YOUTH MAGAZINE OF THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS | SEPTEMBER 2020

New Era

THE ROLE '6F FANILY NOW AND FOREVER pp. 2, 20

CE NDAL.

LISTEN TO THE WATCHMEN ON THE TOWER p. 6 OVERCOMING FEELINGS OF WORTHLESSNESS p. 10

1855

CONTENTS



The First Presidency:

Russell M. Nelson, Dallin H. Oaks, Henry B. Eyring

The Quorum of the Twelve Apostles:

M. Russell Ballard, Jeffrey R. Holland, Dieter F. Uchtdorf, David A. Bednar, Quentin L. Cook, D. Todd Christofferson, Neil L. Andersen, Ronald A. Rasband, Gary E. Stevenson, Dale G. Renlund, Gerrit W. Gong, Ulisses Soares

Editor: Randy D. Funk

Advisers: Becky Craven, Sharon Eubank, Cristina B. Franco, Walter F. González, Larry S. Kacher, Jan E. Newman, Adrián Ochoa, Michael T. Ringwood, Vern P. Stanfill

Managing Director: Richard I. Heaton Director of Church Magazines: Allan R. Loyborg Business Manager: Garff Cannon

Managing Editor: Jon Ryan Jensen Assistant Managing Editor: Joshua J. Perkey Copyeditor: David A. Edwards Editorial Intern: Emily Joy Powell Writing and Editing: Ryan Carr, David Dickson, Charlotte Larcabal, Michael R. Morris, Eric B. Murdock, Richard M. Romney, Mindy Selu, Chakell Wardleigh

Art Director: Jeanette Andrews Design: Fay P. Andrus, Mandie Bentley, C. Kimball Bott, K. Nicole Walkenhorst

Intellectual Property Coordinator: Collette Nebeker Aune

Production Manager: Jane Ann Peters Prepress: Joshua Dennis Printing Director: Steven T. Lewis Distribution Director: Nelson Gonzalez

© 2020 by Intellectual Reserve, Inc. All rights

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

To subscribe:

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

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

To change address:

Send old and new address information to: Distribution Services P.O. Box 26368 Salt Lake City, UT 84126-0368, USA. Please allow 60 days for changes to take effect.

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

POSTMASTER: Send all UAA to CFS (see DMM 507.1.5.2). NON-POSTAL AND MILITARY FACILITIES: Send address corrections to Distribution Services, Church Magazines, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.

Canada Post Information: Publication Agreement #40017431.



ON THE COVER: The Role of Families in God's Eternal Plan, p. 2. Photograph by Leslie Nilsson.

TO SUBMIT MANUSCRIPTS OR ART:

ONLINE: Go to **newera.ChurchofJesusChrist.org** and click "Submit Your Work."

EMAIL: newera@ChurchofJesusChrist.org

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.

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

September 2020 • Volume 50 • Number 9



FEATURES

COVER STORY

The Role of Families in God's Eternal Plan Align your family and future marriage to the inspired, revealed direction from the Lord.

President M. Russell Ballard

b Prophets Speak to Us

The watchmen on the tower warn of dangers and show us how to be safe and happy.

10 How I Found Better Days A young woman shares how she overcame thoughts of worthlessness and suicide.

14 Using Goals to Grow Like Jesus Christ

Youth in Argentina and Brazil share how they're using the new Children and Youth program to become more Christlike.

- 18 Walk in the Light of the Son The Savior is our light in the darkness.
- 20 Choosing to Be Part of Family Life

Take time to be an active part of your family. Elder Joseph W. Sitati

ALSO INSIDE . . .

- 9 POSTER
- 24 CONNECT
- 26 FUN STOP
- 28 Q&A
- **30** FIRM FOUNDATIONS
- 32 LAST WORD

INCLUDED THIS MONTH



Coming soon: general conference! Use the General Conference Notebook to prepare for and participate in the October 2020 general conference. Write down questions, impressions, inspiration, counsel, and goals. Later, review what you wrote so you can follow up on your inspiration and continue learning.

Hint (from page 26): Alma made a visit in Jershon on Tuesday.

I encourage you to read "The Family: A Proclamation to the World" and strive to align your family and future marriage to its inspired, revealed direction from the Lord.

DEDTICE



THE ROLE OF FAMILIES IN GOD'S ETERNAL PLAN

s a member of the Quorum of the Twelve Apostles, I participated in the process of drafting "The Family: A Proclamation to the World." It was a remarkable experience for all who were involved. As we travel the world, we see things—both within the Church and outside the Church. We were troubled by much of what we were seeing. We could see the people of the world wanting to define the family in ways contrary to God's eternal plan for the happiness of His children.

In the midst of all that was stirring on this subject in the world, the First Presidency and the Quorum of the Twelve Apostles could see the importance of declaring to the world the revealed, true role of the family in the eternal plan of God. We worked together to craft a proclamation that would make the Lord's position on the family so clear that it could not be misunderstood.

Since the proclamation came out in 1995, time has overwhelmingly proven its prophetic insight. As a church we are more focused than ever in supporting and strengthening the family.

SATAN'S ATTACKS ON GOD'S PLAN

We lived as Heavenly Father's spirit sons and daughters before this mortal existence. In a grand premortal family council, our Heavenly Father's plan for the eternal happiness and peace of His children was presented. We understood that we would come to this earth to live as families, and through the sealing authority of the Melchizedek Priesthood we could live throughout the rest of eternity as families.

Satan wants to disrupt the work of the Lord, so he attacks God's plan for His spirit children. He uses differing lifestyles in an attempt to replace the marriage of one man to one woman. He also works to drive a wedge of disharmony between a father and a mother. He entices children to be disobedient to their parents. He makes home evening and family prayer seem inconvenient. He suggests family scripture study is By President M. Russell Ballard Acting President of the Quorum of the Twelve Apostles impractical and not doable. That's all it takes, because Satan knows that the surest and most effective way to disrupt the Lord's work is to diminish the effectiveness of the family and the sanctity of the home.

What we do and what we teach in our homes and in our families matters. With the help of the proclamation, let me share with you how we can build happy and secure families.

MARRIAGE AND PARENTING: A FULL AND EQUAL PARTNERSHIP

Men and women joined together in marriage need to work together as a full and equal partnership. However, this does not imply that the roles played by men and women are the same in God's grand design for His children. As clearly stated in the proclamation on the family, men and women, though spiritually equal, are entrusted with different but equally sacred and significant



roles. These roles complement each other and are essential for the spiritual progression of all family members—parents and children alike.

Men are given stewardship over the sacred ordinances of the priesthood. The proclamation states: "Fathers are to preside over their families in love and righteousness and are responsible to provide the necessities of life and protection for their families."¹

To women, God gives stewardship over bestowing mortal life, including providing physical bodies for God's spirit children and guiding those children toward a knowledge of gospel truths. The proclamation teaches that "mothers are primarily responsible for the nurture of their children."²

It is within the family that divine potential is best realized for both men and women. The blessings and responsibilities of parenthood permit mothers and fathers to act in a new physical and spiritual relationship that draws them within God's purposes for their lives.

FAMILY COUNCILS

When members of one family began to feel unusual contention invading their home, they called a family council to discuss the situation. The father and mother explained to their children what they had observed and asked how each felt about it. The mother and father learned that since their two oldest children had left home one to be married and one to go to college—an unfair burden of responsibility had been shifted to the two oldest children remaining at home, and they were becoming resentful. By counseling together and listening, the children shared what they were feeling, and a more equitable distribution of responsibility was made, resolving much of the frustration and tension in the home.³

I cannot emphasize enough the importance of family councils in helping to understand and address challenges in the family. Regardless of the size or makeup of the family council, what really matters are loving motivation, an atmosphere that encourages free and open discussion, and a willingness to listen to the honest input of all council members—as well as to the whisperings of the Holy Spirit.⁴

Family councils can be a blessing in the lives of families and individual family members in this life and through the eternities. Through them we can draw closer to our families and closer to God. Let the spirit in your home reflect the attitude of the still, small voice.



INVITING THE SPIRIT INTO OUR FAMILIES

There are many things we can do to improve our families and each individual who lives within them as we move forward together toward fulfilling the Creator's eternal plan for us.

Let me quote again from the proclamation: "Successful marriages and families are established and maintained on principles of faith, prayer, repentance, forgiveness, respect, love, compassion, work, and wholesome recreational activities."⁵

In all that we do, we must always remember that the voice of the Spirit is an essential component—and it is a still, small voice.

Let the spirit in your home reflect the attitude of the still, small voice. It is this spirit that will imbue us with sufficient spiritual strength to feel confident and patient in our family relationships. Remember, also, there is great power in prayer. I strongly encourage personal and family prayer, which are important in building strong families. I encourage you to read "The Family: A Proclamation to the World" and strive to align your family and future marriage to its inspired, revealed direction from the Lord. Then, be the very best and act the very best you can. God will give you strength beyond your own as you strive daily to prepare for the most sacred mortal responsibility He gives to His children. Listen to the voice of the Spirit and the counsel of the living prophets. Be of good cheer, and the peace of the Lord will abide in your heart and overflow into your home and family. **NE**

From a devotional address given at Brigham Young University Education Week on August 19, 2003.

NOTES

- 1. "The Family: A Proclamation to the World," Ensign or Liahona, May 2017, 145.
- 2. "The Family," 145
- 3. See M. Russell Ballard, Counseling with Our Councils (1997), 154.
- 4. See Ballard, Counseling, 157.
- 5. "The Family," 145.

PROPHETS

The watchman stands ready on the tower.

SPEAK to Us



By David Dickson Church Magazines

tter destruction headed your way!" Imagine that's the text you just received on your phone. Pretend that this particular destruction comes in the form of a fiery meteor plummeting from the sky. It's headed straight for your home and family and is going to bury everything you own under a pile of ash in a few minutes.

However, right as your panic starts kicking into high gear, you receive another text.

"Here's how to avoid the disaster entirely: . . ."

Would you pay close attention to the next instructions? Of course you would!

While the specifics of the following scriptural account are different, that's pretty much the warning Samuel the Lamanite gave to the Nephites: "There shall be those of the fourth generation who shall live, of your enemies, to behold your *utter destruction*; and this shall surely come except ye repent, saith the Lord" (Helaman 13:10, emphasis added).

"Utter destruction"—a chilling scriptural phrase if ever there was one—was headed their way, and Samuel was telling them the only way to stay safe.

What was their response?

Well, they weren't exactly grateful. The people threw rocks at Samuel and tried shooting him from the wall (see Helaman 16:2–8).

Counsel and warnings from prophets aren't always received with gratitude.

As President Russell M. Nelson has taught: "It is precisely because we do care deeply about all of God's children that we proclaim His truth. We may not always tell people what they want to hear. Prophets are rarely popular. But we will *always* teach the truth!"¹

As we read the final great struggles in the Book of Mormon, with the Nephite civilization almost entirely destroyed, we see the prophetic truth of Samuel's warning.

PROPHETS WARN OF DANGER

In these latter days, when people often live in fear as prophesied (see Doctrine and Covenants 45:26, and Luke 21:25–26), it can be easy to feel like disaster is closing in on every side. But that's only what the adversary wants you to think! God has provided a path to spiritual safety.

Elder Neil L. Andersen of the Quorum of the Twelve Apostles has taught, "A prophet is a watchman on the tower, protecting us from spiritual dangers we may not see."²

To the wicked Nephites, Samuel was a watchman on the tower. He was trying to warn them what would happen if they didn't repent. In our day, President Russell M. Nelson is a watchman on the tower. As God's prophet on the earth, President Nelson can speak with clarity and can cut through the fear and confusion of the world.

"We live on a planet clamoring with a million voices," Elder Andersen said. "The internet, our smartphones, our bloated boxes of entertainment all plead for our attention and thrust their influence upon us.... Anchoring our souls to the Lord Jesus Christ requires listening to those He sends. Following the prophet in a world of commotion is like being wrapped in a soothing, warm blanket on a freezing cold day."³

Isn't that a wonderful thought? Following the prophet can help us all to feel warm and secure.

Like any watchman, prophets see things we can't—no matter our intellect, access to technology, or network of friends. No wonder we sing with enthusiasm, "We thank thee, O God for a prophet!"⁴



PROPHETS POINT TO PEACE

Prophets not only warn against the dangers of sin but also teach us the joy and happiness that come from living the commandments.

Here are just a few of the different teachings President Russell M. Nelson has shared about finding joy:

- "As our Savior becomes more and more real to us and as we plead for His joy to be given to us, our joy will increase. Joy is powerful, and focusing on joy brings God's power into our lives."⁵
- "When we choose to repent, we choose to change! We allow the Savior to transform us into the best version of ourselves.
 We choose to grow spiritually and receive joy—the joy of redemption in Him."⁶
- "Our greatest joy comes as we help our brothers and sisters, no matter where we live in this wonderful world."7

This is the gospel of good news! The peace that the world seeks—but can't find—is available to all who follow Jesus Christ. The prophets point to the Savior.



PROPHETS BLESS YOUR FAMILY

This month, as you're studying Samuel's teachings for *Come, Follow Me,* consider discussing some of the warnings and promised blessings we've received from modern prophets and apostles.

For example, you could talk about the dangers that prophets have warned us about in spending too much time on social media.

Also, you might discuss some of the amazing promises given by prophets and apostles about the power that comes into our lives when we study the Book of Mormon.

We are indeed blessed to have these watchmen on the tower. NE

NOTES

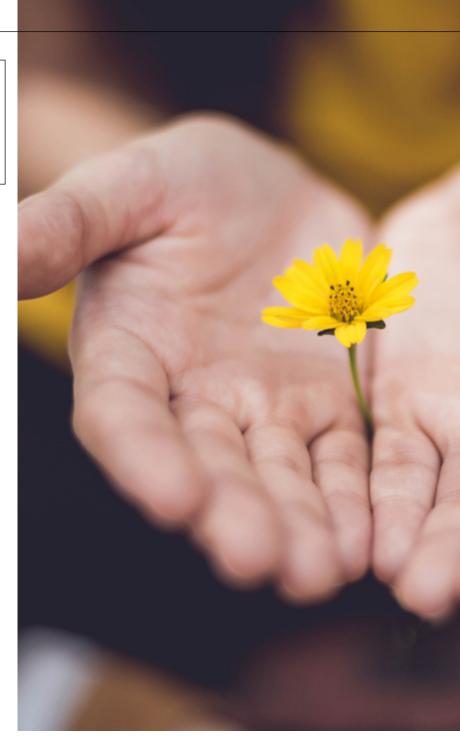
- 1. Russell M. Nelson, "The Love and Laws of God" (Brigham Young University devotional, Sept. 17, 2019), 3, speeches.byu.edu.
- 2. Neil L. Andersen, Apr. 2018 general conference (Ensign or Liahona, May 2018, 25).
- 3. Neil L. Andersen, Apr. 2018 general conference (Ensign or Liahona, May 2018, 26).
- 4. *Hymns,* no. 19
- Russell M. Nelson, Oct. 2016 general conference, (*Ensign* or *Liahona*, Nov. 2016, 82).
 Russell M. Nelson, "We Can Do Better and Be Better," Apr. 2019 general conference (*Ensign* or *Liahona*, May 2019, 67).
- 7. Russell M. Nelson, "The Second Great Commandment," Oct. 2019 general conference (*Ensign* or *Liahona*, Nov. 2019, 100).

There is

When all the world around you seems troubled, you can find peace in Christ, for He said, "These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world" (John 16:33).

HOW I FOUND BETTER DAYS

If you struggle with thoughts of suicide, you are not alone. In this interview-style story, one young woman shares how she learned to find hope in her life again. Name Withheld



This young woman enjoys her life now, but she didn't always feel that way. Here's an account of how she found peace after struggling with feelings of worthlessness and suicide. We hope that hearing this true experience will reassure you that your journey is also important. If you are struggling with hopeless thoughts, please don't give up—you are not alone. Your life is valuable, and you are loved. Hang on. Things will get better.

OUESTION: WHEN DID YOU START HAVING FEELINGS OF WORTHLESSNESS?

ANSWER: I struggled as a child. I had a wonderful family and didn't go through any obvious tragedies, but I always seemed to feel angry at myself and those around me. I would take these feelings out on my siblings. The more I mistreated them, the worse I felt. And yet I couldn't seem to stop. This behavior drove a wedge between me and my family members. When I was 12 years old, I thought I was an evil, rotten, worthless person. I thought everyone would be better off without me.

QUESTION: DID YOU EVER TRY TO TELL YOUR PARENTS ABOUT HOW YOU WERE FEELING?

(>)

ANSWER: I remember one time at the doctor's office, the pediatrician asked Mom if she had ever heard her children say, "I wish I'd never been born." And Mom answered, "No, all of the kids are fine." I was surprised that Mom didn't know I had thought about killing myself. So I tried to tell her what I was going through. But she acted so shocked that it made me never want to talk about it again. I pretended that I hadn't really meant it.

"I ENJOYED THE SPARK OF LIGHT AND GOODNESS OF THE TEMPLE."



OUESTION: DID YOU GO TO CHURCH DURING THIS TIME?

ANSWER: Yes, but I didn't really understand what a testimony was. I always knew deep down that there was a God, but Satan was working hard to convince me to doubt everything else. So I started wondering if the entire Church was wrong. Fortunately, I had some great Young Women leaders who were inspired to help me and show me a lot of love. One of them in particular helped me start feeling better about myself.

QUESTION: Tell me more about what the Young women and leaders did To help you feel better.

ANSWER: A bright spot was my Young Women class. I had a teacher who taught right at my level. She's since moved away, and I wish I could tell her what she meant to me. I don't remember what she taught exactly, but I remember feeling like I belonged there.

Another thing that really helped were temple trips. Even though I often felt worthless and didn't think anyone cared about me, I enjoyed the spark of light and goodness of the temple. I often felt the Spirit there. One trip in particular made a difference. It started out bad because one of the older girls said something hurtful to me. But later that day, she apologized and gave me a hug. And I learned that I really liked hugs! After that, I asked her for a hug every Sunday. One Sunday I sat down in sacrament meeting without getting a hug from her. And she came up to me and said, "Where's my hug?" with a smile. I felt so surprised and special that she sought

"ANOTHER TURNING POINT WAS WHEN I BEGAN TO VOLUNTEER."

me out and showed me love. She and I became closer and closer friends. I know hugs may not help everyone, but they helped me.

QUESTION: You mentioned earlier that one leader in particular helped you. Can you tell us more about her?

ANSWER: Sure! She was the craziest, most energetic person I have ever known. She seemed to have neverending amounts of happiness to share. She greeted me with so much enthusiasm and love every Sunday and gave me a hug. Her dose of goodness seemed to be just what I needed. I would carry it with me during the week. Over time, I began to accept that what she said was true. The Spirit was working on me. This is when my behavior finally started to improve in a lasting way. And my suicidal thoughts, which I'd had about a year, went away, though I still had to work on how I felt about myself.

QUESTION: OUTSIDE OF THE CHURCH, WAS THERE ANYTHING THAT HELPED YOU START TO FEEL BETTER?

ANSWER: Another turning point was when I began to volunteer at a nonprofit organization each week with



my older brother and my mom. I was sometimes the only volunteer on my team who showed up regularly, so my supervisor counted on me. I found I really liked that. For example, one time we were cleaning up together, and she got called away to do something else. I kept sweeping and working hard. When she came back, she said that I had really good initiative and gave me so many compliments. And it felt so good. I realized that working hard and doing a good job was fun. Helping was fun! So I began to try my hardest to be the best volunteer that I could be. I gained enough experience to train other volunteers. I developed a passion for this organization and made friends.

During this time, my behavior continued to change in positive ways as I felt the Spirit increase in my life. Over the next couple of years, I made friends again with my family members. I started feeling like a good person instead of a bad person. I became a happier person. People even commented on how much I smiled. And my happiness no longer depended on having a leader saying good things at church. My testimony of Heavenly Father and Jesus Christ was growing, and I could feel Their love for me.

OUESTION: SO AFTER ALL OF THIS, WHERE DOES YOUR TESTIMONY STAND TODAY?

ANSWER: My testimony keeps growing stronger. I know now that Heavenly Father loves every one of us—including me. I know the Book of Mormon is the word of God. I know that no matter what mistakes we have made, we can come back to goodness. We can repent through the Atonement of Jesus Christ. Anyone can return to Him again.

QUESTION:

IF YOU HAD A MESSAGE TO SHARE WITH SOMEONE WHO WAS STRUGGLING WITH FEELINGS OF HOPELESSNESS LIKE YOU WENT THROUGH, WHAT WOULD YOU TELL THEM?

ANSWER: Please, if you are experiencing low self-worth, or depression, or want to die, or any other feelings like that, reach out for help. Go to a parent, a youth leader, a former Primary teacher, a bishop, even a friend—anyone you feel you can trust. I promise you that

IF YOU OR Someone you know Needs help

Talk to a trusted adult. And visit suicide.ChurchofJesusChrist. org to learn more about what you can do.

Heavenly Father does not want you to die. He wants you to live and feel joy. He wants you to feel His love. Turn to Jesus Christ. He can help you throughout your trials. He knows everything you are going through. Meanwhile, Satan is the one who tells you lies about yourself. Ignore him. He wants you to fail. Heavenly Father wants you to succeed.

> **QUESTION:** Do you ever still have bad days?

ANSWER: Honestly, I still have a hard time accepting compliments or believing good things about myself sometimes. And I think insults hurt me more than they hurt most people, even if they're just a joke. I still sometimes have a hard time believing that people love me until I feel convinced. But overall, I like myself and who I am becoming. It is a glorious feeling! **NE**

SEEK HIM EARNESTLY, AND YOU WILL FIND HIM. I PROMISE YOU, YOU ARE NOT ALONE.

Dieter F. Uchtdorf, "Your Wonderful Journey Home," Apr. 2013 general conference (*Ensign* or *Liahona*, May 2013, 128).

(<

USING GOALS GROV LIKE JESUS CHRIST

By Natasha Andersen Church Magazines

Goals are meant to help you improve and change. But if your goals are seeming too difficult to reach, or if you're wondering why you even set them in the first place, don't despair! Instead, remember that working toward goals helps you come closer to the Savior.

These youth from Argentina and Brazil keep their purpose in mind by setting goals that help them become like Jesus Christ. Check out their stories to see how teens like you are changing their lives through the goals they set. Youth in Argentina and Brazil share how they're becoming more Christlike through setting goals in the Children and Youth program.

a

HOTOGRAPHS BY JONAS REBICKI AND GERMAN SITTNER

strive to share your talents: forming a band

MICAELA

caela

Micaela R., 15, of Buenos Aires, Argentina, strives to develop and share her musical talents. Together with two young women from her stake, she formed a band called Remive. They came up with the name by combining the first two letters of each of their names: Rebeca, Micaela, and Veronica.

"Music is something that has always brought us together, because we started in the stake choir," Micaela says. "Thanks to that, I met Rebeca and Veronica. And the choir helped us a lot, both spiritually and in our friendship."

Together, they created an Instagram account where they post covers of songs they play. They started it for fun, but Micaela explains they also wanted to touch people's hearts with the songs they sing. "We wanted to develop our talent," Micaela explains. "It's something that we love, and to see that other people like it too is wonderful!"



strive to set goals: controling stress

BEATRIZ

Beatriz S., 15, is originally from São Paulo, Brazil, but she recently moved to Curitiba with her family. Once she was there, she started having problems with hair loss. "I did all the tests, thinking it was a lack of vitamins, but it was stress. It was psychological," Beatriz says.

She found herself in a new place with no friends and a strange new culture. But when she felt alone, she knew that she could always count on Heavenly Father.

"I set a goal to make friends in my stake and to control my stress, and I downloaded an app that helped me control my breathing," she explains. The app helped her practice meditation, and she focused a lot on the scriptures in her meditation. The hair loss eventually stopped as she adjusted.

"Now, I can see that I've improved a lot. I don't think I'll ever get that anxious again, because I've learned to focus on Jesus Christ. I've learned that I just need to control my breathing and help people."



BECOMING MORE LIKE CHRIST

"Keep the Savior at the center of your plans. Always ask yourself and prayerfully ask your Father in Heaven, 'What can I do to become more like Jesus Christ?' As you do this each day, miracles will happen."

President Russell M. Nelson, Face to Face with Elder Gong (worldwide children and youth broadcast, Nov. 17, 2019), face2face. ChurchofJesusChrist.org.



strive to have focused goals: preparing to serve

GABRIEL

Gabriel J., 17, from Curitiba, Brazil, is a convert to the Church. The first time he went to church, he thought it was strange. But he soon got used to it, thanks in part to the friendly members in his ward, and he was eventually baptized.

When he talked with a returned missionary in his ward, Gabriel started thinking about serving a mission. "I got home and started kind of crying," he says. "I didn't know why. But I knelt and asked if I should serve a mission. At that very moment, I had a feeling of peace, and I received the answer that I really should serve a mission."

Many of his goals are focused on preparing to serve a mission, both spiritually and physically. They include graduating from seminary, running, and developing better nutrition. He says he hopes his physical goal will prepare him to not get tired easily and to walk for longer amounts of time.

Gabriel notices the changes in himself since he joined the Church. "When I became a member of the Church, I was able, with the help of my leaders, to know what I wanted for my life, and that has changed a lot. Now I have a goal in my life, and I'm studying a lot too." **NE**

Gabriel

What does the Children and Youth program mean to you?

"It's a self-assessment of yourself and how you can grow intellectually and socially, but also spiritually. Its purpose is to help us become like Jesus Christ, to resemble Him, in every goal we make." Natália M., 17, Brazil

"The new program has taught me that I can become more like Christ if I plan my own life more. Even though the goals planned by the leaders are great, I can develop my own goals, and this has helped me a lot in my personal life. I think the goal really is to prepare young people to be able to build a better world in the future."

WALK IN THE LIGHT OF

By Alaina Dunn

Church Magazines

ave you ever wondered what it would be like to go completely blind, all at once? I'm not talking closed eyes here—I mean the world getting plunged into total darkness. Sounds pretty tough, right? Now, what if everyone around you was suddenly blind too?

It might sound far-fetched, but something like this happened nearly 2,000 years ago. When Jesus Christ was crucified, the Nephites suffered terrible calamities. Earthquakes rocked cities, giant floods drowned other cities, and fires burned still others. It was like the big world-ending battle in a superhero movie, only real. Then came a darkness so thick that people could feel it, so complete that nobody could even light a candle (see 3 Nephi 8:20, 21).

Being thrust into darkness can be frustrating or frightening. Spiritual and emotional darkness can be just as painful and frightening. The world sends so many conflicting messages that confuse and tempt us to fall to sin and doubt, and depression and anxiety are at an all-time high.

So, where can we turn for light? After three days of darkness, the Lord spoke to the Nephites, and soon after, the darkness was lifted. Later, the resurrected Savior Himself appeared to them and declared, "I am the light and the life of the world" (3 Nephi 11:11).

The Savior's words give us a clear path. He doesn't just help us *find* light; He *is* the light. How does the Savior provide light for us?

1. HE IS OUR BEACON

When the Nephites first heard Heavenly Father's voice, they "cast their eyes round about" to look for the source (3 Nephi 11:3) and weren't able to find it. But once they opened their hearts and listened more carefully, "their eyes were turned towards the sound" and they "did look stead-fastly towards heaven" (3 Nephi 11:5). Then they were able to see the resurrected Savior.

To know which way to go, we first have to know where to look. The Nephites had to learn to look directly to the source of light, the Savior, to receive His gospel.

When we are struggling with darkness in our lives, we can turn to the Savior for guidance. We can read His words and learn of Him, walking in the paths that will make us happy and draw us closer to Him.

2. HE GIVES US AN EXAMPLE TO FOLLOW

For three days the Nephites were surrounded by mists of darkness that prevented them from seeing. Compare that to when the resurrected Christ appeared to them—every eye was fixed upon Him. He taught them His doctrine, proclaiming what they needed to do to return to live with Heavenly Father. Today, the Savior calls us to follow Him (see 2 Nephi 31:10) and do the things we have seen Him do (see 2 Nephi 31:17).

When we focus on Christ, He will show us the way, for He is the way.



THE SON



WHEN DARKNESS FEELS OVERWHELMING, The Savior Doesn't Just Help us find light; He *Is* the light, Light is transformative. It helps plants grow from seeds to trees. Christ's power can transform us too. When we follow Christ, we are nurtured and changed from spiritual seedlings to mighty trees of testimony.

When we let Him, Christ can change how we see the world. We can keep our hope strong, striving to believe even when circumstances are bleak. We can see ourselves as children of God, recognizing our infinite potential for good. And we can find the strength to push through the darkness, trusting in our Savior, who is the Light of the World. When we allow Christ to be the light in our lives, we can be like King Benjamin's people, who "through the infinite goodness of God, and the manifestations of his Spirit, [had] great views of that which is to come" (Mosiah 5:3).

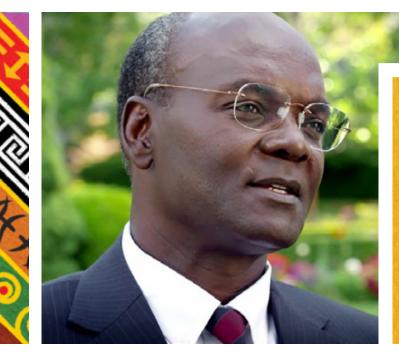
LIGHT CASTS OUT DARKNESS

Satan wants us to be confused about where to turn. He wants us to fall into the darkness and never find our way out. But the Savior's light is stronger than Satan's darkness. As Sister Sharon Eubank, First Counselor in the Relief Society General Presidency, put it, "No matter how hard it tries, the darkness cannot put out that light. Ever. You can trust that His light will be there for you."¹ His light is eternal and accessible. Even when difficult circumstances arise and cloud your vision, you can have confidence that the Savior will be there to bless you with His light. **NE**

PHOTOGRAPH FROM GETTY IMAGES

NOTE

1. Sharon Eubank, Apr. 2019 general conference



CHOOSING TO BE PART OF **FAMILY LIFE**

Elder Sitati shares the lessons he learned from spending time and connecting with his family.

By Elder Joseph W. Sitati Of the Seventy

G rowing up in a small village in Kenya, we were basically peasants. My father had a job in agriculture on the lowest rung of the government. He worked in the fields with farmers. And so at home, he always asked my brother and me to join him on our small farm as he worked to provide food for our family. When he was away, he assigned us each a portion of the field to plant, or weed, or harvest, depending on the season.



A LESSON FROM WEEDING

I learned a lot of lessons working with my dad. I remember admiring how well he weeded his patch. He was so thorough in removing the weeds. He would carefully remove the weeds and all their roots. The plot he weeded was always so clean, while my plot was often messy with weeds that I hadn't completely removed. He never lectured me while we weeded, but his example taught me a lot. And I applied it to other areas in my life.

Because of his example, when I did school homework, I was careful and thorough. Because of him, today I don't leave details unattended. I don't leave "weeds." When I help people, I try and get at the root of their problems. That came from spending time with my father on our small farm in the early years of my life.

BECAUSE OF MY DAD'S EXAMPLE WHEN WEEDING, I DON'T LEAVE DETAILS UN-ATTENDED

())()))())())())())())())

THAT'S IT / OUR MOTHERS KNEW IT

My mother also taught me in her own unique ways. She understood the importance of teaching us through action, not lectures. I remember occasions when my brother and I would play outside. We would be enjoying ourselves when we heard my mother call. When we stopped and I came into the house to attend to her call, sometimes she would ask me to grab her something that was close to where she was sitting.

I would obey and then wait to hear the real reason she called. When she didn't speak up, I asked, "What else do you need?" And she would reply, "That's it." I would wonder why she didn't just get the thing for herself, why she wasted energy calling me into the house.

I didn't understand then, but she was teaching me about serving others. Later in life, I came to understand that serving others almost always involves giving up something that I prefer to do. She was teaching me through life, not lectures, that family and obedience are important and that we are stronger when we help each other.

My mother also had my brother and me do all the chores we could do, including chores that, at the time, were traditionally done by women. Many people in our village made fun of us for fetching water and firewood and for cooking. But doing those chores taught me that work is more fulfilling than keeping up appearances (see Doctrine and Covenants 42:40–42).

Helaman's 2,000 stripling warriors had mothers like mine. These warriors were taught by the words and examples of their mothers. They also learned by being obedient to their mothers and by watching their mothers be obedient. They did not doubt they would be protected because they had acted before (see Alma 56:47–48) and had developed unshakeable faith.

It is the same with us. We don't learn obedience simply by reading the Book of Mormon. It is in the actions we take after we have read. It is through living the principles in the book as we work with our families that we make ourselves stronger.

> I DIDN'T UNDERSTAND THEN, BUT MY MOTHER WAS TEACHING ME ABOUT SERVING OTHERS.





YOU CAN MAKE YOUR FAMILY BETTER

Every family situation is unique. My parents wanted me to be a part of their lives, and I wanted it too. The things I learned from spending time with my parents doing household duties became part of me, and I have used them in my education and in my work all over the world.

Though my parents and the parents of the stripling warriors made an effort to teach their children by example, I know that not all parents do so. You don't have to wait for an invitation from your parents—you can take the initiative and find ways to spend quality time with your family. Whether your parents have faithfully taught you or not, you can determine to make your family better.

I recently met a young woman whose family stopped attending church when she was young. When they moved to a new place, this young woman started going to church again. Then she brought her brother back, and eventually her parents also returned to the Church. This was only possible because she spent time with her family. They worked together, went to movies together, and had dinnertime discussions. Her parents knew her friends and knew that she was going back to church. Her parents were engaged with her in good things—they just needed some help from their daughter to return.



DON'T WAIT FOR AN INVITATION FROM YOUR PARENTS-TAKE THE INITIATIVE AND FIND WAYS TO SPEND QUALITY TIME WITH YOUR FAMILY.



CUT THE ONIONS, WASH THE DISHES, MAKE YOUR BED, POLISH THE SHOES, GIVE A HUG. YOU MIGHT BE SURPRISED BY HOW GOOD YOU FEEL WHEN YOU DO THIS TO BLESS THE LIVES OF FAMILY MEMBERS.

SMALL AND SIMPLE

There are many small and simple things that you can do to learn from and enjoy your family more (see Alma 37:6). You don't have to work on a farm or fetch water like I did. You can be involved with your family in the small and simple things that make your lives work from day to day and as you eat, pray, and play together. You can also show genuine interest in the needs of other family members. For example, by asking how your mom's day went or by helping your brother with homework. Make that decision to spend time with your family, and the work you do will be magnified.

If you feel lonely, spend some time with your family. I promise you that you will find joy, belonging, and satisfaction as you reach out to them. Eat together and talk about your life and theirs. Don't be afraid to bring up God as part of the dinner discussion. Cut the onions, wash the dishes, make your bed, polish the shoes, give a hug. You might be surprised by how good you feel when you do this to bless the lives of family members, and you will discover how pleasant your family is to be around.

If you look for lessons in your time with family, you will find them. Working and talking together with your family can help you be successful in this life and connect you to the core purpose of life—to prepare to return to our heavenly family (see Alma 34:32). **NE**

Andrea C.,

13, Puerto Rico

I like to color, draw, paint, read, and do puzzles every type of puzzle. But I love to cook and to eat. Especially bacon. I love everything that has to do with the kitchen—minus washing the dishes!

I use my cell phone or an iPad to play the music for the hymns in sacrament meeting. It's actually my calling. I only get nervous when something goes wrong and I have to talk to the congregation to explain it. Normally it's very easy—I just plug in the cable and play the music.

My testimony comes from all the prophets I've come to know: Joseph Smith, Thomas S. Monson (1927–2018), and Russell M. Nelson. Hearing the prophets' testimonies feels really nice. When I heard President Nelson speak about reading the Book of Mormon, I felt peaceful. And then I starting reading the Book of Mormon, and I felt it again. Everything fits. It feels real. I also felt that feeling when my family went to the temple.

PUERTO RICO



LANGUAGES Spanish and English are the official languages.





LONGEST ZIPLINE







Carl M., 17, New Zealand

I've always been a big fan of art. I love capturing beautiful moments through photography.

I started working a second job to earn money for my mission, but I wasn't treated well, and it was coming at the expense of my schooling and happiness. When I fasted and prayed, the answer I got was to hand in my resignation immediately and that everything would be OK.

Now I've received multiple other work offers, including some for photography. I honestly believe that God is fulfilling His promise because I was obedient to His prompting.



Tabitha W., 13, Texas, USA

I love to bake, run, read, and dance. I also love hanging out with my family—I help my mom run her cookie business, and I love emailing my brother, who's serving his mission. I'm also the only person who laughs at "dad jokes."

I love the gospel because without it, my life would be extremely different and I wouldn't have anyone to guide me or anything to motivate me during difficult times.

SALSA dancing is very popular.





FUN STOP

Logic Puzzle: Ministering Visits

SY

Alma and his sons wanted to make some visits. There were four people in four places they wanted to visit on four days. Each family member could visit one person in one place on one day.

- One person visited (and only one) has the same initial as the place they live.
- 2. Alma was available to visit only before Ammonihah was visited.
- 3. Helaman either visited Zarahemla or saw Omner, not both.
- 4. Zarahemla was visited by Helaman or Corianton.
- Shiblon visited on Wednesday or Friday. He didn't go to Jershon nor Gideon and didn't see Amulek.
- Hagoth was visited on Tuesday or Friday.
- Gideon isn't where Hagoth lives, and it wasn't visited on Wednesday or Thursday.
- Helaman went on his visit right after the person who visited Ammonihah.
- 9. Jershon was visited either on Friday or by Alma.
- **10.** Amulek and Zeezrom were visited on consecutive days.

Use the chart (top right) to keep track of who saw whom when and where. Write your answers in the table below.

			ų	R							0				
			Car on the				992 99 E		1			and a an			1. 1 a 0.00
60			Day				Family M			r I		Person to Visit			M
5	E		Tuesday	Wednesday	Thursday	Friday	Alma	Helaman	Corianton	Shiblon	Amulek	Zeezrom	Omner	Hagoth	
A		Jershon													A
~	Place	Ammonihah													3
h	-	Gideon													21
0		Zarahemla													ç
S.		Amulek									Ň		20	10	• [
B	Person to Visit	Zeezrom									\bigcirc	Ľ	-3		
E	Person	Omner									4		10	X	
A		Hagoth										A	-	M	1 4
3	er	Alma					9	1	A.	No.				J	k
0	Membe	Helaman					Ó	1	ζ¢	\geq	Th	Im			
L	Family Member	Corianton							8	$\overline{\mathbf{X}}$	-111		T		W
-		Shiblon					0	in		w)		g		1	A
S		Place		Day		Fan	nily Mei	nber	Р	erson t				V	
Li		Jershon	,									2	3		¥ [
0		Ammonihah											k		
W		Gideon										Q			
	Zarahemla														Å
		-				-	/								4





(See Isaiah 55:6)

2.

3.

4.

Crack the Code

Can you solve these terms and phrases hidden in plain sight?











In the spirit of service, I'd be happy to volunteer in the nursery around snack time.

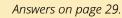


Tied with a Bow

Can you figure out what word ties the following sets together?

Example: power, mastery, verse: <u>scripture</u>

- 1. Bean, quartet, cheese: _____
- 2. Glasses, screen, day: _____
- **3.** Cream, cube, cap: _____
- 4. Knife, fly, cup: _____
- 5. Meeting, light, doll: _____
- 6. Short, ginger, box: _____
- 7. Melon, ski, fall: _____
- 8. Truck, fighter, camp: _____
- 9. Line, dive, scraper: _____



Find answers to your question

"How can I have a good dating experience in high school?"

"As you continue to develop your gifts and talents, make wise choices in your friendships with others, and become a righteous influence, your years of dating will be positive, rewarding, and fun. This is a time to set your sights high, expect the best, and become all that our Heavenly Father intends for you to become."

General Young Women Presidency, "Advice to Young Women on Dating," *New Era*, Apr. 2010, 7.



Overcoming Fear "Being shy is really hard to overcome. Sometimes we overthink and end up backing out. The best

thing to do is swallow your fear and maybe say a silent prayer. At times our fears can be beat by diving in headfirst." *Joseph C., 17, Utah, USA*



Be Interested

"Look out for the people you date and always have their best interests in mind. Think of how

the Savior would treat them. Take a genuine interest in them so they feel comfortable and know you are happy to be around them."

Quinn M., 17, Michigan, USA



Make Plans

"Plan ahead! Your date will appreciate knowing what you're doing, where you're going, and what time you'll

be home. Your plans don't have to be super elaborate or expensive. It's easier to get to know your date better (and it's much less stressful) when the date is simple, fun, and doesn't cost too much money. Get creative!"

Landon B., 17, Idaho, USA



Worth the Wait

"Follow *For the Strength of Youth.* Wait until you are 16! It is hard sometimes, but worth it. Waiting until you

are 16 gives you the perspective you need in order to have a healthy relationship with someone."

Katauna P., 17, Utah, USA



Keep Trying

'If you get rejected, don't be discouraged. While it does hurt for a little while, Jesus Christ will help you

through it. So, don't be afraid, put yourself out there, and try again."

Ethan F., 17, Florida, USA



Do What Is Right for You

"Sometimes, dating in high school just isn't for you, and that is completely

OK! Just because everyone else is doing it doesn't mean you have to. In the meantime, just learn to love yourself, be patient, stand out, and make sure to share your light with others!"

Nicole C., 18, Oregon, USA

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

What Do You Think?

l'm 16, and everyone around me is in a relationship and l'm not. I feel left out. What should I do?

Send your answer and photo by October 15, 2020.

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



Is it scientifically possible for the catastrophes described in 3 Nephi to have really happened?

As a sign of the Savior's death, the Nephites and Lamanites experienced storm, tempest, whirlwinds, thunder, and lightning; shaking of the earth; cities breaking up, burning, or sinking into the sea; highways and earth breaking up; rocks breaking up and being scattered; darkness that could be felt; vapors of smoke; the inability to light fire and make light; and a change in the whole face of the land. The initial event lasted for three hours, and the darkness lasted for three days. (See 3 Nephi 8–10.)

As a matter of faith, we do not need a scientific explanation of the means by which God caused these cataclysms. But it is interesting to note that, in fact, all of these phenomena have been observed in connection with one type of geological event: a massive and explosive volcanic eruption.

A volcanic event of this scale is rare but not unheard-of. Tectonic activity, extraordinary electrical events, tornadoes, falling debris, days of dark and stifling clouds of ash—all of these have been associated with volcanoes before and have caused the kind of destruction and death described in the Book of Mormon. It could have been this or something else entirely. The important thing is that it actually happened, as prophesied. **NE**

See, for instance, Bart J. Kowallis, "In the Thirty and Fourth Year: A Geologist's View of the Great Destruction in 3 Nephi," *BYU Studies*, vol. 37, no. 3 (1997–98), 136–190.

FUN STOP PNSWERS (from pages 24–25): Logic Puszle: Ministering Visites. Huma visited Hagoth on Tuesday in Jershon, Shiblon visited Omner on Wednesday in Ammonihah; Helaman visited Zeezrom on Thursday in Zarahemla; Contanton visited Amulek on Friday in Gideon. Tied with a Bow: 1 : string; Z: sun; 3: ice; 4: butter; 5: house; 6: bread; 7: water; 8: fire; 9: sky. Crack the Code: 1: phineapple; 2: searching high and low; 3: propose a time (or gift of time); 4: back to square one; 5: bar none; 6: lemonade; 7: fousde; 7: fousde; 7: propose a time (or gift of time); 4: back to square one; 5: bar none; 6: lemonade; 7: searching high and low; 3: propose a time (or gift of time); 4: back to square one; 5: bar none; 6: lemonade; 7: searching high and low; 5: loopose a time (or gift of time); 4: back to square one; 5: bar none; 6: lemonade; 7: fousde; 7: found; 7: fousde; 7: found; 7: found



SHOULD I INVITE HER?

ONE DAY at church, they announced that there would be a youth fireside the following week with returned missionaries. I immediately had a prompting that I should invite my best friend from school. My friend was a very good person and was always respectful of me, but she made it clear she didn't want to be taught about my church and would tell me, "Don't try to convert me."

"This is the Lord's Church. Let Him guide you through constant prayer. . . . Talk to everyone, and trust in the promised power of the Spirit to give you the words you should say."

......

President M. Russell Ballard, Acting President of the Quorum of the Twelve Apostles, Apr. 2003 general conference (*Ensign* or *Liahona*, May 2003, 38).

I wanted to ignore the prompting. "That's a terrible idea," I thought. "She would never want to go. It'll just make things awkward." But as it got closer, I kept feeling like I should invite her. I finally sent her a text the day before. She responded quickly, saying she'd love to go.

As we sat together at the fireside, I was nervous. The speakers testified that the Church is the one true Church. They shared stories about people they'd taught. I kept my eyes straight ahead the whole time. When the meeting was over, I finally turned to look at her. She had a big smile on her face and told me how much she liked the speakers. It was a reminder to me that God knows His children better than I do, and that I should always follow promptings to share the gospel.

Eliza B., Minnesota, USA



What can I do if I'm nervous to share the gospel?

Elder Dieter F. Uchtdorf has suggested these "guilt-free" things we can do to share the gospel:

1. Draw close to God. Others will see His light in you.

- 2. Fill your heart with love for others. See each person as a child of God and serve them.
- 3. Deepen your commitment to follow Jesus Christ. You will gain greater confidence and courage as you pray.
- 4. Look for opportunities to share the gospel in normal and natural ways.
- 5. Trust the Lord to work His miracles.

From Elder Dieter F. Uchtdorf, Apr. 2019 general conference (*Ensign* or *Liahona*, May 2019, 15–18).

TEXTING OR SCRIPTURES?

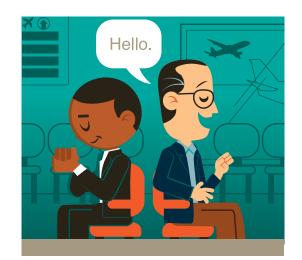
LAST YEAR, I had two amazing friends, James and Bartholomew. When I met a few of their friends, I started hanging out with them every day, and Bartholomew added me to a group chat they were all part of.

At first it was great! I could talk to my newfound friends all the time. But over time, my mum began to notice changes in my personality and emotions. I would be on my phone until late, I procrastinated doing my homework, and I stopped studying my scriptures and praying because I was preoccupied with texting. My friends and I would argue a lot too, so I was also upset a lot. I spoke to my mum, and she told me what she had been noticing and that I needed to spend less time with those friends. I began to spend less time texting them and got back on top of all my schoolwork and gospel study.

Now going into my next school year, I am still friends with James and Bartholomew and a few of our other friends. But I am much happier now, and I spend less time on my phone. I know that making the right friends is very important, as it says in *For the Strength of Youth*: "Everyone needs good and true friends. They will be a great strength and blessing to you" ([2011], 16). The next time a situation like this comes up, I'm going to be careful. I don't ever again want to feel the way I did then.

Joshua C., United Kingdom





"ELDER, PRAY!"

AS I LEFT the missionary training center in Provo, Utah, USA, I had a very long flight ahead of me, with three layovers before I would finally arrive in my mission in Recife, Brazil. When I landed in Rio de Janeiro for the last leg of my journey, I missed my flight. It was rebooked, but I was left with a 14-hour wait in a country I had never been in before, and I couldn't say much in Portuguese.

Hours passed as I sat there feeling lonely, forgotten, and tired from all the flights. As I began to cry, a voice said to me, "Elder, pray!" I prayed for help harder than I ever had before. As I said "Amen," I heard a man sitting directly behind me speaking English. I turned and tapped his shoulder. The man was a returned missionary from South Africa who was fluent in both English and Portuguese. We got something to eat together, and he helped me communicate with my mission president. He helped strengthen my testimony that God will never forget His children! I felt His love that day, and I can truly testify that He hears our prayers.

Sione T., Oregon, USA

Hint (from page 26): Corianton visited Amulek on Friday.

LAST WORD



Take Part in the Ongoing Restoration

By Elder Dieter F. Uchtdorf Of the Quorum of the Twelve Apostles

Based on an April 2014 general conference address.

ometimes we think of the Restoration of the gospel as something that is complete, already behind us—Joseph Smith translated the Book of Mormon, he received priesthood keys, the Church was organized. In reality, the Restoration is an ongoing process; we are living in it right now. It includes "all that God has revealed, all that He does now reveal," and the "many great and important things" that "He will yet reveal" (Articles of Faith 1:9). The exciting developments of today are part of that long-foretold period of preparation that will culminate in the glorious Second Coming of our Savior, Jesus Christ.

When our time in mortality is complete, what experiences will we be able to share about our own contribution to this significant period of our lives and to the furthering of the Lord's work? Will we be able to say that we rolled up our sleeves and labored with all our heart, might, mind, and strength? Or will we have to admit that our role was mostly that of an observer?

My dear friends, know that you are sons and daughters of light. Don't be just observers. Don't allow selfishness! Don't allow habits that could lead to addiction! Don't allow competing priorities to lull you into indifference or detachment from blessed discipleship and ennobling ministering! Minister to others by showing others why you love to be a member of the Savior's Church. There is too much at stake for us as individuals, as families, and as Christ's Church to give only a halfhearted effort to this sacred work.

Being a disciple of Jesus Christ is not an effort of once a week or once a day. It is an effort of once and for all.

I testify that the cleansing power of the Atonement of Jesus Christ and the transformative power of the Holy Ghost can heal and rescue mankind. It is our privilege, our sacred duty, and our joy to heed the Savior's call to follow Him with a willing mind and full purpose of heart. Let us "shake off the chains with which [we] are bound, and come forth out of obscurity, and arise from the dust" (2 Nephi 1:23).

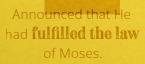
Let us be awake and not be weary of well-doing, for we "are laying the foundation of a great work" (Doctrine and Covenants 64:33), even preparing for the return of the Savior. When we add the light of our example as a witness to the beauty and power of restored truth, we take part in the ongoing Restoration, bringing the blessings of the work of salvation to all who are willing to hear Him. **NE**

Jesus Christ

Atoned for our sins so that we can repent, be forgiven, and **have eternal life.**

Appeared to the Nephites after His Resurrection.

Commanded the people to call the Church **in His name.**



Invited them to **touch His** hands, feet, and side.

Told the Nephites they were the **"other sheep** ... which are not of this fold"



Called 12 Nephite disciples to minister and baptize.



57



THE FESTIVAL THEME FOR THIS YEAR WAS "HEAR THE VOICE OF THE LORD." THIS PRERECORDED, VIRTUAL CONCERT INCLUDES:

- Testimonies from youth and Church leaders.
- Uplifting music.
- Photos, videos, and performances of youth just like you all over the world.

Find it at YouTube.com/StrivetoBe or broadcasts.ChurchofJesusChrist.org.



