

October 2021

For the Strength of Youth



PREPARING FOR
YOUR ENDOWMENT *p.18*

THE POWER OF
A **NAME**

p. 2

FINDING HELP IN
YOUR HARDEST TRIALS

p. 24

Finding Joy in Christ

ALEXANDER R.

18, VIKEN, NORWAY



PHOTOGRAPH BY ASHLEE LARSEN

MY FAVORITE HOBBY is sailing, either in competitions or just for fun. My twin brother and I sail together a lot. It's so cool being out at sea on our own.

The Lord helps me with sailing sometimes. If I'm stressed when I'm going out to sail, I can't focus. But then I think of

all the good things the Lord has given me, and I feel more calm.

The Lord has given me peace in my family, too. My dad isn't a member of the Church, but he's always supported my siblings and me. We're like missionaries to our dad because we show a good

example. When my brother went on a mission, my dad was really interested in how my brother studied the gospel and helped people. When I go on a mission, I hope he'll be even more interested in the gospel. I hope that someday he'll want to be baptized.



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

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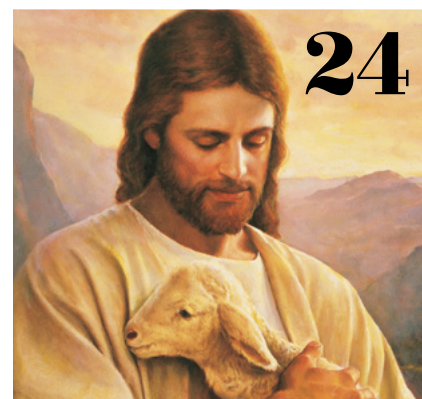
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By Elder Ulisses Soares
Of the Quorum of the Twelve Apostles

THE POWER OF A NAME

Names matter—especially when it comes to the name of the restored Church of Jesus Christ.

HAVE YOU EVER thought how very important a name can be? Think of your own name which was given to you when you were born—a name for you to be known by throughout your life. Your name is often the first thing someone asks when they meet you. And it's the easiest way for family, friends, and others to address you and refer to you. As young children, many of you also had the privilege to receive a name and a blessing by the power of the priesthood.

At your baptism, you make a covenant with God to show that you are willing to take upon yourself the name of Jesus Christ. Each time you take the sacrament, you renew that covenant and promise to always remember Him (see Mosiah 18:8–9; Doctrine and Covenants 20:77, 79).

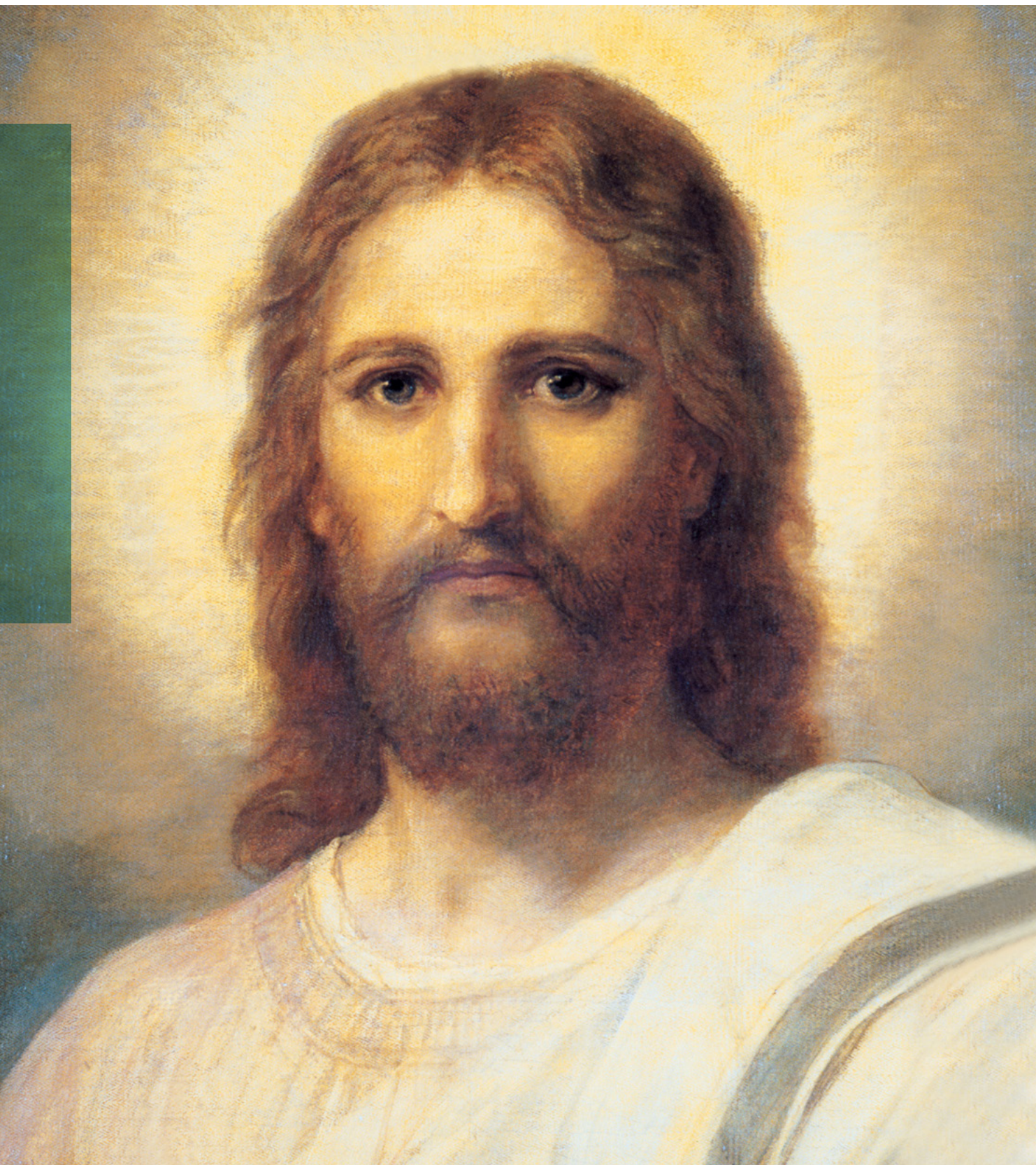
So, names matter. Not only can a name connect each of us to our own identity and individuality, but it can also carry power,

responsibility, and blessings. This is especially true when it comes to the name of the restored Church of Jesus Christ, even The Church of Jesus Christ of Latter-day Saints.

The Savior Named His Church

Our beloved prophet, President Russell M. Nelson, has taught why the name of the Savior's Church is so important. He said: "It is the command of the Lord. Joseph Smith did not name the Church restored through him; neither did Mormon. It was the Savior Himself who said, 'For thus shall my church be called in the last days, even The Church of Jesus Christ of Latter-day Saints' [Doctrine and Covenants 115:4]."¹

This is not the first time that instruction has been given on what to name the Church of Jesus Christ. When the resurrected Savior appeared to the Nephites after they had prayed to the





Father in His name, the people asked Him what they should call His Church. The Savior answered:

“Ye shall call the church in my name. . . .

“And how be it my church save it be called in my name? For if a church be called in Moses’ name then it be Moses’ church; or if it be called in the name of a man then it be the church of a man; but if it be called in my name then it is my church, if it so be that they are built upon my gospel” (3 Nephi 27:7–8).

For these reasons, President Nelson has declared, “The name of the Church is not negotiable. When the Savior clearly states what the name of His Church should be and even precedes His declaration with, ‘Thus shall my church be called,’ He is serious.”²

President Nelson has promised that if we will do our best to restore and use the correct name of the Savior’s Church, “He whose Church this is will pour down His power and blessings upon the heads of the Latter-day Saints, the likes of which we have never seen.”³

We Can Help Others Know What We Believe

One of the blessings of using the correct name of the Church comes as we take seriously our responsibility to proclaim the name of the Savior throughout all the world.

Over the years, nicknames such as the “LDS Church”

and the “Mormon Church” have been used in place of the name the Savior revealed. The problem with nicknames like these is that they omit the name of Jesus Christ from His Church. In doing so, they misrepresent who we are and what we believe.

We believe that Jesus Christ is the Savior and the Redeemer of the world. Unfortunately, some people think we do not believe in Him or that we worship someone other than Him. By sharing with others as often as possible that we belong to The Church of *Jesus Christ* of Latter-day Saints, we clarify that we worship Jesus Christ. Those we interact with will then begin to see that *Jesus Christ* truly is central to our beliefs and our lives.



We Can Bring the Power of Jesus Christ into Our Lives

President Nelson taught, “Jesus Christ directed us to call the Church by His name because it is His Church, filled with His power.”⁴

Jesus Christ lived a sinless life. He overcame all the temptations, pains, challenges, and afflictions of the world. He shed drops of blood in Gethsemane and on the cross as He suffered terrible pain beyond any power of description. He took upon Himself all our pains and sicknesses. Through His atoning sacrifice, He stands ready to help each of us. As we exercise faith in Him and come unto Him, we are “blessed with additional power to deal with temptation, struggles, and weakness.”⁵

One of the blessings of using the correct name of the Church comes as we take seriously our responsibility to proclaim the name of the Savior throughout all the world.

When we state clearly that we are members of The Church of Jesus Christ of Latter-day Saints, we also recognize that He is the One who has the power to strengthen us, ease our burdens, and bring joy and peace to our lives. In addition to that, we are also promised to have “the knowledge and power of God to help us take the blessings of the restored gospel of Jesus Christ to every nation, kindred, tongue, and people and to prepare the world for the Second Coming of the Lord.”⁶

More Blessings Will Come

My friends, just think of the impact we can have by simply using the full name of the Savior’s Church. I testify that Jesus Christ stands at the head of His Church and directs it through His prophets, seers, and revelators. I invite you to seek the blessings of the Savior’s Church and share its priceless truths with others. I know that His Church, The Church of Jesus Christ of Latter-day Saints, will bless you, your friends, and your family now and into eternity. 🙏

NOTES

1. Russell M. Nelson, “The Correct Name of the Church,” Oct. 2018 general conference (*Ensign* or *Liahona*, Nov. 2018, 87).
2. Russell M. Nelson, “The Correct Name of the Church” (87).
3. Russell M. Nelson, “The Correct Name of the Church” (89).
4. Russell M. Nelson, “The Correct Name of the Church” (89).
5. Russell M. Nelson, “Hear Him,” Apr. 2020 general conference (*Ensign* or *Liahona*, May 2020, 90).
6. Russell M. Nelson, “The Correct Name of the Church” (89).



A Standard FOR YOUR LIFE

Let the Young Women theme be a guide and compass for your entire life.

THE YOUNG WOMEN THEME is a reminder of your identity and purpose. There is tremendous strength that comes when words like “beloved daughter,” “disciple of Jesus Christ,” and “witness of God” define who we truly are. These phrases fill us with love and give us confidence in our ability to face challenges and find joy. Likewise, the promises of “eternal destiny,” “personal revelation,” and “exaltation” remind us that our lives have meaning and purpose beyond one difficult day. When you recite this theme, you are declaring what it means to be a daughter of heavenly parents, preparing yourself and the world for the return of our Savior, Jesus Christ.

Here some young women from around the world share what the theme means to them.



I am a
BELOVED DAUGHTER
of heavenly parents, with a
divine nature and eternal destiny.

As a disciple of Jesus Christ,
I strive to become like Him. I seek
and act upon personal revelation and
minister to others in His holy name.

I will stand as a witness of God
at all times and in all things
and in all places.

As I strive to qualify for exaltation,
I cherish the gift of repentance
and seek to improve each day.
With faith, I will strengthen my
home and family, make and keep
sacred covenants, and receive the
ordinances and blessings
of the holy temple.



“I love how every statement begins with ‘I.’ This wording reminds me that my testimony is my testimony and that I have to be the one working harder to become like my Savior.”

Caroline F., 15, Virginia, USA

“Being a member of the Church in this age is difficult. We are sometimes afraid of being pointed out and told that we are different. But the theme reminds me that I am striving to be like Jesus Christ. The theme helps me forget what others may say and stay focused on what I really want.”

Zoe V., 16, Argentina



“The theme reminds me that I have to seek for opportunities to become a better person. Sometimes I become frustrated when I am not able to do something that I know I’m supposed to do. But when I fall short, I know that I also have an opportunity to become better. The gift of repentance is, perhaps, the best thing in the world.”

Anastasiya S., 12, Moscow, Russia



“THE THEME GIVES ME KNOWLEDGE THAT I’M A DAUGHTER OF HEAVENLY PARENTS. KNOWING THIS HELPS ME NOT FEEL ALONE IN TIMES OF TROUBLE. WHEN IT’S HARD FOR ME TO ACHIEVE MY GOALS, I THINK ABOUT MY DIVINE NATURE AND ETERNAL DESTINY. IT INSPIRES ME TO BE STRONG AND TO NOT GIVE UP.”

Liza B., 12, Kyiv, Ukraine

“Following the theme helps me to be the best version of myself.”

Eav N., 11, Utah, USA



Every Word Is a Gift

Our dear sisters, every word of the Young Women theme is a gift that can bring you light, joy, and hope. Cherish each word and let it sink deep into your heart. These words are essential truths your Heavenly Father wants you to understand and live. These eternal truths will shine through your actions as you serve and bless those around you with your goodness. They will bring you joy and peace.

Young Women General Presidency



YOUR

TITLE OF LIBERTY

The inspired words of the new Aaronic Priesthood Quorum Theme can be a strength to you in a challenging world.

IN A TIME OF war and contention, the ancient prophet Captain Moroni held up the title of liberty and called on his fellow Nephites to defend their religion, freedom, peace, and families (see Alma 46:12). The title of liberty reminded the people of their duty to God and those things worth fighting for.

Just like in Moroni's day, many people today are turning away from the teachings of Jesus Christ. To help young men stand firm like Moroni, Church leaders have created a theme, a modern title of liberty, to help you young men face the challenges of today.

As you learn and live by the words of the Aaronic Priesthood Quorum Theme, you can stand strong and united with other young men throughout the world to defend the truth. Read how the Aaronic Priesthood Quorum Theme has inspired others to become better sons of God as they seek to prepare the world for the Savior's return to the earth.

I am a beloved son of God, and
He has a work for me to do.

With all my heart, might, mind,
and strength, I will love God,
keep my covenants, and use
His priesthood to serve others,
beginning in my own home.

As I strive to serve, exercise faith,
repent, and improve each day, I will
qualify to receive temple blessings
and the enduring joy of the gospel.

I will prepare to become a diligent
missionary, loyal husband,
and loving father by being a true
disciple of Jesus Christ.

I will help prepare the world for
the Savior's return by inviting all to
come unto Christ and receive
the blessings of His Atonement.

"I HAVE SET A GOAL TO START MEMORIZING THE THEME SO THAT IT IS NOT JUST SOMETHING I READ ON SUNDAY. I WANT IT TO BE SOMETHING THAT IS IN MY HEART SO THAT IT BECOMES PART OF MY LIFE."

Andrew, 17, Utah, USA

"The new Aaronic Priesthood Quorum Theme helps me to remember who I am and who I need to become to be with Christ. It reminds me that I am a beloved son of Heavenly Father and that I must serve with total diligence and work hard to be able to bless myself and those around me. He expects the best of me, and I will give it. He expects my help to prepare the world for the Savior's return by spreading the gospel everywhere."

Anderson E., 14, Brazil

A Personal Statement of Faith

What if every young man in the world started each day by declaring who he is, what he stands for, and where he is going? Can you imagine how the world would change? What if every young man in the Church adopted the Aaronic Priesthood Quorum Theme as his personal mission statement of faith? Can you imagine how families, quorums, and missions would change? It's time to turn the "what if"s into realities.

It starts by learning and studying the theme—getting the words inside you. Post it in your home, on your mirror, on your phone. Review it often. The next step is to live it! Power will come into your life as you do.

Young Men General Presidency

"I love the emphasis that the Aaronic Priesthood Quorum Theme places on the home and the importance of serving in the home. This helps to remind me that one of the most important places to serve is my home and my family."

Mitchell B., 16, Australia

"I am a beloved son of God, and He has a work for me to do.' So often we take such declarations for granted, yet when I have cried in the darkness, I have felt the warm hand of God on my shoulder and His love in my heart. When I have strayed and am lost, God holds out His hand and beckons me to come back. I am His child, and He wants the best for me. There is a work He needs me to do."

Eli S., 18, New Jersey, USA

"THE NEW THEME HELPS ME REFLECT ON THE THINGS THAT I CAN DO IN THE WORK OF THE LORD. IT TEACHES ME THAT THE SMALL THINGS ARE NECESSARY AND FUNDAMENTAL TOO."

Mateus S., 14, Brazil



*Love. Share. Invite. And now,
it's easier than ever.*

From MISSIONARY REFERRAL to MIRACLE

By Chelsea Kern
Church Magazines

HAVE YOU EVER had the courage to share your testimony with someone? Maybe you received an impression that a relative or friend needed to hear the gospel.

Living the gospel gives us inner light, and Jesus Christ asks us to share that light with the world (see Matthew 5:16). As we do, we may find someone who is ready to learn from the missionaries. If so, there's a feature in the Church's Member Tools app that can help the missionaries connect with them. The stories below show how people used this feature—and how it can bless those you invite to meet with the missionaries.

Jason Answers a Prayer

Not long ago, Jason was visiting San Diego, California, USA, for a cancer treatment. Even though it was a hard time for him, Jason says, "The morning

of my flight I prayed to have a chance to share the gospel with someone who was prepared."

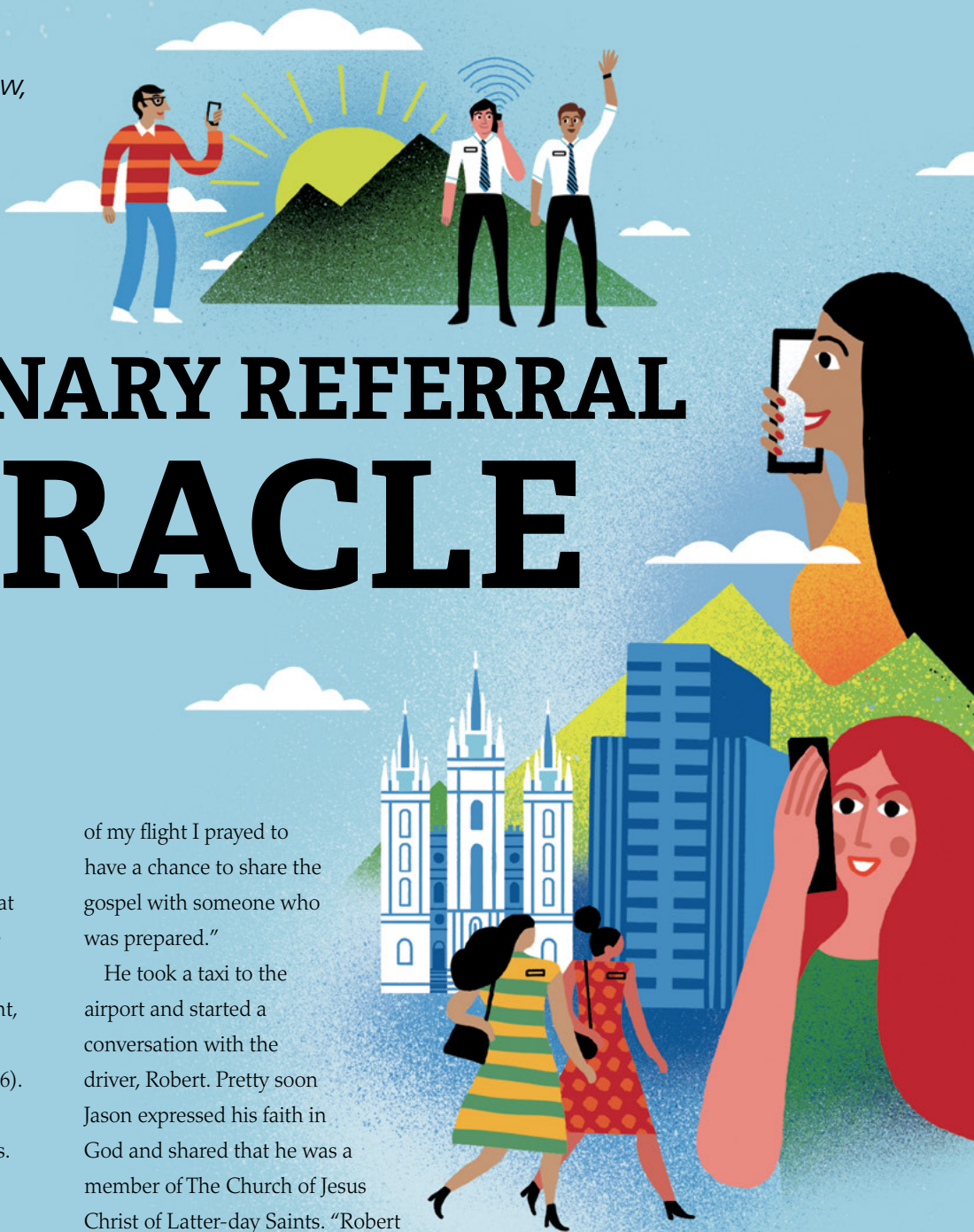
He took a taxi to the airport and started a conversation with the driver, Robert. Pretty soon Jason expressed his faith in God and shared that he was a member of The Church of Jesus Christ of Latter-day Saints. "Robert got excited and told me he had seen our temple near the freeway," Jason says. "He had prayed and asked to learn more about our beliefs. I told him his prayer had been answered."

Jason offered to introduce Robert to the missionaries, and he readily agreed. Jason used the "Send a Referral" feature on the Member Tools app to send in Robert's information. A few months later,

Jason received a message from missionaries in San Diego. "They informed me that Robert was baptized the day before. It was awesome!"

Karen Sends Comfort

Karen and her cousin Amy lived more than 1,200 miles apart. Karen knew Amy needed comfort, and while she couldn't



physically be there, the missionaries in Amy's hometown could! Karen used the referral tool to tell the missionaries in Salt Lake City, Utah, USA, about Amy.

"They called me, and I explained Amy's upbringing, current situation, and that she felt God was mad at her," Karen says.

Before long, the sister missionaries reached out to Amy. While on the phone with her, they prayed for her. That night, sobbing, Amy called Karen to tell her about the missionaries who prayed for her. "She was so touched by their kindness," Amy says.

Even though Amy hasn't started attending church, she has started praying daily to Heavenly Father. Karen doesn't know what the future holds, but she says, "Amy is coming closer to Christ."

Eduarda Shares Her Light

"At first, I never knew how to share the gospel with anyone or how to introduce the missionaries to my friends," Eduarda explains. Eduarda is from Brazil and, while she isn't surrounded by many members of the Church, she knows that "the Lord always prepares a way for His children to know the truth."

Eduarda shared a Church video with a friend, who loved what he saw. When her friend grew more interested in the Church, Eduarda invited him to meet with the missionaries and used the missionary referral feature on the Church's website. Eduarda added a comment saying that she wanted to participate in her friend's gospel learning progress. The missionaries happily agreed. Eduarda even participated in the baptism.

Eduarda says she felt God's love for His children in that moment. She also explains, "We all have someone who sees the Light of Christ in us. We just need to invite them to see what that light is!"

Invitation to All

Next time you have the impression that someone could benefit from listening to the missionaries, don't hesitate to use this tool to help connect your friends with the missionaries. The missionaries will be thrilled to invite you to participate as your friends meet with them. And who knows? You may even witness a miracle along the way. 🙏

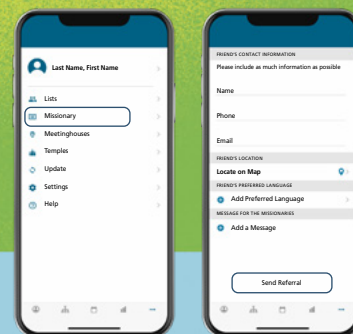


Using the Missionary Referral Tool



Introducing friends and family to the missionaries is now easier than ever, no matter where you—or they—are in the world! Follow these easy steps:

1. **Open the Member Tools app**, and select more options, then "Missionary," and then "Send a Referral." (Or visit [ChurchofJesusChrist.org/referrals](https://www.ChurchofJesusChrist.org/referrals).)
2. **Put in basic information** and a preferred language. You can even add a personalized note to the missionaries! Let them know if you would like to be included in the gospel learning process.
3. **Send it off** and wait for the missionaries to contact you!



A full-page photograph of a cyclist riding a blue road bike on a wet, dark asphalt road. The cyclist is wearing a grey hoodie, grey pants, a black helmet, and bright yellow-green shoes. The road is wet, reflecting the surrounding greenery. To the right of the road is a wooden fence and a lush green field. In the background, there are bare trees under a grey sky. The text 'STANDING OUT IN' is overlaid in black, sans-serif font on the lower part of the image, and 'IRELAND' is overlaid in a much larger, bold, black, sans-serif font on a solid light green background at the bottom.

STANDING OUT IN **IRELAND**



Evan K. is the only member of the Church in his school—but he's never alone.

By David Dickson
Church Magazines

EVER HEARD THE saying “The grass is always greener on the other side of the fence”? Fifteen-year-old Evan K. of Ireland probably won’t be saying that anytime soon. “Our grass is very green!” he says.

There’s a good reason that Ireland is sometimes referred to as “The Emerald Isle.”

“It’s beautiful here,” Evan says. He also makes the most of that beauty, often while riding his bicycle. “I love going for cycles down some of the many quiet roads around us.”

Emerald green grass and other natural beauties are all around him. What’s in short supply, however, are other members of The Church of Jesus Christ of Latter-day Saints his own age. Evan and his younger sisters are the only members of the Church in their school.



THE BLESSINGS OF KEEPING THE COMMANDMENTS ARE FAR GREATER THAN THE PAIN OF BEING THE ODD ONE OUT.

The Odd One Out

In Ireland, many of the schools are religious schools. Evan and his sisters attend the local Catholic school along with the other youth who live in their part of Ireland.

When it comes to lifestyle choices, there are some definite areas where Evan stands out. “It’s difficult at times because everyone else swears,” he says. Swearing is quite common there, Evan explains. But there’s a part of Irish culture that Evan says can be an even bigger challenge.

“The lads like to meet up and go out for drinks,” he explains. “I’m always the odd one out.”

He’s talking about school friends his own age. Drinking alcohol at a young age is common where Evan lives. These social outings happen so frequently that Evan says he sometimes thinks of going

along so he’s not always left out. But each time, he stays home.

“I think, ‘What’s going to happen if I do go with them?’” he says. “I know that if I choose not to go, I’ll be blessed because of it. The blessings of keeping the commandments are far greater than the pain of being the odd one out.”

Evan relies on the Holy Ghost to help him through daily choices. In addition, he also has other sources of strength to draw on.

His Irish friends in the Church are only a text away.

Online Friends and Daily Strength

Where Evan lives, because the youth in the Church are spread far and wide, they do a lot of virtual meetings. For one thing, they meet in seminary online.

“Weekly seminary is so good,” Evan

says. “Not only do we get to learn about Christ and the gospel while we’re doing seminary, but afterwards the teacher leaves the Zoom call open for us.”

In that open call, they get to hang out, joke, play games, and just *be friends* with others who share their same values. For Evan, some of his closest friendships have formed through these Church contacts.

One of those connections is his good friend Rob. “We find loads of things funny that are similar,” Evan says. “Rob will find something funny on social media that he knows I’ll like, and he’ll send it to me. Then we’ll text back and forth a bit. A few hours later, I’ll find something funny and send it to him.”

Pretty normal stuff, right? But these small interactions are a big help throughout the week. “It’s good because we can share each other’s laughs, but

there doesn't have to be any swearing or anything else involved." They can also text each other anytime they just need a little extra strength in the gospel.

An Irish Get-Together

Even though the Latter-day Saint youth in Ireland are a bit spread out, they still try to get together physically throughout the year—sometimes involving youth from the entire country.

These activities have involved everything from service projects to renting inflatable sumo wrestling suits. "They're a lot of fun!" Evan says.

Occasionally at the end of the activities there will be a disco (a dance). These are very different from the school and community discos that take place nearby. For example, at a community disco, if a boy asks a girl to dance with him, it's almost like asking her on a date—or even to be his girlfriend. Again, it's just part of the culture there.

Things are different at the Church discos, however. There, Evan says, "we can ask someone to dance and they

wouldn't think we were asking them to be in a serious relationship with us. It's a lot better."

These get-togethers with other Church youth in Ireland have a lasting effect throughout the year. They continue their friendships by playing online games, sending texts and talking on the phone, and supporting each other until they can gather again in person.

Growth and Gospel Light

Evan has a bit of advice for other youth in a situation like his. "If you feel like you're the only Church youth at your school, don't change your standards to try and fit in. If you swear, drink, or smoke to fit in, you'll miss out on a lot. The blessings are a lot better than the satisfaction of trying to fit in!"

And just in case you fear that Evan is lonely at school because he chooses to live differently, think again. He says that people are aware of his beliefs and respect him even though he's from a different religion. "I'm accepting of their beliefs, and they're accepting of mine,"

he explains. "I'm great friends with everyone at my school."

In the end, Evan might not be surrounded by Church youth on a day-to-day basis, yet he lets his gospel light shine all the same. Besides, who knows how many gospel seeds he's planting just by being such a good example? After all, things tend to grow just fine in Ireland! 🌱

EVAN'S TESTIMONY

"I know that the Church is true. I know that Joseph Smith did translate the Book of Mormon—and Helaman is one of the best bits in all of it! Because I have faith, I know I can live again with Heavenly Father. I know that Jesus Christ will walk the earth again. And I know that if we do as Nephi says, if we go and do, we will be blessed."



Evan loves spending time with his family, including going cycling together and singing hymns at home.

The **HOUSE** of the **LORD**

WRITTEN BY MATTHEW C. GODFREY
ILLUSTRATED BY BETHANY STANCLIFFE

IN DECEMBER 1832, THE LORD COMMANDED THE SAINTS IN KIRTLAND, OHIO, USA, TO BUILD A TEMPLE.



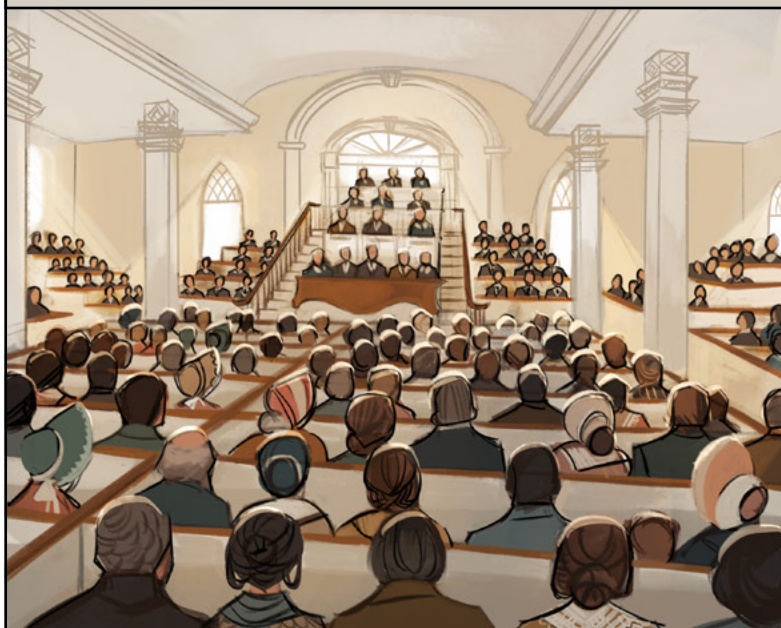
THE TEMPLE TOOK THREE YEARS TO COMPLETE. THE SAINTS SACRIFICED TIME AND MONEY TO BUILD IT.



IN MARCH 1836 IT WAS FINISHED. JOSEPH SMITH TOLD THE SAINTS TO GATHER FOR THE DEDICATION.



ON THE MORNING OF MARCH 27, 1836, AROUND 1,000 PEOPLE ATTENDED THE DEDICATION IN THE TEMPLE.



SIDNEY RIGDON SPOKE FOR OVER TWO HOURS.



JOSEPH SMITH THEN READ THE DEDICATORY PRAYER (SEE DOCTRINE AND COVENANTS 109).



A CHOIR SANG "THE SPIRIT OF GOD," WHICH WAS WRITTEN SPECIFICALLY FOR THE OCCASION.



MANY TESTIFIED OF GREAT SPIRITUAL EXPERIENCES THEY HAD AT THE DEDICATION, INCLUDING AN OUTPOURING OF THE HOLY GHOST AND THE APPEARANCE OF ANGELS.



ON APRIL 3, JESUS CHRIST APPEARED TO THE PROPHET JOSEPH AND OLIVER COWDERY IN THE TEMPLE. HE TOLD THEM THAT HE ACCEPTED IT AS HIS HOUSE AND THAT THE SAINTS SHOULD REJOICE BECAUSE OF THE BLESSINGS THEY WOULD RECEIVE.



PREPARING FOR **YOUR** ENDOWMENT

Young adults share their experiences of how they prepared for and received their endowment in the temple.

By Emma Stanford and Chelsea Kern
Church Magazines

Going to the temple to receive your endowment is a new experience for everyone. If you don't know what to expect, it's natural to be curious or even a little nervous. The more we prepare ourselves, the more we'll be able to feel the Holy Ghost as we experience this sacred temple ordinance for the first time—and each time after.

If you haven't received your endowment, you probably have questions—and it's OK to ask them! The great news is that you can learn many of the answers before you go. (Some will have to wait until you are in the temple, and others you will continue learning about through a lifetime of temple attendance.)

We asked young adults around the world to answer some of the questions you may be nervous to ask—and some that you might not have thought of!

HOW DID YOU FEEL

as you went to the temple to receive your endowment? How do you feel when you go now?

For me, it was hard to recognize the Spirit because I was so focused on everything else that was going on. But every time I've been to the temple since, I've become more comfortable with the ceremony, and I've learned about the symbolism and importance of the covenants.

Johanna A., 21, Austria

I was surprised by how comfortable the endowment was. There were parts of the endowment session that were different than the way we worship at Church, but all of it had meaning. Now, I feel like I can focus easily on the Spirit. It's quiet and there are no distractions, so I just take some time to be with God.

Luke E., 21, Alberta, Canada

Luke E.: Provo City Center Temple



Johanna A.: Freiberg Germany Temple



WHAT HELPED YOU

feel prepared to receive your endowment?

What helped me understand the temple more was returning to the temple again. If you can, bring people you trust and love. When you're in the celestial room after the session, you can sit with them and reverently talk about the questions you have and the things you are learning.

Hannah S., 21, Alberta, Canada

I looked up all the videos and pamphlets about the temple on the Church website. There are videos about temple clothing, garments, and what the endowment and celestial rooms look like. The *Preparing to Enter the Holy Temple* pamphlet also helped me feel more prepared.

Johanna A., 21, Austria

I've always loved 2 Nephi 2 when it comes to understanding the temple ordinances. It clarifies the parts of the plan of salvation that I never understood before.

Zachary M., 21, Alberta, Canada



Zachary M.: Los Angeles California Temple



Hannah S.: Cardston Alberta Temple

WHAT WOULD HAVE HELPED YOU

have a better first experience?

I didn't know that I was going to learn so much in the endowment! I wish I had prepared more for the learning experience inside the temple by trying to learn more about the symbolism in the ordinances I was already familiar with.

Luke E., 21, Alberta, Canada

I wish I had known that there would be specific people inside the temple to help me for my first endowment session. They were amazing! They gave me a name tag to put on my shirt so everyone could see it was my first time, and people made me feel extra welcome when they saw that name tag. Knowing this earlier would have helped me feel more at ease.

Anna G., 24, Île-de-France, France

Anna G.: London England Temple





Vida G.: Accra Ghana Temple

WHAT WOULD YOU SAY

to someone who's worried about going through the temple to receive their endowment?

The house of the Lord is a wonderful place. I have been so blessed, and I would love all my family members to be part of this great blessing.

Vida G., 29, Greater Accra, Ghana

I would encourage them to study conference talks and scriptures about the temple, ask questions, and be open about their concerns. The Rome Italy Temple open house video also clarified a lot for me. I watched it after I received my endowment.

Johanna A., 21, Austria

Prepare yourself spiritually before you go through the temple. I prayed to receive revelation during the endowment, to have an open mind, and to see with spiritual eyes. I knew I was prepared when I wanted to go through the temple to be closer to Heavenly Father, and not just out of curiosity.

Anna G., 24, Île-de-France, France

WHAT HAS INCREASED

your understanding about the endowment?

Visiting the temple as often as I can helps me understand it better. Each time I leave the temple, I take time to ponder and pray about the new things I learned during that session.

Michelle L., 24, Ecuador

Remembering that everything in the temple ceremony points toward Christ has helped me understand the endowment better. Since I received my own endowment, I've read talks, studied the scriptures, and asked many questions.

Johanna A., 21, Austria

THE TEMPLE IS ABOUT PEACE

The temple is the house of God, and He is happy that you're there. You may have questions even after doing a few endowment sessions, and that's OK! The important thing is to keep going to the temple with an open mind, a humble spirit, and a willingness to learn something new.

TEMPLE PREPARATION HELP

There are wonderful resources that can help you prepare to enter the temple for the first time or enrich your experience if you have already received your endowment. You can use these materials on your own or with a family member or trusted friend who has been through the temple before.

You can find them at [ChurchofJesusChrist.org/temples](https://www.ChurchofJesusChrist.org/temples) or in the Gospel Library app. 📱

Michelle L.: Guayaquil Ecuador Temple



“

TEMPLES, NO MATTER
WHERE THEY ARE,

**rise
above**

THE WAYS OF THE
WORLD.”

ELDER RONALD A. RASBAND, OCT. 2020 GENERAL CONFERENCE
(*ENSIGN* OR *LIAHONA*, NOV. 2020, 23).



If you experience same-sex attraction, know that God loves you. There is a place for you in His kingdom.



SAME-SEX ATTRACTION: You Belong

FOR ANYONE WHO experiences same-sex attraction, you may wonder if you fit in within the Church, or even if God's plan of happiness applies to you.

Your feelings may seem to be at odds with a lot of expectations. You may wonder: "Why is this happening to me? Does God really love me? Is there a place for me in His kingdom?"

1. God Loves You

The first thing to know is that your Heavenly Father loves you. God's love is perfect, enduring, and awe-inspiring. And He loves you individually. He knows your name.

President Dieter F. Uchtdorf, then-Second Counselor in the First Presidency, taught:

"God does not look on the outward appearance. I believe that He doesn't care one bit if we live in a castle or a cottage, if we are handsome or homely, if we are famous or forgotten. Though we are incomplete, God loves us completely. Though we are imperfect, He loves us perfectly. Though we may feel lost and without compass, God's love encompasses us completely.

"He loves us because He is filled with an infinite measure of holy, pure, and indescribable love. We are important to God not because of our résumé but because we are His children. He loves every one of us" ("The Love of God," Oct. 2009 general conference [*Ensign* or *Liahona*, Nov. 2009, 22–23]).

"God loves all of us. He loves those of different faiths and those without any faith. He loves those who suffer. He loves the rich and poor alike. He loves people of every race and culture, the married or single, and those who experience same-sex attraction" (ChurchofJesusChrist.org/topics/gay).

2. You Belong

We are all different in one way or another. We have different races, ethnicities,

backgrounds, and cultures. Some of us were born in the Church; others are recent converts. And some experience same-sex attraction, while others do not.

We all belong. The ancient Apostle Peter taught, "God is no respecter of persons: But in every nation he that feareth him, and worketh righteousness, is accepted with him" (Acts 10:34–35). He meant that everyone who strives to keep the commandments will receive His blessings, no matter their background.

Elder L. Whitney Clayton, emeritus member of the Seventy, taught: "I now speak directly to Church members who experience same-sex attraction. . . . We want you to know we love you. You are welcome. We want you to be part of our congregations. You have great talents and abilities to offer God's kingdom on earth, and we recognize the many valuable contributions you make" (ChurchofJesusChrist.org/topics/gay).

3. Turn to God—He Will Help You

Even though we don't always have the answers as to why things happen in our lives, we do know that Heavenly Father knows what you are going through. And because of the Atonement of His Son, Jesus Christ, all of God's children can find grace, be blessed, and return to Him.

So if you experience same-sex attraction, what do you do now?

Here's what helped one young adult as she realized she experiences same-sex attraction:

"I made the decision from the very beginning to invite God into every step of my journey, and that has been a spiritual experience for me.

"I can't predict what my life will look like in 20 years. I can't perfectly envision my eternal potential, and I rarely know what comfort or direction I need, but God knows all of those things. I don't know how I would have made it through the past few years without His help.


"The simple things—prayer, scripture study, temple and church attendance—really do make a difference. They have been an anchor in my life now more than ever. Heavenly Father knows me better than I know myself, so there is no need to hide from Him. I ask Him for help and trust that He wants my happiness even more than I do. I also try to let others know when I need a hug or a reminder that they love me. I have learned that I never need to shoulder my burdens alone."

Laura F., Utah

4. You Can Find Peace

Heavenly Father wants you to find peace and happiness. He wants you to love yourself and to find joy in your mortal journey. And He will be there with you every step of the way—even at times when you feel like you don't belong. You belong to Him—and you always will. 🙏

For more information, go to [ChurchofJesusChrist.org/topics/gay](https://www.ChurchofJesusChrist.org/topics/gay).

A close-up portrait of a young man with dark, curly hair and brown eyes. He is looking directly at the camera with a calm expression. He is wearing a light gray t-shirt under a dark jacket. The background is dark and out of focus.

Even during one of
the most miserable
experiences of his
life, the Prophet
Joseph Smith found
hope, help, and
healing.

HOW TO FIND Help in Your Hardest Trials

By David Dickson
Church Magazines

“O GOD, WHERE ART THOU?”

Things must be pretty bad to ask a desperate question like that. For the Prophet Joseph Smith, who was suffering in Liberty Jail in Missouri, USA, they were.

The year was 1839. Joseph and his friends had been in prison—on false charges—for over four months. It was the coldest winter on record, and they had barely anything to keep warm. His family, his friends, and the rest of the Church had been driven from the county by violent mobs. Joseph had very little contact with them. It was one of the darkest times in Joseph’s life.

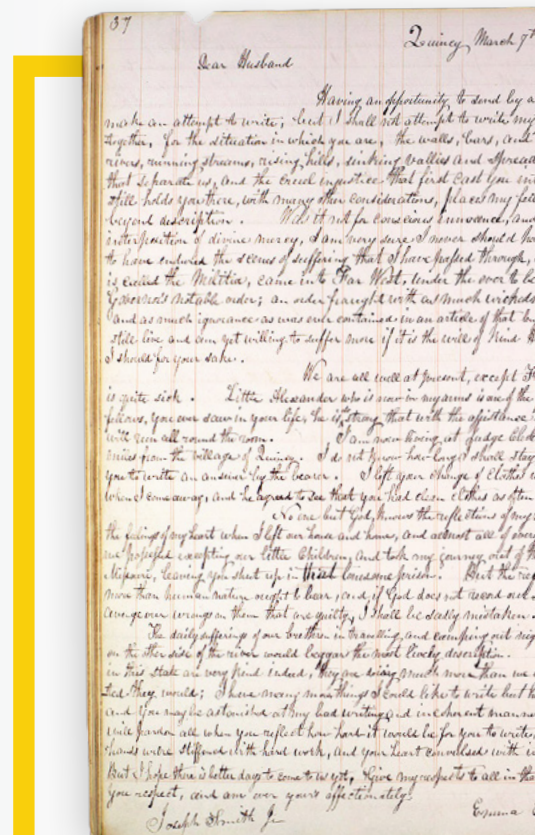
A Light in the Darkness

At one point, Joseph asked from the depths of this dark prison, “O God, where art thou? And where is the pavilion that covereth thy hiding place? How long shall thy hand be stayed, and thine eye, yea thy pure eye, behold from the eternal heavens the wrongs of thy people and of thy servants, and thine ear be penetrated with their cries?” (Doctrine and Covenants 121:1–2).

Even in a life full of trials, something about Liberty Jail seemed to drain Joseph Smith more than almost any other difficulty.

However, right during the worst of it, a ray of hope shone down into that cold prison cell.

Joseph and the other prisoners received some unexpected letters from friends and family—and the darkness of the experience decreased.



On March 7, 1839, Emma Smith wrote a letter to her husband, Joseph, who was imprisoned in Liberty Jail.

The Power of Friendship

About that occasion, Joseph Smith said, “We received some letters last evening . . . all breathing a kind and consoling spirit. . . . When we read those letters they were to our souls as the gentle air is refreshing.”¹

Of course, those letters didn’t make the jail warmer. They didn’t make the guards kinder, nor the food taste better. But the letters made all the difference as to how the prisoners *felt*. That simple show of support from friends and family helped Joseph move from wondering where God was, to being able to hear the comforting words of the Savior, “My son, peace be unto thy soul” (Doctrine and Covenants 121:1, 7).

Joseph Smith offered this perspective: “Those who have not been enclosed in the walls of a prison without cause or provocation can have but a little idea how sweet the voice of a friend is. One token of friendship from any source whatever awakens and calls into action every sympathetic feeling.”²

You most likely know someone who is struggling. You might not think there’s anything you could do to help, but Joseph’s experience in Liberty Jail teaches us otherwise. Your words can have the same effect on those you care about as the letters did for Joseph. You can send a letter or a text, make a phone call, or stop by in person.

Who needs to hear from you today? Write some ideas on what you could say:

How have Heavenly Father and Jesus Christ helped you in trials? Write about some experiences:

Revelation Is Within Reach

Another truth we can learn from Liberty Jail is that, like Joseph, you can still receive comfort and revelation from Heavenly Father and the Savior even when you’re going through something terrible.

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles once spoke about Liberty Jail and taught: “When you have to, you can have sacred, revelatory, profoundly instructive experience with the Lord in *any* situation you are in. Indeed, let me say that even a little stronger: You can have sacred, revelatory, profoundly instructive experience with the Lord *in the most miserable experiences of your life*—in the worst settings, while enduring the most painful injustices, when facing the most insurmountable odds and opposition you have ever faced.”³

As you walk through your own refiner’s fire, or spend your own nights in a type of Liberty Jail, you might be tempted to think God is far from you. But it’s during those times when He may be closer than ever!

All in This Together

As Joseph Smith's time in Liberty Jail demonstrates, trials come to us all even when we're following Jesus Christ.

Another revelation in Liberty Jail reminded Joseph Smith that he wasn't the first to suffer deeply. The Lord, after describing all types of suffering, said: "The Son of Man hath descended below them all. Art thou greater than he?" (Doctrine and Covenants 122:8).

Trials come to each of us. But because the Savior suffered for our sins and pains, we can take comfort knowing that He can help us through our suffering. The Lord told Joseph, "Fear not what man can do, for God shall be with you forever and ever" (Doctrine and Covenants 122:9). Heaven's help is available to all of us.

Refined and Stronger

The Prophet Joseph Smith didn't enjoy his experiences in Liberty Jail. Yet he grew through those experiences. And the lessons he learned and revelations he received inspire each of us through our trials.

Elder Gary E. Stevenson of the Quorum of the Twelve Apostles has taught: "I believe that one day, each of you will look back at the canceled events, the sadness, the disappointments, and the loneliness attendant to the challenging times we are passing through to see them overshadowed by choice blessings and increased faith and testimonies. I believe that in this life, and in the life to come, your afflictions, . . . your Liberty Jail, will be consecrated for your gain. I pray that, along with Nephi, we can acknowledge the afflictions in the course of our days while at the same time recognizing that we are highly favored of the Lord."⁴

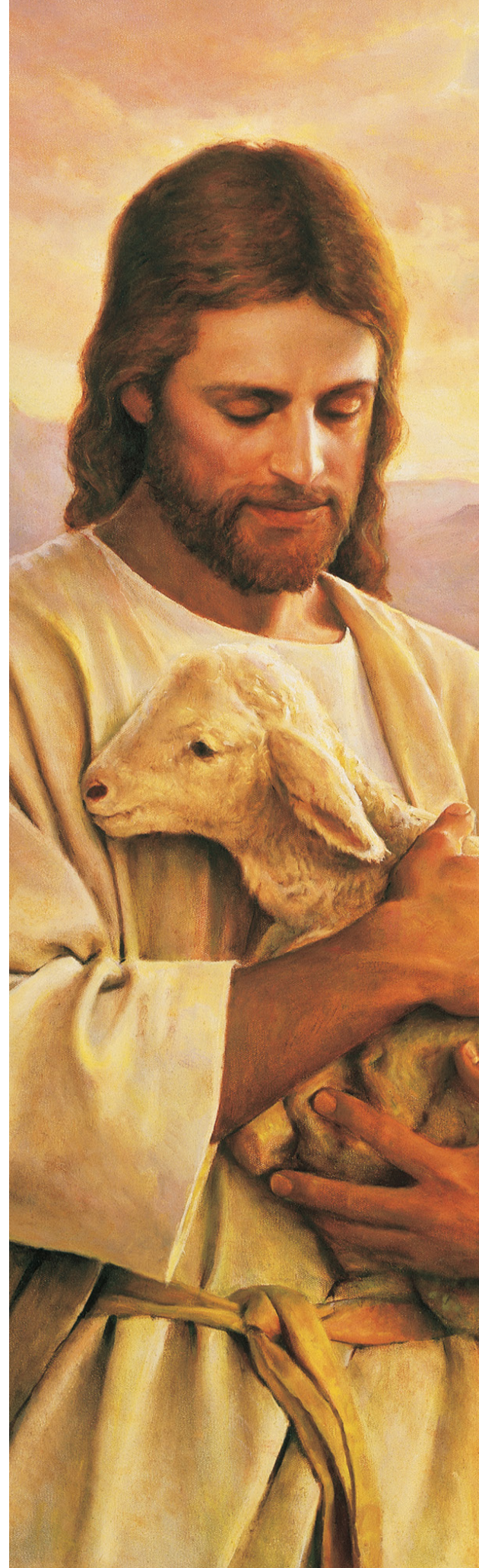
If you're in the middle of your own heart-wrenching trials right now, please know that, with God's help, you'll eventually come through this stronger and holier. 🏰

NOTES

1. Joseph Smith, "Letter to the Church and Edward Partridge, 20 March 1839," 7, josephsmithpapers.org; spelling, punctuation, and capitalization standardized.
2. "Letter to the Church and Edward Partridge," 7.
3. Jeffrey R. Holland, "Lessons from Liberty Jail" (Brigham Young University devotional, Sept. 7, 2008), 3–4, speeches.byu.edu.
4. Gary E. Stevenson, Oct. 2020 general conference (*Ensign* or *Liahona*, Nov. 2020, 105).

How has God made you stronger through trials?

Write about some experiences:



FUN STOP

TRAIL OF NUMBERS

Joseph Smith received the First Vision when he was 14 years old. He later helped restore Jesus Christ's gospel and Church. Sadly, he was later killed by an angry mob. How old was he when he was martyred? To find out, do the math below.

- A.** Take the year Joseph Smith was born (see Joseph Smith—History 1:3) and divide it by the number of the article of faith that says, “We believe that a man must be called of God, by prophecy, and by the laying on of hands by those who are in authority, to preach the Gospel and administer in the ordinances thereof.”



- B.** Take the result of A and subtract the maximum number of people on the earth at any given time who hold the keys of sealing (see Doctrine and Covenants 132:7).



- C.** Take the result of B and divide it by the number of years after Moroni's first visit Joseph Smith had to wait to obtain the golden plates (see Joseph Smith—History 1:53).



- D.** Take the result of C and divide it by the number of sisters Joseph Smith had (see Joseph Smith—History 1:4).



- E.** Take the result of D and add the youngest age at which a person can be baptized (see Doctrine and Covenants 68:25, 27).



ANSWER: _____

TEMPLE TRIVIA

Can you match these five Asian temple names with their photos?
Trivia: do you know which of these five was the first temple in Asia?

- **A.** Tokyo Japan Temple
- **B.** Bangkok Thailand Temple
- **C.** Hong Kong China Temple
- **D.** Manila Philippines Temple
- **E.** Seoul Korea Temple



SPOT THE DIFFERENCES

Can you find 12 things that are different between these two photos?





Recognize Your Improvement

Heavenly Father does not expect us

to be perfect yet, so I use my mistakes as learning experiences. Satan tries to bring us down by overwhelming us with guilt, but he doesn't have any other power besides that. Now that I know that, I try to see how I am improving instead of focusing on my sins.

Luke M., 14, Utah, USA



Peace in the Scriptures

If you feel like you've already repent-

ed, search for peace in the scriptures. The words of the Lord were given to us so we could feel peace in our lives. If you pray to have the Holy Ghost with you as you read, He will guide you.

Emma M., 19, Spain



Uplifting Music

I like to listen to inspirational songs to help uplift and

encourage me. When I pray to Heavenly Father to ask for His help, and then put on some uplifting music, I feel the Spirit really strongly and it helps me move on.

Elma P., 18, Negros Occidental, Philippines

“What should I do if I’ve repented but can’t stop thinking about what I did wrong?”



Forgive Yourself

When you forgive yourself, you will feel the love that the

Savior has for you, because He has already forgiven you. Satan wants to put discouraging thoughts in your head, but you are stronger. Those thoughts don't come from Heavenly Father, so tell them to get out!

Camila A., 18, Dominican Republic



Remembering Can Help

In Alma 36:17–19, the prophet Alma

described remembering his sins, but that only made him more excited about how much he'd changed and improved. Like Alma, remembering our past mistakes helps us not to fall into them again.

Júlia M., 18, Bahia, Brazil

“God cares a lot more about who we are and who we are becoming than about who we once were.”

Elder Dale G. Renlund of the Quorum of the Twelve Apostles, Apr. 2015 general conference (*Ensign* or *Liahona*, May 2015, 56).

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

What is Adam-ondi-Ahman? What is its importance?

JOSEPH SMITH LEARNED about Adam-ondi-Ahman through revelation and inspiration. It's the name of a place near where Adam, the first man, lived with his wife, Eve, for at least some time. This was sometime after they were cast out of the Garden of Eden. Three years before he died, Adam gathered all his righteous descendants there and blessed them.

In the last days, Adam, as a resurrected being, will come again to the place called Adam-ondi-Ahman, located in northern Missouri, USA. There he will again gather with others, including many other resurrected beings. Prophets who have held priesthood keys will deliver their keys up to Adam, who was the first to hold such keys and is the father of the human family on earth. He will then deliver the keys to Jesus Christ. This will be an important event to help prepare for the Second Coming of Jesus Christ to all the world.

See Doctrine and Covenants 78:15, 20; 95:17; 107:53–56; 116; 117:8, 11; Daniel 7:13–14, 22. See also Jacob W. Olmstead, "Far West and Adam-ondi-Ahman," in *Revelations in Context: The Stories behind the Sections of the Doctrine and Covenants*, Matthew McBride and James Goldberg, eds. (2016), 235–41.



What Do You Think?

“How do I keep my hopes up when I didn’t get the blessings I was hoping for?”

Send your answer and photo by November 15, 2021.

Go to ftsoy.ChurchofJesusChrist.org and 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.

FUN STOP ANSWERS (PAGE 28–29): Spot the Differences: 1. Ball moved. 2. No lines on court. 3. Fence missing some poles. 4. Blue shorts missing stripes. 5. Different colors on shirt (back left). 6. Missing socks (left). 7. Missing logo on shoes (left). 8. Shoes now green (right). 9. Shadow is flipped (back left). 10. Basketball hoop and marks on board missing. 11. Different color on lower wall. 12. Window added to building (back). **Temple Trivia:** A. 1; B. 4; C. 5; D. 3; E. 2 **Trail of Numbers:** 38; (A. 1805÷5=361; B. 361-1=360; C. 360÷4=90; D. 90÷3=30; E. 30+8=38)

The Name of His Church

There is meaning behind the name Jesus Christ gave His Church.



Doctrine and Covenants 115:4

4 For thus shall **my church** be called in the **last days**, even **The Church of Jesus Christ of Latter-day Saints**.

my church

Church—a group of people who believe the same things and worship together. This Church belongs to Jesus Christ. He started it. He leads it. It is His.

be called

Jesus Christ has told us what He wants people to call His Church. So that's what we should call it—and what we should kindly ask others to call it. This name came from Jesus Christ.

last days

Last days—the days we live in; the time before the Second Coming of Jesus Christ. Jesus Christ has brought His Church back to earth for this last time. It will help prepare the world for His Second Coming.

The Church of Jesus Christ

(See “my church.”) This is the first part of the name the Savior gave to His Church. He calls it “The Church” because He organized it. And He has put His name on it.

Latter-day

(See “last days.”) This is the next part of the Church's name. It simply shows that this is the Church He brought back in these days, not the one He started in earlier times.

Saints

Saints—a word meaning “people who are holy.” This is the last part of the Church's name. It is talking about the members of the Church. Jesus Christ can make us clean and pure. And He gives us the Holy Ghost to strengthen us as we try to do what He has commanded. If we have faith in Him and keep trying, He makes us holy. He makes us Saints.



Newel K. Whitney

1795–1850

Successful businessman in Kirtland, Ohio, USA.

Became the second bishop of the Church, 1831.

As a bishop in the Church, Newel had the job of helping the poor and needy. Joseph Smith gave him a blessing in 1835 that told him to be generous with them. If he was generous with the poor, Joseph said, the Lord would be generous with him. Newel served as a bishop until his death in 1850.



"I would like to speak to our youth. We encourage you to qualify for limited-use temple recommends. . . . We are very grateful for your worthiness and willingness to participate in that sacred temple work. We thank you!"

President Russell M. Nelson, Oct. 2019 general conference (Ensign or Liahona, Nov. 2019, 121).

