


Liahona



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“Even though we may feel lost in the midst of our current circumstances, God promises the hope of His light—He promises to illuminate the way before us and show us the way out of darkness.”

President Dieter F. Uchtdorf,
Second Counselor in the
First Presidency, “The Hope
of God’s Light,” *Ensign* or
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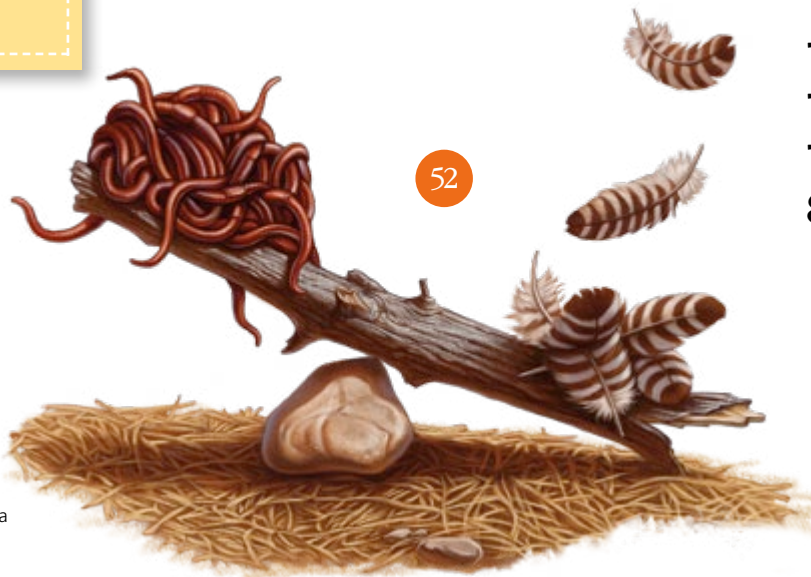
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Family Home Evening Ideas

This issue contains articles and activities that could be used for family home evening. The following are two ideas.



PHOTO ILLUSTRATION BY CRAIG DIMOND

"Becoming a Preach My Gospel Missionary," page 46: Consider discussing as a family the characteristics of *Preach My Gospel* missionaries. Then try practicing the principles. You could briefly review a section of *Preach My Gospel* together and give different family members short turns to practice teaching parts of the missionary lessons while other family members pretend to be investigators. You could discuss the challenges of missionary work and brainstorm ways to develop the characteristics described by Elder David A. Bednar.

"Be Strong, Be Healthy, Be Smart," page 52: After reviewing Elder Adrián Ochoa's article, consider planning an activity that allows your family members to be physically active together. You might play a sport or take a walk. Make sure to cater your activity to the ages and abilities of the family members (you could ask your older children to help the younger children complete the activity, for example). After your activity, discuss as a family the benefits of a physically active lifestyle. You might also plan ways to continue working as a family to follow our living prophets' counsel to care for our bodies.

IN YOUR LANGUAGE

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

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By President
Thomas S. Monson

OUR RESPONSIBILITY TO Rescue

For Latter-day Saints, the need to rescue our brothers and sisters who have, for one reason or another, strayed from the path of Church activity is of eternal significance. Do we know of such people who once embraced the gospel? If so, what is our responsibility to rescue them?

Consider the lost among the aged, the widowed, and the sick. All too often they are found in the parched and desolate wilderness of isolation called loneliness. When youth departs, when health declines, when vigor wanes, when the light of hope flickers ever so dimly, they can be succored and sustained by the hand that helps and the heart that knows compassion.

There are, of course, others who need rescue. Some struggle with sin while others wander in fear or apathy or ignorance. For whatever reason, they have isolated themselves from activity in the Church. And they will almost certainly remain lost unless there awakens in us—the active members of the Church—a desire to rescue and to save.

Someone to Show the Way

Some time ago I received a letter written by a man who had strayed from the Church. It typifies too many of our members. After describing how he had become inactive, he wrote:

“I had so much and now have so little. I am unhappy and feel as though I am failing in everything. The gospel has never left my heart, even though it has left my life. I ask for your prayers.

“Please don’t forget those of us who are out here—the lost Latter-day Saints. I know where the Church is, but sometimes I think I need someone else to show me the way, encourage me, take away my fear, and bear testimony to me.”

While I was reading this letter, my thoughts turned to a visit I made to one of the great art galleries of the world—the famed Victoria and Albert Museum in London, England. There, exquisitely framed, is a masterpiece painted in 1831 by Joseph Mallord William Turner. The painting features heavy-laden black clouds and the fury of a turbulent sea portending danger and death. A light from a stranded vessel gleams far off. In the foreground, tossed high by incoming waves of foaming water, is a large lifeboat. The men pull mightily on the oars as the lifeboat plunges into the tempest. On the shore stand a wife and two children, wet with rain and whipped by wind. They gaze anxiously seaward. In my mind I abbreviated the name of the painting. To me it became *To the Rescue*.¹

Amid the storms of life, danger lurks. Men and women, boys and girls find themselves stranded and facing destruction. Who will guide the lifeboats, leaving behind the comforts of home and family, and go to the rescue?

Our task is not insurmountable. We are on the Lord’s errand; we are entitled to His help.

During the Master’s ministry, He called fishermen at Galilee to leave their nets and follow Him, declaring, “I will make you fishers of men.”² May we join the ranks of the fishers of men and women, that we might provide whatever help we can.



It is my prayer that we might have a desire to rescue the less active and to bring them back to the joy of the gospel of Jesus Christ, that they might partake with us of all that full fellowship has to offer.

May we reach out to rescue the lost who surround us: the aged, the widowed, the sick, those with disabilities, the less active, and those who are not keeping the commandments. May we extend to them the hand that helps and the heart that knows compassion. By doing so, we will bring joy into their hearts, and we will experience the rich satisfaction that comes to us when we help another along the pathway to eternal life. ■

NOTES

1. The painting's full title is *Life-Boat and Manby Apparatus Going Off to a Stranded Vessel Making Signal (Blue Lights) of Distress*.
2. Matthew 4:19.
3. Ephesians 2:19.
4. See Matthew 22:39.

Ours is the duty to reach out to rescue those who have left the safety of activity, that such might be brought to the table of the Lord to feast on His word, to enjoy the companionship of His Spirit, and to be “no more strangers and foreigners, but fellowcitizens with the saints, and of the household of God.”³

The Principle of Love

I have found that two fundamental reasons largely account for a return to activity and for changes of attitudes, habits, and actions. First, individuals return because someone has shown them their eternal possibilities and has helped them decide to achieve them. The less active can't long rest content with mediocrity once they see that excellence is within their reach.

Second, others return because loved ones or “fellowcitizens with the saints” have followed the admonition of the Savior, have loved their

neighbors as themselves,⁴ and have helped others to bring their dreams to fulfillment and their ambitions to realization.

The catalyst in this process has been—and will continue to be—the principle of love.

In a very real sense, those persons stranded in the storm-tossed sea of Turner's painting are like many of our less-active members who await rescue by those who guide the lifeboats. Their hearts yearn for help. Mothers and fathers pray for their sons and daughters. Wives plead to heaven that their husbands may be reached. Sometimes children pray for their parents.

TEACHING FROM THIS MESSAGE

Consider asking the people you visit if they know anyone who has been struggling to attend church. You could choose one person and discuss ways to show love, such as inviting him or her to participate in a family home evening or to come over for a meal.

The Gift of Jen

By Josi S. Kilpack

I made a series of wrong choices my sophomore year of high school. Those choices led to serious consequences and unhappiness, and I decided to use my summer break to begin making changes. When school started again, I ate lunch in a bathroom stall or empty hallway to avoid the bad relationships waiting to welcome me back.

I had never felt so alone.

Then God gave me a gift: He sent me Jen. She never judged me for my mistakes but instead encouraged me to

keep moving in the right direction. Knowing she would be at school helped me continue to read my scriptures and nurture my testimony. By the time graduation came, I had proven to myself that I was committed to change.

I wonder sometimes where I would be today if Jen hadn't reached out to me. Could I have stuck to my principles without her? Luckily, I will never know because she was there with her whole heart, ready and willing to help me.

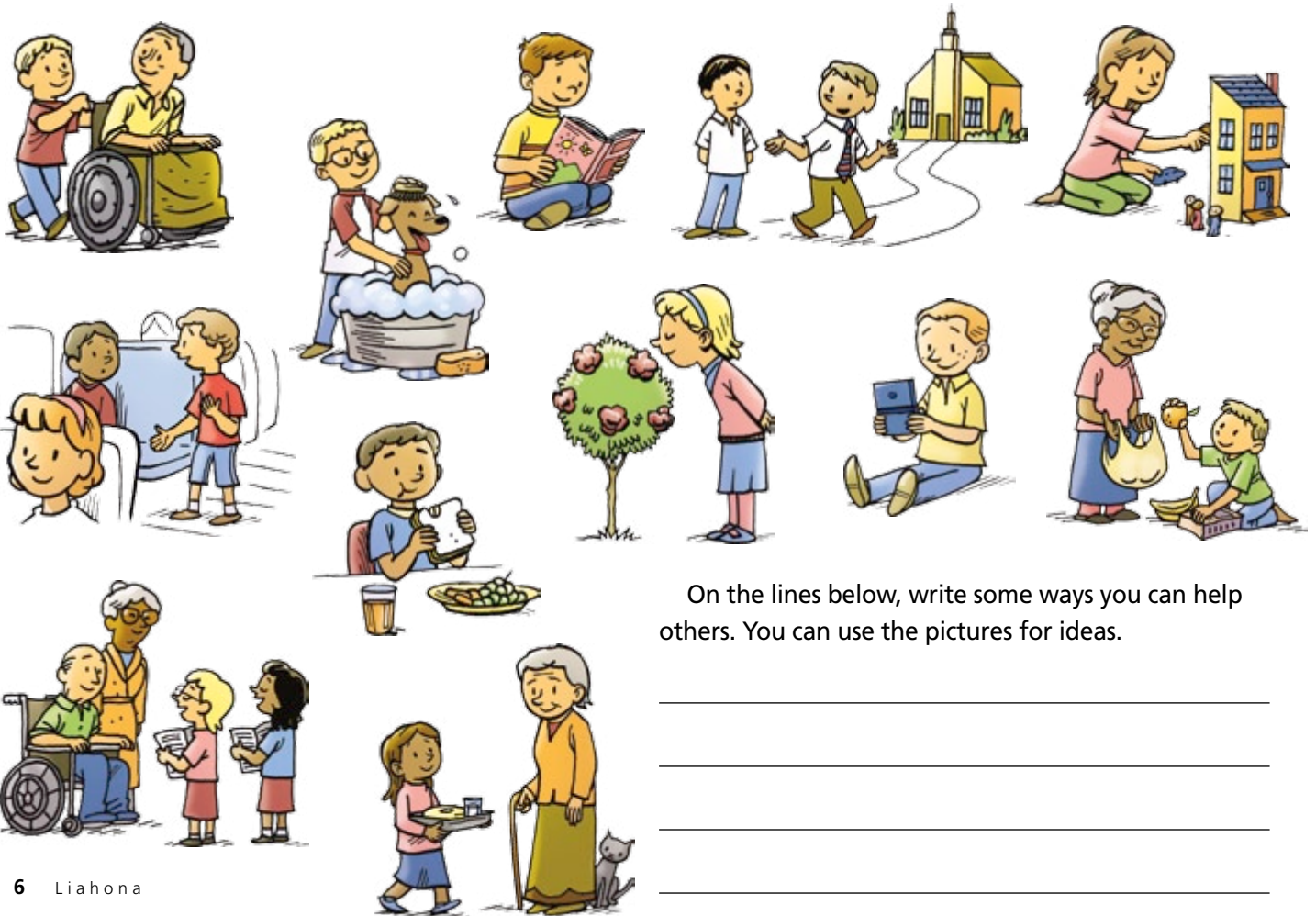
The author lives in Utah, USA.

CHILDREN

Ways to Rescue

President Thomas S. Monson teaches that we should reach out to others, including the elderly, widowed, sick, less active, and those who need extra

help. Look at the pictures below and circle the ones that show something you could do to help others.



On the lines below, write some ways you can help others. You can use the pictures for ideas.

Prayerfully study this material and seek to know what to share. How will understanding the life and mission of the Savior increase your faith in Him and bless those you watch over through visiting teaching? For more information, go to reliefsociety.lds.org.

The Divine Mission of Jesus Christ: Creator

This is the first in a series of Visiting Teaching Messages featuring aspects of the mission of the Savior.

Jesus Christ “created the heavens and the earth” (3 Nephi 9:15). He did so through the power of the priesthood, under the direction of our Heavenly Father (see Moses 1:33).

“How grateful we should be that a wise Creator fashioned an earth and placed us here,” said President Thomas S. Monson, “. . . that we might experience a time of testing, an opportunity to prove ourselves in order to qualify for all that God has prepared for us to receive.”¹ When we use our agency to obey God’s commandments and repent, we become worthy to return to live with Him.

Of the Creation, President Dieter F. Uchtdorf, Second Counselor in the First Presidency, said:

“We are the reason He created the universe! . . .

“This is a paradox of man: compared to God, man is nothing; yet we are everything to God.”² Knowing that Jesus Christ created the earth for



us because we mean everything to Heavenly Father can help us increase our love for Them.

From the Scriptures

John 1:3; Hebrews 1:1–2; Mosiah 3:8; Moses 1:30–33, 35–39; Abraham 3:24–25

NOTES

1. Thomas S. Monson, “The Race of Life,” *Ensign or Liahona*, May 2012, 91.
2. Dieter F. Uchtdorf, “You Matter to Him,” *Ensign or Liahona*, Nov. 2011, 20.
3. Joseph Smith, in *Daughters in My Kingdom: The History and Work of Relief Society* (2011), 171.
4. *Daughters in My Kingdom*, 171.
5. Joseph Smith, in *Daughters in My Kingdom*, 169.



Faith, Family, Relief

From Our History

We have been created in God’s image (see Moses 2:26–27), and we have divine potential. The Prophet Joseph Smith admonished the sisters in Relief Society to “live up to [their] privilege.”³ With that encouragement as a foundation, sisters in The Church of Jesus Christ of Latter-day Saints have been taught to live up to their divine potential by fulfilling God’s purposes for them. “As they come to understand who they really are—God’s daughters, with an innate capacity to love and nurture—they reach their potential as holy women.”⁴

“You are now placed in a situation where you can act according to those sympathies which God has planted in your bosoms,” said the Prophet Joseph Smith. “If you live up to these principles how great and glorious!—if you live up to your privilege, the angels cannot be restrained from being your associates.”⁵

What Can I Do?

1. How does seeking to understand our divine nature increase our love for the Savior?
2. How can we show our gratitude for God’s creations?

GENERAL CONFERENCE IDEAS

By Tina Spencer



“Guess Who’s Coming to Dinner?”

Fifteen days before the start of each general conference, our family hangs up our sign announcing the beginning of “Guess Who’s Coming to Dinner?” Then we add the latest pictures of our prophets, seers, and revelators from the previous conference edition of the Church magazines.

I prepare by researching the prophet we will welcome that night. Sometimes I find objects around the house to represent a few things I found out, and I put them on a plate. During dinner, as I tell stories about each item, everyone tries to guess who it is. Other times, I tell a story or two that the prophet shared during the previous general conference.

I am amazed at the things my children remember about our beloved

prophets and apostles, and I know this simple game has increased my love and knowledge of these great men also.

My Own Copy of Conference

When Elder Neil L. Andersen of the Quorum of the Twelve Apostles and his wife, Kathy, visited during our stake conference, Sister Andersen shared a story with us. She said that when they were living in France, she made photocopies of the conference talks for each of their children—even the very young ones. She was shocked when she found out the price of the photocopies, which was very high. Then the thought came into her mind: “What is it worth to you for your family to have the words of the prophets?”

This story really touched me, and

I made sure everyone in our family had his or her own copy of the conference talks. Our daughters were very excited. We used them for family home evening and during scripture study. I loved seeing one daughter reading talks on her own and marking them with her highlighter. Another daughter, recently baptized, begged me to read talks with her one-on-one.

Conference Challenge

As part of my lesson in Relief Society, I challenged each sister to review the talks from the previous conference; some sisters reread the talks, and others watched them online. Several sisters expressed how they felt much more prepared for the upcoming conference. ■

The author lives in Washington, USA.

PHYSICAL AND EMOTIONAL HEALTH

For some youth, the failure to apply principles of physical fitness can become a major obstacle to making friends and building self-confidence. Moreover, physical and emotional health are critical but often underdeveloped aspects of preparing to serve a mission. On pages 52–53 of this issue, Elder Adrián Ochoa of the Seventy discusses how taking care of our bodies can safeguard physical and emotional health. He reminds us to exercise and to obey the Word of Wisdom (see D&C 89) so that we will be healthier and happier. As you help your children learn and apply principles of physical and emotional health, they will be able to increase their self-confidence and prepare for future service.

As Elder Ochoa says: “Taking care of your body also blesses your mind and helps you to remember that you are a child of God and can be confident and happy. Our emotional, physical, and spiritual sides are all linked together.”

Suggestions for Teaching Youth

- Read Elder Ochoa’s article together and develop a family

exercise plan with specific, realistic fitness goals.

- With your teenage children, read the section on physical and emotional health in *For the Strength of Youth* (pages 25–27). Discuss what it means to be healthy emotionally.
- Sing “Though Deepening Trials” (*Hymns*, no. 122) together and discuss what the resurrection teaches us about the importance of our physical bodies.
- Study the scriptures listed with this article and discuss what they teach about physical and emotional health.

Suggestions for Teaching Children

- Show your child a picture of a temple. Discuss what it means when the Apostle Paul teaches that our bodies are “the temple of the Holy Ghost” (1 Corinthians 6:19) and how this knowledge can help us take care of our bodies and minds.
- Make a list of wholesome recreational activities that your child would like to do as a family. Then create a plan for how to



RELATED SCRIPTURES

- Proverbs 16:32
- Daniel 1:3–20
- Luke 21:19
- Romans 12:1–2
- 1 Corinthians 6:19–20
- 1 Thessalonians 5:14
- Alma 38:12; 53:20
- Doctrine and Covenants 88:15; 89

make these activities a part of family life.

- Discuss ways to understand and manage emotions, including anger or sadness. Sing “If You’re Happy” (*Children’s Songbook*, 266), “I’m Trying to Be Like Jesus” (*Children’s Songbook*, 78), or another song about emotions and making good choices. ■

NEWS OF THE CHURCH

Visit news.lds.org for more Church news and events.

Members Can Request Priesthood Line of Authority

By Ryan Morgeneegg

Church News

The Church can now provide priesthood line of authority information as a service to members upon request. Priesthood line of authority is a sequential pattern of ordinations that can be followed back to the early beginnings of the Church and ultimately to the Savior.

Though a priesthood holder with the office of Seventy may be included in a member's personal line of authority, no separate line of authority is maintained for the office of Seventy. Also, priesthood line of authority for ordained bishops and patriarchs is traced through their high priest ordination.

Only information about Melchizedek Priesthood lines of authority can be requested from the Church; Aaronic Priesthood lines are not available. Members may request Melchizedek Priesthood line of authority information only for themselves, a child living at home, or a young missionary who is currently serving. These documents are not official Church records.

If you wish to request your priesthood line of authority, include your full legal name, birth date, membership record number (available on a temple recommend or from your ward clerk), the name of the individual who ordained you to the office of elder or high priest (if known), and your return address and telephone number or email address.

Send your request to:

Priesthood Line of Authority

Global Service Center

120 North 200 West

Salt Lake City, Utah 84103-1514, USA

Fax: 1-801-240-6816

Telephone: 1-800-453-3860, extension 2-3500

Email: Send an email to lineofauthority@ldschurch.org with "PLA" in the subject line. In return you'll receive a form to fill out and return (there is an automated reply to any message that contains "PLA" in the subject line). ■



The priesthood line of authority for those performing ordinances can be traced back to the Savior.



Dancers with fans form the number “20” during a performance held to commemorate the 20th anniversary of the Church in Mongolia.

Mongolia Celebrates 20 Years of the Church

On Monday, April 15, 2013, more than 300 Church members gathered on Zaisan Hill in Ulaanbataar, Mongolia, to commemorate the 20th anniversary of the Church in that country. A 50-member choir sang, and the group listened to a recording of Elder Neal A. Maxwell (1926–2004) as he dedicated Mongolia for the preaching of the gospel in 1993.

Elder Tai Kwok Yuen, former member of the Asia Area Presidency who accompanied Elder Maxwell to Mongolia in 1993, observed how “the Lord’s hands have been moving unceasingly in this part of His vineyard.”

A variety of activities throughout the week marked the anniversary. A mission reunion drew 200 returned missionaries. More than 1,000 Mongolians have served as full-time missionaries—almost 1 out of every 10 members in Mongolia. Baptismal services were held throughout Mongolia on Friday evening; 24 people were baptized that day. Mary N. Cook, recently released from the Young Women general presidency, spoke at a Young Women devotional, and a family history open

house featured a video with instructions for the new Family Tree project. A cultural extravaganza featured Mongolia’s rich culture and the talents of many Church members.

Latter-day Saints in Haiti Celebrate Anniversary, Help Plant Trees

On May 1, 2013, Church members in Haiti participated in a massive, countrywide tree-planting project. Legions of saplings were planted on the first day of the project, and many more will follow. When the project is complete, some 400,000 new trees will be growing in Haiti, including lemon, orange, coconut, papaya, and oak.

The Church purchased the trees as part of its ongoing support of Haiti’s earthquake recovery. The project also provided the members with a service project to celebrate the 30th anniversary of the Church in this island nation. Three decades ago President Thomas S. Monson, then a member of the Quorum of the Twelve Apostles, visited Haiti and dedicated the land for the preaching of the restored gospel.

Elder Neil L. Andersen of the Quorum of the Twelve Apostles was present in Haiti

at the time of the anniversary celebration and presided over the unveiling of a commemorative plaque that marks the beginnings of the Church in Haiti.

Church Donates One Million Pounds of Food to Feeding America

In May 2013 the Church, through its humanitarian arm Latter-day Saint Charities, donated more than one million pounds of food to Feeding America, the largest nonprofit hunger-relief organization in the United States. The donation included canned goods such as fruits, vegetables, and beans, which will be distributed to families in need by various community pantries and shelters across the United States.

Bob Aiken, president and chief executive officer of Feeding America, said the donation would provide some 625,000 meals.

Missionaries and members in Haiti plant trees in the mountains high above the capital city of Port au Prince, which can be seen in the background.



PHOTOGRAPH BY JASON SWENSEN

PHOTOGRAPH COURTESY OF MONGOLIA ULAANBATAAR MISSION




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

President David O. McKay (1873–1970) often related an account that occurred while he was a missionary serving in Scotland. He was feeling homesick after being in the mission for just a short time and spent a few hours sightseeing at nearby Stirling Castle. When he and his companion returned from visiting the castle, they passed a building where the stone above the door had a carved inscription of a quotation, usually attributed to Shakespeare, that read, “What-E'er Thou Art, Act Well Thy Part.”

Recalling this experience, President McKay explained: “I said to myself, or the Spirit within me, ‘You are a member of the Church of Jesus Christ of Latter-day Saints. More than



**ACT
WELL
YOUR
PART**



Be righteous. Build a family. Find an appropriate way to provide. Serve as called. Prepare to meet God.

that, you are here as a representative of the Lord Jesus Christ. You accepted the responsibility as a representative of the Church.’ Then I thought [about] what we had done that forenoon. We had been sightseeing; we had gained historical instruction and information, it is true, and I was thrilled with it. . . . However, that was not missionary work. . . . I accepted the message given to me on that stone, and from that moment we tried to do our part as missionaries in Scotland.”¹

This message was so important and had such an impact on him that President McKay used it as inspiration for the rest of his life. He determined that whatever responsibility he had, he would do his very best.

Avoid Acting out of Character

In view of the enormous potential for good that you of the Church’s younger generation possess, what are my concerns for your future? What counsel can I give you? First, you will face great pressure to act out of character—even to wear a mask—and become someone who doesn’t really reflect who you are or who you want to be.

In early Church history, the Prophet Joseph, Emma, and their 11-month-old twins, Joseph and Julia, were in Hiram, Ohio, at the John and Alice Johnson home. Both of the children were suffering from measles. Joseph and his little son were sleeping on a trundle bed near the front door.

During the night a group of men with black-painted faces burst through the door and dragged the Prophet outside, where they beat him and threw tar on him and Sidney Rigdon.

The most tragic part of this mobbing was that little Joseph was exposed to the night

PHOTOGRAPH OF ELDER QUENTIN L. COOK BY CRAIG DIMOND; PHOTO ILLUSTRATIONS BY SCOTT DAVIS

air and caught a severe cold when his father was dragged away. As a result, he died a few days later.²

Those who participated in the Martyrdom of the Prophet and his brother Hyrum also painted their faces to hide their true identities.³

In our day, when being anonymous is easier than ever, there are important principles involved in not wearing a mask and in being “true to the faith . . . for which martyrs have perished.”⁴



Elder L. Tom Perry acted well his part while stationed in Japan.

One of your greatest protections against making bad choices is not to put on any mask of anonymity. If you ever find yourself wanting to do so, please know it is a serious sign of danger and one of the adversary’s tools to get you to do something you should not do.

It is common today to hide one’s identity when writing hateful, vitriolic, bigoted communications anonymously online. Some refer to it as *flaming*.

The Apostle Paul wrote:

“Be not deceived: evil communications corrupt good manners.

“Awake to righteousness, and sin not; for some have not the knowledge of God” (1 Corinthians 15:33–34).

It is clear that evil communications are not just a matter of bad manners. If practiced by Latter-day Saints, they can adversely affect those who do not have knowledge of God or a testimony of the Savior.

Any use of the Internet to bully, destroy a reputation, or place a person in a bad light is reprehensible. What we are seeing in society is that when people wear the mask of anonymity, they are more likely to engage in this kind of conduct, which is so destructive of civil discourse. It also violates the basic principles the Savior taught.

The Savior explained that He had not come to condemn the world but to save the world. He then described what condemnation means:

“And this is the condemnation, that light is come into the world, and men loved darkness rather than light, because their deeds were evil.

“For every one that doeth evil hateth the light, neither cometh to the light, lest his deeds should be reproved.

“But he that doeth truth cometh to the light, that his deeds may be made manifest, that they are wrought in God” (John 3:19–21; see also verses 17–18).

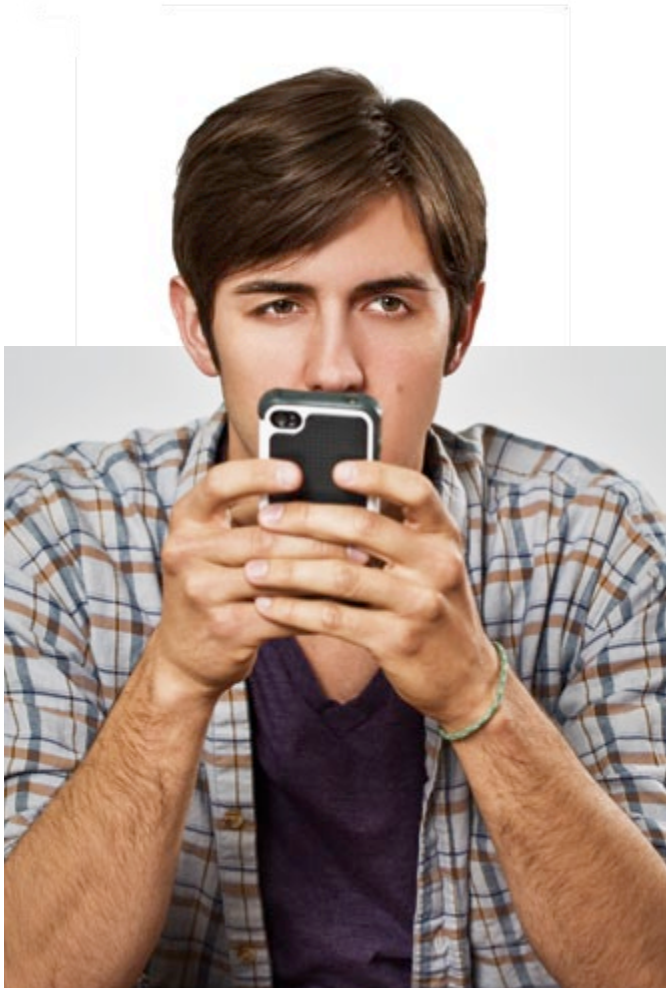
The righteous need not wear masks to hide their identity.

Act in Accordance with Your True Beliefs

You act in accordance with your true beliefs by spending your time on those things that will build and develop your character and help you become more Christlike. I hope none of you see life as primarily fun and games but rather as a time “to prepare to meet God” (Alma 34:32).

A wonderful example of acting your part and using time appropriately comes from the life of Elder L. Tom Perry of the Quorum of the Twelve Apostles, when, as a marine, he was part of the occupying U.S. force in Japan at the end of World War II. Elder Perry shared this account when he recorded his special witness of the Savior.

“I was among the first wave of Marines to go ashore in Japan following the signing of the peace treaty following World War II. As we entered the devastated city of Nagasaki, it was one of the saddest experiences of my life. A large part of the city had been totally destroyed. Some



One of your greatest protections against making bad choices is not to put on any mask of anonymity.

of the dead had not yet been buried. As occupation troops, we set up headquarters and went to work.

“The situation was very bleak, and a few of us wanted to give more. We went to our division chaplain and requested permission to help rebuild the Christian churches. Because of government restrictions during the war, these churches had almost ceased to function. Their few buildings were badly damaged. A group of us volunteered to repair and replaster these chapels during our off-duty time so that they would be available for the holding of Christian services again.

“... We found the ministers who had been unable to serve during the war years and encouraged them to return to their pulpits. We had a tremendous experience with these people as they again experienced the freedom to practice their Christian beliefs.

“An event occurred as we were leaving Nagasaki to return home that I will always remember. As we were boarding the train that would take us to our ships to return home, we were teased by a lot of the other marines. They had their girlfriends with them and [were] saying good-bye to them. They laughed at us and indicated that we had missed the fun of being in Japan. We had just wasted our time laboring and plastering walls.

“Just as they were at the height of their teasing, up over a little rise near the train station came about 200 of these great Japanese Christians from the churches we had repaired, singing ‘Onward, Christian Soldiers.’ They came down and showered us with gifts. Then they all lined up along the railroad track. And as the train started down the tracks, we reached out and just touched their fingers as we left. We couldn’t speak; our emotions were too strong. But we were grateful that we could help in some small way in reestablishing Christianity in a nation after the war.”⁵

Please ponder and be proactive in choosing how you use your time. As you can see from Elder Perry’s example, I am not talking about wearing your religion on your sleeve or being superficially faithful. That can be embarrassing to you and the Church. I am talking about you becoming what you ought to be.

Set Appropriate Goals

My third counsel relates to some of the goals you should consider. At approximately the same time that Elder Perry was in Japan with the marines, President Boyd K. Packer, President of the Quorum of the Twelve Apostles, served in Japan with the air force at the end of World War II.

In 2004, I accompanied President Packer and others to Japan. He had an opportunity to retrace some of his steps and reflect on some of the experiences and decisions he



President Boyd K. Packer has been blessed for setting righteous goals.

made at that time. With his permission, I share some of his thoughts and feelings.

President Packer described experiences that occurred on an island off the coast of Okinawa. He considers this as his mount in the wilderness. His personal preparation and meeting with other members had deepened his belief in gospel teachings. What he yet lacked was confirmation—sure knowledge of that which he had already come to feel was true.

President Packer's biographer captures what happened: "Counter to the peace of confirmation he sought, he came face to face with the hell of war against the innocent. Seeking solitude and time to think, he climbed, one day,

to a rise above the ocean. There he found the gutted remains of a peasant cottage, its neglected sweet potato field nearby. And lying amid the dying plants he saw the corpses of a slaughtered mother and her two children. The sight filled him with a deep sadness mingled with the feelings of love for his own family and for all families."⁶

He subsequently went inside a makeshift bunker, where he contemplated, pondered, and prayed. President Packer, in looking back on this event, described what I would call a confirming spiritual experience. He felt inspired as to what he should do with his life. He, of course, had no idea that he would be called to the high and holy calling he now holds. His vision was that he wanted to be a teacher, emphasizing the teachings of the Savior. He made up his mind that he would live a righteous life.

It came to him in a rather profound way that he would have to find a righteous wife and that together they would raise a large family. This young soldier recognized that his career choice would provide modest compensation and that his sweet companion would need to share the same priorities and be willing to live without some material things. Sister Donna Packer was, and is, for President Packer, the perfect companion. They never had enough excess money, but they did not feel deprived in any way. They raised 10 children, and they sacrificed. They now have 60 grandchildren and more than 80 great-grandchildren.

I share this true account because too often our goals are based on what the world values. The essential elements are really quite simple for members who have received the saving ordinances: Be righteous. Build a family. Find an appropriate way to provide. Serve as called. Prepare to meet God.

The Savior taught that "a man's life consisteth not in the abundance of the things which he possesseth" (Luke 12:15).

Build Your Country and Community

In addition to personal attributes, qualities, and decisions, if you are to be the generation you need to be, you will build your country and the community where you live. Your generation will need to protect righteousness



The Judeo-Christian heritage we have inherited is not only precious but also essential to our Father in Heaven's plan. We need to preserve it for future generations.

and religious freedom. The Judeo-Christian heritage we have inherited is not only precious but also essential to our Father in Heaven's plan. We need to preserve it for future generations. We need to join with good people, including those of all faiths—especially those who feel accountable to God for their conduct. These are people who would understand the counsel that “what-e'er thou art, act well thy part.” The successful enhancement of Judeo-Christian values and religious freedom will mark your generation as the great generation it needs to be.

With the challenges that exist in the world today, the First Presidency and Quorum of the Twelve Apostles are particularly concerned that you participate appropriately in the political process in the country where you live. The Church is neutral in political contests and does not support candidates or parties. We do expect, however, that our members will be fully engaged in supporting the candidates and parties of their choice based on principles that will protect good government. Our doctrine is clear: those who are good, “honest . . . and wise . . . should be sought for diligently” (D&C 98:10).

We have great confidence in you. The leadership of the Church honestly believes that you can build the kingdom like no previous generation. You have not only our love and confidence but also our prayers and blessings. We know that the success of your generation is essential to the continued establishment of the Church and the growth of the kingdom. We pray that you will act well your part as you avoid wearing a mask, act in accordance with your true identity, set appropriate goals, and build your country and community. ■

From a Church Educational System fireside for young adults delivered at Brigham Young University–Idaho on March 4, 2012. For the full text in English, visit lds.org/broadcasts/archive/ces-devotionals/2012/01?lang=eng.

NOTES

1. David O. McKay, in Francis M. Gibbons, *David O. McKay: Apostle to the World, Prophet of God* (1986), 45.
2. See Mark L. Staker, “Remembering Hiram, Ohio,” *Ensign*, Oct. 2002, 32, 35.
3. See *Teachings of Presidents of the Church: Joseph Smith* (2007), 24.
4. “True to the Faith,” *Hymns*, no. 254.
5. L. Tom Perry, in “Joy—for Us and Others—Comes by Following the Savior,” <http://lds.org/prophets-and-apostles/what-are-prophets-testimonies?lang=eng>.
6. Lucile C. Tate, *Boyd K. Packer: A Watchman on the Tower* (1995), 58–59.

By Gary and Susan Carter

As temple workers, we have had the blessing of meeting with young adults coming to the temple to receive their own endowment. We have found that a temple preparation seminar was helpful to them, but the influence of righteous parents and leaders played a more significant role in helping them prepare to make temple covenants. As parents and leaders, we need to help youth not only prepare for full-time missionary service, which lasts for but a few months, but also for making and keeping temple covenants, which last for eternity. The first steps can begin in childhood.

Preparing Children

Parents can show their children the importance of the temple by worshipping in the temple and by sharing their testimonies of temple work. Even in areas where frequent temple attendance is not possible, parents can instill in their children the desire to attend the temple.

President Howard W. Hunter (1907–95) taught parents: “Let us share with our children the spiritual feelings we have in the temple. And let us teach them more earnestly and more comfortably the things we can appropriately say about the purposes of the house of the Lord.”¹ Our children need to know that the temple is a place where we have received answers to prayers and where we feel God’s love.

TEENS *and* TEMPLE COVENANTS

With the lowering of the age requirement for full-time missionaries, tens of thousands more teenagers are now making sacred temple covenants.

Parents can also teach their children to look forward to and live worthy of their own limited-use recommend that they have the opportunity to qualify for when they turn 12 years old. When the time comes for these youth to attend, we observe the joy and pride with which they present these recommends at the temple.

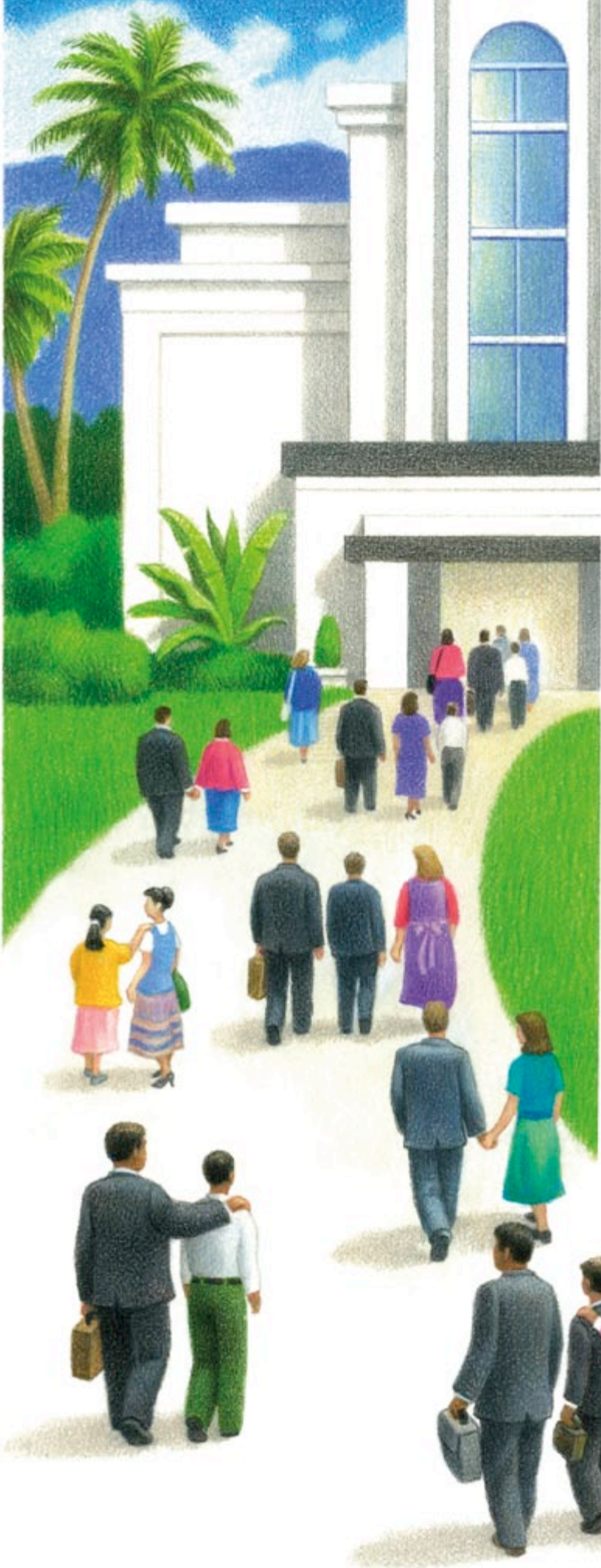
Preparing Youth

Parents can help their children become involved in family history research so that when they turn 12 years old they can take family names to the temple. To the youth who do

so, Elder David A. Bednar of the Quorum of the Twelve Apostles has promised: “Your love and gratitude for your ancestors will increase. Your testimony of and conversion to the Savior will become deep and abiding. And I promise you will be protected against the intensifying influence of the adversary.”²

We have seen many examples of this promise being fulfilled. Recently a young woman told us that after having researched her grandmother’s name, she had come to the temple to do the work for her. She said that as she was baptized for her, she had the clear impression that her grandmother would greet her in the next life. Experiences such as these strengthen testimonies and instill a desire to participate in further ordinances of the temple.





Many of the youth face temptations to dress immodestly. When parents and leaders wear attractive, modest clothing, youth will realize they can do so as well. Youth need to understand that the way they dress and how they treat their bodies can demonstrate their discipleship.

Parents can help youth prepare to enter the temple by helping them understand the covenants they will make there. The covenants of the temple include promises to “observe the law of strict virtue and chastity, to be charitable, benevolent, tolerant and pure; to devote both talent and material means to the spread of truth and the uplifting of the [human family]; to maintain devotion to the cause of truth; and to seek in every way to contribute to the great preparation that the earth may be ready to receive her King—the Lord Jesus Christ.”³ Parents can testify that the youth will receive personal and powerful blessings throughout their lives as they keep these covenants, and these covenants will become more meaningful to the youth as their parents help them understand that both the blessings and the covenants are made possible through the Atonement of Jesus Christ.

There are many ways we can help prepare our children and youth to receive the blessings of the temple. The more prepared they are, the more likely they will be at peace and feel the Spirit and thus be able to have great spiritual experiences as they receive their endowment. An uplifting temple experience will make them more committed disciples of Christ and better missionaries—motivated to help those they teach to prepare to receive their own sacred temple ordinances. ■

NOTES

1. Howard W. Hunter, “Follow the Son of God,” *Ensign*, Nov. 1994, 88.
2. David A. Bednar, “The Hearts of the Children Shall Turn,” *Ensign or Liahona*, Nov. 2011, 26–27.
3. James E. Talmage, in *Preparing to Enter the Holy Temple* (2002), 34–35.

OUR GREAT Missionary Heritage

All missionaries, past or present, serve with the hope of making life better for other people.

By LaRene Porter Gaunt
and Linda Dekker Lopez

Church Magazines

Today's missionaries carry on the great legacy of filling the earth with the knowledge of the Lord (see Isaiah 11:9). From Abraham to Paul to Ammon to Wilford Woodruff, missionaries in the scriptures and Church history provide modern-day missionaries with strong role models.

Whether we are member missionaries, preparing for full-time missionary service, serving a mission, or returning from a mission, we can draw courage and inspiration from these examples.

Our Missionary Heritage in the Bible and Pearl of Great Price

Old Testament missionaries, such as Jonah, were called to deliver a voice of warning to the people (see Ezekiel 3:17–19). From Jonah's example we see the importance of repentance and obedience. The story of Abraham teaches us about the lineage and power of the Melchizedek Priesthood.

New Testament missionaries, such as Peter and Paul, worked to preserve the teachings of Jesus Christ. Nevertheless, over time the world fell into apostasy. God restored the gospel through the Prophet Joseph Smith. We are now working, as those missionaries did, to preserve and share the teachings of Jesus Christ.



Jonah on the Beach at Nineveh, by Daniel A. Lewis. Jonah repented and went about preaching and confirming that Jehovah reigns everywhere and does not confine His love to a single nation or people (see Jonah 1–4).



A VOICE OF WARNING

“Because the Lord is kind, He calls servants to warn people of danger. . . . Think of Jonah. He fled at first from the Lord’s call to warn the people of Nineveh who were blinded to the danger by sin. He knew that wicked people through the ages have rejected prophets and sometimes killed them. Yet when Jonah went forward with faith, the Lord blessed him with safety and success.”

President Henry B. Eyring, First Counselor in the First Presidency, “Let Us Raise Our Voice of Warning,” *Ensign* or *Liahona*, Jan. 2009, 3.



Peter and John before Rulers in Jerusalem, by Simon Vedder. Peter and John were brought before the council, and the high priest asked them, “Did not we straitly command you that ye should not teach in this name? and, behold, ye have filled Jerusalem with your doctrine. . . . Then Peter . . . answered and said, We ought to obey God rather than men” (Acts 5:28–29).

The Apostle Paul, by Karel Skreeta. In his journeys and letters, Paul bore powerful testimony of the Savior throughout Asia Minor and much of the known world at that time.



Melchizedek Blesses Abram [Abraham], by Walter Rane. Melchizedek blessed Abram (see Genesis 14:18–20) and also gave him the priesthood (see D&C 84:14). At another time, the Lord appeared to Abram, saying, “I have purposed . . . to make of thee a minister to bear my name in a strange land. . . . And thou shalt be a blessing unto thy seed after thee, that in their hands they shall bear this ministry and Priesthood unto all nations” (Abraham 2:6, 9).



Ammon before King Lamoni, by Gary L. Kapp. Ammon, one of the sons of Mosiah, saved King Lamoni's flocks. When the king asked Ammon if he was sent from God, Ammon said that he was a man called by the Holy Spirit to teach the gospel "unto [Lamoni's] people, that they may be brought to a knowledge of that which is just and true" (Alma 18:34).

Our Missionary Heritage in the Book of Mormon

Alma, Amulek, the sons of Mosiah, and Samuel the Lamanite are only a few of the great missionary role models we find in the Book of Mormon. In them we see examples of repentance, faith, obedience, and courage. Like them, we can rely on inspiration and revelation from God to guide our missionary service.

He Did Bring Glad Tidings to My Soul, by Walter Rane. An angel visited Samuel the Lamanite and brought "glad tidings to [Samuel's] soul" concerning the Savior's coming (Helaman 13:6–7). As part of his calling to preach to the Nephites, Samuel mounted Zarahemla's city wall and shared these glad tidings with the people.



TEACHING UNBELIEVERS

"The sons of Mosiah . . . went among the Lamanites. Teaching a people whose traditions were seemingly not conducive to spiritual growth, these faithful missionaries nonetheless helped bring about a mighty change in these Lamanites. We know that . . . 'as many of the Lamanites as believed in their preaching, and were converted unto the Lord, never did fall away' (Alma 23:6)."

Elder James B. Martino of the Seventy, "Repentance That Brings Conversion," *Ensign*, Sept. 2012, 58.



Our Missionary Heritage in the Doctrine and Covenants

After the Restoration of the gospel, missionaries were essential. Missionaries such as Dan Jones, Orson Hyde, and Parley P. Pratt shared the Book of Mormon and the gospel of Jesus Christ. Some, like the Prophet Joseph's brother Samuel, served close to their home. Others traveled far to share the gospel in places such as Thailand, the Sandwich Islands (Hawaii), Denmark, and England.

These early missionaries often served long and multiple missions. They left parents, sweethearts, wives, children, and grandchildren just as we do. They serve as examples to us today of faith, courage, obedience, endurance, and diligence.



Mormon Preachers, by Arnold Friberg, based on an original by Christen Dalsgaard. This scene of an early Latter-day Saint missionary teaching the gospel of Jesus Christ to a Danish family gathered in their rural home was typical of 19th-century proselytizing efforts. Missionaries also taught on street corners or in town meeting halls.



Wilford Woodruff Prepares for Baptisms at Benbow Farm, by Richard A. Murray. The Lord led Wilford Woodruff in the 1840s to John Benbow's farm in Herefordshire, England. "There was a people there who had been praying for the ancient order of things," wrote Wilford. "The consequence was, the first thirty days after I got there I baptized six hundred. . . . In eight month's labor in that country I brought eighteen hundred into the Church. Why? Because there was a people prepared for the Gospel" ("Discourse," *Deseret Weekly*, Nov. 7, 1896, 643).

Newly arrived missionaries baptized natives in the Sandwich Islands (Hawaii) as early as 1851. This photograph dates from much later.



MAY NOT BE COPIED

Building on Our Missionary Heritage

Since President Thomas S. Monson announced in the October 2012 general conference that young men and young women could leave for a mission at a younger age, tens of thousands of Latter-day Saints have thronged the mission field.

In the April 2013 general conference, Elder Neil L. Andersen of the Quorum of the Twelve Apostles added his witness of missionary work and encouraged each of us to become an important part of this unfolding miracle by helping to

find those ready to hear the gospel: “As surely as the Lord has inspired more missionaries to serve, He is also awakening the minds and opening the hearts of more good and honest people to receive His missionaries. You already know them or will know them. They are in your family and live in your neighborhood. They walk past you on the street, sit by you in school, and connect with you online” (“It’s a Miracle,” *Ensign* or *Liahona*, May 2013, 78). ■

Pioneering the Streets, by Ken Spencer. These two missionaries share the gospel with a man in front of a bookstore in New Brunswick, New Jersey, USA.



COURTESY OF CHURCH HISTORY MUSEUM



YOUR MISSIONARY BADGE

“If you’re not a full-time missionary with a missionary badge pinned on your coat, now is the time to paint one on your heart—painted, as Paul said, ‘not with ink, but with the Spirit of the living God.’”

Elder Neil L. Andersen of the Quorum of the Twelve Apostles, “It’s a Miracle,” *Ensign* or *Liahona*, May 2013, 78.



COURTESY OF CHURCH HISTORY MUSEUM

The Lamanites Shall Blossom as a Rose, by Joselito Jesus Acevedo Garcia. This image captures the spirit of missionary work among Spanish-speaking people. Two missionaries prepare to teach the gospel while people go about their daily tasks. The Lima Peru Temple, sitting amid small homes and native animals, represents the growth of the Church.



© IRI, COURTESY OF JUEI ING CHEN

Unfading Missionaries, by Juei Ing Chen. Members of the Church in Taiwan, like member missionaries everywhere, seek to share their joy in the gospel and the scriptures. The scriptures are on the table; and the tall blue container holding scrolls features a picture of the Taipei Taiwan Temple.



COURTESY OF CHURCH HISTORY MUSEUM

Latter-day Saint Missionaries in Sierra Leone, by Emile Wilson. The first mission in Sierra Leone was organized in Freetown on July 1, 2007. Freetown became the 3,000th stake in the Church on December 2, 2012.



By Elder Eduardo Gavarret
Of the Seventy

PREPARED

AGAINST THE DAY OF BATTLE

*May we, by placing our trust in the Savior, the Lord of Hosts,
be prepared and not stumble on the field of battle.*

In 1485, Richard III was on the English throne. It was a time of instability, and Richard had to defend his crown more than once. But he was an experienced military veteran, a bold and shrewd warrior who had an army of between 8,000 and 10,000 men.

That same year, a pretender to the English throne, Henry Tudor, Earl of Richmond, challenged and confronted Richard in a place that gave the battle its name: Bosworth Field. Henry, unlike Richard, had little combat experience, and his forces numbered only 5,000. But at his side he had good advisers—noblemen who had taken part in similar battles, including some against Richard. The morning of the battle arrived, and everything suggested that Richard would be victorious.

A famous dramatic legend summarizes the events of August 22, 1485. That morning, King Richard and his men prepared to face Henry's army. The winner of the battle would be the ruler of England. Shortly before the battle, Richard sent a groom to see if his favorite horse was ready.







“Shoe him quickly,” the groom ordered the blacksmith. “The king wishes to ride at the head of his troops.”

The blacksmith answered that he would have to wait. “I’ve shod the king’s whole army the last few days,” he said, “and now I’ve got to go get more iron.”

The impatient groom said he couldn’t wait. “The king’s enemies are advancing right now, and we must meet them on the field,” he said. “Make do with what you have.”

As ordered, the blacksmith did the best he could, making four horseshoes from a bar of iron. After hammering out the shoes, he nailed three of them on the horse. When attempting to fasten the fourth shoe, however, he realized he did not have enough nails.

“I need one or two more nails, and it will take some time to hammer them out,” he told the groom.

The groom, however, could wait no longer. “I hear the trumpets now,” he declared. “Can’t you just use what you’ve got?”

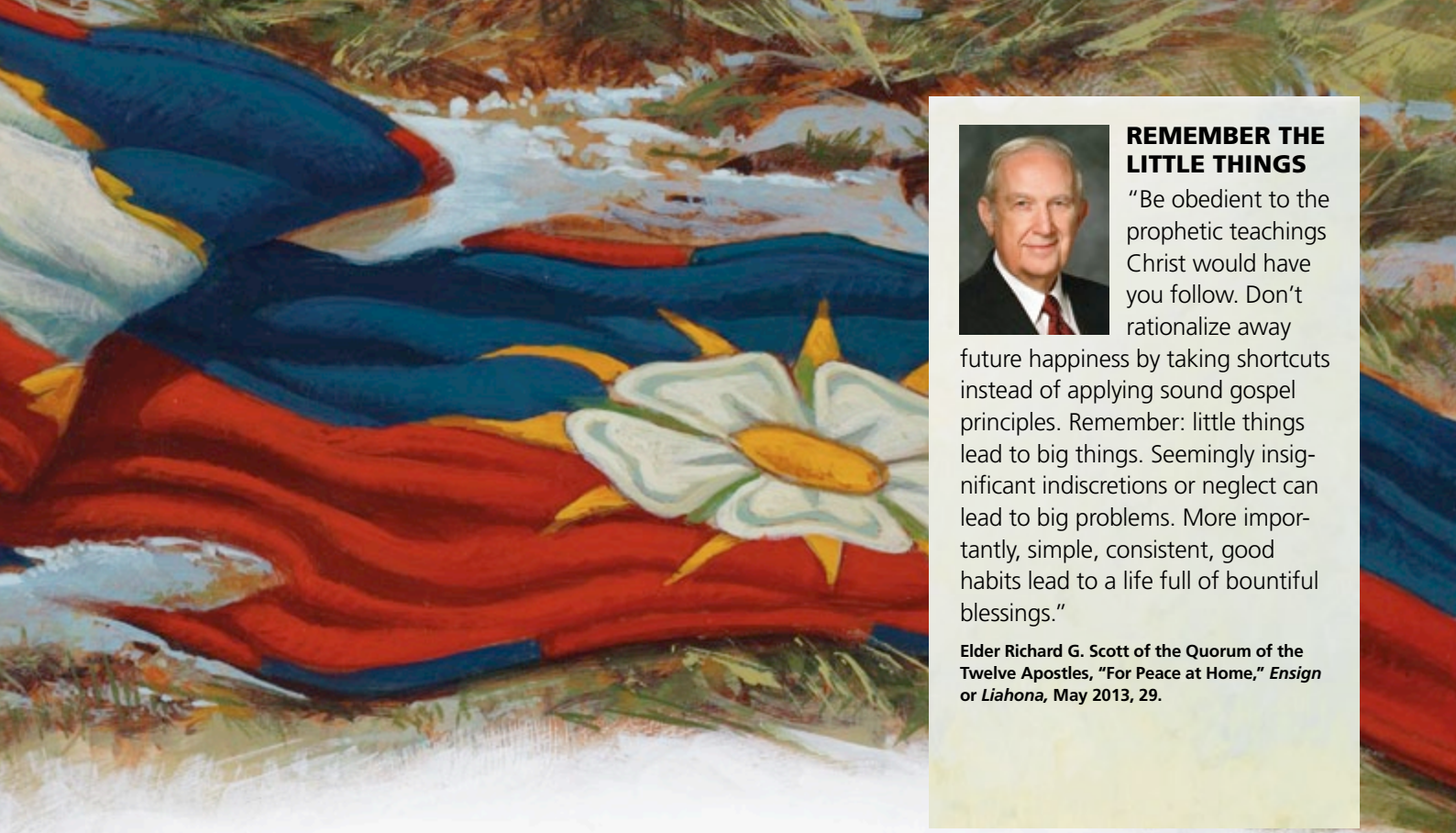
The blacksmith replied that he would do his best but that he couldn’t guarantee that the fourth horseshoe would hold.

“Just nail it on,” the groom ordered. “And hurry, or King Richard will be angry with us both.”

The battle soon commenced. To rally his men, Richard rode up and down the field, fighting and urging them with the call, “Press forward! Press forward!”

As Richard looked across the field, however, he saw some of his men falling back. Fearing that his other soldiers might also begin retreating, he galloped toward the broken line to spur them on. But before Richard could reach them, his horse stumbled and fell, throwing the king to the ground. One of the horse’s shoes, just as the blacksmith feared, had flown off during the king’s desperate gallop.

Richard jumped from the ground as his horse rose and galloped off. As Henry’s army advanced, Richard waved his sword high in the air, shouting, “A horse! A horse! My kingdom for a horse!”



REMEMBER THE LITTLE THINGS

“Be obedient to the prophetic teachings Christ would have you follow. Don’t rationalize away

future happiness by taking shortcuts instead of applying sound gospel principles. Remember: little things lead to big things. Seemingly insignificant indiscretions or neglect can lead to big problems. More importantly, simple, consistent, good habits lead to a life full of bountiful blessings.”

Elder Richard G. Scott of the Quorum of the Twelve Apostles, “For Peace at Home,” *Ensign* or *Liahona*, May 2013, 29.

But it was too late. By then, Richard’s men were fleeing in fear of Henry’s advancing army, and the battle was lost. Since that time people have uttered the proverb:

*For want of a nail, a shoe was lost,
For want of a shoe, a horse was lost,
For want of a horse, a battle was lost,
For want of a battle, a kingdom was lost,
And all for the want of a horseshoe nail.*¹

Fastening Our Principles

As I think of this story, I reflect on how something as simple as a poorly fastened horseshoe nail led to such a turn of events. We can compare the missing nail to the principles of the gospel. A lack of gospel principles and their associated values and practices can leave us helpless on the field of battle against temptation and evil.

What practices are missing in our lives and families? Are we neglecting personal or family prayer? Diligent study of the scriptures? Regular family home evening? Payment of a full tithe? Service to our brothers and sisters? Sabbath day observance? Temple worship? Love for our neighbors?

Each of us can take a look inside and find what we may lack—which principle or practice we need to *fasten* more

firmly in our lives and in our families. Then, after we identify that principle or practice, we can act with diligence and determination to *tighten the nail*—to live that principle more fully and to better prepare ourselves and our families to stand up for what’s right.

In the Doctrine and Covenants, the Lord counsels, “Take the helmet of salvation, and the sword of my Spirit, which I will pour out upon you, and my word which I reveal unto you, and . . . be faithful until I come” (27:18).

To His faithful servants, the Savior has promised, “Their arm shall be my arm, and I will be their shield and their buckler; and I will gird up their loins, and they shall fight manfully for me; . . . and by the fire of mine indignation will I preserve them” (D&C 35:14).

May we remember that even if “the horse is prepared against the day of battle,” as Proverbs says, “safety is of the Lord” (21:31). May we follow Moroni’s invitation to “come unto Christ, and be perfected in him” (Moroni 10:32). And may we, by placing our trust in the Savior, the Lord of Hosts, be prepared and not stumble on the field of battle against evil. ■

NOTE

1. See “For Want of a Horseshoe Nail,” in William J. Bennett, ed., *The Book of Virtues: A Treasury of Great Moral Stories* (1993), 198–200.

Hastening

THE WORK OF SALVATION

As we invite, love, and serve others, we become true disciples of Jesus Christ and help hasten the work of salvation.

Although there is excitement about full-time missionaries working online and giving tours in meetinghouses, those changes are only a tiny part of the big picture of the work of salvation. Far more important is how we as members fit into the larger picture of hastening the work of salvation. We are not being asked to engage in a new program. We are simply being encouraged to be true disciples of Jesus Christ. Our role is to immerse ourselves in loving and serving those around us—comforting a co-worker in need, inviting our friends to a baptism, helping an elderly neighbor with his yard work, inviting a less-active member over for a meal, or helping a neighbor with her family history. These are all natural, joyful ways to invite less-active members and those not of our faith into our lives and consequently into the light of the gospel. Sharing with them the fun times and the sacred times of our lives may actually be the most effective way any of us can “labor in [Jesus Christ’s] vineyard for the salvation of the souls of men [and women]” (D&C 138:56).

What Is the Work of Salvation?

The work of salvation is Heavenly Father’s work “to bring to pass the immortality and eternal life of man” (Moses 1:39). This important work includes member missionary work, convert retention, activation of less-active members, temple and family history work, and teaching the gospel.¹ Too often, we think these aspects of the gospel are unrelated. But in *The Work of Salvation: Worldwide Leadership Broadcast* on June 23, 2013, Elder Russell M. Nelson of the Quorum of the Twelve Apostles taught that “the work really is indivisible. These efforts are not separate; they’re all part of the work of salvation.”²

The phrase “Hastening the Work of Salvation”—the name of the broadcast’s companion website (hasteningthework.lds.org)—refers to the Lord’s promise: “Behold, I will hasten my work in its time” (D&C 88:73).



PHOTO ILLUSTRATION BY DAVID STOKER

Essential priesthood ordinances—baptism, confirmation, ordination to the priesthood for men, and temple ordinances—stand as milestones along our path to return to our Heavenly Father. As we participate in the work of salvation, we follow and inspire others to follow this covenant path.

Members and Missionaries Work Together under Priesthood Keys

The time has come to refocus on the fundamental principle that membership in the Lord's Church means

being called to be fully engaged in His work of salvation. Stake presidents and bishops hold the priesthood keys of missionary work in their Church units³ and help members do what true disciples of Christ do—share the light of the gospel. Mission presidents hold priesthood keys that enable them to direct the work of the missionaries they lead.⁴ Full-time missionaries are trained to teach those who have been prepared to receive the gospel. They help the members with the members' missionary work, not vice versa. Full-time and member missionaries are thus



partners in bringing the gospel into the lives of those the Lord has prepared to receive it.

During the broadcast, President Thomas S. Monson said: “Now is the time for members and missionaries to come together, to work together, to labor in the Lord’s vineyard to bring souls unto Him. He has prepared the means for us to share the gospel in a multitude of ways, and He will assist us in our labors if we will act in faith to fulfill His work.”⁵

Elder Neil L. Andersen of the Quorum of the Twelve Apostles spoke of the importance of love. He said, “We work together in faith and unity—faith that the Lord will guide our steps and unity with each other and with the missionaries, always motivated by our love for [Jesus Christ], our love for one another, and our love for those we serve.”⁶

Ward Councils Lead Out, Ward Mission Leaders Coordinate

Under the direction of the bishop, the ward council facilitates, supports, and coordinates the efforts of ward members by planning and leading the work of salvation for the ward.⁷

As a member of the ward council, the ward mission leader “coordinates the ward’s efforts to find, teach, and baptize investigators. He coordinates this work with the work of the full-time missionaries.”⁸

Speaking to ward mission leaders, Elder Nelson said: “Help [the missionaries] to fill their appointment books with meaningful opportunities and appointments so that they won’t have time to knock on doors searching for people to teach. . . . [You] are the connecting link between



the missionaries, the ward council, and the members of the ward.”⁹

The True Mark of Success

As Latter-day Saints we are blessed to be living in this time when the Lord is hastening His work. Because God has a purpose in placing us on earth at this time, we have the capacity to do more than we think we can. As long as we reach out in kindness and love to those who need our friendship and help, we will not fail. Missionary success comes by following the inspiration that flows into our minds and hearts and simply inviting others into our gospel-centered lives. The invitation is the mark of success, not whether people get baptized or become active in the Church. As Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles said of the great army of missionaries now entering the mission field: “The hour is upon us in which we must now say, ‘Here they come.’ All of us must plan for and use this heaven-sent resource in the most productive way possible.”¹⁰

It is time for all of us to understand more clearly our role in hastening the work of salvation. As we make member missionary work, convert retention, activation of less-active members, temple and family history work, and teaching the gospel a natural part of our lives, we will experience great joy and be endowed with the spiritual gifts we need to strengthen the Church in the 21st century. ■

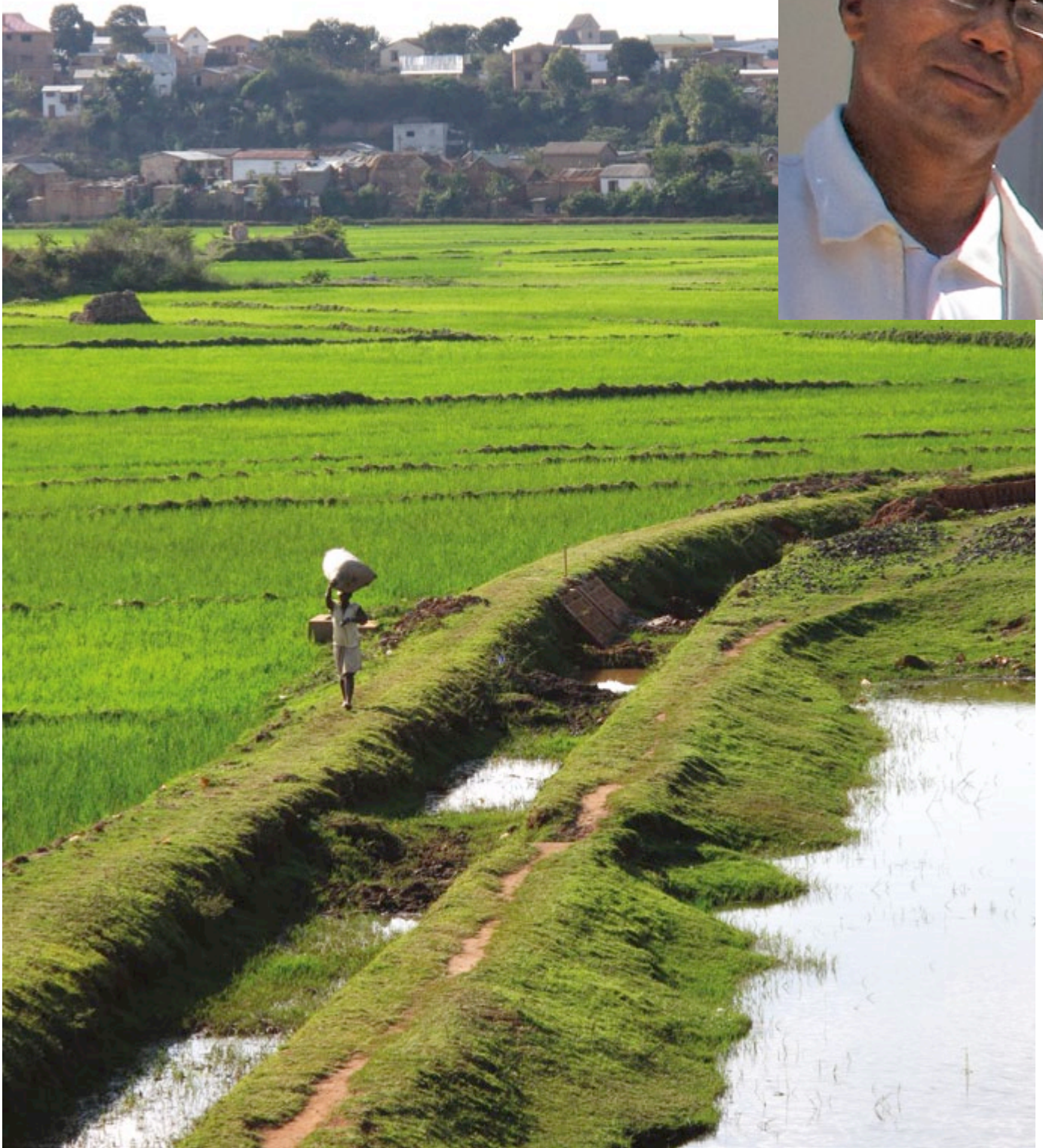
NOTES

1. See *Handbook 2: Administering the Church* (2010), chapter 5.
2. Russell M. Nelson, *The Work of Salvation: Worldwide Leadership Broadcast*, June 23, 2013, hasteningthework.lds.org.
3. See *Handbook 2*, 5.1.6; 5.1.9.
4. See *Handbook 2*, 5.1.6.
5. Thomas S. Monson, *The Work of Salvation*, hasteningthework.lds.org.
6. Neil L. Andersen, *The Work of Salvation*, hasteningthework.lds.org.
7. See *Handbook 2*, 5.1.2.
8. *Handbook 2*, 5.1.3.
9. Russell M. Nelson, *The Work of Salvation*, hasteningthework.lds.org.
10. Jeffrey R. Holland, *The Work of Salvation*, hasteningthework.lds.org.

For the video of *The Work of Salvation: Worldwide Leadership Broadcast* in 26 languages, visit hasteningthework.lds.org. You can also find the broadcast archived in 59 languages at lds.org/broadcasts. *Handbook 2: Administering the Church* can be found in 29 languages at lds.org/manual/handbook.



Picking up the missionaries in a cab started Roger Randrianarison on the path to discipleship.



BECOMING A Man of Peace

The temple, missions, and service helped Roger and his family move toward becoming an eternal family.

By Matthew D. Flitton

Church Magazines

Roger Randrianarison knew something was missing from his family's life. "I prayed to God to help me find something to lead my family," he said. "I had a desire to lead my family in something good, something that would lead to the right path."

He was concerned about how to raise his three children—sons, Randrianandry and Sedinirina, and daughter, Nirina. He was unhappy that his short temper had led to challenges in the family. He wanted to be a kinder parent.

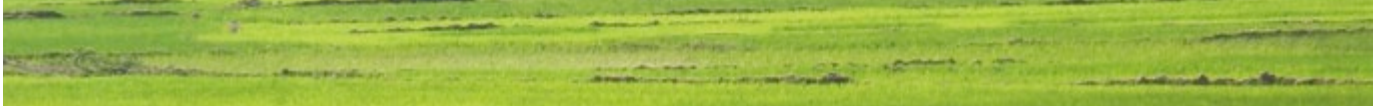
"I decided I was the one who had to change because I saw who I had become," he said.

Roger had lost his construction business a few years earlier and was working as a taxi driver in Antananarivo, Madagascar. One day he picked up two sister missionaries.

"Once they were in the car, they asked me my name and if I had a family," he said. "They asked if I knew who God was and if I prayed to Him."

The missionaries sang songs with Roger during the ride and invited him to church. He tried to go a few times but never could work the meetings into his schedule, and he lost contact with the missionaries.

About five months later Roger was working at home one day when he heard two missionaries talking to someone outside his fence. Roger knew they would come talk to him. He felt like he should answer yes to whatever questions they would ask him.



Studying the gospel as a family has helped the Randrianarison family grow closer together.

After introducing themselves, the missionaries asked him if he knew about God. Yes. Did he want to pray to God? Yes. Did he want to talk to the missionaries? Yes. When? Now. The missionaries said they would return in 20 minutes. When they came back, they had a member with them who lived nearby.

The missionaries taught Roger many times for a month in his home. Because of what they had heard about the Church, the rest of his family didn't want to study with the missionaries. After a month of learning about the gospel, Roger went to church with the missionaries. The kind reception he experienced left an impression on him. "The members received me like they had already known me for a very long time," he said.

Roger went home from church and told his family that he was going to be baptized in a month and that they were free to choose to join the Church or not. They asked him to wait so that they could join him. They started attending meetings and were also pleasantly surprised.

The first time he attended Church meetings left a lasting impression on Roger's oldest son, Randrianandry. "The first time I came to church I was so surprised because the people were so humble," he said. "First, they were properly dressed

for church. After that I realized they were really there for a purpose, not just to show off for other people."

The Randrianarisons were baptized as a family on February 20, 2003. At the time Nirina was 8, Sedinirina was 17, and Randrianandry was 19. The family stopped working on Sundays and made living the gospel a priority.

Changes

"After I got baptized, I saw a lot of changes in our home," said Arelina, Roger's wife. "It became a spiritual home, and so many blessings, both temporal and spiritual, came from living the gospel."

From a temporal perspective, Roger credits Heavenly Father with helping him rebuild his business. After two years of driving a taxi and doing whatever he could to provide for his family, he started receiving construction contracts. "I believe that God always blesses me when I decide to follow Him," he said.

But his sons say the biggest change they have seen is in their father's temperament. They describe him now as an example of humility and kindness. Roger said the gospel convinced him that he had to change. Since he began studying it, Roger has tried to fill his life with good things.

“Because of the teachings of the gospel, I never lose my temper,” he said. “Sometimes there are provocations, but the gospel is in my heart, in my head, and in my spirit. It helps me stay calm.”

When upsetting situations arise, Roger is the one who calms down family members and reminds them to act as the Savior would.

“My father became humble and now cares for our family with love,” Sedinirina said. “When I look at the change in him, I’m so grateful for Heavenly Father, for the gospel, and for being members of the Church.”

An Eternal Family

In 2006, with the help of the General Temple Patron Assistance Fund, Roger and Arelina went to Johannesburg, South Africa, to be sealed in the temple.

From 2009 to 2011, Sedinirina and Randrianandry served missions to South Africa—Sedinirina in Cape Town and Randrianandry in Johannesburg. Part of their motivation to serve was to help other families change, just as their family had.

“A miracle like this can happen, and it happened because missionaries came to our house,” Randrianandry said. “So I had the desire to do the very same thing for a family somewhere.”

That decision brought another blessing to the Randrianarison family. There was a nine-day period when both Sedinirina and Randrianandry would be in the Johannesburg Missionary Training Center. Roger arranged to fly to South Africa with Arelina and their daughter, Nirina, so the entire family could be sealed in the temple. Nirina, who was 14 at the time, said it’s difficult to describe

the experience and what she felt.

“It strengthened my faith and helped me feel closer to God,” she said.

Today the family members work to build and strengthen those around them. Roger serves as the bishop of his ward. Arelina works in the Primary with the Faith in God program. Sedinirina is an assistant stake clerk. Randrianandry is an assistant ward clerk. Nirina is the ward music director.

The gospel has been an answer to prayers in the Randrianarison home. It has healed old hurts, brought them closer, and given them the opportunity to be together forever. It has taught Roger to love. “Family life,” he said, “is a life full of love.” ■

Traveling to South Africa to be sealed in the Johannesburg Temple strengthened the Randrianarison family.



THE TEMPLE PATRON ASSISTANCE FUND

“There are still areas of the world where temples are so distant from our members that they cannot afford the travel required to get to them. They are thus unable to partake of the sacred and eternal blessings temples provide. To help in this regard, we have available what is called the General Temple Patron Assistance Fund. This fund provides a one-time visit to the temple for those who otherwise would not be able to go to the temple and yet who long desperately for that opportunity. Any who might wish to contribute to this fund can simply write in the information on the normal contribution slip which is given to the bishop.”

President Thomas S. Monson, “As We Meet Again,” *Ensign* or *Liahona*, Nov. 2011, 5.

WOULD MATTHEW RETURN?

We had a strong group of young men in our ward, but our son Matthew gravitated to a nonmember who shared his love for cars and anything mechanical. Unfortunately, this young man came from a family that did not value religion. His parents allowed drinking and smoking in their home and didn't believe that being morally clean was important.

Matthew had earned the top rank in Scouting, but he did not participate in the awards meeting because he had stopped living Scouting standards. I gathered all his Scouting awards and made a display case. Then I put it away, hoping that one day it would be of value to him. By the time he was 16, Matthew was smoking, drinking, and doing drugs. He dropped out of school and moved in with his girlfriend. For a couple of years, we rarely saw him.

We were devastated. We didn't know if he would ever return to his family and faith, but we decided to follow Alma's example in dealing with his wayward son. Alma continued to love his son and prayed with faith that he would "be brought to the knowledge of the truth" (Mosiah 27:14).

We prayed constantly that the Lord would intervene in Matthew's life, and we took every opportunity to express by word and action how much we loved him. When he would come home, we did not say anything he might interpret as criticism or judgment. We simply expressed our joy at seeing him.

One day Matthew came home and said he wanted to talk. He said he had met a girl at a party who had questions about the Church. Before he could tell her that he no longer knew

the answers, words started coming out of his mouth. He found himself answering her questions as fast as she asked them. Matthew said he did not remember having learned the things he spoke, but he knew his words were true. He wondered why he was living as he was when he still believed the gospel.

After three days of soul-searching, he decided to leave behind the life he had been leading. He had come home to ask for help in starting over.

Matthew called a cousin in another state who had overcome similar difficulties and asked if he could stay with him. His cousin agreed, and Matthew began attending Church meetings with him and met with the bishop to get help with the repentance process. He felt love and support and became active in the Church.

In time he met a lovely, righteous young woman. They fell in love and were married in the temple.

When their first child was born, I came for a visit and brought the display case I had made of his Scouting awards. He was thrilled and proudly hung it in a prominent place in his home.

An angel did not appear to our son, as had happened to Alma the Younger. But Matthew's return to the truth was just as miraculous. ■

Name withheld



I gathered all of Matthew's Scouting awards and made a display case. Then I put it away, hoping that one day it would be of value to him.

I WAS HOME

As part of a service project, I traveled to Rwanda along with a few other physicians to help with medical needs. After two weeks, near the end of my trip, homesickness crept in. I missed my family, my comfortable bed, and my home.

On my last Sunday in Africa, I was able to coordinate my schedule so that I could attend church. Though the Church was not yet formally recognized in Rwanda, I was able to find a meeting time and directions on the Church's website.

And what directions they were: "Walk down the cobblestone road across from the Ministry building. Look for an open gate. Then walk down the steps."

As I followed these directions, I began to hear the distinct refrain of a familiar hymn. I descended the steps, and the words of "How Firm a Foundation" (*Hymns*, no. 85) reached my ears. The steps ended at a small building, where dozens of smiling people were milling around the entrance. Despite the fact that I

was a stranger to the congregation, I felt immediate kinship. Dozens of Rwandan brothers and sisters stepped forward to shake my hand, and as they did, an oppressive load of loneliness lifted off my back—I was home!

Entering the building, I attended a typical three-hour meeting block that was no different from the one in my home ward in California. Holders of

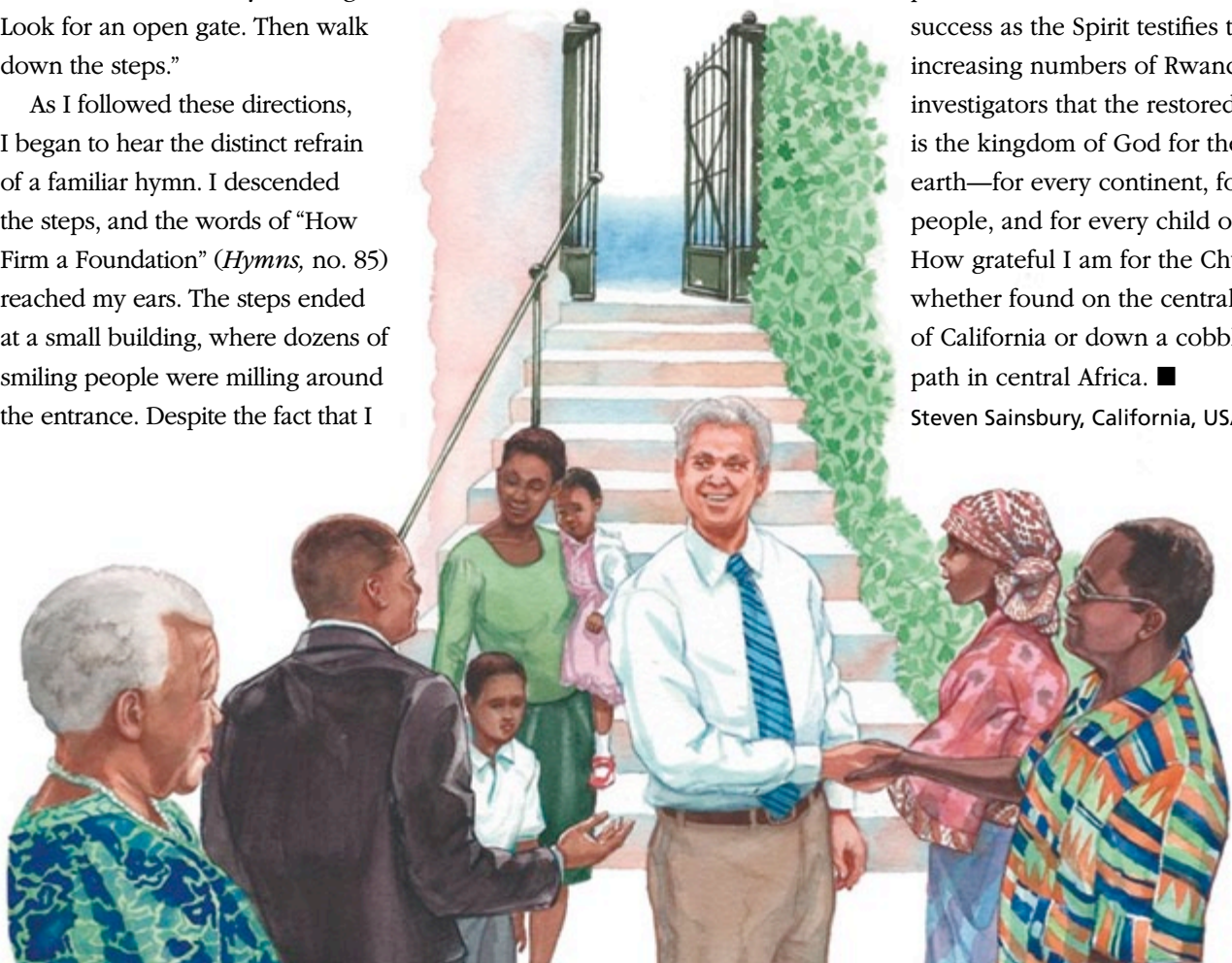
Despite the fact that I was a stranger to the congregation, I felt immediate kinship. Dozens of Rwandan brothers and sisters stepped forward to shake my hand.

the Aaronic Priesthood passed the sacrament, the talks centered on the Savior, and even the Sunday School lesson was the same one taught in my home ward that week.

Most important, the Spirit of the Lord permeated the services. Clearly, the Lord smiled favorably on these good people trying their best to serve Him. I learned that during the previous year, only a handful of Rwandans attended services here. Yet I counted more than 100 attendees, half of them smiling children.

Now that Rwanda has been opened to missionary work, I suspect the missionaries will find great success as the Spirit testifies to increasing numbers of Rwandan investigators that the restored Church is the kingdom of God for the entire earth—for every continent, for every people, and for every child of God. How grateful I am for the Church, whether found on the central coast of California or down a cobblestone path in central Africa. ■

Steven Sainsbury, California, USA



WHAT BROUGHT YOU TO REXBURG?

After decades of living where members of the Church are a minority, my husband and I moved into a neighborhood in Rexburg, Idaho, USA, that contained only two nonmember families. It was our good fortune to live next to one of them.

The father was mowing his lawn the first time we drove into our driveway. My husband and I crossed our lawn to get acquainted. As I put out my hand, I asked, “So what brought your family to Rexburg?”

He replied, “My job—and we searched specifically for a town that needed to be introduced to Christ.”

I felt as though a bucket of cold water had been thrown in my face, but I smiled. I determined at that moment that no matter what our new neighbor said or did, we would

become the *best* neighbors the family ever had. We would try to respond in every interaction with them in a kind, loving, and reasonable way, as the Savior would.

The following eight years brought many shared activities between our families. The mother was invited to and attended Relief Society activities. She invited me and many of our Latter-day Saint neighbors to a Christian women’s retreat sponsored by her church. My husband and I were invited to their children’s dance and piano recitals. Their family was included in neighborhood cookouts and parties. And we received calls from their older children when they needed rides home from work and couldn’t reach their parents.

The parents worried that their

I determined that no matter what our new neighbor said or did, we would become the *best* neighbors the family ever had.

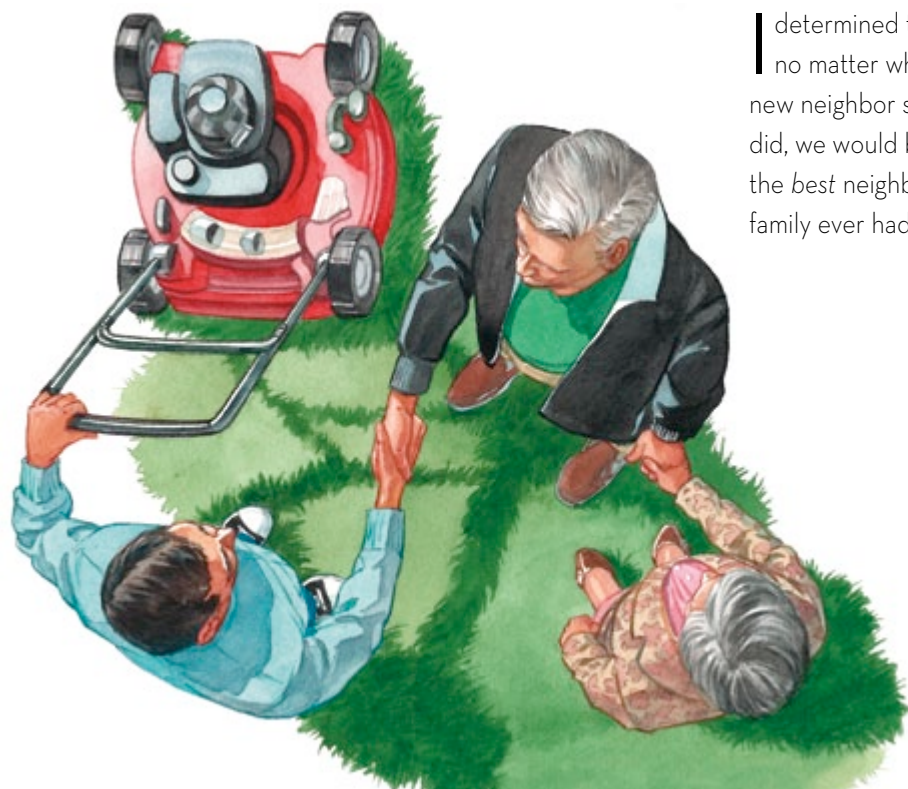
children might begin to like Latter-day Saints too much, so they didn’t let their sons join our ward Scouting program. But our home was considered a safe place, where they let their children play when our grandchildren visited.

Every time our neighbors tried to help us see “the error of our ways,” we reminded them that we had the utmost respect for their beliefs and the way they lived and nurtured their children. We then added that we expected the same respect for our beliefs, which also centered on the Savior’s teachings.

When the mother tried to make our differences into a deep, uncrossable chasm by claiming that Latter-day Saints believed in a “different Jesus,” I reminded her that we both believed He is divine and the beloved Son of God. Eventually she and I enjoyed a warm and friendly relationship.

Their family moved without joining the Church. But if they can say, “We lived among Mormons; they are good and respectful people with sincere hearts,” then I feel we succeeded in being good neighbors and in helping them become more open and fair in their assessment of Latter-day Saints. ■

Sandra Rush, Idaho, USA



A BOX OF PICTURES

Several years ago my husband and I were dumping a load at the local landfill when I noticed one of the ladies who worked there picking up a box to put into the incinerator. Suddenly the box broke open, and some photographs fell out.

As I watched, I had a strong impression to go and get that box of pictures. I jumped out of the car to help pick up the pictures. The lady and I both felt that the photographs had been thrown out by mistake, and I convinced her to let me take the pictures to try to find someone who would like to have them.

Sifting through the hundreds of photographs in the box, I found an envelope addressed to someone in Warburg, Alberta, Canada. Over the next several years, I wrote a few letters to people with the same last name, but I never got a reply.

After my family got access to the Internet, I discovered that there was a historical society in Warburg. I asked if anyone who worked there recognized the names I had found on the back of the pictures.

One month later we received a call from a man who had been contacted by the historical society. He said his sister lived close to us, and he asked if she could see the pictures. Of course we said yes.

The next day, Floyd and Beth Hawthorn, both Latter-day Saints,

came to see the pictures. When I opened the box, Brother Hawthorn said, "Well, there he is," pointing to the picture on top. It was a picture of Sister Hawthorn's grandfather.

As they picked up picture after picture, Brother and Sister Hawthorn told us stories about the people in each photograph. The Hawthorns doubted that they were related to the person who had discarded the

pictures, and they had no idea why the photographs had ended up at the landfill.

I feel strongly that Heavenly Father helped me return the photographs to the Hawthorn family. I testify that family history work is one of the most important works to be done. If we are willing to do the work, the Lord will help us do it. ■

Cindy Heggie, Alberta, Canada

Suddenly the box broke open, and some photographs fell out. As I watched, I had a strong impression to go and get that box of pictures.



How Can I Be a **SUCCESSFUL** Missionary?

No matter how hard my companion and I worked, everyone was rejecting our message. What could we do to become successful missionaries?

By Lauren Bangerter Wilde

I had been on my mission for little more than a year when I hit a particularly difficult time. We were right in the middle of a dismal, gray season—just coming out of a cold winter and moving into spring. And no matter how hard my companion and I worked, everyone we spoke to rejected our message outright. When we met with other missionaries, we learned that their work was going strong. I couldn't think of any reasons why we were so unsuccessful. I had been out long enough to speak the language well, my companion and I were good friends, we had established trust with the members, and we tried to follow the Spirit and obey the mission rules with exactness.

But no matter what we did, we faced rejection at every turn. After weeks and weeks of this, I let my sour attitude get the better of me. During one planning session I finally exclaimed, "What's the point? Nobody will listen to us anyway."

My companion, having a better perspective than I did, simply said, "We set goals to show our faith. We follow up on goals to count our blessings."

As I pondered her insight, I realized that I had been using the wrong measuring stick to judge my success as a missionary. *Preach My Gospel: A Guide to Missionary Service* provides a list of behaviors of successful missionaries,¹ and I realized that all those behaviors are within the missionary's control. I could not control whether or not the people in my mission would accept the gospel message, but I could control the type of missionary I chose to be. My companion showed me that greater faith in Jesus Christ and gratitude for His blessings would allow me to recognize the ways I already was a successful missionary.

Faith Illuminates Miracles

It was humbling to realize that my faith was lacking. I looked for areas

where I could strengthen my faith and found that when things hadn't gone according to plan, I had let myself become discouraged. *Preach My Gospel* says: "Discouragement will weaken your faith. If you lower your expectations, your effectiveness will decrease, your desire will weaken, and you will have greater difficulty following the Spirit."² I realized that I had allowed our setbacks to weaken my faith.

I began by praying for a change of heart and more faith. I also relied on the promise given in Mormon 9:21: "Whoso believeth in Christ, doubting nothing, whatsoever he shall ask the Father in the name of Christ it shall be granted him; and this promise is unto all, even unto the ends of the earth." This promise led me to pray more fervently for the blessings and miracles my companion and I felt we needed, always adding, "Thy will be done." These prayers helped me to accept changed plans and setbacks with greater faith,



BECOMING A SUCCESSFUL MISSIONARY

You can know you have been a successful missionary when you:

- Feel the Spirit testify to people through you.
- Love people and desire their salvation.
- Obey with exactness.
- Develop Christlike attributes.
- Warn people of the consequences of sin. Invite them to make and keep commitments.
- Go about doing good and serving people at every opportunity, whether or not they accept your message.

From *Preach My Gospel: A Guide to Missionary Service* (2004), 10–11.



SEEK THE LORD'S ACCEPTANCE

"With all my heart I invite you to seek the Lord's acceptance and enjoy His promised blessings. . . . We [can] come to know that we are accepted of Him, regardless of our position, status, or mortal limitations. His loving acceptance will motivate us, increase our faith, and help us deal with everything we face in life. Despite our challenges, we will be successful, prosper [see Mosiah 2:22], and feel at peace [see Mosiah 2:41]."

Elder Erich W. Kopischke of the Seventy, "Being Accepted of the Lord," *Ensign or Liahona*, May 2013, 106.

knowing that Heavenly Father always answers prayers of faith—even when the answers come in ways we don't anticipate. I became more able to recognize the ways the Lord was guiding us throughout our day.

As I worked on strengthening my faith, I found the positive form of the statement from *Preach My Gospel* to be true: if you raise your expectations, your effectiveness will increase, your desire will grow, and you will be able to follow the Spirit better. Additionally, I was more optimistic about missionary work and my missionary service when I could recognize and appreciate the miracles that happened daily.

Gratitude Counteracts Jealousy

The Lord began to show me that He worked miracles for us each day—but I had been unable to recognize them until I made a conscious effort to be genuinely grateful. Expressing gratitude is more than just a good habit or nice manners. When I expressed gratitude to the Lord and to others, I was empowered. I found myself being excited for other missionaries when they had success instead of being jealous (see Alma 29:14, 16). I was more able to focus on what I had and what went right rather than what I lacked and what went wrong.

I learned that gratitude is the antidote to comparing ourselves to others. Those times when I didn't feel like a successful missionary usually came because I told myself, "I'm not

doing as well as they are," or, "They are better at this than I am." I also learned that while it is the Lord's pattern to give us righteous examples to emulate and follow, it is Satan's counterfeit to tempt us to compare ourselves with them in order to determine our worth or success. But *Preach My Gospel* is clear on this: "Avoid comparing yourself to other missionaries and measuring the outward results of your efforts against theirs."³ Ultimately, gratitude helped me avoid pride and reminded me that the Lord is in charge of His work. I did not need to be jealous because my fellow missionaries appeared to be having more success.⁴

The True Measure of Success

Before I had this change in perspective, I had been so focused on a specific type of blessing that I had forgotten to leave my eyes open to the other ways the Lord was answering our prayers and blessing our missionary work. Eventually, the Lord began blessing the missionary work in our area in beautiful and unexpected ways. We did find people willing to accept our message, but I had learned by that time not to measure my success by the choices of others.

President Gordon B. Hinckley (1910–2008) shared one mission president's counsel about missionary work: "Do your best, your very, very best. Say your prayers and work hard and leave



In many ways, the measure of my success as a missionary could be judged by my willingness to repent and my determination to keep working.

the harvest to the Lord.”⁵ *Preach My Gospel* teaches something similar about successful missionaries: “Do your very best to bring souls to Christ, and seek earnestly to learn and improve.”⁶

As long as I was willing to repent, as long as I could honestly account to the Lord that I was doing my best, I could feel confident that I was a successful missionary—regardless of whether people accepted our message. In many ways, the measure of my success as a missionary could be judged by my willingness to repent and my determination to keep working.

I have many miracles recorded in my journal from this time of my mission. As I strove to be more faithful and grateful, I had a better perspective, I avoided discouragement, and

I felt the Spirit more abundantly in the work. I found that what *Preach My Gospel* teaches is true: “When you have done your very best, you may still experience disappointments, but you will not be disappointed in yourself. You can feel certain that the Lord is pleased when you feel the Spirit working through you.”⁷ And when I felt the Lord was pleased with me, I could endure any trial. ■

The author lives in Maine, USA.

NOTES

1. See *Preach My Gospel: A Guide to Missionary Service* (2004), 10–11.
2. *Preach My Gospel*, 10.
3. *Preach My Gospel*, 10.
4. See Jeffrey R. Holland, “Laborers in the Vineyard,” *Ensign* or *Liahona*, May 2012, 31.
5. Gordon B. Hinckley, “Find the Lambs, Feed the Sheep,” *Ensign*, May 1999, 106; *Liahona*, July 1999, 120.
6. *Preach My Gospel*, 11.
7. *Preach My Gospel*, 11.

SHARE YOUR EXPERIENCE

“I recently returned from my mission, and I feel like I’ve lost my sense of purpose. What should I do?”

Returned missionaries, please tell us how you made the transition from your mission to returning home and getting back to school, employment, or other activities. Email your experience to liahona@ldschurch.org or submit it online at liahona.lds.org. Please include your full name, birth date, and ward or branch name.



Becoming a *Preach My Gospel* Missionary



**By Elder
David A. Bednar**
Of the Quorum
of the Twelve
Apostles

You can do this! The Lord you represent and serve knows you can do this. I know you can do this.

An Apostle is first, foremost, and always a missionary. For that reason, I am especially pleased to address you as fellow servants in this magnificent latter-day work.

WHAT IS A *PREACH MY GOSPEL* MISSIONARY?

A *Preach My Gospel* missionary is a servant of the Lord, called by prophecy and authorized by the laying on of hands, who proclaims the Savior's everlasting and restored gospel in His way (see D&C 50:13–14, 17–24; D&C 68:1).

The overarching purpose of a

missionary described in *Preach My Gospel* is to “invite others to come unto Christ by helping them receive the restored gospel through faith in Jesus Christ and His Atonement, repentance, baptism, receiving the gift of the Holy Ghost, and enduring to the end.”¹

The sacred responsibility to proclaim authoritatively the gospel and administer the saving ordinances has been in operation since Adam was driven from the Garden of Eden and will continue until “the Great Jehovah shall say the work is done.”²

REQUIREMENTS TO BECOME *PREACH MY GOSPEL* MISSIONARIES

I want to discuss five basic requirements for becoming *Preach My Gospel* missionaries.

Requirement #1: *Preach My Gospel* missionaries understand that they serve and represent Jesus Christ.

Preach My Gospel missionaries know and understand whom they represent, why they serve, and what they are to do. Full-time missionaries are called to serve and properly set apart as servants and representatives of the Lord Jesus Christ. We bear witness of His name and of the reality, divinity, and mission of Jesus Christ to every nation, kindred, tongue, and people (see D&C 133:37).

We love the Lord. We serve Him. We follow Him. We represent Him.

His purposes must be our purposes. His interests should be our interests. His work should be our work. His ways should be our ways. His will increasingly should become our will.

As representatives of the Redeemer, we preach the fundamental doctrines and principles of His restored gospel simply and clearly. We do not present personal opinions or speculation. We proclaim and testify of simple restored truth in the Lord's way and by the power of His Spirit.

Preach My Gospel missionaries understand that the responsibility to represent the Savior and to bear testimony of Him never ends. Please



remember Him in all that you think, in all that you do, and in all that you strive to become, and represent Him appropriately to all of Heavenly Father's children with whom you interact now and always.

Requirement #2: *Preach My Gospel* missionaries are worthy.

An essential prerequisite to becoming *Preach My Gospel* missionaries is personal worthiness before the Savior.

Let me state several simple truths just as clearly as I know how.

- We are authorized representatives of the Redeemer and Savior of the world.
- We are called to declare His restored and everlasting gospel.
- We cannot be stained with the spots of the world and authoritatively represent Him and act with power in His holy name.
- We cannot help others to overcome the bondage of sin if we ourselves are entangled in sin (see D&C 88:86).
- We cannot help others learn to repent if we ourselves have not learned to repent properly and completely.
- We can proclaim and preach with power only that which we are striving to become.
- We will be held accountable before God for our righteous desires and worthiness to act as His agents.

We are not required presently to be perfect. But we are commanded to be clean and to walk uprightly before the Redeemer of Israel. "Be ye clean that bear the vessels of the Lord" (D&C 38:42).

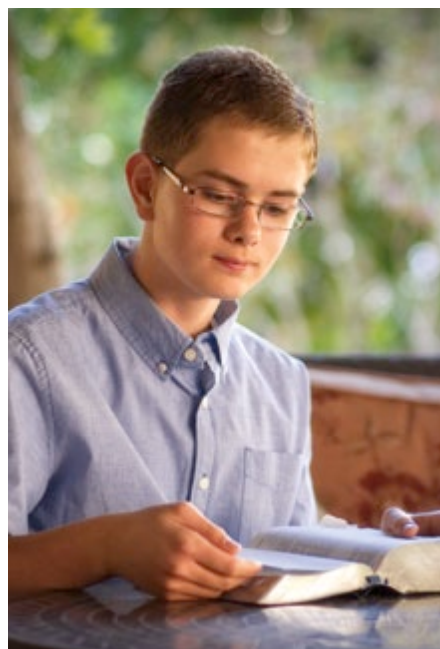
Repentance is a principle of hope and healing—not of discouragement and despair. Repentance indeed is humbling—but not frightening. Repentance is simultaneously demanding and comforting, rigorous and soothing. Repentance is a priceless gift made possible through the Atonement of Him whom we love, serve, and follow.

PHOTO ILLUSTRATIONS BY PUBLISHING SERVICES DEPARTMENT; LOVEST THOU ME MORE THAN THESE? BY DAVID LINDSLEY

Even if you have committed serious sins, through the Atonement of Jesus Christ and sincere repentance, you have been or can again be made clean and worthy.

There are youth who yet need fully to repent. The time is now. Please, please, please do not procrastinate the day of your repentance.

There are youth who have repented and are continuing to repent and who wonder if they have done all that is necessary to be accepted of the Lord (see D&C 97:8). Please remember, the Lord requires you to be clean but not perfect. The Holy Ghost operating again in your life is the surest indicator of forgiveness by the Lord because “the Spirit of the Lord doth not dwell in unholy temples” (Helaman 4:24). And recognize that the mandate to “forgive all men” (D&C 64:10) includes forgiving yourself.



Preach My Gospel missionaries are covenant-honoring and commandment-obeying disciples of the Lord Jesus Christ. Please always remember Him and be pure and worthy to represent Him.

Requirement #3: *Preach My Gospel* missionaries treasure up the words of eternal life.

I invite you to “treasure up in your minds continually the words of life” (D&C 84:85). Treasuring up the words of eternal life is more than merely studying or memorizing, just as “feasting upon the word[s] of Christ” (2 Nephi 31:20; see also 2 Nephi 32:3) is more than simply sampling or snacking. Treasuring up suggests to me focusing and working, exploring and absorbing, pondering and praying, applying and learning, valuing and appreciating, and enjoying and relishing.

Recall how the sons of Mosiah—four truly remarkable missionaries named Ammon, Aaron, Omner, and Himni—“had waxed strong in the knowledge of the truth; for they were men of a sound understanding and

they had searched the scriptures diligently” (Alma 17:2).

These valiant missionaries truly treasured up continually the words of eternal life. They did not neglect or simply go through the motions of individual and companion scripture study. Spiritual knowledge and understanding penetrated deep into their own souls, and the doctrines and principles of the gospel were confirmed in their hearts as true by the power of the Holy Ghost.

As representatives of the Savior, you and I have the ongoing responsibility to work diligently and to implant in our hearts and minds the fundamental doctrines and principles of the restored gospel, especially from the Book of Mormon. As we do so, the promised blessing is that the Holy Ghost will “bring all things to [our] remembrance” (John 14:26) and empower us as we teach and testify. But the Spirit can work with and through us only if we give Him something with which to work. He cannot help us remember things we have not learned (see Alma 31:5).

Preach My Gospel missionaries treasure up continually the words of eternal life, they rely upon the virtue of the word, and they have the power of the word in them. Please always remember Him, always be worthy to represent Him, and treasure up and rely upon the virtue of the word.

Requirement #4: *Preach My Gospel* missionaries understand the Holy Ghost is the ultimate and true teacher.

The Holy Ghost is the third member of the Godhead, and He is the witness of all truth and the ultimate and true teacher. The lessons we teach and the testimonies we bear are preparatory to an investigator acting and learning for himself or herself.

As missionaries, one of our most important roles is to invite investigators to exercise their moral agency and act in accordance with the teachings of the Savior. Making and keeping spiritual commitments, such as praying for a witness of the truth, studying and praying about the Book of Mormon, attending Church meetings, and keeping the commandments, require an investigator to exercise faith, to act, and to change.

Regardless of how earnestly we serve, you and I simply cannot push or force truth into the hearts of investigators. Our best efforts can only bring the message of truth *unto* the heart (see 2 Nephi 33:1). Ultimately, an investigator needs to act in righteousness and

thereby invite the truth *into* his or her own heart. Only in this way can honest seekers of truth and new converts develop the spiritual capacity to find answers for themselves.

Since our responsibility is to help investigators learn by faith and by the power of the Holy Ghost, this work is never about me and it is never about you. We need to do all in our power to fulfill our missionary responsibility and simultaneously “get out of the way” so the Holy Ghost can perform His sacred function and work. In fact, anything you or I do as representatives of the Savior that knowingly and intentionally draws attention to self—in the messages we present, in the methods we use, or in our personal demeanor and appearance—is a form of priestcraft that inhibits the teaching effectiveness of the Holy Ghost.

“Doth he preach it by the Spirit of truth or some other way? And if it be by some other way it is not of God” (D&C 50:17–18).

Please always remember Him, be worthy to represent Him, treasure up His word, and allow the ultimate and true teacher, the Holy Ghost, to witness of all truth.

Requirement #5: *Preach My Gospel* missionaries understand teaching is much more than talking and telling.

As the Savior sat on the Mount of Olives, He declared: “Take no thought beforehand what ye shall speak, neither do ye premeditate: but whatsoever shall be given you in that hour, that speak ye: for it is not ye that speak, but the Holy Ghost” (Mark 13:11).

The Savior in the early days of this dispensation instructed missionaries



to “open your mouths and they shall be filled” (D&C 33:8, 10) and to “lift up your voices unto this people; speak the thoughts that I shall put into your hearts, and you shall not be confounded before men; for it shall be given you in the very hour, yea, in the very moment, what ye shall say” (D&C 100:5–6).

These scriptures emphasize a most demanding and exacting pattern for preaching and helping investigators to learn truth. *Preach My Gospel* missionaries know we do not teach lessons; we teach people. We do not merely recite or present memorized messages about gospel topics. We invite seekers of truth to experience the mighty change of heart. We understand that talking and telling alone are not teaching.

Preaching the gospel the Lord’s way includes observing and listening and discerning as prerequisites to talking. The sequence of these four interrelated processes is significant. Please note that active observing and listening precede discerning and that observing, listening, and discerning come before speaking. Employing this pattern enables missionaries to identify and teach to the needs of investigators.

As we observe, listen, and discern, we can be given “in the very hour that portion that shall be meted unto every man” (D&C 84:85)—the truths to emphasize and the answers to give that will meet the specific needs of a particular investigator.



Only by observing, listening, and discerning can we be guided by the Spirit to say and do the things that will be most helpful to those whom we serve.

Observing is a vital preparation to receive the spiritual gift of discernment. Discernment is seeing with spiritual eyes *and* feeling with the heart—seeing and feeling the falsehood of an idea, the goodness in another person, or the next principle that is needed to aid an investigator. Discerning is hearing with spiritual ears *and* feeling with the heart—hearing and feeling the unspoken concern in a comment or question, the truthfulness of a testimony or doctrine, or the assurance and peace that come by the power of the Holy Ghost.

Preach My Gospel missionaries act in faith and are guided by the Spirit to help investigators learn truth. Please always remember Him; be worthy to represent Him; treasure up His word; allow the Holy Ghost to witness all truth; and observe, listen, and discern as you testify of Jesus Christ to honest seekers of truth.

YOU CAN DO THIS!

You may read my message and believe that all the other youth can and will do what I have been describing. But you may be wondering if you can do it. Please listen. You can do this!

If I had the wish of my heart, I would take a few moments with each of you individually. I would shake your hand, draw you close, look you in the eyes, and say, “You can do this! The Lord you represent and serve knows you can do this. I know you can do this. And as His servant, I promise you will have His help. Please remember always that with His help and in His strength, you can do this!”

I love you and pray as you strive to become what you need to become, you will recognize and respond in faith to the Lord’s voice and guidance. Then you truly will become powerful and effective representatives of the Lord Jesus Christ. ■

From a devotional address given at the Provo Missionary Training Center on June 24, 2011.

NOTES

1. *Preach My Gospel: A Guide to Missionary Service* (2004), 1.
2. *Teachings of Presidents of the Church: Joseph Smith* (2007), 142.

Just SMILE and SAY NO

By Hazel Marie Tibule

One summer, I participated in an internship on an island in Bicol, Philippines. The view of the ocean was wonderful, and I looked forward to each morning.

I dreaded the evenings, however. That's when the people in the camp would start drinking and having parties. Invitations to such parties were frequent, and my fellow interns and I had to attend, since not attending would be disrespectful.

The first party was a welcoming party for new interns. I was afraid to attend, because I was pretty sure that they would offer us drinks and I wasn't sure how to decline. I called a friend in my home ward, and he gave me some wonderful advice that boosted my confidence.

When the party began, they offered us drinks but, fortunately, did not compel us to drink. Since my fellow interns accepted my stand of not drinking, refusing the next offers to drink was now easy for me—until one night. During one of the parties, the president of the company came. He was carrying a bottle of *lambanog* (a local wine made from coconut).

Soon after his arrival, I saw him pouring some of the wine. He then said, "You must learn how to drink" and gave the glass to one of the interns. She quickly drank it.

My heart began to pound heavily. It would soon be my turn. I was whispering silently to myself, "I will

I had turned down offers to drink, but now the president of the company was offering me a glass of wine.

not drink it. I will not drink it." Then I saw the president extending the glass of wine to me. I didn't know what to do. My fellow interns were looking at me, waiting to see what I would do. I smiled at the president and humbly said, "Sorry, sir, but I do not drink."

I knew he was disappointed. He asked why I didn't drink. I said, "I am a Mormon."

He said, "I haven't heard of that religion. It sounds like a type of food." Everyone laughed.

I smiled too, not because of his joke but because I knew I had done the right thing.

No one ever offered me a drink again. But still the ridicule did not cease, even from my own friends. One even said that I was lying and that it's unimaginable that members of the Church do not drink. During this time I felt the pressures that come to members of the Church.

My stay on that island taught me a lot of lessons, not just academically but spiritually. I learned that mockery may never cease, but the Spirit of the Lord will always guide you to do what is right. ■

The author lives in Metro Manila, Philippines.





By Elder
Adrián Ochoa
Of the Seventy

Want to feel better and more confident physically and emotionally? Regular exercise will help.

I recently read an interesting concept about exercising. I read that if you get up early in the morning, put on your exercise clothes, and think, “I will just wear this, go outside for a walk, and if I feel good, I will start jogging,” you will likely get a good workout before you even realize it. Coming up with a simple plan like this can help you develop good exercise habits and care for your body. For many people, getting started and being consistent are the most difficult parts. If you remember that exercise blesses not only your body but also your mind and intellect, it will help you have the desire to become more physically fit. As you exercise, you will become an energized person who feels strong, confident, alert, and secure.

I remember the story of a bird that started to trade his feathers for worms. It was easy to get food that way, and the bird thought he had plenty of feathers. As he continued to trade his feathers, the bird enjoyed not having to get up early to hunt for worms anymore. He could sit in his nest all

day and never have to move a muscle. Eventually, however, the bird got too used to this and realized he could no longer fly because he had lost his vital feathers.

This can happen to anyone who falls into the trap of bad habits, lazy routines, or use of addictive substances. In *For the Strength of Youth* we read that these things “harm your physical, mental, emotional, and spiritual well-being. They damage relationships with family and friends and diminish your feelings of self-worth. They limit your ability to make choices for yourself.”¹ Being active and eating right help us to avoid these bad habits. If the bird had continued to fly and hunt, he never would have lost his feathers. Similarly, if we “flap our wings” and exercise regularly, we develop the ability to avoid tendencies that harm and degrade us.

Just as some individuals struggle with physical health, others struggle with emotional health. Life can be difficult, and sometimes we may have feelings of anxiety, depression, or lack of self-esteem. But remember that for

both physical and emotional health, exercise and hard work help to maintain a positive perspective. Taking care of your body also blesses your mind and helps you to remember that you are a child of God and can be confident and happy. Our emotional, physical, and spiritual sides are all linked together. *For the Strength of Youth* teaches: “Your emotional health is also important and may affect your spiritual and physical well-being. Disappointment and occasional sadness are part of this mortal life. However, if you have prolonged feelings of sadness, hopelessness, anxiety, or depression, talk with your parents and your bishop and seek help.”²

Why do we find people around us who seem to be more energetic and joyful? One main reason is habits. If we observe our body from a spiritual perspective and understand that it is “a temple, a gift from God,” we will love it and keep it sacred.³

To me, *sacred* means clean, nourished, and strong. One of the ways Heavenly Father helps us keep our bodies sacred is by giving us the

BE STRONG, BE HEALTHY, BE SMART

Word of Wisdom. *For the Strength of Youth* explains: “When you are obedient to [the Word of Wisdom], you remain free from harmful addictions and have control over your life. You gain the blessings of a healthy body, an alert mind, and the guidance of the Holy Ghost. You will be prepared to serve the Lord. Never let Satan or others deceive you into thinking that breaking the Word of Wisdom will make you happier, more popular, or more attractive.”⁴ As you follow the Word of Wisdom, remember that you are taking care of both your body and your mind and that it allows you to

“find wisdom and great treasures of knowledge” (D&C 89:19).

Instead of being a bird lazily trading feathers, put on your tennis shoes and be active. Exercise consistently. Enroll in your favorite sport or make friends with whom you can run or do other recreational activities. As you do physical things, you train not only your body but also your mind. Exercise strengthens emotional health too. Remember that the most important thing is not how fast or athletic you are—it is how consistent you are. As you exercise regularly, you’ll not only be happier but you’ll also become stronger, healthier, and smarter. ■

NOTES

1. *For the Strength of Youth* (booklet, 2011), 27.
2. *For the Strength of Youth*, 27.
3. *For the Strength of Youth*, 25.
4. *For the Strength of Youth*, 25.

Don't be like the lazy bird that traded its feathers for worms.

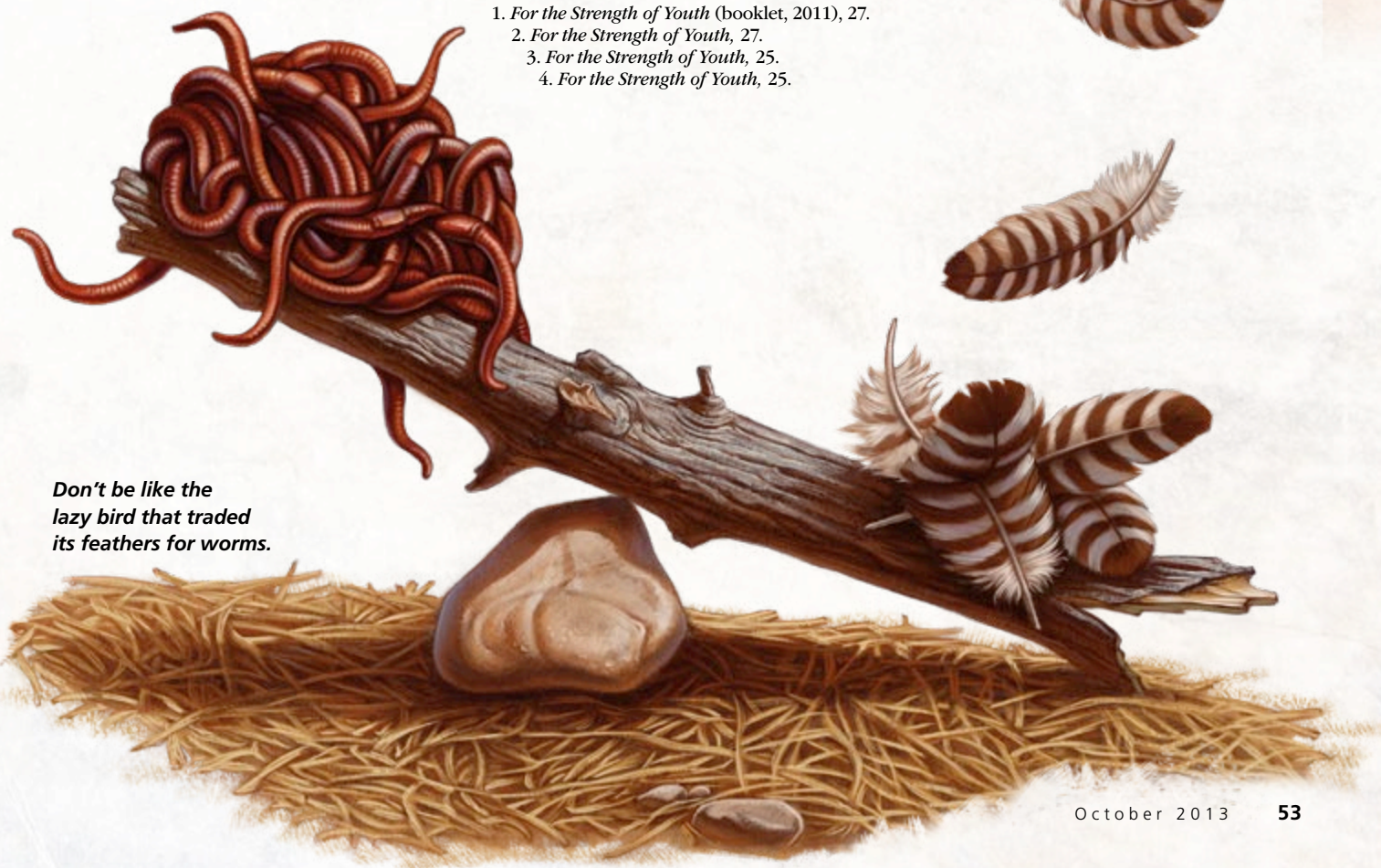


ILLUSTRATION BY GREG NEWBOLD



FOLLOW IN HIS Footsteps

Becoming like the Savior is a gradual, lifelong process, and you can begin by taking small steps every day.

By Melissa Zenteno
Church Magazines

The scriptures encourage us to become like Jesus Christ and “to walk, even as he walked” (1 John 2:6). But taking that first step can be difficult—especially when you don’t know how to begin.

You’ll find help in *Preach My Gospel: A Guide to Missionary Service*. You might think it’s just a handbook for full-time missionaries, but it’s actually a great tool that can help you get started on your goal to become like the Savior. Chapter 6 is designed to help you understand and apply nine specific Christlike attributes.

Here are some suggestions for how to use *Preach My Gospel* and the scriptures as you seek to develop Christlike attributes:

- To begin, go to the Attribute Activity at the end of chapter 6 in *Preach My Gospel* (page 126). This activity can help you determine which attributes are currently your spiritual strengths and which ones you need to work on.

JOIN THE CONVERSATION



Throughout October, you'll be studying about how to become more Christlike (if your ward or branch has the new lessons in your language). After reading this article, prayerfully choose an attribute to work on this week or month. You could set a goal and then evaluate your progress. Were you more charitable or more obedient or more patient, for example? How did your goal to be more Christlike help you overcome difficulties? Consider sharing your experience with other youth or with your family.

- After finishing the activity, prayerfully choose an attribute to focus on. Consider reading the section in chapter 6 about that attribute.
- Set specific, measurable goals that will help you develop this attribute. Give yourself a time frame to work on your goal. Then evaluate your progress. For example, if you're trying to be more charitable, you might set a goal to say positive things about your brother or sister three times each day for a week. At the end of the week, you would evaluate how you did with your goal and make adjustments that will help you continue to improve.
- *Preach My Gospel* provides scriptures to study with each attribute. You could prayerfully study the scriptures listed and write down the impressions you receive as you read.
- Ask Heavenly Father for help in

developing a Christlike character. Ask for specific help such as, "Please give me the strength to overcome my anger when my siblings take my things." The more specific your prayers, the easier it will be for you to recognize the Lord's answers.

Becoming like our Savior, Jesus Christ, is a gradual process and a life-long pursuit. Sometimes it may seem more difficult than advanced physics. But don't despair. The Lord promises us: "He [or she] that receiveth light, and continueth in God, receiveth more light; and that light groweth brighter and brighter until the perfect day" (D&C 50:24). As we receive, study, and apply light and truth and continue to follow God each day, we can be assured that we will become more like our Savior, Jesus Christ. ■



DAILY TASKS

Small, daily actions are footsteps along the path to become like our Savior. Consider these additional activities to help you develop Christlike attributes:

- Read scriptures listed in the Topical Guide or Guide to the Scriptures that relate to the attribute you are seeking to develop.
- Pray daily for the desire to change and the strength to improve.
- Keep a journal to document your progress.
- Talk to your parents. Let them know your goals so they can help you.

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

It would be wonderful if every Church member lived the gospel fully. They would not only enjoy more blessings in their lives but also be great examples to those around them.

But we’re mortal, so we all fall short to some degree. The main reason that some live the gospel more fully than others is that we are each at different points in our conversions and in the strength of our testimonies. We each have different trials and different resources and people to help us.

Nonmembers might not understand terms like “conversion” and “testimony,” but they will understand that each person can choose how to live. You can explain that Heavenly Father intended it to be that way. He gave us our agency so we could grow spiritually by choosing the right. But Heavenly Father also knew that everyone—except Jesus Christ—would make mistakes, so He provided a Savior for us. Because of the Atonement, we can repent, be forgiven, learn from our mistakes, and move forward in life.

You can also explain that we do not judge those who are not following the standards of the Church. Instead, we try to help them, understand them, and be patient with them. While we do not tolerate sin, we do not condemn the sinner (see John 8:11). Repentance is still possible, for all of us.

Search the Scriptures



The answer to the question can be found in the scriptures. When people don’t keep the commandments, we should avoid being judgmental (see Matthew 7:1). Romans 3:23 says, “For all have sinned, and come short of the glory of God.” However, it is true that members of the Church should try to be obedient.

Madison M., age 13, Texas, USA

Teach about the Atonement



When people say things like that, rather than finding fault with the member who isn’t following the rules,

I use it as an opportunity to teach about the Atonement. I tell them that just because we are Mormons doesn’t mean we are perfect and that we have the Atonement so we can repent of our sins and fix those mistakes. This usually opens the door to many more questions.

Jayde H., age 16, Oregon, USA

Church Teaches Us to Do Good



Like everyone else, members of the Church experience challenges and temptations. All of us have weaknesses,

but it does not mean that this Church is not true. This is the Church of Jesus Christ, which is helping people to know the true gospel and to

receive exaltation. It's the natural man who disobeys the commandments (see Mosiah 3:19), and it's not the fault of the Church. The Church teaches us to do good works. But all of us have a choice.

Lavinia S., age 19, Bulacan, Philippines

Standards Are for Our Happiness



This question really hits home for me because I know some individuals who have made choices that have taken them away from the gospel. The Lord gives us commandments for our happiness and to “bring to pass the immortality and eternal life of man” (Moses 1:39). The Lord wants us to return to Him; however, He wants us to make our own choices. That is why some individuals do not live our standards. The standards help me personally because I know that Heavenly Father has given them to me so that I can return and live with Him and be happy. They are proof of His love for me.

Morgane D., age 18, Languedoc-Roussillon, France

Pray for Them and Visit Them

Members who do not live our standards might not have a testimony centered on Jesus Christ. We should pray for them, that they will seek the guidance of the Spirit and that they will be able to gain their own testimony. We should visit these people and help them to come unto Christ.

Andrea C., age 13, Lima, Peru

Be an Example



This Church is vital to help us fulfill the commandments of our Heavenly Father and to live with Him again. But just because someone belongs to the Church does not mean that he or she is always going to be a good person. Look at our world today, full of wickedness and abominations, even though the world is filled with people who decided to follow Jesus Christ in the premortal life. I think the best thing we can do is set an example for our friends.

Kaden S., age 15, Utah, USA

Live Our Standards



Just like any other organization or religion, there are some people who are more dedicated or less dedicated. We just have to live our standards the best we can and hope and pray others will too.

Maren S., age 16, Arizona, USA



SEE OTHERS AS THEY CAN BECOME

“We have the responsibility to see individuals not as they are but rather as they can become. I would plead with you to think of them in this way.”

President Thomas S. Monson, “See Others as They May Become,” *Ensign* or *Liahona*, Nov. 2012, 70.

UPCOMING QUESTION

“I’m trying to control my thoughts, but there are so many temptations. How can I have cleaner thoughts?”

By November 15, send your answer and, if desired, a high-resolution photograph to liahona@ldschurch.org or by mail to the address on page 3.

The following permission and information must be included in your email 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 (email is acceptable) to publish your response and photograph.



**By Elder
C. Scott Grow**
Of the Seventy

Helping you to repent is a special part of a bishop's calling. Your conscience will tell you when you need to talk to him.

You may wonder why you are taught to confess to your bishop or branch president when you have committed serious sins. You may say to yourself, "Isn't repentance a personal thing between me and the Lord? If I have stopped my wrong behavior and have confessed it to God, why do I need to talk with my bishop?"

Why the Bishop and Not Someone Else?

Many youth feel more comfortable confessing their mistakes to their parents or youth leaders. Although your parents and leaders can provide necessary support and counsel, the Lord has declared that the bishop is a common judge in Israel (see D&C 107:72, 74). He has the responsibility to determine the worthiness of the members of his ward. By ordination and righteous living, the bishop is entitled to revelation from the Holy Ghost regarding the members of his ward, including you.

The bishop can help you through the repentance process in ways your parents or other leaders are unable to



WHY AND WHAT DO I NEED TO **CONFESS** TO MY BISHOP?

provide. If the sin is serious enough, he may determine that your privileges in the Church should be restricted. For example, as part of your repentance process, he may ask you to refrain from partaking of the sacrament or exercising the priesthood for a period of time. He will work with you and determine when you are worthy again to resume those sacred activities.

Your bishop will counsel you on what to do to strengthen your ability to resist temptation. He may encourage you to study a doctrinal topic,

such as repentance, and then to share with him what you have learned. He may ask you to visit with him each week to report how you are doing in removing yourself from tempting situations.

When Should I Talk to Him?

You may be thinking, "That all sounds good, but how can I know if what I have done is serious enough that I need to talk to the bishop?" The short answer: "Your conscience will tell you." When you feel the sting

of conscience, act immediately (see Alma 34:31–34).

Regarding repentance, King Benjamin taught, “I cannot tell you all the things whereby ye may commit sin; for there are divers ways and means, even so many that I cannot number them” (Mosiah 4:29). So rather than giving a detailed list of things that you must confess to your bishop, let me share some principles that will help you make that decision.

What Do I Need to Confess?

I know that you have tried to be obedient, but maybe you have made some mistakes—even some serious mistakes. Most of the mistakes people make can be resolved through personal prayer and sincere repentance. Some mistakes, especially those regarding immorality, require confession to the bishop before you can receive the Lord’s forgiveness.

As you think about mistakes you have made, you may be feeling guilty, unsettled, unhappy, or even miserable. If you are experiencing any of those feelings, then you probably need to talk with your bishop about those mistakes.

Don’t try to excuse yourself or rationalize your way out. You may be thinking, “It would be too embarrassing to tell the bishop what I have done. He thinks I am a better person than that. He will be shocked if I tell him what I did. He won’t like me anymore.”

I promise you he will not condemn

you. As a servant of the Lord, he will be kind and understanding as he listens to you. He will then help you through the repentance process. He is the Lord’s messenger of mercy to help you become clean through the Atonement of Jesus Christ.

The Lord has said: “Behold, he who has repented of his sins, the same is forgiven, and I, the Lord, remember them no more.

“By this ye may know if a man repenteth of his sins—behold, he will confess them and forsake them” (D&C 58:42–43).

When you confess and forsake your sins, the Lord will forgive you. You will not have to account to Him for those sins when the time comes for you to be judged.

What If I Don’t Confess?

Sometimes a person will stop doing wrong but never confess, when it is needed, to his or her bishop. As a consequence, the person continues to carry the burden of sin alone, instead of letting the Savior take away the burden.

Let me give you an example. One evening a few years ago, I was interviewing adults for renewal of their temple recommends. A middle-aged woman came in for her interview. She had been married in the temple and was active in the Church all her life.

I sensed a deep sadness in her soul. As the interview progressed, I received a spiritual impression. I said

to her, “Sister, I have the impression that you made a serious mistake when you were a teenager that you haven’t confessed to a priesthood leader. Would you be willing to tell me about it?”

She immediately began to cry. She told me that was true, but she had always felt too embarrassed to confess it to a bishop. As she confessed what she had done, she shared sufficient detail for me to make a determination of her worthiness.

The confession of her sin to a priesthood leader marked the end of her repentance process rather than the beginning. She had unnecessarily carried the burden and sorrow of that sin for more than 30 years.

Because she had completed the final step of repentance, her guilt was swept away. I would occasionally see her after the night of that interview. Her countenance became bright, and she was happy.

I want you to know that I do not remember her name. The Lord can remove such memories from bishops. What I do remember is that through confession to her priesthood leader, a middle-aged woman was relieved of feelings of guilt that she had carried far too many years.

Please don’t make that mistake. If you have feelings of guilt but are not sure if you need to confess to your bishop, go see him. Let him help you. Don’t risk carrying an unnecessary burden through your life, which will



leave you feeling miserable. Through your confession to the bishop and your repentance, the Lord will lift that burden from your soul (see Isaiah 1:18).

Why Do I Need to Repent?

Jesus Christ paid the price of the sins of all mankind through His atoning sacrifice. He invites you to repent and avoid additional sorrow and suffering. “Repent, lest . . . your sufferings be sore—how sore you know not, how exquisite you know not, yea, how hard to bear you know not.

“For behold, I, God, have suffered these things for all, that they might not suffer if they would repent;

“But if they would not repent they must suffer even as I. . . .

“Wherefore, I command you again to repent, . . . and that you confess your sins, lest you suffer these

punishments of which I have spoken” (D&C 19:15–17, 20).

I testify that through His suffering, Jesus Christ already paid the price for your sins. You can be forgiven insofar as you repent. Don’t try to pay the price for your sins. No amount of your own suffering will redeem you; it is only through the Atonement that you receive forgiveness.

May you exercise faith in Jesus Christ and His Atonement. I testify in the name of Jesus Christ that through repentance, including confession to your bishop when necessary, you will become clean. In addition, through the Savior’s grace—His enabling power—you can be strengthened in your ability to resist temptation in the future. Thus, you will have peace of mind and happiness in this life, and you will inherit eternal life in the world to come. ■



OUR GREAT PHYSICIAN

“The Savior is often referred to as the Great Physician.

. . . Guilt is to our spirit what pain is to our body—a warning of danger and a protection from additional damage. From the Atonement of the Savior flows the soothing salve that can heal our spiritual wounds and remove guilt. However, this salve can only be applied through the principles of faith in the Lord Jesus Christ, repentance, and consistent obedience. The results of sincere repentance are peace of conscience, comfort, and spiritual healing and renewal.

“Your bishop or branch president is the spiritual physician’s assistant who is authorized to help you repent and heal.”

Elder David A. Bednar of the Quorum of the Twelve Apostles, “We Believe in Being Chaste,” *Ensign* or *Liahona*, May 2013, 44.



By Elder O. Vincent Haleck
Of the Seventy

Inviting the Savior In

“Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him” (Revelation 3:20).

When I was a boy, at Christmastime my mother put out a picture of the Savior knocking at a door.

We weren’t members of the Church yet, and I always asked, “Why is Jesus knocking on the door? Who is on the other side?”

A few years later I discovered there was no handle on the outside of the door the Savior was knocking on. The person on the inside needed to open the door. Now I know who is on the other side of the door. We are! The Savior is knocking, and we all have to open the door and invite Him to come into our lives.

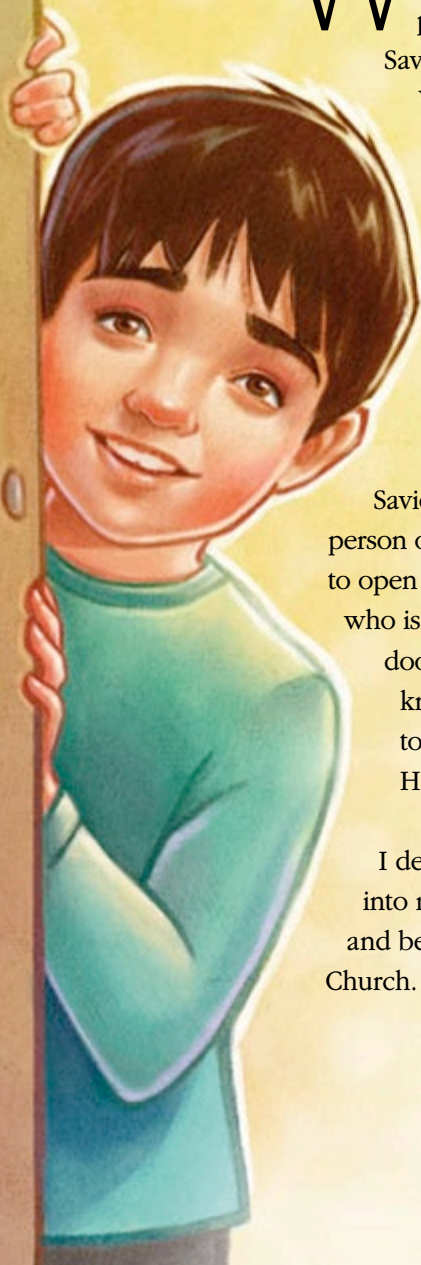
When I was a teenager, I decided to invite the Savior into my life by being baptized and becoming a member of the Church. My friends were good

examples to me. So was my grandmother. She was a temple worker in the Los Angeles California Temple. She would leave our house at 4:00 in the morning to serve the Lord in the temple.

Just two years after I was baptized, I decided I wanted to serve the Lord as a full-time missionary. On my mission, I helped many people learn about the Savior so that they could invite Him into their lives.

Later, I served as a mission president in Samoa. I always asked new missionaries when they decided to serve a mission. Many said they were in Primary when they decided to serve!

Primary will help you prepare for missionary service. Learn as much as you can. Set a goal to serve a mission. Then you too will be able to help people invite the Savior into their lives. Being a missionary will change your life—it changed mine. ■



Brand-New

Passing the sacrament is a big responsibility. What if he messed up?

By Jane McBride Choate

Based on a true story

“And also all they who receive this priesthood receive me, saith the Lord” (D&C 84:35).

Benji stood in front of the mirror, straightening his tie. His white shirt and dark blue pants fit perfectly. His hair was combed. He definitely looked ready to be ordained a deacon. So why did he feel so nervous?

Benji grabbed his scriptures and left the room. He tried not to think about how different things would be at church today. And then there was the new priesthood duty that worried him whenever he thought about it: passing the sacrament. What if he made a mistake his first time next week? He tried to forget that too as he left the house.

Sacrament meeting went the same as always. But afterward, Benji walked with his family to Bishop Salazar’s office. This was definitely different. Normally he’d be in Primary opening exercises right now.



Deacon



“If you deacons . . . will magnify your calling, you will be instruments in God’s hands even now, for the priesthood in the boy is just as powerful as the priesthood in the man when exercised in righteousness.”

Elder Tad R. Callister of the Seventy, “The Power of the Priesthood in the Boy,” *Ensign or Liahona*, May 2013, 54.

Benji sat down as Dad, the bishop, the Young Men president, and the bishopric counselors laid their hands on his head. Dad gave him the Aaronic Priesthood. During the blessing, the butterflies in Benji’s stomach disappeared. He felt calm and happy.

Benji stood and shook hands with everybody. Then he hugged Mom and his brother, Jay, and his little sister, Mirasol.

Afterward, he went to Sunday School. Even though the new classes weren’t the same as in Primary, they still felt familiar. The lesson was on prayer. He’d had plenty of prayer lessons before in Primary. Benji breathed a sigh of relief. Maybe being a deacon wouldn’t be so hard.

“It will be great,” Jay told Benji after church. “I’ll bless the sacrament, and you can pass it.”

All the butterflies rushed back. “Yeah, great,” he said quietly. Passing the sacrament was what Benji was most worried about!

Later that night Benji found Dad reading on the couch. “What if I miss someone and they don’t get the sacrament?” he asked. “What if I trip?” He could see it clear as day in his mind, the tray clattering to the floor and water cups flying everywhere.

Dad squeezed Benji’s shoulder. “I remember the first time I passed the sacrament. I was probably more nervous than you are right now.”

Benji blinked in surprise. “You? You aren’t afraid of anything!”

Dad laughed. “I’ve been scared plenty of times. Do you know what helped me get over being nervous?”

Benji thought a moment. “Prayer?”

Dad smiled. “That’s right. Prayer. And my father gave me a blessing. Would you like me to give you one?”

Benji nodded quickly. “Yes! I’d like that a lot.”

The family gathered in the living room. Dad put his hands on Benji’s head. As Dad spoke, Benji felt tears begin to form. “Remember,”

Dad said in the blessing, “you have received the priesthood through a sacred ordinance. Heavenly Father gave us the priesthood so that we can serve others. If you can do this with full purpose of heart, you will be blessed in this and in all things.”

All week Benji prayed for help. The following Sunday, he joined the deacons at the front of the chapel. He listened closely as Jay said the blessing on the bread.

Suddenly he felt worried all over again. Could he really do this? It was so important! Then he remembered the promises from Dad’s blessing. His worried feelings left as the Spirit settled over him.

He picked up the tray and moved confidently to his assigned rows. Carefully, he handed the tray to a woman in the first row.

She smiled at him. Benji smiled back, knowing that he was serving the Lord. ■

Waiting in Winter Quarters

Winter
Quarters

THE IOWA TRAIL

IOWA

Nauvoo

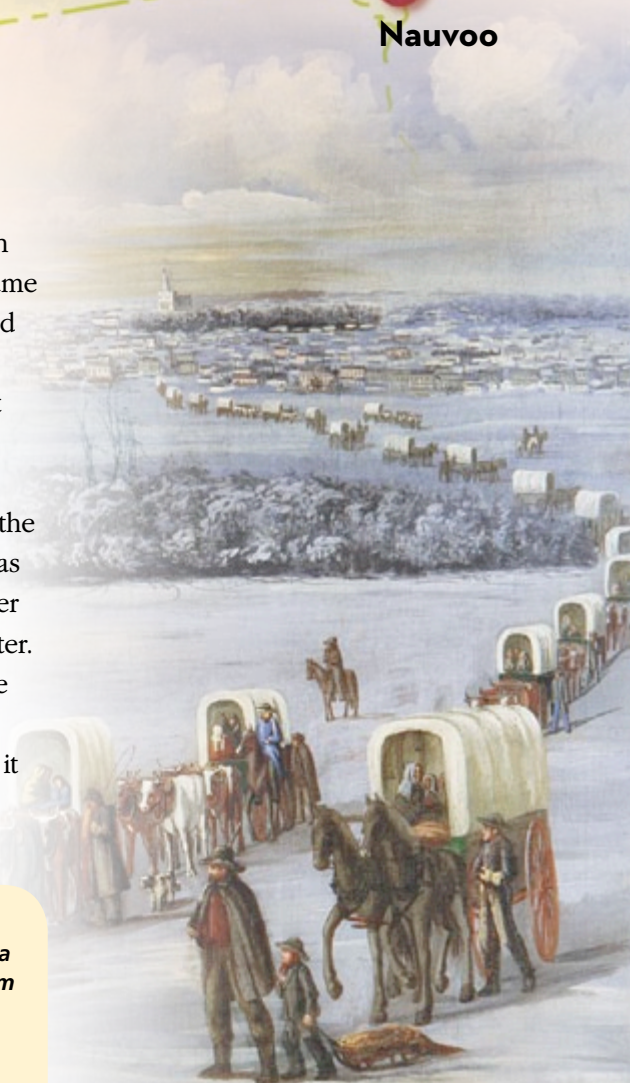
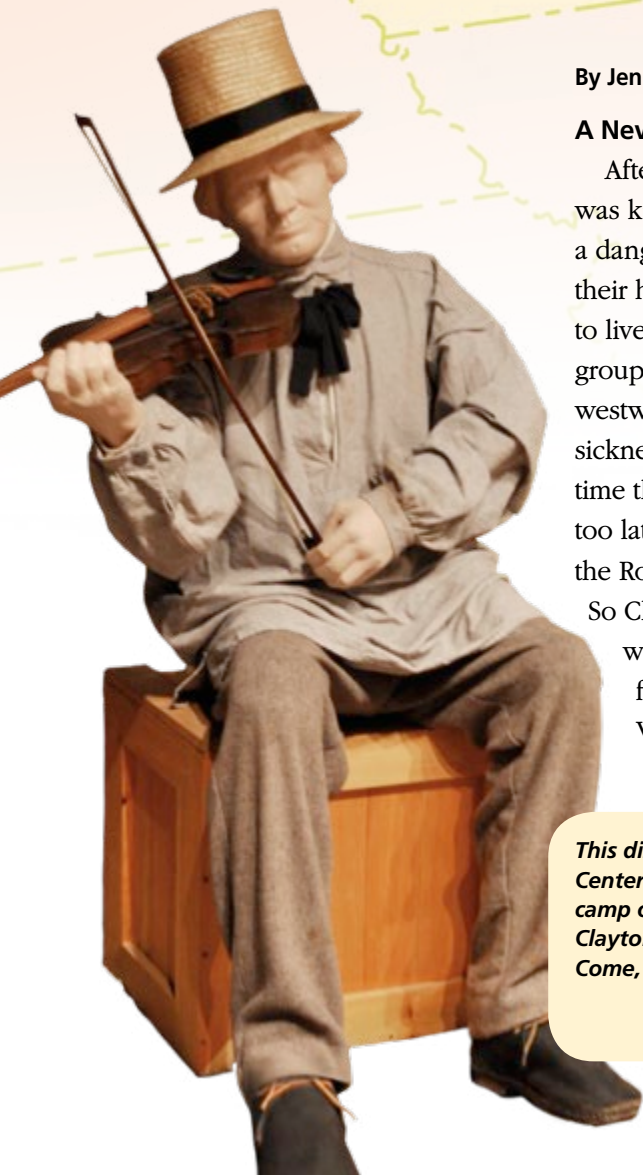
By Jennifer Maddy

A New City

After the Prophet Joseph Smith was killed, Nauvoo, Illinois, became a dangerous place. The Saints fled their homes to find a safer place to live. In February 1846, the first group of Saints started their trek westward, but bad weather and sickness slowed them down. By the time they had crossed Iowa, it was too late in the year to make it over the Rocky Mountains before winter.

So Church leaders chose a place where the Saints could stay for the winter. They named it Winter Quarters.

This display inside the Mormon Trail Center in Winter Quarters recreates a camp on the Iowa trail where William Clayton wrote the hymn "Come, Come, Ye Saints" (Hymns, no. 30).





Working Together

Some people built homes out of logs or sod. Others lived in tents and caves. The Saints tried to be happy during the long, cold winter. They helped each other. They went to concerts and sang and danced. They built a flour mill, a town hall, and a basket-making factory.

Moving On

The time the Saints spent in Winter Quarters was difficult. Many people died. But the pioneers had faith that the Lord would bless them and help them make it to Zion. When spring finally came, the first group of pioneers left Winter Quarters to journey to the Salt Lake Valley.

Today you can see the beautiful Winter Quarters Nebraska Temple and visit the Mormon Trail Center in Winter Quarters to learn more about the pioneers. ■



At the Mormon Trail Center, you can see the kinds of supplies the Saints took on their journey west. Church leaders told them to take flour, spices, rice, beans, and milk cows.



Some of the Saints built log cabins to live in while they were in Winter Quarters.

THE SAINTS CROSSING THE MISSISSIPPI, BY GRANT ROMNEY CLAWSON © IRI; PHOTOGRAPHS BY JENNIFER WADDY AND WELDEN C. ANDERSEN

The Saints Stop at Winter Quarters

By Arie Van De Graaff

The pioneers settled for a time at Winter Quarters to wait for winter to pass before continuing on their trek west. See if you can find the hidden objects in this picture.



Pencil



Piece of pie



Pot



Spoon



Spatula



Book



Wrench



Cup



Bandage



Bowling pin



Carrot



Lollipop



Needle



Watch



Pear

SPECIAL WITNESS

How does Jesus Christ speak to prophets?



By Elder D. Todd Christofferson

Of the Quorum of the Twelve Apostles

The members of the Quorum of the Twelve Apostles are special witnesses of Jesus Christ.

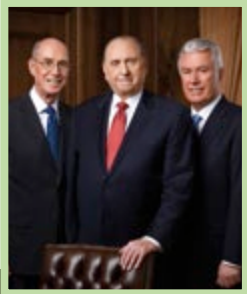


He may send a messenger or appear in His own person.

He may speak by His own voice or by the voice of the Holy Ghost.



He may speak to His servants individually, or He may speak to them as they counsel together.



From "The Doctrine of Christ," *Ensign* or *Liahona*, May 2012, 86–90.

CLOCKWISE FROM TOP LEFT, THE FIRST VISION, BY JOHN SCOTT © IRI; JOSEPH SMITH RECEIVING THE PLATES, BY KENNETH RILEY © IRI; PHOTOGRAPH BY DAVID WILLIAM NEWMAN © IRI; PHOTOGRAPH BY BUSATH PHOTOGRAPHY; ENOS PRAYING, BY ROBERT T. BARRETT, © IRI

How could
Emma be nice
when Violet was
so mean?

Helping

By Charlotte Mae Sheppard

Based on a true story

“Thou shalt love thy neighbour as thyself” (Mark 12:31).

Emma tightened her grip on her backpack as she walked into her new classroom. It was the first day of school. She had her favorite dress on, and Mom had packed a special treat with lunch—animal crackers.

“Today is going to be great,” Emma thought to herself. “As long as—”

Emma stopped and stared across the classroom. There she was. Violet.

Last year, Violet had hogged the monkey bars every recess. She had called Emma names. She had even stolen Emma’s best friend!

Violet saw Emma and stuck out her tongue. Emma glared back, gripping her backpack even harder. Violet had been unfriendly all last year, and it seemed this year wouldn’t be any different.

“Welcome to a new year, class!” Miss Caldwell said from the front of the room. “Let’s assign seats.”

The desks were lined up in twos across the classroom. Miss Caldwell ran her finger down the roll; then she

pointed at a pair of desks in the back. “Emma. You will sit back there.”

Emma sat down in one of the back desks. She hoped Liselle would sit next to her. Or Jaime. Or—

“Violet.”

Emma’s head jerked up. Did she hear that right?

Yes. Miss Caldwell was still pointing at the desk beside hers. “You will be Emma’s neighbor, Violet,” she said.

Violet trudged toward Emma with a frown. Emma put her head on her desk and stared at the wall. It was going to be a long year.

At math time, Miss Caldwell wrote some problems on the board for the class to solve. “You may work alone or with your neighbor,” she said.

Emma quickly hunched over her paper, pretending like she was busy. The problems were pretty easy. She was just trying to avoid Violet. She hadn’t looked at her once all morning.

Something poked her shoulder. It

felt like a pencil. Emma ignored it.

Another poke. Violet was poking her! Emma kept working stubbornly.

Violet’s third poke was hard enough to hurt. Emma could feel herself boiling up inside. Was the whole year going to be like this? She thought about raising her hand to tell Miss Caldwell. Or maybe she’d just give Violet another glare.



Violet

Then Emma heard a snuffle. Was someone crying? The pencil poked her again. She looked over and saw Violet staring at her. Her pencil was in her hand, and there were tears in her eyes. Her paper was covered in eraser smudges.

Violet twisted the pencil in her hands. “Can you help me?” she asked quietly.



Emma looked at her for a minute, shocked. Violet wanted her to help? After how mean she had always been? Emma turned back to her own paper. Violet could work alone. She didn’t deserve Emma’s help, even if she was . . .

. . . her neighbor?

Emma silently faced forward. She could hear Violet crying softly next to her. The scriptures always said to love her neighbor—but Violet was different! Emma was only sitting next to her in class!

Emma went back to her own work. Then she stopped. Maybe Violet wasn’t different. Maybe when the scriptures said to love your neighbor, they meant everyone. Even the mean ones. Even if it was hard.

Emma sighed and slowly put her pencil down. She turned to Violet and tried her best to smile. “Can I help?” she asked.

Violet nodded, wiping her tears away with her hand.

Emma leaned over Violet’s paper and started helping with the first problem. She already had a warm feeling inside her. She wondered if Violet liked animal crackers. ■



FOLLOWING JESUS

Jesus wants us to love everyone. In the scriptures, He teaches us to love our family and friends and treat them kindly. Jesus also taught, “Love your enemies, bless them that curse you, do good to them that hate you” (Matthew 5:44). This means that even when someone is not nice to you, you can follow Jesus by being kind and trying to be a friend.

ILLUSTRATION BY BRAD TEARE; THE LORD JESUS CHRIST, BY DEL PARSON © IRI



I Will Share the Gospel with All of God's Children

LEFT: ILLUSTRATION BY MARK JARMAN; RIGHT: CLOCKWISE FROM UPPER LEFT: ILLUSTRATIONS BY JIM MADSEN, JARED BECKSTRAND, ERIC BARCLAY, AND CELESTE SMITH

Have you ever eaten something that was so good that you wanted to share it? The prophet Lehi once dreamed that he was eating a piece of delicious fruit. It tasted so good that it “filled [his] soul with exceedingly great joy” (1 Nephi 8:12). Lehi wanted his family to taste that delicious fruit too.

The fruit in Lehi’s dream is like Heavenly Father’s love. Lehi wanted his family to feel Heavenly Father’s love. He wanted to share the gospel with them because he knew it would make them happy.

Children are often very good at sharing the gospel with others.

Eight-year-old Maria saw the missionaries on the streets of Ecuador. She asked them if they would teach her the gospel. The missionaries came to Maria’s home to teach her family. Maria was the first in her family to be baptized. She was very happy when her whole family eventually joined the Church too.

Nine-year-old Eric was so excited about the Primary sacrament meeting presentation that he invited his neighbors to come. They did.

Both of these children shared something precious with people they love. As you share the gospel, your testimony will grow. Like Lehi, you will feel “exceedingly great joy.” ■

CARDS TO SHARE

You can share the gospel by sharing a pass-along card. Just glue the cards on the next page onto heavy paper. Then cut the cards out and write your own message on the other side.

SONG AND SCRIPTURE

- “We’ll Bring the World His Truth,”
Children’s Songbook, 172–73
- Matthew 5:16

LET’S TALK

You could have each member of the family draw a picture of his or her favorite fruit. Then on the back of the drawing, each person could write how the gospel blesses his or her life. You could then talk together about ways you could share the gospel with friends and neighbors.

You can find more teaching ideas on missionary work at lessonhelps.lds.org.

“Fear not, for I am with thee.”

Genesis 26:24



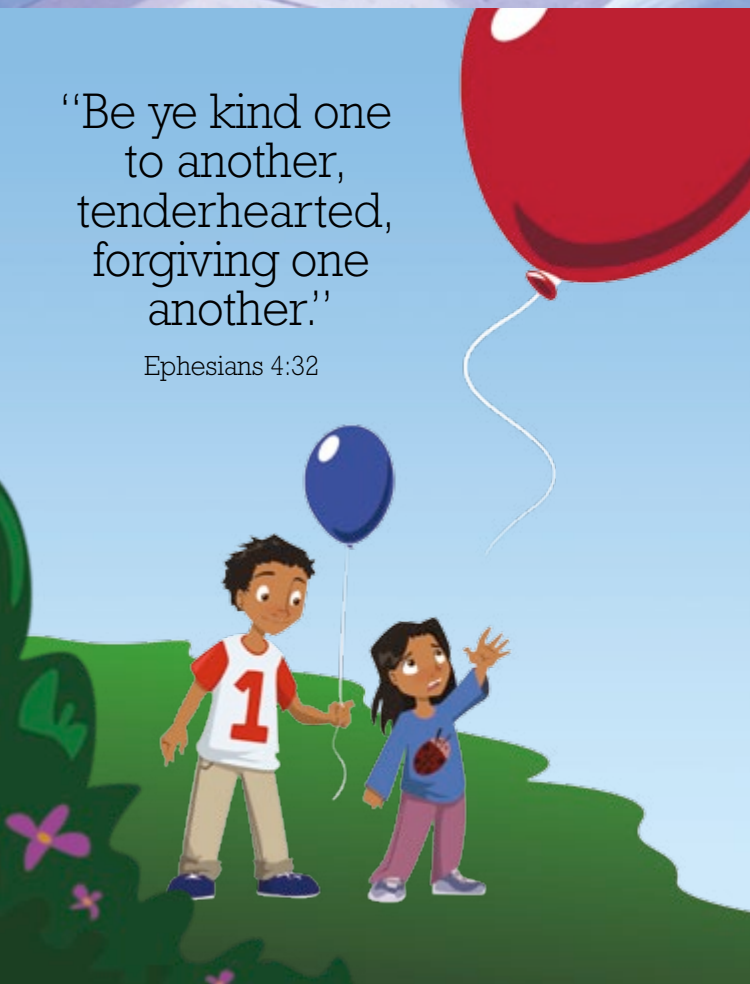
“Blessed are the peacemakers.”

Matthew 5:9



“Be ye kind one to another, tenderhearted, forgiving one another.”

Ephesians 4:32



“In every thing give thanks.”

1 Thessalonians 5:18



The Statue of Liberty is shown in a light blue color, holding the torch aloft. It occupies the left side of the page.

Camille from New York City

Nine-year-old Camille has lots of friends. “The thing I really like about my friends is that they are all different,” she says. “They come from different places, and they have different ways of doing things.” Camille loves to learn good things from her friends, and she likes to share things with them. The best thing she’s ever

shared with a friend is the gospel. After sharing the first article of faith with her friend Yailin, Camille invited her friend’s family to meet the missionaries. Camille also taught Yailin how to pray. Now Yailin and her mother are members of the Church.

My friend Yailin got baptized in 2011. I love that we can go to church together. I am helping her memorize the Articles of Faith. We’re working on the ninth article of faith.

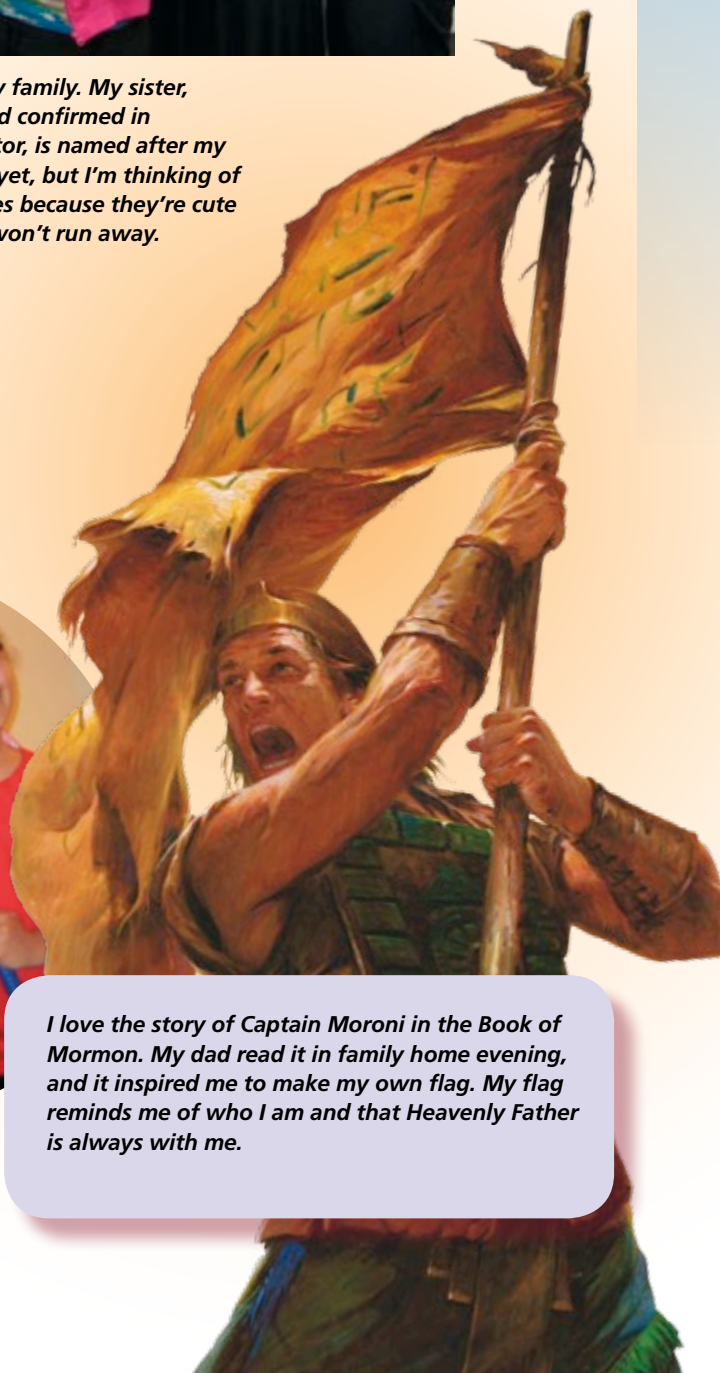
My favorite songs are “I Am a Child of God” and “Families Can Be Together Forever.” My favorite scripture is Doctrine and Covenants 19:23: “Learn of me, and listen to my words; walk in the meekness of my Spirit, and you shall have peace in me.” This scripture always cheers me up when I’m sad.



My mom and dad are from the Dominican Republic. That's probably why my favorite dish is rice and beans and chicken. It reminds me of where my family comes from.



There are five people in my family. My sister, Emily, is being baptized and confirmed in December. My brother, Victor, is named after my dad. I don't have any pets yet, but I'm thinking of getting a turtle. I like turtles because they're cute and they're slow, so they won't run away.



I love the story of Captain Moroni in the Book of Mormon. My dad read it in family home evening, and it inspired me to make my own flag. My flag reminds me of who I am and that Heavenly Father is always with me.

OUR PAGE



My parents have taught me the gospel and have been good examples to me since I was little. I learned to read the scripture stories for children, and now I love the Book of Mormon. I read it every day, alone and with my family. Ammon is my favorite person in the Book of Mormon. He was a great missionary, which is what I want to be when I am older.

Esteban M., age 8, Colombia

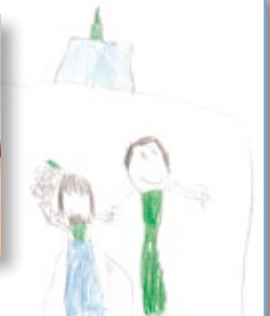


When my family was on vacation in Panama, my mother's native country, my parents took my little sister, Yhoalibeth, and me to visit the Panama City Panama Temple. Our mother took us to touch the wall of the temple. Later, when I told my mother how happy I felt when we were at the temple, she told me that I had felt the Holy Ghost.

Sergio B. Jr., age 7, Florida, USA



Pasha Z., age 9, Ukraine



When Leticia C., age 6, was 3 years old, the Curitiba Brazil Temple was completed. She loved going to the temple and went there every day of the last week of the open house. She still loves to visit the temple and walk through the beautiful gardens. Leticia also loves to draw and swim.



PRIMARY: FOLLOW JESUS

Maurizio D., age 11, Italy, likes sacrament meeting because he learns about Heavenly Father and Jesus Christ. He likes going to church because it is fun and interesting and very beautiful. He is happy in the Church and has many friends.



When we were getting ready for the ground-breaking for the Tijuana Mexico Temple, we were very happy. We went as a family to give service. We cleaned the grounds of the temple. I know the Lord will visit His house when it is finished.

Jesus S., age 6, Mexico



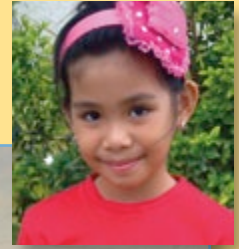


Bảng Khắc
Bảng Vàng

Studying the scriptures helps me choose the right.
"The Gold Plates," by P. Tuyết Hoa, age 10, Cambodia



I choose the right when I follow Heavenly Father and Jesus Christ.
N. Thi LinĐa, age 8, Cambodia



My favorite part in the Book of Mormon is the story of Nephi and the journey across the sea.
Kelly C., age 10, Philippines



We need to be sealed in the temple so we can live as a family forever.
Shanna C., age 8, Philippines



I like going to church with my family and learning about Jesus Christ. At home I like reading and learning scripture stories, singing hymns, and playing games during family home evening. The gospel blesses my family and makes me feel happy. I have already given a Book of Mormon to three schoolteachers and to my best friend, Miguel. My favorite Primary song is "We'll Bring the World His Truth" (*Children's Songbook*, 172).
Martim P., age 6, Portugal

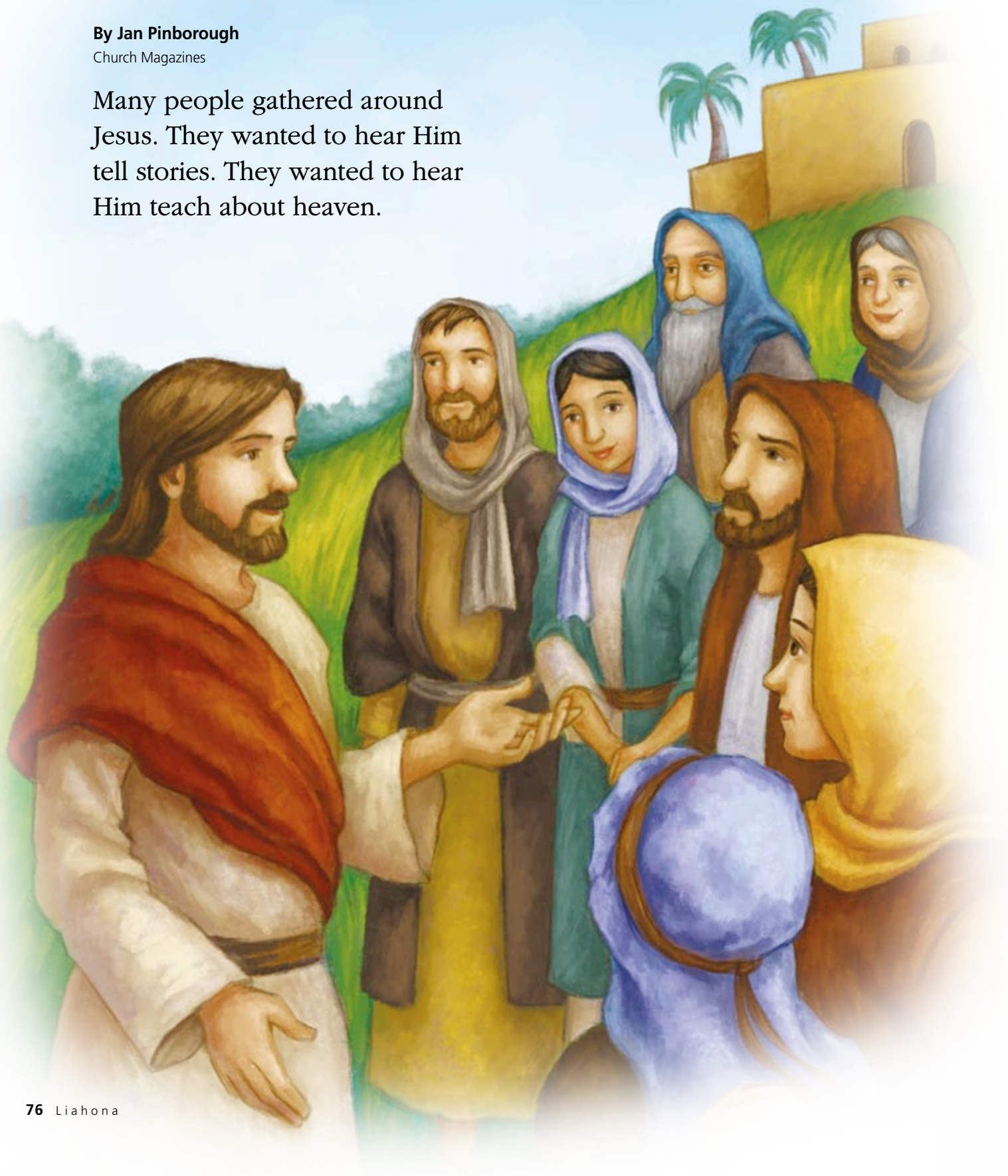


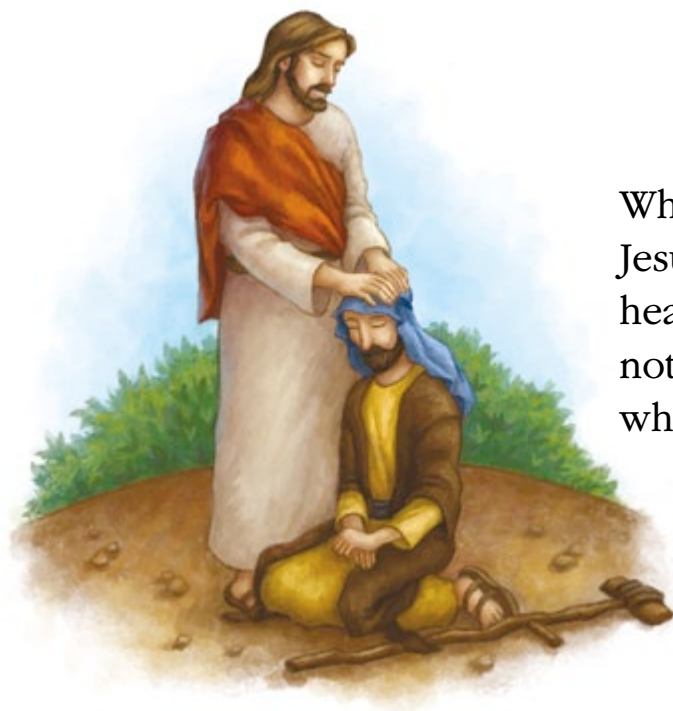
Henrique S., age 7, Brazil

Jesus Blesses the Little Children

By Jan Pinborough
Church Magazines

Many people gathered around Jesus. They wanted to hear Him tell stories. They wanted to hear Him teach about heaven.





When people were sick, Jesus healed them. He healed people who could not see. He healed people who could not hear.



One day some people brought their little children to see Jesus. They wanted Him to give their children a blessing. Jesus's disciples told the people not to bother Jesus. They thought He was too busy.

Jesus was not too busy. He told the disciples to let the children come to Him. He said that the kingdom of heaven belongs to people who are like little children.



Jesus loves all children. It doesn't matter who you are, what you look like, or where you live. Jesus loves you!

From Mark 10:13-16.



Jesus Blesses the Little Children

“And he took them up in his arms, put his hands upon them, and blessed them” (Mark 10:16).

RIGHT: ILLUSTRATION BY JARED BECKSTRAND

I SWEAR . . .

By R. Val Johnson
Church Magazines

The look on my mother's face broke my heart. Shock. Dismay. Disappointment. All filled her eyes one after the other and then merged into one emotion—betrayal.

Despite her teaching me all my 15 years to honor Heavenly Father in word and deed, there I stood, guilty of letting a particularly offensive word slip past my lips.

I hadn't meant to swear. Before that year, I had never used foul language. But that summer I had worked for Utah's Fish and Game Department and picked up the habit from other boys working alongside me.

Our main job was cutting burdock off the side of state roads. We quickly decided that *Arctium minus* is a particularly evil weed. It grows in volumes just about anywhere, and it crowds out most other plants. Its burs stick to anything that comes near.

Shovels in hand, we battled that nemesis all summer to the point of exhaustion—and dirty language. At first I found my comrades' language offensive. Then I tolerated it. Finally, I adopted it. By the end of the summer, swearing was sticking to my words as securely as burdock burs to dog hair.

My mother's reaction to my slip of tongue, however, convinced me that I needed to change.



Swearing was sticking to my words as securely as burdock burs to dog hair.

It wasn't easy. Swearing is not just a choice of words. It is also a pattern of thinking. The conversations we allow into our lives, the words we read, and the images we view shape our thoughts. I soon learned that I needed to change what I invited into my mind if I wanted to change the words I used.

Thankfully, I was active in attending church and seminary. Swearing had crowded out higher thoughts, but being in an environment where I was exposed to those higher thoughts allowed them to take root again. I concentrated on reading the scriptures every day and praying. I stayed away from movies and television programs that reintroduced dark thoughts.

Gradually, I found my language improving. By the end of the year, I was free of my swearing habit.

Since that experience, I've learned a lot about the power of words. Words can create or destroy. They can hurt, or they can heal. They can cut people down, or they can plant seeds of hope and love.

I find it interesting that the Savior Himself, the Creator of heaven and earth, is referred to as the Word (see John 1:1–4; D&C 93:6–11).

I've learned that swearing has a positive meaning as well as a negative one. We swear to tell the truth in a court of law. We solemnly promise, or swear, to keep God's commandments when we're baptized. Similarly, we make sacred promises to keep our temple covenants in order to receive the greatest of Heavenly Father's blessings.

The bottom line is this: We become more like the Word when our words honor Him and reflect His glory. ■



ILLUSTRATION BY ROBERT T. BARRETT

DAVID O. MCKAY

David O. McKay grew up on his **family farm** in Huntsville, Utah. He loved animals and kept **horses** throughout his life. When he served a mission in Great Britain, he discovered a **saying** that became his motto: “What-e’er thou art, act well thy part.” He returned to Great Britain many times and dedicated the **London England Temple** in 1958.



“As parents and leaders, we need to help youth not only prepare for full-time missionary service, which lasts for but a few months, but also for making and keeping temple covenants, which last for eternity. The first steps can begin in childhood.” See “Teens and Temple Covenants,” page 18. This and other articles inside can help members, young and old alike, better prepare to share and live the gospel.

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS