

SEPTEMBER 2018

THE

New Era



THAT MOVES

MUSIC

p. 16

8WAYS
MEEK≠WEAK

p. 6

WORKING TO
PREVENT SUICIDE

p. 10

MEET
ELDER SOARES

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Cover: Music That Moves, p. 16
Cover photograph: Carrie Ryan

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MAIL: New Era Editorial, 50 E. North Temple St., Rm. 2377, Salt Lake City, UT 84150-0024, USA.
For return, include a self-addressed, stamped envelope.

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

To subscribe:

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

Online: Go to store.lds.org

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

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POSTMASTER: Send all UAA to CFS (see DMM 507.1.5.2).

NON-POSTAL AND MILITARY

FACILITIES: Send address corrections to Distribution Services, Church Magazines, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.

Canada Post Information: Publication Agreement #40017431.

His family
**joined
the Church**
when he was 6.



He filled out his
mission papers
when he was 11 to
use as a goal.



Born in
**São Paulo,
Brazil** on
October 2, 1958.

Elder

ULISSES SOARES



Served a full-time mission in
the **Brazil Rio
de Janeiro
Mission.**



Attended the
**São Paulo
Pontifical
Catholic
University**
(bachelor's
degree in
accounting and
economics,
master's in
business
administration).

He worked for
Pirelli Tire Company.



Has **3 children** and
3 grandchildren.



Bonjour

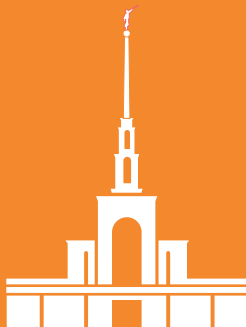
**¿cómo
estás?**

Hello

OLÁ

Besides his native
Portuguese, he speaks
**English, French,
and Spanish.**

Married
Rosana Fernandes
in the
**São Paulo
Brazil Temple**
in October 1982.



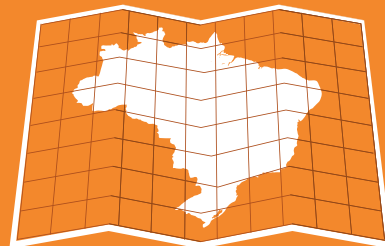
The LDS branch he first
attended met in a rental
space **above a bakery.**



Sustained
as a member of the
**Quorum
of the
Twelve
Apostles**
on March 31, 2018.



He is the
**first Latin
American
Apostle.**

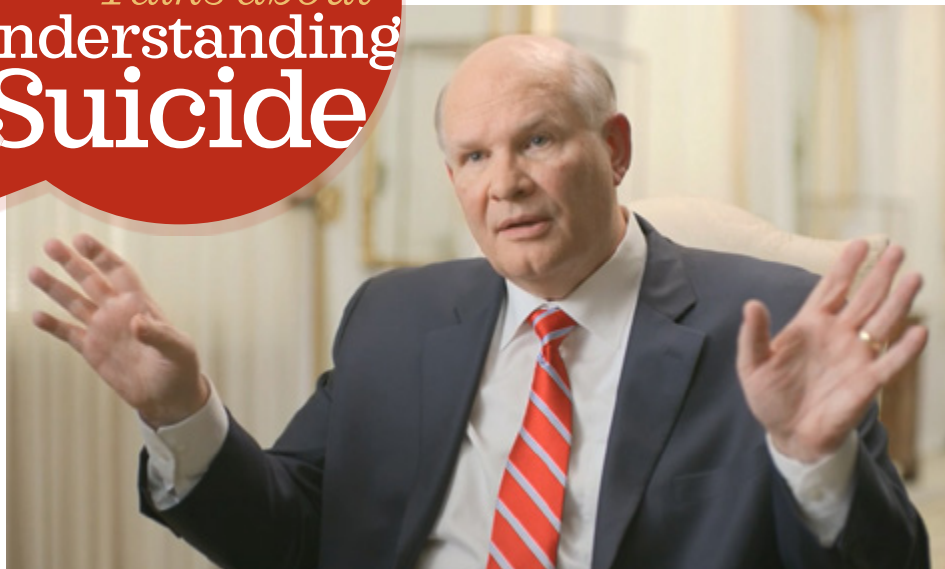


He served as **Area President**
in Brazil before being called to be
an Apostle.

His friends
gave him a
**mosaic
of Christ**
when he moved
from Brazil.



An
Apostle
Talks about
**Understanding
Suicide**



Watch Elder Renlund's video series about how you can help prevent suicide and understand those who are having suicidal thoughts.

Go to **preventingsuicide.lds.org** to see the videos and get other helpful information.

Also, see
p.10 to find
out how
YOU can
help!

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

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

September 2018 • Volume 48 • Number 9



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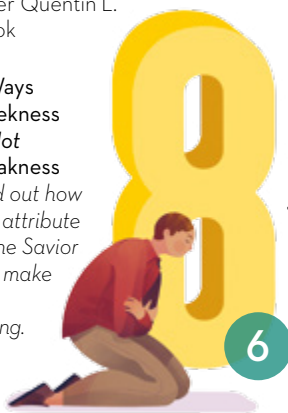
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Elder Quentin L. Cook

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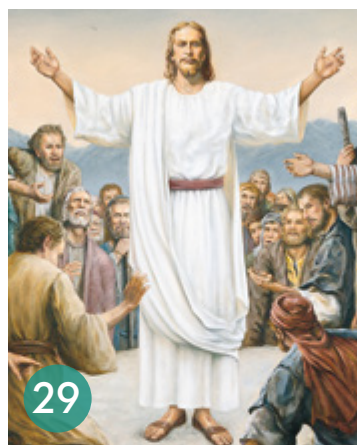
M. Joseph Brough

WRITE & REMEMBER

Use your awesome new General Conference Notebook to turn your inspiration into action!

Snap a pic of your notes and send it in! Use the hashtag **#LDSconf**, DM us on Instagram

@LDSYouth, or email us at **newera@ldschurch.org** by Monday, October 8, 2018.



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Editor's Note:

This month, New Era subscribers received a special General

Conference Notebook to help focus on learning from conference. It takes the place of 16 pages in this issue. Next month's issue will return to the full number of magazine pages.

CHOICES, COMMANDMENTS AND GOD'S

Our choices determine happiness or misery in this life and in the life to come.



By Elder
Quentin L. Cook

Of the Quorum of
the Twelve Apostles

IN THE PREMORTAL council in heaven, the Father's plan included agency as an essential element. Lucifer rebelled "and sought to destroy the agency of man" (Moses 4:3). Accordingly, the privilege of having a mortal body was denied Satan and those who followed him.

Other premortal spirits exercised their agency in following Heavenly Father's plan. Spirits blessed by birth to this mortal life continue to have agency. We are free to choose and act but not free to control the consequences of our choices. Hence, our choices determine happiness or misery in this life and in the life to come. "Choices of good[ness] and righteousness lead to happiness, peace,

and eternal life, while choices of sin and evil eventually lead to heartache and misery."¹

We cannot blame circumstances or others for a decision to act contrary to God's commandments. We are all responsible and accountable to God for how we develop Christlike attributes, talents, and abilities, and we are responsible for how we utilize the time allotted to us in this existence.

WHY WE HAVE COMMANDMENTS

We knew in the premortal existence that the exercise of agency could result in opposition and conflict—the war in heaven is evidence of this truth. We knew that in addition to war and violence there would be significant



sinful conduct across the entire world. We also knew that Jesus Christ was willing to pay the price for these sins. His suffering, which was beyond comprehension, would result in victory over sin and spiritual death. His Resurrection would overcome physical death. We had confidence that following mortal death, we would all live again.

The Savior, who paid a price for all of us beyond what we can fully comprehend, did not achieve the Atonement so we can concentrate on non-eternal materialistic goals or, for that matter, frivolous, self-indulgent fun and games. Think about the Lord's purpose when He stated, "For behold, this is my work and my glory—to bring to pass the immortality and eternal life of man" (Moses 1:39).

Some seem to say or imply, "Wouldn't a loving Father in Heaven be satisfied if I am less than I ought to be? Would He really deny me blessings just because I like to drink alcohol and coffee?" Unfortunately, that is the wrong question and displays a lack of understanding of the Father's plan. The real question is "How can I be the righteous,

loving person my Father and the Savior would want me to be?" The scriptures declare, "[Where] much is given much is required" (Doctrine and Covenants 82:3).

In a world where rewards and trophies are often received for merely participating, standards and expectations may seem unfair or even cruel. This is particularly true for those who insist on following their own path without complying with the Father's plan, regardless of the consequences.

Many justify sinful conduct and use as their defense, "Jesus taught us to love everyone." This, of course, is true, but often those who advocate this position seem inclined to ignore His equally important admonition, "If ye love me, keep my commandments" (John 14:15).

It is not appropriate for us to negotiate the terms of our relationship with the Godhead. Having a broken heart and contrite spirit is the initial requirement for starting on the covenant pathway initiated by baptism. Humble supplication to Deity is called for. As we are taught by King

Benjamin: “For behold, are we not all beggars? Do we not all depend upon the same Being, even God, for all the substance which we have . . . of every kind?” (Mosiah 4:19).

RESPONDING TO THE CHOICES OF OTHERS

We must be kind and compassionate and treat everyone with respect, even when they choose a path that we know is not consistent with the Father’s plan and the Savior’s teachings. But if we really want to be kind, we must also teach repentance. It is

not kind, and we don’t do anyone a favor, when we refrain from urging those we love to change their lives and accept the Savior’s Atonement. There are incredible, eternal blessings that await those who repent.

The Savior Himself made this clear in speaking to the Nephites when He said, concerning those who would repent, “Him will I hold guiltless before my Father at that day when I shall stand to judge the world” (3 Nephi 27:16). He went on to say, “And no unclean thing can enter into his kingdom; therefore nothing

entereth into his rest save it be those who have washed their garments in my blood, because of their faith, and the repentance of all their sins, and their faithfulness unto the end” (3 Nephi 27:19).

IF YOU NEED TO REPENT

Please know that you can become clean. You can find the joy you desire in this life. You should never assume that you are beyond redemption. You are not. At your core you are a child of God. You can have hope and joy. You can change your heart and repent. You can forgive and be forgiven.

RIGHTEOUSNESS TAKES FEAR AWAY

The scriptures are clear that in the last days there will be “wickedness and abominations” (1 Nephi 14:12). However, the Saints, small in number and scattered upon all the face of the earth, will be “armed with righteousness and with the power of God in great glory” (1 Nephi 14:14). The Lord promised that He will “preserve the righteous” and we “need not fear” (1 Nephi 22:17).

To paraphrase Romans 12:12, “Be joyful in hope, patient in affliction, and faithful in prayer.” In doing so, you can enjoy and achieve all that the Savior has promised you. **NE**

From a Worldwide Devotional for Young Adults given on September 11, 2016.

NOTE

1. *True to the Faith: A Gospel Reference* (2004), 12.



**“THERE ARE INCREDIBLE,
ETERNAL BLESSINGS THAT
AWAIT THOSE WHO REPENT.”**

SOMETIMES YOU JUST HAVE TO

HANG ON



Your perseverance, like the tenacity of
a bulldog, will get you through. And that's the dog-gone truth.

"My righteousness I hold fast, and will not let it go" (Job 27:6).

8 WAYS

MEEKNESS
IS NOT
WEAKNESS



WANNA GET STRONG?
GET MEEK!



By Eric B. Murdock

Church Magazines

“Now, let’s be meek about this!”

That’s not something you’re likely to hear very often. That’s because meekness is often associated with being weak and wimpy—a doormat to walk all over. For this reason, meekness may be among the most misunderstood words in the scriptures! But the Savior referred to Himself as “meek and lowly in heart” (Matthew 11:29). As His disciples, shouldn’t we also try to be meek?

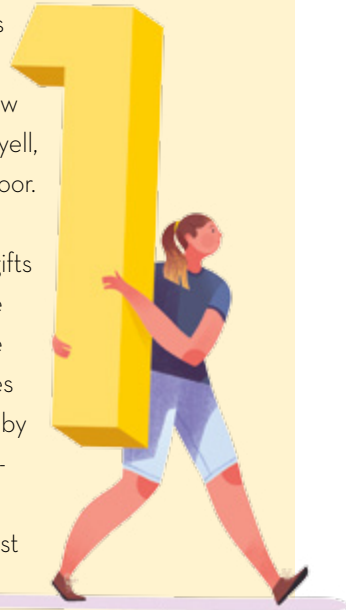
Elder David A. Bednar of the Quorum of the Twelve Apostles has said: “Meekness is strong, not weak; active, not passive; courageous, not timid; restrained, not excessive; modest, not self-aggrandizing; and gracious, not brash. A meek person is not easily provoked, pretentious, or overbearing and readily acknowledges the accomplishments of others.”¹

Meekness is an attribute of the Savior that’s desperately needed today. Here are eight ways meekness is a strength, not a weakness.

THE MEEK HAVE SELF-CONTROL

There are going to be days when things don’t go your way. If, say, your younger sibling gets on your nerves one day, how do you respond? You could get angry, yell, storm off to your room, and slam the door. But not if you’re meek.

One of Heavenly Father’s greatest gifts is the freedom to act for ourselves. We can control how we act. We don’t have to yell or scream. Instead, the scriptures say we should interact “by persuasion, by long-suffering, by gentleness and meekness, and by love unfeigned” (Doctrine and Covenants 121:41). Or we may just need to walk away.



THE MEEK ARE HUMBLE AND TEACHABLE

When I was learning to drive, my dad wanted to teach me how to jump-start a car. With jumper cables in hand, he opened the hood of our car and told me where the cables go on the engine.

“Yeah, I already know how to do it, Dad!” I said, even though I really didn’t.

A short time later, my friend’s car battery died. He asked if I could give his car a jump. I grabbed the jumper cables from my trunk, looked at my friend’s car, and just stood there. I had no clue how to jump-start a car. At that moment, I wished I had been humble enough to listen to my dad.

When we’re humble, we’re teachable. When we’re teachable, we learn. Learning brings knowledge, skill, progress—and strength.

We’re here to learn and prepare for eternal life—something way more important than how to use jumper cables. And our Heavenly Father has a lot to teach us about it. He promises the humble that He will lead them by the hand (see Doctrine and Covenants 112:10). Being humble and teachable is essential to our progress and happiness.





THE MEEK ARE BOLD

The Book of Mormon provides a great example of how meekness and boldness work together. Abinadi boldly taught and testified before King Noah that if he and his people did not repent, they would be brought into bondage. This made King Noah mad.

He ordered that Abinadi be killed.

But King Noah's men couldn't touch Abinadi because the Spirit of the Lord was upon him. He continued to deliver his message with power and authority from God.

Because Abinadi would not deny his words, he was sentenced to death by fire. Through all of this, Abinadi was both bold and meek. Because he was meek, he feared God more than man and boldly fulfilled his mission, no matter what might happen to him.

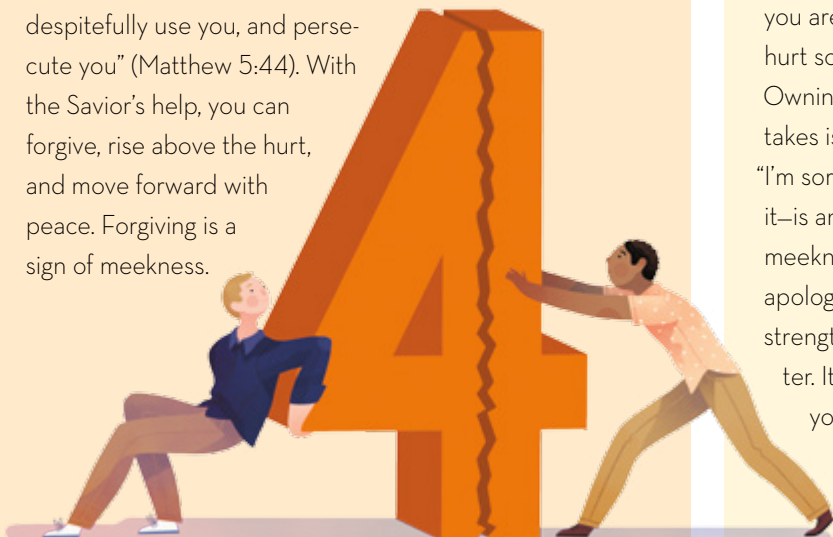
You can be bold too. You can boldly stand up and testify of what you know to be true. As you do so, you show meekness because you are willing to follow the Savior.



THE MEEK FORGIVE

Has someone hurt your feelings or mistreated or disrespected you? It can be hard to forgive and let it go. But if we don't forgive, bitterness and anger can grow and become a very heavy burden.

The Savior taught us to forgive. He said, "Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you" (Matthew 5:44). With the Savior's help, you can forgive, rise above the hurt, and move forward with peace. Forgiving is a sign of meekness.



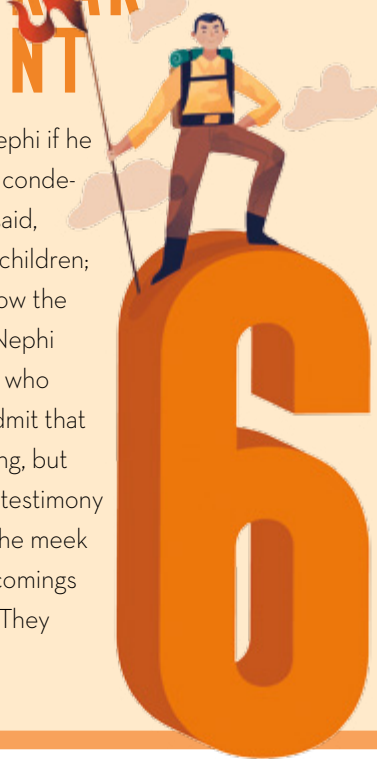
THE MEEK SAY "I'M SORRY"

There might be times when you are the one who has hurt someone's feelings. Owning up to your mistakes is not easy, but saying "I'm sorry"—and meaning it—is an important part of meekness. A genuine apology requires strength of character. It shows that you're willing to make things right when you've done wrong.



THE MEEK ARE CONFIDENT

When the Spirit asked Nephi if he knew the meaning of the condescension of God, Nephi said, “I know that he loveth his children; nevertheless, I do not know the meaning of all things” (1 Nephi 11:17). Like Nephi, those who are meek are willing to admit that they don’t know everything, but they’re confident in their testimony of things they do know. The meek acknowledge their shortcomings but don’t dwell on them. They trust in Heavenly Father.



Can you think of times in the Savior’s life when He showed meekness?
How did the Savior show how meekness brings confidence?
How did meekness help the Savior serve others? Forgive others?

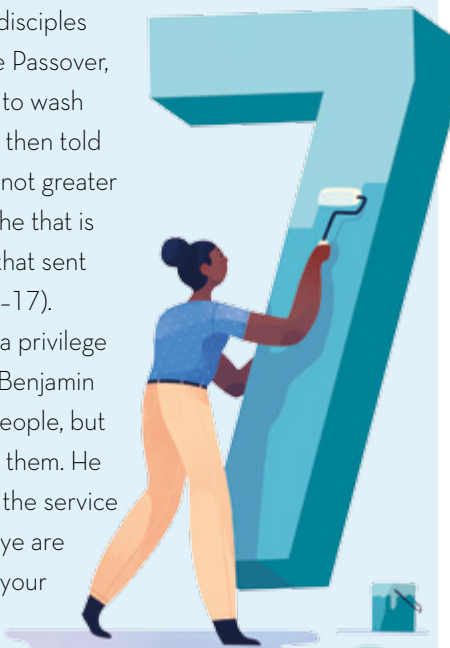
THE MEEK HAVE THE SPIRIT WITH THEM

Meekness is a fruit, or result, of having the Spirit (see Galatians 5:22–23). At the same time, meekness also brings the Spirit into our lives (see Moroni 8:26). We should strive to have the Spirit with us in all we do. Submitting ourselves to being guided and directed by the Spirit shows our willingness to follow the Savior throughout our lives. This quality is at the heart of meekness—and brings us great strength.



THE MEEK SERVE OTHERS

When Jesus and His disciples were gathered for the Passover, Jesus took a moment to wash His disciples’ feet. He then told them, “The servant is not greater than his lord; neither he that is sent greater than he that sent him” (see John 13:12–17). The meek consider it a privilege to serve others. King Benjamin was a ruler over his people, but he took time to serve them. He said, “When ye are in the service of your fellow beings ye are only in the service of your God” (Mosiah 2:17).



Walk in Meekness

Being meek might seem challenging, but we are promised that we are not alone in our efforts. The Savior taught, “Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls” (Matthew 11:29). He also said, “Learn of me, and listen to my words; walk in the meekness of my Spirit, and you shall have peace in me” (Doctrine and Covenants 19:23).

Elder Bednar has said: “Meekness is an attribute developed through desire, the righteous exercise of moral agency, and striving always to retain a remission of our sins. It also is a spiritual gift for which we appropriately can seek.”² We can learn what it means to be meek. We can also feel the peace and joy that comes from humbly living His gospel. **NE**

NOTES

1. David A. Bednar, Apr. 2018 general conference.
2. David A. Bednar, Apr. 2018 general conference.

AMBASSADORS OF HOPE: WORKING TOGETHER TO PREVENT SUICIDE



YOU CAN STRENGTHEN YOUR
FRIENDS BY SPREADING THE LIGHT
AND HOPE OF JESUS CHRIST.



By Maryssa Dennis

Church Magazines

In the diplomatic world, ambassadors represent their country to another group of people. But *you* can be an ambassador without even needing a passport! In a world that sometimes seems very dark, you can be an ambassador of hope and light. Just ask Jackson L. (left, in brown pants), from Utah, USA, who is a member of his school's HOPE Squad—a peer-to-peer suicide prevention program. Through an organization called Hope4Utah, he has learned to recognize warning signs, be a friend, and bring hope to his school.

WE NEED YOU

“Being on the HOPE Squad has really opened my eyes,” Jackson says. “There are classmates, friends, and family members who are struggling.”

Jackson has learned that while he is not responsible for the decisions his friends make, there are things he can do to help them get through a crisis. Studies show that 7 out of 10 teens who are depressed or thinking about suicide will tell a friend before talking to an adult.¹ That means that you are in a powerful position to help your friends.

As Sister Carol F. McConkie, former First Counselor in the Young Women General Presidency, has said: “We have a covenant responsibility to look out for one another, to link arms one with another and walk this path together. In other words, put down the phone and look and see who needs your help.”²

You don’t need to be part of a formal organization to make a difference at school or with your friends. Here are tips that can work anytime, anywhere.



WHAT TO DO

To be an ambassador of hope, try to **recognize, reach out, and report.**

1. **RECOGNIZE** the warning signs that someone needs help.³

Look out for those who are:

- Feeling depressed or hopeless.
- Acting recklessly.
- Withdrawing from friends and activities.
- Giving away valued possessions.
- Dealing with stressful situations like loss, major life changes, bullying, etc.
- Changing sleeping, eating, or hygiene habits.
- Talking about or making plans for suicide—saying things like, “I wish I’d never been born” or “Everyone would be better off without me.”

2. **REACH OUT.** Being an ambassador is all about connecting. Find a time when you and your friend can talk openly. You might worry that bringing up self-harm or suicide will make things worse, but that’s a myth. When you have the courage to speak up, you actually give the person a lifeline and let them know you care.

“Don’t be afraid to ask a friend if they are struggling,” says Dr. Greg Hudnall, a suicide prevention expert and founder of Hope4Utah. “Be direct, but don’t lecture or judge.” He recommends using an “I” message, which comes across as caring and concerned instead of



“FOR THOSE WHO ARE STRUGGLING WITH A SENSE OF THEIR OWN SELF-WORTH, OR EVEN STRUGGLING TO FIND A PURPOSE TO LIVE, I WANT TO PERSONALLY GIVE MY REASSURANCE THAT YOU ARE BELOVED OF GOD. . . . HE KNOWS YOUR IDENTITY. HE KNOWS YOUR STRUGGLES. AND OUR SAVIOR IS THERE TO SUPPORT YOU. YOU CAN FEEL THAT POWER IN YOUR LIFE AS YOU SEEK THE HOLY GHOST. . . . I WOULD COUNSEL YOU TO REACH OUT AND BE WILLING TO TALK TO THOSE THAT YOU TRUST, BECAUSE IN TALKING ABOUT THESE THINGS, YOU ARE IN ESSENCE SHARING YOUR BURDEN WITH SOMEONE THAT YOU LOVE AND SOMEONE WHO LOVES YOU. IT’S A PROCESS OF HEALING.”

Carol F. McConkie, former First Counselor in the Young Women General Presidency

lecturing. For example: “I noticed in class today that you were struggling. I am wondering if you’re OK. Are you thinking of hurting yourself?”

Pray for the Spirit to help you know what to say. If your friends are struggling with suicidal thoughts or other serious challenges like depression or anxiety, don’t just tell them to snap out of it! Elder Dale G. Renlund of the Quorum of the Twelve Apostles taught, “The way we talk to someone who is healthy and maybe just going through a blue spell is different from the way we would talk to someone with mental illness.” He recommends saying something like, “You’re not alone.

We’re here with you. We will help you through this.”

And remember to really listen instead of planning what you’re going to say next. As Elder Renlund put it, “Having people talk and explain how they feel, and encouraging them to talk, is probably more important than giving advice.”⁴

- 3. REPORT.** When you find out that a friend is struggling, you might be tempted to keep these worries to yourself. Your friend might even ask you not to tell anyone. But ambassadors speak up! Offer to go with them to talk to a trusted adult, like a parent, school counselor, or church leader. Refer them



IF YOU ARE STRUGGLING

Don’t give up! You are important and loved. The world is a better place because you are here, and *your life is worth saving*. Talk to a trusted adult for help—a parent, doctor, school counselor, or Church leader. If you are in crisis, call your national suicide help line (look under “Resources”). Jesus Christ can help you find light and hope when all you feel is darkness and despair.

RESOURCES

- [befrienders.org](https://www.befrienders.org)
- [suicide.org/international-suicide-hotlines.html](https://www.suicide.org/international-suicide-hotlines.html)
- [iasp.info](https://www.iasp.info)
- [preventing suicide.lds.org](https://www.preventingsuicide.lds.org)

to your national suicide help line or crisis text line. If they are threatening to hurt themselves or others, take them to a hospital or call emergency services, and stay with them until they get professional help. If they are not in immediate danger, look for ongoing ways to include and support them. “Create opportunities for them to be part of something,” Dr. Hudnall says. “Try inviting them to do something active with you, like running, riding bikes, or swimming.” Physical activities are good because movement can help improve mood.

DON'T UNDERESTIMATE YOUR POWER

Imagine for a minute how different the world would be if every person had a supportive friend. We can't save the whole world, but we can be a friend to those who need one.

Sister McConkie urged us to be “willing to widen your circle of friends” and “accept others, even though they may be different than you.” She pointed out that befriending someone may make the difference between them moving forward with hope or doing something destructive, like suicide. “Be the difference,” she encouraged. “You have that much capacity for good.”

By reaching out, you are following the example of the ultimate source of hope: Jesus Christ.

“Our HOPE Squad adviser tells us that we are ‘ambassadors of hope,’” Jackson says. “I love that, because we are not only ambassadors of hope but also ambassadors of Jesus Christ. Ultimately, He is our hope.”

When we show Christlike love for others, we can help them find hope and healing.

“I know that if Jesus Christ were here on earth, He would be reaching out to others just as we are,” Jackson says. “It brings me comfort to know that I am doing as He would do.” **NE**



“IF WE TRY TO JUST GET THROUGH THE NEXT DAY, AND THEN THE NEXT DAY, AND THEN THE NEXT DAY, . . . THE LORD WILL HELP US WITH THAT. THERE'S THIS PARTICULAR VERSE THAT ISAIAH GIVES THAT IS REMARKABLE. HE SAYS, 'WHEN YE ARE WEARY HE [THE SAVIOR] WAKETH MORNING BY MORNING' [2 NEPHI 7:4]. HE'S THERE EVERY DAY. . . . SO IF THE BEST YOU CAN DO IS TO GET UP OUT OF BED IN THE MORNING, JUST KNOW THAT HE IS THERE WITH YOU. . . . COUNT IT AS A WIN, AND THEN GO ON. IF THAT'S THE BEST THAT CAN HAPPEN THAT DAY, KEEP TRYING.”

Elder Dale G. Renlund of the Quorum of the Twelve Apostles

NOTES

1. See “What Are Hope Squads?” Hope4Utah, hope4utah.com/hope-squad.
2. Interview with Sister McConkie on Jan. 19, 2018.
3. See “The Warning Signs of Suicide,” Befrienders Worldwide, befrienders.org/warning-signs, and “Suicide: What to Do When Someone Is Suicidal,” Mayo Clinic, mayoclinic.org/diseases-conditions/suicide/in-depth/suicide/art-20044707.
4. Interview with Elder Renlund on Jan. 23, 2018.

TAKE THE SAVIOR'S HAND

"I solemnly testify that Jesus Christ is risen, He lives, and He directs His Church on earth through His prophets, seers, and revelators. I testify that He is the Savior and Redeemer of the world and that through Him we can be saved and exalted in the presence of our dear God."

Elder Ulisses Soares of the Quorum of the Twelve Apostles, Apr. 2018 general conference.



Elder Soares enjoys time with two of his grandchildren.

ELDER ULISSES SOARES

"The golden pathway to happiness is one of selflessness and of giving love," Elder Soares said during a commencement address at BYU-Hawaii on June 8, 2017.



When Ulisses Soares was a young man, one of his friends invited him to a costume party. It sounded like a lot of fun. "But as soon as I arrived, I saw people doing bad things that were against what I had been taught," Elder Soares recalls. "I asked myself, 'How could I have put myself in this situation?' I knew better."

Elder Soares had received a ride to the party from some friends and had no way of getting home until after the party ended. He quickly said a prayer.

"I said, Lord, help me. I made a mistake," he remembers. "As soon as I had finished, He guided me. I found a way out of the home and stayed outside during the whole party."

The next day at church, he says, "I was able to worthily partake of the sacrament even though all kinds of bad things were happening around me the night before."

That experience was one of several in his youth that taught Elder Soares the importance of holding tight to the iron rod.

"You do your part, and the Lord Jesus Christ will do His part," Elder Soares says. "Hold tight to His hand, and He will guide you. He will inspire you where to go and what to do. Then, even though you're facing challenges and even though you're facing this crazy world pushing against you, you can go forward and you can overcome."

Elder Ulisses Soares was sustained as a member of the Quorum of the Twelve Apostles on March 31, 2018.



Above: Elder Soares with missionaries while serving as president of the Portugal Porto Mission; in 1975, at age 16 (second from right), performing during an area conference, where the first South American temple was announced for São Paulo; and preparing dinner with his wife, Rosana. “The best pizza I have ever eaten is Brazilian pizza cooked by Elder and Sister Soares in their flat in Johannesburg, South Africa,” says Elder Dale G. Renlund.

Below: on assignment with Sister Soares; and as a full-time missionary (right) in the Brazil Rio de Janeiro Mission.



“Do your part,” Elder Soares counsels, “and the Lord Jesus Christ will do His part.”

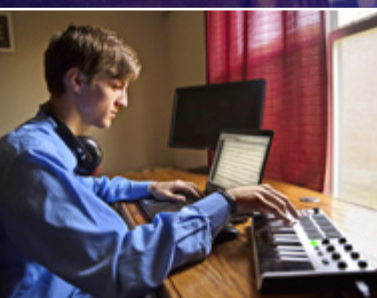
“WE MUST HOLD EVER MORE TIGHTLY TO OUR TESTIMONY OF THE GOSPEL OF JESUS CHRIST. THEN WILL OUR ABILITY TO DEFEND TRUTH AND JUSTICE GREATLY INCREASE. WE WILL WIN THE DAILY BATTLES AGAINST EVIL, AND... WE WILL RALLY OTHERS TO THE MASTER'S STANDARDS.”

Elder Ulisses Soares, Apr. 2015 general conference.



MUSIC

THAT



MOVES

By David A. Edwards

Church Magazines

When it comes to developing his talents and serving others, this young man from Texas, USA, knows the score.

Ever since he was little, Chance A. has always loved movies. And growing up in a musical family, he's always loved music too. Now, at age 17, he's working—and already finding success—where movies and music come together.

A SEARCH FOR EXPERIENCE

"A lot of my favorite composers are film composers," says Chance, who lives in Texas, USA. "I get so inspired by their music. I'm able to connect on an emotional level with the video and the music that attaches to it."

He loves movie music so much that he wanted to give film scoring a try. So, of course, he searched "film-scoring contest" on the internet. In order to gain experience, he had entered a couple of small music-composition contests before, without any success. But then he saw the top hit on his web search: the fifth annual Marvin Hamlisch Film Scoring Contest. This international competition, named for a famous film composer, includes a youth category. It's a pretty big deal. Chance decided to enter it. It would be good experience, he thought.

He was sent a four-minute animated film to score. He was excited. He was ready. He had time—the submission deadline was three months away. The music that had been bottled up inside him could now come pouring out.

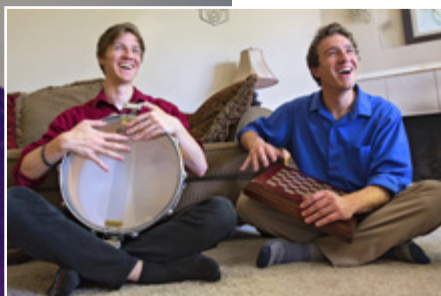
But then weeks went by. He watched the video over and over, he thought, he prayed—and no inspiration came. Feeling completely blocked, he shared his frustration with his mom (who, incidentally, is a vocal performer and majored in music). It was a good move.

"There's a pivotal point in the film," says Chance, "a climax in the story that the music should lead up to. My mom had the brilliant idea to just start there. So I got that section written out and scored and then worked my way backward to the beginning and then on to the end." He felt the inspiration flowing.

The rest, as they say, is history.

He submitted his entry. A while later he learned he had made the top 10. He was overjoyed. Then, a couple of months after that, he received an email thanking everyone for entering. The next line said he was the winner. "When I read that, I jumped up. I was amazed!" he says.

He and his mom got to go to New York City to accept the award. While he was there, he met other composers as well as people involved in other aspects of film and animation.



Chance A. of Texas, USA, composes music in his studio/hallway closet. Above: Playing percussion with his brother Brendon.

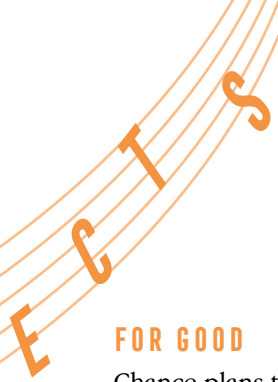
PHOTOGRAPHS BY CARRIE RYAN



MUSIC

"Music can have a lot of influence upon our spirits and the way we feel about our Heavenly Father," says Chance. In preparing for a mission, he says, "I've been really searching in-depth... so that I can have enough spiritual foundation to teach others in the field."





FOR GOOD

Chance plans to study film composing in college and eventually make a career of it. Because he knows the powerful influence music can have on people—for either good or bad—he wants to create music that moves people and connects them with something higher, better, and more positive.

“Music can have a lot of influence upon our spirits and the way we feel about our Heavenly Father,” he says. “There are moments where I feel more spiritually connected to my Heavenly Father because of music.

“For me personally, I have an emotion with music that really gets me through my trials. I would love more than anything to share that same help and spirit and emotion with as many people as I can.

“I’ve really gained a testimony of how music can shape our lives. With this career path I’ve chosen and the talent God has given me, it’s really helped me to understand that music is a very vital, important part of our lives. We must use it to the fullest good.”

A PART TO PLAY

This drive to influence others’ lives for good is also reflected in Chance’s Church service. As the first assistant in his ward’s priests quorum, he helps the bishop meet the needs of ward members. His quorum and the other Aaronic Priesthood holders have many opportunities to serve, and they’re glad to do it.

“A lot of times in our meetings with the bishop they’ll discuss someone in need living in a poorer area or even something as simple as someone needing to fix a fence,” he says. “We’ll do whatever we can to help those around us.”

Ministering to the needs of others has helped him see the strength that comes from the united efforts of Church members. “It just amazes me how we all come together as a ward and help each other out,” he says. “We’re all able to join together and care about each other.”

In addition, Chance is preparing to serve others as a full-time missionary. “I’m being the best example I can be, and I’m learning as much as I can,” he says. “I’ve been really searching in-depth how I can gain that personal revelation of why missions are important so that I can have enough spiritual foundation to teach others in the field.”



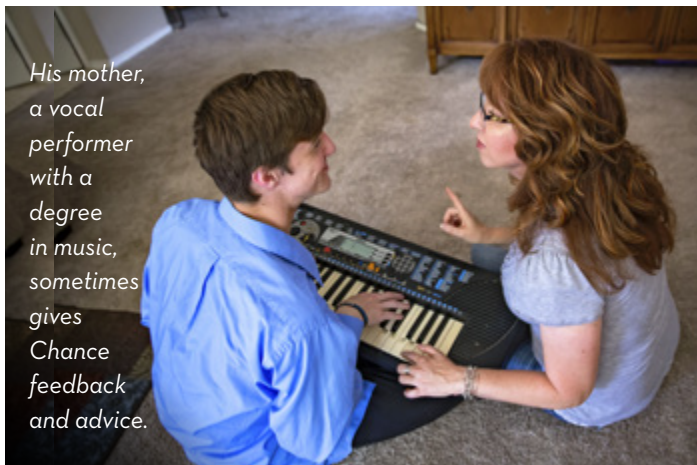
In addition to drums, Chance likes to play ukulele ...



... and keyboards ...



... and maybe a little more ukulele.



His mother, a vocal performer with a degree in music, sometimes gives Chance feedback and advice.

FOR LOVE

Whether it's bringing the joy of music to the world, fixing a neighbor's fence, or teaching the gospel, Chance has discovered the strongest and purest motivation behind it all.

"One of the most important things I've learned is the love God has for us," he says. "I was going through a really tough time, and I was filled with this hatred and was blaming God for my issues. I was saying, 'Why did you allow this to happen? Am I not worth it?' And through this experience, I had a great moment at Especially for Youth. I learned that the number-one important thing about this gospel is that God always loves us. No matter how far gone we are, He always, always loves us and wants us to be happy and will do everything He can for us to be happy."

Knowing God's love makes Chance want to spread it around. And he'll be happy if he can add some joyful tones to the soundtrack of life. **NE**

Some information in this article was taken from an online article by Bethany Packard.



"One of the most important things I've learned is the love God has for us," says Chance.

PHOTOGRAPHS BY CARBIE RYAN, LAUREL MORAN, TORREY ANDERSON, AND SPENCER BRANDON



Chance traveled to New York City with his mother to receive the first-place award in the youth category of the Marvin Hamlisch Film Scoring Contest.



MORE ABOUT CHANCE

Age: 17

Location: Texas, USA

Musical instruments: drums (played quads in drumline), piano, ukulele.

Music he grew up with: “We’d listen to everything from the Mormon Tabernacle Choir to the complete opposite end of the spectrum. It’s just a very wide range of music that filled my home.”

Awards: 5th annual Marvin Hamlisch Film Scoring Contest winner, youth category

Long-term career goal: scoring feature-length films

Favorite film composers: “I like the classics, like John Williams, Danny Elfman, and Michael Giacchino. But my all-time favorite composer would be Hans Zimmer.”

Location of music “studio”: hall closet at home

Go-to hymn for uplift: “Nearer, My God, to Thee” (Hymns, no. 100)

Siblings: 2 older brothers

Favorite sport: baseball

Favorite baseball team: Texas Rangers



Chance with his film scoring award.



He’s been a lifelong fan of Texas Rangers baseball.



REVELATION

TO THE PROPHET JOSEPH SMITH—AND TO YOU

By Ryan Carr
Church Magazines

Think of all the amazing things that Joseph Smith accomplished: translating the Book of Mormon, organizing the Church, receiving the priesthood, building temples, teaching the restored gospel, sending out missionaries. And it's all the more amazing that he did those things at such a young age.

How did he know how to do those things? Fortunately, he didn't have to guess—he was guided by revelation. Through these revelations, many of which are now contained in the Doctrine and Covenants, the Lord taught him doctrine, guided him in organizing the Church, and answered important questions. Here are just a few examples.

QUESTIONS ANSWERED BY REVELATION

- Who has authority to baptize? On May 15, 1829, Joseph Smith and Oliver Cowdery prayed about baptism. John the Baptist appeared and gave them the Aaronic Priesthood and commanded them to baptize one another. (See Doctrine and Covenants 13.)
- Is it OK to use tobacco? Chewing and smoking tobacco were common practices in Joseph Smith's

day. In 1833 he prayed for guidance on the topic and received the revelation known as the Word of Wisdom, which states that “tobacco is not for the body” (see Doctrine and Covenants 89).

- Why do we do temple work for the dead? Under the Prophet Joseph Smith's leadership, Church members built the Kirtland Temple and then the Nauvoo Temple, where they could perform baptisms and other temple ordinances. Doctrine and Covenants 128 explains that “we without them [the dead] cannot be made perfect; neither can they without us be made perfect” (verse 18).

You too can have the Lord guide your life and answer your questions through personal revelation. Sometimes those answers will come from the scriptures or from inspiration you feel in your heart and mind. And sometimes you move ahead in faith, not knowing exactly how things will turn out but trying your best to be obedient.

It usually takes time to find the inspiration and guidance you need. Like the Prophet Joseph, you can learn the Lord's will “line upon line, precept upon precept” (Doctrine and Covenants 98:12). As the Prophet did, begin with prayer. Ask Heavenly

Father for inspiration from the Holy Ghost. Search the scriptures and teachings of modern prophets. Make your decision and then ask if it's right (see Doctrine Covenants 9).

LEARNING OVER TIME

Take a look at this map, and you'll see where Joseph Smith was when he received these revelations from the Lord. The revelations came when and where Joseph Smith needed them, according to the Lord's will.

Joseph received 46 revelations in Kirtland, Ohio, but he didn't have to



The Doctrine and Covenants shows how revelation guided the Prophet Joseph Smith and gives a pattern for how inspiration can guide your life.

stay there to continue being guided by the Lord. He also received revelations in Pennsylvania, New York, Missouri, and Illinois.

These revelations came over a period of many years. Wouldn't it have been nice if the Lord had revealed everything Joseph Smith needed to know about the priesthood in one revelation? Instead, the Lord gave the Prophet revelations about the priesthood in 1829, 1830, 1832, 1835, 1841,

and so on (see, for example, Doctrine and Covenants 13; 20; 84; 107; 124).

Your gospel knowledge will grow over time too. As you learn the gospel with the help of the Holy Ghost—through the scriptures, general conference, Church meetings, seminary, and so on—your understanding will grow over time, just as Joseph Smith's did. **NE**



ACCOMPLISHMENTS AT A YOUNG AGE

“[Joseph Smith] was 14 at the First Vision and 17 at the first visit from the angel Moroni. He was 21 when he received the golden plates and just 23 when he finished translating the Book of Mormon (in less than 60 working days). Over half of the revelations in our Doctrine and Covenants were given through the Prophet while he was 25 or younger.”

President Dallin H. Oaks, First Counselor in the First Presidency, Apr. 1996 general conference.

I've Tied my Shoes

While learning of Jesus Christ, I have found great peace, comfort, and love—particularly in two comforting teachings: First, the Savior said, “Learn of me and listen to my words; walk in the meekness of my Spirit, and you shall have peace in me” (Doctrine and Covenants 19:23). This marvelous scripture, which invites us to find peace in the Savior, is this year’s Mutual theme. Second, the Savior taught, “Thou shalt love thy neighbour as thyself” (Matthew 22:39). As we reach out in service to others, we find peace. And that peace is frequently accompanied by feelings of love, comfort, and belonging, both for those who serve and those who receive service.

TWO SMALL ACTS

I remember two small acts of kindness, or service, that have had a profound impact on me and have brought me peace. As I share

SIMPLE ACTS of

KINDNESS
FROM OTHERS
HAVE

SHOWN

ME THAT

THERE'S ALWAYS

A WAY FOR ME

TO SERVE, NO MATTER HOW

SMALL



By M. Joseph Brough

Second Counselor in the
Young Men General Presidency

them, you may notice that the service rendered or the words shared took but a few seconds. Likewise, you may note that these acts showed me by example how to serve others. Hopefully, these examples will encourage you to take a moment each day and serve someone. And yes, that might include your brother, sister, mother, or father.

ARE YOU HAPPY?

A while ago, I had the opportunity to attend an event with a member of the Quorum of the Twelve Apostles. This particular event extended over a couple days and was attended by the Young Men and Primary General Presidencies. When the closing session was about to begin, a seat was being reserved for the Apostle towards the front of the room.

I was sitting back one row and saving a seat on the aisle for the other counselor in the Young Men General Presidency. To my surprise, the Apostle appeared and asked if he could sit next to me.

After a few moments, he grabbed my right wrist and said, “Joe, I am not sure that I am going to make it through this meeting. I am not feeling well.” I encouraged him to go back to his office, assuring him that we could cover the meeting and inform him of any happenings. However, he remained.

About a minute later, he grabbed my wrist again and said something like, “Joe, I do not know what is happening. I felt fine yesterday.” Again, I encouraged him to go back to his office and lie down. I knew that he had an upcoming international assignment and would need the rest.

Then, he grabbed my wrist again, looked me right in the eye, and asked, “Joe, are you happy?” I will never forget the rush of emotions. I felt love, compassion, appreciation, and peace all at once. It was just a question, but at that moment, I thought, “Are you kidding me? Here he is, an Apostle of the Lord, struggling with one of those bugs we all get, and he is worried about my happiness!”

I responded with openness and honesty right from my heart: “Yes, I am happy!”

To which he replied, “Good!” That brought another flood of emotions.

These few words were a small act of kindness that helped me feel both peace and happiness. I know that as we serve and are served, we can both experience and share happiness. Heavenly Father’s plan is called the plan of happiness (see Alma 42:8).

TIED WITH KINDNESS

My second example is also simple, but it too will never be forgotten. Following the closing prayer at a session of general conference in October 2017, the General Authorities and officers were leaving the stand when one of the Seventy tapped me on my shoulder and said, “Brother Brough, your shoe is untied.” He then knelt down and tied my shoe. *He knelt down and tied my shoe!*

I did not know what to do. I thought of pulling my foot away and saying, “No, I will do that.” At first, I was embarrassed that a member of the Seventy was kneeling and tying my shoe. Then I found myself feeling such love from this servant of Heavenly Father and also from Heavenly Father Himself. This was one of the kindest acts I have experienced in my whole life. With tears in my eyes, I thought, “What a great example! I might not be able to do much, but I, too, can always tie someone’s shoe.”

SERVICE IN HIS NAME

“Learn of me and listen to my words; walk in the meekness of my Spirit, and you shall have peace in me” (Doctrine and Covenants 19:23). The Master taught us about service. We need to learn of Him and listen to the Holy Ghost and Church leaders, and then we must bring service in His name to others. As we take time to speak a kind word, to take true interest in someone, or to perform an act as simple as tying someone’s shoe, we show that we are learning of Him and listening to His words, and that we are walking in the meekness of His Spirit. By doing so, we will find eternal peace. **NE**

FUN STOP

What's Different?

Can you find the 10 differences in these two pictures?



Cousin Calculations

Five cousins from ages 10 to 14 love to keep Great Uncle Chester guessing about their ages at family reunions (he can never keep them straight). They offer him a plate of chocolate chip cookies if he can solve their ages using these clues. Can you give him a hand?

1. Jesse is older than Kalinda.
2. Sara is younger than Jesse.
3. Kalinda is older than Meghan.
4. Meghan is older than Sara and Ty.
5. Ty is older than Sara.

	10	11	12	13	14
SARA					
MEGHAN					
KALINDA					
TY					
JESSE					



Big Message in Little Bubbles

Write the letters for the missing words in the spaces provided. The circled letters reveal the missing phrase from Alma 37:6.

1. "I [Nephi] spake unto ____ and ... he believed in my words" (1 Nephi 2:17).
2. "Ye receive no witness until after the ____ of your faith" (Ether 12:6).
3. "Send forth the elders of my church ... unto the ____ of the sea" (D&C 133:8).
4. "Have patience, and bear with those afflictions, with a ____ that ye shall one day rest from all your afflictions" (Alma 34:41).
5. "Inasmuch as ye have done it unto one of the ____ of these my brethren, ye have done it unto me" (Matthew 25:40).
6. "I'm all made of ____ 'cause ev'rything bends" (*Children's Songbook*, 277).

Quote: "By ____
____ are great things
brought to pass."

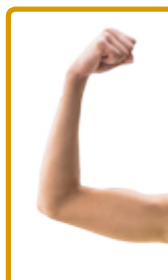
I'm pretty sure your chemistry homework is nothing like Nephi's ship, so no, I don't think you can shock us into helping you with it.



ARIE VAN DE GRAAFF

A Prophetic Puzzle

President Russell M. Nelson taught, "Receiving ____ is one of the greatest gifts of God to His children" (see "Revelation for the Church, Revelation for Our Lives," Apr. 2018 general conference). Solve the puzzle to find out the gift he was talking about.



-A-M



Condition
of this tire.

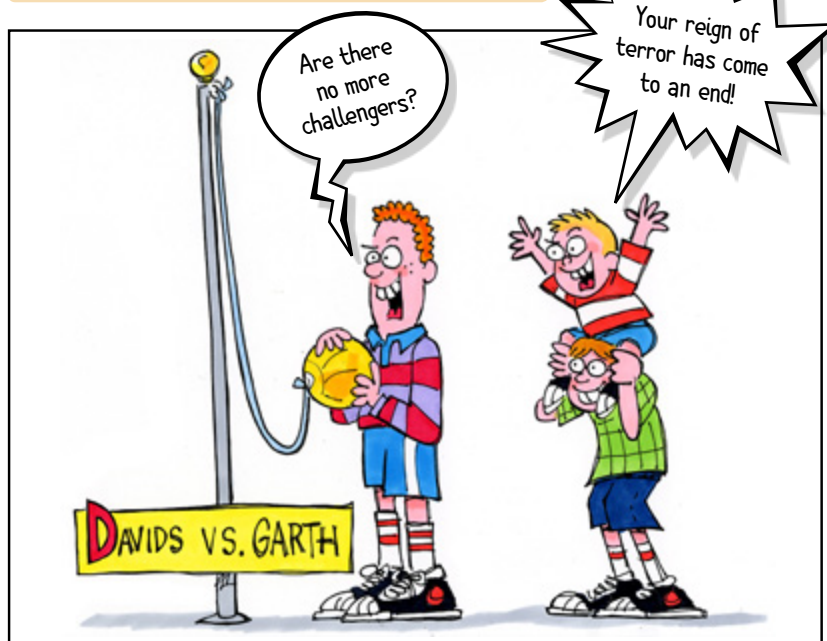
-F



A name
for the
"pure in heart"
(D&C 97:21)

-Z

=



VAL CHADWICK BAGLEY



SUMMER BIRD

“How can I resist using bad language if I hear it almost all day every day?”

Here are four tips to help you avoid using bad language:

- Consider what you watch and listen to. Avoid those things that promote bad language.
- Try to find better and healthier ways to express yourself when tempted to use a bad word.
- Ask your friends and family to use clean language around you and give them the same courtesy.
- Make a choice to do what the Apostle Paul taught: “Let no corrupt communication proceed out of your mouth, but that which is good” (Ephesians 4:29).



Don't Dwell on It

We can resist thinking about and using bad language by blocking it out of our minds.

When you hear someone using bad language, think of something else and try not to listen to their conversations. Memorize a good scripture or hymn you like so that you can have somewhere else to direct your thoughts.

Trevor S., 15, Utah, USA

Make a Decision

When I tell people I don't use foul language, they are shocked. I tell them it's because I made a choice early on to not use bad language. As my friends find this out, they try to use different words and phrases to express their feelings. I feel better knowing my friends respect me. I know that by using clean language, I am opening myself to the Spirit.

Rachel A., 16, Arizona, USA

Think before You Speak

It may be difficult, but there are at least three options: to not speak when we know we may be tempted to use bad words, to think before we speak, and to let the Holy Ghost help us control our tongues.

Julio M., 17, Mexico



Be Careful with Your Language

We need to be careful with our language, because it can inflict

damage on ourselves or others. Something that I am working on is to read a couple of scriptures before I lift weights instead of listening to bad language. Listening to clean music and watching clean movies can help us control the way we speak.

Jamison J., 17, Texas, USA



Think Positive

Replace the negative thoughts that are bringing the bad words into your mind with positive

thoughts. When you fill your mind with uplifting and optimistic thoughts, the bad words will be pushed away.

Adelaide M., 16, Massachusetts, USA

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



How can I develop unshakeable faith and overcome doubt?

Nephi once shared a key to developing the kind of unshakeable faith he gained. In spite of weakness and trial, he said, “I know in whom I have trusted” (2 Nephi 4:19). We must know Jesus Christ and trust Him.

To know Jesus Christ means, among other things, to strive to learn of Him, follow His truths, listen to His prophets, keep His commandments, pray to the Father in His name, repent, make and keep covenants, and serve Him. As we do these things, we receive the Holy Ghost’s witness, as well as other blessings and gifts through the Spirit and the grace of Jesus Christ. This leads us to trust Jesus Christ and our Heavenly Father.

President Dallin H. Oaks, First Counselor in the First Presidency, has taught that “faith in the Lord Jesus Christ prepares you for whatever life brings” (“Faith in the Lord Jesus Christ,” Apr. 1994 general conference). When life brings the “fiery darts of the wicked” in the form of temptations, doubts, and trials, it is the “shield of faith”—faith in Jesus Christ—that will protect us and help us “quench all” of them (Ephesians 6:16).

Tell Us What You Think

“How can I show charity to others and avoid being so quick to judge?”

Send your answer and photo by October 15, 2018.

Go to newera.lds.org, and click “Submit Your Work.” Sign in with your LDS Account and then select “New Era” under “Choose Magazine.” Click “Add File” to select your file and photos, and then click “Submit” to upload and send us your file.

Responses may be edited for length or clarity.



THE RIGHT WRONG ANSWER

WHEN I ENROLLED in a philosophy class in high school, my dad was a little concerned. In philosophy, everything is questioned, including the existence of God. My teacher taught us things that go against religion and deny God's existence.

One philosophy test asked, "Why have we come to the earth?" The answer I was supposed to give was so that we could become self-actualized and take our place in the circle of life. I didn't write that answer because it's not what I believe.

Instead, I wrote, "We have come to the earth to be tested and to return to live with our Father in Heaven for eternity with our families."

"To be true to ourselves means being an example of righteous living in all situations and circumstances."

President Gordon B. Hinckley (1910–2008), "Stand True and Faithful," Apr. 1996 general conference.

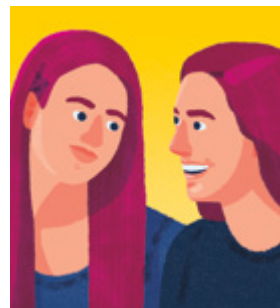
Afterward, the teacher called me up and asked me if I knew the correct answer to the question. I told him I did but that I wasn't going to write something I knew was untrue.

He asked me if I was religious and which church I belonged to. I told him I was a member of The Church of Jesus Christ of Latter-day Saints. He told me that he had never known any religious student who was courageous enough to stand up for his beliefs and write such an answer.

"I did not give you full credit because your answer wasn't the correct one," he said. "But I gave you points for having the courage to write what you believe."

I was happy because I had answered according to my convictions and according to the gospel truths I know and am trying to live.

Benjamin M., Chile



How can I stand for truth?

1. Decide now how you will respond when your faith is questioned (see 1 Peter 3:15).
2. Pray for the courage to act and to know what to say (see Deuteronomy 31:6; Doctrine and Covenants 100:5–7).
3. Study the scriptures and the words of modern prophets to strengthen your faith (see Doctrine and Covenants 88:118).
4. Bear your testimony frequently, at home and at church, to practice sharing what you believe (see Doctrine and Covenants 58:6).

LIGHT OF THE TEMPLE

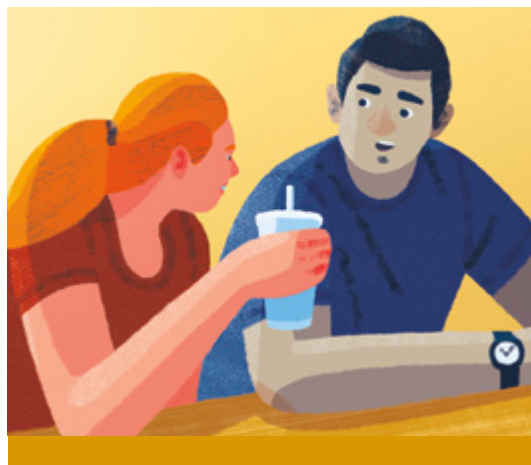
A FEW SUMMERS AGO, my ward's young men went mountain biking. I was a little nervous because it was my first time. My friend Jacob was an experienced biker, so I planned to stay close to him.

After a quick break at the top, we started back down the mountain. I was slower than the rest of the group and fell behind, especially after I fell a couple times on sharp turns. Jacob stopped to help me each time I fell, and we tried to catch up to the group.

As the sun set, it was obvious that we were lost. It had been more than half an hour since we had seen our group, and it was getting so dark that we could barely see the trail. I prayed, asking Heavenly Father for help and courage to keep going. Then Jacob and I decided to continue riding in a particular direction. As we rounded a corner, we saw the most brilliant and welcome sight—the Draper Utah Temple! The light reflecting off the temple illuminated our path, and we were able to safely make it back to our leaders and friends.

Every time I see the temple, I'm reminded of the peace and help available to us there. Each time I feel lost in the darkness of the world, I can look to the temple for the light I need.

Joel G., Utah, USA



MAKING A NEW FRIEND

I WAS SITTING at a lunch table with my friends when I noticed a new boy—Michael. He decided to sit with a group of older boys, who started to make fun of him. I later learned that Michael has autism.

I asked Michael if he wanted to sit by me and my friends. He declined, probably out of fear of people making fun of him again.

The next day, I introduced him to my friends. I could tell he was glad I didn't give up on him. He had a lot to talk about. He was awesome!

Each day, I could tell Michael was becoming a happier person. He started looking forward to lunch with his friends. Sitting with Michael at lunch soon created a meaningful friendship. It not only helped Michael, but it also helped me.

The feeling from serving others is one of the most wonderful feelings in the world.

Laura P., Illinois, USA



Prophets: A Sign of God's Love

By Elder Ulisses Soares

Of the Quorum of the Twelve Apostles

From an April 2018 general conference address.

I want to testify to you that President Russell M. Nelson is the prophet of God on earth. I have never seen anyone more kind and loving than he is. Though I felt so inadequate for this sacred call to serve as a member of the Quorum of the Twelve Apostles, his words and the tender look in his eyes as he extended this responsibility made me feel embraced by the Savior's love.

Isn't it a blessing to have prophets, seers, and revelators on earth in these days in which we live, who seek to know the will of the Lord and follow it? It is comforting to know that we are not alone in the world, despite the challenges we face in life. Having prophets is a sign of God's love for His children. They make known the promises and the true nature of God and of Jesus Christ to Their people.

From the bottom of my heart, I testify that the prophets speak by the power of the Holy Spirit. They testify of Christ and His divine mission on earth. They represent the mind and heart of the Lord and are called to represent Him and teach us what we must do to return to live in the presence of God and His Son, Jesus Christ. We are blessed as we exercise our faith and follow their teachings. By following them, our lives are happier and less complicated, our difficulties and problems are easier to bear, and we create a spiritual armor around us that will protect us from the attacks of the enemy in our day.

I solemnly testify that Jesus Christ is risen, He lives, and He directs His Church on earth through His prophets, seers, and revelators. I testify that He is the Savior and Redeemer of the world and that through Him we can be saved and exalted in the presence of our dear God. I love Him; I adore Him. I want to follow Him and do His will and become more like Him. **NE**