, friends, family, and even my faith. I was reading my

scriptures one night, and as I was about to stop, I felt the urge to keep reading. I followed the prompting and read several scriptures that mentioned prayer. I then recalled my patriarchal blessing and how it said that I need to pray often and have a close relationship with my Heavenly Father and the Holy Ghost. I had not been the best at saying my prayers. I realized that I was missing out on one of the blessings I would have been getting.

When we refer to the Holy Ghost as the *still, small voice*, it is not an understatement. He truly speaks in still and small ways. We must pay close attention to make sure we don't miss what the Lord is trying to tell us or advise us to do. I know that we will be blessed if we always listen to the still, small voice.

Alec E., Utah, USA

HOW TO

BE A YOUNG WOMAN OF GOD



By Elder Jeffrey R. Holland

Of the Quorum of the Twelve Apostles

HOW HAVE YOU APPLIED THIS?

Knowing that I really am His child makes me realize that I should not be ashamed to be me, because He loves me for who I am.

Kayla O.

Knowing that I am a daughter of God makes me want to keep myself pure so that I can live in His presence.

Mary H.

Knowing that I am a daughter of God gives me strength every day to stand up for myself and my standards—and to help other daughters of God know they are His daughters too.

Cassandra H.

I want you to be proud you are a woman. I want you to feel the reality of what that means. You are literally a spirit daughter of heavenly parents with a divine nature and an eternal destiny. That surpassing truth should be fixed deep in your soul and be fundamental to every decision you make as you grow into mature womanhood.

Your Father in Heaven knows your name and knows your circumstance. He hears your prayers. He knows your hopes and dreams, including your fears and frustrations. And He knows what you can become through faith in Him. Seek to comprehend the significance of these doctrines.

Cherish your esteemed place in the sight of God. He needs you.



This Church needs you. The world needs you.

If for a time any of you are less visionary than this or seem bent on living beneath your privilege, then we express even greater love for you and plead with you to make your teenage years a triumph, not a tragedy. Fathers and mothers, prophets and apostles have no motive except to bless your life and to spare you every possible heartache we can spare you.

For you to fully claim Heavenly Father's blessings and protection, we ask you to stay true to the standards of the gospel of Jesus Christ and not slavishly follow the whims of fads and fashions. Our standards are not socially negotiable.

A woman not of our faith once wrote something to the effect that in her years of working with beautiful women she had seen several things they all had in common, and not one of them had anything to do with sizes and shapes. She said the loveliest women she had known had a glow of health, a warm personality, a love of learning, stability of character, and integrity. If we may add the sweet and gentle Spirit of the Lord carried by such a woman, then this describes the loveliness of women in any age or time, every element of which is emphasized in and attainable through the blessings of the gospel of Jesus Christ.

May you let the eternal realities of the gospel of Jesus Christ lift you above temporal concerns and teenage anxieties. **NE**

From the October 2005 general conference address "To Young Women" (Ensign, Nov. 2005, 28–30).

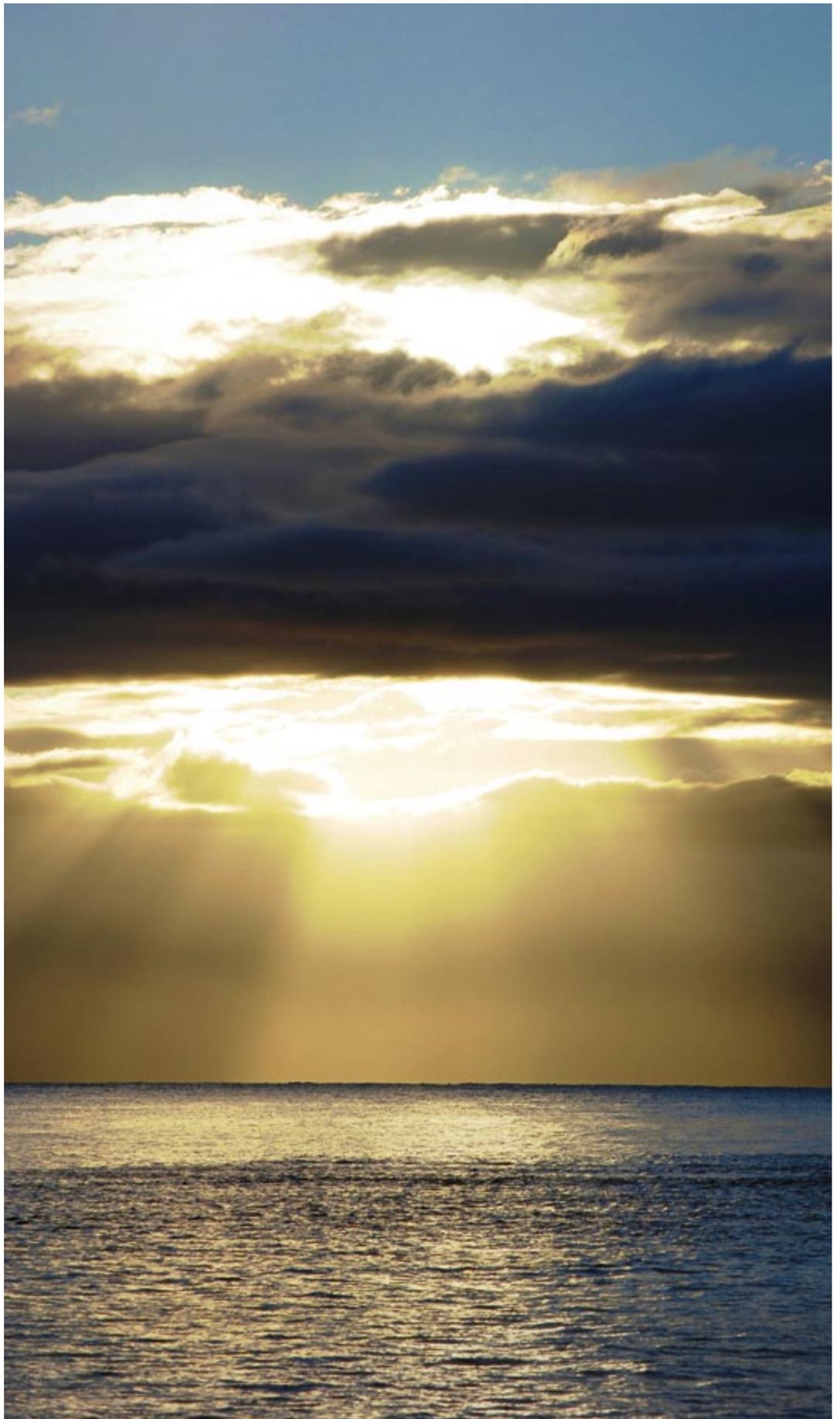
Share Your Experiences

Share your experiences in applying this principle and read the experiences of other youth by going to lds.org/go/92G.

Revelation

By Teresa Bateman

Revelation is a sunbeam
scattering a fury of fog.
Radiant light,
dispelling night.
Proving to clouded minds
that the sun still shines—
impossibly bright.



WHAT'S ONLINE

Find Strength through the Holy Ghost

When it seems hard to choose the right in today's



society, remember that the Holy Ghost will guide you. Watch a *Mormon Messages for Youth* video about how President Boyd K. Packer received this protection as a youth and hear his counsel for you today at [lds.org/go/92H](https://www.lds.org/go/92H).

Stories from Seminary Teachers

Check out the Mormon Channel's audio program *For the Youth*, where seminary teachers share insights about the scriptures, conference talks, and stories from their lives. Visit [lds.org/go/92J](https://www.lds.org/go/92J) to hear topics like these:

- "How to Be Happy" (episode 4)
- "Repentance" (episode 8)
- "Overcoming Negative Peer Pressure" (episode 18)
- "Power of Music" (episode 23)
- "Dating" (episode 26)



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THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS