

April 2021

For the Strength of Youth



He Lives!
*Easter Messages
of Hope*

pp. 2, 9, 18, 32

Finding Joy in Christ

LADYLYN V.

17, PHILIPPINES



Hi! I'm Ladylyn.

THERE ARE INACTIVE VOLCANOES near where I live, but recently one erupted. We were all really shocked when it happened. The sky was gloomy and dark, and there were lots of ashes falling from the sky. I was afraid, because we live in a pretty safe place and usually don't have natural disasters. The scariest part was the aftershocks that came after the volcano erupted.

When the volcano erupted, my family went to stay at the church. There were lots of people staying there, which helped me not be scared. I was happy to see so many people because then I knew that they were safe.

While we were staying in the church, it was really nice to serve and minister to other people who were coming in to stay

and escape the danger. I liked being able to serve without expecting anything in return. It reminded me that we need to make good decisions every day and be generous to everyone, not just in times of natural disasters but each day.



Share your story and read stories from other youth at the [@StrivetoBe](#) Instagram or post using [#StrivetoBe](#).

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FOLLOWERS OF JESUS CHRIST ON THE PATH OF DISCIPLESHIP



**By Elder
Quentin L. Cook**
Of the Quorum of the
Twelve Apostles

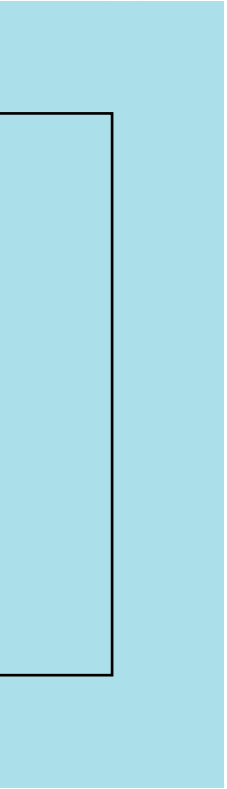
The Savior has made it possible for each of us to gain salvation and exaltation. But we must follow the path He has provided for safety and peace.

ON EASTER SUNDAY, we celebrate the victory of our Lord and Savior, Jesus Christ, over death. We cherish our understanding and feel heartfelt appreciation for the Savior's willing atoning sacrifice on our behalf. It is the most important event in the history of mankind.

Because Christ fulfilled His sacred mission as Savior and Redeemer, we will be resurrected from death and have our spirits reunited with our bodies. Based on personal worthiness, we may through His grace have the glorious opportunity of entering back into the presence of God.

Our Message to the World

The Prophet Joseph Smith, speaking of the events surrounding Easter, said, "The fundamental principles of our religion are the testimony of the Apostles and Prophets, concerning Jesus Christ, that He died, was buried, and rose again the third day, and ascended into heaven; and all other things which pertain to our religion are only appendages to it."¹



While we rejoice in the eternal significance of Gethsemane and Calvary, our focus has always been on the resurrected Lord. Our message to the world is that He lives! The symbol of Christ for the Latter-day Saints will be found in the meaningful expression of our faith and the way we live His gospel.²

As we ponder what it means to be Christians today, we should think about what our path of discipleship will require of us. I suggest that we contemplate and in appropriate ways follow what the Savior did in the last two days of His mortal life and ministry.

Remember and Reverence the Sacrament

At the Last Supper, the Savior introduced the ordinance of the sacrament. He took bread, broke it, prayed over it, and passed it to His disciples, saying, “This is my body which is given for you: this do in remembrance of me” (Luke 22:19). In this manner He instituted the sacrament. If we are to be His disciples and to be committed members of His Church, we must remember and reverence the sacrament.

The sacrament allows each of us to express with broken hearts and contrite

spirits our willingness to follow the Savior, to repent, and to become a Saint through the Atonement of Christ (see Mosiah 3:19). The sacrament allows us to witness to God that we will remember His Son and keep His commandments as we renew our baptismal covenant (see Mosiah 18:8–10; Doctrine and Covenants 20:37, 77–79). This increases our love and appreciation for both the Father and the Son.

Love One Another

The Savior also declared, “By this shall all men know that ye are my disciples, if





JESUS CHRIST HAS PROVIDED THE PATHWAY TO TRUE HAPPINESS.

ye have love one to another” (see John 13:34–35). In the face of the eternity-shaping Atonement He was about to undertake, such a commandment requires our obedience. We manifest our love for God when we keep His commandments and serve His children. We don’t fully comprehend the Atonement of Jesus Christ, but we can spend our lives trying to be more loving and kind, regardless of the adversity we face.

The Savior’s charge to His Apostles and all disciples who would come after them to love one another is one of the most central of His teachings. How we relate and interact with each other is a measure of our willingness to follow Jesus Christ.

Be Worthy of the Holy Ghost’s Promptings

At this time, the Savior promised the Holy Ghost, the third member of the Godhead, to the Apostles. The Holy Ghost is a personage of spirit, the Comforter, who bears witness of the Father and the Son, reveals the truth of all things, and sanctifies those who have repented and been baptized.

We live in a noisy, contentious world, where it is possible to be viewing or listening to information, music, or even pure nonsense virtually every waking hour. If we want to have the inspiration of the Holy Ghost, we must find time to slow down, ponder, pray, and live so we are worthy to receive and act upon His promptings. We will avoid major

mistakes if we heed His warnings. It is our privilege as members of The Church of Jesus Christ of Latter-day Saints to receive light and knowledge from Him even to the perfect day (see Doctrine and Covenants 50:24).

Follow the Savior’s Path

This Easter season, we rejoice in all the Savior has done for us. He has made it possible for each of us to gain our salvation and exaltation. But we must follow the path He has provided for safety and peace.

One of the ways we do this is by adhering to the teachings of our living

prophet. He is an excellent example of one who follows the Savior. Another way is to seek the refuge and eternal protection of the temple.

I bear my apostolic witness that Jesus Christ lives and is the Savior and Redeemer of the world. He has provided the pathway to true happiness. 🙏

From the April 2010 general conference address “We Follow Jesus Christ.”

NOTES

1. *Teachings of Presidents of the Church: Joseph Smith* (2007), 49; see also Doctrine and Covenants 20:22–25.
2. See Gordon B. Hinckley, “This Glorious Easter Morn,” Apr. 1996 general conference (*Ensign*, May 1996, 65–67); “The Symbol of Our Faith,” *Liahona* and *Ensign*, Apr. 2005, 2–6.



A Picture of Unity

Like dots of color on a canvas, we are all different. But it's a beautiful thing when we're all united in God's kingdom.



VIEW OF CROTOY, BY GEORGES SEURAT, FROM GETTY IMAGES

By Emily Joy Thompson

Church Magazines

WHEN YOU HEAR the word *unity*, what do you think of? Maybe a choir singing in unison or your favorite sports team playing a game together as a unit. You can find unity in families, communities, even nature!

Unity is about coming together and working as a whole. Even though we come from different backgrounds, different cultures, and have different abilities, Heavenly Father wants us to love each other and to “be one” (Doctrine and Covenants 38:27). But how can we be one when we are all so different?

Unity in Art

We talk about unity in music and sports, but did you know we can learn about unity from art too? There’s a style of painting called pointillism where artists apply small colored dots all over a surface to create an image instead of mixing colors together on a palette and using large brush strokes. When you stand close to these paintings, all you can see are individual dots of color.

However, when you take a step back, the dots blend together to reveal a picture.

The individual colored dots all work together to create something beautiful. Just like the dots, we are all unique individuals. Heavenly Father

sees the “full picture.” He sees us all as His sons and daughters, “heirs to the kingdom of God” (4 Nephi 1:17). If we can also learn how to step back and see the bigger picture, we can learn how to love and work with people who are different from us. Here are some things we can do to work at being unified.

Remember Covenants

Remembering our baptismal covenants helps us work toward being unified with others. In Mosiah 18:10 we read that part of being baptized is agreeing to serve God and keep His commandments. One way we do this is “to bear one another’s burdens, . . . mourn with those that mourn; yea, and comfort those that stand in need of comfort” (Mosiah 18:8–9).

When we reach out to a friend who is sad, help our parents with chores around the house, or reach out to someone new at school, we are making the effort to open our hearts to them and have our “hearts knit together in unity and in love one towards another” (Mosiah 18:21). What are some other ways you can keep your baptismal covenant to serve God? You might even ask yourself this question the next time you take the sacrament. As you look for other ways to build unity with others, Heavenly Father will help you.

Avoid Using “-ites”

In the Book of Mormon, the people used names as a way to divide and separate themselves. They called themselves Nephites, Lamanites, Zoramites, and Amalekites—just to name a few. Sometimes they even had special markings to physically show which group they belonged to (see Alma 3:4). They were happiest when they didn’t have any “-ites” (see 4 Nephi 1:16–17).

Think about your work, school, or neighborhood. We might not use labels such as “Nephites” or “Zoramites,” but can you think of other labels people might use? Some people in the world try to separate us based on things such as physical abilities, the color of our skin, or even how much money we have. That is not how Jesus Christ taught us to act. He taught us to “love thy neighbour as thyself” (Mark 12:31). To be more like Jesus Christ, avoid using labels or names that divide us.

Exercise Humility

Part of unity is “learn[ing] to take joy in the successes of siblings and friends. . . . We must all strive to become more humble.”¹ Sometimes this can feel hard. Maybe your best friend made the team but you didn’t, or your sibling got a better grade in school than you. We might feel sad or hurt to see someone else succeed. Even though it might feel difficult, try celebrating with them! We all have wonderful gifts and talents and our Heavenly Father wants each of us to seek and develop good gifts.

Differences Can Be Good

Sometimes we may tend to interact only with those who look like us, talk like us, or think like us. But Jesus Christ always went out of his way to interact with those who were seen as different. Differences can be good and are *needed!*

President Henry B. Eyring of the First Presidency has said, “Even . . . differences can be seen as an opportunity. God will help us see a difference in someone else not as a source of irritation but as a contribution.”² Not everyone can play the same



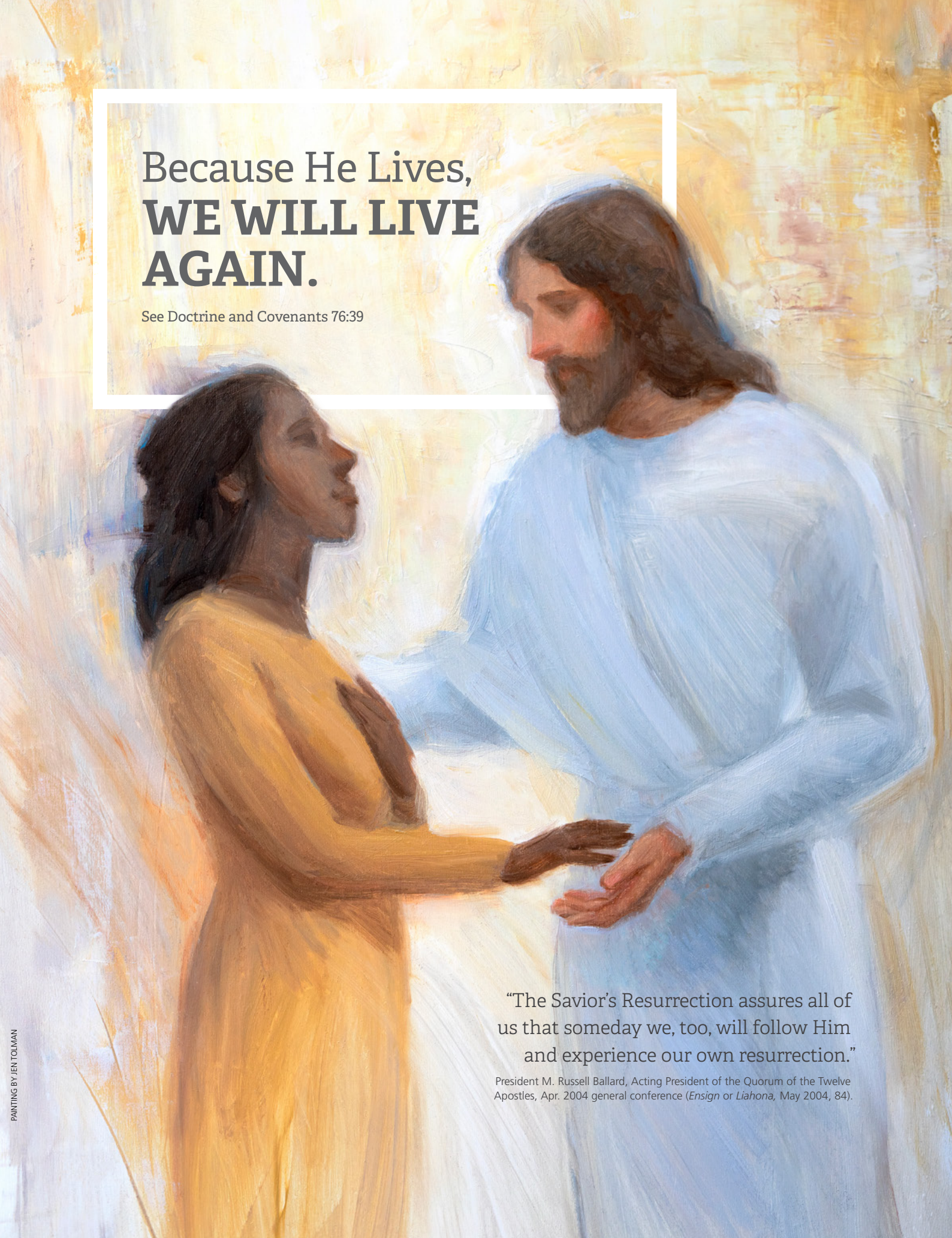
position on a sports team or sing the same part in a choir. The world would be boring if all the flowers were the same color or if all the trees looked the same. Differences can make the world better and help us to be one.

“Be One”

As you work to build unity with others, you might see we’re not as different from each other as we think. As we learn to see each other as Heavenly Father sees us, we will come to understand that everyone is needed and belongs in the kingdom of God. We are each a wonderful dot of color in a beautiful mural. And let’s face it, it just wouldn’t be the same without you. 🙏

NOTES

1. Steven E. Snow, Apr. 2016 general conference (*Ensign* or *Liahona*, May 2016, 36); see also Alma 29:14.
2. Henry B. Eyring, “Our Hearts Knit as One,” Oct. 2008 general conference (*Ensign* or *Liahona*, Nov. 2008, 70–71).

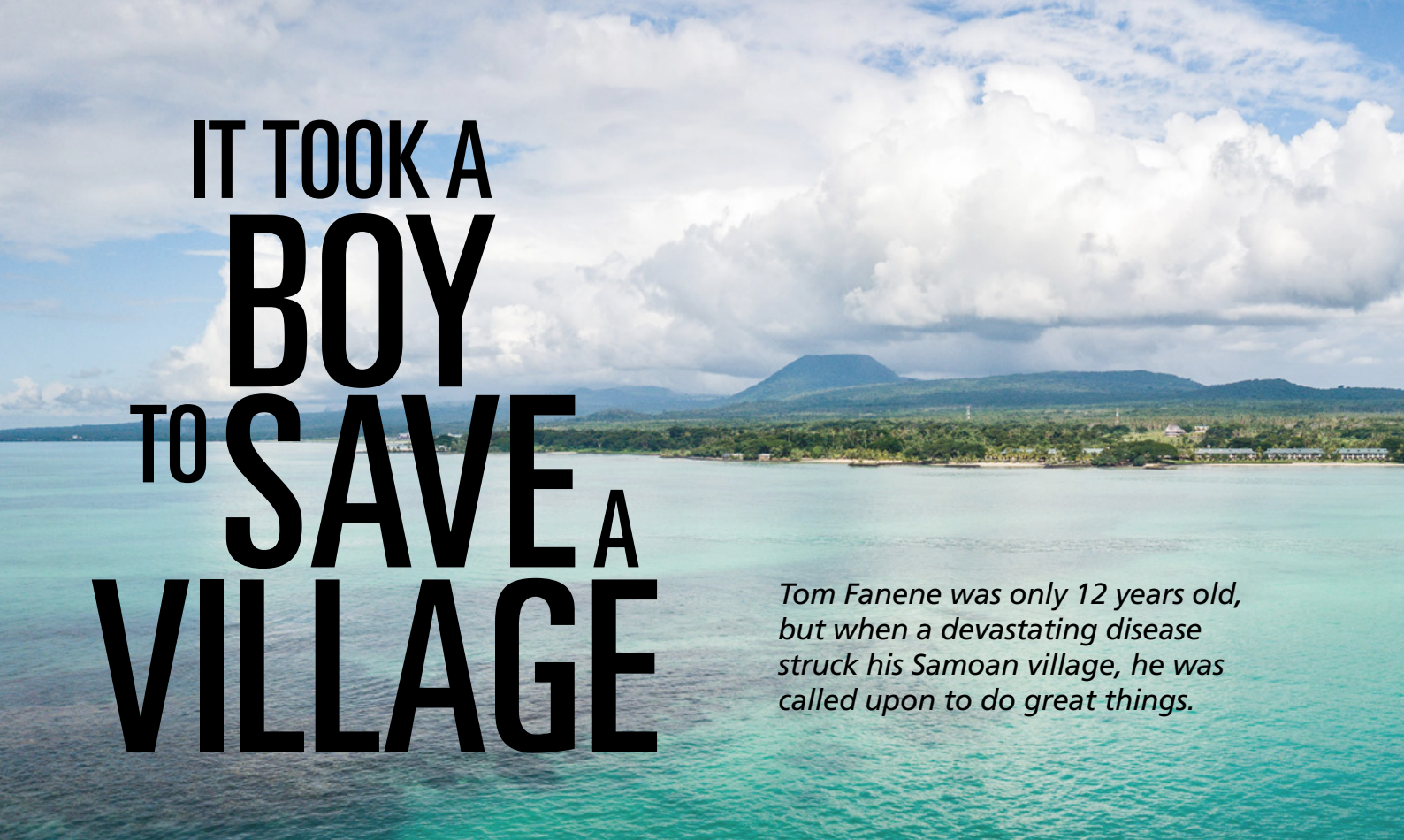


Because He Lives,
**WE WILL LIVE
AGAIN.**

See Doctrine and Covenants 76:39

“The Savior’s Resurrection assures all of us that someday we, too, will follow Him and experience our own resurrection.”

President M. Russell Ballard, Acting President of the Quorum of the Twelve Apostles, Apr. 2004 general conference (*Ensign* or *Liahona*, May 2004, 84).



IT TOOK A BOY TO SAVE A VILLAGE

Tom Fanene was only 12 years old, but when a devastating disease struck his Samoan village, he was called upon to do great things.

By David A. Edwards
Church Magazines

AS THIS YEAR'S youth theme says, you're "laying the foundation of a great work" (Doctrine and Covenants 64:33). Throughout the Church's history, young people have often played an essential role at critical times in building God's kingdom. Here's one example.

Island Epidemic

Over 100 years ago, in the Samoan Islands of the Pacific Ocean, a young man named Tom Fanene was an important help during a life-and-death situation for members of The Church of Jesus Christ of Latter-day Saints.

Tom lived in a village called Sauniatu, which had been founded by Latter-day

Saints in the area as a place for them to gather and make a community. Just like Saints of God in other times and places, they experienced trials as well as miracles as they worked to build God's kingdom together. One trial came in 1918, when an influenza pandemic reached the village.

As soon as the illness arrived, it was devastating, and it spread quickly. Nearly every one of the roughly 400 villagers was bedridden because of it. Only a couple of them were well enough to get around: an older man and 12-year-old Tom.

Faith and Hard Work

Tom's family had exercised faith in the face of illness before and had seen mir-

acles as a result. Tom's younger brother Ailama was sick some years earlier. Their father, Elisala, had a dream in which he was given specific directions on what to do to care for Ailama: find a wili-wili tree, remove some bark, and pound out the juice. Elisala did this and brought the juice to Ailama, who drank it and soon recovered. So Tom had seen how acting in faith can help overcome sickness.

During the 1918 influenza epidemic, Tom exercised faith as he worked hard to care for the people of the village. "Every morning I went from house to house to feed and clean the people and to find out who had died," he said.

He fetched buckets of water from a spring and brought water to every house. He climbed coconut trees, picked coconuts, husked them, and opened them to collect the juice to bring it to the sick. He also killed all of the chickens in the village to make soup for each family.

Making a Difference

During this pandemic, around one-fourth of all of the people in Samoa died of influenza. Some of the people in Tom's village died as well. Tom helped dig graves and bury more than 20 of them,

including his own father, Elisala.

But thanks to Tom's hard work and loving care, many people in his village survived. He made a big difference to those people and to the building up of the Lord's kingdom in Samoa. He was "laying the foundation of a great work."

And in your own way, so are you.

You may not be called upon to do the kinds of things Tom did, but you are, in fact, exercising faith in various ways that will make a great difference to you, to others, and to the work of building God's kingdom.



In 1904, Tom Fanene's father, Elisala, was part of the expedition to find a place for Samoan Latter-day Saints to gather. They founded the village of Sauniatu.

The 1918 influenza pandemic hit them hard. But Tom helped many to survive. Children went back to school, and villagers again formed the Sauniatu Branch Band (above).




The 12-year-old Tom Fanene helped nurse his village to health during a pandemic.

You're setting an example for your family, friends, and others by showing virtue, patience, kindness, and love. You're serving others. You're engaging in scripture study and prayer. You're sharing the truths of the restored gospel of Jesus Christ.

During this past year, many of you have even been doing these things while enduring the effects of a pandemic. Maybe you haven't fetched water and coconuts and nursed 400 people back to health, but you *have* brought people comfort, hope, joy, and peace in many other ways.

Your age matters less than your faith and your willingness to work and serve others. Examples from the past, such as Tom Fanene's, can help you see that you are needed in laying the foundation of God's great work. 🙏



I Felt Like a **FAILURE**

I hadn't baptized anyone on my mission. Then I realized there was a better way to measure success.

By Richard M. Romney
Church Magazines

HAVE YOU EVER felt like you failed at something even though you had hoped with all your heart you would succeed? That's how I felt as I came home from my mission. Two years in France, and what good had I done? Sure, I had made friends, learned a language, and grown to love faithful Saints who strive to live the gospel.

But I hadn't baptized anyone.

Then I remembered advice my mission president gave me during my final interview: "If you can honestly say that the Lord is pleased with the effort you have made, if you can honestly say that you did the best you could for Him, then that is the measure of your success. Nothing else matters."

As I thought about that, I felt compelled to pray. Slowly, peace came to my heart. The Spirit whispered, "The Lord knows you did the best you could. Your sacrifice is acceptable." It was time to get on with the next steps of my life.

Fast-Forward from France

Fast-forward many years. I was writing a letter to my daughter, who was serving a mission in Canada, when I heard a ping on my phone. Someone had sent me a photo of the inside front cover of a copy of the Book of Mormon with a testimony written in French—in my own handwriting! I had given the book to a sister who had joined The Church of Jesus Christ of Latter-day Saints while I was a missionary (though I hadn't



baptized her), but she had fallen away a couple of years later. Why would someone be sending me a photo of the testimony I had written so many years before?

The picture came with a message: “I thought you would be interested in seeing your testimony again. My aunt was so excited when I joined the Church that she gave me the Book of Mormon you once gave to her. I thought you would appreciate knowing what a treasure it is to me.

“My aunt didn’t remain active in the Church, but she always spoke highly of it, so much so that her younger sister (my mother) asked the missionaries to teach her. My mother joined the Church. She was married in the temple. She and my father raised four children as members of the Church. My three siblings and I have all served missions and been married in the temple. We are all active and faithful.”

Emotion overwhelmed me. All those years ago, I thought I had failed. But now I could see how the Lord had accomplished His work, in His way, over time.

As You Do Your Best for the Lord

Memories of other people I had taught as a missionary began to flood my mind. One joined the Church a year after I had returned home. He now lives in French Polynesia, and we chat by Skype all the time. Another joined the Church

seven years after my mission. He served a mission himself, in Texas, USA. Now he’s the executive secretary of a stake in southern France.

I thought of other French members I still know and love—a sister in a care center who writes me letters; a man I knew when he was a teenager who is now a mission president in Africa.

If you had asked me at the end of my mission, I would have said I was a failure. But as I thought about the testimony I had written in that Book of Mormon all those years ago, I realized that you haven’t failed as long as you do your best for the Lord. “Maybe the only thing I failed at was being a failure,” I thought.

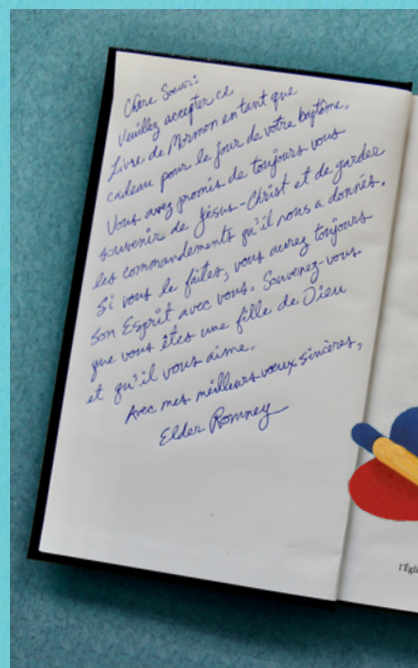
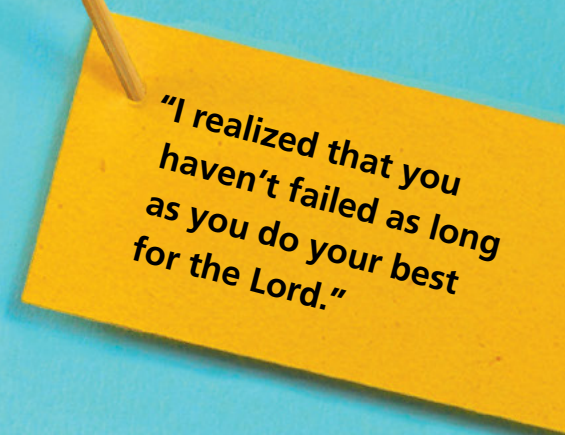
Failure or Success?

In the early days of the Restoration, a group of missionaries was sent to preach to American Indians living west of Missouri (see Doctrine and Covenants 28:8; 30:6; 32:2). They thought they were

fulfilling Book of Mormon prophecies about Lamanites receiving the gospel in the latter days. But by the end of their mission, they had not baptized a single American Indian.

If you had asked them, what would they have said about failure? And yet, along the way they brought others into the Church. Among them were future leaders like Sidney Rigdon as well as many members in Kirtland, Ohio, where the first latter-day temple was later built. They learned, as I had learned, that the Lord will “show unto the children of men that I am able to do mine own work” (2 Nephi 27:21).

I sat back in my chair and smiled. I realized that setbacks in life can seem like failures at the moment. But over time, if you keep doing your best, the Lord will help you turn them into triumphs.



NO SETBACKS



Two young men from Washington, USA, have found ways to serve despite physical limitations.

By Kristi Linton

AUSTIN NICKLE BEGAN LEARNING sign language when he was 18 years old. He started attending his local Deaf branch and even signed up to take classes at the community college. But Austin isn't deaf.

"I was born with a speech impediment," says Austin. "I've been afraid to speak much throughout my life because of my stuttering and lack of fluency [the ability to say all the sounds in words so they are clearly understood]. But I'm not shy. I enjoy social settings, I just don't talk as much as others."

Sometimes it takes Austin minutes to get out what others can share in seconds. But that's never stopped him from being optimistic and fully participating in school or church. And though he may feel fear at times, he portrays courage.

"He is fearless," says Austin's home ward bishop, Rodger Pickett.

"I used to be his seminary teacher. He was fearless despite the



**MEET
AUSTIN**

fact that he could be teased. And there were members of the class who would roll their eyes a little, but he was fearless to be engaged, offer answers, pray, and do other things in class.”

And it’s true. Austin is not only brave but also kind. But that doesn’t mean things come easy.

Called to Serve

Serving a mission was something Austin knew would present a challenge.

“When I thought of serving a full-time mission,” said Austin, “I knew I could be successful at a service mission, but I was worried about serving a full-time proselyting mission. However, I knew that wherever the Lord called me was where He could use me best.”

“I **knew** that wherever the Lord called me was where **He could use me best.**”

For Austin, it was just a matter of figuring out the best route.

One Sunday, the direction became a little clearer. Austin’s stake president was visiting Austin’s ward, and Austin was blessing the sacrament. Before he finished the prayer, the stake president and Bishop Pickett both received the same impression.

“We turned and looked at each other with the exact same thought,” said Bishop Pickett. “He should learn sign

language!”

As soon as Bishop Pickett and President McCall shared their thought, Austin said, “I was no longer nervous about going on a mission. I knew I wanted to serve as an ASL [American Sign Language] missionary.”

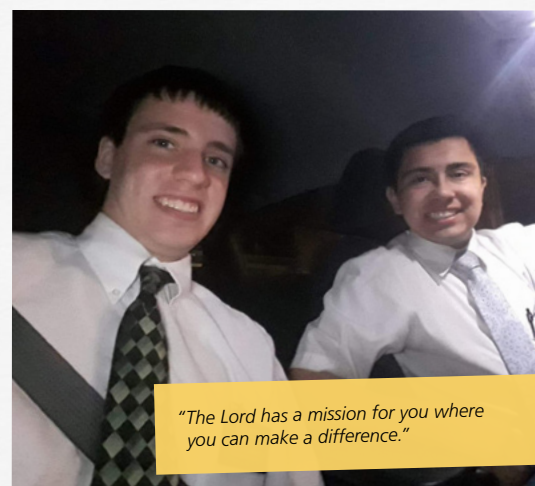
Austin began attending a local Deaf branch and then took sign language classes at the local community college. Of course, there was no guarantee, but he worked diligently and prepared himself in case it was the Lord’s will for him to serve an ASL mission.

On September 26, 2019, Austin received his mission call—a two-year ASL mission to Phoenix, Arizona, USA.

“I wish you could have seen his face,” said Bishop Pickett. “Joy. Pure joy. He was signing and his mother was



Elder Austin Nickle with his first companion



“The Lord has a mission for you where you can make a difference.”

“I **knew** that wherever the Lord called me was where **He could use me best.**”



A warm welcome to the mission in Phoenix, Arizona!



MEET DONOVAN

interpreting as he opened the email. He made an ecstatic yell . . . accompanied by some fist pumping.”

“I’m excited,” says Austin. “It’s exciting that there are lots of ways to serve.”

Meet Donovan

Donovan Sorensen was born with muscular dystrophy, a condition where the body doesn’t produce enough protein to rebuild the muscles. He was diagnosed at age 7. “I was able to walk until I was 11,” says Donovan, “but then I became wheelchair-bound.”

It takes Donovan much longer to do normal things like getting out of bed,

getting dressed, or preparing meals.

“I’ve definitely learned to not take things for granted,” says Donovan. “It also gives me an appreciation for others who maybe have a harder time with these things than I do.”

Donovan’s mom says, “Despite his physical limitations, he has never let his condition deter him from accomplishing anything he sets his mind to. He demonstrates amazing courage in the face of constant uncertainty. He possesses a quiet self-confidence and is OK being different.”

Serving in the House of the Lord

“Well, originally a full-time proselyting mission was pretty much off the table,” says Donovan. “And I was OK with that. I’d accepted it.”

But then Donovan and his family heard about service missions.

“We contacted our area service mission coordinator. We told him what I would be able to do,” said Donovan. “He helped me to find the right opportunity. From there, he worked with my stake president and bishop to finish the process.”

It wasn’t long before Donovan was submitting his papers. Soon he received his call to serve a mission in the Seattle Washington Temple. He was set apart and worked in the temple five days a week after that.

“At first I was a little nervous. We met with the temple president and the recorder a week before I started. I was set apart as an ordinance worker, and the recorder showed me some of the things I would be doing. So that calmed my nerves a lot. And once I started, it was nothing to worry about. I’ve loved every minute of it.”

But his service doesn’t come without sacrifice and challenges.

“Waking up is one challenge, but I just make sure I don’t go to bed too late. I’m usually able to get up pretty easily and get to the temple and do everything they

need me to do.” But waking up early is just the beginning. Next it’s the bus stop, where Donovan navigates public transportation to and from the temple, traveling approximately three hours a day and sometimes more, depending on the weather.

“He doesn’t see any of it as a sacrifice,” says his mom. “He goes, rain, snow, or shine. He doesn’t want to miss a day, because he knows people are counting on him and he knows how important his service is.”

“I like helping people feel welcomed,” says Donovan. “I’ve had a lot of people thank me for my service, and even though I’m doing something any other ordinance worker could do, it makes me feel good knowing that I could help make them happy.”

Donovan and Austin may not be serving in ways they had originally planned, but both are serving in exactly the way the Lord wants them to—in His way. 🏰

The author lives in Washington, USA.

Learn More about a Service Mission
Go to [ChurchofJesusChrist.org/service-missionary/](https://www.ChurchofJesusChrist.org/service-missionary/)



Donovan participated in the Scouting program.



Enjoying a Washington ferry ride!



“He knows people are counting on him and he knows how important his service is.”

4

ELEMENTS OF THE SAVIOR'S PERFECT ATONEMENT

Jesus Christ's Atonement is perfect for everyone, including you!

By Hannah Mortenson
Church Magazines



HAVE YOU EVER wondered how Jesus Christ can save everyone who ever lived? What makes His atoning sacrifice work for everyone?

It all starts with the plan of salvation. Heavenly Father's work is to "bring to pass the immortality and eternal life" of all His children—including you and me (Moses 1:39). But there are a couple of obstacles each of us must overcome to receive immortality and eternal life. Each one of us will die one day, so we're not immortal. And each of us commits sin, which makes us unworthy of eternal life, or being in the presence of Heavenly Father and living as He lives.

Heavenly Father knew we'd face these obstacles, so He sent His Son, Jesus Christ, to the earth to live, suffer for our sins, die, and be resurrected. We call this the Atonement of Jesus Christ. Because of Jesus Christ, all of us will be resurrected. And if we choose to repent, we can be made clean from our sins and return to Heavenly Father (see 2 Nephi 9:8–9; Alma 11:41–43).

None of us could do this for ourselves. Jesus Christ is the only person who could perform an atoning sacrifice for us, because it had to be done perfectly. But what do we mean when we say that His atoning sacrifice was perfect?

Here are four things that made the Atonement of our Savior, Jesus Christ, perfect.

1. His Divine Birth

Jesus Christ was born the Son of God (see Mosiah 3:5–8). He had a mortal mother and a divine Father. This meant that Christ would experience a mortal life and make choices for Himself, but He would also have God’s help and strength, as well as the power to be resurrected.



2. His Sinless Life

Jesus Christ did not sin during His life. He exercised His agency to choose obedience and righteousness instead of sin (see Mosiah 15:5; Doctrine and Covenants 19:24; 20:22). Because He lived a perfect life, His was a worthy sacrifice that could redeem others from sin.



3. His Suffering in the Garden of Gethsemane and on the Cross

In the Garden of Gethsemane and on the cross at Calvary, our Savior suffered the pains and sins of all who had ever lived (see Doctrine and Covenants 19:16–19; Alma 7:11–14). Because of that suffering, Jesus Christ understands what you are feeling and experiencing—the good and the bad—and can help you through your trials.

4. His Death and Resurrection

After His suffering in the garden, Jesus Christ was taken, scourged, and crucified. He was rejected by His people despite His innocence (see Mosiah 3:9, Doctrine and Covenants 45:3–4). On the third day after His death, Jesus Christ was resurrected, the first person to do so on earth (see 1 Corinthians 15:20–22). He rose from the dead and received a perfect body. After His Resurrection, His Atonement for us was complete. Jesus has the power to help us overcome sin and death so that we can return to live with Heavenly Father (see Doctrine and Covenants 18:11–12; 20:23–26).

How Does Understanding This Help You?

Understanding *how* something happened can help us appreciate *what* happened. Because Jesus Christ fulfilled His foreordained mission through His divine birth, sinless life, suffering, death, and resurrection, He completed the perfect Atonement.

Jesus Christ’s Atonement was so perfect that He can redeem “not only those who believed after he came . . . in the flesh, but all those from the beginning” (Doctrine and Covenants 20:26). Everyone who has ever lived—that means you!—can choose to have faith, repent, make and keep covenants, and return to Heavenly Father. 🙏

Seeing the **GOODNESS** of **GOD**

By Brigitte Dassler

ONE DAY IN high school, I had a geography test where I was asked to recognize and name each continent and country in the world. Sounds tough, right? Well, it was. Especially since I am mostly blind.

I have tunnel vision, so my eyes—well, the one that works—can only focus on a small portion of a page at a time. Not ideal for a test where I needed to see the whole picture all at once.

I got frustrated pretty quick. I couldn't tell Europe apart

How could I finish my test if I couldn't even see the paper?

from South America or Africa from Australia. I got so frustrated that I started to cry, making the already jumbled shapes on my paper even more blurry. Thankfully, I was saved when my dad walked in to pick me up at the end of the day.

My teacher gave me extra time to complete the test at home. After dinner that night I sat at the table, ready to try again, while my siblings watched a video in the living room.

I started trying to fill in the map when something in the video caught my attention. A blind man was asking the Savior if He would give him sight. At that moment, that's what I wanted more than anything.

Suddenly I realized that if anyone could help me, it was Jesus Christ. I didn't have sight given to me that day, but as I listened to the Savior heal that man, I felt joy! I knew Jesus Christ cared about me and would help me finish my test.

I knelt down and offered heartfelt thanks to my Heavenly Father for the gift of His Son. Then, with newfound determination, I picked up my pencil, ready to try again. 🙏

The author lives in California, USA.

I WILL SEE HER AGAIN

WHEN MY GRANDMA PASSED AWAY, I felt really sad about not being with her anymore. It was hard to not have her here.

I was attending a church at the time, but I felt that I was missing something. I wanted to know more about where my grandma would go after this life. One day I decided to pray and ask God for help.

I received an answer a couple of days later when I met two missionaries for The Church of Jesus Christ of Latter-day Saints. In our first meeting, they taught me that Heavenly Father and His Son, Jesus Christ, have a plan of happiness for each of us and that death is not permanent. I decided to keep meeting with the missionaries, and a few weeks later I made the decision to be baptized. A month later my mom and my brother were baptized too.

Now I'm almost 17 years old, and I am so excited to serve a mission one day and work to bring people closer to Christ—just as the missionaries did for me.

Being apart from my grandma is hard. But knowing that families can be together forever because of Jesus Christ and the work done in temples brings me peace and joy!

Lucas R., Sao Paulo, Brazil

“The world sees birth and death as the beginning and the end. But because of God’s holy plan, we know that birth and death are actually just milestones on our journey to eternal life with our Heavenly Father.”

Elder Weatherford T. Clayton of the Seventy, Apr. 2017 general conference
(*Ensign or Liahona*, May 2017, 26).



ILLUSTRATION BY EMILY DAVIS

Protect the Private

By Elder Steven R. Bangerter
Of the Seventy

WHEN I WAS 13 years old, my family lived on property in Granger, Utah, and every Saturday morning, my brother and I would get up early to start our chores. On one particular Saturday, my chore was to mow the lawn. We had a pretty big yard, so I had to get up extra early to get everything done before it got too hot.

As I was putting the lawn mower away in the shed after I'd finished, I heard the door to the back of our home close. I looked up and saw my father motion for me to come over and sit with him on the back porch steps of our home. We sat shoulder to shoulder, admiring the beautiful sunrise, as I waited for him to speak to me.

Looking to the Future

After a while he asked me, "Son, tell me about what you want to do in your life. What are your goals? What are your thoughts about the future?"

I told him my goals and dreams, including things like amazing sporting accomplishments and becoming an attorney. When I finished, he said, "That's wonderful. You can accomplish anything in this life with our Heavenly Father's help."

Then he said, "Son, there is something that I would like to talk to you about, and I want you to know that I have prayed about what I'm going to share with you now. And I have prayed that the message I will give to you will be imprinted on your soul.

"What I am going to say to you will greatly affect how you deal with the challenges and the heartaches you will certainly face in your life. And it will come to influence how you face the successes that you have in your life more than anything else that I know to say to you."

Dad's Advice: Protect the Private Moments

He paused, and I curiously waited to find out what this amazing piece of advice would be.

"*Protect the private times of your life,*" he said. "You know those moments of your life when you think, 'There's no one else around, nobody else knows what I'm doing, and nothing that I'm going to do during this moment will have any negative effect on anyone else'? You know those times?"

"What you do in those moments, during these private times of your life, will



PHOTOGRAPH BY CODY BELL

Moments

My dad taught me the importance of using my time to do good things rather than just avoid bad things.



"You know those moments of your life when you think, 'There's no one else around, nobody else knows what I'm doing, and nothing that I'm going to do during this moment will have any negative effect on anyone else?'"

determine the level of confidence you will have before God and men. It will determine your ability to concentrate and focus on difficult and complex challenges in your life more than anything else I could teach you. And it will have more to do with how you grow and raise your own family and how you strive to draw near to our Heavenly Father than anything else I could say to you. Son, protect the private times of your life.”

I listened carefully to that advice. And just like he said, that moment became locked in my mind and in my heart. Those words are forever imprinted on my soul.

Building My Testimony

As I reflected on what my dad taught me, I realized that my father was not only referring to the importance of staying away from things like pornography and misconduct. He was advising me to fill those private times with positive things. About a year after that conversation, I finished reading the Book of Mormon on my own for the first time. And I came to receive a witness by the Spirit, in a private moment, that the Book of Mormon is the word of God. And I was able to make the connection between the importance of it being the word of God and this being the Lord’s Church.

In those private moments, I gained a testimony that the prophet of my youth, President Spencer W. Kimball, was a

mouthpiece of the Lord. And it is on that foundation that I have continued to know that each prophet after, including President Russell M. Nelson today, is the Lord’s chosen, called, and anointed mouthpiece to the world.

For me, those private moments have been the foundation on which my testimony rests.

Working to Improve

Since that morning on the back porch steps of my childhood home, protecting the private times of my life has meant not only doing those things that guarded each moment against error or sin but filling those moments with spiritually and physically uplifting activities. Some of those include listening to good music,

Protecting the private times of my life has meant not only doing those things that guarded each moment against error or sin but filling those moments with spiritually and physically uplifting activities.





Achieving Your Goals

If you struggle with goals, you're not alone. But there *are* some things you can do to make it easier.

One reason we give up on goals has to do with how we measure progress. We tend to only ask, "Did I do it?" If we did, we feel we succeeded. If we didn't, we feel like we failed and become frustrated with ourselves.

The problem with that approach is that you don't learn anything about why you might be struggling.

Here's a healthier approach: Once you know your goal, choose small daily steps to work toward it. Then record how much *effort* you gave on those steps each day. After a week, look back and evaluate what might have kept you from giving your full effort. Then you can make plans to overcome those obstacles next time.

You can use this worksheet to help you measure your effort. Write one or two words each day to describe your effort. For more ideas, see the *Personal Development: Youth Guidebook*, especially the sections on Plan, Act, and Reflect.

praying, reading the scriptures or other wholesome books, and physical exercise. I try and fill those private times with a focus on developing my talents and working on my hobbies. I have found that doing so brings me lasting joy rather than momentary happiness.

During my youth, as I worked on protecting the private times of my life, I made personal goals in areas where I wanted to improve, such as setting goals to read the Book of Mormon, improve my race time in the 400-meter run, serve a full-time mission, and attend a university. I strived to use the time I had to progress and develop my skills. Setting and striving to achieve those goals has blessed my life with better physical health, strengthened testimony, inner peace, and lasting joy.

I am so grateful for the advice my father gave me all those years ago to protect the private times of my life. I know his counsel has helped me to confront the challenges of life and feel the confidence of knowing that I have a Father in Heaven who loves me and to whom I can go during sweet hours of prayer, all during the private times of my life (see Doctrine and Covenants 121:45–46). As you protect those moments in your life and fill them with wholesome, uplifting activities you will see and feel our Heavenly Father's blessings of peace, increased confidence and lasting joy pour into your life. 🙏

My Goal

What is my goal?

Why do I want this goal?

What can I do today to make progress on this goal?

How much effort did I make to do my goal each day?

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

End of Week Summary

How did I do? What things affected how I did each day?

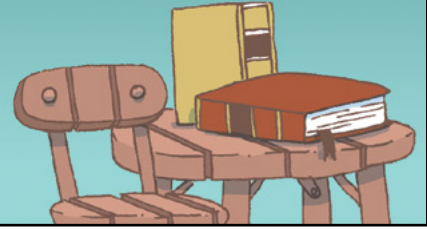
Action plan for improving next time

TO DO THE

WILL OF GOD

SIDNEY AND PHEBE BROOKS RIGDON

BY EMILY JOY POWELL; ILLUSTRATED BY MIKE LAUGHEAD



Before joining the Church, Sidney Rigdon was a Christian minister.



His friend Parley P. Pratt gave him a copy of the Book of Mormon.



He felt peace and knew it was the word of God.



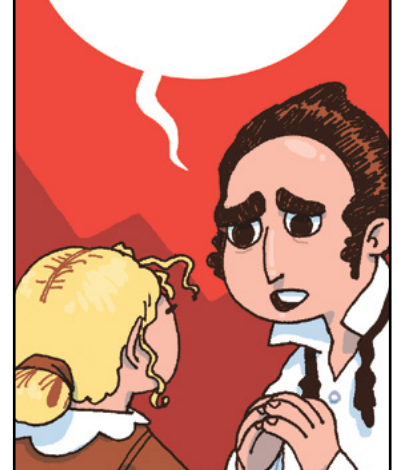
Sidney read and prayed about the book.



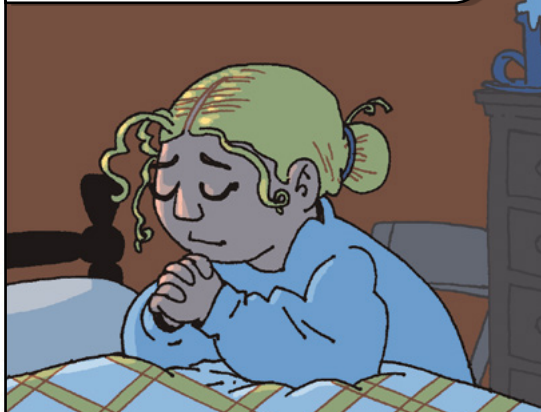
Joining the restored Church meant he would lose his job as minister over his church.



"What should we do?"



His wife, Phebe, had also gained a testimony of the Book of Mormon.



"It is my desire to do the will of God."



The Rigdons were baptized the next month.



Sidney was prompted to travel to New York . . .



. . . where he met Joseph Smith.



He worked as a scribe for the Prophet.



The Rigdons had strong testimonies and influenced many for good.



For more information about the Rigdons, see *Saints*, 1:100–101, 106–9.

FUN STOP

IN YOUR PART OF THE WORLD

How do you and your family have fun together? Take a picture of your family having a great time together and write a short description of what's happening.

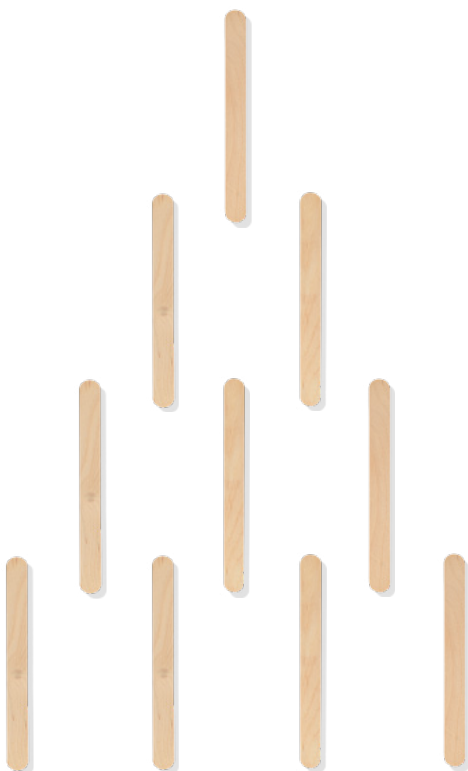


Send your photo and description to ftsoy@ChurchofJesusChrist.org. We'll publish responses in a future issue to share with youth around the world. Who knows, maybe your family will learn some fun new things to try out together!



TRICKY STICKS

Can you turn this tower upside down by moving only four sticks? The tower must keep its same shape. Set up the puzzle with twigs, craft sticks, or something similar. Once you solve the puzzle, then see if you can find another way to solve it. Now try it on your family and friends, too!



Answers on page 31.



SISTERLY SMILE

Can you tell who this is by her smile alone? She's in one of the General Presidencies of the Church.





Be an Example

“Some of my friends will sometimes use vulgar or obscene

vocabulary. When bad words come into my mind, I try to remember that I am a witness of Jesus Christ at all times and that I must be an example to my friends. I want to express myself how Jesus Christ would.”

Naobi L., 16, Mexico City, Mexico



Replace Thoughts

“President Boyd K. Packer once explained

how our mind is like a stage [see Oct. 1973 general conference]. There is only enough room for one thing to be playing on the stage at a time. If you feel unclean thoughts, try thinking about holy things! They can replace whatever was on your stage. What helps me is singing Primary songs. I either think about them or quietly whisper them.”

Alyssa F., 17, Washington, USA



Prepare Ahead of Time

“I do my best to let only clean and up-

lifting media into my life so that when people use unclean language, I have good thoughts to pull from. I also try to surround myself with friends who have my standards. It makes it much easier to choose the right and not feel tempted to use unclean language or think unclean thoughts.”

Nathan Z., 13, Utah, USA

“How can I keep my thoughts clean from the negative influences around me?”



Listen to Good Things

“One way we can get unclean language out

of our minds is listening to music that is pleasing to our Heavenly Father such as hymns. Listening to the scriptures could also help us with our personal and family studies. Also, listening to conference talks can help us focus on hearing promptings from the Spirit.”

Sandra M., 17, El Salvador



Look to Heavenly Father

“I try to replace a negative or unclean

thought with a positive one by thinking of something fun I’m looking forward to. If you think of something positive and uplifting, you can filter out the negative! If you think about your Heavenly Father and your Savior, you will find the strength and power to push bad thoughts away.”

Breelynn S., 12, Georgia, USA

“As we exercise faith in Jesus Christ and in His Atonement, we will be strengthened, our burdens will be eased, and through Him we will overcome the world.”

Elder Ulisses Soares of the Quorum of the Twelve Apostles, Apr. 2017 general conference (*Ensign* or *Liahona*, May 2017, 34).

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



What is the law of consecration? How does it affect me?

THE LAW OF CONSECRATION is a principle the Lord gives to His covenant people. To live this principle, men and women dedicate themselves completely to building up God's kingdom and ensuring that there are "no poor among them" (Moses 7:18). They give their time, talents, and material resources to serve the Lord, His Church, and His children.

In the early days of the restored Church, the Lord instructed Joseph Smith on a particular way the Saints were to live this law (see Doctrine and Covenants 42:30–42). The Saints were to "consecrate" (sacrifice or donate) their property to the Church by giving it to the bishop. He would then give them back what they needed (their "stewardship"). The rest was used to help the poor.

Today, we live this law in different ways. For instance, we serve others, accept callings and assignments in the Church and do our best at them, and pay a full tithe and a generous fast offering. When we do what the prophets and the Holy Ghost direct us to do to build up God's kingdom and help the needy, we are living the law of consecration.

What Do You Think?

How can I find "joy in the journey" when it seems so hard?

Send your answer and photo by May 15, 2021.

Go to ftsoy.ChurchofJesusChrist.org, click "Submit Your Work." Sign in with your Church Account and then select "For the Strength of Youth" under "Choose Magazine." Click "Add File" to select your file and photos, and then click "Submit" to upload and send us your file. Or email us at ftsoy@ChurchofJesusChrist.org.

Responses may be edited for length or clarity.

FUN STOP ANSWERS (PAGES 28–29): Tricky Sticks: Move the three on top to the bottom. Then move the one that was on the bottom left to the top right. See the answer at ftsoy.ChurchofJesusChrist.org. **Sisterly Smile:** Sister Becky Craven, Second Counselor in the Young Women General Presidency.

HE LIVES!

The Prophet Joseph Smith gave a modern witness of the resurrected Jesus Christ.

Doctrine and Covenants 76:22–24

22 And now, after the many testimonies which have been given of him, this is the testimony, last of all, which we give of him: That **he lives!**

23 For **we saw him**, even on the **right hand** of God; and we heard the voice bearing record that he is **the Only Begotten of the Father**—

24 That by him, and through him, and of him, **the worlds are and were created**, and the **inhabitants thereof** are begotten sons and daughters unto God.

he lives!

Prophets and apostles are witnesses of Jesus Christ. They witness that He suffered, died, and lives again today.

we saw him

On February 16, 1832, Joseph Smith and Sidney Rigdon saw Jesus Christ in a vision.

right hand

In Bible cultures, the right hand was the place of honor at a feast or solemn occasion. It was often given to the heir of the kingdom or house.

the Only Begotten of the Father

Jesus Christ was born on earth. Mary was His mother, and through a miracle, Heavenly Father was the father of His physical body. Jesus Christ was the only person ever born in this way. This helped make Him able to be our Savior.

the worlds are and were created

Jesus Christ is the Creator. He created this world and other worlds.

inhabitants thereof

There are children of Heavenly Father on other worlds, and Jesus Christ is their Savior too.



Phebe Carter

Lived 1807–1885.

Made a living by sewing and teaching school.

Married Wilford Woodruff.

In her mid-twenties, Phebe Carter was baptized and left her family to join the Saints. She once became ill and seemed to die. In a vision, two angels told her she could choose to go to the spirit world or to stay. She chose to stay and rose again after her husband finished a priesthood blessing. She went on to serve a mission at age 37.

IS YOUR FRIEND READY TO MEET THE MISSIONARIES?



There's a great tool you can use to help your friend meet the missionaries! It's in the Member Tools app. Use it to:

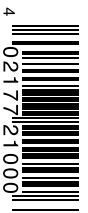
- Tell the missionaries about your friend.
- Participate in the lessons.
- Stay involved throughout the experience.



Go to "Missionary" in the Member Tools app on a smartphone, or visit [ChurchofJesusChrist.org/referral](https://www.ChurchofJesusChrist.org/referral).



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