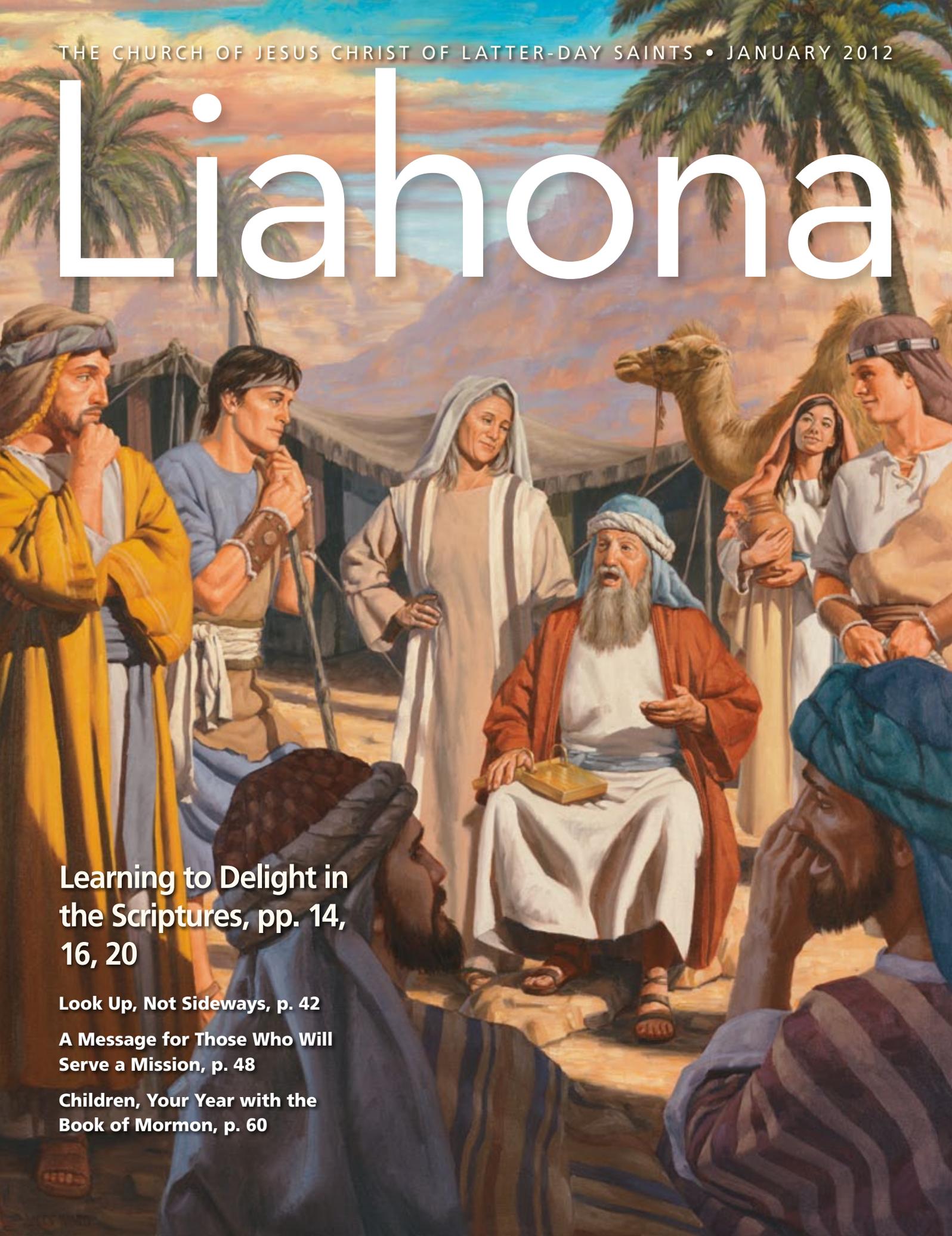


# Liahona



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MAY NOT BE COPIED

*The Tree of Life, by Wilson J. Ong*

*In 1 Nephi 8, Lehi tells of his vision of the tree of life. He said:*

*“After I had prayed unto the Lord I beheld a large and spacious field.*

*“And it came to pass that I beheld a tree, whose fruit was desirable to make one happy.*

*“And it came to pass that I did go forth and partake of the fruit thereof; and I beheld that it was most sweet, above all that I ever before tasted. Yea, and I beheld that the fruit thereof was white, to exceed all the whiteness that I had ever seen. . . .*

*“And I beheld a rod of iron, and it extended along the bank of the river, and led to the tree by which I stood” (1 Nephi 8:9–11, 19).*



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## FOR ADULTS

Several articles in this issue talk  
about the scriptures, particularly the  
Book of Mormon (see pages 14, 16,  
and 20). In the April 2010 general  
conference, Elder David A. Bednar  
spoke about how study of the Book  
of Mormon can strengthen families.  
To read or listen to his talk, visit [lds.org/general-conference/2010/04/  
watching-with-all-perseverance](http://lds.org/general-conference/2010/04/watching-with-all-perseverance).

A tour guide at Machu Picchu gives  
three suggestions for studying the  
gospel (see page 20). See more  
photos of this wonder of the world  
at [liahona.lds.org](http://liahona.lds.org).

## FOR YOUTH

After reading Elder Holland's counsel  
for those who will serve a mission,  
you can find more articles and infor-  
mation about missionary work at  
[lds.org/study/topics/missionary-work](http://lds.org/study/topics/missionary-work).

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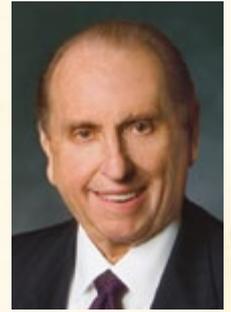
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## IN YOUR LANGUAGE

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By President  
Thomas S. Monson



# LIVING THE Abundant Life

**A**t the advent of a new year, I challenge Latter-day Saints everywhere to undertake a personal, diligent, significant quest for what I call the abundant life—a life filled with an abundance of success, goodness, and blessings. Just as we learned the ABCs in school, I offer my own ABCs to help us all gain the abundant life.

## Have a Positive Attitude

*A* in my ABCs refers to attitude. William James, a pioneering American psychologist and philosopher, wrote, “The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.”<sup>1</sup>

So much in life depends on our attitude. The way we choose to see things and respond to others makes all the difference. To do the best we can and then to choose

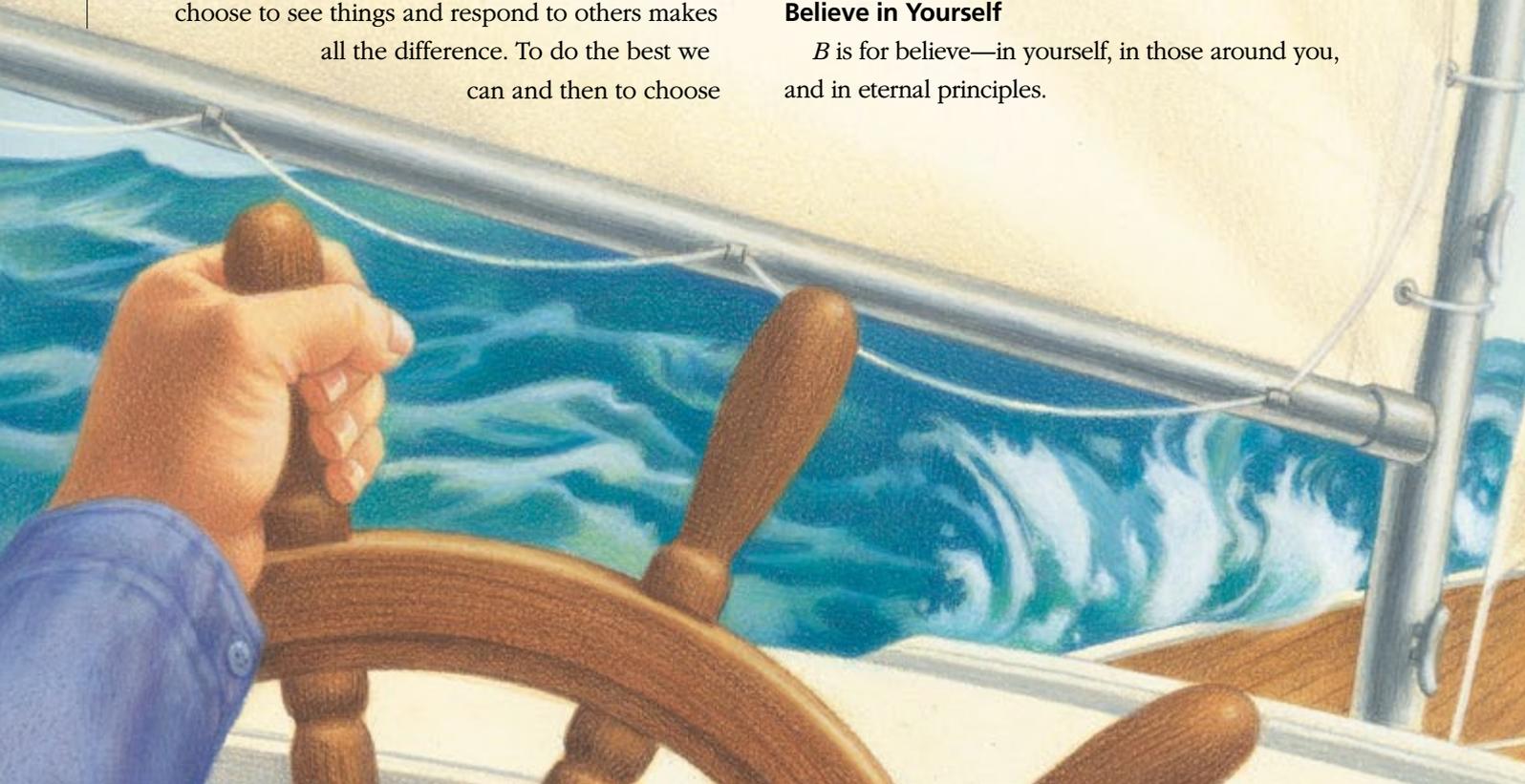
to be happy about our circumstances, whatever they may be, can bring peace and contentment.

Charles Swindoll—author, educator, and Christian pastor—said: “Attitude, to me, is more important than . . . the past, . . . than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company, a church, a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day.”<sup>2</sup>

We can’t direct the wind, but we can adjust the sails. For maximum happiness, peace, and contentment, may we *choose* a positive attitude.

## Believe in Yourself

*B* is for believe—in yourself, in those around you, and in eternal principles.



Be honest with yourself, with others, and with your Heavenly Father. One who was not honest with God until it was too late was Cardinal Wolsey who, according to Shakespeare, spent a long life in service to three sovereigns and enjoyed wealth and power. Finally, he was shorn of his power and possessions by an impatient king. Cardinal Wolsey cried:

*Had I but served my God with  
half the zeal  
I served my king, He would not  
in mine age  
Have left me naked to mine  
enemies.*<sup>3</sup>

Thomas Fuller, an English churchman and historian who lived in the 17th century, penned this truth: “He does not believe that does not live according to his belief.”<sup>4</sup>

Don’t limit yourself and don’t let others convince you that you are limited in what you can do. Believe in yourself and then live so as to reach your possibilities.

You can achieve what you believe you can. Trust and believe and have faith.

## Face Challenges with Courage

C is for courage. Courage becomes a worthwhile and meaningful virtue when it is regarded not so much as a willingness to die manfully but as a determination to live decently.

Said the American essayist and poet Ralph Waldo Emerson: “Whatever you do, you need courage. Whatever course you decide on, there is always someone to tell you that you are wrong. There are always difficulties arising that tempt you to believe that your critics are right. To map out a course of action and follow it to an end requires some of the same courage that a soldier needs. Peace has its victories, but it takes brave men and women to win them.”<sup>5</sup>

There will be times when you will be frightened and discouraged. You may feel that you are defeated. The odds of obtaining victory may appear overwhelming. At times you may feel like David trying to fight Goliath. But remember—David *did* win!

Courage is required to make an initial thrust toward one’s coveted goal, but even greater courage is called for when one stumbles and must make a second effort to achieve.

Have the determination to make the effort, the single-mindedness to work toward a worthy goal, and the

courage not only to face the challenges that inevitably come but also to make a second effort, should such be required. “Sometimes courage is the quiet voice at the end of the day saying, ‘I will try again tomorrow.’”<sup>6</sup>

May we remember these ABCs as we begin our journey into the new year, cultivating a positive attitude, a belief that we can achieve our goals and resolutions, and the courage to face whatever challenges may come our way. Then the abundant life will be ours. ■

## NOTES

1. William James, in Lloyd Albert Johnson, comp., *A Toolbox for Humanity: More Than 9000 Years of Thought* (2003), 127.
2. Charles Swindoll, in Daniel H. Johnston, *Lessons for Living* (2001), 29.
3. William Shakespeare, *King Henry the Eighth*, act 3, scene 2, lines 456–58.
4. Thomas Fuller, in H. L. Mencken, ed., *A New Dictionary of Quotations* (1942), 96.
5. Ralph Waldo Emerson, in Roy B. Zuck, *The Speaker’s Quote Book* (2009), 113.
6. Mary Anne Radmacher, *Courage Doesn’t Always Roar* (2009).

## TEACHING FROM THIS MESSAGE

**C**onsider inviting family members to share personal experiences when a positive attitude, belief in themselves, or courage helped them. Or invite them to find examples of these three principles in the scriptures. You might prepare to teach by prayerfully thinking of scriptures or experiences of your own.

## Courage to Weather the Storm

By Maddison Morley

On the second night of my stake's Young Women camp, we had a big rainstorm and tornado. My ward had about 24 young women attending the camp with two leaders, and we all had to fit into one small cabin for protection. The rain was falling hard, and the wind was getting worse. I had to continually remind myself of the prayer for safety our stake president had offered earlier. Our ward also said our own group prayer in our cabin, and I said my own personal prayers.

A lot of girls were scared, and it was easy to see why. Our cabin was not very sturdy, and we were right by a river. In about 20 minutes the storm got so bad that the whole stake had to run from their ward cabins to the counselors' cabins, which were on higher ground. My stake president said another prayer, and we sang hymns, Primary songs, and camp songs in an attempt to comfort ourselves. Yes, we were scared, but we felt that everything would be all right. Half an hour later it was OK to go back to our ward cabins.

We later found out what had happened to the tornado that night. It had split into two storms. One of them went around us to the right and the other to the left. What we got wasn't even the worst of it!

I know that God heard our prayers that night and that He protected us from the worst of the storm. Why would a tornado split unless God needed it to? I know that in the storms of life, we can always pray to Heavenly Father and He will hear and answer us, giving us the courage and protection we need to make it safely through.

## Captain Moroni

Captain Moroni had courage as he faced challenges. He loved truth, liberty, and faith. He devoted his life to helping the Nephites preserve their freedom. You can be like Captain Moroni by facing your challenges with courage. You can even make your own title of liberty by writing on the flag below or on a separate piece of paper the things that are important to you and your family.

### Where to Find Out More

**Alma 46:11–27:** The title of liberty

**Alma 48:11–13, 16–17:** Moroni's qualities



PHOTOGRAPH © CORBIS

Study this material and, as appropriate, discuss it with the sisters you visit. Use the questions to help you strengthen your sisters and to make Relief Society an active part of your own life.

## Watchcare and Ministering through Visiting Teaching

Charity [means] far more than a feeling of benevolence,” taught President Henry B. Eyring, First Counselor in the First Presidency. “Charity is born of faith in the Lord Jesus Christ and is an effect of His Atonement.”<sup>1</sup> For Relief Society sisters, visiting teaching can be charity in action, an important way to exercise our faith in the Savior.

Through visiting teaching, we provide watchcare by contacting each sister, sharing a gospel message, and seeking to know her and her family’s needs. “Visiting teaching becomes the Lord’s work when our focus is on people rather than percentages,” explains Julie B. Beck, Relief Society general president. “In reality, visiting teaching is never finished. It is more a way of life than a task. Faithfully serving as a visiting teacher is evidence of our discipleship.”<sup>2</sup>

As we provide consistent and prayerful watchcare, we learn how to best minister to and meet the needs of each sister and her family. Ministering can take many forms—some large and some not so large. “Often small acts of service are all that is required to lift and bless another: a question concerning a person’s family, quick words of encouragement, a sincere compliment, a small



note of thanks, a brief telephone call,” taught President Thomas S. Monson. “If we are observant and aware, and if we act on the promptings which come to us, we can accomplish much good. . . . Countless are the acts of service provided by the vast army of Relief Society visiting teachers.”<sup>3</sup>

### From the Scriptures

John 13:15, 34–35; 21:15; Mosiah 2:17; Doctrine and Covenants 81:5; Moses 1:39

### What Can I Do?

1. What am I doing to help my sisters feel that I am a friend who loves and cares for them?
2. How can I become better at watching over and caring for others?

Faith, Family, Relief



### From Our History

In 1843, Church members in Nauvoo, Illinois, were divided into four wards. In July of that year, Relief Society leaders appointed a visiting committee of four sisters for each ward. The visiting committees’ responsibilities included assessing needs and collecting donations. The Relief Society used these donations to provide for the needy.<sup>4</sup>

While visiting teachers no longer collect donations, they do retain the responsibility to assess needs—spiritual and temporal—and to work to meet those needs. Eliza R. Snow (1804–87), second Relief Society general president, explained: “A teacher . . . should surely have so much of the Spirit of the Lord, as she enters a house to know what spirit she meets in there. . . . Plead before God and the Holy Ghost to get [the Spirit] so that you will be able to meet that spirit that prevails in that house . . . and you may feel to talk words of peace and comfort, and if you find a sister feeling cold, take her to your heart as you would a child to your bosom and warm [her] up.”<sup>5</sup>

### NOTES

1. Henry B. Eyring, “The Enduring Legacy of Relief Society,” *Liahona and Ensign*, Nov. 2009, 121.
2. Julie B. Beck, “Relief Society: A Sacred Work,” *Liahona and Ensign*, Nov. 2009, 114.
3. Thomas S. Monson, “Three Goals to Guide You,” *Liahona and Ensign*, Nov. 2007, 120–21.
4. See *Daughters in My Kingdom: The History and Work of Relief Society* (2011), 105.
5. Eliza R. Snow, in *Daughters in My Kingdom*, 108.

# October Conference Notebook

*“What I the Lord have spoken, I have spoken; . . . whether by mine own voice or by the voice of my servants, it is the same” (D&C 1:38).*

As you review the October 2011 general conference, you can use these pages (and Conference Notebooks in future issues) to help you study and apply the recent teachings of the living prophets and apostles.



## STORIES FROM CONFERENCE

### Courage to Stand Alone

I believe my first experience in having the courage of my convictions took place when I served in the United States Navy near the end of World War II. . . .

“I shall ever remember when Sunday rolled around after the first week [of boot camp]. We received welcome news from the chief petty officer. Standing at attention on the drill ground in a brisk California breeze, we heard his command: ‘Today everybody goes to church—everybody, that is, except for me. I am going to relax!’ Then he shouted, ‘All of you Catholics, you meet in Camp Decatur—and don’t come back until three o’clock. Forward, march!’ A rather sizeable contingent moved out. Then he barked out his next command: ‘Those of you who are Jewish, you meet in Camp Henry—and don’t come back until three o’clock. Forward, march!’ A somewhat smaller contingent marched out. Then he said, ‘The rest of you Protestants, you meet in the theaters at Camp Farragut—and don’t come back until three o’clock. Forward, march!’

“Instantly there flashed through my mind the thought, ‘Monson, you are not a Catholic; you

*Until that very moment I had not realized that anyone was standing beside me or behind me on the drill ground.*



are not a Jew; you are not a Protestant. You are a Mormon, so you just stand here!’ I can assure you that I felt completely alone. Courageous and determined, yes—but alone.

“And then I heard the sweetest words I ever heard that chief petty officer utter. He looked in my direction and asked, ‘And just what do you guys call yourselves?’ Until that very moment I had not realized that anyone was standing beside me or behind me on the drill ground. Almost in unison, each of us replied, ‘Mormons!’ It is difficult to describe the joy that filled my heart as I turned around and saw a handful of other sailors.

“The chief petty officer scratched his head in an expression of puzzlement but finally said, ‘Well, you guys go find somewhere to meet. And don’t come back until three o’clock. Forward, march!’ . . .

“Although the experience turned out differently from what I had expected, I had been willing to stand alone, had such been necessary.

“Since that day, there have been times when there was no one standing behind me and so I *did* stand alone. How grateful I am that I made the decision long ago to remain strong and true, always prepared and ready to defend my religion.”

President Thomas S. Monson, “Dare to Stand Alone,” *Liahona and Ensign*, Nov. 2011, 61–62.

#### Questions to ponder:

- What effect does our standing strong have on others?
- Can you remember a time when your courage and convictions were tested? How did you respond?
- What can we do to prepare ourselves to stand strong?

Consider writing your thoughts in a journal or discussing them with others.

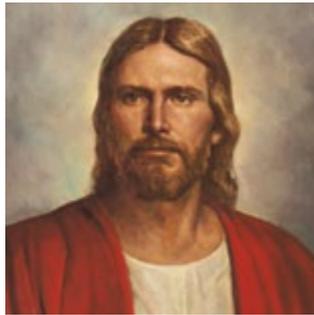
Additional resources on this topic: Guide to the Scriptures, “Courage, Courageous”; Thomas S. Monson, “The Call for Courage,” *Liahona and Ensign*, May 2004, 54–57; Study by Topic on LDS.org, “Peer Pressure”; *For the Strength of Youth*, “Go Forward with Faith.”

To read, watch, or listen to general conference addresses, visit [conference.lds.org](http://conference.lds.org).

## Go and Do

Elder L. Tom Perry of the Quorum of the Twelve Apostles taught that to advance an understanding of the Church, we should:

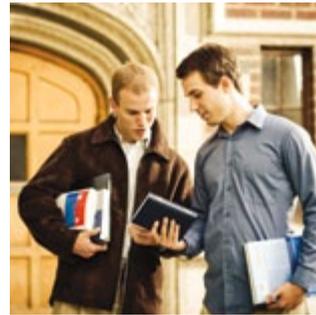
From "Perfect Love Casteth Out Fear," *Liahona and Ensign*, Nov. 2011, 42–43.



1. "Be bold in our declaration of Jesus Christ. We want others to know that we believe He is the central figure in all human history."



2. "Be righteous examples to others. . . . Our lives should be examples of goodness and virtue as we try to emulate His example to the world."



3. "Speak up about the Church. In the course of our everyday lives, we are blessed with many opportunities to share our beliefs with others."

## Prophetic Promise

Not a day has gone by that I have not communicated with my Father in Heaven through prayer. It is a relationship I cherish—one I would literally be lost without. If you do not now have such a relationship with your Father in Heaven, I urge you to work toward that goal. As you do so, you will be entitled to His inspiration and guidance in your life—necessities for each of us if we are to survive spiritually during our sojourn here on earth. Such inspiration and guidance are gifts He freely gives if we but seek them."

President Thomas S. Monson, "Stand in Holy Places," *Liahona and Ensign*, Nov. 2011, 84.

### FILL IN THE BLANK

1. "Prayerful study of \_\_\_\_\_ will build faith in God the Father, in His Beloved Son, and in His gospel. It will build your faith in God's prophets, ancient and modern. It can draw you closer to God than any other book. It can change a life for the better." (Henry B. Eyring, "A Witness," *Liahona and Ensign*, Nov. 2011, 70.)
2. "A \_\_\_\_\_ becomes an enduring friend that is not weakened with the passage of time." (Richard G. Scott, "The Power of Scripture," *Liahona and Ensign*, Nov. 2011, 6.)
3. "For those who think the trials they face are unfair, the \_\_\_\_\_ covers all of the unfairness of life." (Quentin L. Cook, "The Songs They Could Not Sing," *Liahona and Ensign*, Nov. 2011, 106.)
4. "When we have \_\_\_\_\_, we are willing to serve and help others when it is inconvenient and with no thought of recognition or reciprocation." (Silvia H. Allred, "Charity Never Faileth," *Liahona and Ensign*, Nov. 2011, 115.)

Answers: 1. the Book of Mormon; 2. memorialized scripture; 3. Atonement; 4. charity.

# LEADERSHIP THE LORD'S WAY

By Craig Merrill Director, BYU Master of Business Administration Program

*As we serve and lead in the way the Lord has directed, regardless of our calling, we will both bless and be blessed.*

When Brother Jones and his son were assigned to home teach the Williams family, they began making monthly visits. Through those visits, Kim, a daughter in the family, learned that they cared about her. She had many questions about the gospel and enjoyed conversations with them.

One summer when Kim was struggling to know if she had a testimony, Brother Jones, along with another holder of the Melchizedek Priesthood, was asked to attend Young Women camp. Kim later said how much it meant to her to have her home teacher there. She told her family that she had gained a testimony of the Savior's love for her when Brother Jones and another priesthood holder, at her request, gave her a priesthood blessing at camp.

Her home teachers were, in the truest sense, friends to the Williams family. Their influence mattered to Kim and her parents—and to the Lord.

## Leadership and Callings

In today's world, it is common to measure one's personal growth by ever-greater positions of responsibility

in the workplace or by pay raises that signal increasing personal accomplishment. We often look at visible positions of responsibility as an indication that a person is an important contributor. It is not surprising then that many people struggle to know how best to measure their growth in spiritual matters.

I have heard many Latter-day Saints question their own standing because they have not been called to leadership positions in the Church. But is our progress properly measured by leadership callings?

In fact, leadership does not require a calling. Some people who exert the uplifting and encouraging influence that constitutes true leadership do so with no calling or position. Doctrine and Covenants 121 teaches some important lessons about leadership:

"We have learned by sad experience that it is the nature and disposition of almost all men, as soon as they get a little authority, as they suppose, they will immediately begin to exercise unrighteous dominion.

"Hence many are called, but few are chosen.

"No power or influence can or

ought to be maintained by virtue of the priesthood, only by persuasion, by long-suffering, by gentleness and meekness, and by love unfeigned;

"By kindness, and pure knowledge, which shall greatly enlarge the soul without hypocrisy, and without guile" (verses 39–42).

It is common to confuse leadership with telling people what to do. That can lead to unrighteous dominion. It would not be appropriate to say, "You must do as I say because I (who hold the priesthood or am called by the priesthood) said so." An important lesson of section 121 is that a true leader does not give direction and expect it to be followed simply because of position. Rather, priesthood leadership is about invitation. A kind invitation, based in pure knowledge and love unfeigned, will always be a greater motivation than "Because I said so."

It is true that leaders who tend toward issuing orders can get a lot done. But they are not leading in the way the Lord has revealed. And they are not developing the independent ability and confidence that should exist among those they are leading.



### True Leadership

Notice that a calling or position of authority is not listed in verses 41 or 42 as one of the proper ways to wield power or influence. Rather, the power and influence of a true leader are exerted through persuasion, long-suffering, gentleness, meekness, love unfeigned, kindness, and pure knowledge. These characteristics of true leadership can be exhibited by all, regardless of calling or position.

Leadership callings are much like training wheels on a bicycle. The training wheels allow a child to learn how to balance and ride with confidence. A leadership calling puts people in a position to learn how to love, be patient, and persuade through pure knowledge and kindness. They may also learn that any attempt to compel behavior is accompanied by withdrawal of the Spirit and decreased effectiveness.

After our release, we will find out if we have grown and learned while in our calling. Have we learned to love and serve others without the calling being the impetus? Have we learned to serve with power as an influence for good simply because of who we have become?

The Lord will call on us repeatedly throughout our lives. He knows our hearts. He will call on us when He needs our particular skills, knowledge, or sensitivity to the Spirit. He will call on us according to our willingness to hear His voice and love as He loves.

When we learn how to be an influence for good in the Lord's way, we will become people who lift others simply because that is who we are. Callings will not be the primary reason for our good influence. Yet, when asked, we will serve well where we are assigned in the Church.

### BEING A FAITHFUL DISCIPLE

"All Church leaders are called to help other people become 'true followers of . . . Jesus Christ' (Moroni 7:48). . . .

"Leaders can best teach others how to be 'true followers' by their personal example. This pattern—being a faithful disciple in order to help others become faithful disciples—is the purpose behind every calling in the Church."

*Handbook 2: Administering the Church (2010), 3.1.*

Whether we serve in the Sunday School or in youth programs, as a home teacher or a visiting teacher, or even as a bishop or a Relief Society president, our service to others will be an expression of our love of the Savior. As we serve and lead in the way He has directed, regardless of our calling, we will both bless and be blessed. ■

# Visiting Teachers

## LED ME TO JESUS CHRIST

By Jayne P. Bowers

*“[The Lord] said unto [Peter] the third time, Lovest thou me? And [Peter] said unto him, Lord, thou knowest all things; thou knowest that I love thee. Jesus saith unto him, Feed my sheep” (John 21:17).*



### THE BLESSINGS OF VISITING TEACHING

“Many women have reported that the reason they came back into Church activity was because a faithful visiting teacher came month after month and ministered to them, rescuing them, loving them, blessing them. . . .

“At times the most important blessing about your visit will be to just listen. Listening brings comfort, understanding, and healing. Still another time you may need to roll up your sleeves and go to work in the home or help to calm a crying child.”

Barbara Thompson, second counselor in the Relief Society general presidency, “And of Some Have Compassion, Making a Difference,” *Liahona and Ensign*, Nov. 2010, 120.

In the late 1970s, a friend asked me to go to Relief Society with her. “What’s that?” I asked. My friend simply said, “Come and see.” Wow! I was captivated from the first moment.

Later that summer Leann came to my house and said that she was my visiting teacher. This seemed strange and wonderful at the same time, especially since I was not a member of the Church. Here she was taking time from her busy schedule to share a spiritual thought with me and to see if there was anything she could help me with. I knew from her spirit that she was sincere. I’ve never forgotten Leann and the messages she shared with me.

A couple of years passed, and Frances moved into our ward. Truthfully, it wasn’t exactly “our” ward since I wasn’t a member yet, but I thought of it that way. By this time I had two little girls, and I could see how the Church auxiliaries were blessing their lives. Come rain or come

shine, Frances, my new visiting teacher, visited me with a lesson, a laugh, a story, or a helping hand. I recall when Frances came one hectic afternoon. Seeing that I couldn’t sit and talk, Frances stirred my culinary concoctions on the stove while I tended to my daughters’ needs.

Years passed and I moved. As much as I hated to leave my Church friends, I soon found another group of sisters with strong testimonies and big hearts in the Relief Society in “my” new ward. A Relief Society teacher gave us a decorated to-do list and encouraged us to write “Be kind” at the top of our lists each day. The sisters sitting beside me and I thought it was a grand idea, especially since it supported the Relief Society motto “Charity never faileth” (Moroni 7:46).

Then I read a story about a pioneer woman. When that woman was a child, the prophet asked her family to help settle a Latter-day Saint community in a remote area. Tragedy befell when one of her



## HOW ARE VISITING TEACHERS BLESSED BY THEIR SERVICE?

Barbara Thompson helps answer this question in her general Relief Society meeting talk “And of Some Have Compassion, Making a Difference” (*Liahona* and *Ensign*, Nov. 2010, 120):

“When I went visiting teaching, I always felt better. I was lifted, loved, and blessed, usually much more than the sister I was visiting. My love increased. My desire to serve increased. And I could see what a beautiful way Heavenly Father has planned for us to watch over and care for one another.”

**Consider writing your testimony of visiting teaching or home teaching in your journal.**

siblings died. Her mother was distraught, and deep sadness permeated the family.

One day this little girl was looking out the window. As far as she could see, a blanket of snow surrounded the family’s modest home. As the little girl stared at the horizon, she saw two people trudging toward the house. On they came, slowly making their way, and suddenly the child realized who they were—they were her mother’s visiting teachers.

That story inspired me. I was baptized in May 1983. It is an honor to be a visiting teacher myself. I love associating with so many women who exemplify the “virtuous woman” whose “price is far above rubies” (Proverbs 31:10). It is wonderful to be with women who are also striving to be kind, to love one another, and to bring others unto Christ. ■

***Visiting teachers share a gospel message and sometimes a helping hand.***

***The sisters they visit are strengthened by associating with women who are striving to be kind, to love one another, and to bring others unto Christ.***

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For additional information, see Julie B. Beck, “‘Daughters in My Kingdom’: The History and Work of Relief Society,” *Liahona* and *Ensign*, Nov. 2010, 112; and Henry B. Eyring, “The Enduring Legacy of Relief Society,” *Liahona* and *Ensign*, Nov. 2009, 121.

# HELPING CHILDREN LOVE THE BOOK OF MORMON

*We found these tools helpful in teaching our children from the Book of Mormon.*

**By Clyde J. Williams**

Correlation Department

**A**s my wife and I raised our family, we deeply desired to instill in our five children a love for the Book of Mormon. Like carpenters, we learned that a variety of tools would be not only helpful but also essential in teaching our children to love the scriptures. We also came to realize that having the tools or techniques to teach our children was one thing and knowing how to use them was another.

In addition, we knew we needed to learn how to teach our children to apply the Book of Mormon to their lives and see its relevance to the world in which they live. Our ability to use various approaches to help our children depended first and foremost upon our personal understanding of the scriptures, our testimony of their truthfulness, and our enthusiasm for them.

## Teaching Younger Children

Because the language of the scriptures is somewhat uncommon and a child's vocabulary is limited,

teaching children to love the Book of Mormon can be challenging. When our children were young, their attention spans were short and so was our scripture study time. We often used the illustrated scripture readers for family scripture study.

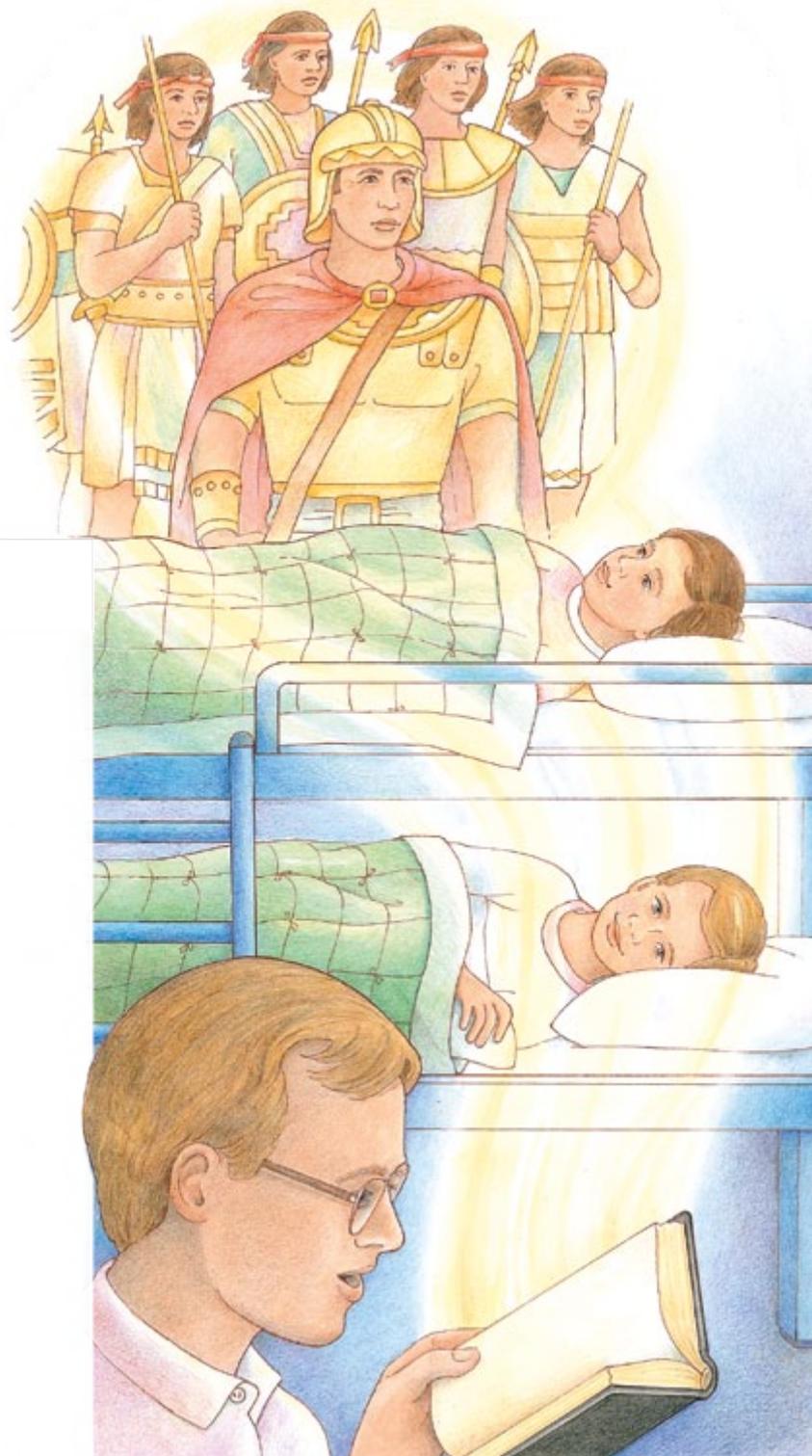
To reinforce the principles our children were reading and learning in scripture study, I often used scripture stories as bedtime stories. In later years my daughter shared how influential this was. She said, "I think stories that were told over and over again became favorites for us. You sat beside our beds and shared the stories from the scriptures. We loved them and asked to hear them again and again because even at that young age we could feel the spirit of the message they carried and knew the people you were telling us about were valiant and faithful. We wanted to be like them."

## Tailoring Lessons to the Needs of Our Family

Of course, as our children matured, we read from the Book of Mormon and other scriptures directly. We tried faithfully to read from the scriptures every morning, even though some of the children were wrapped up in blankets with their eyes half closed. Nevertheless, they now report that they were listening, remembering, and planting seeds for the future.

We also emphasized scriptures during family home evening. For example, we often included activities such as scripture charades: family members would act out a story from the scriptures, and other family members would try to guess the story. Our children also loved playing "Who Am I?"—a game in which we would give them a series of clues until they could guess the individual from the Book of Mormon we were identifying. As our children got older, they participated in preparing and presenting the lessons.

As we tailored our home evenings to the current needs of our family, we used stories and insights



from the Book of Mormon to help teach principles. For example, we drew lessons on morality and avoiding pornography from Alma's counsel to his son Corianton in Alma 39. A good lesson on avoiding marking our bodies with tattoos developed from the story of the Amlicites in Alma 3.

I've prepared lessons on dealing appropriately with sibling rivalries based on the lives of Nephi (see 1 Nephi 7:20–21; 16:4–5), Jacob (see 2 Nephi

***We often used Book of Mormon stories as bedtime stories.***

2:1–3), and Corianton (see Alma 39:1, 10). The sobering account of Alma and Amulek in Alma 14:12–28 teaches about patience in suffering. One important principle we learned with these and many other issues was to make sure we addressed them with our children before they had really become an issue or a problem in their lives.

### Asking Questions

In addition to reading the scriptures with our children, we realized it was important to ask questions that would help our children see the significance of what they were reading. The complexity of these questions varied depending on their ages, but the point was to teach them to look for insights and application and to help them realize how much there is to discover in the Book of Mormon.

For example, I asked why they thought Nephi would say that he had “seen many afflictions in the course of [his] days” and in the very next line say something that seemed contradictory: that he had “been highly favored of the Lord” (1 Nephi 1:1). Through our discussion, our children discovered that even as the Lord delivered Nephi from his afflictions, He also gave Nephi greater understanding of His mysteries (see 1 Nephi 1:1, 20).

Children and youth learn best when we help them discover truths for themselves. As they do so, they will feel inspired to love and use the Book of Mormon throughout their lives and will feel equipped to help others do the same.

Our children came to know that we knew that the Book of Mormon contained real stories of real people. They came to see what we saw, know what we knew, and feel how we felt about the Book of Mormon. This has fortified their testimonies, helped them love the Book of Mormon, and led them to endeavor to do the same for their own children. ■



# Finding Answers

## IN THE BOOK OF MORMON

By Sara D. Smith

**O**ur journey on earth can be challenging, but our loving Heavenly Father did not send us here to handle the storms of life alone. One of the greatest helps He gave us is the Book of Mormon. It not only teaches the fulness of the gospel but also guides us through the problems we encounter. As we search the Book of Mormon, the Spirit will help us find answers to our problems and questions.

Elder M. Russell Ballard of the Quorum of the Twelve Apostles testified:

“The Book of Mormon, above all other books that I know of, is the greatest source we have for answers to real-life problems. . . .

“How many times peace has come into the lives of those who are struggling with real problems when they read the Book of Mormon! The examples of spiritual guidance that emanate from the book are without number.”<sup>1</sup>

In the following accounts, members share how they found in the Book of Mormon the answers they sought.

### Experiencing a Change of Heart

Although he learned the gospel while young, Greg Larsen (name has been changed) of California, USA, later fell away. He became involved with drugs and crime and soon found himself in prison. He wanted to turn his life around but was not sure how.

“Men from the local ward taught Sunday School in the prison,” wrote Greg. “One of

them told me my life would get better if I read the Book of Mormon. And that is what I did.

“When I got out of prison, I went back to church, but I still had the urge to revert back to my old habits. As I continued to read the Book of Mormon, I learned about the people of King Lamoni in Alma 19:33, whose ‘hearts had been changed; that they had no more desire to do evil.’ I began to pray for this change of heart.”

Greg found the answer to his prayer in Helaman 15:7, which teaches that “faith and repentance bringeth a change of heart.”

“As I read those words, tears streamed down my face. The Spirit testified that my Heavenly Father loved me and would help me. I felt that if I had enough faith to speak to my bishop, it would be enough. As I laid my sins at the Savior’s feet, I received a true change of heart.”

### Finding Her Path

Laura Swenson from Idaho, USA, came home one day frustrated and in tears. She was not married, and her plans for college and the career she had dreamed of were falling apart. “I wondered if I was even going anywhere,” she wrote.

“I was prompted to turn to the Book of Mormon. In the first four verses of 1 Nephi 18, I found an answer to my concerns. These verses describe the ship that Nephi built to carry his family to the promised land. It was ‘of curious workmanship’ and



*“I learned about the people of King Lamoni in Alma 19:33, whose hearts had been changed; that they had no more desire to do evil.’ I began to pray for this change of heart.”*



## HELP WITH PERSONAL PROBLEMS

“[The Book of Mormon] can help with personal problems in a very real way. Do you want to get rid of a bad habit? Do you want to improve relationships in your family? Do you want to increase your spiritual capacity? Read the Book of Mormon!”

Elder Russell M. Nelson of the Quorum of the Twelve Apostles, “A Testimony of the Book of Mormon,” *Liahona*, Jan. 2000, 85; *Ensign*, Nov. 1999, 71.

not built ‘after the manner of men’; rather, it was built ‘after the manner which the Lord had shown’ (verses 1–2). Nephi consulted with the Lord often while building the ship. When the ship was finished, ‘it was good, and . . . the workmanship thereof was exceedingly fine’ (verse 4).

“I realized that my own journey was of ‘curious workmanship.’ It didn’t fit the patterns of men but would get me where I needed to go if I sought the Lord’s guidance. These verses were a beacon of light in a dark moment. My problems didn’t end overnight, but I found the perspective that I needed. I am now in a rewarding career for which I had never planned.”

## Discovering Another Testament

As a young man, Adrián Paz Zambrano of Honduras wondered why the Bible mentions only the area around Jerusalem and wondered if Jesus Christ visited other nations.

“Years later two missionaries of The Church of Jesus Christ of Latter-day Saints came to my house,” wrote Adrián. “They showed me the Book of Mormon and invited me to read in 3 Nephi, which tells about Christ visiting the Americas.

“As I read, I remembered the questions I had when I was young. I had found the

answers. Because of the Book of Mormon, I learned that Jesus Christ visited the Americas after His Resurrection. I was filled with joy because I knew that God loved all His children regardless of location or circumstance.”

Adrián and his wife prayed together to know if the Church was true, and both received a testimony. They were baptized and confirmed, and one year later their family was sealed in the temple.

## Providing for His Family

At age 30, Eric James of New Mexico, USA, was diagnosed with a kidney disease. As a young father, he was devastated and wondered if he would be able to provide for his family.

He read in the Book of Mormon that Nephi wondered the same thing when he broke his bow made of fine steel. But after making a bow out of wood, Nephi was again able to feed his family. (See 1 Nephi 16:18–23, 30–32.)

“Nephi’s story filled my soul like a brilliant light,” Eric said. “The health I had enjoyed up until that point was like Nephi’s steel bow. When my health failed, it was like my bow had broken. But I realized that the Lord had blessed me with a wooden bow in the form of a kidney transplant. The transplant would give me the strength to care for my family. This gave me hope. Almost 10 years later, I continue to provide for my family and serve the Lord the best I can.”

## Teaching Children Obedience

When his children were young, Juan José Resanovich of Argentina turned to the Book of Mormon when he had questions about how to teach and raise his children. “My wife and I searched its pages for inspiration for our children, and we always found answers,” he wrote.

The Resanoviches taught their children obedience by pointing them to Nephi's example in 1 Nephi 3:5–6:

“Thy brothers murmur, saying it is a hard thing which I have required of them; but behold I have not required it of them, but it is a commandment of the Lord.

“Therefore go, my son, and thou shalt be favored of the Lord, because thou hast not murmured.”

“We taught our children that Nephi respected his earthly parents and the things of God,” wrote Juan. “We made a goal that as a family we would have Nephi's attitude of respect and obedience.

“Each of our children served a mission. We did not have to convince them to serve. They have been good students, good friends, and good children. Our family has a lot to improve, but the Book of Mormon is a tremendous help in reaching our goals.”

### Escaping the Bands of Addiction

While battling an addiction to food, Susan Lunt of Utah, USA, prayed for help. She turned to the Book of Mormon and read that Nephi was delivered from bands his brothers had tied around his hands and feet:

“O Lord, according to my faith which is in thee, wilt thou deliver me . . . ; yea, even give me strength that I may burst these bands with which I am bound.

“And it came to pass that . . . the bands were loosed” (1 Nephi 7:17–18).

“This scripture described exactly how I felt—bound with bands of addiction,” Susan wrote. “Nephi's tangible bands were immediately loosed when he asked for deliverance. My bands were intangible and I didn't overcome my addiction in a moment, but as I read

those words, I felt something shift inside me. I felt as if the bands around my heart, mind, and body had been loosened, and I knew that I could overcome my addiction.”

Susan has made great progress and, because of the inspiration she found in the Book of Mormon, has been able to break other habits that held her bound, including anger, selfishness, and pride. “I know that the Book of Mormon is the word of God,” she explained, “and that the answer to any of life's questions can be found within the pages of that book.” ■

#### NOTE

1. M. Russell Ballard, in “We Add Our Witness,” *Tambuli*, Dec. 1989, 13; *Ensign*, Mar. 1989, 8–9.

## BOOK OF MORMON ANSWERS

- What should I do next in my life? (See 1 Nephi 4:6; Alma 37:36.)
- How can I improve my marriage? (See 1 Nephi 5:1–9.)
- Why should I keep a journal? (See Jacob 1:2–4; Alma 37:2–4; Helaman 3:13–15.)
- How can I be a better friend? (See Alma 15:18.)
- How can I fulfill my calling? (See Alma 17:2–12.)
- What should I pray about? (See Alma 34:17–27.)
- How can the Atonement help me repent and change? (See Alma 36.)
- How should I react when someone is unkind? (See Alma 60–62.)
- How can I protect my family from the evil in the world? (See Helaman 5:12; Moroni 8:2–3.)
- Why should I attend church? (See Moroni 6:5–9.)

**S**tudy suggestion: Make a list of your own questions and look for answers as you prayerfully study the scriptures.

*Familiarity can lead us “to be less  
and less astonished at a sign or a  
wonder from heaven.”*

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PHOTOGRAPHS BY ADAM C. OLSON, EXCEPT AS NOTED

By Adam C. Olson  
Church Magazines



# REDISCOVERING A WONDER OF THE WORLD... and Avoiding the Dangers of Spiritual Apathy

Ciro Villavicencio estimates that during his first three years as a tour guide in Peru’s Cusco region, he led nearly 400 tours to Machu Picchu, the famed “lost city” of the Incas. Yet, even after his many visits, this site—included on various lists of wonders of the world—has not lost its wonder for him.

“There’s always something new to learn,” he says. Spending several hours taking a group of visitors through Machu Picchu isn’t unusual for Ciro. However, he has seen how easy it is to lose that wonder. A few of his colleagues do a whole tour in 45 minutes. “They’ve lost interest,” he says.

Ciro, a member of the Chasqui Ward and high councilor in the Cusco Peru Inti Raymi Stake, believes that understanding his colleagues’ disinterest could help Church

members increase interest in another wonder of the world—the most significant one—the “marvelous work and a wonder” of the restored gospel of Jesus Christ (2 Nephi 25:17).

## The Dangers of Wonder Lost

Abandoned in the late 1500s by the Incas and undiscovered by the conquistadores, this isolated city high in the Peruvian Andes was lost to all but a few. At the turn of the 20th century, its discovery by the outside world brought droves of researchers and tourists.

After decades of study, “some people thought that they had found everything to be found at Machu Picchu,” Ciro says. “When people think that everything has been found or that everything is done, they give up or devalue the item or the effort.”



*As long as researchers have studied Machu Picchu, they have been rewarded with new discoveries and additional knowledge.*

Ciro worries that the same complacency can happen in the Church. He has seen how time and familiarity can lead some members “to be less and less astonished at a sign or a wonder from heaven, insomuch that they [begin] to be hard in their hearts, and blind in their minds, and [begin] to disbelieve all which they [have] heard and seen” (3 Nephi 2:1).

This loss of wonder can leave members susceptible to Satan’s lies, such as: You don’t need to listen to that speaker; you already know it all. You don’t need to go to Sunday School; you’ve heard that lesson before. You don’t need to study your scriptures today; there’s nothing new there.

“And thus [does] Satan get possession of the hearts of the people” (3 Nephi 2:2).

Experiencing peaks and valleys in enthusiasm for gospel learning is not uncommon. But those who allow a lull in spiritual learning to lengthen into a lifestyle are in danger of losing “even that which they have” in spiritual understanding (2 Nephi 28:30; see also Matthew 25:14–30).

## Rekindling Wonder

Understanding three truths has helped Ciro remain teachable in spite of apathy’s appeal:

### **1. There is more that I need to know.**

During times of intense gospel study on his mission and as an institute teacher, Ciro has discovered that there is always something more to learn, whether it’s a new principle or a new application of one he already knew. More important, that new spiritual knowledge is often something he needed to know to get through whatever challenges he was facing—or about to face.

“Part of being teachable,” he says, “is remembering that there’s always something I don’t know that I probably need to know.”

### **2. I need the Holy Ghost’s help to learn what I need.**

When you don’t know what you need to know, you need a knowledgeable teacher (see John 14:26). As Ciro studies the scriptures alone or with his wife or as he participates in classes and meetings, he is constantly reminded that it doesn’t matter how often he has read a particular verse or heard a particular concept.

“The Spirit can teach me things I had never considered,” he says. “The Holy Ghost is the teacher.”

### **3. Learning takes effort on my part.**

Learning is an active not a passive exercise.<sup>1</sup> It requires desire, attention, participation, and application of principles learned (see Alma 32:27).

“I have to take responsibility for learning,” Ciro says. “Heavenly Father won’t force me to learn anything.”

## Wonder Rewarded

For Ciro, Machu Picchu remains a wonder of the world because, for as long as researchers have studied it, they have been rewarded

with new discoveries and additional knowledge.

Even after a century of study, archaeologists have found in just the past several years a burial site, ceramics, and even additional terrace structures, all of which have added to what is known about Machu Picchu and the Incas.

Such is the case with studying the gospel of Jesus Christ. “There is always something new to discover in the gospel for those who make the effort,” *Ciro* says.

Just as new discoveries at Machu Picchu build upon previous knowledge, providing researchers with a more complete understanding, “he that will not harden his heart, to him is given the greater portion of the word, until it is given unto him to know the mysteries of God until he know them in full” (Alma 12:10; see also D&C 50:24).

“The gospel is an unending fount of living waters to which we need to return regularly,” *Ciro* says.

**The Marvelous Work of Wonder**

As *Ciro* watches from a ledge high above Machu Picchu, dozens of different tour groups walk among the ancient buildings. For *Ciro* the tragedy in the disinterest among a few of his colleagues is that it hurts not only them but those who could be experiencing wonder through them.

Keeping wonder for the gospel alive will bless not only the individual but those associated with him or her. “The

change the gospel makes in people’s lives is a wonder,” says *Ciro*. “And those who have experienced that change can



themselves become a wonder in the lives of others.” ■

**NOTE**

1. See David A. Bednar, “Seek Learning by Faith,” *Liahona*, Sept. 2007, 16; *Ensign*, Sept. 2007, 60.



**Finding Motivation to Read the Scriptures**

By Wilfer Montes Leon

We need to pray for motivation to read the scriptures and also for the guidance of the Holy Spirit. We need to delight in the scriptures; that is, enjoy the word of God and feel the love offered to us by the message it gives us. We need to not just let the letters pass before our eyes, because the idea is for us to fall in love with this marvelous gospel.

Each time you search the scriptures, you will learn more, and through them you can come to know the will of our Heavenly Father. He often answers our prayers through the standard works of the Church. When we feel peace and receive inspiring thoughts, we can know that they come from Heavenly Father through the Holy Ghost (see D&C 8:1–3).

PHOTOGRAPH OF ANIMAL © GETTY IMAGES; PHOTOGRAPH OF SCRIPTURES BY CODY BELL





ILLUSTRATIONS BY DANE HAYDEN



By Elder D. Todd Christofferson

Of the Quorum of the Twelve Apostles

# Recognizing God's Hand

## IN OUR DAILY BLESSINGS

*Asking for and receiving daily bread at God's hand plays a vital part in learning to trust Him and in enduring life's challenges.*

Luke records that one of the Lord's disciples asked Him, "Lord, teach us to pray, as John also taught his disciples" (Luke 11:1). Jesus then gave a pattern for prayer that has become known as the Lord's Prayer (see Luke 11:2–4; see also Matthew 6:9–13).

Included in the Lord's Prayer is the petition "Give us this day our daily bread" (Matthew 6:11; see also Luke 11:3). We all have needs each day for which we turn to our Heavenly Father. For some, it is quite literally bread—that is, the food needed to sustain life that day. It could also be spiritual and physical strength to deal with one more day of chronic illness or a painfully slow rehabilitation. In other cases it may be a less tangible need, such as something related to one's obligations or

activities that day—teaching a lesson or taking a test, for example.

Jesus teaches us, His disciples, that we should look to God each day for the bread—the help and sustenance—we require that particular day. The Lord's invitation to seek our daily bread at our Heavenly Father's hand speaks of a loving God, aware of even the small, daily needs of His children and eager to assist them, one by one. He is saying that we can ask in faith of that Being "that giveth to all men liberally, and upbraideth not; and it shall be given" (James 1:5). That is, of course, tremendously reassuring, but there is something at work here that is more significant than just help in getting by day to day. As we seek and receive divine bread daily, our faith and trust in God and His Son grow.

*Jesus teaches us, His disciples, that we should look to God each day for the bread—the help and sustenance—we require that particular day.*

### Looking to God Daily

After their great exodus from Egypt, the tribes of Israel spent 40 years in the wilderness before entering the promised land. This massive host of well over a million people had to be fed. Certainly that number in one location could not subsist long on hunting game, and their seminomadic lifestyle at the time was not conducive to raising crops or livestock in any sufficient quantity. Jehovah solved the challenge by miraculously providing their daily bread from heaven—manna. Through Moses, the Lord instructed the people to gather enough manna each day for that day, except on the day before the Sabbath, when they were to gather enough for two days.

Despite Moses's specific instructions, some tried to gather more than enough for one day and store the balance:

“And Moses said, Let no man leave of it till the morning.

“Notwithstanding they hearkened not unto Moses; but some of them left of it until the morning, and it bred worms, and stank” (Exodus 16:19–20).

As promised, however, when they gathered twice the normal daily quantity of manna on the sixth day, it did not spoil (see Exodus 16:24–26). Again, however, some could not believe without seeing, and they went looking to gather manna on the Sabbath, but “they found none” (see Exodus 16:27–29).

By providing daily sustenance one day at a time, Jehovah was trying to teach faith to a nation that over a period of 400 years had

lost much of the faith of their fathers. He was teaching them to trust Him. In essence, the children of Israel had to walk with Him each day and trust that He would grant a sufficient amount of food for the next day *on* the next day and so on. In that way He could never be too far from their minds and hearts.

Once the tribes of Israel were in a position to provide for themselves, they were required to do so. Likewise, as we plead with God for our daily bread—for help in the moment that we cannot provide for ourselves—we must still be active in doing and providing that which is within our power.

### Trusting in the Lord

Some time before I was called as a General Authority, I faced a personal economic challenge that persisted for several years. It ebbed and flowed in seriousness and urgency, but it never went away. At times this challenge threatened the welfare of my family, and I thought we might be facing financial ruin. I prayed for some miraculous intervention to deliver us. Although I offered that prayer many times with great sincerity and earnest desire, the answer in the end was no. Finally, I learned to pray as the Savior did: “Nevertheless not my will, but thine, be done” (Luke 22:42). I sought the Lord's help with each tiny step along the way to a final resolution.

There were times when I had exhausted all my resources, when I had nowhere and no one to turn to for help to meet the exigency before me. With no other recourse, more than once I fell down before my Heavenly Father, begging in tears for His help. And He did help. Sometimes it was nothing more than a sense of peace, a feeling of assurance that things

would work out. I might not see how or what the path would be, but He gave me to know that, directly or indirectly, He would open a way. Circumstances might change, a new and helpful idea might come to mind, some unanticipated income or other resource might appear at just the right time. Somehow there was a resolution.

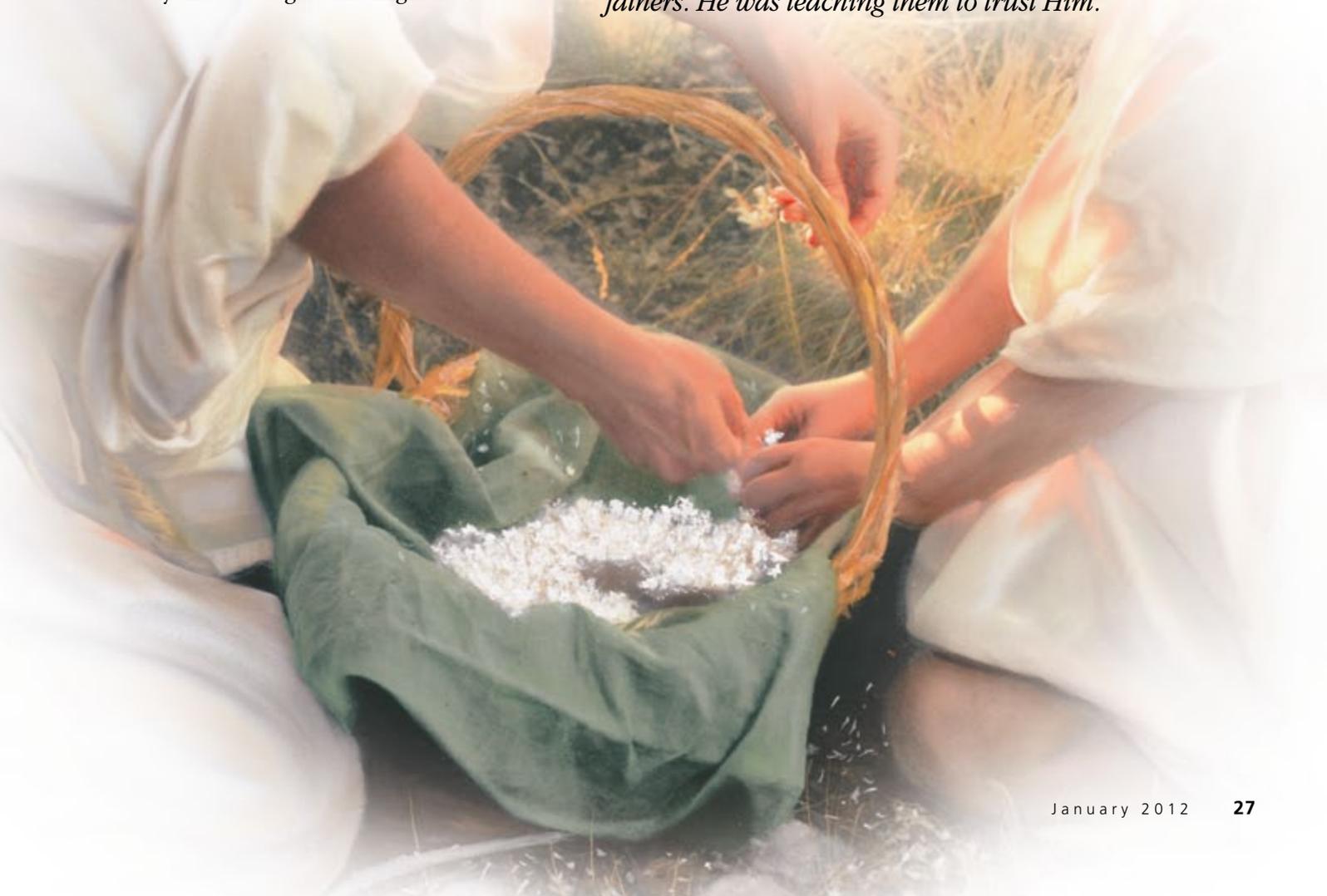
Though I suffered then, I am grateful now that there was not a quick solution to my problem. The fact that I was forced to turn to God for help almost daily over an extended period of years taught me how to truly pray and get answers to prayer and taught me in a practical way to have faith in God. I came to know my Savior and my Heavenly Father in a way and to a degree that might not have

happened otherwise or that might have taken me much longer. I learned that daily bread is a precious commodity. I learned that manna today could be as real as the physical manna of biblical history. I learned to trust in the Lord with all my heart. I learned to walk with Him day by day.

### **Working through Problems**

Asking God for our daily bread rather than our weekly, monthly, or yearly bread is also a

*By providing daily sustenance one day at a time, Jehovah was trying to teach faith to a nation that over a period of 400 years had lost much of the faith of their fathers. He was teaching them to trust Him.*



way for us to focus on the smaller, more manageable bits of a problem. To deal with something big, we may need to work at it in small, daily bites. Sometimes all we can handle is one day—or even just part of one day—at a time.

In the 1950s my mother survived radical cancer surgery, which was followed by dozens of painful radiation treatments. She recalls that her mother taught her something during that time that has helped her ever since:

“I was so sick and weak, and I said to her one day, ‘Oh, Mother, I can’t stand having 16 more of those treatments.’

“She said, ‘Can you go today?’

*We also need a daily portion of divine bread to become what we must become. To repent, improve, and eventually reach “the measure of the stature of the fulness of Christ” is a step-by-step process.*

“‘Yes.’

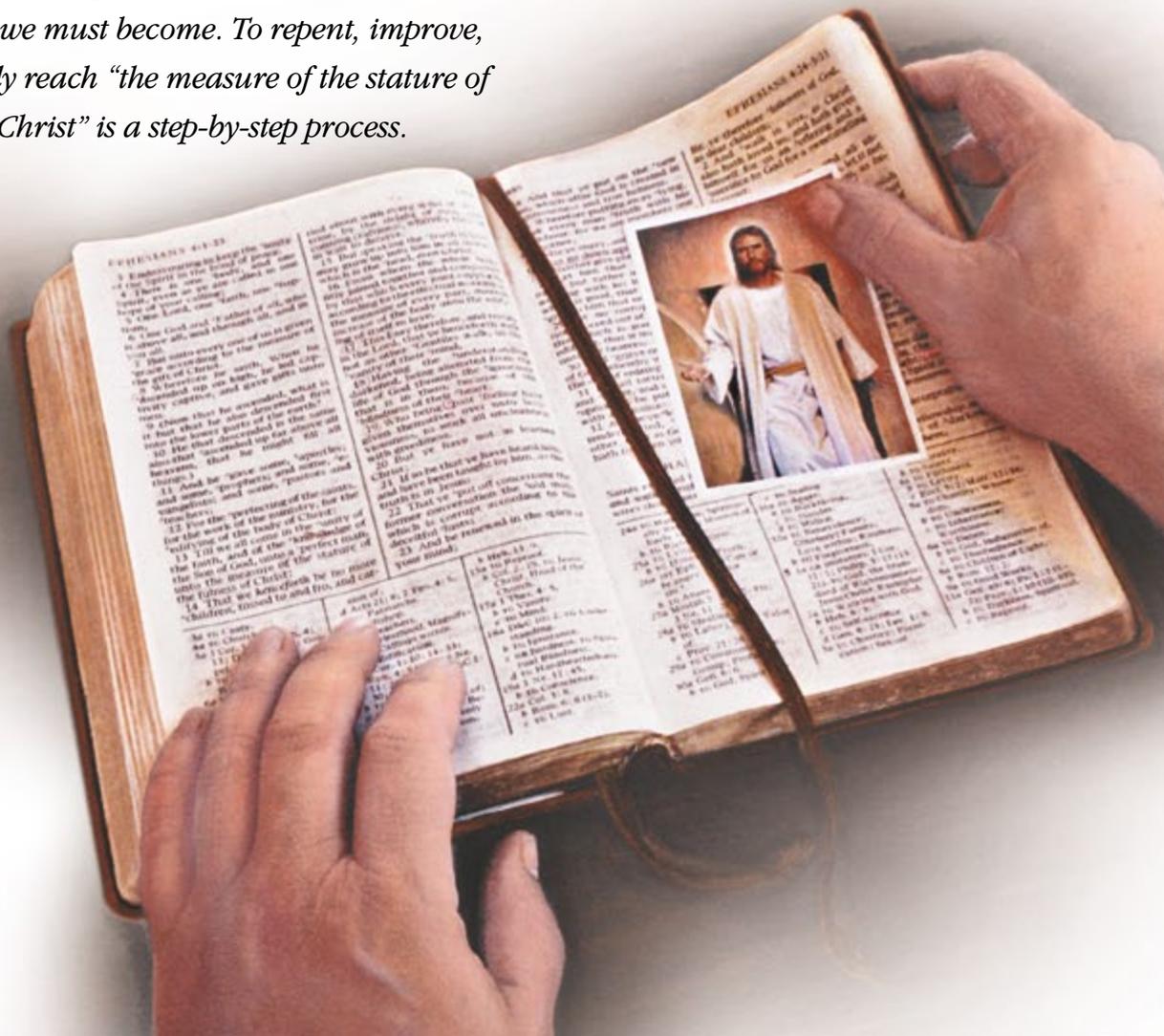
“Well, honey, that’s all you have to do today.’

“It has helped me many times when I remember to take one day or one thing at a time.”

The Spirit can guide us when to look ahead and when we should deal just with this one day, with this one moment.

### Reaching Our Potential

Asking for and receiving daily bread at God’s hand plays a vital part in learning to trust Him and in enduring life’s challenges. We also need a daily portion of divine bread to become what we must become. To repent, improve,



and eventually reach “the measure of the stature of the fulness of Christ” (Ephesians 4:13) is a step-by-step process. Incorporating new and wholesome habits into our character or overcoming bad habits or addictions often means an effort today followed by another tomorrow and then another, perhaps for many days, even months and years, until we achieve victory. But we can do it because we can appeal to God for our daily bread, for the help we need each day.

President N. Eldon Tanner (1898–1982), First Counselor in the First Presidency, said: “As we reflect on the value of resolving to do better, let us determine to discipline ourselves to carefully select the resolutions we make, to consider the purpose for making them, and finally to make commitments for keeping them and not letting any obstacle stop us. Let us remind ourselves at the beginning of each day that we can keep a resolution just for that day.”<sup>1</sup>

Elder David A. Bednar of the Quorum of the Twelve Apostles recently taught that consistency in simple daily practices such as family prayer, scripture study, and home evening is crucial in building successful families. “Our consistency in doing seemingly small things,” he said, “can lead to significant spiritual results.”<sup>2</sup>

President Ezra Taft Benson (1899–1994), speaking of repentance, gave this counsel: “We must be careful, as we seek to become more and more [Christlike], that we do not become discouraged and lose hope. Becoming Christlike is a lifetime pursuit and very often involves growth and change that is slow, almost imperceptible.”<sup>3</sup>

### Seeking the Lord’s Help in Serving

Remember that we should not be looking only inward when we seek a daily measure

of divine bread. If we are to become more like the Master, He who came “not to be ministered unto, but to minister” (Mark 10:45), we will seek His help in being of service to others day by day.

President Thomas S. Monson lives this principle better than anyone I know. There is ever present in his heart a prayer that God will reveal needs and means for him to assist those around him in any given day or moment of the day. One example from his time as a bishop illustrates the fact that sometimes even a little effort may, with the workings of the Spirit, yield remarkable fruit.

“One to whom [President Monson] reached out was Harold Gallacher. His wife and children were active in the Church, but not Harold. His daughter Sharon had asked Bishop Monson if he would ‘do something’ to bring her father back into activity. As a bishop, he felt prompted one day to call on Harold. It was a hot summer’s day when he knocked on Harold’s screen door. The bishop could see Harold sitting in his chair, smoking a cigarette and reading the newspaper. ‘Who is it?’ Harold asked sullenly, without looking up.

“‘Your bishop,’ Tom replied. ‘I’ve come to get acquainted and to urge your attendance with your family at our meetings.’

“‘No, I’m too busy,’ came the disdainful response. He never looked up. Tom thanked him for listening and departed the doorstep. The family moved without Harold ever attending services.

“Years later . . . Brother Gallacher phoned

*If we are to become more like the Master, He who came “not to be ministered unto, but to minister,” we will seek His help in being of service to others day by day.*

the office of Elder Thomas S. Monson and asked to make an appointment to see him.

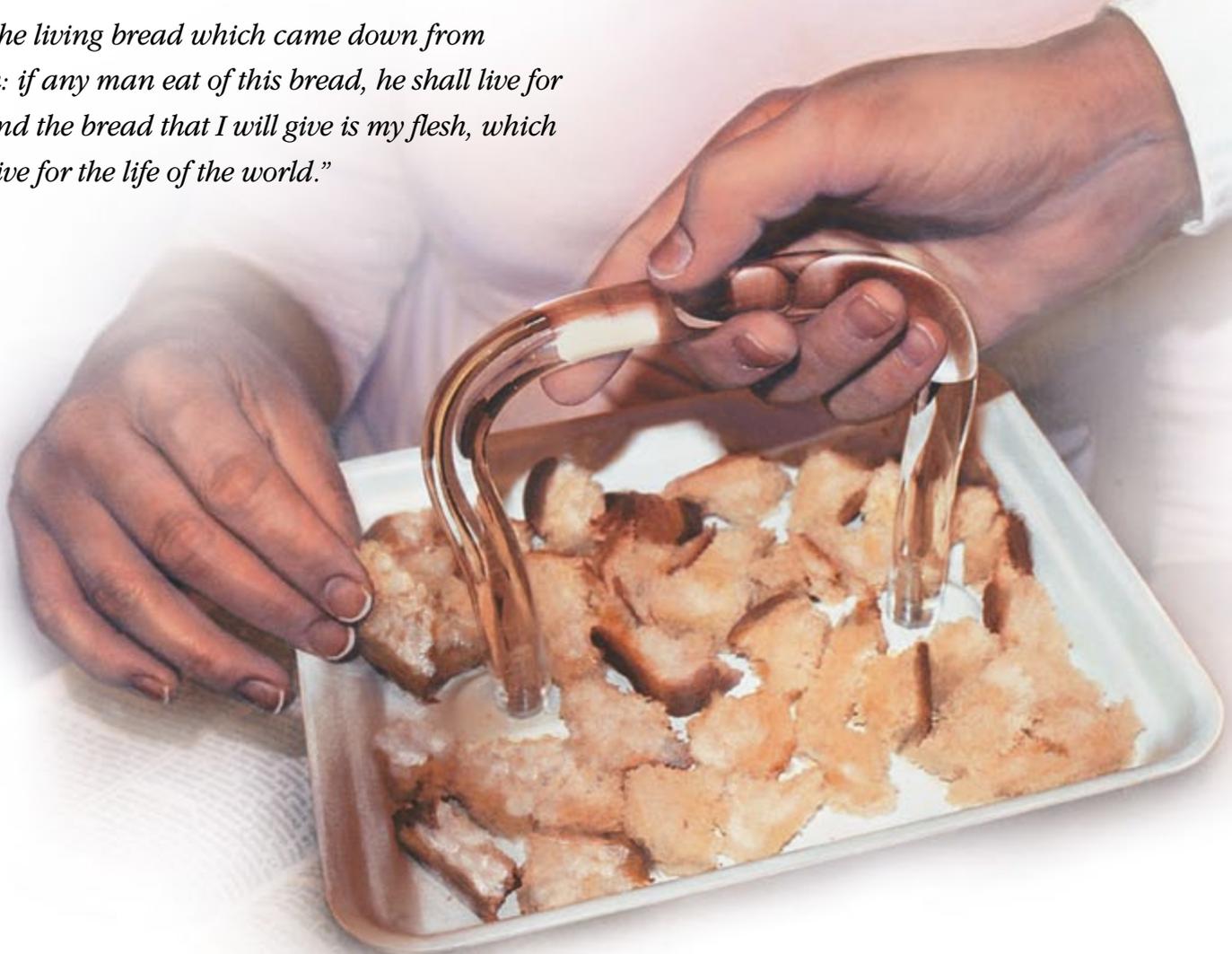
“. . . When the two met some time later, they embraced. Harold said, ‘I’ve come to apologize for not getting out of my chair and letting you in the door that summer day long years ago.’ Elder Monson asked him if he [was] active in the Church. With a wry smile, Harold replied: ‘I’m now second counselor in my ward bishopric. Your invitation to come out to church, and my negative response, so haunted me that I determined to do something about it.’”<sup>4</sup>

### **Making Daily Choices**

Thinking of our daily bread keeps us aware of the details of our lives, of the significance of the small things that occupy our days. Experience teaches that in a marriage, for example, a steady stream of simple kindnesses, help, and attention do much more to keep love alive and nurture a relationship than an occasional grand or expensive gesture.

Likewise, in daily choices we may prevent certain insidious influences from entering our lives and becoming part of what

*“I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.”*



we are. In an informal discussion that Elder Neal A. Maxwell (1926–2004) and I had some years ago, we observed that one can avoid most pornography and pornographic images just by making good choices. For the most part it is simply a matter of self-discipline not to go where pornography is likely to be found—physically or electronically. We acknowledged, nevertheless, that because it is so tragically pervasive, pornography could assault a person minding his own business quite by surprise. “Yes,” observed Elder Maxwell, “but he can immediately reject it. He does not have to invite it to come in and offer it a chair to sit down.”

The same goes with other destructive influences and habits. Our attention each day to avoiding the very beginnings of such things can protect us from awakening some future day to the realization that because of inattentiveness, some evil or weakness has taken root in our soul.

In reality, there aren’t many things in a day that are totally without significance. Even the mundane and repetitious can be tiny but significant building blocks that in time establish the discipline and character and order needed to realize our plans and dreams. Therefore, as you ask in prayer for your daily bread, consider thoughtfully your needs—both what you may lack and what you must protect against. As you retire to bed, think about the successes and failures of the day and what will make the next day a little better. And thank your Heavenly Father for the manna He has placed along your path that sustained you through the day. Your reflections will increase your faith in Him as you see His hand helping you to endure some things and to change others. You will

be able to rejoice in one more day, one more step toward eternal life.

### Remembering the Bread of Life

Above all, remember that we have Him of whom manna was a type and symbol, the Redeemer.

“I am that bread of life.

“Your fathers did eat manna in the wilderness, and are dead.

“This is the bread which cometh down from heaven, that a man may eat thereof, and not die.

“I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world” (John 6:48–51).

I bear my witness of the living reality of the Bread of Life, Jesus Christ, and of the infinite power and reach of His Atonement. Ultimately, it is His Atonement and His grace that is our daily bread. We should seek Him daily, to do His will each day, to become one with Him as He is one with the Father (see John 17:20–23). As we do so, may our Heavenly Father grant us our daily bread. ■

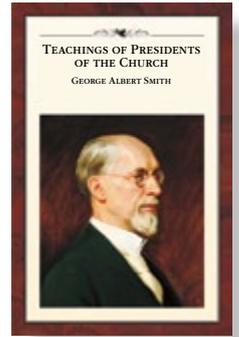
*From a Church Educational System fireside address given on January 9, 2011. For the full text in English, visit [speeches.byu.edu](http://speeches.byu.edu).*

#### NOTES

1. N. Eldon Tanner, “Today I Will . . .,” *Liahona*, Mar. 2003, 27–28; “Just for Today,” *New Era*, Jan. 1975, 5.
2. David A. Bednar, “More Diligent and Concerned at Home,” *Liahona* and *Ensign*, Nov. 2009, 20.
3. Ezra Taft Benson, “A Mighty Change of Heart,” *Tambuli*, Mar. 1990, 7; *Ensign*, Oct. 1989, 5.
4. Heidi S. Swinton, *To the Rescue: The Biography of Thomas S. Monson* (2010), 160–61.

*Ultimately, it is the Savior’s Atonement and grace that is our daily bread.*





# HE LIVED AS HE TAUGHT

*Experiences from the life of President George Albert Smith demonstrate that he not only believed the gospel—he lived it.*

**By Ted Barnes**  
Curriculum Department

Near the end of a stressful day, John A. Widtsoe sat in his office, “rather tired after the day’s work.” He was facing a controversial problem, and he was feeling the heavy weight of his responsibilities. “I was weary,” he said.

“Just then there was a knock upon the door, and in walked George Albert Smith. He said, ‘I am on the way home after my day’s work. I thought of you and the problems that you are expected to solve. I came in to comfort you and to bless you.’

“... I shall never forget it. We talked together for awhile; we parted, he went home. My heart was lifted. I was weary no longer.”

Recalling this experience many years later as a member of the Quorum of the Twelve Apostles, Elder Widtsoe (1872–1952) said: “That was the way of George Albert Smith.

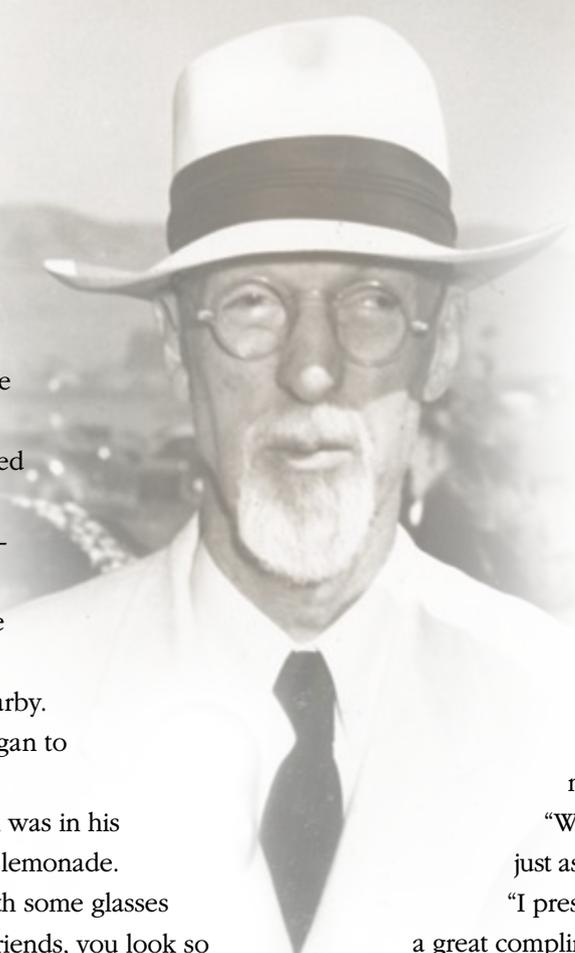
... He gave of his own time, his own strength.”<sup>1</sup>

George Albert Smith (1870–1951), who served as the eighth President of the Church, from 1945 to 1951, believed that if we truly have a testimony of the gospel of Jesus Christ, it will manifest itself in our lives—particularly in the way we treat one another. “A correct and consistent life,” he taught, “is the strongest testimony that we will be able to bear of the truth of this work.”<sup>2</sup>

In *Teachings of Presidents of the Church: George Albert Smith*, the Melchizedek Priesthood and Relief Society curriculum for 2012, President Smith’s testimony is expressed powerfully—both through his teachings and through stories from his life. The following are some examples of these stories and teachings.

## **The Power of Kindness**

One hot summer day, some workers were doing repairs to the street outside



President Smith's home. As the work intensified and the sun grew hotter, the workers started using obscene and profane words. Soon one of the neighbors approached and scolded the workers for their offensive language, pointing out that George Albert Smith lived nearby. Unimpressed, the workers began to swear even more.

Meanwhile, President Smith was in his kitchen preparing a pitcher of lemonade. He brought it out on a tray with some glasses and said to the workers, "My friends, you look so hot and tired. Why don't you come and sit under my trees here and have a cool drink?"

Humbled and grateful, the workers accepted his offer, and after their welcome break they finished their work respectfully and quietly.<sup>3</sup>

Experiences such as this demonstrate George Albert Smith's conviction that we can "meet our problems in the spirit of love and kindness toward all."<sup>4</sup> "There are those who will make mistakes," he said. "There are those among us today that have gone astray, but they are the children of our Lord and he loves them. He has given to you and to me the right to go to them in kindness and love and with patience and with a desire to bless, seek to win them from the mistakes that they are making. It is not my privilege to judge. . . . But it is my privilege, if I see them doing the wrong thing, to in some way, if possible, turn them back into the pathway that leads to eternal life in the Celestial kingdom."<sup>5</sup>

"What a joy, what a comfort, what a satisfaction can be added to the lives of our neighbors and friends through kindness. How I would like to write that word in capital letters and emblazon it in the air. Kindness is the power that God has given us to unlock hard hearts and subdue stubborn souls."<sup>6</sup>

## Sharing the Gospel

President Smith considered sharing the gospel to be "the ultimate kindness."<sup>7</sup> He acknowledged and rejoiced in the goodness he found in other churches, but he knew that the restored gospel has something unique and valuable to offer humankind.

Once while he was serving as a mission president, someone said to him, "Well, from all I can learn, your church is just as good as any other church."

"I presume he thought he was paying us a great compliment," President Smith noted. "But I said to him: 'If the Church I represent here is not of more importance to the children of men than any other church, then I am mistaken in my duty here.'"<sup>8</sup>

One reason our message is so important, President Smith taught, is the fact that "the Latter-day Saints are the only ones who bear the authority of our Heavenly Father to administer in the ordinances of the Gospel. The world has need of us."<sup>9</sup>

Because of this, President Smith wanted Latter-day Saints to feel "an intense and enthusiastic desire to divide with all of our Father's children the good things that he has so generously bestowed upon us."<sup>10</sup>

"I feel sometimes," he said, "that we do not sufficiently sense the importance of [the gospel], that we do not teach it with the earnestness it demands."<sup>11</sup>

A close friend observed how President Smith exemplified "earnestness" in sharing the gospel: "On several occasions I have had the privilege of traveling on the train with President Smith. Each time I observed that as soon as the journey was well underway, he would take a few gospel tracts from his bag, put them into his pocket, and then move about among the passengers. In his friendly, agreeable manner he would soon make the acquaintance of a fellow traveler, and in a short time I would hear him relating

the story of the founding of the Church by the Prophet Joseph Smith or telling of the exodus of the Saints from Nauvoo and their trials and difficulties in crossing the plains to Utah or explaining some of the gospel principles to his new-found friend. Conversation after conversation would follow with one passenger after another until the journey was ended. In my entire acquaintance with President Smith, which has extended more than forty years, I have learned that wherever he is, he is first and foremost a missionary for the Church of Jesus Christ of Latter-day Saints.”<sup>12</sup>

### Teaching Our Children

George Albert Smith and his wife, Lucy, took seriously the divine mandate to “bring up [their] children in light and truth” (D&C 93:40). Their daughter Edith told of one occasion when her father took advantage of a teaching opportunity. She had taken the streetcar home from a piano lesson, and the conductor neglected to collect her fare. “Somehow he passed me by,” she recounted, “and I reached my destination still holding my nickel in my hand, and frankly quite elated that I had made the trip free.

“ . . . I ran gleefully to Father to tell him about my good fortune. He listened to my story patiently. I was beginning to think I was a great success. . . .

“When I had finished my tale, Father said, ‘But, darling, even if the conductor doesn’t know about this, you know and I know and Heavenly Father knows. So, there are still three of us who must be satisfied in seeing that you pay in full for value received.’”

Edith returned to the street corner and paid her fare. She said later, “I am indeed



**President Smith shows the Book of Mormon to Many Turquoise (left) and Manuelito Begay.**

thankful for a Father who was wise enough to kindly point out the error to me, because if it had been overlooked, I could have thought he approved.”<sup>13</sup>

President Smith taught Church members that love has the power to inspire our children to live righteously: “Teach your children to observe the moral law. Surround them as by the arms of your love, that they may have no desire whatsoever to partake of the temptations to evil that surround them on every hand.”<sup>14</sup>

“It is our duty—I should say it is our privilege as well as our duty to take sufficient time to surround our children with safeguards and to so love them and earn their love that they will be glad to listen to our advice and counsel.”<sup>15</sup>

### Eternal Families

George Albert and Lucy Smith had been married for about 40 years when Lucy began a prolonged struggle with frail health. Though he worried about her and tried to comfort her as much as he could, President Smith’s duties as a General Authority often required him to be away from home. One day after President Smith gave a talk at a funeral, someone handed him a note telling him to return home immediately. He later wrote in his journal:

“I left the chapel at once but my Darling

*President Smith considered sharing the gospel to be “the ultimate kindness” because “Latter-day Saints are the only ones who bear the authority of our Heavenly Father to administer in the ordinances of the Gospel. The world has need of us.”*

wife had breathed her last before I arrived at home. She was passing while I was talking at the funeral. I am of course bereft of a devoted helpmeet and will be lonely without her.”

“While my family are greatly distressed,” he continued, “we are comforted by the assurance of a reunion with [her] if we remain faithful. . . . The Lord is most kind and has taken away every feeling of death, for which I am exceedingly grateful.”<sup>16</sup>

President Smith drew strength and comfort from his testimony of the plan of salvation and the temple ordinances that seal families eternally. He taught:

“The assurance that our relationship here as parents and children, as husbands and wives will continue in heaven, and that this is but the beginning of a great and glorious kingdom that our Father has destined we shall inherit on the other side, fills us with hope and joy.

“If I were to think, as so many think, that now that my beloved wife and my beloved parents are gone, that they have passed out of my life forever and that I shall never see them again, it would deprive me of one of the greatest joys that I have in life: the contemplation of meeting them again, and receiving their welcome and their affection, and of thanking them from the depths of a grateful heart for all they have done for me.”<sup>17</sup>

“When we realize that death is only one of the steps that the children of God shall take throughout eternity, and that it is according to his plan, it robs death of its sting and brings us face to face with the reality of eternal life. Many families have been called upon to say goodbye temporarily to those they love. When such passings occur, they disturb us, if we will let them, and thus bring great sorrow into our lives. But if our spiritual eyes could be opened and we could see, we would be comforted, I am sure, with what our vision would behold. The Lord has not left us without hope. On the contrary he has given us every assurance of eternal happiness, if we will accept his advice and counsel while here in mortality.

“This is not an idle dream. These are facts.”<sup>18</sup>



**Top: President Smith with his son George Albert Smith Jr. Above: A 1947 issue of Time magazine featured an article about President Smith and the Church.**

## Love and Service

President Smith was perhaps best known for the love he showed to others. He believed love to be the essence of the gospel. He told the Saints, “If the gospel of Jesus Christ, as delivered to you, has not planted that feeling of love in your hearts for your fellow men, then I want to say that you have not enjoyed the full fruition of that wonderful gift that came to earth when this Church was organized.”<sup>19</sup>

As President of the Church, President Smith blessed the lives of thousands through worldwide welfare efforts and other initiatives. Nevertheless, he still found time for smaller, more personal acts of service. One of his associates, Elder Richard L. Evans (1906–71) of the Quorum of the Twelve Apostles, wrote: “It is not uncommon to see him, before and after office hours, walking hospital halls, visiting room after room, blessing, encouraging, and cheering with his unexpected appearances in those places where his comforting and reassuring presence is so gratefully welcome. . . . It is characteristic of him to go wherever he feels that he can give help and encouragement.”<sup>20</sup>

President Thomas S. Monson shared this example of President Smith’s love: “On a cold winter morning, the street cleaning crew [in Salt Lake City] was removing large chunks of ice from the street gutters. The regular crew was assisted by temporary laborers who desperately needed the work. One such wore only a lightweight sweater and was suffering from the cold. A slender man with a well-groomed beard stopped by the crew and asked the worker, ‘You need more than that sweater on a morning like this. Where is your coat?’ The man replied that he had no coat

to wear. The visitor then removed his own overcoat, handed it to the man and said, ‘This coat is yours. It is heavy wool and will keep you warm. I just work across the street.’ The street was South Temple. The good Samaritan who walked into the Church Administration Building to his daily work and without his coat was President George Albert Smith of The Church of Jesus Christ of Latter-day Saints. His selfless act of generosity revealed his tender heart. Surely he was his brother’s keeper.”<sup>21</sup>

## The Details of Daily Life

Whether sharing his faith with fellow train passengers or giving a cold street worker the coat off his back, President George Albert Smith consistently bore his testimony through his actions as well as his teachings. A prominent theme that runs throughout *Teachings of Presidents of the Church: George Albert Smith* is that the gospel of Jesus Christ should have a powerful effect on our lives.

As one observer said of President Smith: “His religion is not doctrine in cold storage. It is not theory. It means more to him than a beautiful plan to be admired. It is more than a philosophy of life. To one of his practical turn of mind, religion is the spirit in which a man lives, in which he does things, if it be only to say a kind word or give a cup of cold water. His religion must find expression in deeds. It must carry over into the details of daily life.”<sup>22</sup>

President J. Reuben Clark Jr. (1871–1961), one of his counselors in the First Presidency, summarized President Smith’s life with these words: “He was one of those few people of whom you can say he lived as he taught.”<sup>23</sup> ■

## NOTES

1. John A. Widtsoe, in Conference Report, Apr. 1951, 99; see also *Teachings of Presidents of the Church: George Albert Smith* (2011), xxxvii–xxxviii.
2. *Teachings: George Albert Smith*, 9.
3. See *Teachings: George Albert Smith*, 223.
4. *Teachings: George Albert Smith*, 223.
5. *Teachings: George Albert Smith*, 227.
6. *Teachings: George Albert Smith*, 228.
7. *Teachings: George Albert Smith*, 124.
8. *Teachings: George Albert Smith*, 152.
9. *Teachings: George Albert Smith*, 125.
10. *Teachings: George Albert Smith*, 129.
11. *Teachings: George Albert Smith*, 150.
12. Preston Nibley, in *Teachings: George Albert Smith*, 123.
13. See *Teachings: George Albert Smith*, 235.
14. *Teachings: George Albert Smith*, 240.
15. *Teachings: George Albert Smith*, 228.
16. See *Teachings: George Albert Smith*, xxvii.
17. *Teachings: George Albert Smith*, 83–84.
18. *Teachings: George Albert Smith*, 76–77.
19. *Teachings: George Albert Smith*, 14.
20. Richard L. Evans, in *Teachings: George Albert Smith*, 11–13.
21. Thomas S. Monson, in *Teachings: George Albert Smith*, 13.
22. Bryant S. Hinckley, in *Teachings: George Albert Smith*, 2.
23. J. Reuben Clark Jr., in *Teachings: George Albert Smith*, 3.

## BATTERIES AND BITTER WINDS

One day following my shift at the Idaho Falls Idaho Temple, I volunteered to take two brethren to their car, which had stalled on the highway just south of Idaho Falls, Idaho, USA. A kindly couple had stopped during that bitter-cold December day and brought Brother Thompson and Brother Clark the remaining distance to the temple.

Brother Thompson was convinced that his car needed a new battery. I took him to purchase the battery at a nearby automotive shop, and because I had tools in my car, I agreed to change it.

Fortunately I had brought a new pair of gloves and my winter jacket. Pulling the car's hood up, I prepared to remove the dead battery and replace it with the new one.

To change the battery, I had to disassemble and move several car parts, including the windshield washer reservoir. I soon found that my tools would not fit all of the metric-sized bolts and several screws would not even budge. I used different tools and tried different positions, but nothing moved. The temperature outside was around 5 degrees Fahrenheit (-15°C), and the semitrucks whizzing by created wind gusts that were bitter cold. I had reached a cold, frustrating impasse.

I turned to the only help available. I prayed earnestly, explaining my need to Heavenly Father and asking if

He would either loosen the bolts and screws or help me find a way to do it. Finishing my prayer, I again grabbed a pair of pliers and grasped a resisting screw. It was already loose! Silently and fervently expressing thanks, I removed the screw and continued.

Soon I found a frustrating, resisting bolt deeper in the car. Again, completely stymied, I prayed more earnestly for help, doing so with growing trust. This time I felt directed to remove some deeper bolts first and

then twist the battery brace, which I did. The resisting bolt moved easily. In a few moments I pulled out the old battery.

I slid the new battery in and with numb fingers reassembled all the parts as best as I could. I then reattached the electrical cables. Brother Thompson turned the key and smiled broadly as the engine started. I gratefully closed the hood. I had been outside for about an hour, and my lower legs and feet were



*I used different tools and tried different positions, but nothing moved. I had reached a cold, frustrating impasse.*



numb as I stiffly stumbled into my car.

I followed Brother Thompson and Brother Clark home to ensure their safe arrival. As I drove, my car's heater felt lovely, and my legs and feet slowly warmed. I thanked Heavenly Father profusely for His help. In return I was impressed to know that He had answered the prayer of these brethren by sending me as His servant. In His wonderful way He had provided for their need and reaffirmed my faith. ■

C. Lee Bendixsen, Idaho, USA

## A VALUED POSSESSION

I used to work at a customer service call center where it was impossible for co-workers to socialize much with each other. Our supervisor decided to organize a lunch one Saturday with the entire group to give us a chance to get acquainted. She instructed each of us to bring some object that was valuable to us and explain why it was significant.

As I thought about her request, I realized that this would be an opportunity to teach my co-workers about the gospel. Because religion is a sensitive topic, I knew I had to be careful regarding the object I took and how I explained its value to me.

When the lunch day arrived, we all enjoyed getting to know each other better. After lunch our supervisor began our activity by presenting her valued object—a family photo album. She told us of the difficulties she had gone through while separating from her husband, becoming a single mother, and starting a new life.

Following several other presentations, it was my turn. I told my co-workers that my object was something I brought with me every day: my CTR ring. I told them that the letters stood for “Choose the Right” and that the ring reminded me to always obey the commandments of God. Several people asked questions about the Church and Latter-day Saint beliefs, which gave me an opportunity to tell them about the importance of families in our Heavenly Father's plan for His children, that

families can be eternal, and that we have a Savior who gave His life for us. I also shared some experiences from my mission. As I spoke, I felt the Spirit, as did my co-workers.

After that day some asked other questions about the gospel, and I invited several of them to church. I later changed jobs and never found out if any of them became interested in knowing more, but I felt good knowing that I had told them that the true Church of Jesus Christ is upon the earth and that Heavenly Father has a plan of happiness for His children.

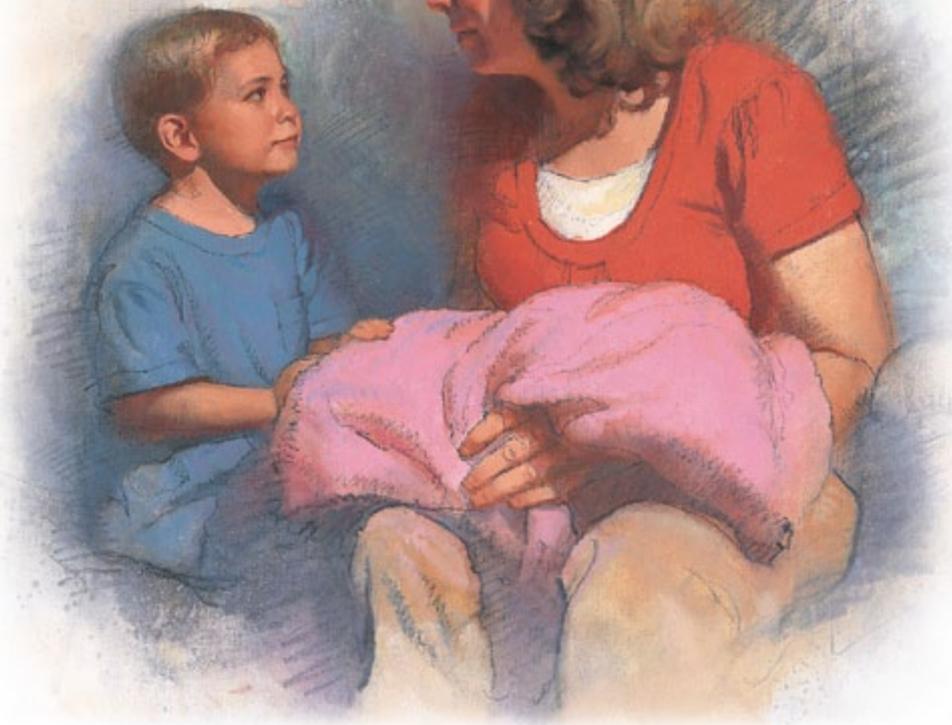
As members of The Church of Jesus Christ of Latter-day Saints, we have a responsibility to share the gospel. Through small and simple things like a CTR ring, we can teach great lessons that may work toward the salvation of our brothers and sisters. ■

Rafael Barrios, Santa Fe, Argentina

***Because religion is a sensitive topic, I knew I had to be careful regarding the object I shared.***



*When I sat on the couch, overcome with emotion, our two-year-old son approached the empty blanket and whispered, “Hello, baby sister.”*



## READ YOUR BOOK OF MORMON

**W**e were supposed to be filled with joy, but our hearts were heavy and our arms were empty. Debra Caelia Carter arrived on her due date, April 26, 2010, but she was stillborn.

As we walked into our home, I carried the tiny pink blanket we had used to hold and cuddle Debra at the hospital. When I sat on the couch, overcome with emotion, our two-year-old son approached the empty blanket and whispered, “Hello, baby sister. I love you.”

Tears streamed down my face, and I turned away. As I did so, I saw the words of a poster from the *Friend* magazine hanging on the wall: “Our Heavenly Father is only a prayer away, and the Holy Ghost

is within whispering distance.”<sup>1</sup>

I began to pour out my heart to God in silent, fervent prayer. As I did so, I felt the Holy Ghost whisper, “Read your Book of Mormon again.” I had just finished reading it, but the feeling was distinct and the impression clear.

Arising early the following morning, I began reading the Book of Mormon. I used pencils and markers to highlight every passage about faith, prayer, hope, Jesus Christ’s attributes, preaching the gospel, and hearkening to the Lord’s voice. I knew that I must do what Nephi, Enos, Moroni, and other Book of Mormon prophets had done when they suffered trials. And I must do it with the same love for the Savior that filled their lives during difficult times.

During these daily, personal scripture study hours, I felt the Lord’s arms encircling me in His love, and I felt the power of His atoning sacrifice for all. The Spirit spoke to me, a peace covered me, and answers came to my fervent prayers. Pondering the words I read gave me strength as I grieved.

One day the Spirit filled me with joy as I read these words:

“I love little children with a perfect love; and they are all alike and partakers of salvation. . . .

“Little children . . . are all alive in [God] because of his mercy. . . .

“For behold that *all little children are alive in Christ*” (Moroni 8:17, 19, 22; emphasis added).

I felt as if I could see my daughter *alive* in Christ—smiling and happy and encircled in His arms. From that moment on I felt the power to endure, and I felt a new hope ignite in my soul for my family. I knew that if we would hold fast to the Atonement, the scriptures, the words of the living prophets, and each other through our temple covenants, we would be reunited as a family eternally.

I love the Book of Mormon, which clearly testifies of Jesus Christ, what He did and does for us, and what we must do to be like Him. The Book of Mormon brings light to my life and fills up my heart with hope in Christ. ■

Jewelene Carter, Virginia, USA

### NOTE

1. From Elaine S. Dalton, “At All Times, in All Things, and in All Places,” *Liahona* and *Ensign*, May 2008, 118.

## DADDY'S SHOES

Several years ago while my parents were helping the Relief Society organize some clothes, shoes, and other items to be donated to the needy, my father noticed a well-kept pair of shoes in the middle of a pile of items. At that moment he felt a strong impression to keep the shoes.

My mother laughed and said, “This pair of shoes is three sizes too small for you. They wouldn’t even fit!”

My father, however, strongly insisted. After several jokes from the sisters, they finally allowed him to keep the shoes.

As soon as he arrived home, he cleaned them, filled them with newspaper, and placed them in a box on top of his dresser. We received instructions not to touch the box. For five years it remained in the same place.

One day a new family moved into the house next door. They had two children and a six-month-old baby. My sister and I immediately became friends with their two girls, who were our age. We shared with our new friends what we were learning in church, and we invited them to Primary. They were excited and eager to learn more about what we had shared with them.

After returning home from Primary, they didn’t stop talking about the Church with their parents. Our parents then invited the whole family to hear the missionary lessons and go

to church. They joyfully accepted. They loved the lessons, and we were excited to attend church with them.

But when Saturday came, their daughters seemed disheartened. When we asked what was wrong, they said their parents no longer wanted to go to church.

We were disappointed and asked Daddy to talk with their parents. When he told them about the blessings of attending church, the father replied, “Yes, I know all of this. The problem is that I haven’t worn any other kind of shoe besides my sneakers in a long time, and I know that we should go to Church meetings well dressed.”

*My father felt a strong impression to keep the shoes even though my mother laughed and said, “This pair of shoes is three sizes too small for you.”*

At that moment my father looked at my mother. She knew exactly what to do. The shoes in the box on top of Daddy’s dresser fit our friends’ father perfectly, and the entire family went to church. It was a wonderful Sunday for them and for us. Soon they became members of the Church, and today they are a beautiful eternal family.

I know that my father received direction from the Holy Ghost to keep those shoes. As a result, I always seek His guidance in looking for families ready to hear the gospel. I know He prepares families, and I know we need to look for them and bring them to Christ. ■

Priscilla Costa Xavier, São Paulo, Brazil



THEY SPOKE TO US

# LOOK UP

*A challenge for all of us is  
not to look sideways to see  
how others are viewing our  
lives but to look up to see how  
Heavenly Father sees us.*





By Elder  
Carl B. Cook  
Of the Seventy

As a young man I was called to serve a mission in Hamburg, Germany. At the Language Training Mission—the predecessor to today’s missionary training center—I struggled to learn the language. As the first and then the second week passed, I noticed that the others in my district were progressing much faster than I was. While they were advancing to complex concepts, my *dies*, *ders*, and *dases* were a disaster.

I started to become concerned—and discouraged. How could I serve a successful mission if I couldn’t communicate with the people I was called to teach?

I prayed for help and sought a priesthood blessing, which provided some reassurance. But I continued to search and struggle, and one day I felt more uptight and worried than ever. As my companion and I walked down the hallway, I stopped at a small janitor’s closet. I asked

my companion to wait for me for a moment. I slipped into that tiny room and knelt down on a mop. I began to plead with Heavenly Father for some relief.

The Lord answered that prayer. I felt this thought come into my mind: “I never called you to master the German language. I just called you to serve with all of your heart, mind, and strength.”

I immediately thought, “*I can do that*. I can serve with all of my heart, mind, and strength. If that’s what the Lord has called me to do, *I can do that*.” I stood up feeling tremendously relieved.

From that point on, my measuring stick changed. I no longer gauged my progress and success against that of my companion or other members

of my district. Instead, I focused on how the Lord felt I was doing. Instead of looking to the side to compare myself to others, I began to look up, so to speak, to know what *He* thought of my efforts.

I don’t know that I learned the language much faster or much better from that point on, but I no longer felt the concerns I once had. I knew what the Lord wanted me to do, and it was in my power to do it.

I began counseling with Heavenly Father in the morning, telling Him that I didn’t know what the day would bring but that I would do my very best. “Whatever I can learn, allow me to learn it,” I prayed, “but no matter what, I’m going to give Thee my very best today.”

At night I would pray again to report on what I had studied and what I had done. I shared with my Father in Heaven my struggles and my successes alike. I had begun



to turn to Him—not to others or even myself—to validate my progress.

That lesson that I learned in a tiny broom closet more than 35 years ago has stayed with me all my life, through a number of callings and assignments. Whenever I have been asked to do something where the expectations seem greater than what I have the capacity to do, I remember that experience and say to myself, “Wait. Who called you? Who are you serving? Who are you trying to please?”

The world we live in today has all kinds of measurements—most of them external to us. I think such measurements can be especially harsh to young adults. You go to school and earn a grade, but that doesn’t necessarily take into account what else you experience in your other classes or your family or your life situation. Sometimes we’re judged by the way we look or by the car we drive. We might base our sense of self-worth on how many friends are writing on our wall on social networking sites. We worry about what others think about the person we’re dating or what people will think if we marry before finishing school. It’s easy to get caught up in trying to please others, but we can’t trust such external measurements; the world can be too quick both to praise and to criticize.

I think the challenge for all of us—but perhaps particularly for young adults—is to try not to look sideways

to see how others are viewing our lives but to look up to see how Heavenly Father sees us. He doesn’t look on the outward appearance but on the heart (see 1 Samuel 16:7). And He knows, better than anyone else, what each one of us needs.

So how do we “look up”? Here are some principles that can help.

### **Tap into Spiritual Power**

We can tap into the spiritual power we need in making decisions by beginning each day with personal prayer and scripture study. That prayer can include a petition to be receptive to God’s plan for us. Even though we may not see the whole plan, we can ask to be receptive to the part of the plan that will come that day. As we are receptive, we will see the fruits of our choices to follow Him. We’ll be able to act on impressions we receive. And we’ll be able to do difficult things and to do, for the right reasons, whatever is required.

### **Stay True to the Direction You Receive**

We can “look up” by staying true to the direction we’ve received from a loving Heavenly Father through personal revelation. Sometimes others would dissuade us from acting on what we receive, and even if they have good intentions, we need to be true to what we have felt.

My wife and I have a daughter serving a full-time mission in Spain.

***We can “look up”  
by staying true to the  
direction we’ve received  
from a loving Heavenly  
Father through personal  
revelation.***





### LOOK HEAVENWARD

“Looking heavenward should be our lifelong endeavor. Some foolish persons turn their backs on the wisdom of God and follow the allurements of fickle fashion, the attraction of false popularity, and the thrill of the moment. Their course of conduct resembles the disastrous experience of Esau, who exchanged his birthright for a mess of pottage.

“And what are the results of such action? I testify to you today that turning away from God brings broken covenants, shattered dreams, and crushed hopes. Such a quagmire of quicksand I plead with you to avoid. You are of a noble birthright. Eternal life in the kingdom of our Father is your goal.

“Such a goal is not achieved in one glorious attempt, but rather is the result of a lifetime of righteousness, an accumulation of wise choices, even a constancy of purpose and lofty ideals.

“Amidst the confusion of our age, the conflicts of conscience, and the turmoil of daily living, an abiding faith becomes an anchor to our lives.”

President Thomas S. Monson, “Guideposts for Life’s Journey” (Brigham Young University devotional address, Nov. 13, 2007), 3, [speeches.byu.edu](http://speeches.byu.edu).

That daughter spent her high school years in New Zealand, while I was serving as mission president. When she turned 21, she said, “Dad, Mom, I think I need to serve a mission.” Of course, we were pleased with this righteous decision, but knowing that it had been a sacrifice for her to move away from friends and family during her teenage years, I told her, “You’ve already served a mission.”

She smiled and said, “No, Dad, *you* have. Now *I* want to go serve the Lord.”

“OK,” I smiled. “You fill that mission. You follow that prompting to serve.”

Today I am elated that she is not only serving her Heavenly Father and His children in Spain but she is also following the impression she felt. She didn’t let even me—a well-meaning parent—convince her to do anything other than what she felt was right for her life and Heavenly Father’s plan for her.

### Don’t Be Afraid to Act

As important as it is to learn Heavenly Father’s plan for our lives, we sometimes get so caught up in knowing every detail, start to finish, that we become afraid to act. Don’t fall into this trap. Make good choices using your best judgment and move forward with your life. We’re blessed as we make choices. Don’t be afraid to make choices because you are

afraid of making mistakes. Don’t be afraid to try new things.

In doing so, you will find joy in the journey.

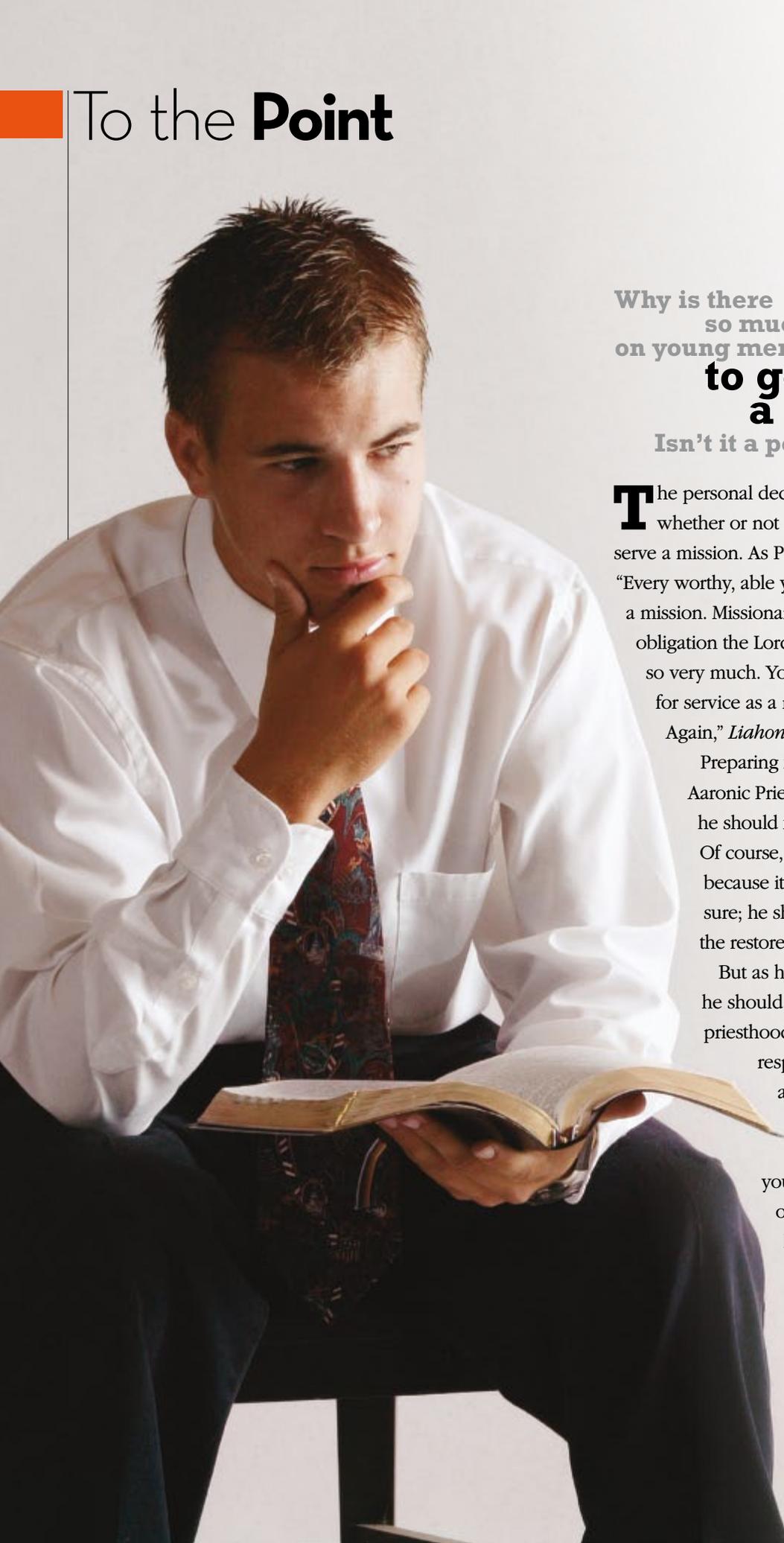
### Stand by Your Post

When our family was living in New Zealand, we sometimes became overwhelmed by the number of challenges that investigators, recent converts, missionaries, and others were experiencing. We often found ourselves praying for answers—and expecting to receive them *quickly!*

All of us are in need of help. And sometimes the solutions we seek *do* come quickly. But other times they come in ways other than we had hoped. Or they come later than we expected. And occasionally, it seems, they’re not coming at all.

In such cases, adopt the attitude of “stand by your post” until the Lord sends some help, however long that takes. But standing by your post doesn’t mean standing still. As I mentioned, don’t be afraid to act. Keep doing good things. Keep obeying the commandments. Keep praying and studying and doing your best until you receive additional direction. Don’t abandon your post. In His time the Lord will allow all things to work out for your good.

“Looking up” has blessed my life over and over since my experience in the Language Training Mission. As Mormon explains in Helaman 3:27, “The Lord is merciful unto all who will, in the sincerity of their hearts, call upon his holy name.” I have felt and experienced His mercy and love. I know His mercy will come to all of us as we believe and call upon His name. ■



# To the **Point**

Why is there  
so much **pressure**  
on young men  
**to go on**  
**a mission?**

Isn't it a personal decision?

**T**he personal decision each young man must make is whether or not he will fulfill his priesthood duty to serve a mission. As President Thomas S. Monson has said: “Every worthy, able young man should prepare to serve a mission. Missionary service is a priesthood duty—an obligation the Lord expects of us who have been given so very much. Young men, I admonish you to prepare for service as a missionary” (“As We Meet Together Again,” *Liahona* and *Ensign*, Nov. 2010, 5–6).

Preparing for a mission is part of a young man's Aaronic Priesthood experience. It is his duty, and he should feel the appropriate weight of that duty. Of course, he should not serve a mission simply because it is expected or because he feels pressure; he should serve because he desires to share the restored gospel of Jesus Christ with others.

But as he prays about serving a mission, he should also remember that by receiving the priesthood, he has already accepted the sacred responsibility to “warn, expound, exhort, and teach, and invite all to come unto Christ” (D&C 20:59), including by serving as a full-time missionary. If young men are not able to serve because of poor health or a disability, they are honorably excused. ■



Are there  
**guardian  
angels?**  
Do I have one  
assigned to me?

**T**he term “guardian angel” is not used in the scriptures; instead, angels are spoken of as “ministering” (see Omni 1:25; Moroni 7:22–29). “Angels speak by the power of the Holy Ghost” (2 Nephi 32:3) and often share in the Holy Ghost’s mission to comfort, guide, protect the faithful, and reveal or confirm truth. Thus, the Holy Ghost Himself can be considered a guardian angel.

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles taught: “From the beginning down through the dispensations, God has used angels . . . in conveying love and concern for His children. . . . Seen or unseen they are *always* near” (“The Ministry of Angels,” *Liahona* and *Ensign*, Nov. 2008, 29).

The Lord has not revealed whether one specific angel is assigned to watch over each person, but you can be assured that divine protection and comfort are available. If you exercise faith, you will have God’s help, including angels sent to strengthen and comfort you and give you courage to do what is right. ■

What is the Church’s  
position on  
homosexuality?  
Is it OK to be  
**friends**  
with people  
**who have  
homosexual  
feelings?**

**T**he Church opposes homosexual behavior, and we reach out with understanding and respect to people with same-gender attraction.

If you know people who have a same-gender attraction, follow the same principles you do in your other friendships: “Choose your friends carefully. They will greatly influence how you think and act, and even help determine the person you will become. Choose friends who share your values so you can strengthen and encourage each other in living high standards. A true friend will encourage you to be your best self. . . . Treat everyone with kindness and respect” (*For the Strength of Youth* [booklet, 2001], 12).

The Church teaches that human sexuality has a purpose in Heavenly Father’s plan. In order for us to be happy and to fulfill that purpose, we are commanded to live the law of chastity. Homosexual behavior is contrary to that purpose and violates God’s commandments.

However, if someone is attracted to people of the same gender and does not act on those feelings, he or she has not sinned. The Church’s standard for morality is the same for everyone, no matter which gender one feels attracted to. Neither the Lord nor His Church can condone any behavior that violates His laws. Again, we condemn the immoral behavior, not the person. ■

*For more on this topic, read Elder Jeffrey R. Holland, “Helping Those Who Struggle with Same-Gender Attraction,” Liahona, Oct. 2007, 40; Ensign, Oct. 2007, 42.*



**By Elder Jeffrey R. Holland**

Of the Quorum of  
the Twelve Apostles

# KEEPING COVENANTS

A MESSAGE FOR  
THOSE WHO WILL  
SERVE A MISSION



*The key to this work is in keeping our covenants. In no other way can we claim and demonstrate the powers of godliness.*

I am going to talk to you about the tremendous importance of keeping covenants—me keeping mine and you keeping yours. This is a subject larger than a discussion of obedience, though obedience is certainly a part of it. And it is a very personal subject.

In a way it is the most fundamental thing we can discuss in the gospel plan, because only covenant makers and covenant keepers can claim the ultimate blessings of the celestial kingdom. Yes, when we talk about covenant keeping, we are talking about the heart and soul of our purpose in mortality.

## Building the Kingdom One Covenant at a Time

A covenant is a binding spiritual contract, a solemn promise to God our Father that we will live and think and act in a certain way—the way of His Son, the Lord Jesus Christ. In return, the Father, Son, and Holy Ghost promise us the full splendor of eternal life.

It is interesting to me that covenants are made personally, individually. There is a covenant at the time of baptism and confirmation, which starts us on the way to eternal life. Those ordinances are performed for individual persons, one by one, no matter how many must ultimately receive them.

There is a covenant at the time men receive the priesthood. That conferral is always given to one individual at a time.

The highest covenants we can make are in the temple. That is where we make our most solemn promises to our Father in Heaven and where He opens to us more fully the real meaning of His promises to us. Once again, these are individual experiences, even as we go to the temple to be sealed to other individuals.

That's how the kingdom of God is built—one person at a time, one covenant at a time, all roads in our mortal journey leading to the ultimate covenants of the holy temple.

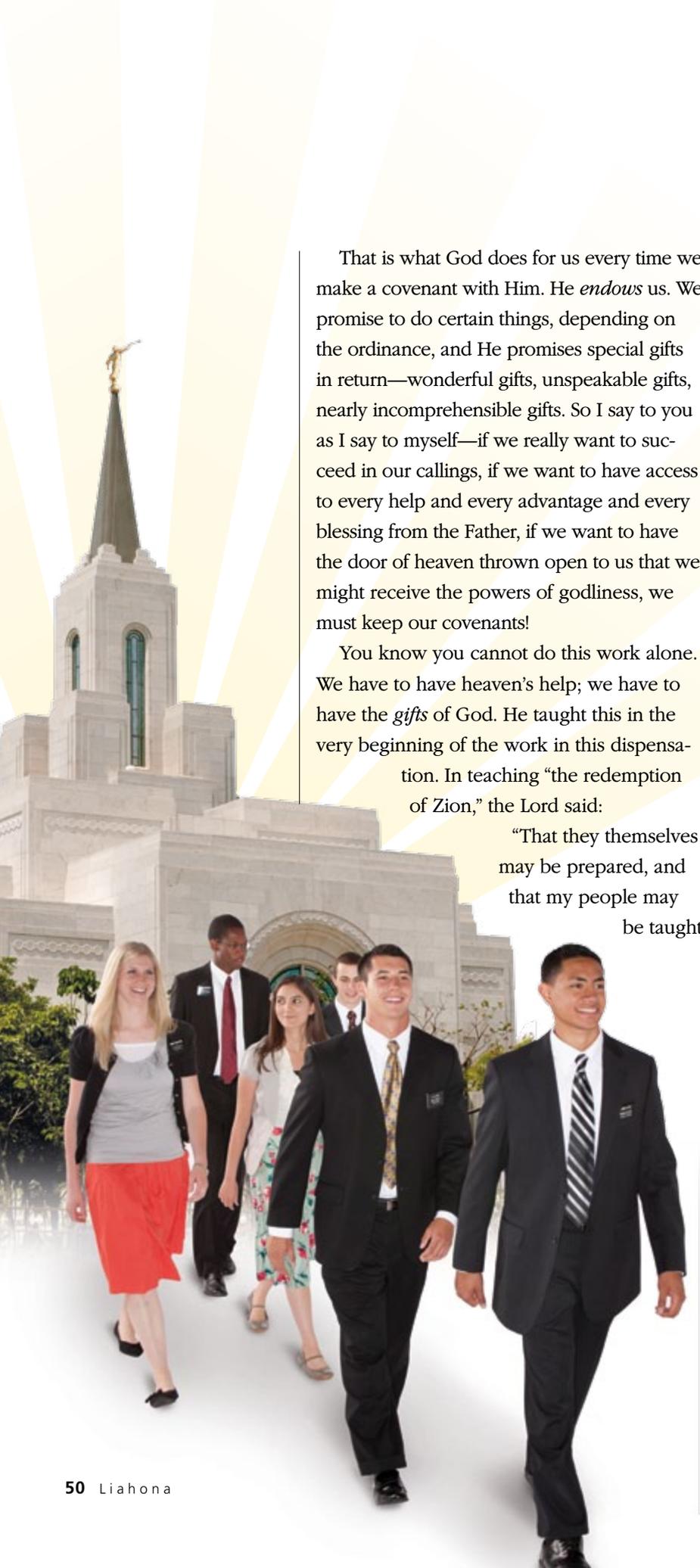
## The Role of Temple Covenants

It is so important for you to understand that going to the temple for your own endowment, including the magnificent ordinances that prepare you for that endowment, are an integral part of your mission preparation and your mission commitment.

When you go to the temple, you will begin to understand the significance of those temple covenants, the inextricable link between your endowment there and your missionary success.

Indeed, the very word *endowment* conveys the essence of that vital link. An endowment is a gift. It contains the same root word as *dowry*, which is a special gift to start a new couple on their married life. While I was president of Brigham Young University, I spent a certain amount of my time trying to build up the university's endowment, its treasury of gifts from generous donors.





That is what God does for us every time we make a covenant with Him. He *endows* us. We promise to do certain things, depending on the ordinance, and He promises special gifts in return—wonderful gifts, unspeakable gifts, nearly incomprehensible gifts. So I say to you as I say to myself—if we really want to succeed in our callings, if we want to have access to every help and every advantage and every blessing from the Father, if we want to have the door of heaven thrown open to us that we might receive the powers of godliness, we must keep our covenants!

You know you cannot do this work alone. We have to have heaven's help; we have to have the *gifts* of God. He taught this in the very beginning of the work in this dispensation. In teaching “the redemption of Zion,” the Lord said:

“That they themselves may be prepared, and that my people may be taught

more perfectly, and have experience, and know more perfectly concerning their duty, and the things which I require at their hands.

“And this cannot be brought to pass until mine elders are endowed with power from on high.

“For behold, I have prepared a great endowment and blessing to be poured out upon them, inasmuch as they are faithful and continue in humility before me” (D&C 105:10–12).

This work is so serious and the adversary's opposition to it is so great that we need every divine power to enhance our effort and move the Church steadily forward. The key to that for us as individuals is the covenant we make in the temple—our promise to obey and sacrifice, to consecrate unto the Father, and His promise to empower us with “a great endowment.”

### **Covenants and the Lord's Work**

Does this help you see how fundamental our personal, individual promises are to the overall sweep and grandeur of the work? Like everything else in the plan of salvation, the success of all of the elders and sisters around the world is determined one missionary at a time.

We don't make covenants as entire wards or stakes. No, we make covenants as Brother Brown or Brother Burns, Sister Jones or Sister Jensen. The key to this work is the keeping of covenants by individuals.

I don't know what mission you will serve in, but I don't believe our Father in Heaven has made any particular promises to your mission as a mission. I do know He has made great promises to you personally.

It is when an entire mission is united by the strength of every missionary's integrity, every

missionary's personal covenant keeping, that we move mountains. When there is such unity and power, an endowment from heaven, coming to every individual in the mission, nothing can "stop the work from progressing." It is in this way that the "truth of God will go forth boldly, nobly, and independent."<sup>1</sup>

We have that confidence when there is no weak link in the chain, when there is no vulnerable chink in the armor. The war against evil and error is the way every gospel victory is achieved—one covenant at a time, one individual at a time, one missionary at a time.

That is why the Lord said to the early leaders of the Church, "Bind yourselves to act in all holiness before me—that inasmuch as ye do this, glory shall be added to the kingdom which ye have received" (D&C 43:9–10).

That is covenant language. That is precisely what we go to the temple to do—to bind ourselves to the Lord and to each other and with that strength to then "act in all holiness." In return, power and glory come to us and our work. It is in precisely that context of covenant keeping the Lord said, "I, the Lord, am bound when ye do what I say; but when ye do not what I say, ye have no promise" (D&C 82:10).

Trust me. The key to this work is in keeping our covenants. In no other way can we claim and demonstrate the powers of godliness. You have the word of the Lord on that subject.

You will go to the temple to prepare you for your mission. Keep your covenants made there, every one of them. They are very personal, very sacred pledges each of us makes with our Father in Heaven.

### A Covenant to Bear Witness

As I ask this of you, I want you to know I will be doing the same. I will keep my

covenants too. One of those covenants is to be, as a member of the Quorum of the Twelve Apostles, a special witness "of the name of Christ in all the world" (D&C 107:23). In keeping my covenants, I not only bear witness to you today of the Lord Jesus Christ and Him crucified, but I am such a witness—called, ordained, commissioned to take that testimony to the world. I am happy to join you in that ministry, my beloved young friends.

I know that God lives, that He is our literal Father in Heaven, and that He will keep His promises to us forever. I know Jesus is the Christ, the Only Begotten Son of the Father in the flesh, and the Savior of the world. I know He suffered, bled, and died that we might have eternal life.

I know the Father and the Son appeared to the boy prophet Joseph Smith, the great founding prophet of this dispensation, who also shed his blood as a testament of his calling, the ultimate symbol of one's loyalty to his covenants. I know those prophetic keys have descended in an unbroken chain down through 15 other men until at this time they reside in the possession and prophetic ministry of President Thomas S. Monson, God's presiding high priest on the earth today.

This work is true. These declarations are true. I know them independent of any other mortal man or woman who has ever lived. I know them by the manifestations of the Holy Spirit, which give direction to my life and meaning to my testimony and which send me forth—with you—to be a special witness of the Redeemer of the world. ■

*From a missionary satellite broadcast address given on April 25, 1997.*

#### NOTE

1. Joseph Smith, in *History of the Church*, 4:540.





# YOUNG WOMEN, ARISE AND SHINE!

BY THE YOUNG WOMEN GENERAL PRESIDENCY

**T**his year's Mutual theme is a call for you to be a leader. It is a call for you to lead out in purity, modesty, and holiness. It is a call to change the world!

When you became part of the Young Women organization, you were given a gold-and-white torch necklace to wear as a reminder that as a young woman in The Church of Jesus Christ of Latter-day Saints, you will stand for truth and righteousness and arise and let your light shine forth to the world. That means you will be true to your divine identity as a precious daughter of God. It means you will strive to stand as a witness of Him and of the Savior "at all times and in all things, and in all places" (Mosiah 18:9).



We hope that this year you will wear your torch necklace proudly to remind yourself that you are an example to those around you. You will "shine forth" as you **pray** daily, **read** in the Book of Mormon, **obey** the standards in *For the Strength of Youth*, and **smile**. We know that as you keep the commandments and live the standards found in *For the Strength of Youth*, you will radiate joy and qualify to be guided by the Holy Ghost. This guidance will enable each of you to make choices that will help you be worthy to receive a temple recommend.

As a Young Women general presidency, we testify that as you do these things, the Savior will be there to light your path. He promises, "I will also be your light . . . ; and I will prepare the way before you, if it so be that ye shall keep my commandments; . . . and ye shall know that it is by me that ye are led" (1 Nephi 17:13). ■

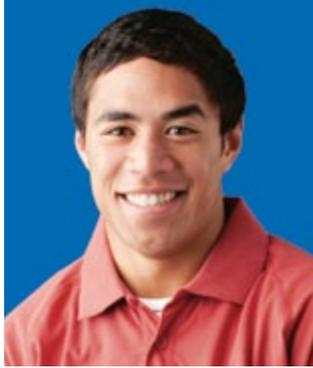


# 2012 MUTUAL THEME

*"Arise and shine forth, that thy light may be a standard for the nations" (D&C 115:5).*



*Top: Elaine S. Dalton (center), president; Mary N. Cook (left), first counselor; and Ann M. Dibb (right), second counselor. Above: David L. Beck (center), president; Larry M. Gibson (left), first counselor; and Adrián Ochoa (right), second counselor.*



# BE A SHINING EXAMPLE

BY THE YOUNG MEN GENERAL PRESIDENCY

**Y**oung men of the Church—deacons, teachers, and priests of the magnificent Aaronic Priesthood—you have taken upon you the name of the Savior; you bear His holy priesthood; you have been called to do His work and to bless all who know you. Now is the time for you to fulfill your priesthood duties and “shine forth” as a “standard for the nations” (D&C 115:5).

Now is the time to “let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven” (Matthew 5:16). Jesus Christ is the perfect example. Strive to know Him, follow Him, and become more like Him by obeying His commandments and keeping the standards of the Church as described in *For the Strength of Youth*. As you do, you will be a shining force of spiritual strength to those around you.

The Lord said, “Be ye clean that bear the vessels of the Lord” (D&C 133:5). Your moral cleanliness will allow you to shine forth with a special light to your ward or branch

members as you worthily represent the Savior in administering the sacred sacrament to them each Sunday.

Watch for and seize opportunities every day to serve your family, friends, quorum members, and others. You will become a joyful example of light to them and to those who quietly observe you.

Shine forth with sincere friendship and kindness to all. Share the wonderful blessings of Church activities and gospel teachings with your friends. Be courageous and invite them to come unto the Light and Life of the World—even Jesus Christ.

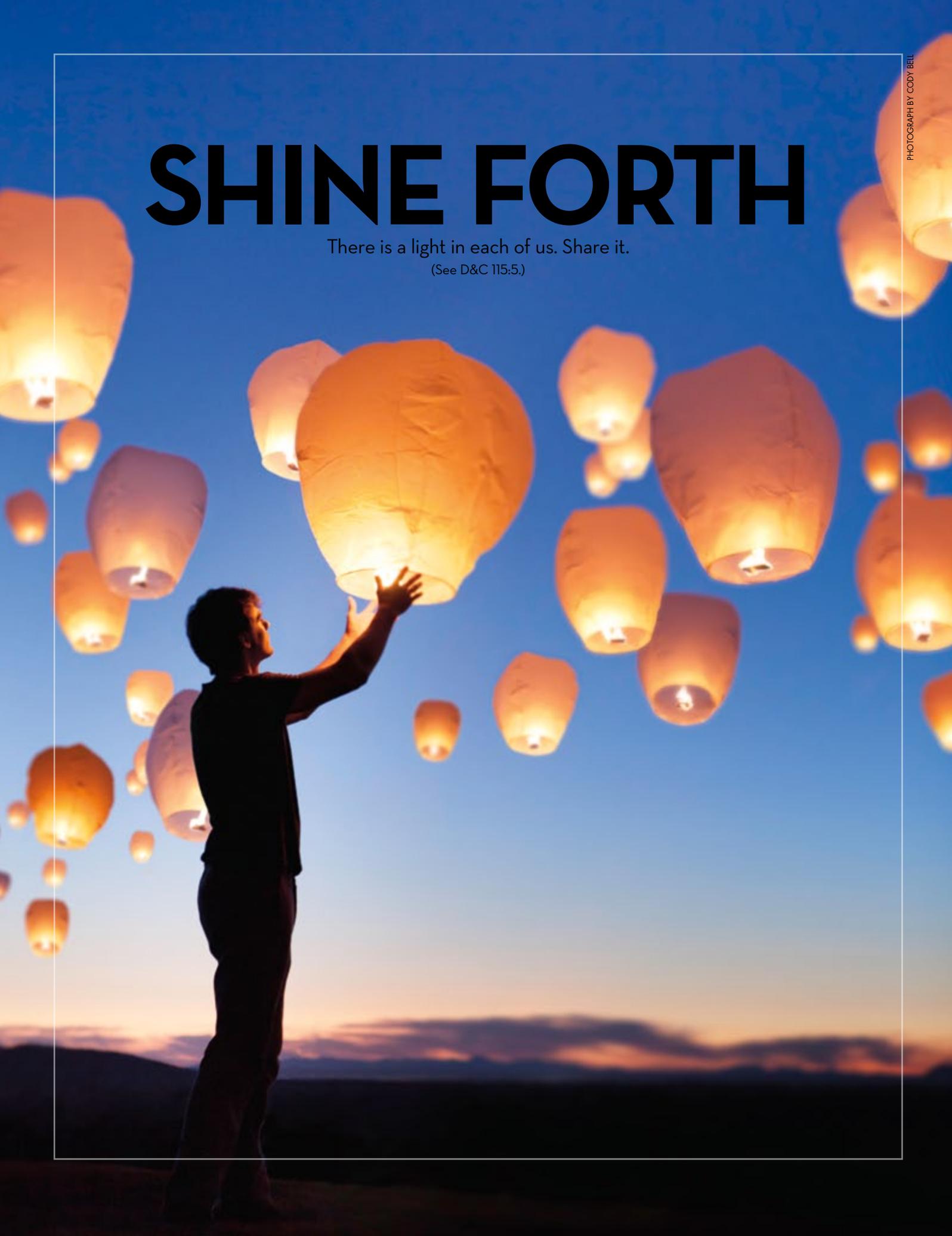
We love you. We pray for you. We bear testimony that the Lord loves you and needs you to help build His kingdom. Now is the time for you to “arise and shine forth” as a holder of His holy priesthood. As you magnify this priesthood and fulfill your duty to God, your light will become “a standard for the nations.” ■



# SHINE FORTH

There is a light in each of us. Share it.

(See D&C 115:5.)



# Doctrine and Covenants 115:5

*The Lord has commanded us to arise and shine forth.*

## I Say unto You All

In this revelation from 1838, the Lord gave directions regarding the building of a temple in Far West, Missouri, as well as other aspects of the establishment of Zion. He also gave the name of His Church in the last days: The Church of Jesus Christ of Latter-day Saints. Although this revelation was addressed to Church leaders of that day, the commandment to “arise and shine forth” applies to all of us today.



### Arise and Shine Forth

“The Lord has a great work for each of you to do. ‘Arise and shine forth, that thy light

may be a standard for the nations’ (D&C 115:5). He trusts you, and He calls and relies on you to stand taller and shine brighter in these challenging but wonderful days.”

President Dieter F. Uchtdorf, Second Counselor in the First Presidency, “Your Right to Choose the Right,” *New Era*, Aug. 2005, 8.

## Thy Light

How can you let your light shine forth? Consider these ideas and write

down some of your own in your journal.

- Be kind, generous, and humble.
- Stand up for and live by Church standards.
- Smile and show the joy of living the gospel.
- Share the gospel with your friends.
- Bear your testimony of the truth.

5 Verily I say unto you all: “Arise and shine forth, that thy light may be a standard for the nations; 6 And that the gathering together upon the land of Zion, and upon her stakes, may be for a defense, and for a refuge from the storm, and from wrath when it shall be



### Nations

“Today the Lord’s people are gathering ‘out from among the nations’ as they gather into the congregations and stakes of The Church of Jesus Christ of Latter-day Saints that are scattered throughout the nations. . . . The Lord calls upon us to be beacons of righteousness to guide

those who seek the safety and blessings of Zion.”

Elder D. Todd Christofferson of the Quorum of the Twelve Apostles, “Come to Zion,” *Liahona* and *Ensign*, Nov. 2008, 37.

## Standard

*Standard*—an object, usually a flag, placed on top of a pole and used as a rallying point or emblem. See Doctrine and Covenants 45:9.



“Standard-bearers march at the vanguard of a worthy cause. They represent that which is good and noble. They often carry flags or other symbols to express identity, purpose, and unity. . . .

“As His standard-bearers, we are to help the honest in heart to find Jesus. We don’t wave flags. . . . Instead, as standard-bearers for Jesus the Christ, we willingly and gratefully take His sacred name upon us. We enlist in His cause by covenant.”

Elder Russell M. Nelson of the Quorum of the Twelve Apostles, “Standards of the Lord’s Standard Bearers,” *Ensign*, Aug. 1991, 7.

*Editors’ note: This page is not meant to be a comprehensive explanation of the selected scripture verse, only a starting point for your own study.*

BACKGROUND BY DINA BEYUS

# GOD

## ANSWERED BOTH PRAYERS

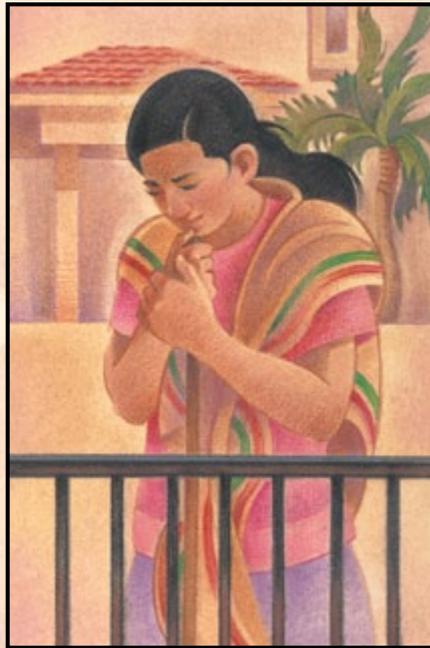
By Carlos Iván Garmendía Pacheco

While I was serving as a missionary in Durango, Mexico, our mission president challenged our mission to try a “week of sacrifice.” He asked us to put forth more effort than usual by working hard and setting specific goals during the week. My companion and I had faith that if we sacrificed this way, the Lord would bless us and we would find many people to teach.

However, during the week of sacrifice, we didn’t have much success. We did not find any families to teach, and we were disappointed.

One morning following that week, my companion and I looked at a map of our area. Our area was very large, but we felt we needed to go to the part that was farthest away.

After we got there, we prayed and asked Heavenly Father which street and which house to go to. When we finished, we turned around to look at all the streets. We saw a railing nearby and peeked over the top. We saw a



woman sitting with her eyes closed, with a broom in her hands.

My companion said, “Hello!” and when the woman heard us, she stood up and went on sweeping as if nothing had happened. Then we told her that we were missionaries from the Church of Jesus Christ and that we had a message for her. She let us into her home, and we had a very spiritual discussion. We told her about Joseph Smith and how he went into a grove of trees to pray to find the truth, and in answer to his prayer, he was visited by God the Father and Jesus Christ.

She interrupted us and said, “That is true. I know that God answers our

prayers. When you spoke to me, I was praying and asking the Lord to send someone who could lead me to His path, and you came immediately.”

We felt the Spirit, and we testified that God had sent us to her and that we too had been praying right then to know which of His children needed our help. Soon Sister Rufina was baptized. In the weeks following, her children, grandchildren, and even some of her neighbors were baptized—a total of 20 converts in that part of our area. The Lord guided us to Sister Rufina, and she was the door to sharing the gospel with her family and neighbors.

I know that Heavenly Father blesses us if we ask Him, but not until after He has tried our faith. I am grateful that my companion and I could be instruments in the Lord’s hands and find people who were ready to listen to the gospel message. I know that God loves us and will guide us if we ask. ■

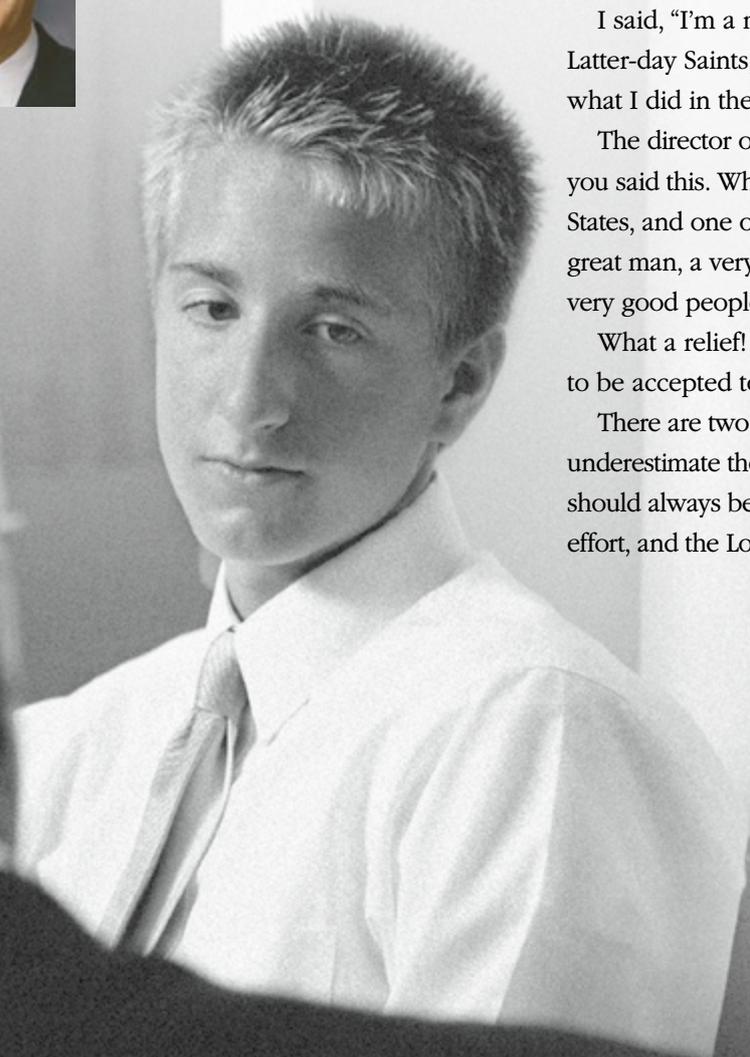
# BE FAITHFUL

By Elder Gérald Caussé

Of the Seventy



PHOTO ILLUSTRATION BY DAVID STOKER



When I was in my 20s, I had to take a very hard exam to get into a prominent business school in France. I had been studying long hours every day for two years. But I always went to church and institute and fulfilled my Church responsibilities.

The most important part of the exam was the interview. I had an interview with one school, and when they found out I was a member of the Church, it didn't go well.

Then I took the exam with the school I wanted to go to most. After some time in the interview, the interviewers started asking questions about what I did outside my studying hours. I knew that it was a go/no-go question for me. But I decided in a second I would be faithful to my principles.

I said, "I'm a member of The Church of Jesus Christ of Latter-day Saints," and then I spent 15 minutes explaining what I did in the Church.

The director of the school said, "You know, I'm glad you said this. When I was a student, I studied in the United States, and one of my best friends was a Mormon. He was a great man, a very kind person. I consider the Mormons to be very good people."

What a relief! I was one of the first candidates that year to be accepted to this school.

There are two lessons out of this story. First, we shouldn't underestimate the influence we have on others. Second, we should always be faithful to our principles. Make your best effort, and the Lord will help you with the rest. ■

# *Stones, Arrows, and*

*“The Spirit of the Lord was with him, insomuch that they could not hit him” (Helaman 16:2).*

**By David L. Frischknecht**

Curriculum Department

Based on a true story

**W**alking home from school is usually not very exciting.

Sometimes I think about my math homework, sometimes I think about what we did in gym class, and sometimes I walk without thinking about much at all.

But this day was different. My mind was racing. Ahead of me I could see two of the guys I sometimes played with—Josh and

Marcus—making snowballs and pointing at me.

“Hey, David, come here!” Josh yelled, laughing. “We want to show you something.”

Marcus laughed too.

Josh and Marcus were both a year older than me, and they could throw hard. I knew it was only a matter of time before they would start hurling snowballs my way. Even though they were usually nice to me, I thought maybe they had even packed ice into the snowballs.

I started to think of ways I could stop their attack.

Run across the street to avoid them? No, they would make fun of me and call me names.

Run as fast as I could past them? No, they were faster than me and would catch up to me in no time.

Mount a snowball attack of my own? Not a good idea, considering there were two of them and only one of me. They also had the advantage of being at the top of the hill, and I had no place where I could take cover at the bottom.

# Snowballs

I decided to do the only thing that made sense—walk calmly past them and wait for the snowballs to fly.

As I neared the hill, a thought came to my mind. I remembered Samuel the Lamanite, who preached the gospel while standing on a wall. When the people didn't like what he was saying, they threw rocks and shot arrows at him.

I knew the Lord protected Samuel from the rocks and arrows. Perhaps He could make the snowballs miss me.

I said a prayer in my mind, asking Heavenly Father that the snowballs would not hit me. I knew I needed to be brave and

not doubt—just like Samuel. As I reached the hill, I felt confident that I wouldn't get hurt.

Just as I expected, the snowballs began to fly. A couple of snowballs whizzed past my head so close that I could feel the breeze as they zoomed by. Some of the snowballs flew past my arms, and a few landed right at my feet, but none of them hit me. Not one!

The boys kept throwing until I was out of range, but I knew I was safe. The rest of my walk home was not very exciting—and I couldn't have been happier about it. I had been protected like Samuel the Lamanite. I knew that praying and exercising faith in the Lord had blessed me. ■



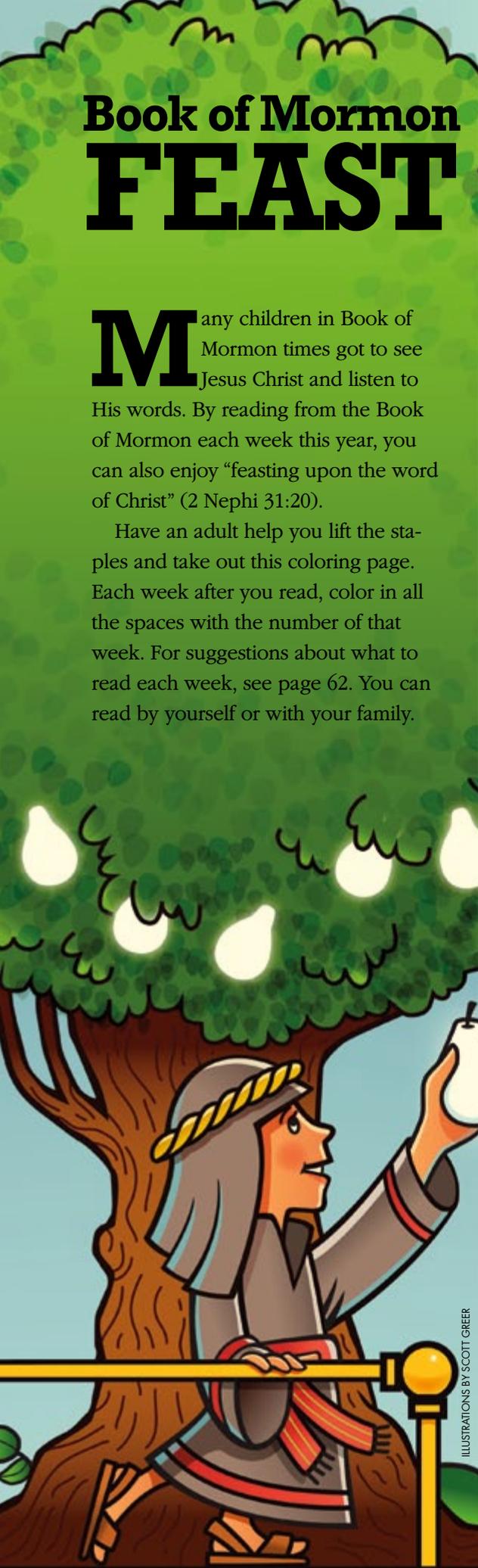
"I testify that prayer becomes meaningful as we ask in faith and act."

Elder David A. Bednar of the Quorum of the Twelve Apostles, "Ask in Faith," *Liahona and Ensign*, May 2008, 96.

# Book of Mormon FEAST

**M**any children in Book of Mormon times got to see Jesus Christ and listen to His words. By reading from the Book of Mormon each week this year, you can also enjoy “feasting upon the word of Christ” (2 Nephi 31:20).

Have an adult help you lift the staples and take out this coloring page. Each week after you read, color in all the spaces with the number of that week. For suggestions about what to read each week, see page 62. You can read by yourself or with your family.



ILLUSTRATIONS BY SCOTT GREER





**Weekly Reading Suggestions for “Book of Mormon Feast”**  
(see pages 60–61)

WEEK	READING	WEEK	READING
1	Introduction to the Book of Mormon	29	Alma 20:1–28
2	1 Nephi 1:1–3, 18–20; 2:2–4; 3:2–7; 4:1–18	30	Alma 23:6–7, 16–18; 24:1–7, 16–27; 27:2–5, 14, 27–29
3	1 Nephi 8:2, 5–33	31	Alma 30:6–9, 12–14, 31–32, 35–39, 43–45, 49–50, 55–59
4	1 Nephi 16:9–10, 16–19, 23, 26, 28–32; Alma 37:38–46	32	Alma 31:1, 5–7, 12–21, 37–38; 32:1, 5–6
5	1 Nephi 17:8–11, 16–19, 49–55; 18:1–4	33	Alma 32:26–43
6	2 Nephi 2:11–13, 22–27; 4:15–16; 31:5–8, 17–21	34	Alma 37:3, 6, 8–11, 14–15; 43:1–9, 16–17, 43–47; 44:16–20
7	2 Nephi 32:3–9; Jacob 7:1–20	35	Alma 46:1–5, 11–16, 19–20; 48:7–13, 22–23; 49:25–26, 28
8	Enos 1:1–13	36	Alma 50:25–36; 51:5–6, 11, 13–16, 20–22
9	Mosiah 1:9–10, 18; 2:1–2, 5–8, 16–19; 3:17, 19; 4:9–10; 5:15	37	Alma 53:10–21; 56:2–11, 43–48, 55–56
10	Mosiah 11:1–2, 20, 27–29; 12:1, 9, 14, 17–19, 35–36; 13:15–24	38	Helaman 2:2–11; 5:4–13
11	Mosiah 17:1–12, 20	39	Helaman 5:20–50
12	Mosiah 18:1–17	40	Helaman 6:18–23; 7:6–13, 26–29; 8:1, 4, 10, 25–28
13	Mosiah 21:1–15, 23–24	41	Helaman 9:1–24
14	Mosiah 21:29–35; 22	42	Helaman 9:25–39; 10:1–6
15	Mosiah 23:1–7, 19–26, 36–39	43	Helaman 13:1–7; 14:2–8; 16:1–3; 3 Nephi 1:4–9
16	Mosiah 24:8–25; 25:1, 14–19	44	3 Nephi 1:10–15, 21–23; 2:1–2; 8:2–7, 23; 9:1–2, 18–22
17	Mosiah 27:6–24; Alma 36:11–12, 16–24	45	3 Nephi 11:1–17, 23–26
18	Mosiah 27:32–37; 28:1–9	46	3 Nephi 17:1–24
19	Alma 1:2–15; 2:1–9	47	3 Nephi 18:1–9, 19–21, 24, 35–39
20	Alma 2:10–18, 29–31; 5:1, 19, 26–27, 33	48	3 Nephi 19:11–26; 20:1; 27:1–8
21	Alma 6:7–8; 7:9–12; 8:1–22	49	3 Nephi 28:1–9; 4 Nephi 1:1, 15, 23–26; Mormon 1:1, 11–17
22	Alma 8:23–32; 9:1–8, 14–15	50	Mormon 2:1–2, 9, 23–24, 26–27; 3:2–3, 16–22
23	Alma 10:27–32; 11:21–46	51	Ether 1:1, 33; 2:5, 16–25; 3:1, 4–14
24	Alma 12:1–7; 14:1–17	52	Moroni 10:3–23
25	Alma 14:18–29; 15:1–13		
26	Alma 17:1–3, 12–13, 17–39		
27	Alma 18:1–4, 8–35		
28	Alma 18:40–43; 19:1–2, 8–15, 18–19, 22–33		





*Elder M. Russell Ballard of the Quorum of the Twelve Apostles shares some thoughts on this subject.*

# HOW DO I ACHIEVE MY GOALS?

We have to have faith. We have to have faith in God. We have to have faith in the Lord Jesus Christ. And oh, how desperately we have to have faith in ourselves.

When you set a goal and commit yourself to the necessary self-discipline to reach that goal, you will eliminate most of the problems in your life. Spend your energies doing those things that will make a difference.

If your goals are righteous, then go for them.

You must cultivate a desire to develop the skill of setting worthy and realistic goals.

# AGENCY

You can use this lesson and activity to learn more about this month's Primary theme.

## Is the Gift to Choose for Ourselves

**H**appy birthday, Juliana!" Dad said. He handed Juliana a box wrapped in shiny paper and tied with a bow. Juliana grinned. She was excited to receive a gift from her father and couldn't wait to open the box.

Do you get excited like Juliana when you get a gift? Heavenly Father has given each of us a valuable gift. It is called agency. Agency is the ability to make our own choices.

Before we came to earth, Satan didn't want anyone to have a choice. He wanted to force us to come to earth and do what he wanted us to do. But Heavenly Father knew it was important for us to make our own choices. With each right choice we make, we grow closer to Heavenly Father and Jesus Christ. They want us to make good choices so we can return to live with Them again.

This year in Primary we are learning about how we can use our agency to CTR—choose the right! ■



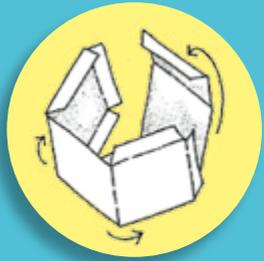
### Songs and Scriptures

- "As a Child of God," 2012 *Outline for Sharing Time*, 28
- 2 Nephi 2:27



### Just You

One evening, think about the choices you made during the day. Draw a picture, write a poem, or make up a song about one of the good choices you made.



## CTR Game

You can play this game with your family to learn more about agency. Cut out the cube form, and glue it to heavy paper. Fold the cube as shown above, glue the tabs in place, and let your cube dry.

Sit in a circle with your family. Have one person roll the cube and read the side facing up. Talk about the different choices that could be made in the situation. What might happen with each choice? Pass the cube to the next person to roll.

A new boy sits next to you in class.

.....  
What do you do?

Your little sister wants to play with you and your friends.

.....  
What do you do?

Jeremy asks if he can copy your homework.

.....  
What do you do?

Martin invites you to a movie on Sunday.  
.....  
What do you do?

Leah is being bullied at school.

.....  
What do you do?

Your brother is mean to you.  
.....  
What do you do?

# The Book of Mormon Teaches of Jesus Christ

By Diane L. Mangum

**T**he Old Testament tells us about Jesus Christ before He came to live on earth. He was called Jehovah. The Old Testament tells about people who followed Jehovah.

The New Testament is the book of scripture that tells us about Jesus's life on earth. His disciples wrote about His life and His teachings.

The voice of the Lord came into Enos's mind when he prayed.



The brother of Jared saw Jesus Christ.



The Book of Mormon also teaches about Jesus Christ and people who followed Him.

The Book of Mormon begins in Jerusalem during the time of the Old Testament, about 600 years before Jesus was born. It tells how the prophet Lehi and his family left Jerusalem and were led to a promised land, far across the ocean in the New World.

Prophets in the Book of Mormon taught that Jesus would come to

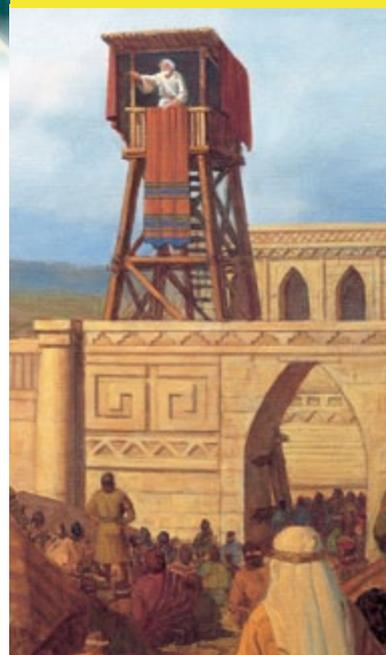
earth. They also taught that repenting and following Jesus Christ would bring happiness.

After Jesus was crucified and resurrected in Jerusalem, He visited the New World to teach the people. He taught about baptism, the sacrament, and how to love others. He organized a church with twelve Apostles. He gathered



Lehi saw Jesus Christ in a dream or vision.

King Benjamin taught the people about the Atonement of Jesus.



the children and blessed them, just as He had in the New Testament.

Like the prophets in the Bible, Book of Mormon prophets shared their testimonies of Jesus Christ.

The last prophet in the Book of Mormon was Moroni, who lived about 400 years after Jesus visited the New World. Before he died,

Moroni wrote that everyone who reads the Book of Mormon can know that it is true if he or she prays in faith. Moroni invited everyone to “come unto Christ” (Moroni 10:32).

Children today can also pray to receive a testimony that the Book of Mormon is true and that Jesus Christ is their Savior. ■

# MAKING FRIENDS ACROSS THE PACIFIC

By Jane Hansen Lassetter

**W**hen some nursing students from Brigham Young University were getting ready to go to Tonga, they thought it would be fun for children from Utah and Tonga to become friends.

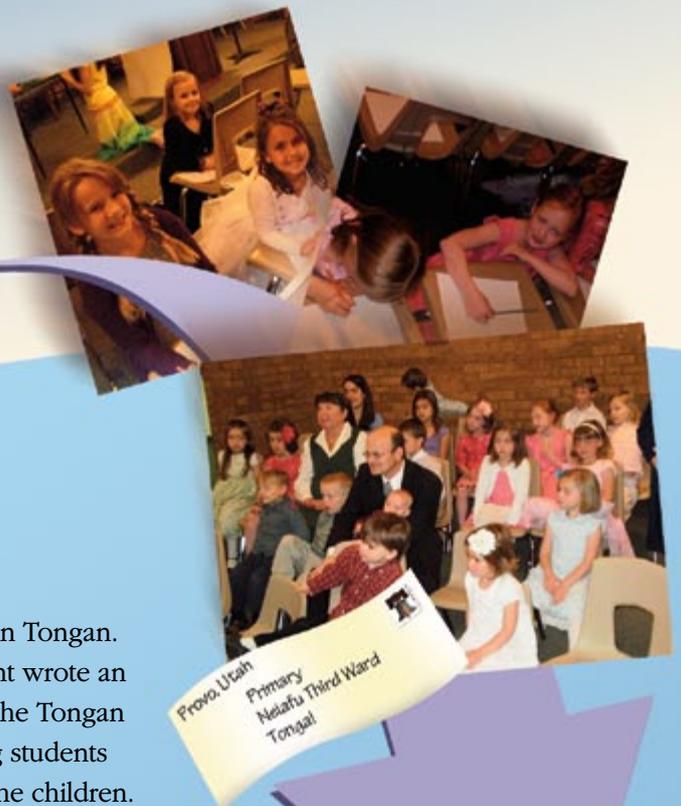
So the students asked Primary children in the Oak Hills Ninth Ward in Provo, Utah, to draw pictures for children in Tonga. They also took photographs of the children.

When they got to Tonga, the nursing students helped with sharing time in the Neiafu Third Ward. They gave each child a drawing and photograph from a child in Utah. The children were excited to learn about their new friends in Utah.

The children drew pictures for the children in Utah. Some of them wrote messages about themselves and about life in Tonga. Some messages were written

in English and others in Tongan. Their Primary president wrote an English translation of the Tongan messages. The nursing students took photographs of the children.

One boy wrote, "I play rugby, and Tonga is so very hot." A girl wrote, "I love your picture. You look so beautiful. I love to sing, like you." Another child wrote about Primary and expressed love: "My lesson today is about prophets. I love you so much!" ■



Provo, Utah  
Primary  
Neiafu Third Ward  
Tonga



PHOTOGRAPHS COURTESY OF JANE HANSEN LASSETTER



# He Is **There**

By **Rosemary M. Wixom**

Primary General President

*“We did pour out our souls in prayer to God, that he would strengthen us” (Alma 58:10).*

**W**hen one of our sons was 11 years old, he woke up with a bad headache. At first I thought he was just delaying going to school, but I quickly realized he had a high fever. I took him to the doctor, and soon we were rushing to the hospital. There he was diagnosed with spinal meningitis, a serious illness.

As his condition became more severe, he began having seizures. The doctor asked me to step out of the room. As I walked into the hall, I was afraid and began to cry. A

woman I did not know put her arms around me. I prayed out loud that Heavenly Father would help my son and that all would be well. I remember feeling that all *would* be well.

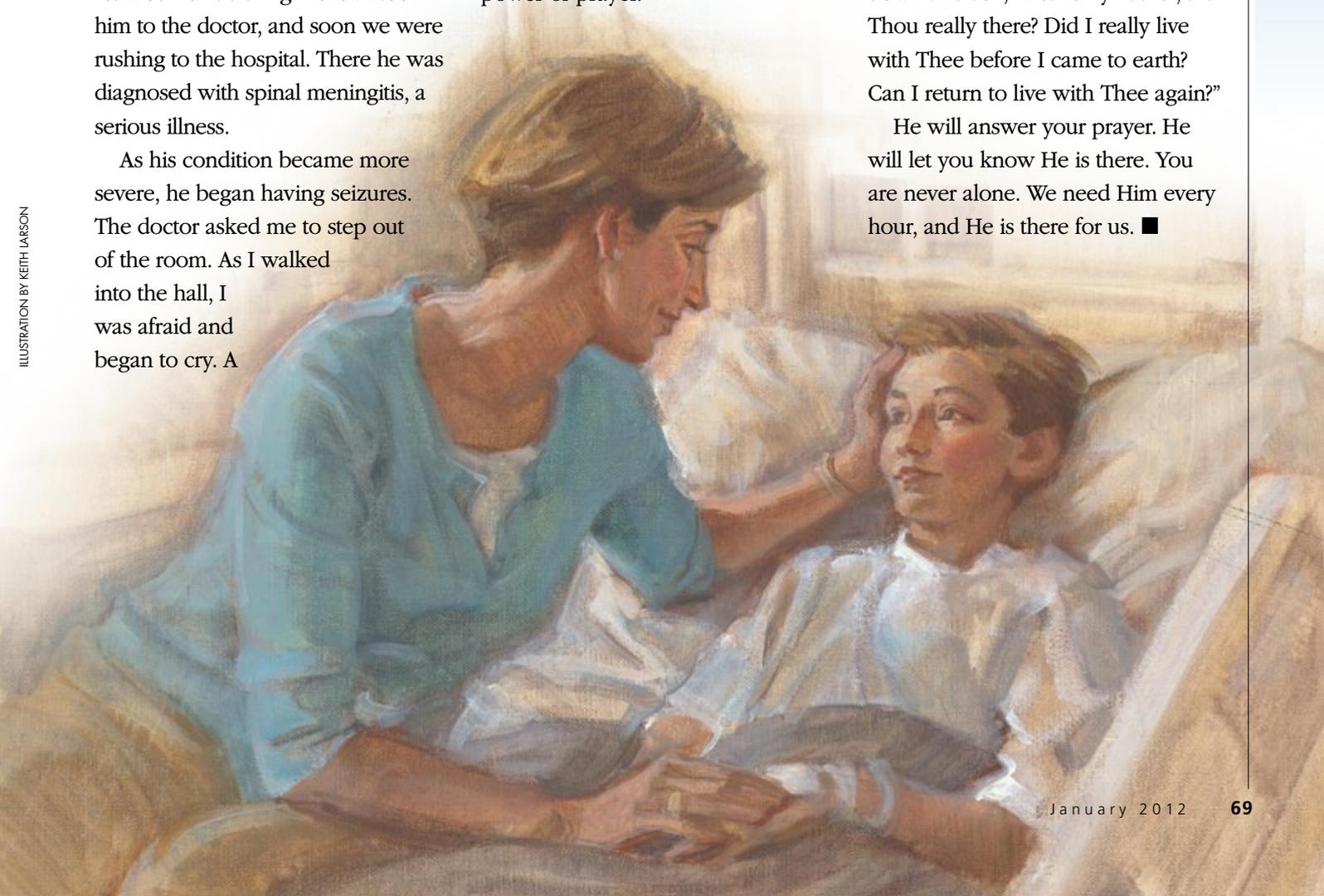
My son had surgery and many weeks of recovery. Today he is healthy, married, and a father of two beautiful girls. This experience was such an example to me of the power of prayer.

There is a Primary song titled “A Child’s Prayer.” It asks the question, “Heavenly Father, are you really there? And do you hear and answer ev’ry child’s prayer?” (*Children’s Songbook*, 12).

And the answer is definite: yes, He does.

If you ever wonder if Heavenly Father lives, then it is time to kneel down and ask, “Heavenly Father, art Thou really there? Did I really live with Thee before I came to earth? Can I return to live with Thee again?”

He will answer your prayer. He will let you know He is there. You are never alone. We need Him every hour, and He is there for us. ■



# The Right Dress

By Sarah Chow

Based on a true story

*"Be thou an example of the believers" (1 Timothy 4:12).*



4. Anna loved the two sister missionaries in her ward. They shook her hand at church, they smiled when she waved at them on the street, and they prayed with her family when they came to dinner.



5. On Sunday, Anna could hardly wait to show the missionaries her new dress. When she saw them at church, she twirled around for them.



6. You do look just like us.

And you don't just look like a missionary; you are a missionary!



7. Your mom told me you've been praying for us all week like we asked you to. And look! We brought someone to church today. Your prayers have been helping us.

Thank you, missionary Anna.



# I Can Be a Missionary Now!

By Hikari Loftus and Hilary Watkins Lemon

**A**nna is trying to follow the examples of the missionaries. Follow the instructions below so she can make choices that will help her be a missionary now.

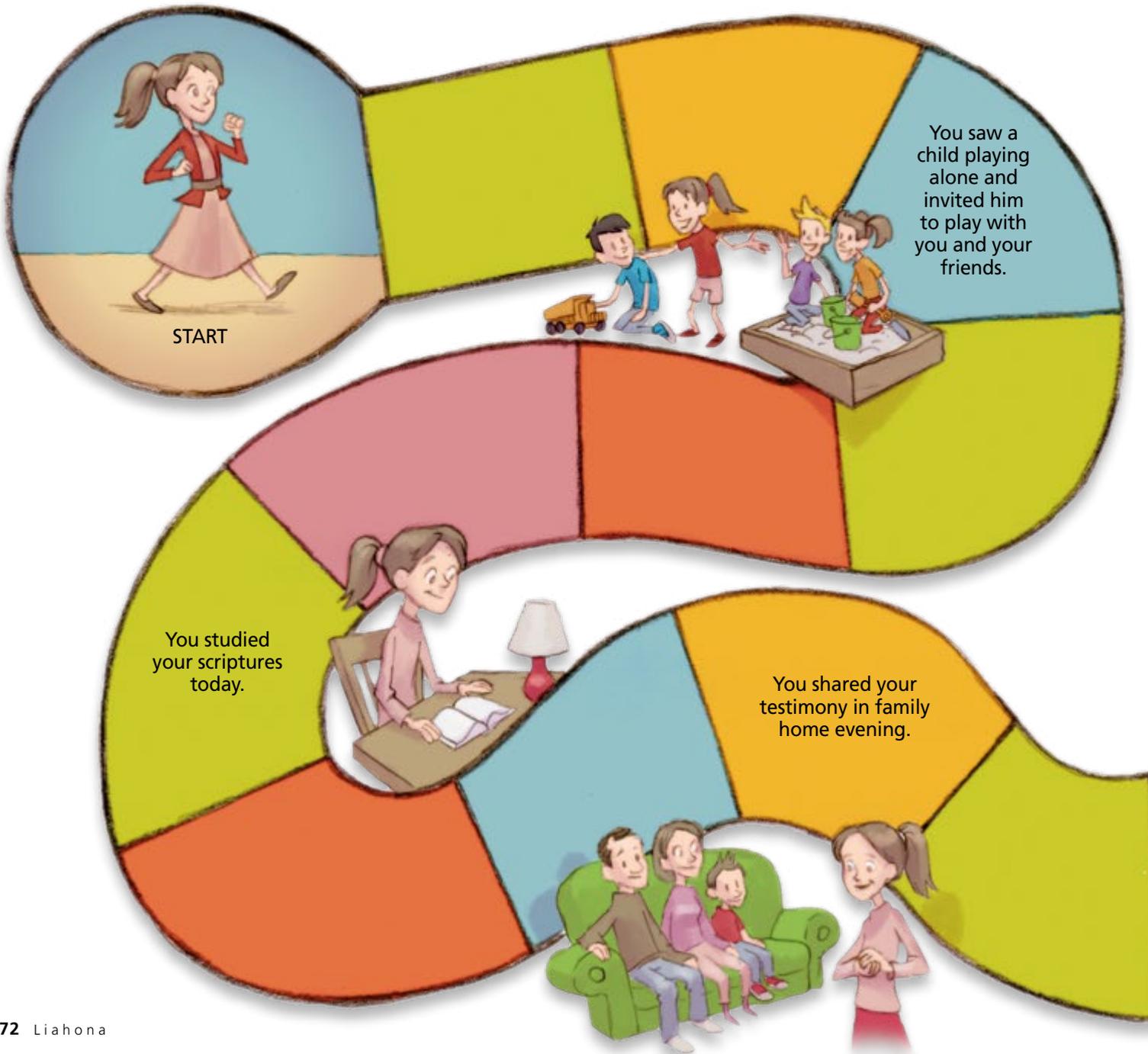
**You Will Need:** A die or six pieces of paper numbered 1 through 6 in

a small paper bag; one coin, dried bean, or other small object for each person.

**How to Play:** Each player picks a small object to use as a game piece. Taking turns, roll a die or draw a number out of the bag, and move

your game piece the number of spaces you roll or draw. If you land on a space that tells something a missionary would do, move forward one extra space. Take turns until everyone has crossed the finish line, where the missionaries are waiting!

ILLUSTRATIONS BY JAKE PARKER



## HELPS FOR PARENTS

Talk to your children about how dressing modestly shows respect for Heavenly Father and for themselves. Ask them why they think missionaries dress modestly.

Consider sharing your testimony about missionary work with your children. You could share your conversion story, relate an experience you had doing missionary work, or talk about why missionary work is important to you.

You were reverent during church.



You helped your mom fold laundry.



You remembered to pray for the missionaries.



Thank you for being a good missionary!



FINISH

You thought of the Savior during the sacrament.



# News of the Church

For more Church news and events visit [news.lds.org](http://news.lds.org).

## Young Adult Centers Build the Rising Generation

By Stephanie Jean Johnson

Church Magazines

**T**he Church's centers for young adults are not just protecting the rising generation from the temptations of the world—they are also preparing the Church's present and future leaders to change the world.

As extensions of the institute program, the centers for young adults—which exist primarily in Europe—offer religion classes as well as a place where young adults can gather for activities ranging from cooking dinner to doing homework to playing Ping-Pong to sharing the gospel.

### Growing the Church through Young Adults

Toward the end of 2003, the initiative for centers for young adults began with four centers opening in Copenhagen, Denmark; and Berlin, Hamburg, and Leipzig, Germany. Elder L. Tom Perry of the Quorum of the Twelve Apostles further encouraged the growth of the initiative when President Gordon B. Hinckley (1910–2008) called him to preside over the Europe Central Area in 2004.

According to Erik Psota, the current associate area director of seminaries and institutes in Europe, many of today's priesthood leaders in Europe were under the age of 30 at that time.

"The spiritual impression that came to Elder Perry that the growth of the Church in Europe would come through the 18- to 30-year-olds has had a deep impact on young adults and priesthood leaders at all levels in Europe," said Brother Psota. Elder Perry's impression is still relevant to young adults today, he continued, "because it helps them understand their responsibility for the growth of the Church."

Today, there are more than 140 centers in Europe, with an additional 30 in development. All

of them prepare the rising generation to spread the gospel to the world.

### Building the Kingdom and Friendships in Norway

The young adult center in Oslo, Norway, is just one of many centers where young adults are learning how to build the kingdom. Take Mathilde Guillaumet, from France. Missionaries began teaching her at a center in Paris in 2009 after Sister Guillaumet's friend invited her to learn more about the gospel.

Sister Guillaumet was baptized in 2010 and then moved to Norway for a year, where the local center for young adults continued to play a role in her growing testimony.

"The center really was a home away from home. It was definitely more welcoming than my dorm room," said Sister Guillaumet. "The center's missionary couple became like parents—wonderful people to come to for comfort and advice. Both in Paris and in Oslo, I have been able to go to the missionary couple to talk about the gospel, which I couldn't do at home, considering I am the only member in my family."

Sam Basnet, baptized in 2009, is also the only member in his family. Doing missionary work at the Oslo center helped him to share the gospel with his relatives when he returned to visit them in Nepal. He told them about the priesthood and the Book of Mormon, having already helped the missionaries teach other people the same principles in Oslo.

"My family wanted to feel the way that I was feeling," said Brother Basnet. "They had seen the difference between 'Sam-before' and 'Sam-after.'"



***Centers for young adults are a gathering place where the rising generation can prepare to influence the world with the gospel message.***

Before, I had no hope. I was not positive. After my baptism, I used to come into the center and everything was higher than before.”

Brother Basnet is not the only one who has felt lifted and motivated by the Spirit in the center. Benjamin Kerr of Scotland has spent the past two summers working in Oslo and sees the center as a place where he remembers what really matters.

“The center is my refuge from the world,” said Brother Kerr. “I definitely feel a peace, a safety, when I am there. I think some of my most encouraging experiences have come from being able to sit in the center, especially at family home evening, and to talk about things that really concern us, things we find difficult. These experiences have reminded me of the importance of the simple principles of the gospel.”

### **Building Young Adults and Future Leaders**

The centers for young adults are doing more than helping youth strengthen their friends and

family in the gospel. They are building leaders. Young single adults are called to serve on rotating leadership councils in the centers and plan different activities and classes.

Such an experience has given Barbara Matovu, originally from Uganda but now a citizen of Norway, “the opportunity to experience the love God has for all His children,” she said. “It has strengthened my testimony of the organization of the Church. It has also taught me that the kingdom of God cannot be built by one alone, but by many together, in unity.”

While young adults are receiving training to be able to serve in future Church callings, they are also gaining experience that will help them to become effective spouses and parents. They will be prepared to change the world not only in the public sphere but also in the home.

“The leadership principles learned in a young single adult council are the same principles that will serve young single adults well as parents—patience, communication, providing direction and allowing people to use their agency to accomplish a task, and following the promptings of the Spirit,” said Gerald Sorensen, who, with his wife, Nancy, served in the center in Trondheim, Norway.

The centers for young adults will continue to fight against the growing sin in the world by working to ensure that the Church’s future leaders are growing even more quickly.

“Young adults come to the centers to get to know the gospel not only in a theoretical way but also by applying the principles of sharing the gospel and serving their friends who are not of our faith,” said Brother Psota. “The centers help a new and well-prepared generation to serve the Lord with enthusiasm and with an eternal perspective.” ■

## Saints in United Kingdom, Brazil Participate in Days of Service

Ever since the First Presidency invited every member of the Church last April to participate in a day of service during the coming year, Saints across the world have been responding. In at least two nations—the United Kingdom and Brazil—units have participated in a unified effort with other members across their respective countries.

### United Kingdom

On Monday, September 5, 2011, members from 11 stakes around England, along with Area President Erich W. Kopischke of the Seventy, met for a Helping

Hands project in the Tottenham Marshes.

The event marked not only the 75th anniversary of the Church's welfare program but also the official relaunch of London's 2011 Capital Clean-Up Campaign. For five hours, members—in conjunction with the mayor's office—weeded, built flowerbeds, chipped wood, cut down overgrown vegetation, and removed litter from the Lee Valley Park.

On the same day members in other areas of London joined in Helping Hands projects at Haven House Children's

Hospice and Richard House Children's Hospice.

At Richard House, 18 members of the Stratford Ward painted an office space, weeded, cut plants, swept the grounds, and fixed tools. This was the hospice's first contact with the Church, said Charlotte Illera, project manager for the service project at Richard House.

"I was touched with the way the volunteers took on their tasks with enthusiasm and joy," she said. "Even a simple task such as sweeping a path was done to its best."

Over the past several months,

***More than 11 stakes from England converged on September 5, 2011, to perform service projects in three different areas in and around London.***

PHOTOGRAPH COURTESY OF LINDSEY PHILLIPS



Church members in Great Britain and Northern Ireland have been organizing and participating in dozens of service projects throughout the nation.

### Brazil

On July 30, 2011, yellow vests dominated the scene at hundreds of service projects across Brazil in celebration of the 12th anniversary of Mormon Helping Hands, a program of The Church of Jesus Christ of Latter-day Saints that seeks to provide community service and disaster relief to those in need.

Mormon Helping Hands (*Mãos que Ajudam*) actually originated in Brazil as a way to acquaint friends and neighbors with the Church's humanitarian efforts. It has now become a major annual event.

This year's day of service was filled with singing, laughing, and applause as 120,000 men, women, and children swept streets, cleaned schools, repaired buildings, beautified parks, and participated in other service projects in Latin America's largest, most populated country. Church members partnered with community members to provide service that will benefit everyone.

In Belo Horizonte, Recife, and Bahia, more than 6,000 volunteers mobilized to fight dengue fever. In Rio de Janeiro,

volunteers cleaned up public schools and day care centers. In Porto Alegre, 1,500 volunteers cleaned schools, and some participated in lectures on drug use prevention.

Over the two months prior to the service day, more than 500 volunteers worked to collect donated food, which was given to 175 needy families in São José on July 30.

Church members in Blumenau donated approximately 300 pounds (136 kg) of food to *Casa de Apoio às Crianças Portadoras de Mielomeningocele e Neoplasia* (House in Support of Children with Spina Bifida and Neoplasia). Volunteers also taught basic principles of food storage to the institution.

"The techniques we learned will help us to keep food in our pantry, since much of our food spoils in the moist environment," social worker Adriane J. Backes Ruoff said. ■

**Editor's Note:** Share your Day of Service experience at <http://lds.org/service/welfare-75th-anniversary>.

### UPDATE

The credit for the photograph on page 73 of the October 2011 *Liahona* should have read "Photograph by Megan Tolman." ■

## 2012 Mutual Theme Announced: "Arise and Shine Forth"

**T**he Mutual theme for 2012 is "Arise and shine forth, that thy light may be a standard for the nations" (D&C 115:5).

This scripture, given as part of a revelation to the Prophet Joseph Smith at Far West, Missouri, USA, in 1838, was addressed to the presiding officers of the Church at the time, but as the Mutual theme it applies to youth ages 12 to 18 throughout the Church as well.

The theme may be used to enrich Mutual opening exercises, as the topic for sacrament meeting talks by youth, and to provide focus for youth activities such as camps, youth conferences, and devotionals. It may also be used as the focus of special cultural events and other dance, music, and drama activities.

Church leaders suggest that local youth leaders introduce the theme with a DVD, *Strength of Youth Media 2012: Arise and Shine Forth*, which will be sent to units in November 2011.

This DVD can be used to supplement quorum meetings, classes, youth conferences, and other youth activities throughout the year and will be available in Cantonese, English, French, German, Italian, Japanese, Korean, Mandarin, Portuguese, Russian, and Spanish.

Additional support materials will be available in the *Liahona* and *New Era* magazines and on LDS.org at the beginning of 2012. ■

## Internet Coming to Meetinghouses Worldwide

The Church plans to make high-speed Internet, with optional wireless access, available to 85 percent of meetinghouses worldwide.

Members will be able to access the Church's employment site and participate in family history work from their meetinghouses; Church leaders will be able to manage records, submit missionary applications, and participate in leadership training broadcasts; and teachers will be able to use online Church-produced media to supplement their lessons. ■

## Church Offers Aid in East Africa Famine

With more than 11.5 million people in Eastern Africa in urgent need of assistance amid severe drought conditions, the Church is working with various organizations to offer famine relief in the form of food, medicine, sanitation supplies, and shelter.

Members wishing to help with the effort can donate to the humanitarian fund. ■

## New Missionary In-field Training Extends MTC Experience

An effort started in August 2011 is bringing an additional 12 weeks of training to missionaries who have just left the missionary training center.

Richard Heaton, director of the Provo MTC, explained that the in-field training is not a new program, but rather an extension of the training missionaries receive in the MTC.

*"The First 12 Weeks* manual points trainers and their new missionary companions to the resources in *Preach My Gospel* that they most need in their first 12 weeks," he said. "It's a road map to how to ... become fully functional as servants of the Lord as rapidly as possible."

Mission presidents began implementing the in-field training materials for new missionaries—which include three training documents and new companion study video segments—almost immediately. ■

*Read more of these stories—and many others—at [news.lds.org](http://news.lds.org).*



***The San Salvador El Salvador Temple is the Church's 135th operating temple worldwide and the fourth temple in Central America.***

### San Salvador Temple Dedicated

The San Salvador El Salvador Temple was dedicated on Sunday, August 21, 2011, by President Henry B. Eyring, First Counselor in the First Presidency. It is the Church's fourth temple in Central America and 135th worldwide.

Some 16,000 people attended two cultural celebrations on Saturday, August 20, that retold the rich cultural history of the area through song and dance.

### Create.LDS.org Invites Members to Contribute Audio Files

The Church has invited members to submit high-quality music and other audio files to [create.lds.org](http://create.lds.org) for use on Mormon Channel Radio and in other Church media products. Members can read invitation details at [news.lds.org](http://news.lds.org) (search using keyword "create.lds.org") and can submit files at [create.lds.org](http://create.lds.org).

### 2012 Sharing Time Outline Available Online

The Primary general presidency has announced that the sharing time theme for 2012 is "Choose the Right." Primary presidencies can access the outline under "Primary" in the **Serving in the Church** section of **LDS.org**.

In the past, 10 copies of the outline have been sent to units each July, but because of online accessibility the July mailing will be discontinued and 3 copies will be automatically sent to each unit in the annual curriculum order. ■

**A Powerful Tool**

I have always subscribed to the *Liahona*, but when I was less active I didn't read it very often. One day I was cleaning a closet and came across some very old copies. As I looked through them, one story caught my attention. It was about a sister who had been less active for several years and had no intention of going back to church. But an inspired bishop issued her a calling, and she gave up her bad habits and returned. This story had a profound effect on me—it was the first step in my return to activity. Now, years later, the *Liahona* is a powerful tool in our home. The counsel, guidance, and testimonies in the magazine help us every day.

**Moema Lima Salles Broedel, Brazil**

**Stories for Children—and Adults**

I am the mother of a young child, and every night before bed I love to read to him the stories for children from the *Liahona*. It has been a blessing for me as well, because I have learned about Jesus Christ, the Prophet Joseph Smith, reverence, prayer, and many other things. Keep up the good work!

**Silvia Ruiz de Muñoz, Ecuador**

*Please send your feedback or suggestions to [liahona@ldschurch.org](mailto:liahona@ldschurch.org). Submissions may be edited for length or clarity. ■*

*This issue contains articles and activities that could be used for family home evening. The following are a few examples.*

**“Recognizing God’s Hand in Our Daily Blessings,”** page 24: Consider reading the Lord’s Prayer (see Matthew 6:9–13) and asking your family what they think “give us this day our daily bread” means. Then summarize the first section of the article, where Elder Christofferson discusses “daily bread.” Consider adding your testimony that Jesus Christ is the Bread of Life.

**“George Albert Smith: He Lived as He Taught,”** page 32: President George Albert Smith “believed that if we truly have a testimony of the gospel of Jesus Christ, it will manifest itself in our lives.” Review the article with your family. You might then ask family members what they learned from President Smith’s example of treating others with kindness. Ask how they can show more kindness.

**“Look Up,”** page 42: Consider sharing the experience that Elder Cook had as a young missionary and then summarize the remaining sections of the article. Ask family members

how they can focus on what Heavenly Father thinks of them rather than what others think of them. You could conclude by reading 1 Samuel 16:7.



**“Keeping Covenants,”** page 48: If someone in your family is preparing to serve a mission, you may wish to read the article in its entirety and prepare a list of the significant points Elder Holland makes. Emphasize the statement “The key to this work is in keeping our covenants.” Review what a covenant is and ask children how they can prepare now to make covenants.

**“He Is There,”** page 69: Consider singing “A Child’s Prayer” (*Children’s Songbook*, 12). Read about Sister Wixom’s experience with prayer, and encourage family members to share their own experiences with personal prayer. You might ask, “Can you think of a time when you were comforted by praying?” Conclude with your testimony of prayer. ■

**A Fun Activity, an Eternal Message**

As a teenager I attended family home evening reluctantly. I thought I had better things to do.

One Monday night, after a few difficult FHEs, my mother wiped off the kitchen table and placed a small cherry pie in front of each of us. I eagerly looked around for forks—but there were none! Mom explained that we were having a pie-eating contest, but we could not use utensils or our hands. The winner got bragging rights.

We ate as fast as we could. Soon we had cherry pie covering the table, all over our faces, and even in our hair. I don’t remember who won, but I do remember laughing uncontrollably and truly enjoying my family. I didn’t realize it fully that night, but now I appreciate how nice it was to have a safe and loving place to call home and to have people who watched out for me.

I am sure we had a song and a lesson that night, and that it took my mother a lot of time to prepare and clean up. But I am grateful for an activity that taught a message about the importance of families that I needed—then and ever since. ■

**Heather Mockler Teuscher, California, USA**

## LEARNING FROM THE EXPERT

By George C. Robinson

As a surgeon I am often asked how I gained my skills. Some suppose that one takes a class, watches an operation, and then is turned loose. There is even an ironic saying in training: see one, do one, teach one. However, nothing is further from the truth.

I gained my professional skill and knowledge under the guidance of many gifted and patient physicians. I began first by watching over shoulders and then up close. After a year of observing, I was given small assignments, helping the surgeon and his or her “first assistant”—the assistant surgeon.

After another year I was allowed to stand across the table from the surgeon and act as first assistant during simple operations. After another year or two, I was allowed to be first assistant in more complicated operations. Then I began to do the simplest operations, such as fixing a hernia, while the experienced surgeon acted as my first assistant.

In my last year of training—seven years after I had completed medical school—I was allowed to do complicated operations while the surgeon acted as first assistant. I discovered that the greatest teachers could make the operation flow smoother through their assistance because they could show me what needed to be done in clear and simple ways—ways they had learned through this same mentoring process.



*As a student surgeon, I always had someone more skilled at my side. As a child of God, I have the same opportunity.*

I did not fully appreciate the guidance of these amazing and gifted expert surgeons who were my first assistants until I finished training and was on my own. However, even 30 years later, my teachers are in my mind as I daily use the skills they so painstakingly taught, demonstrated, and corrected.

Learning the principles of the gospel is no different. We are taught line upon line through experience—by a very patient Teacher. We look to Him, follow His example, ask for inspiration, and our Heavenly Father blesses us with guidance—often received through the Holy Ghost, the words of living prophets, the scriptures, and others who love and serve. Our Guide stands figuratively at our side as we gain confidence, smoothing our path, giving needed correction, answering questions, and offering more and more trust as we prove worthy of it.

Some student surgeons are eager to act independently, to do things their own way. Likewise, we sometimes try to act without our expert Guide. I have learned, however, during many years as a surgeon that even now I always wish for and cherish a first assistant who knows more than I do—especially when lives and souls hang in the balance!

Our growth in the gospel began in the premortal realm, continues here, and will doubtless continue long after our mortal life is finished. But in all phases of our experience, our Savior has gone before, demonstrating the skills needed to succeed. And He invites all to rely upon Him and His expertise. ■



MAY NOT BE COPIED

*The Light of the World*, by Howard Lyon

*“Behold, I am the law, and the light. Look unto me, and endure to the end, and ye shall live;  
for unto him that endureth to the end will I give eternal life.*

*“Behold, I have given unto you the commandments; therefore keep my commandments. And this is the law and  
the prophets, for they truly testified of me” (3 Nephi 15:9–10).*



*As we study the Book of Mormon individually, as families, and in our Sunday School classes this year, we can—as Lehi did—search these ancient records and find that they are “desirable; yea, even of great worth unto us, insomuch that we [can] preserve the commandments of the Lord unto our children” (1 Nephi 5:21). See “Helping Children Love the Book of Mormon,” page 14, and “Finding Answers in the Book of Mormon,” page 16.*