


Liahona

A photograph of a family of four—a man with glasses, a woman, and a young girl—gathered around a tablet computer. They are all looking at the screen with interest and joy. The man is wearing a blue and white striped shirt, the woman is wearing a floral top, and the young girl is wearing a red top. The background is a warm, indoor setting, possibly a living room or library, with bookshelves visible.

**Strengthening
Home and Family,
pp. 4, 16, 20, 22**

**Young Adults Speak Up
for Chastity, p. 42**

**Four Scriptures That
Helped Us, p. 54**

**Moving On from
Primary, p. 58**



Christ in America,
by Jeffrey Hein

When the resurrected Christ visited the Nephites in the Americas, “he took their little children, one by one, and blessed them, and prayed unto the Father for them.

“And when he had done this he wept again;

*“And he spake unto the multitude, and said unto them: Behold your little ones”
(3 Nephi 17:21–23).*



Liahona, October 2012

MESSAGES

- 4 First Presidency Message: One Key to a Happy Family**
By President Dieter F. Uchtdorf
- 8 Visiting Teaching Message: Honoring Our Covenants**

FEATURE ARTICLES

- 22 Helping Youth Have Spiritual Experiences**
By Melissa Merrill
Five ways to foster experiences that lead to conversion.
- 28 The Book of Alma: Lessons for Today**
By Elder Paul B. Pieper
Three lessons from the Nephites can help us successfully meet the challenges of our day.

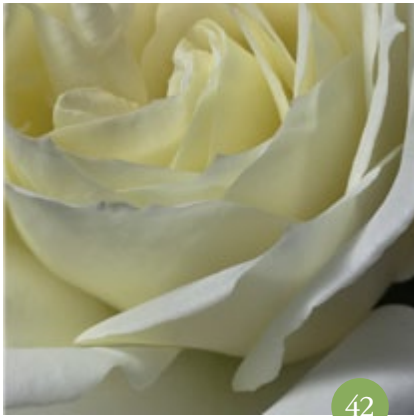
- 34 How to Survive in Enemy Territory**
By President Boyd K. Packer
Discover within yourself how the Holy Ghost can be a guiding and protective influence.

DEPARTMENTS

- 9 For the Strength of Youth: Dress and Appearance**
- 10 October Conference Notebook: Clearing Our Calendar for Conference**
By Cheryl Burr
- 11 Serving in the Church: Sunday School Answers**
By Emma Addams
- 12 What We Believe: Provident Living Prepares Us for the Future**

- 14 Small and Simple Things**
- 16 Our Homes, Our Families: Teaching Chastity and Virtue**
By Matthew O. Richardson
- 20 Gospel Classics: Teaching Righteousness at Home**
By Elder Delbert L. Stapley
- 38 Latter-day Saint Voices**
- 74 News of the Church**
- 79 Family Home Evening Ideas**
- 80 Until We Meet Again: Good Things Keep On Coming**
By Caitlin A. Rush

ON THE COVER
Photo illustrations by Cody Bell.



42 Chastity in an Unchaste World

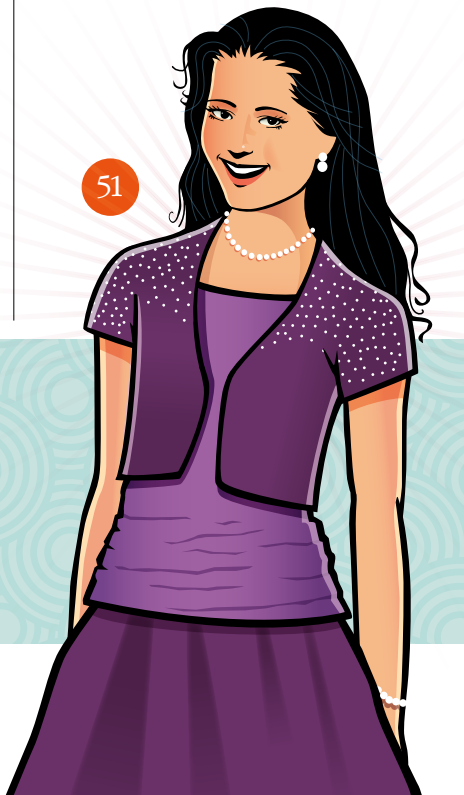
Eight young adults discuss how to remain chaste in a world that doesn't value chastity.



See if you can find the Liahona hidden in this issue.
Hint: Did Noah use a Liahona?

- 46 Questions and Answers**
What does it mean to honor the priesthood of God?
- 48 Be Wise and Be a Friend**
By Elder Robert D. Hales
Good friends make it easy to live the commandments.
- 51 Dressing for a Dance**
By Crystal Martin
I was tempted to wear a dress that didn't cover my shoulders, but then I remembered my patriarchal blessing.
- 52 For the Strength of Youth: Dress and Appearance—"Let the Holy Spirit Guide"**
By Mary N. Cook
- 54 Strengthened by the Word**
Four teens tell of times when a scripture came to mind and helped them.
- 57 Poster: Straight and Narrow Is the Way**

51



- 58 Moving On from Primary**
Here are some experiences you can look forward to in Young Men or Young Women.
- 60 Dear Amiga**
By Maribel
A letter to a friend nervous about leaving Primary.
- 61 Welcoming a New Season of Life**
By Marissa Widdison
Noah, Dylan, Patrick, and Ben are getting ready to receive the priesthood.
- 62 Music: Come, Lord Jesus**
- 63 Special Witness: Why Is It Important That I Follow Jesus Christ Faithfully, No Matter Where I Am?**
By Elder Dallin H. Oaks
- 64 Bringing Primary Home: Blessings of the Priesthood Are Available to All**
- 66 Twice the Blessings**
By Richard M. Romney
Meet Sophie and Elodie, 10-year-old twins from Madagascar.
- 68 Can't I Be Baptized Too?**
By Hilary Watkins Lemon
Six-year-old Paulo is excited to become a member of the Church.
- 70 For Young Children**
- 81 Book of Mormon Scripture Figures**

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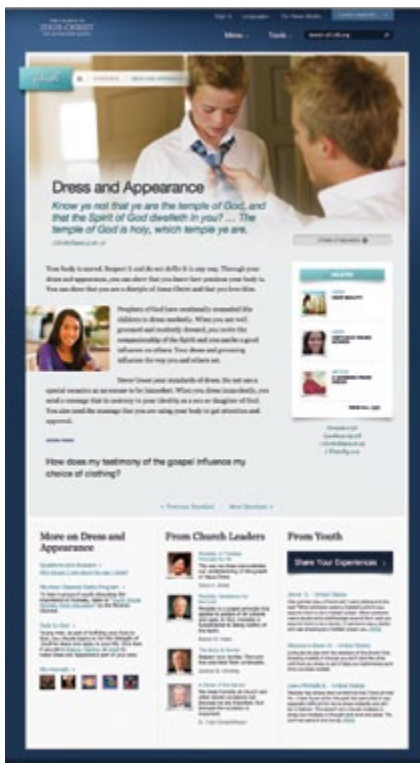
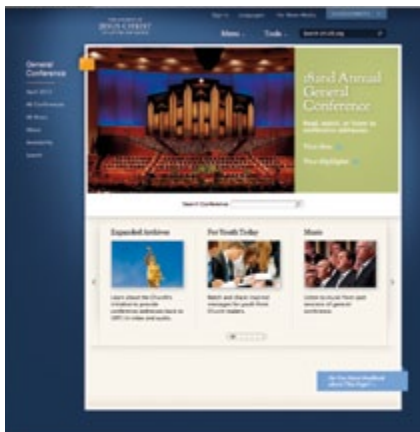
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FOR ADULTS

After reading about forgiveness in the First Presidency Message (page 4), you may also wish to read President James E. Faust's last general conference talk, "The Healing Power of Forgiveness" (April 2007), at conference.lds.org.

FOR YOUTH

On page 52, Mary N. Cook explains how the reverence we feel for temples can guide how we dress. At youth.lds.org, you can find out more about "Dress and Appearance" and any of the other standards from *For the Strength of Youth*.

FOR CHILDREN

You can read about twins Elodie and Sophie from Madagascar in "Twice the Blessings" (page 66) and see some fun photos of them at liahona.lds.org.

IN YOUR LANGUAGE

The *Liahona* and other Church materials are available in many languages at languages.lds.org.

TOPICS IN THIS ISSUE

Numbers represent the first page of the article.

- Adversity**, 28
- Baptism**, 68
- Book of Mormon**, 28, 81
- Chastity**, 16, 42
- Church history**, 14
- Conversion**, 39
- Covenants**, 8
- Dress**, 9, 51, 52
- Example**, 40
- Faith**, 39, 80
- Family**, 4, 16, 20, 22, 38, 66
- Forgiveness**, 4
- Friends**, 48
- General conference**, 10
- Jesus Christ**, 62, 63
- Kindness**, 28
- Leadership**, 22
- Obedience**, 40, 57
- Parenthood**, 16, 20, 22
- Prayer**, 38
- Preparation**, 12
- Priesthood**, 46, 64

- Prophets**, 28
- Sabbath**, 40
- Scripture study**, 11, 54
- Self-reliance**, 12
- Service**, 22, 39
- Teaching**, 16, 22
- Temples**, 8, 52
- Wisdom**, 48
- Work**, 12
- Young Men**, 58, 61
- Young Women**, 58, 60





By President
Dieter F. Uchtdorf

Second Counselor in
the First Presidency

ONE KEY TO A Happy Family

The great Russian author Leo Tolstoy began his novel *Anna Karenina* with these words: “Happy families are all alike; every unhappy family is unhappy in its own way.”¹ While I do not have Tolstoy’s certainty that happy families are all alike, I have discovered one thing that most have in common: they have a way of forgiving and forgetting the imperfections of others and of looking for the good.

Those in unhappy families, on the other hand, often find fault, hold grudges, and can’t seem to let go of past offenses.

“Yes, but . . .” begin those who are unhappy. “Yes, but you don’t know how badly she hurt me,” says one. “Yes, but you don’t know how terrible he is,” says another.

Perhaps both are right; perhaps neither.

There are many degrees of offense. There are many degrees of hurt. But what I have noticed is that often we justify our anger and satisfy our consciences by telling ourselves stories about the motives of others that condemn their actions as unforgivable and egoistic while, at the same time, lifting our own motives as pure and innocent.

The Prince’s Dog

There is an old Welsh story from the 13th century about a prince who returned home to find his dog with blood

dripping down its face. The man rushed inside and, to his horror, saw that his baby boy was missing and his cradle overturned. In anger the prince pulled out his sword and killed his dog. Shortly thereafter, he heard the cry of his son—the babe was alive! By the infant’s side lay a dead wolf. The dog had, in reality, defended the prince’s baby from a murderous wolf.

Though this story is dramatic, it demonstrates a point. It opens the possibility that the story we tell ourselves about why others behave a certain way does not always agree with the facts—sometimes we don’t even want to know the facts. We would rather feel self-justified in our anger by holding onto our bitterness and resentment. Sometimes these grudges can last months or years. Sometimes they can last a lifetime.

A Family Divided

One father could not forgive his son for departing from the path he had been taught. The boy had friends the father did not approve of, and he did many things contrary to what his father thought he should do. This caused a rift between father and son, and as soon as the boy could, he left home and never returned. They rarely spoke again.

TEACHING FROM THIS MESSAGE

“As you prepare each lesson, ask yourself how the principle is like something family members have experienced in their own lives” (*Teaching, No Greater Call* [1999], 171). Consider inviting family members to share positive experiences they have had or observed with forgiveness. Discuss these experiences, emphasizing the blessings of forgiveness. Conclude by bearing testimony of the importance of forgiving one another.

Did the father feel justified? Perhaps.

Did the son feel justified? Perhaps.

All I know is that this family was divided and unhappy because neither father nor son could forgive each other. They could not look past the bitter memories they had about each other. They filled their hearts with anger instead of love and forgiveness. Each robbed himself of the opportunity to influence the other's life for good. The divide between them appeared so deep and so wide that each became a spiritual prisoner on his own emotional island.

Fortunately, our loving and wise Eternal Father in Heaven has provided the means to overcome this prideful gap. The great and infinite Atonement is the supreme act of forgiveness and reconciliation. Its magnitude is beyond my understanding, but I testify with all my heart and soul of its reality and ultimate power. The Savior offered Himself as ransom for our sins. Through Him we gain forgiveness.

No Family Is Perfect

None of us is without sin. Every one of us makes mistakes, including you and me. We have all been wounded. We all have wounded others.

It is through our Savior's sacrifice that we can gain exaltation and eternal life. As we accept His ways and overcome our pride by softening our hearts, we can bring reconciliation and forgiveness into our families and our personal lives. God will help us to be more forgiving, to be more willing to walk the second mile, to be first to apologize even if something wasn't our fault, to lay aside old grudges and nurture them no more. Thanks be to God, who gave His Only Begotten Son, and to the Son, who gave His life for us.

We can feel God's love for us every day. Shouldn't we be able to give a little more of ourselves to our fellowmen as taught in the beloved hymn “Because I Have Been Given Much”?² The Lord has opened the door for us to be forgiven. Wouldn't it be only right to put aside our own egotism and pride and begin to open that blessed door of forgiveness to those with whom we struggle—especially to all of our own family?

In the end, happiness does not spring from perfection but from applying divine principles, even in small steps. The First Presidency and Quorum of the Twelve Apostles have declared: “Happiness in family life is most likely to be achieved when founded upon the teachings of the Lord Jesus Christ. Successful marriages and families are established and maintained on principles of faith, prayer, repentance, *forgiveness*, respect, love, compassion, work, and wholesome recreational activities.”³

Forgiveness is positioned right in the middle of these simple truths, founded on our Heavenly Father's plan of happiness. Because forgiveness connects principles, it connects people. It is a key, it opens locked doors, it is the beginning of an honest path, and it is one of our best hopes for a happy family.

May God help us to be a little more forgiving in our families, more forgiving of each other, and perhaps more forgiving even with ourselves. I pray that we may experience forgiveness as one wonderful way in which most happy families are alike. ■

NOTES

1. Leo Tolstoy, *Anna Karenina*, trans. Constance Garnett (2008), 2.
2. “Because I Have Been Given Much,” *Hymns*, no. 219.
3. “The Family: A Proclamation to the World,” *Liahona and Ensign*, Nov. 2010, 129; emphasis added.

Prayer and Peace

By Lauren W.

One evening I argued with my mom and felt pretty bad. So I decided I would pray. Although I was in a bad mood and didn't want to be "spiritual," I knew praying would help me feel happier and less argumentative. After my mom left the room, I started my prayer. "Dear Heavenly Father, I've come to Thee tonight because . . ." No. I opened my eyes and unfolded my arms; that sounded awkward. I tried again. "Heavenly Father, I need . . ." That also sounded strange. I felt Satan urging me to give up my prayer of asking Heavenly Father for help.

Suddenly I had a prompting to say thank you! So I did, and thoughts started spilling from my mind of all the many things I could thank my Father in Heaven for. When I was done thanking Him, I discussed the problem at hand.

Afterward I felt a wonderful peace inside me, the warm spiritual feeling that I know our Heavenly Father and my parents love me and that I am a child of God. I was able to apologize to my mother and accept her apology.

Forgiveness Brings Happiness

President Uchtdorf teaches that we should forgive our family members. See how Joseph's and Anna's choices affect their family.



Joseph and his little sister, Anna, are playing together. Anna snatches Joseph's toy away from him. What should Joseph do?

Joseph gets angry at Anna. Anna cries. Joseph's mother disciplines him for fighting with his sister. Joseph is sorry that he made a poor choice.

Joseph forgives Anna and finds another toy to play with. They play together happily. Their mother is glad that Joseph was kind to his sister and kept peace in the family. Joseph feels happy for choosing to forgive.



Later, Joseph and Anna need to help their mother prepare dinner. Joseph doesn't help. What should Anna do?

Anna complains to her mother. Anna argues about having to do the work alone. At dinner everyone is unhappy because of the arguing.

Anna forgives Joseph and helps with dinner. Their mother is grateful for Anna's help. The family enjoys being together at dinner. Anna feels good that she chose to forgive.

How do *your* choices to forgive affect your family's happiness?

Prayerfully 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.

Faith, Family, Relief



Honoring Our Covenants

Visiting teaching is an expression of our discipleship and a way to honor our covenants as we serve and strengthen one another. A covenant is a sacred and enduring promise between God and His children. “When we realize that we are children of the covenant, we know who we are and what God expects of us,” said Elder Russell M. Nelson of the Quorum of the Twelve Apostles. “His law is written in our hearts. He is our God and we are His people.”¹

As visiting teachers we can strengthen those we visit in their efforts to keep their sacred covenants. By doing so, we help them prepare for the blessings of eternal life. “Every sister in this Church who has made covenants with the Lord has a divine mandate to help save souls, to lead the women of the world, to strengthen the homes of Zion, and to build the kingdom of God,”² said Elder M. Russell Ballard of the Quorum of the Twelve Apostles.

As we make and keep sacred covenants, we become instruments in the hands of God. We will be able to articulate our beliefs and strengthen each other’s faith in Heavenly Father and Jesus Christ.



From Our History

The temple is “a place of thanksgiving for all saints,” the Lord revealed to the Prophet Joseph Smith in 1833. It is “a place of instruction for all those who are called to the work of the ministry in all their several callings and offices; that they may be perfected in the understanding of their ministry, in theory, in principle, and in doctrine, in all things pertaining to the kingdom of God on the earth” (D&C 97:13–14).

Relief Society sisters in Nauvoo, Illinois, in the early 1840s helped each other prepare for temple ordinances. In the ordinances of the higher priesthood that Latter-day Saints received in the Nauvoo Temple, “the power of godliness [was] manifest” (D&C 84:20). “As the Saints kept their covenants, this power strengthened and sustained them through their trials in the days and years ahead.”³

In the Church today, faithful women and men all over the world serve in the temple and continue to find strength in the blessings that can be received only through temple covenants.

From the Scriptures

1 Nephi 14:14; Mosiah 5:5–7; 18:8–13;
Doctrine and Covenants 42:78; 84:106

NOTES

1. Russell M. Nelson, “Covenants,” *Liahona* and *Ensign*, Nov. 2011, 88.
2. M. Russell Ballard, “Women of Righteousness,” *Liahona*, Dec. 2002, 39; *Ensign*, Apr. 2002, 70.
3. *Daughters in My Kingdom: The History and Work of Relief Society* (2011), 133.

What Can I Do?

1. How do my covenants strengthen me?
2. How am I helping the sisters I watch over to keep their covenants?

DRESS AND APPEARANCE

In today's world, many do not understand or respect the sacred nature of our bodies. Latter-day Saints stand out by dressing in a way that shows we know how precious our bodies are (see *For the Strength of Youth* [booklet, 2011], 6–8). On page 52 of this issue, Mary N. Cook, first counselor in the Young Women general presidency, discusses this standard:

“As a temple is built, great care is taken to ensure it is protected and beautifully adorned, inside and out. A key to planning temples is the understanding that a temple *represents* the Lord—it is His house. We *respect* temples as sacred structures where only those who are worthy may enter. We *revere* temples because the sacred ordinances and covenants in which we participate make it possible for us to return to our Heavenly Father.

“Your body is more precious than the most exquisite temple on earth. You are God’s beloved son or daughter! These same principles—representation, respect, and reverence—apply even more so to the care and protection you give your body.”

The following suggestions can help you teach your children correct principles about dress and appearance. Also remember that your example in modest dress will teach your children how important appropriate dress is.

Suggestions for Teaching Youth

- Read with your teen the section on dress and appearance in *For the Strength of Youth*. Doing so will give you an opportunity to discuss the doctrines, blessings, and warnings of this standard and to answer any questions your son or daughter may have.
- Consider holding a family home evening on the importance of dress and appearance. You could ask your family: If the Lord were at church with you, how would you want to be dressed? How would you want to present yourself to Him? How do you feel when you are dressed modestly? You could also discuss how to dress appropriately for other occasions, such as school, work, or social events.

Suggestions for Teaching Children

- Our dress represents what is important to us. To illustrate this principle, consider holding a family home evening in which everyone dresses like a missionary or wears Sunday-best clothing.
- Even at a young age, children can start dressing modestly. Review with your children the guidelines on page 7 of *For the Strength of Youth* and provide clothing that adheres to those guidelines. ■



SCRIPTURES ON DRESS AND APPEARANCE

Genesis 1:27

1 Corinthians 6:19

Alma 1:27

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).

Clearing Our Calendar for Conference

By Cheryl Burr

Since our time was not cluttered with extra activities, we could feel the Spirit more as we listened to general conference.

Years ago, when our six children were young, we decided we wanted to make general conference more meaningful to us. We talked about how important it is to watch conference with clear minds and rested bodies. Conference is an important time to receive instruction from our current prophets. So we set a goal not to plan anything extra for a few days before conference or during conference weekend. We blocked out those days on our calendar, and each of us committed not to schedule extra activities on those days.

If you choose to take a similar approach, it will be unique to your family and your situation, but our family defined “extra activities” as attending school activities, having neighborhood children come over, doing things with friends away from the house, having parties or dinners with friends or relatives, doing projects or yard work in between or during conference sessions, saving school projects until the last minute, and accepting extra assignments at work.

When the week before general conference arrived, it was sometimes hard to say no to these activities, but most of the time our family members cheerfully made the right choices to meet our goal. We found that our younger children wanted to be part of general conference. I think it was because we talked about the importance of conference over and over throughout the week before.

I am happy to report that keeping our schedule simple the days before and during general

conference completely changed our family’s experience. Our hearts and minds were prepared for conference. Our time was not cluttered with extra activities, so we could feel the Spirit as we sat and listened to the words of counsel from our leaders.

We have stuck to our goal conference after conference because it fills our home with peace. Though several of our children no longer live at home, we encourage them to still clear their calendar the few days before and during conference, as we do at home. We also try to schedule a time to watch a session of conference together as an entire family. I am hoping that as our children marry and have children of their own, they will continue to place a high importance on protecting their conference experience by clearing their calendars. ■



MAKE CONFERENCE A PRIORITY

“Decide now to make general conference a priority in your life. Decide to listen carefully and follow the teachings that are given.”

Elder Paul V. Johnson of the Seventy, “The Blessings of General Conference,” *Liahona and Ensign*, Nov. 2005, 52.

SUNDAY SCHOOL ANSWERS

By Emma Addams

I have a tendency to look for grand answers to my challenges—to ask the Lord to help me find that one thing that will fix everything. I’ve learned that such an approach can over-complicate things.

As I was teaching the Gospel Doctrine class in my ward, I was determined to ask profound questions that would require contemplation and big, new, insightful answers. In other words, I wanted to avoid a recitation of the same old “Sunday School answers” that ward members seemed to offer each week.

As I pored over the New Testament in preparation, I was struck by the use of the word *abide*, which appears over and over. For example, John 15:10 says, “If ye keep my commandments, ye shall *abide* in my love; even as I have kept my Father’s commandments, and *abide* in his love” (emphasis added).

In His great Intercessory Prayer, the Savior prays that His disciples “may be one; as thou, Father, art in me, and I in thee, that they also may be one in us” and “I in them, and thou in me, that they may be made perfect in one” (John 17:21, 23).

Much of what I searched for was how I could be one with the Lord, how I could *abide* in His love, and how, as a result, I could develop extra patience—patience I so desperately needed to turn my experiences from ones that exhausted me to ones that invigorated and sanctified me.

Ironically, as I searched for both an understanding of the word *abide* and answers to the difficult challenges I faced on a daily basis, I was ultimately led back to the precise Sunday School answers I had been trying to avoid. I found the answers to my challenges by reading the scriptures, praying daily, serving my family and others, and attending the temple and my Sunday meetings. I learned that those simple things make the difference between enduring and enduring well and with patience.

The Sunday School answers really are the best answers. ■



NURTURING OUR FAITH

“Serving, studying, praying, and worshiping are four fundamentals in perfecting ‘that which is lacking in [our] faith.’ (1 Thes.

3:10.) If we cease nurturing our faith in any of these four specific ways, we are vulnerable. . . .

“In a hardening world, the Lord can pierce our consciousness by using ‘the sword of the Spirit, which is the word of God.’ (Eph. 6:17; see also Jarom 1:12.) However, hearing must be ‘mixed with faith’ (Heb. 4:2) and with Christian service, as we have heard again and again.”

Elder Neal A. Maxwell (1926–2004) of the Quorum of the Twelve Apostles, “Lest Ye Be Wearied and Faint in Your Minds,” *Ensign*, May 1991, 88.



USING CHURCH-APPROVED MATERIALS

“Teachers and leaders use the scriptures, the teachings of latter-day prophets, and approved curriculum materials to teach and testify of the doctrines of the gospel. Approved curriculum materials for each class or quorum are listed in the current *Instructions for Curriculum*. As needed, teachers and leaders supplement curriculum materials with Church magazines, particularly the general conference issues of the *Ensign* and *Liahona*.”

Handbook 2: Administering the Church (2010), 5.5.4.

Provident Living

PREPARES US FOR THE FUTURE

Latter-day Saints believe in being prepared and self-reliant. We believe in preparing educationally for employment, in preparing financially for a rainy day, and in preparing temporally for natural disasters or other challenges. Most important, we believe in preparing spiritually for the Second Coming of Jesus Christ and for living with our Father in Heaven again. This approach to preparedness is called provident living.

Living providently reflects our true eternal nature: we are “to act for [ourselves] and not to be acted upon” (2 Nephi 2:26). The Lord wants us to be responsible and independent (see D&C 78:14). He wants us to live providently because of who we become in the process: responsible, generous, mature, kind. For the more self-reliant we are, the better we can help our families and others. How can we feed the hungry if we ourselves are hungry? How can we impart knowledge if we ourselves lack knowledge? How

can we build others’ faith if we ourselves lack faith?

Principles of provident living include the following:

- Preparation. “Prepare ye for that which is to come, for the Lord is nigh” (D&C 1:12).
- Industry. “Thou shalt not be idle” (D&C 42:42).
- “Learning, even by study and also by faith” (D&C 88:118).

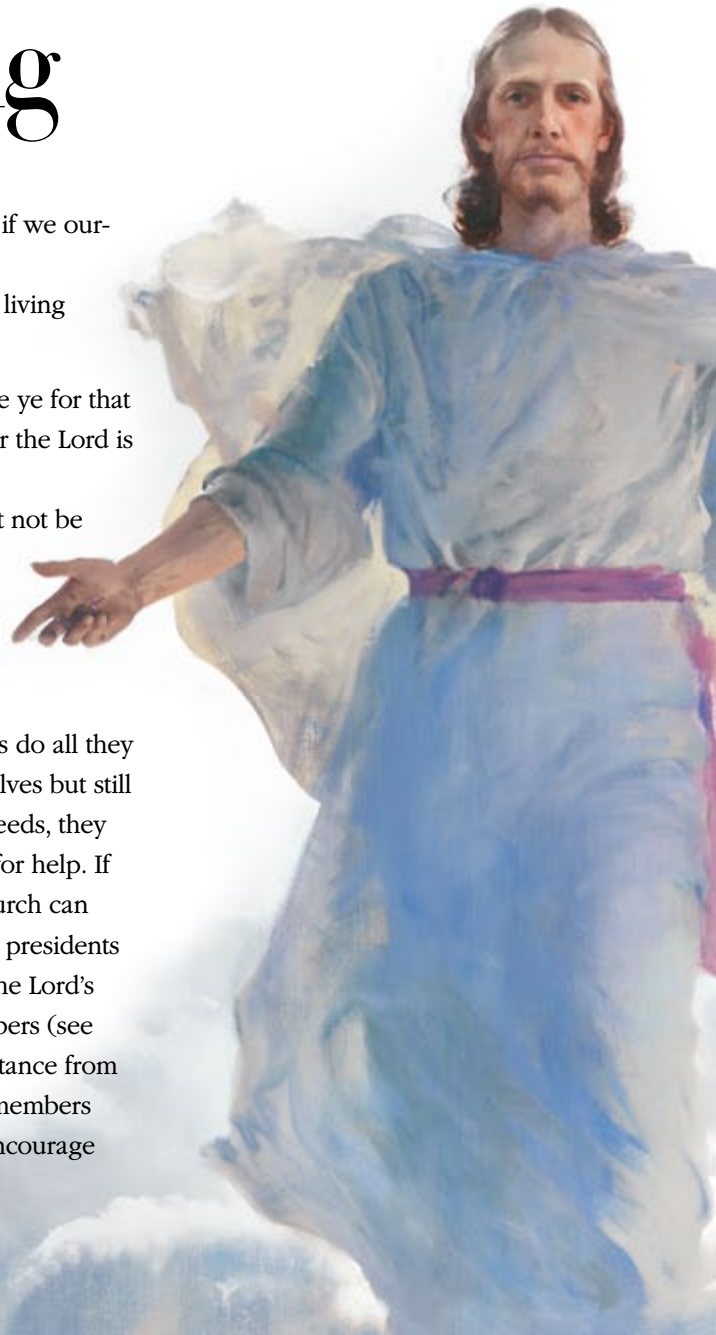
When Church members do all they can to provide for themselves but still cannot meet their basic needs, they turn first to their families for help. If this is insufficient, the Church can help. Bishops and branch presidents can use resources from “the Lord’s storehouse” to help members (see D&C 82:18–19). Any assistance from the Church aims to help members help themselves and to encourage work in their lives. ■

For more information, see Genesis 41; D&C 38:30.



“All of us are responsible to provide for ourselves and our families in both temporal and spiritual ways. To provide providently, we must practice the principles of provident living: joyfully living within our means, being content with what we have, avoiding excessive debt, and diligently saving and preparing for rainy-day emergencies.”

Elder Robert D. Hales of the Quorum of the Twelve Apostles, “Becoming Provident Providers Temporally and Spiritually,” *Liahona and Ensign*, May 2009, 8.



We can work to become self-reliant in the following areas:

Spiritual strength: Trust in the Lord; obey the commandments; pray and study the scriptures daily; serve others.



Physical health: Obey the Word of Wisdom; exercise; get adequate sleep; practice good sanitation and hygiene.



Education: Become literate; obtain job skills; study “the best books” (D&C 88:118).



Employment: Work to provide for your own and your family’s needs.



Home storage: Store clean drinking water and gradually build a supply of foods you eat on a regular basis and a longer-lasting supply of foods, such as grains and beans.



Finances: Pay tithes and offerings; avoid unnecessary debt; gradually build a financial reserve.

ANSWERING QUESTIONS

Some may wonder if Latter-day Saints hoard food. In truth, we store food and water to prepare for times when food and clean water may be scarce or inaccessible or when family finances are tight. In emergencies, those who have stored food will feel more secure and will be better able to help their families and neighbors through the crisis.

FROM LEFT: THE SECOND COMING. BY GRANT ROMNEY CLAWSON © IRI; PHOTO ILLUSTRATIONS BY CRAIG DIMOND, CHRISTINA SMITH, JOHN LUKE, AND ROBERT CASEY © IRI; PHOTOGRAPH OF CHERRIES BY DAVID STOKER © 2008

Small & Simple Things

“By small and simple things are great things brought to pass” (Alma 37:6).

GREAT LIVES REMEMBERED

Newel K. Whitney (1795–1850)

Below, left inset: An engraved portrait of Newel K. Whitney. Below, right inset: The upstairs of the Newel K. Whitney store in Kirtland, Ohio, where the School of the Prophets and Church meetings were held. Bottom: The Whitney store.

Newel Kimball Whitney was born in Vermont, USA, on February 5, 1795. He was a talented businessman and started up a friendship and business partnership with Sidney Gilbert. In their early business days, they traveled frequently. On one of these business trips, Newel met Elizabeth Ann Smith in Kirtland, Ohio. Newel and Ann courted for three years and married in 1823.

Together Newel and Ann sought for truth and, for a time, took part in the Campbellite movement, which professed to have restored ancient Christianity. One night Newel and Ann prayed “to know from the Lord

how [they] could obtain the gift of the Holy Ghost.” Ann described the vision they received in answer to their prayer: “The Spirit rested upon us and a cloud overshadowed the house. . . . Then we heard a voice out of the cloud, saying: ‘Prepare to receive the word of the Lord, for it is coming.’”¹

Shortly after this answer to prayer, in October 1830, Latter-day Saint missionaries came to Kirtland. In November, Newel and Ann were baptized. Only months later, Joseph and Emma Smith came knocking on the Whitneys’ door. When Joseph greeted Newel

by name, Newel couldn’t say he knew the Prophet’s name, so Joseph responded, “I am Joseph the Prophet; you have prayed me here, now what do you want of me?”² The Whitneys then housed the Smiths for several weeks and provided a home for them in September 1832.

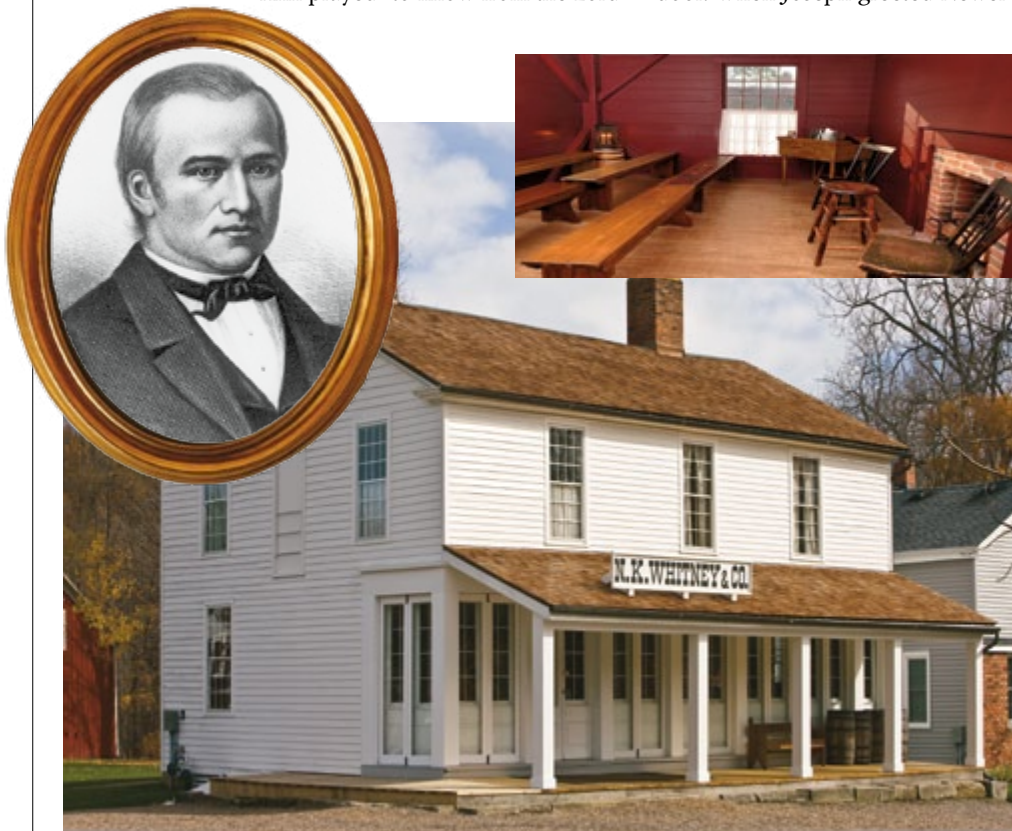
In addition to providing the Smiths a place to stay, Newel also gave the Church full use of the upstairs space in his store. At the Whitney store, Church leaders held meetings and the School of the Prophets.

In December 1831, Newel was called as the second bishop of the Church and later served as the manager of financial operations of the Church, helping the Church manage its funds and get out of debt. In the fall of 1838, the Whitneys moved to Far West, Missouri, where Newel was again called as bishop, and 10 years later, he and his family crossed the plains to Salt Lake City, where he served as Presiding Bishop of the Church.

Newel died on September 24, 1850, in Salt Lake City from a respiratory condition.

NOTES

1. Elizabeth Ann Whitney, quoted in Edward Tullidge, *The Women of Mormondom* (1877), 41–42.
2. Joseph Smith, quoted in Elizabeth Ann Whitney, “A Leaf from an Autobiography,” *Woman’s Exponent*, Aug. 15, 1878, 51.



Dan Jones (1810–62)

More than one million missionaries have been called since the organization of the Church, but Dan Jones was more than just one in a million. Of the Welsh missionary, President Gordon B. Hinckley (1910–2008) said, “In terms of the number of converts, Dan Jones must certainly be included in the half dozen or so most productive missionaries in the history of the Church.”¹

Before he was a missionary, Dan emigrated from Wales to the United States and worked on the Mississippi River as captain of a steamboat called the *Maid of Iowa*, which brought many Latter-day Saints to Nauvoo, Illinois. He joined the Church in 1843 and became close friends with the Prophet Joseph Smith.

Dan’s missions fulfilled Joseph Smith’s last recorded prophecy. The night before the Prophet Joseph Smith was killed, he heard gunfire outside the window of Carthage Jail, so he chose to sleep on the floor. Near him was Dan Jones. The Prophet asked Dan if he was afraid to die. He replied, “Has that time come, think you? Engaged in such a cause I do not think that death

would have many terrors.” Then Joseph prophesied, “You will yet see Wales, and fulfill the mission appointed you before you die.”²

The Prophet’s promise was fulfilled in 1845, when Dan and his wife, Jane, were called to serve in Wales. Dan used his talent for speaking to teach the gospel with great conviction. He was fluent in Welsh and English, and witnesses recorded that he spoke so captivately that he could hold his audience’s attention in either language for hours.

While in Wales, Dan published Latter-day Saint periodicals, tracts, and books in Welsh. Under Dan Jones’s direction, missionaries in Wales established 29 branches and baptized nearly 1,000 people each year of his first mission. He was

called on a second mission to Wales in 1852, and despite growing persecution of the Church, some 2,000 people were baptized in four years.

Upon his return to Utah, Dan helped bring many Welsh converts to Utah. When he died at age 51, he had helped bring an estimated 5,000 people to the western United States.

NOTES

1. Gordon B. Hinckley, “The Thing of Most Worth,” *Tambuli*, Mar. 1994, 8; *Ensign*, Sept. 1993, 7.
2. Joseph Smith, in *History of the Church*, 6:601.



From left: Portrait of the Welsh missionary Dan Jones. A steamboat, like the one Dan Jones captained, approaches the landing at Nauvoo, Illinois. Dan Jones helps Welsh emigrants.

Teaching

CHASTITY AND VIRTUE



By Matthew O. Richardson

Second Counselor in the Sunday School General Presidency

Parents can use these six strategies to teach their children about sexual intimacy.

I have been privileged to meet with youth and young adults from every walk of life and from all over the world. On one occasion I spoke with a group of particularly impressive teenagers about virtue, chastity, and moral living. After telling them how impressed I was with their comments, confidence, appearance, and demeanor, I asked, “How did you become so articulate, assured in your responses, and so comfortable with a sensitive topic like this?” One young woman said without any hesitation, “I have parents who teach.” The others nodded their heads in agreement. This simple yet profound experience emphasizes the influence parents have in the lives of their children—especially in their role of teaching virtue, chastity, sexual intimacy, and proper relationships.

Unfortunately, many parents may not be teaching their children about sexual issues as well as they could. For example, in surveying over 200 active young single Latter-day Saints, I found that only 15 percent considered their parents to be the primary source of information regarding sexual issues. These young members said they learned about this important topic primarily from friends or peers, the Internet, media, entertainment, textbooks, extended family, or their Church leaders.

Of course, it’s not an easy subject to teach. But I believe parents are the best teachers to convey such sacred principles. The following strategies will help you develop simple, effective, and lasting principles and practices that promote effective learning and teaching—especially in teaching your children how to live virtuous and chaste lives.

Teaching and learning should begin early. Parents who effectively teach their children about sexual topics understand that most children encounter such topics at far younger ages than they or their parents expect or desire. Many children become exposed to sexual content on the Internet as young as 11 years old and some even younger. Entertainment venues, sporting events, advertising, and even social media are increasingly saturated with sexual images and innuendo.

Some parents rightly ask, “When should I begin talking about sexually related issues?” It depends on the age and maturity of the child and the specific situation. Spiritual guidance will come as parents prayerfully and carefully observe their children’s behavior, intentionally listen to their children, and take time to consider and discern when and what to teach. For example, I recall my son asking me questions about anatomy when he was barely five years old. While it was a little unnerving, it was obvious that it was the right time to talk. However, as I thought about how to respond, it seemed clear that this was *not* the right time to talk with my son about every sexually related topic.

Teaching and learning should occur often. Learning is a process rather than a single event. When it comes to teaching children about sexual intimacy or other related matters,



people often refer to it as “the talk.” Whether intended or not, this term implies that parents teach this topic in a single conversation. That is not the most effective way for a child to learn. The Savior taught that we learn “line upon line, precept upon precept” (2 Nephi 28:30). We will have more success teaching as we revisit the topic with our children as they age and mature. Parents who understand this principle prepare themselves mentally, emotionally, and spiritually to teach their children about sexually related topics during their children’s childhood and adolescence.

Effective learning and teaching hinges on the relationship between the teacher and learner. When it comes to teaching children about sexually related topics, most parents worry almost exclusively about *what* they should say. While this is important, effective teaching and learning goes well beyond talking and telling about content. In fact, the

way parents approach teaching their children may be more important than what they might actually say. Research supports the conclusion that parents who influence their children most when dealing with sexual issues are those who communicate openly, express love and concern, and are actively engaged in the lives of their children.¹

Comments from my informal survey of young Latter-day Saints repeatedly centered on wishing their parents were more open or willing to talk about sexually related topics. These young adults expressed that they not only wanted their parents to be involved in the process, but they also wished their parents would “talk *with* them rather than talk *at* them.” They longed for conversations that were “natural,” “normal,” “comfortable,” and far less “awkward.” This should motivate parents to work harder in being approachable, available, natural, and unruffled by a topic,

Parents who influence their children most when dealing with sexual issues are those who communicate openly, express love and concern, and are actively engaged in the lives of their children.

situation, or even timing. If there is a price to be paid for parents to effectively teach their children about things that matter most, it is for parents to act in ways that help their children feel comfortable and safe in talking about all subjects—especially the more personal ones.

Teaching and learning are most effective when the subject is relevant and real. Depending on our approach, teaching about sexual intimacy can feel awkward, unrealistic, impractical, or even preachy. A key to success is to realize that most questions and concerns children have are reactions to real-life situations and observations. As we pay attention to, listen to, and observe our children, we will discern what we need to teach.

For example, movies, styles, fads, television programs, advertisements, or music lyrics provide ample opportunity to talk about moral standards. Other opportunities will come as we observe our children's relationships and interactions with others, the way they and their peers dress, the language they use, how dependent they feel on the opposite sex, as well as varying interpretations of chastity and moral standards in the community. There are plenty of real-life opportunities to talk *with* children about morality and virtue.

Perhaps the most important aspect of real-life teaching is done as parents model chastity, modesty, and virtue in their own lives. Children will more readily listen to and follow the counsel of their parents when such counsel is based on their parents' good examples.

The opposite is also true. As Elder Robert D. Hales of the Quorum of the Twelve Apostles said: "In many ways, our actions speak louder than our words. President Brigham Young (1801–77) taught: 'We should

As we pay attention to, listen to, and observe our children, we will discern what we need to teach.

set [our children] an example that we wish them to imitate. Do we realize this? How often we see parents demand obedience, good behavior, kind words, pleasant looks, a sweet voice and a bright eye from a child or children when they themselves are full of bitterness and scolding! How inconsistent and unreasonable this is! Our children will notice such inconsistencies in us and perhaps find justification for acting in similar ways."²

Learners learn best when they understand what teachers are teaching. Too many youth and young adults express frustration that their parents and even Church leaders tend to use "code words" and implicit messages that actually render more questions than answers and more tension than relief. This is especially true when it comes to sexual topics.

While serving as a bishop of a young single adult ward, I was often asked what "petting" meant. My faithful ward members had been taught that they shouldn't be involved in petting, but they were never taught what petting actually means. It was difficult for them to keep instruction they didn't understand.

President Marion G. Romney (1897–1988), First Counselor in the First Presidency, explained that it is not enough to teach in a way so others will understand, but we must also teach in such a way that no one will misunderstand.³ Rather than speaking in code or even slang, we will have more success if we use correct and appropriate terms. This promotes understanding and cultivates respect.

Consider how Elder Richard G. Scott of the Quorum of the Twelve Apostles effectively taught moral principles and standards. He said: "Any sexual intimacy outside of the bonds of marriage—I mean any intentional



contact with the sacred, private parts of another’s body, with or without clothing—is a sin and is forbidden by God. It is also a transgression to intentionally stimulate these emotions within your own body.”⁴

To teach effectively, we have to ensure that those we teach understand the message. Simple questions like “Does this answer your question?” or “Did I explain that very well?” or “Do you have any other questions?” are very helpful.

Learners are converted when teachers connect the message with everlasting principles and standards. Rather than focusing only on the relevant “facts of life,” effective gospel instruction occurs when we connect those facts with the “facts of eternal life.” When talking about our bodies, for example, we can talk about how a loving Heavenly Father created our bodies and how we should approach His creations with respect and according to His expectations.

As the world drowns in immorality, there

is still hope for future generations. This hope centers on parents devoting their best efforts to teaching the rising generation to be virtuous and chaste. Parents who teach their children to live virtuous and chaste lives strive to increase their understanding and improve their teaching skills. In doing this, they come to know that “the Lord will magnify [them] as [they] teach in the way He has commanded.” After all, this “is a labor of love—an opportunity to help others exercise their agency righteously, come unto Christ, and receive the blessings of eternal life.”⁵ ■

NOTES

1. See Bonita F. Stanton and James Burns, “Sustaining and Broadening Intervention Effect: Social Norms, Core Values, and Parents,” in *Reducing Adolescent Risk: Toward an Integrated Approach*, ed. Daniel Romer (2003), 193–200.
2. Robert D. Hales, “Our Parental Duty to God and to the Rising Generation,” *Liahona*, Aug. 2010, 74; *Ensign*, Aug. 2010, 32.
3. See Jacob de Jager, “Let There Be No Misunderstanding,” *Ensign*, Nov. 1978, 67.
4. Richard G. Scott, “Serious Questions, Serious Answers,” *Liahona*, Sept. 1997, 31; *New Era*, Oct. 1995, 6.
5. *Teaching, No Greater Call* (1999), 4.

Perhaps the most important aspect of real-life teaching is done as parents model chastity, modesty, and virtue in their own lives.

Teaching

RIGHTEOUSNESS AT HOME

It is a responsibility and blessing parents have to teach and train their children to live righteously.



**By Elder
Delbert L. Stapley
(1896–1978)**

Of the Quorum of the
Twelve Apostles

Delbert L. Stapley was born on December 11, 1896, in Arizona, USA. He was set apart as a member of the Quorum of the Twelve Apostles on October 5, 1950, and served in that quorum until his death on August 19, 1978. This devotional address was given at Brigham Young University on February 1, 1977. The full text of this address in English can be found at speeches.byu.edu.

Parents have an opportunity to teach and mold the characters of their little children before Satan has the power to tempt them and before they reach the age of eight, becoming then responsible before God. . . . The Lord has granted parents these precious years, the first years of a child's life, when the children are not accountable for the things they say and do. It is a responsibility and blessing parents have to teach and train their children to live righteously.

The most effective way to teach righteousness and religion in a home is by example.

Hopefully, parents will have kept their own lives sweet and clean and can therefore profitably use the example of their lives in the teaching and training of their own children. [President David O. McKay (1873–1970) taught:] “If you would teach faith in God, show faith in Him yourself; if you would teach prayer, pray yourself; . . . would you have them temperate, then you yourself refrain from intemperance; if you would have your child live a life of virtue, of self-control, of good report, then set him a worthy example in all these things.”¹ To do so will make these teachings more impressive to your children; and they, receiving such guidance from parents, can fortify themselves against the temptations of Satan, whose goal is to destroy their lives when they do reach the age of accountability. Parents have the duty to be what they would have their children become in regard to courtesy, sincerity, temperance, and courage to do right at all times. Example is far more potent than precept.

Daily home life should conform to our Church principles and standards. Our business dealings should agree with our religion. Children are quick to detect insincerity. John Milton said that hypocrisy is the only sin that walks undetected save by God alone. Children, however, are sensitive to things that are wrong, and they resent insincerity and false pretensions. We know that children are influenced far more by the sermons we live than by the sermons we preach. Parents should always be honest with their children, keeping promises made to them and ever



speaking the truth. It is the consistent parent who gains the trust of his child. When a child feels that you honor his trust and reciprocate it, he will not violate it, nor will he bring your name into dishonor. . . .

Parents should never quarrel in the presence of their children. Sometimes quarrels arise out of an attempt to correct or discipline a child. One parent criticizes; the other objects. And the unified influence of the home, so far as the child is concerned, is nullified. Parents need to be united in knowing which way they want a child to go; otherwise, he may walk in wrong paths out of confusion. Richard L. Evans said: "Division between parents is unfair and confusing and weakens the foundations of the family. Those to whom a child should look for guidance must be united in the guidance they give."² We know that children are sensitive to family moods and feelings; they can feel tensions and differences that they can't always understand or define. . . .

A child has the right to feel that in his home he has a place of refuge, a place of protection from the dangers and evils of the outside

world. Family unity and integrity are necessary to supply this need. There is no place other than the home where true and lasting happiness can be found in this life. It is possible to make home a bit of heaven; indeed, I picture heaven to be a continuation of the ideal home life here on earth.³ . . .

The gospel as we teach it is true. Christ lives, God lives, and glorious mansions are being prepared above for all His faithful and devoted children. Plan now the kind of home and family you desire and how you will meet the needs of your children to keep them on a righteous path that will lead the family to eternal life in a celestial home. God bless all of you, my brothers and sisters. I think you can understand that much of what has been said pertains to you. And to organize and carry forward your home in a sacred manner is very important to the young people who come to bless your life. ■

Capitalization and punctuation standardized.

NOTES

1. David O. McKay, *Secrets of a Happy Life*, comp. Llewelyn R. McKay (1967), 11.
2. *Richard Evans' Quote Book* (1975), 23.
3. See David O. McKay, *Gospel Ideals* (1953), 490.

A child has the right to feel that in his home he has a place of refuge, a place of protection from the dangers and evils of the outside world. Family unity and integrity are necessary to supply this need.



HELPING YOUTH HAVE SPIRITUAL EXPERIENCES

No one can force youth to have spiritual experiences, but as these parents and leaders discovered, there are lots of ways to foster experiences that lead to conversion.

When Vyacheslav and Zoya Gulko of Ukraine began investigating the Church, their 13-year-old daughter, Kira, wasn't thrilled. She refused to participate in missionary lessons, and when she knew the elders were coming to their home, she "demonstratively shut the door of her room," her mother remembers.

Brother and Sister Gulko, who decided to join the Church, suspected that if they could just provide an opportunity for Kira to feel the Spirit, her heart might be touched. Because Sister Gulko's own testimony had begun when she attended another person's baptism, she asked Kira to come to *her* baptism—just to help her change into dry clothes afterward. To Sister Gulko's surprise, Kira agreed.

"It happened!" Sister Gulko remembers. "Heavenly Father was working in a very miraculous way." Kira *did* feel the Spirit, and

a week after her parents' baptism, she agreed to meet with the missionaries. She began reading the Book of Mormon. A few weeks later, Sister Gulko noticed a piece of paper hanging above Kira's desk; written on it were the words of 2 Nephi 2:25. Two and a half months after their own baptism, the Gulkos attended their daughter's baptism. Now, 20 years later, Kira is married. She and her husband, Dave, have been sealed in the temple and are raising their two sons in the gospel. She has served faithfully in a number of callings and has remained active in the Church.

Through that experience, Zoya says she learned a crucial lesson that is as applicable to parents who are lifelong members of the Church as it was for her and her husband as new members: parents and leaders cannot force their children into the gospel, but they *can* invite them to places and create experiences where youth can have spiritual experiences of their own. Those experiences can, in turn, lead to conversion.

But just what is the best way to go about creating these kinds of experiences? Parents and leaders from around the world share what has worked for them.

Relate modern-day examples to the word of God and to the lives of the youth.



Give Youth Opportunities to Serve

The Granja Viana Ward in the São Paulo Brazil Cotia Stake had a high activity rate among its young men. But their leaders noticed that some of them were facing personal challenges and having difficulty fulfilling their priesthood duties.

After the bishopric and Young Men leaders counseled together, they decided to focus more of their activities on service and not as many on entertainment or amusement. This included visiting less-active quorum members, participating in proselyting with the full-time missionaries, and administering the sacrament to homebound ward members. These activities gave the young men an opportunity to act on the principles they were learning in seminary and on Sundays (see 2 Nephi 2:26).

Over time, “these spiritual activities made all the difference,” reports one priesthood leader.

“We were amazed when on a particular fast Sunday, all of our young men bore their testimonies,” he says. “As they did so, many of them recalled in tears the good spirit they had felt on those occasions. One young man shared the experience of administering the sacrament to an older member of our ward who has been bedridden for three years. His wife, a faithful sister, received our young men with joy and hope. After the ordinance, she shared with them the happiness she feels in her life because of the gospel despite the huge problems and challenges she faces. They felt the Spirit and realized the difference the gospel makes in people’s lives. This experience was so powerful that they will recall it for years to come—perhaps for their entire lives.”

He notes that he had never seen that kind of response from any “football game or funny Mutual night.” Rather, he says, the experience taught him the importance of promoting the kinds of experiences in which youth can feel the Spirit.

“Social activities are important,” he continues. “But spiritual experiences are critical in helping youth build their own testimonies.”

Each Sunday in the Rennes Ward, Angers France Stake, Sister Delphine Letort, as Young Women president, provided a card to each young woman in attendance and asked her to select a peer who wasn’t at church and write to her. The young women wrote about the lesson that week—what they learned or what inspired them—as well as a friendly, personal note. Then Sister Letort or one of her counselors sent the cards in the mail to those who weren’t at church.

The activity was simple but effective, she says, not only as a way for those who weren’t

Teach using the words of living as well as ancient prophets.

attending to know that they were remembered but also for those who were writing the notes to be more mindful of each other.

“By small things great miracles come about,” she says (see Alma 37:6). “We have seen it manifested. The young women have been encouraged, and this experience has contributed to increasing their testimonies.”

Connect Youth with the Word of God

Alma taught that the preaching of the word of God has a powerful effect (see Alma 31:5). David Elmer, a Young Men leader in Texas, USA, knew this and wanted to provide the young men he led on a high-adventure Scouting trip with a meaningful experience that would help prepare them for the future.

Brother Elmer prayerfully considered what he might share and felt directed to a talk by Elder Neil L. Andersen of the Quorum of the Twelve Apostles. On the trip, Brother Elmer taught from that message, including the story Elder Andersen shared of Sidney Going, a New Zealand rugby star who put a sports career on hold to serve a mission. “Your mission will be a sacred opportunity to bring others to Christ and help prepare for the Second Coming of the Savior,” Elder Andersen said.¹

The experience was powerful, Brother Elmer says, because he taught from the words of a living prophet. At the end of the devotional, all of the young men and leaders signed their names on rugby balls as a pledge to serve missions and as a tangible reminder of what they had learned and felt. Many of the fathers and leaders stayed up that night talking with the young men about how their missions affected their lives.

“Ours is a personal God; He knows His youth,” Brother Elmer says. “He is aware of their lives and challenges and of what is going on with these kids. You never know how He’s been working in their lives. So we as leaders prepare and provide the atmosphere for them to feel the Spirit. You can do that through the scriptures and through the words of the prophets, but it’s the Lord, not us, who is working in their hearts.”



Be Consistent

Brother Elmer says he wants the young men to remember something else about the trip: their gospel study was consistent.

“I felt that part of my responsibility was to give them experiences to feel the Spirit, and if I wanted that to happen, I had to do my part to plan for it,” he says. “Elder David A. Bednar has taught about creating spiritual patterns in our lives, patterns like scripture study and prayer and family home evening.² And as we were gone that week, we maintained our spiritual patterns. We had prayer as a group. We assigned young men to share a 10-minute devotional in the morning, and their leaders and fathers prepared devotionals for the evening.

“The point was that even though we were away from home and our activities were different than they normally are, our spiritual patterns didn’t get interrupted. The young men may or may not remember specific lessons, but I hope they’ll remember the pattern we maintained of having devotionals and prayer and scripture study.”

Myra Bocobo Garcia of the Philippines also knows the

Find natural teaching moments in everyday activities.



value of consistency, and she knows teaching it begins at home. Sister Garcia and her husband, Edwin, have three sons and six daughters ranging in age from 8 to 22, each involved in various good activities. While that can mean lots of people going in a lot of different directions, the family works hard to consistently eat dinner together.

“Cooking and happily preparing food and eating together is one of the best ways we gather our children,” Sister Garcia says. She notes that mealtime is a time to refresh, connect with each other, and acknowledge the Lord’s blessings.

Tap into Existing Opportunities to Teach and Listen

Jocelyn Fielden of Nova Scotia, Canada, says that the most crucial lessons she learned from raising six children, who now range in age from 20 to 30, have to do not only with

direct teaching but also with “creating an environment where children can learn truths for themselves.”

“Don’t be quick to make all their choices or answer all their questions,” she says. Instead, she recommends directing children “to the scriptures or counsel from our prophet for guidance and answers.” She adds, “And be ready to discuss their findings.” In addition, when she gets questions from her children, she sometimes answers by asking a question of her own: “What do you think you should do?”

“Have confidence that they will make right choices,” she says. “When we help our children learn to recognize the Spirit in their lives during the many teaching moments we have every day with them and when they know what the Spirit feels like, it will be a catalyst for them to seek for more spiritual experiences, thereby strengthening their testimonies of the reality of our Heavenly Father and His Son, Jesus Christ. It causes a ripple effect: the more they feel the light and comfort the Spirit brings, the more they will desire it and strive to do the things that will make the Spirit more abundant in their lives.”

She is quick to point out that the principles that have been effective in family life for her are the ones that Church leaders have repeatedly taught. For instance, she says what while some teaching can occur during formal discussions like the ones that happen in family home evening, family scripture study, and family prayer, parents can be guided by the Spirit to watch for teaching moments.³

“Going for a walk, driving to activities, shooting some hoops [playing basketball], having family mealtimes, working together, singing, and serving others are just a few of the activities where gospel teaching has taken

How I Stayed Strong in the Gospel

By Tua Rogers

I was baptized when I was 12, and for many years I was the only member of the Church in my family. That wasn't always easy, but fortunately I was blessed with good leaders who helped me in my journey of learning the doctrines of the gospel and using those doctrines to strengthen and improve my life. Because of my decision to stay true to what I believed, I have seen great blessings come into my life and, much later, into the lives of family members as well.

Here are some things that helped me stay strong:

- Stay close to Heavenly Father through activities like prayer and scripture study. He is aware of the situations we face. Staying close to Him helped me remember who I am.
- Follow the counsel of Church leaders. I have seen in my own life the truth of counsel from the prophets and apostles.
- Know that living the gospel creates a better life now and eternally. This has helped me

maintain my standards and faith. Leaders encouraged me to attend the temple, which helped me envision eternal life.

- Surround yourself with good friends who share your standards. I was blessed with good friends who made it easy to make good decisions and keep my faith.
- Stay close to your family. I loved my family and wanted to build strong relationships with them.
- Live the life. Follow the standards and participate in Church programs. They will help you exhibit faith and make good choices. Good choices often make life easier, and they always make life happier.

place in our family," she says. "Talking about gospel topics often happens naturally when we are engaged in other activities."

Work Together toward a Common Goal

Soon after graduating from Brigham Young University–Hawaii, KaYan Danise Mok returned home to Hong Kong and received a calling as Young Women president. While she adjusted to being home, starting a career, and continuing with graduate studies, she prayed earnestly for inspiration to help the young women she worked with develop testimonies to prepare them for the future.

One Sunday while she was teaching about eternal perspective, Sister Mok recognized a prompting to read the Book of Mormon with a particular young woman, who happened to be the only one at church that day.

"My counselor and I responded quickly by setting goals to complete the Book of Mormon as a team with the young woman," Sister Mok says. "She accepted the challenge without hesitation since we would be completing the goal together."

Since that time, Sister Mok, her counselor, and this

young woman have set up a "buddy system" on Facebook and via text messages to remind each other of the reading and to share with each other what they are learning.

Sister Mok says she saw evidence of remarkable change in this young woman's life stemming from her scripture study. And as Sister Mok read the scriptures on her daily commute on the train, she too found blessings for herself. "I also felt the Spirit and received answers to my prayers as I continued to move forward in life," she says.

"In my experience, some youth worry and feel unsure about whether they can receive a testimony and have spiritual experiences as others have," she continues. "By working together, we assure them with our action that this works and that we're there to support them every step of the way." ■

NOTES

1. Neil L. Andersen, "Preparing the World for the Second Coming," *Liahona* and *Ensign*, May 2011, 50.
2. See David A. Bednar, "More Diligent and Concerned at Home," *Liahona* and *Ensign*, Nov. 2009, 17–20.
3. See, for example, Robert D. Hales, "Our Duty to God: The Mission of Parents and Leaders to the Rising Generation," *Liahona* and *Ensign*, May 2010, 95–98; David A. Bednar, "More Diligent and Concerned at Home," *Liahona* and *Ensign*, Nov. 2009, 17–20.



By Elder
Paul B. Pieper
Of the Seventy

THE BOOK OF ALMA: LESSONS FOR TODAY

The Nephites faithfully endured the trials of their day and are a witness that the Lord will provide the blessings and protection we need to successfully meet the challenges of our day.

At the conclusion of his reign, King Mosiah proposed that the monarchy be replaced with a system of judges chosen by the people. The proposed system was to be based on God-given laws administered by judges who were to be selected by the people.

The principle of agency was the foundation of the proposed system—individuals, rather than a king, would accept responsibility and accountability to act in accordance with the law. Because “it is not common that the voice of the people desireth anything contrary to that which is right” (Mosiah 29:26), this system would provide greater protection for the rights of individuals and the collective righteousness of the society.

In response to Mosiah’s proposal, the people “became exceedingly anxious that every man should have an equal chance throughout all the land; yea, and every man expressed

a willingness to answer for his own sins” (Mosiah 29:38).

The book of Alma contains the history of the people during the 40-year period after the proposed system was adopted by the people. The last chapters of Alma’s record, chapters 43 to 62, recount a period of intense challenges and testing. During this short 19-year period, the people faced internal political challenges, external threats, and almost constant armed conflict.

Twice the governmental system was threatened internally by men who sought to establish themselves as kings and deprive the people of the right to select their leaders and to worship freely. Simultaneously, the people had to defend themselves from multiple external attacks by Lamanites who were determined to destroy the Nephite government and subject the Nephites to bondage.



Through all of their challenges, righteous Nephites were able to take strength from the fact that they were acting with proper motives. Their sole intent was “to defend themselves, and their families, and their lands, their country, and their rights, and their religion.”

The economic disruption of these multiple challenges, though not specifically mentioned, was likely a significant challenge for the people. Mormon, in compiling the sacred record, felt impressed to provide a detailed account of this period. In fact, had he provided similar detail for the rest of the 1,000-year history of the Nephites, the Book of Mormon would contain more than 2,500 pages!

President Ezra Taft Benson (1899–1994) taught:

“The Book of Mormon . . . was written for our day. The Nephites never had the book; neither did the Lamanites of ancient times. It was meant for us. . . . Under the inspiration of God, who sees all things from the beginning, [Mormon] abridged centuries of records, choosing the stories, speeches, and events that would be most helpful to us. . . .

“We should constantly ask ourselves, ‘Why did the Lord inspire Mormon (or Moroni or Alma) to include that in his record? What lesson can I learn from that to help me live in this day and age?’”¹

Today Latter-day Saints throughout the world find themselves facing many of the same challenges the Nephites faced during this period of their history, including efforts to deprive members of the right to worship and speak out on issues important to the societies in which we live. Some Latter-day Saints have felt the threat of external attack and conflict with forces committed to the destruction of their nations and freedoms.

Fortunately, the Nephites were able to overcome their challenges by supreme effort, sacrifice, and help from the Lord. A few lessons about how they successfully responded to their challenges may give us guidance and courage to face our challenges today.

1. Maintain proper desires and motives.

Through all of their challenges, righteous Nephites were able to take strength from the fact that they were acting with proper motives. Their sole intent was “to defend themselves, and their families, and their lands, their country, and their rights, and their religion” (Alma 43:47). Their desire was to preserve their agency—the right to act in righteousness and to answer for their own

conduct—rather than have a king prescribe their conduct. Their motive was to preserve equality under the law, specifically their liberty to worship God and maintain their church (see Alma 43:9, 45).

There are and always will be in societies forces seeking to manipulate public opinion to obtain power for personal gain. There is a temptation to adopt their motives and turn the conflict into a power struggle. The Lord’s way is to always act based only on pure desires and motives, as did the Nephites. Doing so allowed them to draw upon the powers of heaven to overcome their challenges “in the strength of the Lord” (Alma 46:20; see also Alma 60:16; 61:18).

Similarly, in our responses to the challenges we face today, we must constantly check our hearts to be sure that our desires and motives are pure and based on the principles of the gospel of Jesus Christ. If we act (or manipulate others to act) out of selfishness, for personal gain, or to demean others, we will not have the needed heavenly help to withstand our challenges.

2. Be kind and generous to the less fortunate.

When their former enemies, the people of Anti-Nephi-Lehi, were threatened with destruction, the Nephites voted to give them a place to live and build new lives and provided them with protection (see Alma 27:21–22; 43:11–12). Because the Anti-Nephi-Lehies had taken an oath never to take up their weapons of war again, they provided instead “a large portion of their substance to support” (Alma 43:13) the Nephite armies during these critical times. Nevertheless, there is no record that the Nephites treated these immigrants with anything other than respect and love, even though they must have been an easy political target for those who wanted to stir up dissension.

The kind treatment the Nephites gave to the people of Ammon, as they came to be called, was reciprocated and eventually contributed to the formation of one of the most inspiring military brigades in recorded history—the 2,000 stripling warriors. Ironically, the service of these young men may have been the key to



A willingness to be kind and generous to the needy was an important factor in the preservation of the Nephite nation and entitled the Nephites to the blessings of heaven in their time of extremity. The kind treatment the Nephites gave to the people of Ammon was reciprocated and eventually contributed to the formation of the 2,000 stripling warriors.

preserving Nephite society from an early destruction.

In times of internal dissension, external attack, and economic challenges, there is a tendency to become negative toward those who are “not like us.” It becomes easy to become critical of them and make judgments. One might question their loyalty to and value in society and their impact on our economic well-being. These negative responses are inconsistent with the Savior’s charge to love our neighbors as ourselves, and they create polarization, contention, and isolation. Had the people of Ammon not been welcomed into Nephite society, it could have perhaps created resentment rather than gratitude in the rising generation. Instead of producing 2,000 faithful warriors, the new generation could have become alienated and rejoined the Lamanites.

A willingness to be kind and generous to the needy was an important factor in the preservation of the Nephite nation and entitled the Nephites to the blessings of heaven in their time of extremity. God’s people need such blessings today.

3. Listen to and follow inspired leaders.

The Lord knew the challenges the Nephites would face, and He raised up inspired leaders to help them meet those challenges. Captain Moroni was a warrior but was inspired to prepare breastplates, arm shields, head plates, and thick clothing to protect his people (see Alma 43:19). As a result, the Nephites fared much better in battle than did the Lamanites (see Alma 43:37–38). Later, Moroni directed the people to dig up heaps of dirt around their cities and to top those heaps of dirt with works of timbers and frames of pickets (see Alma 50:1–3). These inspired preparations helped preserve the Nephites from destruction.

While Moroni was preparing for war, Helaman and his brethren were preaching the word of God and urging the people to righteousness so that the Lord’s Spirit could guide and preserve them. By listening to the temporal and spiritual direction of inspired leaders, the Nephites were preserved. Only when internal dissensions arose and the

people refused to heed inspired warnings did setbacks and suffering result.

We are blessed to live in a day when the Lord has called living prophets, seers, and revelators to warn us and guide us to prepare for today’s challenges. In 1998, President Gordon B. Hinckley (1910–2008) gave inspired instruction and warning to Church members:

“The time has come to get our houses in order.

“So many of our people are living on the very edge of their incomes. In fact, some are living on borrowings. . . .

“The economy is a fragile thing. . . . There is a portent of stormy weather ahead to which we had better give heed.”²

Recently I spoke with a man who heard the words of President Hinckley and the promptings of the Spirit. He and his wife decided to liquidate their investments, pay off their home, and get out of debt.

Today that man is self-reliant. The economic downturn that followed had minimum impact on his family. In fact, his self-reliance made it possible for him and his wife to serve a mission.

President Thomas S. Monson has been raised up for our time. His life and teachings are the message God has sent to protect and bless us today. At a time when many worry about what they don’t have, President Monson teaches us to be grateful for the many blessings the Lord has given us. And at a time when many focus on their own problems, President Monson urges us to reach out and rescue, forgetting ourselves in blessing others. Heeding the direction of President Monson will provide our families with the spiritual protection and blessings needed in our day.

I am grateful to live in a day when the gospel has been restored. I am grateful the Lord prepared the Book of Mormon for our day. The Nephites faithfully endured the trials of their day and are a witness that the Lord will provide the blessings and protection we need to successfully meet the challenges of our day. ■

NOTES

1. Ezra Taft Benson, “The Book of Mormon—Keystone of Our Religion,” *Ensign*, Nov. 1986, 6.
2. Gordon B. Hinckley, “To the Boys and to the Men,” *Ensign*, Nov. 1998, 53.



By listening to the temporal and spiritual direction of inspired leaders like Moroni, the Nephites were preserved. Only when internal dissensions arose and the people refused to heed inspired warnings did setbacks and suffering result.




HOW TO SURVIVE IN ENEMY TERRITORY



**By President
Boyd K. Packer**

President of
the Quorum of the
Twelve Apostles



We celebrate 100 years of seminary in the Church. I hold on to a thread that goes back to the early days when the resources for this program were very scarce.

From those humble beginnings, we now have 375,008 students in seminary classes in 143 countries with over 38,000 volunteer and full-time teachers worldwide. We invest much in our youth. We know of your worth and your potential.

Wisdom Will Help You Combat the Enemy

I speak as one who has seen the past and would prepare you for the future.

You are growing up in enemy territory. When you become mature spiritually, you will understand how the adversary has infiltrated the world around you. He is in homes, entertainment, the media, language—everything around you. In most cases, his presence is undetected.

I want to tell you that which will be of most worth and most desirable. The scriptures say, “Wisdom is the principal thing; therefore get wisdom,” and I would add, “with all [your] getting get [going!]” (Proverbs 4:7). I do not have time to waste and neither do you. So listen up!

The moment I decided to be a teacher is very clear in my mind. During World War II, I was in my early 20s and a pilot in the Air Force. I was stationed on the little island of Ie Shima. This island, a small, lonely one about as big as a postage stamp, is just off the northern tip of Okinawa.

One lonely summer evening, I sat on a cliff to watch the sun go down. I was pondering what I would do with my life after the war, if I was fortunate enough to survive. What did I want to be? It was on that night that I decided I wanted to be a teacher. I reasoned that teachers are always learning. Learning is a basic purpose of life.

I first taught seminary in 1949 in Brigham City. I had been a student in that seminary in my high school days.

There were three courses originally taught in seminary: Old Testament, New Testament, and Church History. It was my privilege to add an early-morning class on the Book of Mormon. I had returned from the war with a testimony of the Book of Mormon and an understanding of how the gift of the Holy Ghost operates.

The Gift of the Holy Ghost Will Protect You in Enemy Territory

You have been taught all of your lives about the gift of the Holy Ghost, but teaching can only go so far. You can and, in fact, you must go the rest of the way alone to discover within yourself how the Holy Ghost can be a guiding and protective influence.

For young men and young women, the process is the same. Discovering how the Holy Ghost operates in your life is the quest of a lifetime. Once you have made that discovery for yourself, you can live in enemy territory and will not be deceived or destroyed. No member of this Church—and that means each of you—will ever make a serious mistake without first being warned by the promptings of the Holy Ghost.

Sometimes when you have made a mistake, you may

have said afterward, “I knew I should not have done that. It did not feel right,” or perhaps, “I knew I *should* have done that. I just did not have the courage to act!” Those impressions are the Holy Ghost attempting to direct you toward good or warning you away from harm.

There are certain things that you must not do if the lines of communication are to remain open. You cannot lie or cheat or steal or act immorally and have those channels remain free from disruption. Do not go where the environment resists spiritual communication.

You must learn to seek the power and direction that is available to you, and then follow that course no matter what.

First on your “to do” list, put the word *prayer*. Most of the time, your prayers will be silent. You can think a prayer.

You can always have a direct line of communication with your Father in Heaven. Do not allow the adversary to convince you that no one is listening on the other end. Your prayers are always heard. You are never alone!

Take care of your body. Be clean. “Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?” (1 Corinthians 3:16).

Read carefully the promises found in section 89 of the Doctrine and Covenants. The Word of Wisdom does not promise perfect health but that the spiritual receptors within you might be strengthened.

Stay away from tattoos and similar things which deface your body. Your body was created in God’s image.

Prophetic Counsel Teaches What Is True

I want to speak now in the pattern of straight talk about another matter.

We know that gender was set in the premortal world.¹ “The spirit and the body are the soul of man” (D&C 88:15). This matter of gender is of great concern to the Brethren, as are all matters of morality.

A few of you may have felt or been told that you were born with troubling feelings and that you are not guilty if you act on those temptations. Doctrinally we know that if that were true, your agency would have been erased, and that cannot happen. You always have a choice to follow

the promptings of the Holy Ghost and live a morally pure and chaste life, one filled with virtue.

President Gordon B. Hinckley announced the following in general conference: “People inquire about our position on those who consider themselves . . . gays and lesbians. My response is that we love them as sons and daughters of God. They may have certain inclinations which are powerful and which may be difficult to control. Most people have [temptations] of one kind or another at various times. If they do not act upon these inclinations, then they can go forward as do all other members of the Church. If they violate the law of chastity and the moral standards of the Church, then they are subject to the discipline of the Church, just as others are.

“We want to help . . . strengthen them, to assist them with their problems and to help them with their difficulties. But we cannot stand idle if they indulge in immoral activity, if they try to uphold and defend and live in a so-called same-sex marriage situation. To permit such would be to make light of the very serious and sacred foundation of God-sanctioned marriage and its very purpose, the rearing of families.”²

President Hinckley was speaking for the Church.

Use Your Agency to Keep or Regain Safe Ground

The first gift that Adam and Eve received was agency: “Thou mayest choose for thyself, for it is given unto thee” (Moses 3:17).

You have that same agency. Use it wisely to deny acting on any impure impulse or unholy temptation that may come into your mind. Just do not go there, and if you are already there, come back out of it. “Deny yourselves of all ungodliness” (Moroni 10:32).

Do not tamper with the life-giving powers in your body alone or with members of either gender. That is the standard of the Church, and it will not change. As you mature, there is a temptation to experiment or explore immoral activities. Do not do that!

The key word is *discipline*—self-discipline. The word *discipline* comes from the word *disciple* or *follower*. Be a disciple-follower of the Savior, and you will be safe.

One or two of you may be thinking, “I am already guilty of this or that serious mistake. It is too late for me.” It is never too late.

You have been taught at home and in seminary about the Atonement of Jesus Christ. The Atonement is like an eraser. It can wipe away guilt and the effect of whatever it is that is causing you to feel guilty.

Guilt is spiritual pain. Do not suffer from chronic pain. Get rid of it. Be done with it. Repent and, if necessary, repent again and again and again and again until you—not the enemy—are in charge of you.

Lasting Peace Comes by Repenting Often

Life turns out to be a succession of trials and errors. Add “repent often” to your list of things to do. This will bring you lasting peace that cannot be purchased at any earthly price. Understanding the Atonement may be the one most important truth that you can learn in your youth.

If you are associating with others who drag you down instead of building you up, stop and change company. You may be alone and lonely at times. The important question may be asked then, “When you are alone, are you in good company?”

Unwinding a habit that you have allowed to entangle you can be difficult. But the power is in you. Do not despair. The Prophet Joseph Smith taught that “all beings who have bodies have power over those who have not.”³ You can resist temptation!

It is not likely that you will ever have a personal encounter with the adversary; he does not show himself that way. But even if he came personally to you to test and tempt you, you have an advantage. You can assert your agency, and he will have to leave you alone.

Take Advantage of the Blessings of Seminary

You are not ordinary. You are very special. You are exceptional. How do I know that? I know that because you were born at a time and in a place where the gospel of Jesus Christ can come into your life through the teachings and activities of your home and of The Church of

Jesus Christ of Latter-day Saints. It is, as the Lord Himself has said, “the only true and living church upon the face of the whole earth” (D&C 1:30).

There are other things we could add to the list, but you know what you should and should not be doing in your life. You know right and wrong and do not need to be commanded in all things.

Do not squander these years of seminary instruction. Take advantage of the great blessing you have to learn the doctrines of the Church and the teachings of the prophets. Learn that which is of most worth. It will bless you and your posterity for many generations to come.

Not many years will pass until you are married and have children, a marriage that should be sealed in the temple. Our prayer is that you will find yourself, in due time, safely settled in a family ward or branch.

Go Forward with Hope and Faith

Do not fear the future. Go forward with hope and faith. Remember that supernal gift of the Holy Ghost. Learn to be taught by it. Learn to seek it. Learn to live by it. Learn to pray always in the name of Jesus Christ (see 3 Nephi 18:19–20). The Spirit of the Lord will attend you, and you will be blessed.

We have deep and profound faith in you.

I bear my testimony to you—a witness that came to me in my youth. And you are no different from anyone else than I am. You have as much right to that testimony and witness as anyone. It will come to you if you earn it. I invoke the blessings of the Lord upon you—the blessings of that witness to be in your life, to guide you as you make a happy future. ■

From a seminary centennial broadcast address given on January 22, 2012.

NOTES

1. See “The Family: A Proclamation to the World,” *Liahona* and *Ensign*, Nov. 2010, 129; see also Moses 3:5; Abraham 3:22–23.
2. Gordon B. Hinckley, “What Are People Asking about Us?” *Ensign*, Nov. 1998, 71.
3. *Teachings of Presidents of the Church: Joseph Smith* (2007), 211.



See the Full Address

Watch or listen to all of President Packer’s address at seminary.lds.org/history/centennial.



Do not squander these years of seminary instruction. Take advantage of the great blessing you have to learn the doctrines of the Church and the teachings of the prophets. Learn that which is of most worth.



I PRAYED FOR COURAGE

My parents are members of the Church, but they're not very active. This sometimes leads to conflicts because they believe family time should come before everything else—before going to church, magnifying my Church callings, and doing other activities.

Because I am a leader in the Primary and a member of the ward choir, my Church meetings sometimes interfere with family duties. One day when I was preparing to attend a general conference broadcast at our meetinghouse in Antananarivo, my parents reminded me that we had guests in our home.

“You'll have to choose between your family and the Church,” my mother told me. “Either you stay here with us and miss conference, or you go to conference and face punishment.”

I decided not to get into an argument with my mother. Instead, I took a moment to ask Heavenly Father to give me courage and strength. I also asked Him to help me know what to do. Should I stay home with my family or go to church and hear the voice of the prophet?

As soon as I finished my prayer, I could feel the Holy Ghost. I could feel the Spirit encourage me to tell my mother how important it was for me to go and listen to the prophet. I felt that I should tell her that I would receive wise counsel not only for my life today but also for my future.

God can do miraculous things, and He softened my parents' hearts so that they let me go to general conference without being punished. This was a remarkable experience in my

As soon as I finished my prayer, I could feel the Holy Ghost encourage me to tell my mother how important it was for me to go and listen to the prophet.

life. It confirmed to me the truth of the scripture that says, “By the power of the Holy Ghost [we] may know the truth of all things” (Moroni 10:5).

I know that if we base our actions on the principles of the gospel and listen to the Spirit, we can always be happy with our choices. This experience strengthened my testimony that God is there for us and that the Holy Ghost helps us in our lives. ■

Fy Tianarivelo, Madagascar



WHERE I BELONG

Before I joined the Church, my life was full of unhappiness. Following my parents' divorce when I was seven years old, my father went to prison. My mother was an alcoholic and lost everything that was important to her. I was sent to live with a foster family.

Because of these things, I grew up a lot faster than many of my peers. I never quite felt that I could find my place, and consequently I was constantly in a state of rebellion. When I was still very young, I began smoking and doing other things that I now understand are contrary to the Word of Wisdom. I was certain I was doomed to fail in life.

The one thing I did find happiness in was helping people—whether it was cleaning alongside them or listening to their life stories. I desperately wanted people to know they could depend on me. One year I went on vacation and met an elderly woman I decided to serve by listening to her. She was a Christian and started to talk to me about religion.

I had never really believed in God. At times, when I had thought that *maybe* He existed, I blamed Him for the troubling things I had experienced. But as this woman described the importance of faith in God, I found myself intrigued. Before I left, she said something that was particularly interesting: “The Mormons follow God’s commandments.”

I had never heard of the Mormons,

so I went home, got online, and searched. I arrived at Mormon.org and ordered a free copy of the Book of Mormon. Missionaries delivered it a few days later.

I wasn’t sure I could start to believe in God, but the missionaries helped me discover that I could not only believe in Him but also know Him. As I began to pray and study the Book of Mormon, I found myself on a beautiful journey of finding happiness. I quit smoking. I stopped blaming God and started thanking Him for the good things in my life. I came to know that His Son had suffered for my sins and for all the pain I had ever felt. On October 28, 2007, I was baptized into His Church.

If I hadn’t personally experienced the change from disillusionment to

happiness, I wouldn’t believe it is possible. Today I love my calling in Primary and am grateful to have had the opportunity to help organize a service project at a young single adult conference in Poland. To be able to regularly help others through Church service has added to the happiness I have found in the gospel of Jesus Christ. Everything I do now, I do with pure love because of Jesus Christ. I believe that life is beautiful and that even when we have challenges, if we follow the Savior, we won’t be lost.

The woman I met was right: having faith in God *is* crucial. We cannot find our place in this world if we don’t know Him. I am grateful to finally have a place where I know I belong. ■
Dorota Musiał, Poland

She said something that was particularly interesting: “The Mormons follow God’s commandments.”



TELL US ABOUT YOUR CHURCH

On a trip to visit my brother, I was seated in the back of the plane where the flight attendants sit. The two rows of seats in that area face each other.

I introduced myself to the people sitting around me and then mentioned that I would be attending Brigham Young University. A man sitting across from me said his daughter had a good friend who had just left on a full-time mission. His daughter knew a little about the Church, but he knew almost nothing. The flight attendant immediately proclaimed that she wouldn't want to belong to "that church" because it opposed women. The man said he had heard something similar—that Latter-day Saint women were considered less than men, that they couldn't hold the priesthood or preside in meetings, and that the Church was male dominated.

Then, turning to me, he asked, "How do *you* feel about that?" All seven people turned to me and waited.

My heart began pounding. As a child I had memorized the Articles of Faith for just such an encounter, and as a teenager and young adult I had practiced bearing testimony of Joseph Smith's vision and of the Book of Mormon. But I didn't have the faintest idea how to answer the man's question. I prayed silently for Heavenly Father to guide me.

Then I said the first words that came to my mind: "You simply don't know about Relief Society." The looks on their faces indicated that they didn't.

"The priesthood functions in conjunction with the women, all of whom are members of Relief Society," I explained. "We have a woman Relief Society president who guides the activities of the women in the Church all over the world. The responsibility of the women is to bring tenderness and charity into the lives of the members and especially into the lives of their families."

The people around me listened attentively.

"We live in a strange time when some women want women to act and think and be like men. But we believe God divides tasks. We expect women to be leaders among the women and joint leaders in their homes. The men lean heavily on us for counsel in these areas. It is a righteous balance. It makes our Church organizations and our homes successful. And we truly believe that the man is not without the woman, nor is the woman without the man in the Lord (see 1 Corinthians 11:11). We believe we are not whole without each other. We do not believe we were created to compete with one another but to complement one another."

I said the first thing that came to my mind: "You simply don't know about Relief Society."



I felt blessed when I had finished. I knew the words I had spoken were from the Spirit. Every person seemed satisfied with my explanation. Then the man said, "Tell us more about your church."

Then, for the next two hours, I had the joyous opportunity of talking about the Restoration, answering questions, and bearing testimony of the gospel I love. ■

Shauna Moore, Virginia, USA

SHOULD I CHOOSE WORK OR CHURCH?

My wife and I were married in 1981 in the Tokyo Japan Temple. Our life after marriage was not easy at first. I was grateful to have a job, but we had trouble meeting our expenses. We asked Heavenly Father for His help and did all we could to

make ends meet and pay our tithing. We knew that if we trusted in the Lord, He would provide for us.

One week both my wife and my friend brought me the same small clipping out of the newspaper. It was an ad for a full-time English teacher.

I sent my résumé to the

company and was asked to come in for an interview. At the end of the interview, the interviewer said, "You wrote in your résumé that you had been involved in volunteer work as a missionary for The Church of Jesus Christ of Latter-day Saints. So that means you go to church on Sundays, don't you? If you had to decide whether to go to church or to work on Sundays, which would you choose?"

It was a difficult question because I needed a better job. But after pondering, I replied, "I would go to church."

With a vague smile, the interviewer said, "Oh, I see." Then he dismissed me with the promise that the company would make a decision by that evening and that I should call to find out the results. As I left the room, I thought I had failed.

Later that evening when it came time to call, I dialed the company's number with great fear.

"What about the results of the interview?" I asked the secretary. "I failed, didn't I?"

I was stunned but happy with her answer.

"We'd like to ask you to work for us," she said.

About a month later I learned why I got the job. The secretary explained that the interviewer lived next door to full-time Latter-day Saint missionaries. He had often watched the missionaries briskly riding their bicycles to their work in the morning.



The interviewer asked me, "If you had to decide whether to go to church or to work on Sundays, which would you choose?"

"He believed that you, belonging to the same church, would work for us just as hard as the missionaries worked for their church," she said. "Lucky you!"

Since then our family has always had what we needed.

Whenever I think of this choice experience, I am encouraged and comforted. I know that God often uses other people to bless His children. I cannot adequately express how grateful I feel for my wife and my friend for their inspiration in bringing that newspaper ad to me, for those hard-working missionaries and their great example, and for our merciful, loving, and caring Heavenly Father, who has miraculous power to consecrate our experiences for our good. ■

Kenya Ishii, Japan

Chastity

IN AN UNCHASTE WORLD

Church magazines met with a group of young adults from various parts of the world to discuss the challenges and blessings of remaining chaste in a world that does not value—and even mocks—chastity. We found their open, honest, and heartfelt discussion uplifting and inspiring and hope that you might also discover in their comments something to help you value the sacredness of marriage and physical intimacy.

With so many people justifying immoral behavior, what gospel truths help you remain sexually pure?

Martin Isaksen, Norway: It says in the scriptures to be chaste. That's good enough for me.

Lizzie Jenkins, California, USA: Chastity is a commitment. You live it. It's a way of life.

Liz West, England: Understanding who I am, understanding that there is more to life than right now and just this one night helps me a lot. The plan of salvation—even though when I was a teenager I couldn't have explained it specifically—is very helpful. The concept of eternal marriage is wonderful! When people understand this commitment, they realize how incredible it is that God has put us here in families and has given us

commandments so that we will not only be safe but so that we will be happy. As I live these principles and share them with my friends, saying, "I'm not going to drink" or "I'm not going to go to this party" or "I'm not going to do this," they respect me. Eventually they actually stick up for me. Understanding that I have worth as a child of God and that Heavenly Father knows who I am and actually cares about me is a great strength.

Anna (Anya) Vlasova, Russia: It helps me a lot when I think about being part of a heavenly family. I love and respect God and don't want Him to feel ashamed of the choices I make.

Kaylie Whittemore, Florida, USA: I definitely think understanding the sanctity of families has given me a strong resolve to live the law

of chastity. Another thing is realizing that when we break commandments, there are negative consequences I don't want to experience.

Falande (Fae) Thomas, Haiti: I have really thought about how people say, "Why wait when you could have everything now?" But I've wondered about how long that kind of happiness would last. I'd rather live the law of chastity and, at the end of the day, have peace.

Hippolyte (Hip) Kouadio, Ivory Coast: One of the things that helps me a lot is the family proclamation: "We . . . declare that God has commanded that the sacred powers of procreation are to be employed only between man and woman, lawfully wedded as husband and wife."¹

The other thing that helps is how the Brethren explain chastity to us. They warn us how immorality starts and teach that when we abuse the body, we abuse the soul. Elder Jeffrey R. Holland taught that the Savior paid a price for us to one day have a resurrected body. The way we can be grateful for the price He paid is to keep our bodies clean.²

Liz: I remember a very specific

"The Savior paid a price for us to one day have a resurrected body. The way we can be grateful for the price He paid is to keep our bodies clean."

conversation I had with someone when I was about 15. We talked about how I don't believe in intimacy before marriage, and I remember her saying, "Yeah, but what if it just happens? What if one night, you just . . . ?" But I knew that I had a choice. Nothing just "happens."

It's incredible to me that Heavenly Father has given us agency and commandments to liberate us and that Satan does everything he can to bind or restrict us. The times my friend was talking about when something could "happen" were at parties where people had been drinking and were paired off. So I don't put myself in those situations. The choice shouldn't be made at the end when you say yes or no. Choice is made before, when you ask yourself, "Do I go to the party?"

Lots of people, if they don't think things through ahead of time and don't think of consequences, will do whatever they want in the moment. But if you say, "I want this as my end result; therefore I'm going to make these choices," then you'll avoid a lot of trouble.

You mentioned agency and commandments. But do covenants—baptismal covenants or temple covenants—help you live your standards?

Fae: I think about my life before I was baptized and how much more sense life makes now that I've made covenants. It's amazing how we can be forgiven because of the Atonement. When I remember my

covenants, I think about how I can repent, become better, and keep moving forward.

Anya: Especially at the temple you see an eternal perspective. The temple helps you think about your eternity and not just about today, so you make wiser choices.

Lizzie: A lot of times we believe that intimacy is bad, but it's not. It just has to be sanctioned by the right authority, at the right time, and with the right person. That's what covenants are about. You're making commitments. You're saying, "I'm really ready for this step in my life." Covenants help me because I know I'm doing things in the order that I'm supposed to. And I know if I do what Heavenly Father wants, I'll be happier.

Jonathan Tomasini, France: I wouldn't be true to myself and I wouldn't be true to God if I broke my covenants. Marriage covenants help me see that I want to be able to offer to my wife someone who has self-control, has prepared himself to be a good husband, and has kept himself pure.

There are a lot of arguments in the world—many of them seem persuasive and complex—about why the law of chastity is outdated. What arguments have you heard, and how have you responded to those who challenge your standards?

Lizzie: My senior year of high school, I remember a teacher giving us some "advice." She had married right out of high school, and it ended



THE STANDARD AND THE KEY

“The standard remains abstinence before marriage and total fidelity in marriage. However out of step we may seem, however much the standards are belittled, however much others yield, we will not yield, we cannot yield. . . .

“You had conferred upon you the gift of the Holy Ghost. There will be whisperings of approval or warning when you have decisions to make. The Holy Ghost can guide you away from evil and bring you back if you have wandered and lost your path. Never forget that you are sons and daughters of God. Satan cannot forever imprison you. You always hold the key of repentance to unlock the prison door.”

President Boyd K. Packer, President of the Quorum of the Twelve Apostles, “The Standard of Truth Has Been Erected,” *Liahona and Ensign*, Nov. 2003, 26.

badly, so she basically told us that “there are a lot of fish in the sea.” She meant that there are a lot of things for us to try, a lot of candidates to try out. I remember being shocked that my teacher would say that. Since that time I have thought that, yes, there are a lot of people, but I don’t want a lot of people!

Jonathan: Someone I know said that when she is in a relationship, she wants to see if she is sexually compatible with that person. She gave the example of dating a guy she liked, and after they were intimate, she didn’t feel they were compatible and the relationship didn’t work out. She used that experience to make her argument, and it seemed pretty persuasive. Ultimately, I explained to her that I believe you can get to know each other really well in other ways, and if you do so and build trust while living the law of chastity, there will be greater compatibility when you get married.

Anya: The most common argument I always hear is that when two people love each other, it’s OK; intimacy is just an expression of love.

Martin: Something that comes to my mind when I hear the excuse “We love each other” is a quote from President Spencer W. Kimball. He says that too often lust sneaks in the door when people think they’re in love.³ That’s the case for many people when they are intimate before marriage: it’s lust even though they think they love each other. If they really did love each other, they’d respect each other more,

support each other, and understand that there’s a time for intimacy. And, to me, intimacy before marriage shows that you’re not really going to support each other as much as you think you will. Because if you’re not able to help each other in living your standards now, then how are you going to support each other later?

Kaylie: Some people who don’t believe in God feel that the Bible and the law of chastity are out of date. I had some friends in high school who were basically atheist or agnostic—and I had one friend who didn’t really believe in the teachings of her religion. She just lived according to what she wanted, what she felt was right for her. Physical intimacy, from her point of view, is self-gratifying, and anything that would restrict that gratification is undesirable.

I think my friend was surprised that I believed in the Bible and God’s commandments, but I tried to help her understand that I don’t view the commandments as restrictions; I live them because they make me happier. Although we disagreed, she respected me, and we remained great friends.

Liz: All of these arguments have responses in basic gospel principles. When you believe that there is a God, when you believe that there is a greater plan, when you believe that there is accountability, when you believe that there is someone who loves you and cares about you, and when you believe that you have

intrinsic worth because you are a child of God—then you're much more likely to consider yourself worthwhile and respect your body. When people don't know or believe these principles, they look to other people and places to see what they're worth.

What influences or examples have helped you commit to live the law of chastity?

Hip: I had a roommate who was engaged. One day we were talking about his upcoming marriage, and someone asked, "What are the commitments you two think will help you stay strong?" His answer was, "Not keeping the law of chastity could destroy our relationship. So we decided that we wouldn't do anything

"I don't view the commandments as restrictions; I live them because they make me happier."

we would not feel comfortable doing in front of the bishop or our parents." That still has an influence on me.

Jonathan: Now that I'm a young adult, it's easier to listen to the prophets and ponder about the things Church leaders say. Before that though, I think a lot of responsibility rests with our parents and families. The Church can provide information and a lot of great things, but the examples of my family really helped me realize that the gospel is a good thing and that it makes us happy.

Liz: When I was growing up, the closest Church member my age lived an hour and a half away, so there were no other members at school. But something I really appreciated was that even though there was just me, my leaders always came to Mutual; they always came to seminary; they always came to teach my lesson—every single time. They never said, "Well, we've got just one student so we're not going to have class today." I'm sure I learned a lot, but what I really remember is that my leaders were consistent. And because of them, I had opportunities to feel the Spirit.

I think we can never fully appreciate the gift of the Holy Ghost. Even though I had my parents and my family and my leaders, when I was at school I was by myself. But the Spirit was with me. So whatever keeps the Spirit in someone's life will be a great influence in helping that person keep the law of chastity.

Lizzie: One of my biggest influences was gaining a testimony for myself. If you are not rooted strongly in the gospel, it's really easy to take a different path. But if you start with making sure you have a strong gospel foundation, everything else will follow.

Hip: When you want to be physically strong, you work out, and when you work out, you get results. If we apply that in a spiritual way, we have to work out spiritually. There are many things we have to do for a spiritual workout, such as reading the scriptures and doing everything we can to have the Spirit. We also have to set righteous goals and work toward those goals. But to reach those goals, we cannot go it alone. We have to have the Lord with us. From Him we get the strength and the Spirit to overcome our challenges. Then we can follow President Thomas S. Monson's plea:

"Do not let your passions destroy your dreams. Withstand temptation.

"Remember the words from the Book of Mormon: 'Wickedness never was happiness.'"⁴ ■

NOTES

1. "The Family: A Proclamation to the World," *Liahona* and *Ensign*, Nov. 2010, 129.
2. See Jeffrey R. Holland, "Of Souls, Symbols, and Sacraments," in *Brigham Young University 1987–88 Devotional and Fireside Speeches* (1988), 77–79.
3. "At the hour of sin, pure love is pushed out of one door while lust sneaks in the other. Affection has then been replaced with desire of the flesh and uncontrolled passion. Accepted has been the doctrine which the devil is so eager to establish, that illicit sex relations are justified" (*Teachings of Spencer W. Kimball*, ed. Edward L. Kimball [1982], 279).
4. Thomas S. Monson, "Be Thou an Example," *Liahona* and *Ensign*, May 2005, 113.

“What does it mean to honor the priesthood of God?”

The priesthood is the power by which Heavenly Father and Jesus Christ perform Their work. It is the greatest power on earth. By the priesthood, ordinances are performed, blessings are given, temple work is accomplished, the gospel is preached, and miracles are performed.

Priesthood holders represent the Savior, so they honor the priesthood by doing what the Savior would do if He were here. They honor the priesthood by living worthy of it. They honor the priesthood by their dress, actions, words, service, and even thoughts.

Young women can also honor the priesthood by keeping their baptismal covenants and by reverently participating in priesthood ordinances such as the sacrament or temple work. They can support their fathers, brothers, and other priesthood holders in keeping the commandments and living worthy to perform their priesthood duties.

We all can honor the priesthood by serving faithfully in our callings, by respecting those who hold the priesthood, by respecting the work it accomplishes, and by respecting the ordinances and covenants it helps us receive.

Act Like a Representative of God



If we can start to understand how wonderful it is that God granted us this gift, then honoring the priesthood becomes simple: act with gratitude and respect toward the power you were entrusted. Ask yourself, If everyone

around me knew that I held God’s power, would they think more or less of Him? That’s what honoring the priesthood is—it’s realizing that you are a representative of God and doing your best to act in a way that shows respect for the trust He has placed in you.

Mason R., age 19, Colorado, USA

Be Virtuous



As a young woman I could say that I don’t need to honor the priesthood. But all young women do need to. We honor the priesthood by being virtuous. We honor the priesthood by helping the young men have clean thoughts. We dress modestly and speak with clean language. By doing this, we help young men to honor the priesthood, so we are also honoring the priesthood.

Marisa B., age 14, Arizona, USA

Do Your Duty to God

The main way to honor the priesthood is, in my opinion, to do the things that the Lord Himself would do if He were here on the earth, because we represent Jesus Christ. It means we fulfill all the commitments, duties, and promises that we made to God when we were ordained to the priesthood. By honoring His priesthood, we follow His command to “arise and shine forth, that [our] light may be a standard for the nations” (D&C 115:5). We help others know that many authorized servants of God are on earth.

Bismarck B., age 18, Santo Domingo, Dominican Republic

Show Respect for the Priesthood

I think that honoring the priesthood is having respect and confidence in using the priesthood. When you have members of the Aaronic Priesthood who respect the priesthood and

the sacrament as much as we do in our ward, then you can have some great experiences in passing and preparing the sacrament. We all wear white shirts with ties. We know that it makes a great effect in the ward, and it has made an effect on me. I know that holding the priesthood is the best thing that has ever happened to me.

Hansen B., age 15, Texas, USA

Remember the Savior



The priesthood is the only true power of God on earth and shows us the path to return to Him. When we think of honoring the priesthood, we think of following the teachings from President Thomas S. Monson and the other Apostles. The best way to honor the priesthood is to do the things we are taught, which allows us to remember the Savior. When we remember Him, His Spirit will be with us. Having the Spirit allows us to stay on target and be an example of gospel standards.

Sunday School class: Kylie E., Jaiten B., Joseph E., Alexandra R., Kaylie V., Alisha F., and Haylee W. (not pictured); Idaho, USA

Uphold the Priesthood

Honoring the priesthood means to me that young men respect and uphold the gift that the Lord has

given them. When I see a young man respect the priesthood, I feel so much more at peace and I have more respect toward that young man. Heavenly Father has entrusted him with the priesthood, so I feel that it is a young man's duty not only to hold the priesthood but also to uphold it.

Melinda B., age 16, Washington, USA

Don't Compromise Your Standards

Honoring the priesthood means not putting yourself in situations where you know you might compromise your standards. When we studied the Old Testament in seminary, we found in Genesis 39 the example of Joseph of Egypt honoring his priesthood by running away from the advances of Potiphar's wife.

One way for young women to help

us honor the priesthood is to follow *For the Strength of Youth* standards and dress modestly.

Joseph B., age 16, Texas, USA



IT IS SACRED

"Young men and young women . . . should honor [the priesthood] and recognize it as something that is sacred, . . . for it is by

virtue of this authority that the ordinances of the gospel are performed throughout the world and in every sacred place, and without it they cannot be performed. Those also who hold this authority should honor it in themselves. They should live so as to be worthy of the authority vested in them."

President Joseph F. Smith (1838–1918),
Teachings of Presidents of the Church:
Joseph F. Smith (1998), 144.

NEXT QUESTION

"What do I say to nonmembers who ask why some members of the Church aren't living our standards?"

Send your answer by November 15 to liahona@ldschurch.org or to:

Liahona, Questions & Answers 11/12
50 E. North Temple St., Rm. 2420
Salt Lake City, UT 84150-0024, USA

Responses may be edited for length or clarity.

The following information and permission must be included in your e-mail or letter: (1) full name, (2) birth date, (3) ward or branch, (4) stake or district, (5) your written permission, and, if you are under age 18, your parent's written permission (e-mail is acceptable) to publish your response and photograph.

BE WISE AND BE A FRIEND





**By Elder
Robert D. Hales**
Of the Quorum of the
Twelve Apostles

*Learn and gain knowledge
and wisdom in your youth.
And lift and strengthen
those around you.*

If you really want to be able to have a good life, you'll want to follow the counsel found in the scriptures: "Learn wisdom in thy youth; yea, learn in thy youth to keep the commandments of God" (Alma 37:35). The learning process can be summarized in the following way:

We all start with basic intelligence. We add knowledge to that with the learning that comes through the classroom and reading. We add life's experiences. And then we get to the fourth step: wisdom. That's where the world stops. But we have something the world does not have. Upon baptism and confirmation, we were given the gift of the Holy Ghost. Based on our faithfulness to the laws, ordinances, and covenants we take upon ourselves at baptism, to regular and frequent sacrament meeting

commitments, and to priesthood and temple covenants, we will always have the gift of the Holy Ghost to teach and direct us. The Spirit leads us to act and to do. We all have spiritual gifts and talents (see D&C 46).

Wisdom plus spiritual gifts lead to an understanding in the heart. "Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding" (Proverbs 4:7). It is important to cultivate wisdom and understanding in your youth.

An experience from my youth taught me something about wisdom. I was a city boy, so my father sent me to work on my uncle's ranch in western Utah. While I was there, I never could understand why the cattle, with thousands of acres to choose from, would put their heads through the barbed wire to eat the grass on the other side of the fence. Have you ever thought about how much we're like that? We will always push to see what the outer limits are, especially in our youth. As human beings—the

natural man—we tend to push up to the barbed wire and stick our head through it. Why do we do that?

We can have so much joy in life without pushing the limits. Remember, "wisdom is the principal thing," and with that wisdom, "enter not into the path of the wicked, and go not in the way of evil men. Avoid it, pass not by it, turn from it, and pass away" (Proverbs 4:14–15). Don't come close. Don't put your head through the barbed-wire fence.

Do You Have Good Friends?

You will notice that, along with these teachings on wisdom, the book of Proverbs also teaches about choosing good friends: "Enter not into the path of the wicked, and go not in the way of evil men" (Proverbs 4:14). "My son, walk not thou in the way with them; refrain thy foot from their path: for their feet run to evil" (Proverbs 1:15–16).

How do you know if you have good friends? I will give you two tests. If you apply these tests, you

will never go into strange paths and wander off the “strait and narrow path which leads to eternal life” (2 Nephi 31:18).

1. **Good friends make it easy to live the commandments when you are with them.**

A true friend strengthens you and helps you live the gospel principles that will assist you to endure to the end.

2. **A true friend will not make you choose between his or her ways and the ways of the Lord,** thus taking you off the strait and narrow path. The adversary roams this earth and wants so much to have each one of us fall. If your friends are taking you on paths of wickedness, depart from them now. Choose your friends wisely.

What Kind of Friend Are You?

Now I ask a difficult question: what kind of friend are *you*?

There is more to life than saving ourselves. We are commissioned to lift and to strengthen all those around us. The Lord wants us all back to Him together.

You are a lighthouse, and there is nothing more dangerous than a fallen lighthouse. Remember who you are: you are a light to the world, to your friends, to your brothers and sisters. You are who they look to.

Proverbs 4 continues:

“But the path of the just is as the shining light, that shineth more



Be a light to the world and lead and guide those around you in paths of righteousness. They are depending on you as a faithful lighthouse.

and more unto the perfect day.

“The way of the wicked is as darkness: they know not at what they stumble” (verses 18–19).

They really don’t know why they’re stumbling. They have no light, no direction.

Do you know what it is like to depend on a lighthouse when the light is not there? Darkness results, and we are lost.

When a pilot loses electrical power, he has no indicators except those things that work without

electricity. He feels totally helpless when he is in a single-seated fighter 40,000 feet (12,200 m) in the air being buffeted around by clouds and such. He doesn’t have any direction. I came through an experience like that, and I’m glad I’m here. It’s an experience that I will never forget. You too may someday find yourself in such a position. There is nothing as dangerous as a fallen lighthouse, especially when you’re depending on the light.

Is someone depending on your light to guide him or her? Be a good example. Be a light to the world and lead and guide those around you in paths of righteousness. They are depending on you as a faithful lighthouse. Be there when someone needs you.

The Spirit is the guiding light that brings joy and happiness. May we never be denied the Spirit to be with us because of our conduct. Oh, how I pray that we will never be alone and sad in this “dark and dreary” world (1 Nephi 8:4).

May the Lord’s blessings be with you as you strive to learn and gain knowledge and wisdom in your youth. May you also gain wisdom and understanding in your hearts of the gospel truths by obedience and also by the light of the Spirit, the Holy Ghost. Be a good friend. Lift and strengthen those around you. Make the world a better place because you were here. Help your friends stay on the strait and narrow path, endure to the end, and return with honor. ■

DRESSING *for a Dance*

By Crystal Martin

I was tempted to follow the crowd, but then I realized I needed to be an example instead.

When I was a teen, it was sometimes hard to live the gospel. The area I lived in didn't have many Church members, and my friends who were not members of the Church sometimes made it harder for me to stay on the right track.

"You should wear this; it would bring out the color in your eyes," one of my friends said to me before a dance. She held up a dress she was going to let me borrow, but it didn't have sleeves. I decided to wear the dress with a jacket.

When I got to the dance, nobody else was wearing a dress with sleeves, and I felt like I stood out. When I started getting too warm, my friends

told me I should just take off the jacket and that I would look better anyway.

Just as I was about to justify taking off the jacket, I remembered my patriarchal blessing. My blessing told me I would have many temptations and if I fell, many individuals would follow me. That was when I realized I needed to stay on the right track—not only for myself but for others who looked up to me. I decided to keep the jacket on.

Sometimes I was made fun of for not doing the things everybody else was doing, but I stayed strong and was blessed because of it. I later learned that many people had looked up to me. Some of my friends even

told me they respected me for following my standards. They apologized for giving me such a hard time for not doing the things everybody else was doing in high school.

Because I followed the standards of the Church and tried to be an example, I was able to have missionary experiences and teach the gospel to others. I would not have been able to influence others if I hadn't stayed on the right track. ■



STANDARDS OF DRESS

"Never lower your standards of dress. Do not use a special occasion as an excuse to be immodest. . . . Young women should avoid . . . clothing that does not cover the shoulders."

For the Strength of Youth (booklet, 2011), 6, 7.

Dress and Appearance

“LET THE HOLY SPIRIT GUIDE”



By Mary N. Cook
First Counselor in
the Young Women
General Presidency

As Christ’s representatives, we show respect for our bodies “at all times and in all things, and in all places” by abiding by certain standards.

Kim has consistently worn modest clothing. The other day I asked for her opinion on what she considers to be a modest skirt, a modest blouse, and a modest swimsuit. Instead of coming up with exact measurements for hemlines and necklines, we discussed the principles surrounding modesty and the challenge of finding modest clothing that looks attractive. We had fun brainstorming ways to creatively lengthen a skirt. Finally Kim said, “If I’m not comfortable when I first put something on, it usually means it’s immodest and I won’t be comfortable wearing it. I’ve learned to never buy it. I just put it back on the rack.”

As Kim strives to live worthily, the Holy Ghost can guide her in her clothing choices. She lives the standard of modesty generously and doesn’t try to alter the rules of dress and appearance. She understands that her body is a temple (see 1 Corinthians 3:16) and that she has a responsibility to care for, protect, and properly clothe it.

As a temple is built, great care is taken to

ensure it is protected and beautifully adorned, inside and out. A key to planning temples is the understanding that a temple *represents* the Lord—it is His house. We *respect* temples as sacred structures where only those who are worthy may enter. We *revere* temples because the sacred ordinances and covenants in which we participate make it possible for us to return to our Heavenly Father.

Your body is more precious than the most exquisite temple on earth. You are God’s beloved son or daughter! These same principles—representation, respect, and reverence—apply even more so to the care and protection you give your body.

Representation

Each week as we partake of the sacrament, we take upon us the Savior’s name. We are His representatives on earth. One of the guidelines in *For the Strength of Youth* states: “Through your dress and appearance, you can show [the Lord] that you know how precious your body is. You can show that you are a disciple of Jesus Christ and that you love Him.”¹

When one young woman read this statement, she decided she didn’t want to walk even close to the line of immodesty. Immediately she removed anything in her wardrobe that wasn’t consistent with being

a representative of the Savior. She said, “I would be smart if I didn’t even try on anything in stores that I knew I shouldn’t wear. Why be tempted?” The principle of representation helped her make that firm resolve.

Respect

As Christ’s representatives, we show respect for our body “at all times and in all things, and in all places” (Mosiah 18:9) by agreeing to abide by certain standards. The Lord requires that only those who are clean may enter the temple. Your choice to be virtuous is evidence of your respect for the Lord and your physical body.

We should also show respect for others’ bodies and help them live virtuous lives. Elder M. Russell Ballard of the Quorum of the Twelve Apostles said: “[Young women] need to understand that when they wear clothing that is too tight, too short, or too low cut, they not only can send the wrong message to young men with whom they associate, but they also perpetuate in their own minds the fallacy that a woman’s value is dependent solely upon her sensual appeal. This never has been nor will it ever be within the righteous definition of a faithful daughter of God.”²

Young women, respect your body and help others, particularly young men, maintain virtuous thoughts and actions. Respect your body, knowing that *daily* righteous living gives you *eternal* value.

Reverence

Elder Robert D. Hales of the Quorum of the Twelve Apostles taught us: “Just as the temple grounds portray the sacredness and reverence

for what takes place inside the temple, our clothing portrays the beauty and purity of our inner selves. How we dress portrays whether we have proper respect for . . . ordinances and eternal covenants and whether we are preparing ourselves to receive them.”³

Show your reverence for our Savior’s atoning sacrifice by wearing your “Sunday best” to participate in the ordinance of the sacrament. “Young men should dress with dignity when officiating in the ordinance of the sacrament.”⁴ Young women, dress modestly.

Arise! Be the example of modest dress at home, at school, on the beach, at dances, or when playing sports. Follow Kim’s example when choosing your clothing, letting the Holy Spirit guide you in your decisions. “Ask yourself, ‘Would I feel comfortable with my appearance if I were in the Lord’s presence?’”⁵

If you live these three principles—representation, respect, and reverence—when you are choosing your attire, you *will* “shine forth” (D&C 115:5) as the Savior’s beloved representatives. ■

NOTES

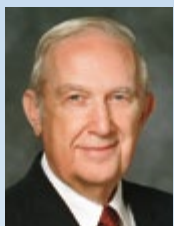
1. *For the Strength of Youth* (booklet, 2011), 6.
2. M. Russell Ballard, “Mothers and Daughters,” *Liahona* and *Ensign*, May 2010, 20.
3. Robert D. Hales, “Modesty: Reverence for the Lord,” *Liahona*, Aug. 2008, 20; *Ensign*, Aug. 2008, 36.
4. *For the Strength of Youth*, 8.
5. *For the Strength of Youth*, 8.



STRENGTHENED

BY THE WORD

Teens testify of times when scriptures taught them, comforted them, and guided them.

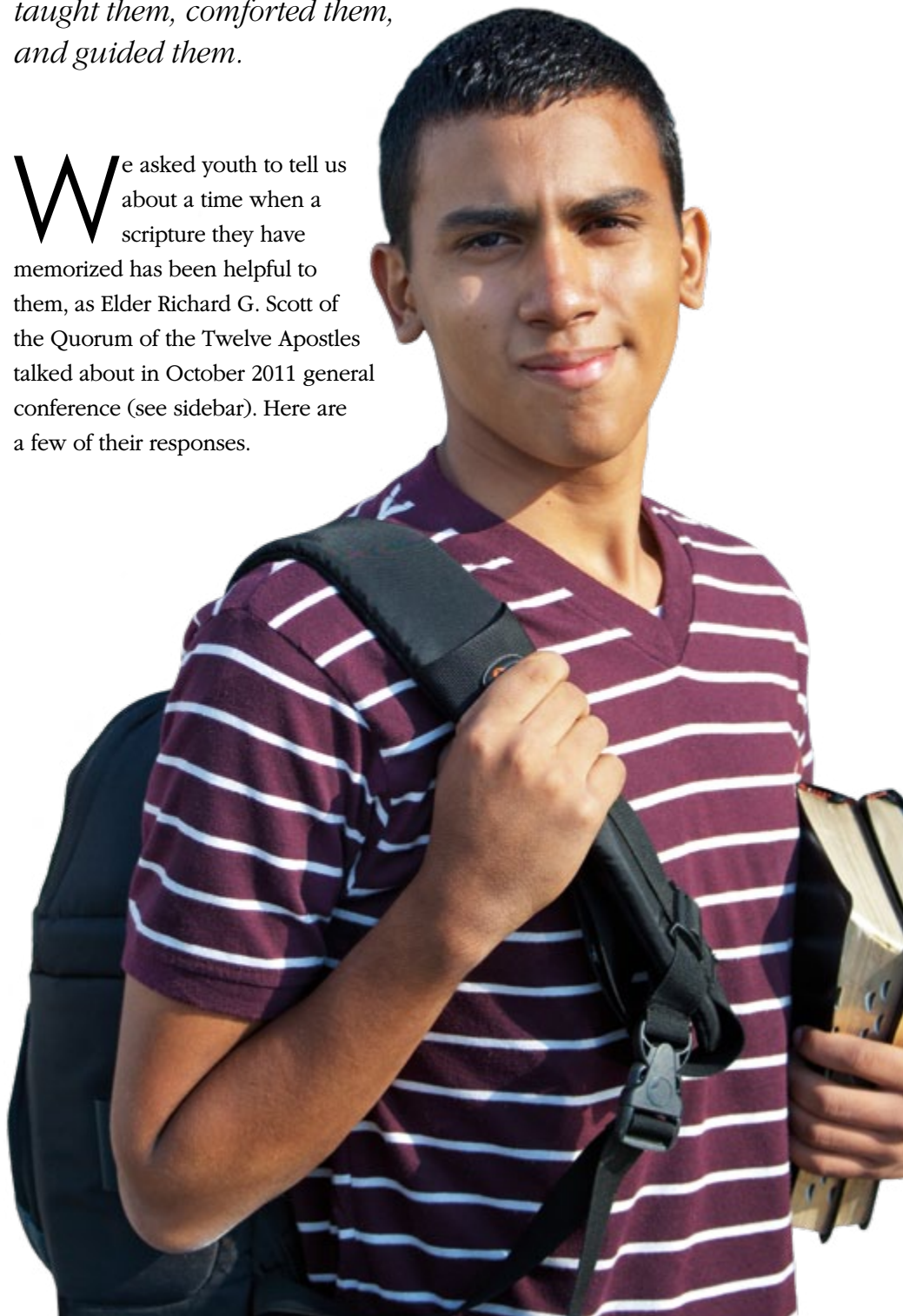


SCRIPTURES HELP IN TIME OF NEED

“Scriptures are like packets of light that illuminate our minds and give place to guidance and inspiration from on high. . . . Great power can come from memorizing scriptures. To memorize a scripture is to forge a new friendship. It is like discovering a new individual who can help in time of need, give inspiration and comfort, and be a source of motivation for needed change.”

Elder Richard G. Scott of the Quorum of the Twelve Apostles, “The Power of Scripture,” *Liahona* and *Ensign*, Nov. 2011, 6.

We asked youth to tell us about a time when a scripture they have memorized has been helpful to them, as Elder Richard G. Scott of the Quorum of the Twelve Apostles talked about in October 2011 general conference (see sidebar). Here are a few of their responses.



Peace unto My Soul

“My son, peace be unto thy soul; thine adversity and thine afflictions shall be but a small moment” (D&C 121:7).

The scripture that has given me the most comfort over the years is Doctrine and Covenants 121:7, when the Prophet Joseph Smith was in Liberty Jail crying out to Heavenly Father for help. I memorized this verse in seminary and recall it when I need comfort. It reminds me that my Father in Heaven loves me and is aware of my trials. I have used this verse to bring me peace in times of frustration and weakness.

This verse helped me when I was at a party that turned into an environment I knew I shouldn't be in. I politely told my friends no when they asked me to drink or smoke. This verse gave me the strength I needed to stand up for my beliefs.

This verse also helped me make a difficult decision. My friend and I had been inseparable for five years. We played

sports together, went on trips together, and hung out every weekend. But she began hanging out with an older group of friends who I didn't want to be around. In the end she made me choose between having her as a friend or sticking to my beliefs regarding the Word of Wisdom and the law of chastity. I was devastated. I never knew that standing up for what I believed could be so hard. But I chose to make new friends, always keeping in mind Heavenly Father's promise to Joseph Smith that everything would work out all right.

Nothing is worth compromising my beliefs, and I experience true and lasting joy when I choose the right. This scripture has strengthened my testimony and provided help when I needed it.

Lauren J.

age 16, Arkansas, USA

Weak Things Become Strong

Months before the entrance exam for high school, I did not feel prepared. I was sure that it would be impossible to do well. So I turned to my Heavenly Father in prayer. While I was praying, these words came to my mind: “If men come unto me I will show unto them their weakness. I give unto men weakness that they may be humble; and my grace is sufficient for all men that humble themselves before me; for if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them” (Ether 12:27).

I realized that when I pray to Heavenly Father for strength to face challenges and tests, He blesses me and helps me overcome my weaknesses. Presenting my concern to the Lord was the best decision I could make. He is the best teacher, and I know He helped me.

Irvin O.

age 16, El Salvador





Pray Always

“Pray always, that you may come off conqueror; yea, that you may conquer Satan, and that you may escape the hands of the servants of Satan that do uphold his work” (D&C 10:5).

This verse helps me face temptations. When I’m about to do something I know is wrong, this verse and its message pop into my mind. Every single time I pray after I have that prompting, I get the help that I need to overcome the temptations I’m faced with.

Jesse F.

age 17, Utah, USA

I Am with Thee

“Be patient in afflictions, for thou shalt have many; but endure them, for, lo, I am with thee, even unto the end of thy days” (D&C 24:8).

Memorizing this scripture has been a blessing, especially when I have felt scared or alone.

Whenever I remember it, I gain courage and feel better. As young men and young women, we need guidance and support, especially when confronting difficult trials and challenges. Even though sometimes the future seems uncertain or discouraging, I know that I can trust in the Lord and receive His warm embrace.

When I was little, I was taught at home and in Primary that the Lord would always be by my side if I did my part. Because of those teachings and also this scripture, I know that I can count on Him always.

Sofia I.

age 15, Uruguay



SET A GOAL

Consider setting a goal to memorize some scriptures. You could memorize scripture mastery verses in seminary or as part of Duty to God or Personal Progress.

STRAIGHT AND NARROW IS **THE WAY**

There are many paths to choose,
but only one leads to eternal life.

(See 2 Nephi 9:41; 31:17-21; Alma 7:9.)



Moving On from

When it's time to move on to Young Men or Young Women, here are some of the experiences you have to look forward to!

WHAT'S YOUNG MEN ALL ABOUT?



The Aaronic Priesthood—Serving Others for the Savior

Passing the sacrament
Collecting fast offerings
Strengthening your family

Duty to God

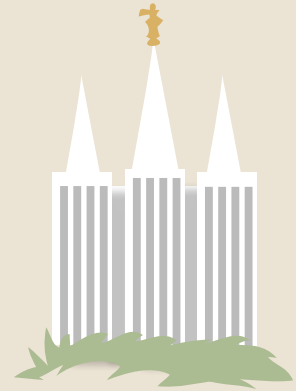
Learning and doing new things
Sharing with others
Developing a closer relationship with Heavenly Father

For the Strength of Youth

Standards to make you strong

Activities

Serving with your quorum
Mutual fun!



Going to the Temple

Being baptized for those who have died
Preparing to make covenants
Feeling the Holy Ghost

Preparing Yourself

For a mission
For marriage and fatherhood

Dear Primary young men,

When you turn 12, you will be old enough to receive the Aaronic Priesthood. This is very important. When God gives you His priesthood, He will be telling you He trusts you. It will be your sacred duty to serve others as the Savior would.

Now is the time to start preparing. Watch and listen to the priesthood holders around you as they bless and pass the sacrament, baptize, give blessings, serve missions, and lead families. Always do your best to live the gospel standards. Then

you will be prepared for that great day when you will receive the Aaronic Priesthood.



Sincerely,
David L. Beck
Young Men general president

Primary

WHAT'S YOUNG WOMEN ALL ABOUT?

New Friends

Learning and having fun together
Supporting one another

Increasing Your Faith in Jesus Christ

Standing for truth and righteousness
Sharing your testimony

Personal Progress

Learning new things
Setting goals and growing in virtue

For the Strength of Youth

Standards to make you strong

Going to the Temple

Being baptized for those who have died
Feeling the Holy Ghost
Preparing to make covenants

Activities

Serving together
Mutual fun!

Preparing Yourself as a Daughter of God

To be a leader and a good example
To become a faithful wife and mother



Dear Primary young women,

We are so excited for the day when you will join Young Women! You are a precious daughter of Heavenly Father. In Young Women you will learn to stand as His witness at all times and in all things and in all places. You will receive a necklace to remind you to stand for truth and righteousness and let the Savior's light shine to all the world. Your Personal Progress book will help you study the scriptures, set personal goals, and progress on the path to the temple. All these things will help you prepare to be a wife and mother and a great leader in the world.

Sincerely,

Elaine S. Dalton

Young Women general president



PHOTOGRAPH © BUSATH PHOTOGRAPHY

Dear Amiga

Hello from Mexico! I was excited to get your letter and hear about your birthday coming up. It sounds like you're a little nervous about leaving Primary. Can I tell you about when I went into Young Women?

I was nervous about leaving Primary too. I was worried that I might not make any friends. I was scared of being one of the youngest girls instead of one of the oldest.

But it all worked out just fine. The bishop interviewed me before my birthday and told me the change would be a good thing. On Sunday, I still felt shy and stayed in the Primary room. Luckily, one of the Young Women leaders found me there. She said, "I thought I would find you here! Come on, it's time to go to class."

Sister Diaz welcomed me in opening exercises, and she gave me three books that I've come to love: *For the Strength of Youth*, *Young Women Personal Progress*, and a journal. As I looked around the room, I realized that I knew some of the girls there from Primary. Some of the girls I didn't know said hi to me. Soon I felt peace instead of fear.

Things just kept getting better after that. Mutual activities have been special to me because they've taught me how to live the gospel and how to help my family and friends. And going to camp each year is so much fun! Now that I'm a Laurel, I hope to finish *Personal Progress* soon. I can't wait to wear the Young Women medallion so it can remind me of how much I have grown nearer to my Heavenly Father over the years.

So don't be fearful, my friend. Spread your wings and fly to Young Women. I promise you won't be sorry.

Love,
Maribel

Welcoming a New Season of Life

By Marissa Widdison

Church Magazines

Do you live in an area where the trees change color to get ready for the winter? These four friends do. Noah B., Dylan L., Patrick M., and Ben M. all live on Prince Edward Island off the east coast of Canada. Like the trees, these boys are getting ready for a new season of life. They are all turning 12 within a year of each other, and that means saying good-bye to Primary and hello to Young Men. Here's what they had to say about growing up and moving on.

Be Yourself

When Noah moved here, his new friends helped him adjust to life on the island. Now, as the oldest in the group, he's helping them get used to life in Young

Men. "I was worried about being accepted and getting to know the others," Noah said about starting Young Men. "Going to the activities really helped." Noah's favorite Primary song is about the army of Helaman, and that's how he sees the priesthood quorum—as being together, united.

His advice? "Be yourself."

Respect the Priesthood

For Patrick, getting the priesthood is not about turning a certain age. It's about being worthy and prepared. "You don't get the priesthood just because you're 12," Patrick said. "You have to be prepared."

Dylan understands how important preparation is. He tries to get to church 15 minutes early to spiritually prepare to pass the sacrament. "I've passed the sacrament three or four times, and each time the Spirit

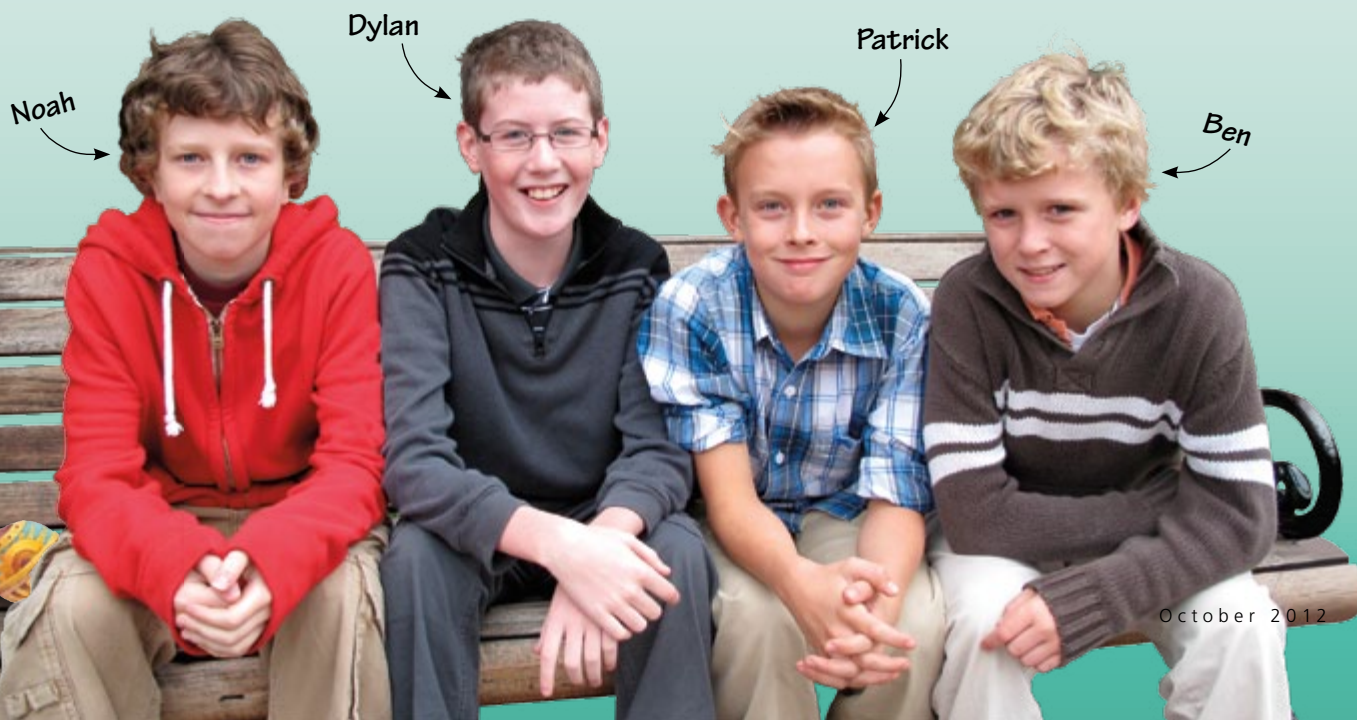
touches my heart. I don't think I'll ever get used to it," he said.

Ben said that passing the sacrament reminds him of the Last Supper: "Jesus was standing there. We're standing where Jesus was, and He wants us to be there."

Look to the Temple

Ben is working on earning his Faith in God Award and is looking forward to doing baptisms for the dead for the first time. "I haven't been inside the temple yet, but other people always give testimonies about how warm and good they feel after they go," Ben said.

Noah went on his first visit to the temple recently. He said that the young men in his quorum treated him like family. "You might feel nervous, but there will be people there to help you," he said. "You will feel welcome." ■



Come, Lord Jesus

Simply ♩ = 72-84

From the Church production of
Savior of the World: His Birth and Resurrection



1. Come, Lord Je - sus, to the man - ger; May we see Thy ten - der face?
2. Come, Lord Je - sus, to the wound - ed, Bro - ken heart and bend - ed knee.
3. Come, Lord Je - sus, great Re - deem - er, Light of morn - ing from the East.

Great Cre - a - tor, here a strang - er, In - fant in this hum - ble place.
Worth - y Lamb, Thy love un - bound - ed, Bid our souls to rest in Thee.
We will be Thy chil - dren ev - er; Dry our tears, all weep - ing cease!

Dark - ness scat - ter, morn - ing swell; Come, dear Lord Im - man - u - el.
Come in glo - ry to the earth; Come to us to rule and reign.
Come in glo - ry to the earth; Come to us to rule and reign.

Come, Lord Je - sus, to the man - ger, Come, Lord Je - sus, come!
Rea - dy us to kneel and greet Thee; Come, Lord Je - sus, come!
Rea - dy us to kneel and greet Thee; Come, Lord Je - sus, come!

Savior of the World: His Birth and Resurrection was written and composed under the direction of the First Presidency and the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints.

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Elder Dallin H. Oaks of the Quorum of the Twelve Apostles shares some thoughts about this subject.

Why is it **IMPORTANT** that I follow **JESUS CHRIST** faithfully, no matter where I am?



Jesus Christ is the
Only Begotten and
Beloved Son of God.



He is our Creator. He is
the Light of the World.
He is our Savior from
sin and death.



This is the most
important knowledge
on earth, and you can
know this for yourself.



We are followers of
Jesus Christ. There is
no middle ground.



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

Blessings of the Priesthood Are Available to All

When Joseph Smith was translating the Book of Mormon, he and his scribe Oliver Cowdery had a question. They went into the woods to pray about it. While they were praying, “a messenger from heaven

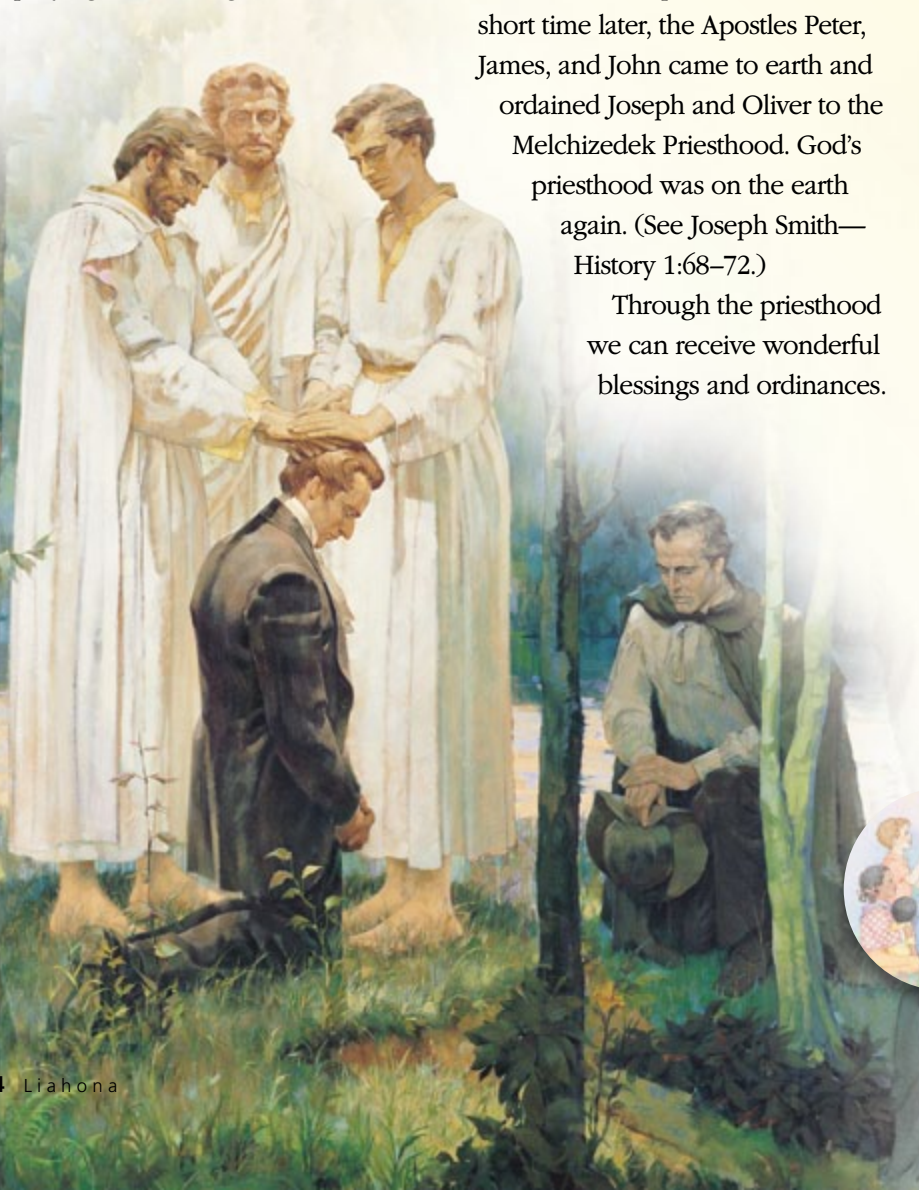
descended in a cloud of light.” This messenger was John the Baptist. He laid his hands on Joseph’s and Oliver’s heads and gave them the Aaronic Priesthood. John the Baptist then commanded Joseph and Oliver to baptize each other. A short time later, the Apostles Peter, James, and John came to earth and ordained Joseph and Oliver to the Melchizedek Priesthood. God’s priesthood was on the earth again. (See Joseph Smith—History 1:68–72.)

Through the priesthood we can receive wonderful blessings and ordinances.



Such blessings include those given to newborn babies, to the sick, and to children by their fathers or other worthy priesthood holders. We must also receive certain priesthood ordinances to return to Heavenly Father. Some of these ordinances include baptism by immersion, receiving the gift of the Holy Ghost, and sacred temple ordinances that can seal families together forever. Also in the temple, ordinances can be performed for people who have passed away without the blessings of the gospel. Blessings of the priesthood are available to all! ■

LEFT: THE RESTORATION OF THE MELCHIZEDEK PRIESTHOOD, BY KENNETH RIEY © 1945 IRI; INSET: ILLUSTRATION BY PHYLLIS LUCH © 1988 IRI; BLESS THEM IN HIS NAME, BY WALTER RANE © IRI; RIGHT: ILLUSTRATIONS BY REBECCA MILLER



Song and Scripture

- Choose a song about the priesthood from the *Children's Songbook*
- Doctrine and Covenants 84:35

CTR ACTIVITY

The Priesthood Helps People

The priesthood is God's power to serve and bless people through ordinances and blessings. In these pictures, draw yourself into the scene.



Priesthood holders bless and pass the sacrament. Draw yourself on the bench, ready to take the sacrament.



Priesthood blessings can be administered to the sick. Draw yourself in bed, not feeling well.

Just You

In the Pearl of Great Price, turn to Joseph Smith—History 1:68–73. Use those verses to help you fill in the blanks below. On another piece of paper, write down other things you learn from reading these verses.

1. "The Priesthood of Aaron . . . holds the keys of the ministering of _____, and of the gospel of _____."
2. _____ was the first to be baptized.
3. Oliver Cowdery baptized _____.
4. John the Baptist acted under the direction of _____, _____, and _____.
5. Peter, James, and John later conferred the _____ Priesthood upon Joseph and Oliver.



Families can be sealed together through temple ordinances. Draw your family in front of the temple.



Baptism and receiving the gift of the Holy Ghost are priesthood ordinances. Draw yourself standing in front of the font.

Answers: 1. angels; repentance; 2. Oliver Cowdery; 3. Joseph Smith; 4. Peter, James, John; 5. Melchizedek.

Twice the Blessings

Meet Sophie and Elodie A. of Antananarivo, Madagascar.

By Richard M. Romney

Church Magazines

Ten-year-old twin sisters Sophie and Elodie live in Madagascar. That's a large island off the coast of Africa. Their family has a favorite true story. "The first time my father met with the missionaries, he knew the Church was true," Elodie says. "He was an instant convert." Their mother was baptized a few months later.

Before the girls were born, their parents fasted and prayed that they could have a girl. "And instead of one girl, Mama had two," Sophie says.

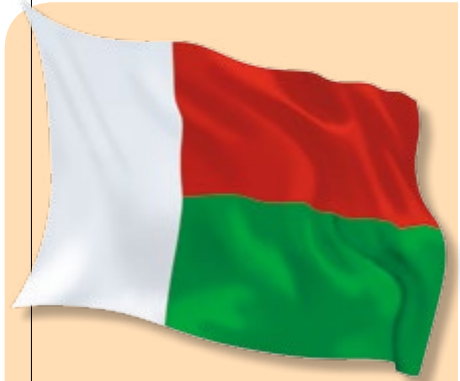
It has been twice the blessings ever since! ■



Sophie and Elodie's family saved money for three years to travel to the Johannesburg South Africa Temple to be sealed together. They had to travel more than 1,300 miles (2,100 km) and cross the Indian Ocean to get there.



The girls' mother has a medical clinic next to their home. They help by sweeping and helping keep it clean.



In the Madagascar flag, white represents purity, red stands for independence, and green represents hope.



Sophie and Elodie have two cats, and they love to cuddle with them.



Lemurs and chameleons are two animals found in Madagascar.



The twins enjoy family home evening with their two brothers, their niece, and their father and mother.

By Hilary Watkins Lemon

Based on a true story

Can't I Be **BAPTIZED** Too?

“Children shall be baptized for the remission of their sins when eight years old” (D&C 68:27).

Nuno and Miriam, will you follow the example of Jesus Christ and be baptized next Saturday?” Sister Silva asked.

Paulo couldn't believe his ears. The sister missionaries had just invited his 10-year-old brother and sister to be baptized!

“Yes! Yes!” the twins said happily.

Miriam couldn't stop smiling. Nuno gave Sister Lopes a high-five. Grandmother beamed from her big red armchair in the corner.

For a few weeks the sister

missionaries had been teaching Paulo and his siblings at Grandmother's house on the green, breezy island of São Miguel—1,000 miles (1,600 km) away from mainland Portugal. Paulo loved to open the top half of Grandmother's front door and feel the sea breeze as he watched Sister Lopes and Sister Silva walk up the street to teach him about the gospel.

The sister missionaries said today would be a special lesson. Now Paulo knew why. Nuno and Miriam were going to be baptized, just like Jesus taught! Paulo also wanted to follow the Savior's example.

“Sisters, can I be baptized next Saturday too?” he asked

eagerly, holding his illustrated Book of Mormon closer to him.

Sister Silva smiled but shook her head. “I'm sorry, Paulo. The Lord has told us that we all need to be baptized but only after we turn eight years old. Because you are only six, you aren't accountable for your choices yet.”

“But, sisters,” Paulo objected, “I have been praying and reading the Book of Mormon with my family, like you taught me. I go to Primary every week with Grandmother and Uncle Mário. I know the Church is true! Can't I be baptized with Nuno and Miriam?”

“You have done such a good job living the commandments and learning about the gospel,” Sister Lopes said. “But you still need to wait two years before you can be baptized.”

Paulo's throat started to burn, and hot tears filled his eyes. He jumped up and ran to his room in the attic, where he slept with his siblings.





After crying into his pillow for a few minutes, Paulo heard someone climbing the attic stairs. Uncle Mário sat down on Paulo's bed.

"What happened, Paulo?" Uncle Mário asked.

"Sister Silva and Sister Lopes said I can't get baptized, but Nuno and Miriam can," Paulo said. "I want to be a member of the Church! I love singing the hymns in sacrament meeting and learning about the scriptures in Primary. I don't want to be left behind."

"Paulo, you can still be a part of the Church, even though you are not old enough to be baptized," Uncle Mário said gently.

"How?" Paulo sniffed into his pillow.

"Well, you know that the Primary is preparing a sacrament meeting program," Uncle Mário said. "Your Primary teacher told me she is looking for volunteers to bear their testimonies in the program. That is one way you can participate in church," Uncle Mário explained.

"Really?" Paulo sat up and faced his uncle. He thought for a minute. "Maybe I could bear my testimony at Nuno and Miriam's baptism too!"

"That's a great idea!" Uncle Mário said. "Even though you are too young to be baptized, you can still have a testimony."

Paulo hopped off his bed and hurried down the stairs.

"Where are you going, Paulo?" Uncle Mário called.

"I'm going to practice bearing my testimony to the missionaries!" Paulo called back happily. "I'm going to share it while I wait to be baptized!" ■



"Patience means active waiting and enduring. It means staying with something and doing all that we can—working, hoping, and exercising faith."

President Dieter F. Uchtdorf,
Second Counselor in the First
Presidency, "Continue in Patience,"
Liahona and Ensign, May 2010, 57.

Dressing Like a Deacon

By Hilary M. Hendricks

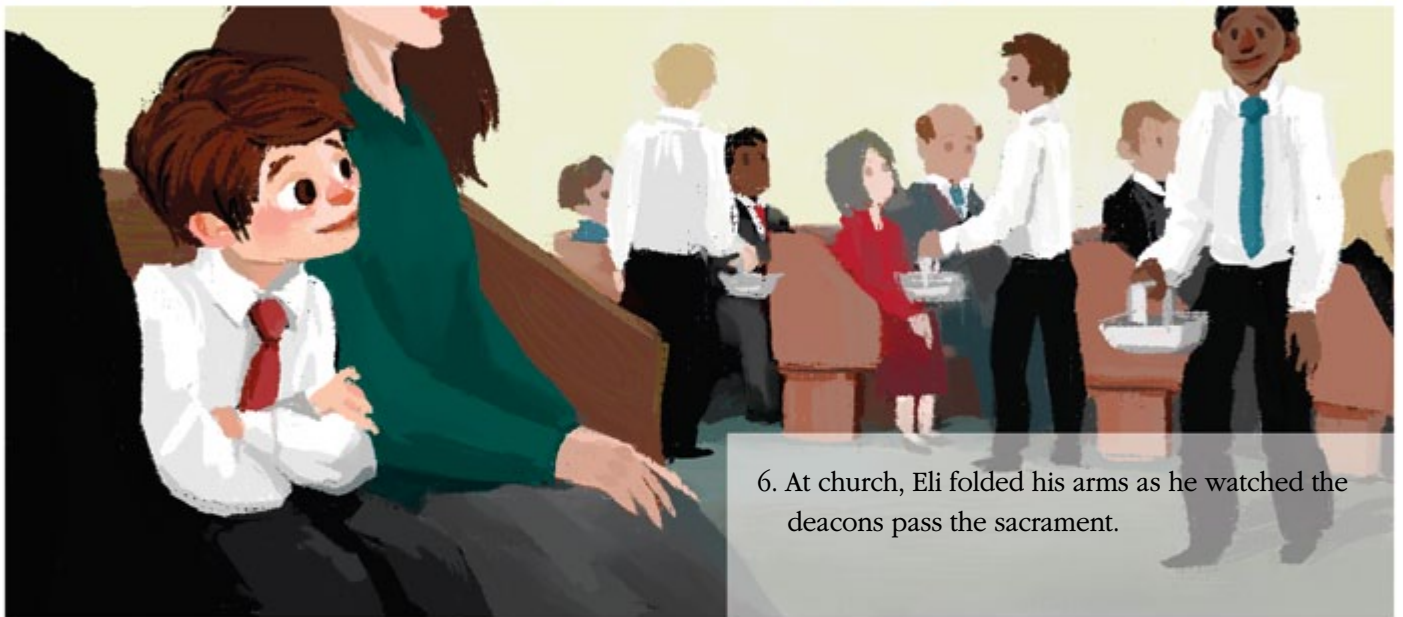
Based on a true story



5.

I want to wear a white shirt and nice pants. I want to dress like a deacon.

Mom helped Eli put on his nice pants, a white shirt, and a tie.



6. At church, Eli folded his arms as he watched the deacons pass the sacrament.



7. When a deacon brought Eli the sacrament, Eli took a piece of bread and then handed the tray to Mom.

8. Mom smiled at Eli. He was happy to help. He felt just like a deacon.



HIDDEN PICTURES

Eli wants to dress like a deacon. Help him find the things in his room that will help him dress like a deacon.



COLORING PAGE



We receive the ordinances of salvation through the priesthood.
"All they who receive this priesthood receive me, saith the Lord" (D&C 84:35).

Brazilian Youth Connect Family History, Temple Work

By **Melissa Merrill**

Church News and Events

José A. Moscão was noticing a trend: the youth who were coming to the Campinas Brazil Temple had a lot of “down time.”

Brother Moscão, the director of the family history center located adjacent to the temple, knew that because of the distance many youth had to travel to get to the temple, most came in caravans and stayed for several days. The time between their sessions in the baptistery and meals and waiting for their parents and leaders who were participating in other temple ordinances couldn't be avoided.

But maybe, he thought, he could offer the youth an alternative to wandering the temple grounds whenever they had some free time.

So he did.

An Invitation

He began inviting youth into the center and offering to teach them how to do FamilySearch indexing.

At first some were shy or reluctant. But Brother Moscão said that when he spoke to them of rescuing people from darkness and bringing to light their names in obedience to the words of a living prophet, the youth were touched (see David A. Bednar, “The Hearts of the Children Shall Turn,” *Liahona* and *Ensign*, Nov. 2011, 24–27).

That the temple and the family history center are located within the same facility is significant; it underscores in a physical way that temple and family history work are two parts of one great effort. That, said George A. Oakes, Campinas Brazil Temple president, is something that the

youth in the temple district are coming to learn.

“Prior to the emphasis on getting them involved in family history and indexing, their trip to the temple was mainly for the purpose of being baptized for the dead. Now indexing experiences are becoming part of their work,” he said.

An Introduction

When youth come into the center, Brother Moscão and the missionaries volunteering at the center cover the following principles in a brief, informal orientation:

- They are becoming saviors on mount Zion (see Obadiah 1:21).
- They are heeding the call of a prophet (see “The Hearts of the Children Shall Turn”).
- They are rescuing people from darkness—the darkness of long-forgotten films and the dusty books of registry offices and churches. Indexing brings those names to light and makes them searchable so that their families can find them.
- In joining this work, they will be participating in another aspect of “the most glorious of all subjects belonging to the everlasting gospel, namely, the baptism for the dead” (D&C 128:17).
- They will be using their time in the great work of redeeming the dead, which blesses families.
- All of us are part of the family of God, so in indexing the names of people they do not know, they are still helping their family.



During trips to the temple, youth in the Campinas Brazil Temple district participate in FamilySearch indexing between sessions in the baptistery.

- Once they understand how to participate in indexing, they have an opportunity to teach their family members and other young people in their wards and branches to participate too.

Brother Moscão and the missionaries then use the center's computers to show teens how to start indexing and how to install and use the software when they get home. Once they understand, Brother Moscão said, they "begin to index with a force like no other."

An Enthusiasm for the Work

The numbers reflect that enthusiasm. In the first two months of 2012, visitors indexed 6,370 names; 3,305 of those were indexed by youth ages 12 to 18. In fact, to accommodate the growing interest in indexing, the Campinas family history center often extends its regular hours of 8:00 a.m. to 6:00 p.m. and stays open as late as 10:00 p.m.

But the youth aren't leaving indexing behind when they leave the temple. When they get home, they continue their role in what Brother Moscão calls "the army of more than 170,000

active indexers that the Church has today." Many are meeting goals for Duty to God and Personal Progress with their indexing work.

An Influence for Good

Earlier this year, Isabela A., age 16, of Vila Velha, Espírito Santo, Brazil, traveled with her mother and sister to the temple; the last day of the trip was the one-year anniversary of her grandmother's death. Isabela was baptized for her grandmother, and her mother did the other temple ordinances for her.

"I felt during this trip that I needed to do something good," explained Isabela. "I wanted to learn to index, and I received help from Brother José Moscão.

"Then, when I was being baptized for my grandmother, the Spirit touched me deeply. I realized there were many people beyond the veil waiting endlessly, and they needed my help. I realized I could give a bit of my time to serve and that I could do a lot for these people. Indexing is a labor of love." ■

For more on this story, visit news.lds.org.

First Stake in India Organized

By Elder E. Jack and Sister Pamela Kellerstrass

India Bangalore Mission

There was a palpable sense of excitement and gratitude as more than 1,500 members and friends gathered at the Novotel Convention Center in Hyderabad, India, for the creation of the Hyderabad India Stake, the first stake in

the country, on May 27, 2012. Elder Dallin H. Oaks of the Quorum of the Twelve Apostles presided and was accompanied by Elder Donald L. Hallstrom of the Presidency of the Seventy and Elder Anthony D. Perkins of the Seventy, who serves as the Asia Area President. Each leader was joined by his wife at the conference.

John Gutty was sustained as stake president with Suresh Natarajan as first counselor and Rajaratnam Bushi as second counselor. India's first patriarch

is the former district president, Prasad Rao Gudey.

Addressing the largest-ever gathering of Saints in India, Randy D. Funk, president of the India Bangalore Mission,

The stake presidency of the newly established Hyderabad India Stake (left to right): Suresh Natarajan, first counselor; John Gutty, president; Rajaratnam Bushi, second counselor.



Nearly 600 young single adults from India, Nepal, and Sri Lanka gathered for a conference prior to the creation of India's first stake.



PHOTOGRAPHS BY JAMES DAIRYMPE

said, “This is a glorious sight on this historic day, a day we will always remember. We will always remember an Apostle of the Lord was here.”

Elder Perkins expressed love from the Asia Area Presidency to members in India and said, “We are seeing the beginnings of a wonderful work in this land. Church growth and stake formation is being done in accordance with eternal gospel principles and established priesthood patterns.”

Noting he was a second witness to the calling of the new stake presidency, Elder Hallstrom explained the revelatory process of selecting new stake leadership. As a member of the Seventy, he is assigned and arrives without bias or prejudice, he said. He came in the Lord’s way, dependent on His Spirit to receive revelation. “The will of the Lord is for President Gutty to be the stake president,” Elder Hallstrom said.

Kristen Oaks, who accompanied her husband, spoke of teaching children so that they believe “because their mothers knew it” (see Alma 56:48).

As the final speaker at the meeting, Elder Oaks expressed gratitude to the nation of India, a country with religious freedom that permits members of the

Church “to meet and speak the principles of our faith.”

Elder Oaks testified of having had a witness of the Spirit that the Lord had prepared and chosen the leaders who were called. Elder Oaks also spoke of the new responsibilities of a stake.

In the Old Testament the prophet Isaiah likened Israel to

“A patriarchal blessing declares your lineage in the tribes of Israel through which great blessings are received,” said Elder Oaks. “A patriarchal blessing also declares blessings and promises we can claim if we are faithful.”

“As the Church in India grows, the time will come that the prophet will be inspired

While visiting Hyderabad, India, Elder Oaks and other Church leaders met with hundreds of members from India, Nepal, and Sri Lanka.



a tent that sheltered the children of Israel, he said. “The Church today is the tent. We all know that a tent must be supported with stakes. Now that Hyderabad is a stake of Zion, you will be expected to step forward and provide greater support in the way of tithing and missionaries.”

As a result of a stake being formed, members in Hyderabad will be able to receive patriarchal blessings. Elder Oaks explained what is contained in a patriarchal blessing, referring to blessings as “private scriptures.”

to build a temple in India,” he continued. “Every stake created improves the probability that there will be a temple. As people show worthiness and commitment, a temple follows.”

In closing Elder Oaks invoked a blessing: “In this first stake in the great country of India, I bless you to remember the teachings of this hour. I bless you to remember the covenants that you’ve made as you have been baptized. I bless you with a memory and determination to keep the commandments of God that you may enjoy His blessings.” ■

Apostle Dedicates New MTC in Philippines

The Philippines Missionary Training Center, which Elder Russell M. Nelson of the Quorum of the Twelve Apostles dedicated on May 20, 2012, can house up to 144 missionaries from Cambodia, Hong Kong, India, Indonesia, Mongolia, Pakistan, the Philippines, Sri Lanka, Taiwan, and Thailand. These missionaries are trained in the languages of their home countries.

The new center's two buildings contain an auditorium, translation booths, a computer lab, a laundry area, teaching rooms with built-in audiovisual equipment, sleeping quarters for the missionaries, classrooms, and offices.

In offering the prayer to dedicate the new facility, Elder Nelson expressed gratitude for the Atonement of Jesus Christ and for faithful missionaries and Church members worldwide who love and serve the Lord. He asked for a blessing upon the Republic of the Philippines to "maintain open doors of welcome" to all the Lord's servants and prayed that the nation's

people will be blessed with "freedom and accountability to grow in righteousness, both temporally and spiritually."

Manaus Brazil Temple Is Church's 138th Worldwide and Sixth in Brazil

President Dieter F. Uchtdorf, Second Counselor in the First Presidency, dedicated the Manaus Brazil Temple—the Church's 138th worldwide and sixth in Brazil—on June 10, 2012.

The faith and commitment of Latter-day Saints living in Brazil, where there are more than one million members, can be likened to the Amazon River, President Uchtdorf said—both flow deep and strong.

For almost 20 years, Church members from Manaus, a city isolated by major rivers and rainforests, have been traveling by caravan to attend the temple in São Paulo, Brazil—a 15-day round-trip journey by boat and bus—and later the temple in Caracas, Venezuela—an 8-day journey by bus.

Elder Claudio R. M. Costa of the Seventy served as the president of the Brazil

Manaus Mission when it opened in 1990.

"I have a trust that the Manaus Temple will be very busy, every single day, because these people love the temple," Elder Costa said. "They teach their children to love the temple. The temple is very precious to them."

Samoan Church Members Celebrate 50th Anniversary of Independence, First Stake

On Friday, June 1, 2012, some 350 Latter-day Saints in Samoa joined with other Samoans to march in an independence celebration parade through the streets of Apia. Fifty years ago, in 1962, the country gained its independence from New Zealand.

Organizations, schools, local churches, and international organizations took part. Latter-day Saint students entertained the tens of thousands of onlookers with their marching band.

But the weekend included another point of celebration for Latter-day Saint Samoans; it was also 50 years ago that the first stake was organized in the country, in Apia.

On Sunday, June 3, Elder James J. Hamula and Elder Kevin W. Pearson of the Seventy, both members of the Pacific Area Presidency, spoke to Latter-day Saints and guests in a special meeting that was broadcast to LDS meetinghouses across the nation.

Looking ahead, Latter-day Saints in Samoa aim to continue to serve and strengthen their families, villages, and nation, said Elder Hamula, who serves as Area President. "We are growing wonderfully as a Church here, and we are growing in our families and personal lives as we seek to follow the teachings and example of Jesus Christ," he said. ■

At the new Philippines Missionary Training Center, up to 144 missionaries from Cambodia, Hong Kong, India, Indonesia, Mongolia, Pakistan, the Philippines, Sri Lanka, Taiwan, and Thailand are trained in the languages of their home countries.



PHOTOGRAPH BY NOEL MAGLAQUE

It Builds My Testimony

I have diligently read and studied the *Liahona* since 1967, and it has helped me grow spiritually. Each month I wait for the magazine so I can be edified, feel the whisperings of the Spirit of the Lord, and build my testimony of the gospel. I especially liked “Emulating and Honoring Our Heavenly Parentage” (*Liahona*, Feb. 2012, 80). I was able to identify with what the author said because I too am a graphic designer.

Fabio Fajardo, Colombia

A Teacher and Friend

I love the *Liahona*—it teaches me, supports me, and corrects my life. When I read good things in the morning, I try to be better all day. My love and faith are stronger when I read the magazine. I also give the *Liahona* to my friends as gifts. Thank you so much for such a good teacher and friend!

Anastasia Naprasnikova, Ukraine

Please send your feedback or suggestions to 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 some examples.

“Provident Living Prepares Us for the Future,” page 12: Read the six areas mentioned in the article in which we can become self-reliant. What are some emergencies or problems that can be avoided by developing self-reliance in these areas? Invite family members to prayerfully consider which of the areas they need to improve in and to set goals to increase their self-reliance in those areas.

“Chastity in an Unchaste World,” page 42: Discuss with family members the questions asked in the article. Consider sharing principles and experiences that have strengthened your testimony of chastity. Discuss ways to apply the counsel from the article.

“Be Wise and Be a Friend,” page 48: Begin by reading Elder Hales’s test for determining good friends. Consider discussing the importance of being a good friend. Invite each family member to think of three ways he or she could be a better friend.

“Dear Amiga,” page 60, and **“Welcoming a New Season of Life,”** page 61: Read about these Primary children and how they are preparing to enter Young Women and Young Men. As a family, consider discussing what these children did to prepare. Invite family members to read the *Personal Progress* or *Duty to God* booklets and find some activities they are interested in completing in the future.



One Family Home Evening, Two Lessons

One night my parents and maternal grandparents came to visit for family home evening. Each of my three children loves to participate, and on this night it was my seven-year-old son’s turn to give the lesson. We had prepared a small display, put up pictures about the Creation, and studied and reviewed what he would teach. My son was ready and excited.

During the lesson, we all listened attentively to what my son was explaining. When he finished, Samuel, who was about three, decided that he too wanted to give a lesson. So he took the pictures and the display and set them up again on the table.

In his soft voice and with his sometimes poorly pronounced words, Samuel gave us a family home evening lesson. And even though he hadn’t prepared, he had listened. He explained to us how the earth was created and told us of the love that Jesus Christ has for each of us.

We were astonished to see how easily he taught the lesson—doing so just like his brother had. My parents and grandparents were surprised and happy. We could all see the love these little children have for the gospel—and the love Jesus Christ has for them.

Lizbeth Sánchez Fajardo, Mexico

GOOD THINGS KEEP ON COMING

By Caitlin A. Rush

It was a Friday night much like any other. My closest friends and I were sitting in my apartment after watching a movie, periodically chatting quietly and then laughing loudly. A sense of genuine contentment filled the air, and I couldn't help smiling as stories and ideas swirled through the room. Some of the people I had met only a month before; some I had known all my 25 years.

At one point one of these longtime friends and I got to sharing memories about some of our college friends from a few years earlier. As we talked, I thought of how I missed these friends, of how much fun we had had, and how close we had been. Now we had graduated and moved to places all over the world, finding ourselves in situations we never could have predicted. I sighed with momentary feelings of loss, then glanced around the room at the laughing faces surrounding me at that moment and was struck by the sudden thought: *good things keep on coming*.

That simple thought was actually quite profound for me, especially since I have always had a hard time facing change and am hesitant to let go of good things. I miss the past even while it is still the present, desperate to enjoy fully moments in which I consciously



As someone who regrets the present turning so quickly into the past, I was grateful for the reminder to simply enjoy the moment and look to the future.

and determinedly live. I know when I have a good thing, and I want to hold on and never let go; this lazy and happy Friday night was one of those good moments. Usually when I realize how good things are, I instantly begin thinking of how everything is fleeting, that it will eventually be lost to time or circumstance.

But this night the internal regret didn't come. Sitting quietly, surrounded by people I loved, I knew that even though some good things must naturally come to an end and that there would undoubtedly be many hard things in the future, the good things would keep on coming. And they always would—as long as I let them. Even as those I love moved on, voids would be filled with new and amazing people and experiences I had never even imagined.

Sometimes it is hard to move on, but we must. And moving on doesn't mean forgetting friendships, forcing memories to fade. It means opening our hearts to even more happiness and more experiences.

A few weeks after that Friday, the presidency of my young adult branch was released. As anyone from a small branch can probably attest, it was hard to think of what would happen without our branch being able to rely on these men and their wives, whom we had grown to love and trust. But I closed my eyes and repeated to myself the words that had struck me that Friday: *good things keep on coming*. I was comforted and ready for the change.

Change is the Lord's way. He wants us to be happy and growing, to be excited to move on with our lives. Life is a journey, and while still enjoying the present and preparing for inevitable challenges, we must move forward, remaining optimistic, our hearts open to the experiences and good things that are undoubtedly on their way. ■

This year many issues of the *Liahona* have a set of Book of Mormon scripture figures. To make them sturdy and easy to use, cut them out and glue or tape them to heavy paper, small paper sacks, or craft sticks. Store each set in an envelope or bag, along with the label that tells where to find the scripture story that goes with the figures.



Stones



Jesus Christ



Brother of Jared



Barges

The Jaredites Are Led to the Promised Land

Ether 1-3; 6



The First Presidency and Quorum of the Twelve Apostles have taught that “successful marriages and families are established and maintained on principles of faith, prayer, repentance, forgiveness, respect, love, compassion, work, and wholesome recreational activities” (“The Family: A Proclamation to the World”). For ideas on applying these principles in your life and family, see pages 4, 16, 20, and 22.