



Make New Friends

“I’d remind myself that God loves me.

Then I’d take the opportunity to get in touch with old friends, and I create activities to make new friends. You can use this time to build your confidence, talents, and testimony, and it will all work out.”

Julia S., 12, Alberta, Canada



Seek Guidance

“If you’re struggling with feeling left out, ask Heavenly Father

for comfort. The Holy Ghost will guide you and be there for you. Also, you can always ask your parents and leaders for advice, because they’ve been where you are!”

Jaime G., 17, Nuevo Casas Grandes, Mexico



Self-Improvement

“Try to have an eternal perspective

and spend time developing deeper relationships with your family and friends. These healthy patterns will draw others to you because they’ll see the best you—the real you!”

Ellie S., 17, California, USA

“It feels hard to keep the standards when everyone I know is dating someone seriously. What should I do?”



Prophets’ Counsel

“It can be hard to think about eternity

when ‘right now’ seems more important. Remember that prophets and other Church leaders have strongly counseled against being in relationships in your teen years, even after age 16. Serious relationships when you’re young can lead to heartbreak and immorality. You can also ask Heavenly Father about what the best thing for you to do would be.”

Julia C., 16, Utah, USA



Get Involved

“A good way to feel included is to get involved in other

things. Try out a new sport, audition for the school play, or join a robotics club. If you’re doing something you love, you’ll meet people you like being around.”

Mayah S., 16, Beijing, China

What Do You Think?

Having sacrament at home was great. Why would the Lord want us to go back to church?

Send your answer and photo by October 15, 2021.

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Responses may be edited for length or clarity.