

Liahona



Appreciating the
Gift of Our Bodies,
pages 34, 42-65

"To Whom Shall We
Go?"—Our Ultimate
Decision, page 12

5 Principles to
Guide Your Quest
for Faith, page 20

THE
CHURCH
IS HERE

Salta

Argentina





PHOTOGRAPH FROM GETTY IMAGES

Here are a few facts about the Church in Argentina:



Temples in operation

Church members



452,000



769

Congregations

Missions

14





1923 Two German families who are Church members move to Argentina.

1925 Apostle Melvin J. Ballard sent to Argentina; six members baptized.

1939 First chapel built in South America, in Buenos Aires.

2018 Salta Argentina Temple announced.

 The El Portezuelo Ward chapel.

 A hospital where members often donate blood and clothing.

In Spanish the city is often referred to as *Salta la Linda*, "Salta the Beautiful." It will be even more beautiful when it becomes home to a temple.





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Elder Quentin L. Cook
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Small Choices, Big Consequences
Elder Massimo De Feo
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In the Image of God

The body. It's an amazing thing, isn't it? How many times have you heard someone say, "Hey, watch this!?" Whatever follows may be truly amazing or simply silly, but we're constantly finding out what our bodies are capable of.

We were created in the image of God. How do we keep our bodies on the path to becoming like our Heavenly Parents? How do we avoid using our bodies in ways we shouldn't?

Those questions are part of why this month's youth and young adult sections focus on teaching about the body (see pages 42 and 50). This month we show how amazing, miraculous, and literally divine the body is. I hope these messages can be a useful resource for you and your family as you learn about the sacredness of the body.

On page 50, President Russell M. Nelson encourages us to master the appetites of our bodies and to remember that our bodies are not ends unto themselves. He teaches that our spirits bring life to our bodies and that it is our spirits that make choices. President Nelson's prophetic counsel can be helpful for youth and adults alike.

I hope that President Nelson's words and the other messages in this issue will help you feel faith when it comes to teaching about and understanding the marvelous gift that is our mortal body.

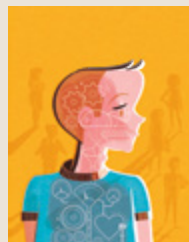
J. Ryan Jensen
Church Magazines



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Illustration by
Scotty Reifsnyder.

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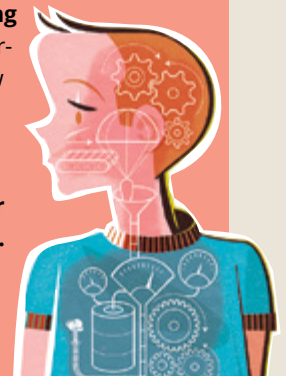
Maintaining a **positive body image** can be a struggle. Read personal experiences from young adults who learned to **appreciate their bodies** and improve their own self-image.



Youth

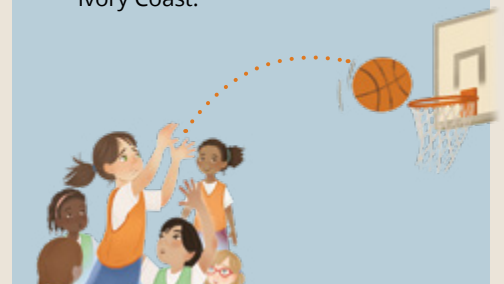
50

Hear President Nelson talk about **the blessing of your body**, clarify what you know about the law of chastity and the Word of Wisdom, and see how **your body is a temple**.



Children

Discover how to **practice faith**. Learn more about the Holy Ghost. And see what happened on Elder Andersen's visit to Ivory Coast.



AUGUST'S DIGITAL-ONLY ARTICLES

**How to Build Confidence and Self-Worth***By Welfare and Self-Reliance Services*

Along with building our faith, we need to learn skills that help us overcome low self-esteem.

**The Sacrifices I Made to Join the Church***By Nickie Guthrie*

A young adult from Scotland gave up old friends but found great new friends within the Church.

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Submit your faith-promoting stories at liahona.ChurchofJesusChrist.org or mail to:

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Salt Lake City, UT 84150-0023, USA

PHOTOGRAPH OF YOUNG WOMAN BY JOANNA NIJUNSPASH; PHOTOGRAPH OF YOUNG ADULTS BY TIMOTHY ETHEN HANSEN

AUGUST 2019 VOL. 43 NO. 8
LIAHONA 18608

International magazine of The Church of Jesus Christ of Latter-day Saints

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Printing Director: Steven T. Lewis

Distribution Director: Nelson Gonzalez

Mailing address: *Liahona*, Fl. 23, 50 E. North Temple St., Salt Lake City, UT 84150-0023, USA.

The *Liahona* (a Book of Mormon term meaning "compass" or "director") is published in Albanian, Armenian, Bislama, Bulgarian, Cambodian, Cebuano, Chinese, Chinese (simplified), Croatian, Czech, Danish, Dutch, English, Estonian, Fijian, Finnish, French, German, Greek, Hungarian, Icelandic, Indonesian, Italian, Japanese, Kiribati, Korean, Latvian, Lithuanian, Malagasy, Marshallese, Mongolian, Norwegian, Polish,

Portuguese, Romanian, Russian, Samoan, Slovenian, Spanish, Swahili, Swedish, Tagalog, Tahitian, Thai, Tongan, Ukrainian, Urdu, and Vietnamese. (Frequency varies by language.)

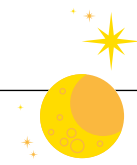
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For Readers in the United States and Canada: August 2019 Vol. 43 No. 8. LIAHONA (USPS 311-480) English (ISSN

1080-9554) is published monthly by The Church of Jesus Christ of Latter-day Saints, 50 E. North Temple St., Salt Lake City, UT 84150. USA subscription price is \$10.00 per year; Canada, \$12.00 plus applicable taxes. Periodicals Postage Paid at Salt Lake City, Utah. Sixty days' notice required for change of address. Include address label from a recent issue; old and new address must be included. Send USA and Canadian subscriptions to Salt Lake Distribution Center at address below. Subscription help line: 1-800-537-5971. Credit card orders (American Express, Discover, MasterCard, Visa) may be taken by phone or at store.lds.org. (Canada Post Information: Publication Agreement #40017431)

POSTMASTER: Send all UAA to CFS (see DMM 507.1.5.2). NONPOSTAL AND MILITARY FACILITIES: Send address changes to Distribution Services, Church Magazines, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.



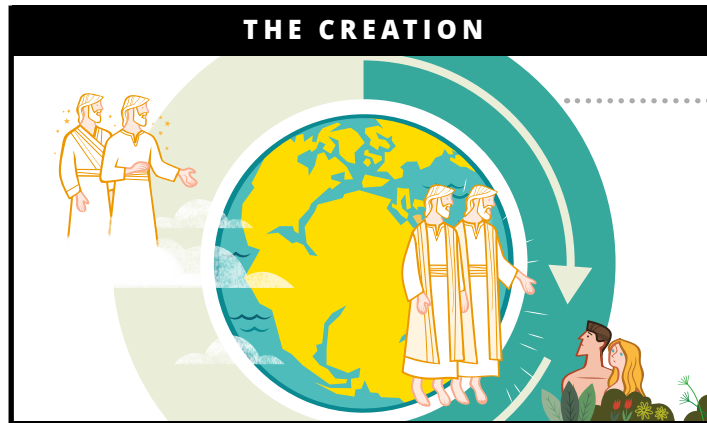
THE FALL AND RENEWAL OF HUMANKIND—AND THE EARTH

We all experience birth, life, death, and resurrection—and so does the earth, in a sense. The earth was born (through the Creation), was baptized with water (through the Flood), will be baptized with fire (“when the Lord shall come, . . . and the elements shall melt with fervent heat” [Mormon 9:2]), and will be renewed like a resurrection.¹

3. The Earth and Humankind in Sanctified State:

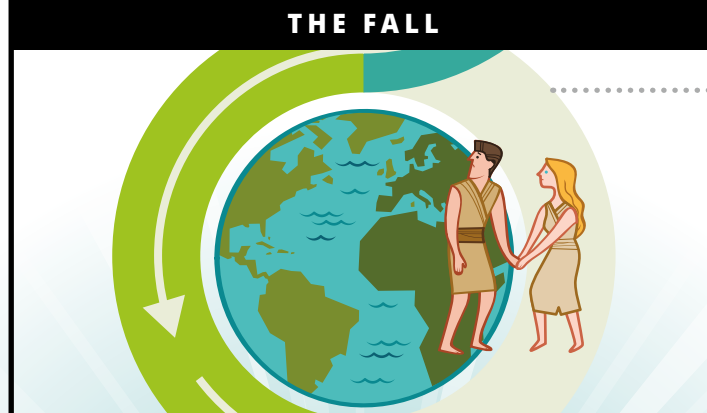
“At the Second Coming of the Lord, the earth will be . . . returned to its paradisiacal state and be made new.”⁵

“Wherefore, [the earth] shall be sanctified; yea, notwithstanding it shall die, it shall be quickened again,” and the righteous shall inherit the celestial kingdom (the sanctified earth) (see Doctrine and Covenants 88:17–26).



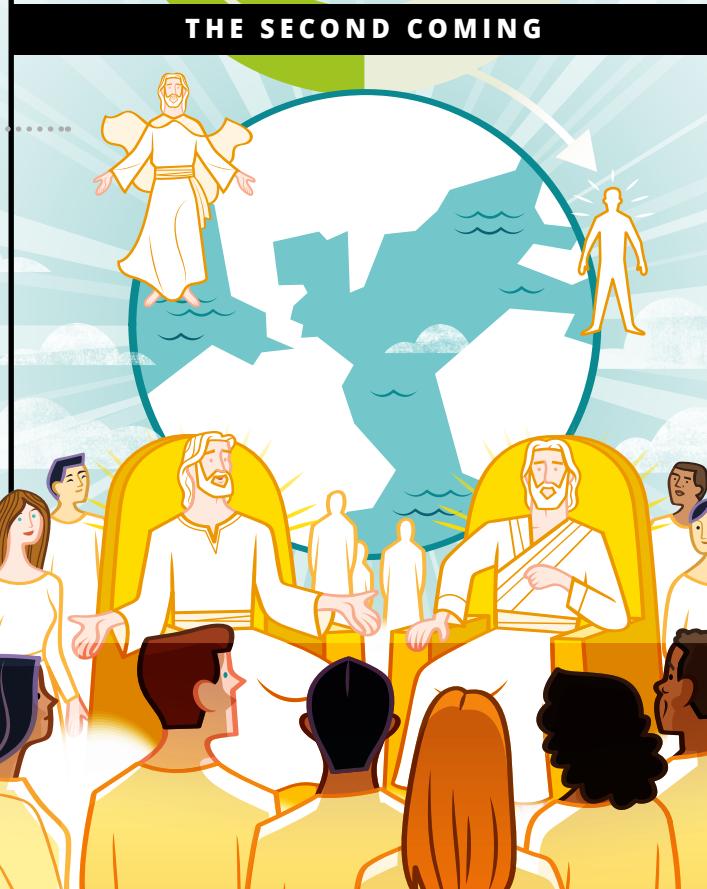
1. The Earth and Adam and Eve in Paradisiacal State:

“This first temporal creation of all things . . . was paradisiacal in nature.”² Immediately after the Creation, nothing was mortal or subject to death.³



2. The Earth and Humankind in Fallen State:

“The earth itself fell under the curse incident to the fall of [Adam and Eve], and . . . even as man shall be redeemed so shall the earth be regenerated.”⁴

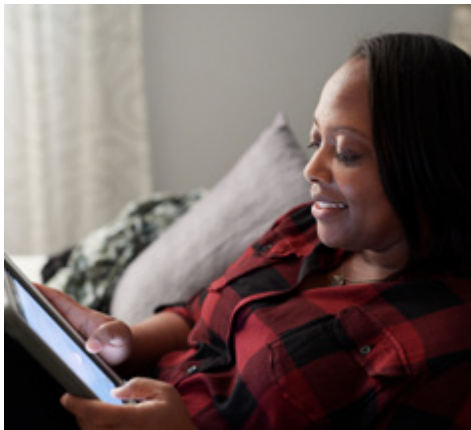


NOTES

1. See James E. Talmage, *Jesus the Christ* (1916), 322.
2. Bruce R. McConkie, “Christ and the Creation,” *Ensign*, June 1982, 9.
3. See Robert L. Millet, “The Man Adam,” *Ensign*, Jan. 1994, 10; *Liahona*, Feb. 1998, 17.
4. James E. Talmage, *Jesus the Christ*, 322; see also Genesis 3:17.
5. Russell M. Nelson, “The Creation,” *Ensign*, May 2000, 85; *Liahona*, July 2000, 85.

Tomicka Barnes

Alabama, USA



It wasn't learning about the priesthood ban that shook Tomicka's faith; it was the speculation behind that restriction put forward by some Latter-day Saints. Tomicka faced a choice: walk away from the Church or hold to the rod. Thanks to the Book of Mormon, she held tight.

LESLIE NILSSON, PHOTOGRAPHER

Some people said things like, "You weren't as valiant in the war in heaven" or, "You're not as intelligent or as faithful." Those things didn't mesh with what I knew to be true from my mom, from other black members of the Church who are really good examples of faith, and even from faithful black people outside the Church.

I had a moment, a crisis of faith, when I thought that I could just walk away from it all. But at that moment, I thought, "Is the Book of Mormon true? Do you believe it to be true?"

I could answer, "Yes, without a shadow of a doubt, I believe it to be true." Then the Spirit told me, "Well, if the Book of Mormon is true, then everything else is."

That was the reason I could stay.



DISCOVER MORE

See more about Tomicka's journey of faith, including additional photos, in the Gospel Library or online version of this article at liahona.ChurchofJesusChrist.org.

Read about how Elder Edward Dube of the Seventy held on to his faith after learning of the pre-1978 priesthood restriction at ChurchofJesusChrist.org/go/8196.



Ministering Principles

CAN I HELP SOMEONE CHANGE?



Yes. But your role may be different than you thought.

We were created with the capacity to change. Growing toward our divine potential is the purpose of our mortal experience. One of our ultimate goals in ministering is to help others come unto Christ and make the changes necessary to return to His presence. But because of their agency, our role in helping them become more Christlike is limited.

Here are seven powerful lessons from the Savior on how we can help others in their efforts to change and become more like Him.

1. Don't Be Afraid to Invite Change

The Savior wasn't afraid to invite others to leave old ways behind and embrace His teachings. He invited Peter and James to leave their jobs and "become fishers of men" (Mark 1:17). He invited the woman caught in adultery to "go, and sin no more" (John 8:11). He invited the rich young man to give up his attachment to worldly things and follow Him (see Mark 10:17–22). We too can be both bold and loving as we invite others to make changes and follow the Savior.



SHARE YOUR EXPERIENCES

Send us your experiences as you have ministered to others or have been ministered to. Go to liahona.ChurchofJesusChrist.org and click “Submit an Article or Feedback.”

2. Remember It’s Their Choice to Change

The kind of change the Savior invites can’t be compelled. The Savior taught and invited, but He did not force. The rich young man “went away sorrowful” (Matthew 19:22). In Capernaum, many of His disciples chose to “go back,” and He asked the Twelve if they would also go away (see John 6:66–67). Some of John the Baptist’s followers chose to follow the Savior, others did not (see John 1:35–37; 10:40–42). We can invite others to become more like Him, but we cannot make the decision to change for them. And if they have not yet chosen to change, we shouldn’t give up—nor should we feel like we have failed.

3. Pray for Others’ Ability to Change

During His Intercessory Prayer, Jesus asked God that His disciples would be kept from evil, would become more like Him and the Father, and would be filled with God’s love (see John 17:11, 21–23, 26). And knowing that Peter would need strength in his efforts to grow into his role, the Savior prayed for him (see Luke 22:32). Our prayers for others can make a difference (see James 5:16).



4. Teach Them to Rely on His Power

It is only through the Savior that we can truly change and grow toward the divine potential we all have. He is “the way, the truth, and the life: no man cometh unto the Father, but by [Him]” (John 14:6). It is His power that can “make weak things become strong” (Ether 12:27). It was faith in His atoning power that enabled Alma the Younger to change (see Alma 36:16–23). We can teach others to rely on the Savior so that they too can have His refining power in their lives.

5. Treat Them as They Can Become

Love and acceptance can be powerful agents of change. The woman at the well was living with a man who was not her husband. Jesus’s disciples “marvelled that he talked with the woman” (John 4:27), but Jesus

cared more about what she could become. He taught her and gave her the opportunity to change, which she did. (See John 4:4–42.)

When we treat others as they have been rather than as they can become, we can hold them back. Instead, we can forgive and forget past mistakes. We can believe that others can change. We can overlook weakness and point out the positive traits that they may not be able to see in themselves. “We have the responsibility to see individuals not as they are but rather as they can become.”¹

6. Let Them Go at Their Own Pace

Change takes time. We must all “continue in patience until [we] are perfected” (Doctrine and Covenants 67:13). Jesus had patience with others and

INVITATION TO ACT

What could you do this week to invite and support others in their efforts to change and become more like the Savior?



continued to teach even those who opposed Him, testifying of His role given Him by His Father and answering their questions (see Matthew 12:1–13; John 7:28–29). We can be patient with others and encourage them to be patient with themselves.

7. Don't Give Up If They Relapse into Old Ways

After Christ died, even Peter and some of the other Apostles went back to what they were familiar with (see John 21:3). Christ reminded Peter that he needed to “feed [His] sheep” (see John 21:15–17), and Peter returned to the ministry. It can be all too easy to return to former ways. We can continue to support with gentle encouragement and inspired invitations to continue to follow the Savior and strive to become more like Him.

Allow Others to Grow

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles tells this story about allowing others to grow: “I was told once of a young man who for many years was more or less the brunt of every joke in his school. He had some disadvantages, and it was easy for his peers to tease him. Later in his life he moved away. He eventually joined the army and had some successful experiences there in getting an education and generally stepping away from his past. Above all, as many in the military do, he discovered the beauty and majesty of the Church and became active and happy in it.

“Then, after several years, he returned to the town of his youth. Most of his generation had moved on but not all. Apparently, when he returned quite successful and quite reborn, the same old mind-set that had existed before was still there, waiting for his return. To the people in his hometown, he was still just old ‘so-and-so.’ . . .

“Little by little this man’s Pauline effort to leave that which was behind and grasp the prize that God had laid before him was gradually diminished until he died about the way he had lived in his youth. . . . Too bad, too sad that he was again to be surrounded by . . . those who thought his past was more interesting than his future. They managed to rip out of his grasp that for which Christ had grasped him. And he died sad, though through little fault of his own. . . .

“Let people repent. Let people grow. Believe that people can change and improve.”² ■

NOTES

1. Thomas S. Monson, “See Others as They May Become,” *Ensign or Liahona*, Nov. 2012, 70.
2. Jeffrey R. Holland, “The Best Is Yet to Be,” *Ensign*, Jan. 2010, 25–26; *Liahona*, Jan. 2010, 19, 20.



Small Choices, Big Consequences

How will we respond when the world asks,
“Don’t you also want to go?”

Ever since I was a little boy, I have always loved the New Testament. I love to read about the Savior teaching His disciples eternal principles that changed their lives forever.

I also find it fascinating how those same principles have changed my personal life in so many ways. Again and again, I have seen that when we apply the Master’s teachings, our own decisions, even small ones, often lead to big consequences.



**By Elder
Massimo De Feo**
Of the Seventy

My “Small” Choice

Many years ago, as a brand new manager, I traveled to South America to attend an important work seminar held by high-ranking officials of the government agency I worked for.

The very first night at the end of the conference, the “big boss” of the agency announced a special activity for that night. Sure that everyone would appreciate his proposal, he proclaimed proudly: “To show you how much we appreciate you, tonight we invite all of you to a special night out, visiting the bars in the city, famous for a special cocktail drink. We will all taste the different variations of that drink and vote which bar makes the best version. There will be a contest and a winner. And don’t worry, it’s all on me, my special treat for you.”

As everyone applauded his plan, he added a rhetorical question: “Anyone not coming? Say it now or never!”

As everyone applauded again, I thought how embarrassing it would be to say anything in front of all those people, to contradict the boss’s expectation that this was an incredible offer.

Nevertheless, in a matter of seconds I decided what to do. I raised my hand, the only one who did. Then, in an intimidating way, he asked what I had to say. I had never heard a silence so loud before in my life!

I said: “Sir, I thank you for your generous offer, but I will not join you all tonight.”

After another silence, even more silent than I thought possible, he asked, “Why?” In that moment, I could have come up with some good excuses—that I was sick or had an important

phone call to make to the other side of the world or any other reason that would have saved me from obvious embarrassment. But I said the simple truth, that as a member of The Church of Jesus Christ of Latter-day Saints, I don’t drink alcohol.

“We’ll Have Fun without You”

After pondering for a moment, he finally said, “Then we will have fun without you.” And to the others, he said, “Follow me. Let’s go have fun! Let’s leave him alone.”

I still remember the echoes of their laughs as they were leaving the conference room and I was left by myself. I realized that many times, choosing the Lord is, as President Thomas S. Monson (1927–2018) taught, all about choosing “the harder right instead of the easier wrong,”¹ even at the risk of being left alone.

As I walked to my room, I remember hearing a distinct voice in my mind: “Don’t you also want to go?” I was taken aback for a moment, but then suddenly, the words of Simon Peter to the Savior came to my mind. To that same question, he replied, “Lord, to whom shall we go? thou hast the words of eternal life” (John 6:68).

With feelings of new peace, I felt as if I was surrounded by angels bearing me up. Although I was alone, I didn’t feel alone. As I chose the Lord and stood for my principles, I saw that when we choose the Lord, we may be left alone in the world, but the Savior will never abandon us.

Small but Big

The decisions we make every day may seem small, but they always have real implications and big consequences, for good or bad.

In fact, a few years after that eventful day, the same boss visited our office in Rome. He was still the same man, full of power and authority. Again, he looked intimidating to all of us.

This time, after all the meetings, he approached me in a different way. He was surprisingly kind. He told me that he still remembered the day when I stood for my beliefs. Then, to my surprise, he asked if I would accept to become the manager of the agency for all of Europe, which was a huge opportunity for my career. As he tried to convince me that the new job would be appealing in terms of salary, travel, and benefits, what really made the difference was when he said: “We look

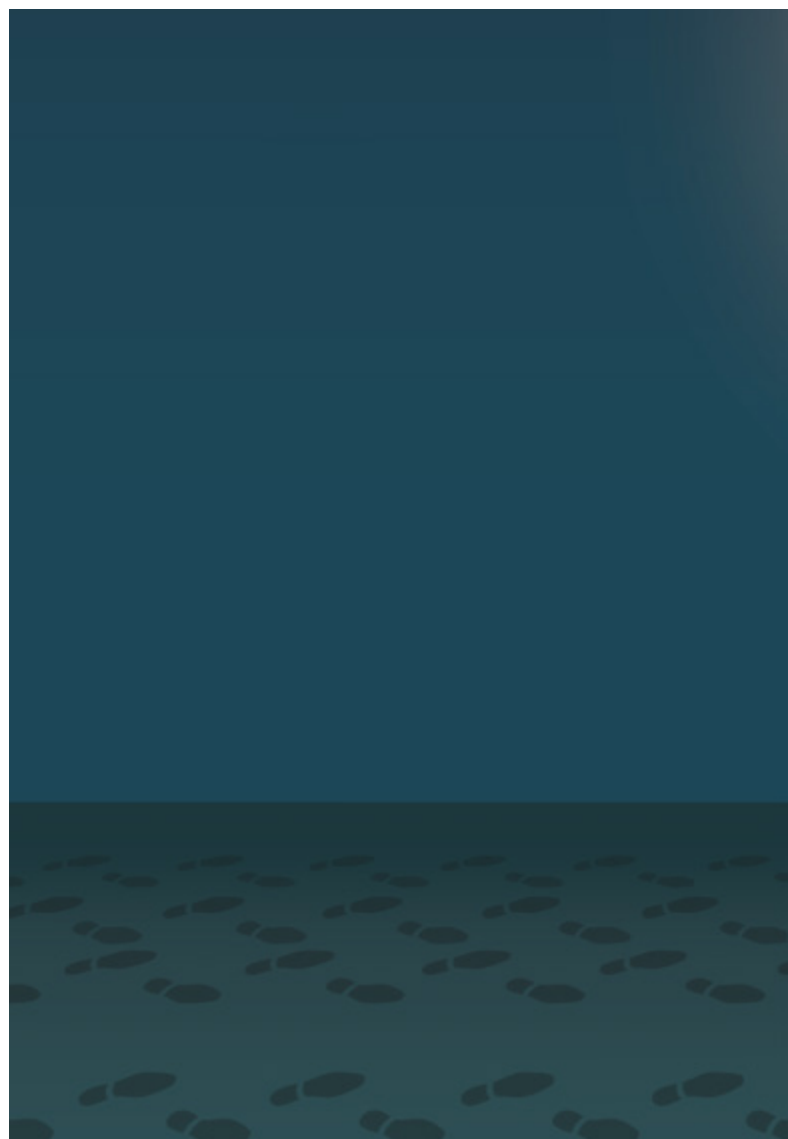
When we choose the Savior,
He will never abandon us.

not only at good qualifications. We need people with integrity, who stand for their principles. We need people like you.”

I was surprised to hear those words, to see that my small decision to stand for my beliefs years before eventually had such a big impact on him. My small decision ultimately resulted in a great blessing for me, both temporally and spiritually. Ironically, as part of my new assignment, I also became the supervisor of most of the managers who had laughed at me years before.

The Correct Choice

President Monson said, “As we contemplate the decisions we make in our lives each day—whether to make this choice or that choice—if we choose Christ, we will have made the correct choice.”²



The Apostle Paul also taught that choosing the Lord is always the best possible choice, despite how hard that choice can be: “And we know that all things work together for good to them that love God” (Romans 8:28).

Every day, the choices we make will indeed determine what we will become. If we choose the Lord, as President Monson said, “we will have made the correct choice,” because, as Paul remarked, “all things work together for good to them that love God.”

Many times we hesitate to make the right choices because we try to please the Lord without offending Satan. But we cannot please God without upsetting Satan. We simply cannot serve two masters. Our ultimate decision will always be whether to live the first two commandments in the right priority: To serve God first and then our neighbor,



or to put the second commandment before the first by trying to please others before we please God (see Matthew 22:37–39).

Stand as Witnesses

The most universal covenant we make at baptism is “*to stand as witnesses of God at all times and in all things, and in all places that [we] may be*” (Mosiah 18:9; emphasis added). That covenant is a decision we make once and forever, to stand for our beliefs as witnesses of God every moment of our life. The promised blessing is that we will have the Spirit more abundantly upon us (see Mosiah 18:10).

The world, our peers, and people who don’t share our same values will always exert some pressure on us, pressure that comes when we strive to live a celestial law in a terrestrial

Living righteously in a wicked world is not an easy task. But we have the promise that we will receive the Spirit more abundantly when we stand as true witnesses of God.

world. Indeed, living righteously in a wicked world is not an easy task. Sometimes it can seem like a huge challenge. Sometimes it can seem like a daily conflict. But we have the promise that we will receive the Spirit more abundantly when we stand as true witnesses of God. When we pray to Heavenly Father, He will bless us with the power of the Holy Ghost, providing that crucial extra help we need. Divine grace will fill the inevitable spiritual gap we all experience as imperfect beings trying to reach higher and holier ground.

Eternal Consequences

Choices that may seem small at the time may in fact have eternal consequences. But because we made a covenant, we have a promise. When we choose the Lord—when we stand as witnesses at all times, in all things, and in all places—then all things will work together for the good of those who love God. As we choose the Lord, although we might remain alone at times, angels will be all around us, bearing us up, and we will not feel alone anymore (see Doctrine and Covenants 84:88).

I solemnly testify that in those sacred moments of small decisions but big consequences, it is only through Heavenly Father and His Son, Jesus Christ, that we will find peace and rest. Many times, we will be asked to either go with the world or to stand for our principles. How will we respond when asked: “Don’t you also want to go?” Will we go with the world, or will we stay with the Lord? Will we remain silent and be acted upon, or will we stand for our beliefs and act instead?

May we always choose the Lord and readily respond: “To whom shall we go? thou hast the words of eternal life.” Then we will enjoy the blessings of our righteous decisions, temporally and spiritually, in this life and for eternity. ■

NOTES

1. Thomas S. Monson, “Choices,” *Ensign* or *Liahona*, May 2016, 86.
2. Thomas S. Monson, “Choices,” 86.

How Seminary Can Now Enhance Your Family's *Come, Follow Me* Experience

Parents, here's how seminary can make your family gospel study even better.

By Jeffrey Coleman and Brittany Ann Reece

In March 2019 the First Presidency announced a significant change to seminary. Seminary classes around the world are now studying the same book of scripture that individuals and families are studying at home and at church as part of *Come, Follow Me*. As seminary teachers (and parents), we couldn't be more excited about it!

One obvious blessing is how it will simplify our teenagers' lives. On top of school, sports, work, family time, and a social life, many youth in the past tried to study from three different books of scripture: one for seminary, one for Sunday School, and another one for family study. That's a lot.

Once Church leaders aligned family and Sunday School study in the same scriptures, aligning seminary as well just made sense. It allows the youth to take a deeper dive into one book of scripture. But simplification is just the beginning.

Strengthening the Home

Sister Bonnie H. Cordon, Young Women General President, taught that as youth are asked to be “a part of the teaching, to be a part of that great movement at home,” they will help in “strengthening the home.”¹

The youth are hungry for truth and excited to share! That might be a little hard to believe if you've ever gotten a blank stare from a teenager. As parents and teachers, we all have! As seminary teachers, we ask teenagers questions all the time. Sometimes we get a blank stare in return simply





In the past, families may have struggled to align Church, seminary and family scripture study. Recent changes can help gospel discussion be better for all family members.

ILLUSTRATIONS BY EVA VAZQUEZ

because our youth don't have the answers. But when the seminary and *Come, Follow Me* curriculum are aligned, our seminary-age children can more easily apply the things they are learning in seminary to a family gospel discussion and vice versa. We've already seen it in our seminary classes.

Bringing Scripture Study from Home to Seminary

At the beginning of 2019, when the new *Come, Follow Me* was just beginning, we could feel the excitement of the students. Even though we were studying from the Doctrine and Covenants in seminary, they started sharing things they had learned from studying the New Testament with their families. They were so excited about it. When we studied Doctrine and Covenants 89 (the Word of Wisdom) in seminary, it was around the same time we were studying John 2 (when Jesus Christ turns water into wine) in *Come, Follow Me*. Finding common principles and ideas between the two readings allowed the students to share with their peers what they had learned at home. They were much more engaged, and the discussion was much more invigorating because the students had things to talk about. They were able to apply the things they had learned at home to what we were learning at seminary.

Bringing Seminary into the Home

In 2020, studying the Book of Mormon at home, in seminary, and in Sunday School opens the door even wider for students to share even more of what they learn in those places.

There are a few learning strategies we use in seminary that can help your family's scripture study. Knowing about them can help you see ways to get your teenagers more involved in your home-centered scripture study.

As you sit down as a family, your teenager will have already been studying the same principles from the same book of scripture, and they will have insights if they have already studied those principles in seminary. They won't feel as "put on the spot" when you ask them to share because they will actually have things to share. Their experiences at seminary will help empower them to talk about the gospel at home. Family home evenings and family scripture study will become more of a time to share personal insights with one another.

Some open-ended questions you might use to invite your teens to share in your home are:

1. What spiritual experience did you have in seminary today?
2. What impacted you the most today?
3. What principle did you learn in seminary that you feel can help us as a family?
4. What scripture story did you learn today that you feel you can share with us?
5. What scripture story affected your life in seminary?
6. How were you inspired in seminary to be better today?
7. What did you learn about the Savior because of what you learned in seminary?

There may be times when your family study is ahead of what is being studied in seminary.

During these times, the questions above could be adapted by seminary teachers to draw on what youth are learning at home.

Doctrinal Mastery

Seminary's approach to scripture study is no longer just about memorization. We focus on doctrinal mastery—helping students understand, apply, and gain a testimony of the doctrine taught in the scriptures. It's more about deepening conversion to true doctrine and knowing how to teach it with power.

For example, if a verse teaches about the Godhead, when we study that scripture in seminary, we search for other verses that teach about the Godhead. Then we encourage the students to note what we can learn about the Godhead from those verses. Finally, we come up with scenarios in which the students role-play how they might explain our beliefs about the Godhead using those scriptures.

You could use this approach at home and invite your teen to:

1. Teach the principles in the scripture.
2. Share cross-references to other scriptures about the topic.
3. Help your family memorize or remember how to find the verses.
4. Discuss how these teachings apply to your lives.

Preparation for Deep Learning

There's a big emphasis in seminary on something we call deep learning—learning that leads to conversion. One key to deep learning is improving preparation to learn. Improving student preparation is different for every seminary class, but one thing some seminary classes are trying is a preparation assignment. We send students home with the assigned scripture block and some study questions to get them reading the scriptures that we'll be studying in class. When seminary and *Come, Follow Me* curriculums are more closely aligned, preparation assignments for seminary can be shared with a student's family. It will give families one more way to learn together.



You could invite your teen to:

1. Share preparation assignments with the family.
2. After the seminary lesson, share what else he or she learned on the topic.

For example, if a teenager sets a goal to develop more patience, the next step is planning how they are going to develop it. In what ways or settings do they feel they struggle with patience? One student decided he could use more patience when he was driving. When we talked about how he could practice patience in the moment, he came up with a plan to listen to calming music in the car and put a note on the dashboard reminding him to pray for patience every time he gets in the car.

You could invite your teen to:

1. Talk about his or her goals.
2. Share how you can set and achieve similar goals as a family.

Empower Your Children to Strengthen Your Home

You have an incredible opportunity to inject a bit of enthusiasm into family scripture study, and now with the aligned curriculum, you can invite your seminary-age children to share what they are learning. When they study the same scriptures in seminary and with their families in *Come, Follow Me*, they will be more empowered than ever to strengthen their families with their insights into the gospel.

This next step in the Church's efforts to become "a home-centered Church, supported by what takes place inside our branch, ward, and stake buildings"² empowers the youth to play an even bigger role in strengthening their homes. We agree with Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles when he said: "We think this is a tremendous development at this time when our young people need ever more strength. We think this is a wonderful alignment to bring that coordination with what the rest of the Church is doing, and we believe that it's going to be wonderfully symbiotic with the Church-supported—and now that we add seminary-supported—home-centered gospel study."³ ■

The authors are seminary teachers in Utah, USA.

NOTES

1. Bonnie H. Cordon, "Seminary Curriculum to Support Home-centered Learning" (video, Mar. 22, 2019), [ChurchofJesusChrist.org](https://www.ChurchofJesusChrist.org).
2. Russell M. Nelson, "Opening Remarks," *Ensign* or *Liahona*, Nov. 2018, 7.
3. Jeffrey R. Holland, "Seminary Curriculum to Support Home-centered Learning."



Setting Specific Goals

You may have noticed that the *Come, Follow Me* curriculum often encourages us to set goals. It's something we're emphasizing in seminary as well. We're teaching our students to set specific goals, not just general goals like "Be more healthy." When a student sets a goal, they plan *when*, *where*, and *how* they're going to achieve that goal.





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

The Eternal Importance of Righteous Choices

The choices we make are critical—
they are the key to our future and happiness.

We live in a world that emphasizes diversity over unity. Many assume that it is virtually impossible for people from different cultures and diverse backgrounds to be united in common goals. Some have asserted, “We lack a unifying narrative to explain how a pluralistic people live” together.¹ Some believe “the world is determined by your single tribal identity. They describe society as a battleground” that “cultivate[s] mistrust, division and emotional frozenness.”²

A unifying answer to these assertions is the restored gospel of Jesus Christ. Righteousness is the underlying principle that brings unity and happiness. I love 2 Nephi chapter 9, which contains incredible instruction about learning, wisdom, wealth, labor, and refusing to see or hear the consequences of sin. It contains profound doctrine that allows us to follow the paths of righteousness that lead to the Savior.

I will share five principles that I believe will contribute to your successful quest for faith in the Lord Jesus Christ, righteousness, and knowledge. These objectives can be compatible and complementary. At a practical level, many of you are preparing for family life and the means of supporting your family. Faith, righteousness, and knowledge will greatly assist you in both areas. Any honest labor is worthwhile and to be admired. Work that includes values, meaningfulness, and new ideas and that blesses mankind is particularly significant.

1. Continue to Learn

The first principle that I will share is to enthusiastically and righteously continue your quest for knowledge. One of my heroes in this category is Paul Cox, an active member of the Church. He received a bachelor of science degree from Brigham Young University in botany and earned other post-graduate degrees. He served a mission in Samoa and later lived with his family in Savai'i, Samoa, for many years. One of his focuses was ethnomedicine, in which he studied some of the plants that had been used by generations of Samoan mothers to treat health issues. With a coauthor, he wrote *Plants, People, and Culture: The Science of Ethnobotany*.³

He has made several breakthroughs in treating diseases. While he has done many things in his exceptional career, the one I wish to mention occurred many years ago. Paul and a Samoan chief, Fuiono Senio, conducted ethnobotanical research in the village of Falealupo, Western Samoa.

An account in *BYU Magazine* reported: "The village had reluctantly licensed its forest to a logging company to raise funds to build a school, because, says Cox, 'They felt they had to choose between their children and their forest, which was a terrible, terrible decision for them.' When he learned of the transaction with the logging company, Cox told the chiefs he would personally pay to build the school if they could stop the logging" of the rain forest.⁴

He did build the school with the help of businessmen who had connections with Samoa.⁵ Brother Cox has received many honors and awards, including the Goldman Environmental Prize for grassroots environmental heroes. He represents a continuing quest for knowledge to bless mankind. This account exemplifies the love of learning and the synergism of knowledge.



Used righteously, knowledge, whether old or new, is important.

President Russell M. Nelson, another of my heroes, was a pioneer in the development of open-heart surgery, which has significantly blessed those who live in our time. Some years ago, I asked him about the incredible history of open-heart surgery and his significant role in it. We discussed it for some time, and then he humbly stated, "How wonderful it is that the Lord, who knows all, allows us the great joy of discovering certain pieces of knowledge."

2 Nephi 9:29 reads, "But to be learned is good if they hearken unto the counsels of God." Knowledge has always been important, and today we are at the threshold of many new and exciting scientific and technological advancements. Certainly, much of this will have enormous benefits for the Church and for the entire human family. Knowledge, used righteously, whether old or new, is important.

2. Righteous Choices Matter

Many years ago, Elder Bruce C. Hafen, now an emeritus member of the Seventy, shared a comical example of bad choices during a talk given in New Zealand. As I remember it, Cookie Monster (a famous *Sesame Street* character) had won a quiz

show, and he could choose among three choices for his prize. First, he could have a new house one month later. Second, he could have a new car one week later. Or third, he could have a magnificent cookie—right now! What do you think he chose? You are right—he chose the cookie!⁶

We laugh at this, but the choices we make are critical—they are the key to our future and happiness. Remember, we are the sum total of every decision we make. We live at a time when almost every choice is debated and dissected. Many people almost immediately oppose any righteous proposal or principle (see 2 Timothy 4:3). Near the end of his life, the prophet Lehi taught:

“For it must needs be, that there is an opposition in all things. . . .

“Wherefore, men are free according to the flesh; and all things are given them which are expedient unto man. And they are free to choose liberty and eternal life, through the great Mediator of all men, or to choose captivity and death, according to the captivity and power of the devil; for he seeketh that all men might be miserable like unto himself” (2 Nephi 2:11, 27).

Given the war in heaven over the plan of salvation (see Abraham 3), it is not surprising that the religious principles taught in this, the last dispensation, are attacked with malignant ferocity. But lest we be discouraged, let us remember the outcome of the war in heaven and the wonderful outcome that we know will be ushered in with the Second Coming of Jesus Christ.

A great enemy of good choices is rationalization. Many argue that we are not accountable for our choices. But because of the restored gospel of Jesus Christ, we know that we *are* accountable (see Doctrine and Covenants 72:3). We also know to whom we must account. It is the Savior! (See 2 Nephi 9:41; see also Acts 4:12.)

Sometimes important choices are quite simple. As young missionaries serving in England, my companion and I had the opportunity to go to the temple. As we crossed the temple grounds, the temple president, Selvoy J. Boyer, walked toward us. Seeing our missionary badges, he pointed at us and asked, “Matthew 5:48—do you know that scripture?” My companion stated, “Be ye therefore perfect, even as your Father which is in heaven is perfect.” President Boyer said, “That is correct. Elders, are you living that commandment?”

We started to stammer; we knew we were not perfect! He helped us. He asked questions about what we had done for the past three days. He asked about when we went to bed, when we got up, whether we had individual and companion scripture study, and whether we went proselyting on time. Then he said, “I am sure you are not perfect, but you have made perfect choices for the past three days, and that means you are moving in the right direction.” He left us thinking about the importance of what he had asked.

The choices we make are key to our future and happiness.



Lehi issued this cry about choice, which every righteous father and mother echo to their sons and daughters: “I would that ye should look to the great Mediator, and hearken unto his great commandments; and be faithful unto his words, and choose eternal life, according to the will of his Holy Spirit” (2 Nephi 2:28).

We need to understand that there is opposition in all things and that the righteous choices we make are critical.

When I was young, I was introduced to a statement by Harry Emerson Fosdick, a renowned Protestant minister. In speaking of choices, he said:

“The tragic evils of our life are so commonly unintentional. We did not start out for that poor, cheap goal. That aim was not in our minds at all. . . . That is why the road to hell is always paved with good intentions, and that is why I am not celebrating high ideals, lofty aims, fine purposes, grand resolutions, but am saying instead that one of the most dangerous things in the world is to accept them and think you

believe in them and then neglect the day-by-day means that lead to them. Ah, my soul, look to the road you are walking on! He who picks up one end of a stick picks up the other. He who chooses the beginning of a road chooses the place it leads to. It is the means that determines the end.”⁷

3. Give Day-to-Day Consecrated Effort

Righteous day-to-day consecrated effort is better than occasional heroic actions. A friend of mine, Jim Jardine, indicated in a lecture at Brigham Young University that when he was a student, he thought “of consecrating [his] life in one grand, heroic gesture” but came to realize that “consecration is not a once in a lifetime event; it is a daily devotion.”⁸

When I was young, I too wanted to prove myself through some heroic gesture. My great-grandfather David Patten Kimball was one of the young men who rescued and helped carry members of the Martin handcart

company across the Sweetwater River. That sounded like the kind of consecration for which I was looking. Later, as I visited with my grandfather Crozier Kimball, he explained that when President Brigham Young (1801–77) sent the men on their rescue mission, he instructed them to do everything they possibly could to save the handcart company. Their consecration was specifically to “follow the prophet.” My grandfather told me that consistent, faithful, righteous dedication to one’s duty or to a principle is to be much admired.

As heroic as it was for David Patten Kimball to help rescue the pioneers, it would be equally heroic today to follow the prophet by adhering to his counsel in reducing social media use, studying the Book of Mormon, and particularly helping to gather scattered Israel on both sides of the veil. If we help gather scattered Israel, we will be rescuing the souls of mankind—just as my great-grandfather helped to rescue the lives of the handcart company.

Some members of the Church profess that they would commit themselves with enthusiasm if given some great calling, but they do not find ministering or gathering family history sufficiently heroic for their sustained effort.

4. Be Strong and Immovable in Matters of Righteousness

A few years ago, Elder Neal A. Maxwell (1926–2004) of the Quorum of the Twelve Apostles was speaking about some of his personal friends who were less active in the Church. He said he had observed the ebb and flow of their faith and what the underlying cause was. Elder Maxwell then stated:

“A verse in the Book of Mormon offers the most satisfactory explanation. It is an

Righteous day-to-day consecrated effort is better than occasional heroic actions.

interrogative in Mosiah 5:13: ‘For how knoweth a man the master whom he has not served, and who is a stranger unto him, and is far from the thoughts and intents of his heart?’

“This describes what usually happens: otherwise basically decent people simply get caught up with the cares of the world. If instead of drawing closer to the Master we become a stranger to him, then we have lost our way. The decent people to whom this happens haven’t engaged in major transgression, as a rule, but they have distanced themselves from the Savior, and He has become a stranger to them.”⁹

It is essential that we place faith in our Lord and Savior Jesus Christ at the center of our lives. A wonderful mission president had each of us missionaries memorize a simple statement

relating to faith and righteousness that has stayed with me all my life. I commend it to you:

*There is no chance, no destiny, no fate
[That] can circumvent or hinder or control
The firm resolve of a determined soul.¹⁰*

My dear friends, you need to be determined souls when it comes to living righteously!

5. Earn Your Heritage through Righteous Choices

One of the great accounts in the Book of Mormon is Alma’s counsel to his three sons—Helaman, Shiblon, and Corianton. Alma was the son of Alma, the prophet. He experienced a miraculous conversion as a young man. He became the chief judge of the nation and the

Heroism can be found in the simple act of sustained ministering.



“One fault to be avoided by the Saints, young and old, is the tendency to live on borrowed light [and] to permit . . . the light within them to be reflected, rather than original.”

high priest and prophet of the Church. Two of his sons had made good choices. But one son had made some very bad choices. To me the greatest significance of Alma’s counsel is that he was giving it as a father for his own children. His first concern was that they have a testimony of God the Father, Jesus Christ, and the Holy Ghost.

Alma starts out in chapter 36 by telling Helaman of his miraculous conversion. An angel told Alma he would be destroyed if he continued to oppose the Church. He testifies that the knowledge he was sharing did not come from his own wisdom but was revealed to him from God. He wants Helaman to have a testimony.

Many of you, if not most, have a testimony. We each need a personal testimony. President Joseph F. Smith (1838–1919) said, “One fault to be avoided by the Saints, young and old, is the tendency to live on borrowed light [and] to permit . . . the light within them to be reflected, rather than original.”¹¹

President Heber C. Kimball (1801–68), a counselor to President Young, said:

“The time will come when no man nor woman

will be able to endure on borrowed light. Each will have to be guided by the light within himself. If you do not have it, how can you stand? . . .

“. . . If you don’t have it you will not stand; therefore seek for the testimony of Jesus and cleave to it, that when the trying time comes you may not stumble and fall.”¹²

The 76th section of the Doctrine and Covenants refers to the three degrees of glory and compares the celestial glory to the sun. Then it compares the terrestrial kingdom to the moon and the telestial kingdom to the stars (see also 1 Corinthians 15:41).

It is interesting that the sun has its own light, but the moon is reflected light or “borrowed light.” Speaking of those who inherit the terrestrial kingdom, verse 79 states, “These are they who are not valiant in the testimony of Jesus.” We cannot obtain the celestial kingdom and live with God the Father on borrowed light.

Be grateful if you have had goodly parents who have testimonies and have taught you the gospel. However, you need your own testimony. The philosopher Goethe said, “What from your father’s heritage is lent, earn it anew to really possess it.”¹³

Each individual has the responsibility to make righteous choices and to seriously ponder the five areas of advice I have set forth. Your principal goal is to build your personal faith. World conditions increasingly require deepening individual conversion to, and strengthening faith in, Heavenly Father and Jesus Christ and His Atonement.

Prepared for Perilous Times

The Church has made an incredible effort to give you a road map to assist you in making righteous choices. The Lord has prepared us, line upon line, for the “perilous times” (2 Timothy 3:1)

we now face. A short list of actions by the First Presidency and the Quorum of the Twelve Apostles to provide this road map include the following:

- Honoring the Sabbath day and the sacred ordinance of the sacrament has again been emphasized for the past five years.
- Under the bishop’s direction, strengthened elders quorums and Relief Societies focus on the purpose and divinely appointed responsibilities of the Church, helping members make and keep sacred covenants.
- Ministering in a higher and holier way is being joyfully adopted.
- As we begin with the end in mind, temple covenants and family history service are becoming a purposeful part of the covenant path.

Additional adjustments to achieve a new balance between what happens at church and in the home were presented during the October 2018 general conference. Adjustments were presented to achieve a home-centered, Church-supported Sabbath effort. In the address I delivered, which was approved by the First Presidency and the Quorum of the Twelve, we declared that the purposes and blessings associated with this adjustment and other recent changes include the following:

The Church has given us a road map to help us make righteous choices.



- Deepening conversion to Heavenly Father and the Lord Jesus Christ and strengthening faith in Them.
- Strengthening individuals and families through home-centered, Church-supported curriculum that contributes to joyful gospel living.
- Honoring the Sabbath day, with a focus on the ordinance of the sacrament.
- Helping all of Heavenly Father’s children on both sides of the veil through missionary work and receiving ordinances and covenants and blessings of the temple.¹⁴

Righteously adhering to the counsel given will bless you now and throughout your life. ■

From devotional addresses given at Brigham Young University–Hawaii on November 20, 2018, and at the Utah Valley Institute of Religion on February 1, 2019.

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2. Brooks, “The Rise of the Amphibians.”
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5. These included Church members Rex Maughan, Ken Murdock, and others.
6. See Bruce C. Hafen and Marie K. Hafen, “Bridle All Your Passions,” *Ensign*, Feb. 1994, 16.
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8. James S. Jardine, “Consecration and Learning,” in Henry B. Eyring, ed., *On Becoming a Disciple-Scholar: Lectures Presented at the Brigham Young University Honors Program Discipline and Discipleship Lecture Series* (1995), 78.
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The Best Investment

By Michael R. Morris
Church Magazines

After being laid off, Blanca Gregory had difficulty finding a new job. But then she joined a Find a Better Job self-reliance group.

Blanca Gregory had worked in banking for 27 years, including 12 years as an assistant manager—which is why getting laid off came as a shock. Her surprise, however, was quickly replaced by worry and stress.

Thankfully, Blanca’s husband, Eric, was employed, and the family had savings to tide them over. After recovering from an illness and being out of work more than a year, Sister Gregory began looking for a new job.

She updated her resume, enrolled in computer classes, attended job fairs, and began filling out job applications. As a result, she got several job interviews. With her work experience, she thought that finding a new job would be easy.

“I grew worried when I didn’t hear back from anyone,” Sister Gregory says. “I was like, ‘What is going on?’”

Months passed without a single job offer. Finally, her husband, who was then serving as bishop of their ward in Newport Beach, California, USA, suggested that Blanca check out the Church’s self-reliance initiative and then join a Find a Better Job group.



“You Feel the Spirit”

As part of a Find a Better Job group, Sister Gregory began a 12-week course that helped her learn to network, recognize opportunities, update her resume, present herself professionally, and prepare for job interviews. She also set daily goals related to identifying resources, making contacts, and holding face-to-face meetings.

“A self-reliance class is not like any other class. It’s an inspiration. You feel the Spirit there,” she says. “Our class taught us to exercise faith, be diligent, work hard, and plead with the Lord—relying not just on our own skills and ability to find a job but also on Heavenly Father’s help.”

Thanks to her Find a Better Job group, Sister Gregory gained extensive practice sharing her qualifications and contacting people and businesses using a networking tool called “Me in 30 Seconds.” A Me in 30 Seconds statement helps employers understand the kind of job a potential employee is seeking, the person’s experience, and how the person could help the business succeed.

About eight weeks into her course, Sister Gregory felt impressed one day to kneel and pray continually throughout the day for help.

“I humbled myself,” she says. “I really needed Heavenly Father to help me find something. I wasn’t saying I want to be a manager or I want to make so much money. I just needed a job. I poured out my heart to the Lord.”

As part of her “homework” that day, she applied electronically for five positions. The very next day, a prospective employer called to interview her for a position as a bank branch officer. She was excited her prayers had been answered so quickly.

“I wasn’t nervous about the interview, because I had practiced in the class for so long,” says Sister Gregory. Nevertheless, she prayed fervently before the interview. “Heavenly Father,” she pleaded, “please put words into my mouth so I can answer correctly and so that those interviewing me can see the value of what I have to offer.”

“It Will Change Your Life”

In March 2018, a few days after Sister Gregory’s interview, Mickey and Margaret Foster pulled into a Newport Beach Stake chapel parking lot to visit that evening’s Find a Better Job group. The Fosters, then serving as full-time Self-Reliance Services senior missionaries, arrived early and were surprised to see Blanca already parked there.

“She was so excited that she jumped into our car to tell us she had just gotten a job,” Elder Foster says. “She described how much she loved her Heavenly Father and what the self-reliance initiative and her self-reliance group had meant to her in her quest to find employment.”

Sister Gregory also testified to the Fosters that she had never felt closer to the Savior or felt His personal involvement more in her life. Overcome with gratitude and emotion, all three wept. A year later, Sister Gregory remains grateful for her self-reliance group, for heavenly help, and for her job as a bank officer.

“The pay is good. The schedule is good. The benefits are good,” she says. She is using her skills, developing new talents, and “growing in the company.”

“Joining a 12-week Find a Better Job group is the best investment you could make,” she says to anyone looking for a job or looking to change jobs. “It won’t just help you update your resume and share your skills, but it will also help you learn to exercise your faith and grow your testimony. That’s what makes the difference. The class is only a couple of hours each week, but it will really help. It will change your life.” ■

A Calling for John

As a new bishop many years ago, I noticed a faithful sister who always attended church without her husband, John. I learned that he had previously been a branch president during the time their meetinghouse was being built. He received so little help from branch members that he burned himself out doing most of the work and became less active.

When ward members came to their home, he would light up his cigarette and set his beer can by his chair as if to say, “You won’t get me to come back.”

Eventually, I learned that John was an

appliance repair man. Older members in the ward often called me to fix things. Now that I knew of John’s skills, I would call John and ask for advice on repairs.

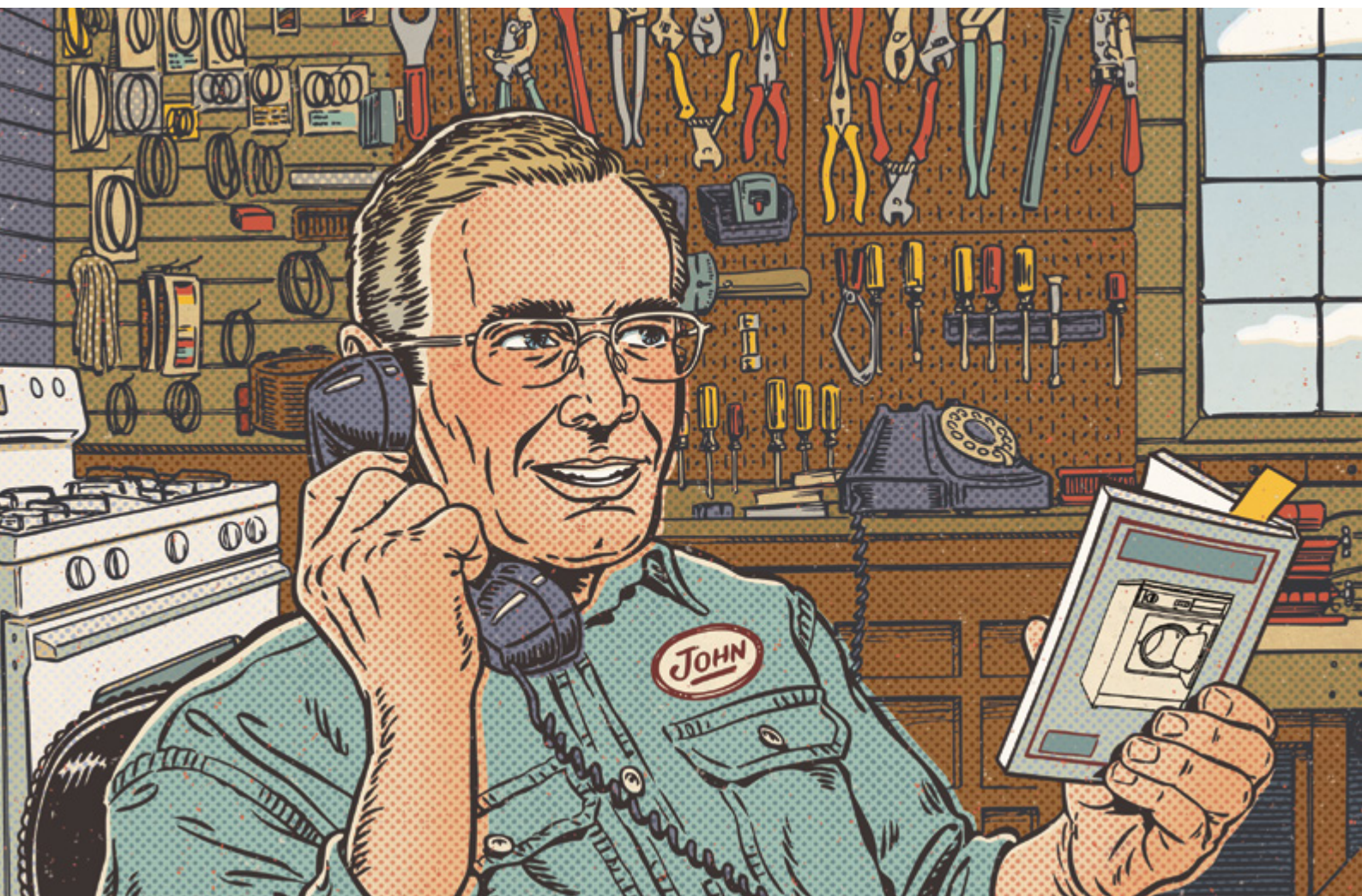
I continued this for maybe a year. At that time, we needed to call a ward clerk. After prayerful consideration, I felt impressed to extend the call to John.

I told the stake president and he said, “We can’t call him now! He smokes and has his beer.” I asked the stake president to call him in for an interview anyway. John came to the interview but emphatically answered, “No, I am not worthy.”

Things continued as before—John remained less active, and I called him for advice. During this time, I didn’t say anything to him about coming back to church. I asked the stake president to interview him a second time. Again, John said no, but this time he added, “I will tell you when I’m ready.”

After this I still called John for advice and fellowshipped him the best I could.

One day I answered the phone and heard, “Is this the ol’ Bishop?” He had started calling me by that title. “This



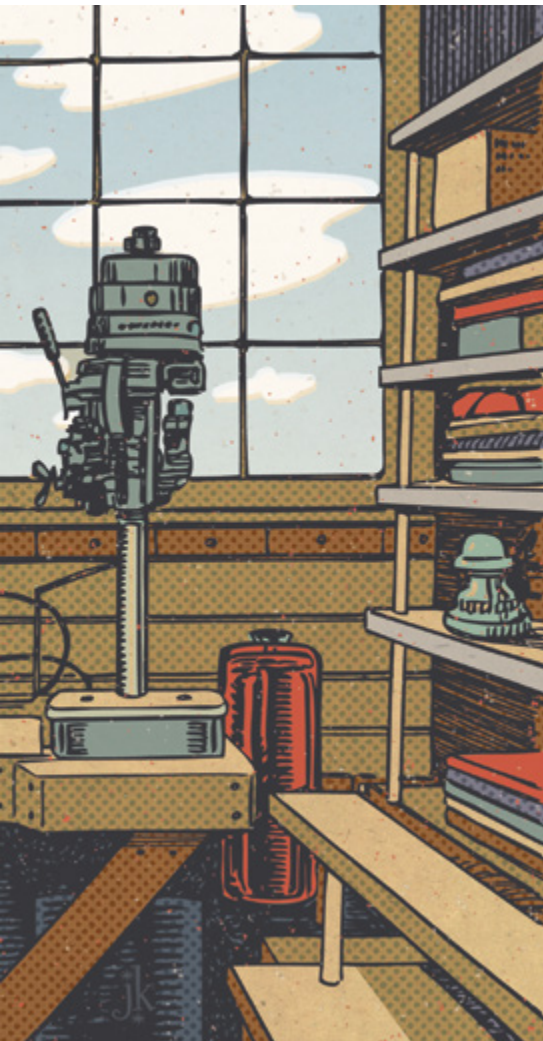
The Blessing of a Loss

is John. I'm ready." He was then called and served as our ward clerk.

As the years passed, John served in a number of callings. He and his wife served a mission together, and now they serve in the temple. At my 50th wedding anniversary party, John wrote a note that said, "Bishop, thank you for saving my life."

I can't put in words the joy I feel knowing that John returned to church in part because I was patient and asked him for help when I needed it. ■

Burke Waldron, Utah, USA



Finally, after trying for a long time, we were expecting our first child. What joy and what emotion! Everything was going well. Our daughter was developing, growing, and everyone around us was as happy as we were for the blessing of this long-awaited daughter.

But complications set in. A rare blood and liver complication threatened both the baby and me. Doctors also discovered blood clotting in the placenta. When I was six months along, our daughter needed to be born.

When she was born, she weighed just under a pound (0.5 kg) and measured just over 10 inches (25 cm). In the hospital the nurses called her our "little warrior." But four days after her birth, her condition worsened and she passed away. Giving birth to my daughter and then going home without her in my arms and seeing her little things at home gave me inexplicable pain!

I traveled with her little coffin in my lap for almost 190 miles (300 km) until we reached our hometown of Garruchos and buried her there. At times I could feel her presence, as if

she were touching my face with her hand. My husband, Gustavo, dedicated the grave, and we buried her.

We spent three days at my parents' home, where people came to visit us. Some could not understand how God could allow this to happen to us. But we never questioned the Lord. He chose us to be the parents of this special person, this little angel, who needed so few days on this earth to fulfill her mission. We didn't see this as a punishment or a trial. We saw it as a blessing. It is now our duty to be worthy of being with her again.

The gospel gives us the light, strength, and hope of one day being able to raise her. Of course, we are sad on occasion, and sometimes we feel an emptiness. But then the Spirit comforts us.

We are trying to have another baby, and we know that things happen according to the Lord's plan and time. Heavenly Father loves us and will never abandon us. How grateful we are to Him for having prepared a way for us to one day live together as a family. ■

Patrícia Moraes, Rio Grande do Sul, Brazil

I learned that John was an appliance repair man, so I would call him for advice on repairs. He would tell me what to do, and then I'd take care of the problem.



I *texted the mom and told her that I had made an extra lasagna and wanted to bring it over to her and her family.*

The Birthday Lasagna

For a long time, I felt the desire to bake bread or make some extra food and just drop it off to someone in our ward to share my love and the Lord's love with them, but I had never done it.

I love to cook, but only my husband and I are at home now. So I make smaller meals because huge meals usually take us several days to finish.

One night I decided to make some lasagna. Instead of making one large pan, I made two smaller pans. That way we would eat one for dinner, and I could give the other pan to someone who needed it.

I called the Relief Society president to see if anyone needed a meal brought to them. She mentioned a single mother

who worked and had two children. That afternoon, I texted the mom and told her that I had made an extra lasagna and wanted to bring it over to her and her family.

She texted me back and said, "That is so weird! Sure, that would be great!" She was still at work, but her children would be home, so I could bring it over anytime.

A little while later, she texted me again and asked, "Did you know it was my birthday today?" I assured her that I had no idea. She replied, "Well, happy birthday to me!"

When I took the meal over, she had just gotten off work. She was thrilled, as were her children.

On Sunday, she found me at church, and with tears in her eyes, she told me that every year on her birthday, her grandmother would make her dinner—and it was always lasagna. Her grandmother had passed away the year before, and that was the first birthday her grandmother wouldn't be there to make lasagna for her.

When I dropped off lasagna on her birthday, it strengthened her testimony that the Lord is aware of her and loves her. And it strengthened my testimony that if we make ourselves available to be an instrument in the Lord's hands, He will show us where we can serve. ■

Name withheld, Texas, USA

150 Pages by Thursday?

I was at the lowest point in my life. My wife had asked for a divorce after leaving me for another man. I was 30 years old and living with my mother. I was also close to losing my job.

The senior editor of the newspaper where I worked warned me, “If you come to work intoxicated again, you will be immediately dismissed.” On my way home, I wondered how I could stop drinking.

Just then, two missionaries stopped and talked to me about The Church of Jesus Christ of Latter-day Saints. I told them I was not interested. But being a journalist, I felt compelled to give them my card.

Several days later, my mother told me that two Americans were there to see me.

“They have one of your cards,” she said.

They were the same missionaries from a few days before. One of them handed me a pamphlet and talked about the Prophet Joseph Smith. Then

his companion handed me a Book of Mormon. He asked if I would read several chapters from it. When I agreed to do so, he looked at me closely and asked if I would read 150 pages.

“Impossible!” I said.

“Well, we’ll come back on Thursday,” he said. That was several days away. I didn’t think I could read those pages in that time.

After work the next day, I felt a strong urge to find my friends and go drinking. Then I remembered the senior editor’s warning and the 150 pages I had been asked to read. I went home and began reading the Book of Mormon. I also read the pamphlet about Joseph Smith.

The Spirit touched my heart as I read about Joseph Smith. I also felt the

truthfulness of the Book of Mormon as I read and learned more about the Savior. Soon I had read 150 pages. On Thursday, the missionaries returned and asked if I had read.

“Yes!” I said. “All 150 pages!”

I wanted to know more. When they taught me about the Word of Wisdom, I told them I was ready to give up alcohol.

The next Sunday, I went to my first fast and testimony meeting. I shared my newfound testimony of Joseph Smith and the Book of Mormon. A short time later, I was baptized and confirmed a member of the Church.

In the 48 years since my baptism, I have tried to keep the commandments and stay close to the Church. I remarried and served a mission with my wife. Over the years, I accepted many callings. I now serve in the temple. Every time I’m there, I thank the Lord for pulling me from the darkness and bringing me into the light. ■

Hildo Rosillo Flores, Piura, Peru

On my way home, I wondered how I could stop drinking. Just then, two missionaries stopped to talk to me.



Our Sacred Bodies

By Marissa Widdison
Church Magazines

If we don't teach our children about the eternal importance of bodies, the world will eagerly step in and mis-educate our children for us.

In 1 Corinthians 6:19, the Apostle Paul teaches that our bodies are sacred: "Know ye not that your body is the temple of the Holy Ghost which is in you?" This is not what the world teaches. Instead, confusing messages swirl around our children, raising questions and creating doubts.

What is the perfect body size?

What are the right clothes to wear?

What should I use my body for?

Here are a few ideas for helping children appreciate their bodies as amazing instruments for good.

Bodies Are Gifts


Bodies come in different shapes, colors, sizes, and ability levels. Perhaps the most valuable message we can communicate to our children is that *every* body is a precious blessing. Gaining a physical body is an important part of the plan of happiness—after all, our soul is made up of our spirit and our body! (see Doctrine and Covenants 88:15). As Paul taught, our bodies are temples for the Holy Ghost.

Children, like adults, may be frustrated by how their body looks or acts. That's OK. Help your child understand that even imperfect bodies allow us to learn and grow. We can set an example of focusing on the good things our bodies can do instead of worrying too much about how our body looks or comparing our body to others. Someday, each one of us will be resurrected, and our bodies will "be restored to their proper and perfect frame" (Alma 40:23).

Caring for Bodies

The healthy habits children develop will bless them for the rest of their lives. As parents, we have a significant influence over the food they eat, their physical activities, their hygiene habits, and other ways they care for their bodies. In addition to encouraging them to be healthy, we can create a family environment that models these good decisions. This includes having open and shame-free discussions about sexual intimacy and what changes to expect in their body as they grow up. (For help holding age-appropriate conversations, check out *A Parent's Guide* on ChurchofJesusChrist.org.)



A stylized illustration of a hand holding a heart. The hand is brown with white outlines, and the heart is red with white outlines. The background is light blue and white. There are also some small decorative elements like a purple shape on the left and a candle-like shape at the bottom.

Preventing Abuse

Sadly, about one in four people worldwide are abused as children.¹ We can work to protect and empower our children. We can teach them to say “no” to things they are uncomfortable with, and that if someone hurts them, they should ask for help—and keep asking until they are safe. We can teach them accurate words for body parts, holding emotionally safe conversations about questions they have, and encourage them to pay attention to the Spirit. (See “Protecting Children” in the upcoming October 2019 *Liahona*.)

There are many harmful messages in the media about bodies. What are our children reading, watching, and listening to? As we teach our kids to identify and avoid harmful media, they will be better able to discern between truths and lies. (See “Growing a Healthy Technology Garden” from the April 2017 *Ensign*.)

Being Kind

Do we ever make unkind remarks about a person’s body—including our own? If so, we are setting a harmful example for our young ones. Instead, we can make a habit of expressing gratitude for the things our bodies *can* do. We can model kind comments, including complimenting people on actions and attributes instead of only appearances.

Finally, other people may treat their bodies in ways we are taught to avoid. As we tell our children to stay away from tattoos, piercings, and immodest clothing, let’s make sure we are also teaching them to be kind. While we might not agree with the choices people make, we should always treat others with love and respect. ■

NOTE

1. See World Health Organization, “Violence and Injury Prevention,” www.who.int/violence_injury_prevention/violence/child.

FOR CHILDREN

In the *Friend* this month:

- “Your Body Is a Temple” (Aug. 2019, page F12)

For other resources, visit lessonhelps.ChurchofJesusChrist.org and click on the topic “Bodies.”

FOR TEENS

In the *Liahona* this month:

- All of the articles in the youth section (see page 50) teach doctrines related to the body.

For other resources, visit youth.ChurchofJesusChrist.org.



CHAPTER 2

Glory Enough

Editors' note: This is an excerpt of chapter 2 from Saints, No Unhallowed Hand, volume 2 in the Saints series. The previous chapter, in the July issue, describes the advance company of migrating Saints, called the "Camp of Israel." They have been camped at Sugar Creek, a relatively short distance across the Mississippi River from Nauvoo. On March 1, 1846, Brigham Young began to lead the advance company west.

While the Saints with Brigham Young were leaving Sugar Creek, 43-year-old Louisa Pratt remained in Nauvoo, preparing to leave the city with her four young daughters. Three years earlier, the Lord had called her husband, Addison, on a mission to the Pacific Islands. Since then, unreliable mail service between Nauvoo and Tubuai, the island in French Polynesia where Addison was serving, had made it hard to stay in contact with him. Most of his letters were several months old when they arrived, and some were older than a year.

Addison's latest letter made it clear that he would not be home in time to go west with her. The Twelve had instructed him to remain in the Pacific Islands until they called him home or sent missionaries to replace him. At one point, Brigham had hoped to send more missionaries to the islands after the Saints received the endowment, but the exodus from Nauvoo had postponed that plan.¹

Louisa was willing to make the journey without her husband, but thinking about it made her nervous. She hated to leave Nauvoo and the temple and did not relish the idea of traveling by wagon over the Rocky Mountains. She also wanted to see her aging parents in Canada—possibly for the last time—before going west.

If she sold her ox team, she could get enough money to visit her parents and book passage for her family on a ship bound for the California coast, thus avoiding overland travel altogether.

Louisa had almost made up her mind to go to Canada, but something did not feel right. She decided to write to Brigham Young about her concerns with overland travel and her desire to see her parents.





“If you say the ox team expedition is the best way for salvation, then I shall engage in it heart and hand,” she wrote, “and I believe I can stand it as long without grumbling as any other woman.”²

A short time later, a messenger arrived with Brigham’s response. “Come on. The ox team salvation is the safest way,” he told her. “Brother Pratt will meet us in the wilderness where we locate, and he will be sorely disappointed if his family is not with us.”

Louisa considered the counsel, steeled her heart against the difficult trail ahead, and decided to follow the main body of the Saints, come life or death.³

That spring, workers raced to finish the temple before its public dedication on May 1. They installed a brick floor around the baptismal font, fitted decorative woodwork into place, and painted the walls. The work proceeded all day and often into the night. Since the Church had little money to pay the laborers, many of them sacrificed part of their wages to ensure the temple was ready to dedicate to the Lord.⁴

Two days before the dedication, workers finished painting the first-floor assembly hall. The next day, they swept the dust and debris out of the large room and prepared for the service. The workers were not able to put finishing touches on every room, but they knew that would not keep the Lord from accepting the temple. Confident they had fulfilled God’s command, they painted the words “The Lord has beheld our sacrifice” above the pulpits along the east wall of the assembly hall.⁵

Conscious of the debt they owed the workers, Church leaders announced that the first session of the dedication would be

a charitable event. Those who attended were asked to contribute a dollar to help pay the impoverished laborers.

On the morning of May 1, 14-year-old Elvira Stevens left her camp west of the Mississippi and crossed the river to attend the dedication. An orphan whose parents had died soon after the family moved to Nauvoo, Elvira now lived with her married sister. Since no one else in her camp could join her for the dedication, she went alone.

Knowing that it might be years before another temple was built in the West, the Apostles had administered the endowment to some young single people, including Elvira. Now, three months later, she climbed the steps to the temple doors once more, contributed her dollar, and found a seat in the assembly hall.⁶

The session opened with singing from a choir. Orson Hyde then offered the dedicatory prayer. “Grant that Thy Spirit shall dwell here,” he pleaded, “and may all feel a sacred influence on their hearts that His hand has helped this work.”⁷

Elvira felt heavenly power in the room. After the session, she returned to her camp, but she came back for the next session two days later, hoping to feel the same power again. Orson Hyde and Wilford Woodruff gave sermons on temple work, priesthood, and the resurrection. Before closing the meeting, Wilford praised the Saints for finishing the temple even though they would have to abandon it.

“Thousands of the Saints have received their endowment in it, and the light will not go out,” he said. “This is glory enough for building the temple.”

After the session, Elvira returned to her camp, crossing the river one last time.⁸ Saints in Nauvoo, meanwhile, spent the

rest of the day and night packing up and removing chairs, tables, and other furnishings until the temple was empty and left in the hands of the Lord.⁹

Farther ahead on the trail, Brigham and the Camp of Israel stopped at a place called Mosquito Creek, not far from the Missouri River. They were hungry, two months behind schedule, and desperately poor.¹⁰ Yet Brigham still insisted on sending an advance company over the Rocky Mountains. He believed that a group of Saints needed to finish the journey that season, for as long as the Church wandered without a home, its enemies would try to scatter it or block its way.¹¹

Brigham knew, however, that outfitting such a group would strain the Saints' resources. Few had money or provisions to spare, and Iowa provided limited opportunities for paid labor. To survive on the prairie, many Saints had sold prized possessions along the trail or worked odd jobs to earn money for food and supplies. As the camp moved west and settlements thinned, these opportunities would only become harder to find.¹²

Other matters also weighed on Brigham. The Saints who did not belong to the advance company needed a place to spend the winter. The Omahas and other Native peoples who inhabited the land west of the Missouri River were willing to let the Saints camp there over the winter, but government agents were reluctant to allow them to settle on protected Indian lands for a long period of time.¹³

Brigham also knew the sick and impoverished Saints in Nauvoo were depending on the Church to take them west. For a time, he had hoped to assist them by selling valuable property in Nauvoo, including the temple. But so far this effort had been unsuccessful.¹⁴

On June 29, Brigham learned that three officers from the United States Army were coming to Mosquito Creek. The United States had declared war on Mexico, and President James Polk had authorized the men to recruit a battalion of 500 Saints for a military campaign to the California coast.¹⁵ ■

To read the rest of the chapter, please visit saints.ChurchofJesusChrist.org or the digital version of this article in the August issue of the *Liahona* in the Gospel Library or at liahona.ChurchofJesusChrist.org.

The word **Topic** in the notes indicates additional information at saints.ChurchofJesusChrist.org.

NOTES

1. Louisa Barnes Pratt to Brigham Young, Mar. 24, 1846; Brigham Young to Addison Pratt, Aug. 28, 1845, Brigham Young Office Files, CHL; see also *Saints*, volume 1, chapter 41. **Topic:** Louisa Barnes Pratt
2. Louisa Barnes Pratt to Brigham Young, Mar. 24, 1846, Brigham Young Office Files, CHL; Louisa Barnes Pratt, *Journal and Autobiography*, 127.
3. Louisa Barnes Pratt, *Journal and Autobiography*, 127. Final sentence of quotation edited for readability; original source has "Brother Pratt will meet us in the wilderness where we locate will be sorely disappointed if his family is not with us."
4. Mendenhall, *Diary*, Apr. 1–4, 1846; Samuel W. Richards, *Journal*, Apr. 22–29, 1846; Haight, *Journal*, Apr. 6, 1846; Morris, *Autobiography*, 40–41.
5. Samuel W. Richards, *Journal*, Apr. 23 and 29–30, 1846; Brigham Young, in *Journal of Discourses*, Jan. 1, 1877, 18:304; Lanman, *Summer in the Wilderness*, 31–33.
6. Barney, "Ruins of the Nauvoo Temple"; *JSP*, CFM:525, note 71.
7. Historian's Office, *General Church Minutes*, Thomas Bullock booklet no. 8, May 1, 1846.
8. Barney, "Ruins of the Nauvoo Temple"; Historian's Office, *History of the Church*, volume 15, May [1], 1846, 34; Scott, *Journal*, May 1, 1846; Woodruff, *Journal*, May 1 and 3, 1846.
9. Holzappel and Cottle, "Visit to Nauvoo," 11. **Topic:** Nauvoo Temple
10. Bennett, *Mormons at the Missouri*, 45. **Topic:** Pioneer Trek
11. Historian's Office, *History of the Church*, volume 15, June 28, 1846, 87–89; Brigham Young to William Huntington and Council, June 28, 1846, Brigham Young Office Files, CHL.
12. Orson Pratt, *Journal*, Feb. 1846; Mar. 6, 1846; June 19, 1846; see also Bennett, *Mormons at the Missouri*, 32–33.
13. Brigham Young to William Huntington and Council, June 28, 1846, Brigham Young Office Files, CHL.
14. "Conference Minutes," *Times and Seasons*, Nov. 1, 1845, 6:1011; Orson Pratt, *Journal*, Apr. 28–29, 1846; Brigham Young to Jesse Little, Jan. 20, 1846; Jesse Little to James K. Polk, June 1, 1846, Jesse C. Little Collection, CHL.
15. Historian's Office, *History of the Church*, volume 15, June 29–30, 1846, 89–90; Quaife, *Diary of James K. Polk*, 444–50; Brigham Young to "the High Council of the Church," Aug. 14, 1846, Brigham Young Office Files, CHL; see also Arrington, *Great Basin Kingdom*, 21. **Topic:** Mexican-American War



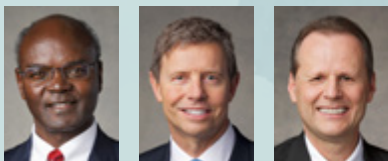
Known as the Mormon Battalion, nearly 500 Latter-day Saint men volunteered to serve in the U.S. Army and go to California.

Area Presidency Assignments

The First Presidency has announced that seven areas in the United States and Canada will be combined into three areas. This change as well as the following Area Presidency assignments will be effective August 1.

President M. Russell Ballard, Acting President of the Quorum of the Twelve Apostles, explained that Area Presidencies “focus on the specific needs of each region, providing counsel and direction to regional and local leaders.” ■

Africa Southeast

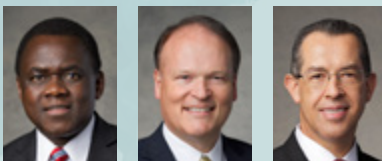


Joseph W. Sitati
First Counselor

S. Mark Palmer
President

Joni L. Koch
Second Counselor

Africa West

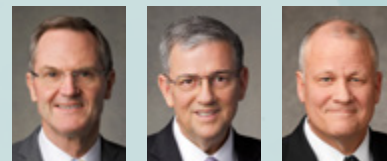


Edward Dube
First Counselor

Marcus B. Nash
President

Hugo E. Martinez
Second Counselor

Asia

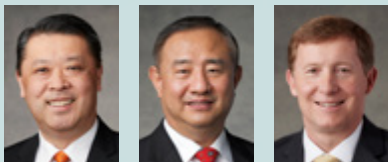


Peter F. Meurs
First Counselor

David F. Evans
President

David P. Homer
Second Counselor

Asia North

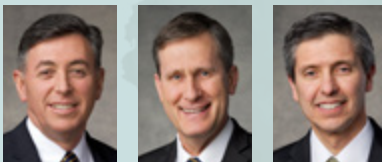


Takashi Wada
First Counselor

Yoon Hwan Choi
President

L. Todd Budge
Second Counselor

Brazil

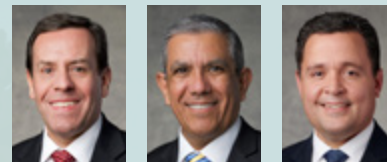


Adilson de Paula Parrella
First Counselor

Marcos A. Aidukaitis
President

Joaquin E. Costa
Second Counselor

Caribbean

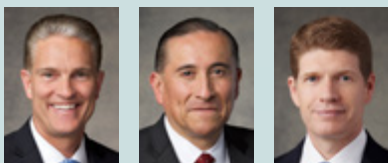


Eduardo Gavarret
First Counselor

Jose L. Alonso
President

Jorge M. Alvarado
Second Counselor

Central America

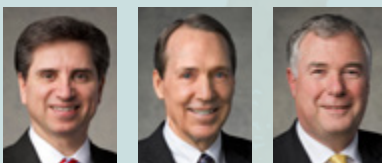


Brian K. Taylor
First Counselor

Juan A. Uceda
President

Alan R. Walker
Second Counselor

Europe

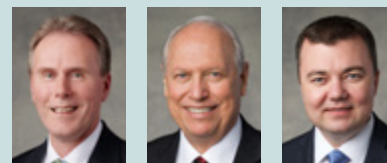


Massimo De Feo
First Counselor

Gary B. Sabin
President

Erich W. Kopischke
Second Counselor

Europe East



Hans T. Boom
First Counselor

Christoffel Golden
President

Alexey V. Samaykin*
Second Counselor

Mexico



Rafael E. Pino
First Counselor



Arnulfo Valenzuela
President



John C. Pingree Jr.
Second Counselor

Middle East/Africa North



Larry S. Kacher
First Counselor



Anthony D. Perkins
President



Jeffrey H. Singer*
Second Counselor

Administered from Church headquarters

North America Central



Chi Hong (Sam) Wong
First Counselor



S. Gifford Nielsen
President



Matthew L. Carpenter
Second Counselor

North America Northeast



Allen D. Haynie
First Counselor



Randall K. Bennett
President



W. Mark Bassett
Second Counselor

North America Southeast



Vern P. Stanfill
First Counselor



James B. Martino
President



Hugo Montoya
Second Counselor

North America Southwest



Adrián Ochoa
First Counselor



Paul B. Pieper
President



Kyle S. McKay
Second Counselor

North America West



Scott D. Whiting
First Counselor



Kevin W. Pearson
President



Jörg Klebingat
Second Counselor

Pacific



K. Brett Nattress
First Counselor



Ian S. Ardern
President



Kazuhiko Yamashita
Second Counselor

Philippines



Taniela B. Wakolo
First Counselor



Evan A. Schmutz
President



Steven R. Bangerter
Second Counselor

South America Northwest



Jorge F. Zeballos
First Counselor



Enrique R. Falabella
President



Mathias Held
Second Counselor

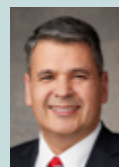
South America South



Mark A. Bragg
First Counselor



Benjamín De Hoyos
President



Juan Pablo Villar
Second Counselor

Utah



Randy D. Funk
First Counselor



Craig C. Christensen
President



Walter F. González
Second Counselor

* Area Seventy

Reflecting Your True Identity

What do you see when you look in the mirror?

Do you pick out things you don't like about your appearance? Do you beat yourself up for your mistakes or weaknesses? Do you see the face of someone who criticizes you staring back?

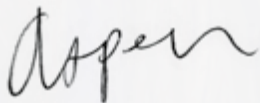
Or do you see yourself as a child of God? Do you see someone who thinks positively and expresses gratitude no matter the circumstance? Do you see the face of someone who treats you with compassion?

When we understand who we truly are, we can overcome self-criticism, perfectionism, and harmful cultural attitudes. We can stop focusing so much on our reflection in the mirror and instead seek to reflect the Light of Christ. In this issue, you'll read about body image and come to a greater understanding of your own worth. I share some insights on body image from the truths found in the scriptures and the temple (see page 44). In digital-only articles, Sandra Vanessa expresses gratitude for her body through the painful but life-changing journey of having a baby, and Aubrey shares three ways to find joy from within.

On page 48, Marcus shares his story of how he overcame negative self-image and how we can all recognize that we are indeed "good enough"—that through the Atonement of Jesus Christ, we can overcome all things.

As disciples of Christ, we can't get tied up in the ever-changing philosophies of the world regarding health and appearance, nor should we take our commitment to good health to extremes. Remember, your worth doesn't come from the size or shape of your body. Your worth is infinite, and it comes from God.

Sincerely,
Aspen Stander



BEST ADVICE . . .

Young adults share their best advice about improving your body image:

"Don't worry what anyone except the Lord thinks of you! I try to remember that those ideas come from Satan because he doesn't have a body."

—*Lauren Appleby, Queensland, Australia*

"Spend time developing a meaningful relationship with Christ. I stop thinking about myself. Focus on others and how you can make a difference in the world."

—*Emily Speth, Utah, USA*

"I think of all the things my body can do: carry a child, walk, run, play, sing, and help others."

—*Blythe Brady, Utah, USA*

What's the best advice you've ever received about overcoming addictions, even to things like smartphones and video games? Send us your response at liahona.ChurchofJesusChrist.org by August 31, 2019.

SHARE YOUR STORY

Do you have an amazing story to share? Or do you want to see articles about certain topics? If so, we want to hear from you! You can submit your articles or your feedback at liahona.ChurchofJesusChrist.org.

ABOUT THE YOUNG ADULT AUTHORS

Aspen Stander is an editor by profession, an occasional writer, and an avid reader. She likes hiking, traveling, eating chocolate, and playing the piano.



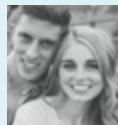
Marcus Paiz is a recruiter for a start-up tech company. He enjoys fitness, singing, and hanging out with his wife, Sarah, and their three cats. He served a full-time mission in Mesa, Arizona, USA.



Sandra Vanessa Vargas-Corvalan is from Mexico City, Mexico. She served a full-time mission in Charlotte, North Carolina, USA. She is a YouTuber who enjoys helping new moms, doing yoga, painting, and spending time with her husband, Miqueas, and their daughter, Sofia.



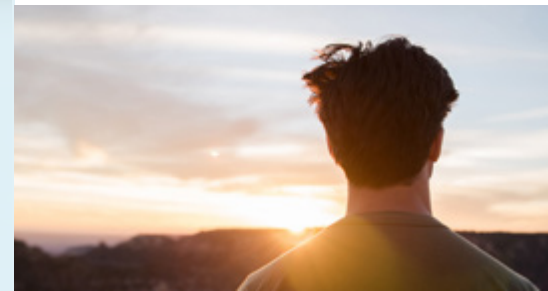
Aubrey Johnson is happily married to the love of her life and loves her family. She enjoys helping others find joy in real life and through her Instagram account!



IN THIS SECTION

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By Aspen Stander

48 **Feeling "Good Enough":
3 Ways to Overcome
Negative Self-Image**
By Marcus Paiz



DIGITAL ONLY

**Why I'm Grateful for My
Post-Pregnancy Body**

By Sandra Vanessa Vargas-Corvalan

Finding Joy in Yourself

By Aubrey Johnson



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Created in His Image

Our bodies were not created to be flaunted or praised or judged on subjective standards of attractiveness. They were created that we might have eternal life.





Aspen Stander

Church Magazines

In the digital age, we are bombarded by messages that our bodies are not good enough unless they are a certain size and shape. Some social media posts seem to imply that we should eat only green smoothies made with organic ingredients and run 10 miles (16 km) a day in order to achieve the “perfect” body and thus be adored by friends, family, and strangers alike.

Many of us feel ashamed about what we perceive to be imperfections in our bodies. We feel that since we can’t be perfect—since we don’t look like an Instagram model—we are not worthy of love and acceptance.

But nothing could be further from the truth. Our bodies are gifts from God. They were not created to be flaunted or praised or judged on subjective standards of attractiveness. They were created that we might have eternal life.

Divine Truths

In the premortal life, Heavenly Father presented His plan of salvation to the spirits in heaven. As part of His plan, we would receive a body in order to experience mortality on earth. In our physical bodies, we would use our agency to learn the gospel and receive the ordinances that would allow us to return to live with Him as resurrected beings.

So, putting the plan in motion, “God created man in his own image, in the image of God created he him; male and female created he them” (Genesis 1:27). Because our Heavenly Father has a body of flesh and bone (see Doctrine and Covenants 130:22), receiving your own body allows you the potential to become more like Him. Physical bodies are not just inconvenient containers for our spirits—they are necessary for our salvation and exaltation.

We are not called to maintain a certain weight or to conform to the beauty ideals of a certain society. We are called to serve God and to become more like Jesus Christ. We are called to proclaim the gospel, to raise up righteous families unto the Lord, and to follow the covenant path to return to our Father in Heaven.

Satan's Lies

If having a body is such a great blessing, why do so many people struggle with body image or obsess over their physical appearance? Why do so many people look upon their bodies with disgust rather than with the love and care with which they were created?

Our bodies are a privilege and a gift. Perhaps one reason Satan influences us to struggle with loving or appreciating our bodies is that he doesn't have one. He rejected the plan of salvation and was cast out of heaven, never to experience the great joys or great pains of mortality. He can tempt us to think that our bodies are not good enough, that we need to go to dangerous or unhealthy extremes to meet the world's standards of "beauty." When we believe that we must be flawlessly attractive in order to be worthy of love, our outlook becomes unbalanced, and the adversary can whisper thoughts of inadequacy, worthlessness, and self-hatred into our minds.

Satan would have us forget that we are created in the image of our Heavenly Parents and that our eternal worth does not depend on what we look like. The adversary knows that fixating on our bodies is a distraction from more important matters: our standards, our relationships with other people, and our relationship with God. The adversary wants us to become so preoccupied with our looks

or our weight that we forget about the work we have been called to do to further the plan of happiness.

Endowed with Power

Our bodies are gifts from God, and they are essential as we seek to progress along the covenant path. Understanding that having a body is a privilege denied to those who chose to follow Lucifer's plan instead of following Heavenly Father and Jesus Christ is incredibly empowering. We need our bodies to receive the ordinances of the temple, where we can also learn beautiful truths about the purpose and potential of our bodies. Our physical participation in priesthood ordinances is necessary to prepare us for eternal life. That's why we must perform temple work for the dead, whose spirits are currently separated from their bodies—they cannot do it themselves.

Realizing what a true privilege having a body is can minimize any insecurities you may have about your body and replace those insecurities with gratitude.

A Sweet Reunion

Someday, each of us will also die. Our bodies will be temporarily separated from our spirits until we are resurrected. When we are resurrected, every limb, joint, and hair of our physical beings will be "restored to their proper and perfect frame" (Alma 40:23). I imagine this will be a sweet reunion as we touch, taste, smell, hear, and see with renewed strength and vigor. I imagine approaching my family members with outstretched arms to embrace them. I *don't* imagine worrying about the stretch marks from my last growth spurt or the extra layer of fat around my midsection. Those things will be gone. I imagine that



we will be able to see ourselves and each other in the way the Savior sees us, and in our bodies we will be reunited with God (see 2 Nephi 9:4).

Our bodies are given to us that we may fill the measure of our creation and receive a crown of glory in the presence of God the Father (see Doctrine and Covenants 88:19). This is made possible because of the Atonement and Resurrection of Jesus Christ, who redeems us from death and sin. If we use our bodies to perform the work that we have been called to do rather than fixating on the way our bodies look, we will be better able to reach our full potential in this life and the next. ■

TIPS FOR IMPROVING BODY IMAGE

1. **Practice gratitude.** Whenever you catch yourself talking or thinking negatively about your body, think of all the things your body allows you to do. Your arms allow you to play basketball, to embrace a friend who's having a rough day, to cradle a newborn child. Your legs give you the strength to walk, dance, run, cartwheel, and kneel in prayer. Your lungs work seamlessly to provide your cells with oxygen, expanding and contracting with every breath you take to deliver oxygen to your body. Your heart beats to sustain life, and your brain works at lightning speed to sustain consciousness. As you're thinking about the miracle of your body, what are more ways you can express that gratitude?
2. **Have compassion.** The first and second great commandments are to love God and to love your neighbor as yourself (see Matthew 22:37–39). We know we should have compassion for others, but have we truly considered what it means to love our neighbor as ourselves? It requires us to first love ourselves. Would you ever make fun of a friend or family member for being too fat, too thin, too short, or too wrinkly? Of course not! Extend the same compassion to yourself that you would to others.
3. **Take care of yourself.** Eat foods that will nourish both your mind and body and that will supply you with adequate energy each day. Exercise in a way that feels good and helps you appreciate the gift of your physical body. Find healthy ways to manage stress and make sure to take breaks to breathe and relax. And it can be difficult at times, but one of the most important ways to take care of your body is to get enough sleep!
4. **Attend the temple.** Nowhere is the importance of our physical bodies made more clear than in the ordinances of the temple. We are promised both spiritual and physical blessings as we perform these ordinances for ourselves, and we can be reminded of these blessings as we receive ordinances on behalf of those in the spirit world.



Feeling “Good Enough”: 3 Ways to Overcome Negative Self-Image

Depression and anxiety led me down a path of poor physical health and even worse self-image. But three things helped me love myself again.

By Marcus Paiz

“**Y**ou are not good enough.” Those are the words hanging up on a wall in my basement. There’s a small room there where I exercise, and as negative thoughts come into my mind, I write them down and pin them up on a board. It’s a reminder of the struggles I have faced and the old self I am leaving behind.

For a long time I told myself I wasn’t good enough. I felt overwhelmed with depression and anxiety, which in turn led to poor physical health. I was drowning. I felt worthless. I felt hopeless. I believed I wasn’t worthy of God’s love or anyone else’s.

As young adults, many of us probably experience times when we feel like we’re not good enough, whether it has to do with our behavior, talents, or, in my case, self-image. Recently, I challenged myself to open up and dust off

the most hidden pages in my personal book of life.

During my exploration, I found a few things that had cultivated the negative personal image I held inside for so long. But I also discovered these three ways to overcome them.

1. Remove Comparisons

I once read a quote by Theodore Roosevelt that said, “Comparison is the thief of joy.” In a world where everyone’s life experiences are freely shared through social media, I felt constantly driven by unrealistic comparisons to friends, family, and prominent social figures. My deepest shortcomings were being matched with another’s greatest accomplishments, and I was often left feeling inadequate. In this time of negative self-reflection, I realized that I needed to change my mindset.



I took a break from all forms of social media and started to work on personal positivity and seeing the best in others. In a short amount of time, my thoughts began to change. I quickly stopped comparing my negatives to others' positives like I had so often done before. In fact, I began to secretly celebrate the successes of others! This practice instantly melted away the wall of pride and jealousy I had built up over time. What followed was a clear mind and the ability to view things from an eternal perspective.

2. Align with God's Will

Our experience on earth is sometimes overshadowed by the burdensome realization that we are imperfect mortal beings. Eventually the negative way I viewed myself and my body consumed all parts of my life. When

I felt the weight of my imperfections growing, I would turn to destructive behaviors instead of to the Lord. These behaviors created a feeling of imperfection that was so heavy at times that I felt life wasn't worth living. Ultimately the only place I could turn to was to the Lord. Through humility and repentance, I made an effort to be more consistent in reading the words of prophets with a purpose and praying to understand my surroundings with heavenly eyes.

No trial is too great when we turn to the Lord and accept His will, no matter the outcome. Contrarily, trials tend to feel burdensome when we attempt to force our will over His. By accepting His will, I found a higher level of clarity, and I began to see value in the person I was instead of constantly living in a state of inadequacy.

3. Develop Perfect Love

In Moroni 8:16 we are told that "perfect love casteth out all fear." Perfect love is the most powerful tool we can wield as we face ourselves in the mirror and comprehend the eternal value of ourselves and everyone around us. It is seeing ourselves for who we are instead of putting our flaws under a microscope. It is not conditional on outward appearance. It is forgiving ourselves and others of past errors and moving forward with our eyes fixed on the light of eternal glory.

I found I cannot simply attempt to love; I must let it consume me and become a part of who I am. Within the walls of perfect love we find the true nature of God—and by extension our own divine nature—and the path that He has created for us.

My journey to better mental, physical, and spiritual health has strengthened my faith in God's timing and His eternal love for me. At times I was brought very low, but when I stopped comparing myself to others, aligned my will with God's, and learned to truly love myself, the image of my eternal destiny came into focus and I found peace. God's love is infinitely mighty. When we slow down and take the time to discover it, He will help us see that we are good enough, even in our weakest moments. ■

The author lives in Utah, USA.



By President
Russell M. Nelson

YOUR BODY: *A Magnificent Gift to Cherish*

Your body is a magnificent creation of God.

The longer I live, the more knowledge I gain. That knowledge helps me to understand that the gift of our physical bodies is a transcendent miracle. A unique body is given to each of us by our loving Heavenly Father. He created it as a tabernacle for our spirits, to assist each of us in our quest to fulfill the full measure of our creation. Our bodies allow each of us to experience the great plan of salvation that He has designed for all His precious children. He wants us eventually to become more like Him and return to live with Him. That great blessing would not be possible without our first receiving a physical body in this probationary estate.

God, the Father of our spirits,¹ has a glorified, perfected body of flesh and bones.² We lived with Him in heaven before we were born.³ When He created us physically, we were created in the image of God, each with a personal mortal body.⁴

We are part of His divine purpose. “My work and my glory,” He said, is “to bring to pass the immortality and eternal life of man.”⁵



YOUTH

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ILLUSTRATIONS BY SCOTTY REIFENYDER

WE ARE DUAL BEINGS

Each soul is composed of body and spirit,⁶ both of which emanate from God. A firm understanding of body and spirit will shape our thoughts and deeds for the good.

Prior to our mortal existence here, each spirit son and daughter lived with God. The spirit is eternal; it existed in innocence in the premortal realm⁷ and will exist after the body dies.⁸ The spirit provides the body with animation and personality.⁹ “All spirit is matter, but it is more fine or pure.”¹⁰

Development of the spirit is of eternal consequence. The attributes by which we shall be judged one day are those of the spirit.¹¹ These include the attributes of virtue, integrity, compassion, love, and more.¹² Your spirit, by being housed in your body, is able to develop and express these attributes in ways that are vital to your eternal progression.¹³

Spirit and body, when joined together, become a living soul of supernal worth. “The spirit and the body are the soul of man.”¹⁴ Both are of great importance. Your physical body is a magnificent creation of God. It is His temple as well as yours



and must be treated with reverence. Scripture declares:

“What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?”

“For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.”¹⁵

Your body, whatever its natural gifts, is a magnificent creation of God. It is a tabernacle of flesh—a temple for your spirit. A study of your body attests to its divine design.

YOUR BODY IS A MAGNIFICENT GIFT

The marvel of our physical bodies is often overlooked or underappreciated. Who has not encountered feelings of low self-esteem because of physique or appearance? Many people wish their bodies could be more to their liking. Some with naturally straight hair want it curly. Others born with curly hair want it straight.

Ponder the magnificence of what you see when you look in the mirror. Ignore the freckles, the unruly hair, or the blemishes, and look beyond to see the real you—a child of God, created by Him in His image.

When you sing “I Am a Child of God,”¹⁶ think of His gift to you of your own physical body. The many amazing attributes of your body attest to your own “divine nature.”¹⁷

Each organ of your body is a wondrous gift from God. Each eye has an autofocusing lens. Nerves and muscles control two eyes to make a single three-dimensional image.

Spirit and body, when combined together, become a living soul of supernal worth.



Ignore the freckles, the unruly hair, or the blemishes, and look beyond to see the real you—a child of God.

The eyes are connected to the brain, which records the sights seen.

Your heart is an incredible pump.¹⁸ It has four delicate valves that control the direction of blood flow. These valves open and close more than 100,000 times a day—36 million times a year. Yet, unless altered by disease, they can withstand such stress almost indefinitely.

Think of the body's defense system. To protect it from harm, it perceives pain. In response to infection, it generates antibodies. The skin provides protection. It warns against injury that excessive heat or cold might cause.

The body renews its own outdated cells. The body can heal its cuts, bruises, and broken bones. Its capacity for reproduction is another sacred gift from God.

The body constantly regulates the levels of countless ingredients, such as salt, water, sugar, protein, oxygen, and carbon dioxide. Regulatory controls are managed without our awareness of these amazing realities.

Please note: A perfect body is not required to achieve a divine destiny. In fact, some of the sweetest spirits are housed in frail frames. Great spiritual strength is often developed by

those with physical challenges—precisely because they are challenged. Such individuals are entitled to all the blessings that God has in store for His faithful and obedient children.¹⁹

Each mortal life is closed by death. Eventually the time will come when each “spirit and . . . body shall be reunited again in . . . perfect form; both limb and joint shall be restored to its proper frame.”²⁰ Then, thanks to Jesus Christ and His Atonement, we can become perfected in Him.²¹ Anyone who studies the workings of the human body has surely “seen God moving in his majesty and power.”²²

OUR SPIRITS SHOULD BE IN CHARGE OF OUR BODIES

Remarkable as your body is, its prime purpose, as stated earlier, is of even greater importance—to serve as tenement for your eternal spirit.

Your spirit acquired your body and became a living soul to experience mortality and the associated trials and testing. Part of that testing is to determine if the appetites of your body can become mastered by the spirit that dwells within it.

When we understand our nature and our purpose on earth and that our bodies are physical temples of God, we will realize

that it is sacrilege to let anything enter that might defile the body. It is truly irreverent to let even the gaze of our precious eyesight or the sensors of our touch or hearing supply the brain with memories that are unclean or unworthy. We will cherish our chastity and avoid “foolish and hurtful lusts, which drown [us] in destruction and perdition.”²³ We will “flee these things; and follow after righteousness, godliness, faith, love, patience, [and] meekness”²⁴—traits that edify the whole soul.

Substances such as alcohol, tobacco, and harmful drugs are forbidden by the Lord. We have similarly been warned about the evils of pornography and unclean thoughts. Appetites for these degrading forces can become addictive. In time, physical or mental addictions enslave *both* the body and the spirit. Repentance from such shackles should be accomplished in this life while we still have the aid of a mortal body to help us develop self-mastery.

Our Creator put appetites in our bodies to perpetuate the human race and fulfill His great plan of happiness. Thus, we have appetites for food, for water, and for love.

*We will focus
our . . . minds on
thoughts that are
a credit to our
physical creation as
a temple of God.*

Satan knows the power of our appetites. So, he tempts us to eat things we should not eat, to drink things we should not drink, and to desecrate the most intimate expressions of love by employing them outside the bounds of marriage.

When we truly know our divine nature, we will want to control such appetites. And we will focus our eyes on sights, our ears on sounds, and our minds on thoughts that are a credit to our physical creation as a temple of God. In daily prayer, we will gratefully acknowledge Him as our Creator and thank Him for the magnificence of our own physical temple. We will care for it and cherish it as our own personal gift from God.

FOLLOW THE SAVIOR

To reach your highest destiny, emulate the Savior. He proclaimed, “What manner of men ought ye to be? . . . Even as I am.”²⁵ Our loftiest hope is to grow in spirit and attain “the stature of the fulness of Christ.”²⁶

Remember, not a season of life passes without temptation, trial, or torment, whether spiritually or physically. But as you



As great as our body is, it is not an end in itself. It is an essential part of God's great plan of happiness.

prayerfully develop self-mastery, the desires of the flesh may be subjected to your spiritual control. And when that has been achieved, you may have the strength to submit to the will of your Heavenly Father. Remember, Jesus said, "Not my will, but thine, be done."²⁷

When deepening trials come your way, as they surely will, remember this glorious promise of the Savior: "To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne."²⁸

May we ever be grateful for the incredible blessing of a magnificent physical body, the supreme creation of our loving Heavenly Father. As great as our body is, it is not an end in itself. It is an essential part of God's great plan of happiness for our eternal progression. If we honor it as God has ordained, we will remain on that "strait and narrow path which leads to eternal life."²⁹



Jesus Christ is our great Exemplar. I declare, as His special witness, that He is the Son of God. He "is the life and the light of the world."³⁰

We are sons and daughters of Almighty God. He is our Father. We are His children. Our divine inheritance is the magnificence of humankind. Our inheritance is sacred. Our potential is unlimited. May we always honor His gifts and that heritage in all that we do and say. ■

NOTES

1. See Acts 17:27–29.
2. See Doctrine and Covenants 130:22.
3. See Jeremiah 1:4–5; Hebrews 12:9; Moses 6:51; Abraham 3:22–23.
4. See Genesis 1:27; 2:7; 1 Corinthians 15:44; Moses 2:27; 3:7.
5. Moses 1:39.
6. See Doctrine and Covenants 88:15.
7. See Doctrine and Covenants 93:38.
8. See Alma 40:11; Abraham 3:18.
9. See Job 32:8.
10. Doctrine and Covenants 131:7.
11. The spirit, not the body, is the active, responsible component of the soul. Without the spirit, the body is dead (see James 2:26). It is the spirit, therefore, that chooses good or evil and will be held accountable for both the positive and negative attributes it possesses at the Final Judgment (see Alma 41:3–7).
12. Such as "faith, virtue, knowledge, temperance, patience, brotherly kindness, godliness, charity, humility, [and] diligence" (Doctrine and Covenants 4:6).
13. See 2 Nephi 2:11–16, 21–26; Moroni 10:32–33.
14. Doctrine and Covenants 88:15.
15. 1 Corinthians 6:19–20; see also Doctrine and Covenants 93:35.
16. "I Am a Child of God," *Hymns*, no. 301.
17. 2 Peter 1:4.
18. The heart pumps about 2,000 gallons (7,570 L) per day.
19. See Abraham 3:25–26.
20. Alma 11:43; see also Ecclesiastes 12:7; Alma 40:23; Doctrine and Covenants 138:17.
21. See Moroni 10:32.
22. Doctrine and Covenants 88:47.
23. 1 Timothy 6:9.
24. 1 Timothy 6:11. 1 Timothy 6:12 continues, "Fight the good fight of faith, lay hold on eternal life." That is our choice.
25. 3 Nephi 27:27.
26. Ephesians 4:13.
27. Luke 22:42.
28. Revelation 3:21.
29. 2 Nephi 31:18.
30. Alma 38:9; see also Doctrine and Covenants 11:28.



**LET'S GET SPECIFIC
ABOUT THIS VERY SACRED
COMMANDMENT.**



CHASTITY IS SEXUAL PURITY

In its simplest terms, living the law of chastity means you “do not have any sexual relations before marriage, and [you are] completely faithful to your spouse after marriage.”¹

But being virtuous and chaste is about more than just sex. “Treat others with respect, not as objects used to satisfy lustful and selfish desires. Before marriage, do not participate in passionate kissing, lie on top of another person, or touch the private, sacred parts of another person’s body, with or without clothing. Do not do anything else that arouses sexual feelings. Do not arouse those emotions in your own body.”²

Note that the Lord’s standards don’t change just because two people really like each other and both agree to the behavior. When you respect other people, the Lord, and yourself, you’ll keep the commandments—and that means no sexual relationships or arousing sexual feelings outside of marriage, period.

The Lord really is serious about this. “The prophet Alma taught that sexual sins are more serious than any other sins except murder and denying the Holy Ghost (see Alma 39:3–5).”³

If you’re still wondering what “passionate kissing” means, or what it means to “arouse sexual feelings,” talk to your parents, bishop, or another trusted adult. Conversations with them can help you understand proper and improper behavior and help you live a life of sexual purity.

When it comes to making decisions, seek the Spirit. Pray regularly to Heavenly Father. If you’re spiritually in tune, it’ll be a lot easier to make the right choices.

If you’ve committed any sexual transgression, seek help from your bishop and your parents, who will help you gain strength and peace as you repent. It may not be an easy process, but it is definitely worth it!

What Is **THE LAW** *of* **CHASTITY?**

By Joshua J. Perkey
Church Magazines

When you hear the phrase “the law of chastity,” do you know what it means? You probably get a lot of mixed messages about it. All kinds of media, and sometimes even friends and family, have different opinions about it. And the world actively teaches things contrary to what the Lord teaches.

So what exactly does the law of chastity mean?

The law of chastity is the Lord’s term for His commandment to live a life of sexual purity and virtue.

Still not totally clear? Well, let’s get a little more specific with the help of *For the Strength of Youth*.

*Being virtuous
and chaste is
about more
than just sex.
It's also about
respect.*

FEELING ATTRACTION IS OK

You might wonder if it's wrong to think somebody is attractive. Don't get too anxious about it. That's normal. Seriously!

But you do have to be careful with your thoughts. The Savior warned us, "Whosoever looketh on a woman [or man] to lust after her [or him] hath committed adultery . . . already in his [or her] heart" (Matthew 5:28). That means you need to control your thoughts and feelings and not let desires get carried away.

Here's a key to help you: strive not to act selfishly. Don't lust after someone, think about them inappropriately, or do things that arouse sexual feelings in yourself or others.⁴

That's also why it's so important not to engage in pornography or other degrading media. Those things are always selfish, always drive away the Spirit, and always tempt you into things you shouldn't do.

But it doesn't mean that having feelings toward someone or feeling attracted to someone makes you a bad person. In fact, feeling attraction is part of God's plan and is a part of marriage. Husbands and wives who have healthy relationships feel strong attraction to each other and desire to serve and bless each other.

"Physical intimacy between husband and wife is beautiful and sacred. It is ordained of God for the creation of children *and* for the expression of love between husband and wife."⁵

PHYSICAL INTIMACY—at the Right Place and Time

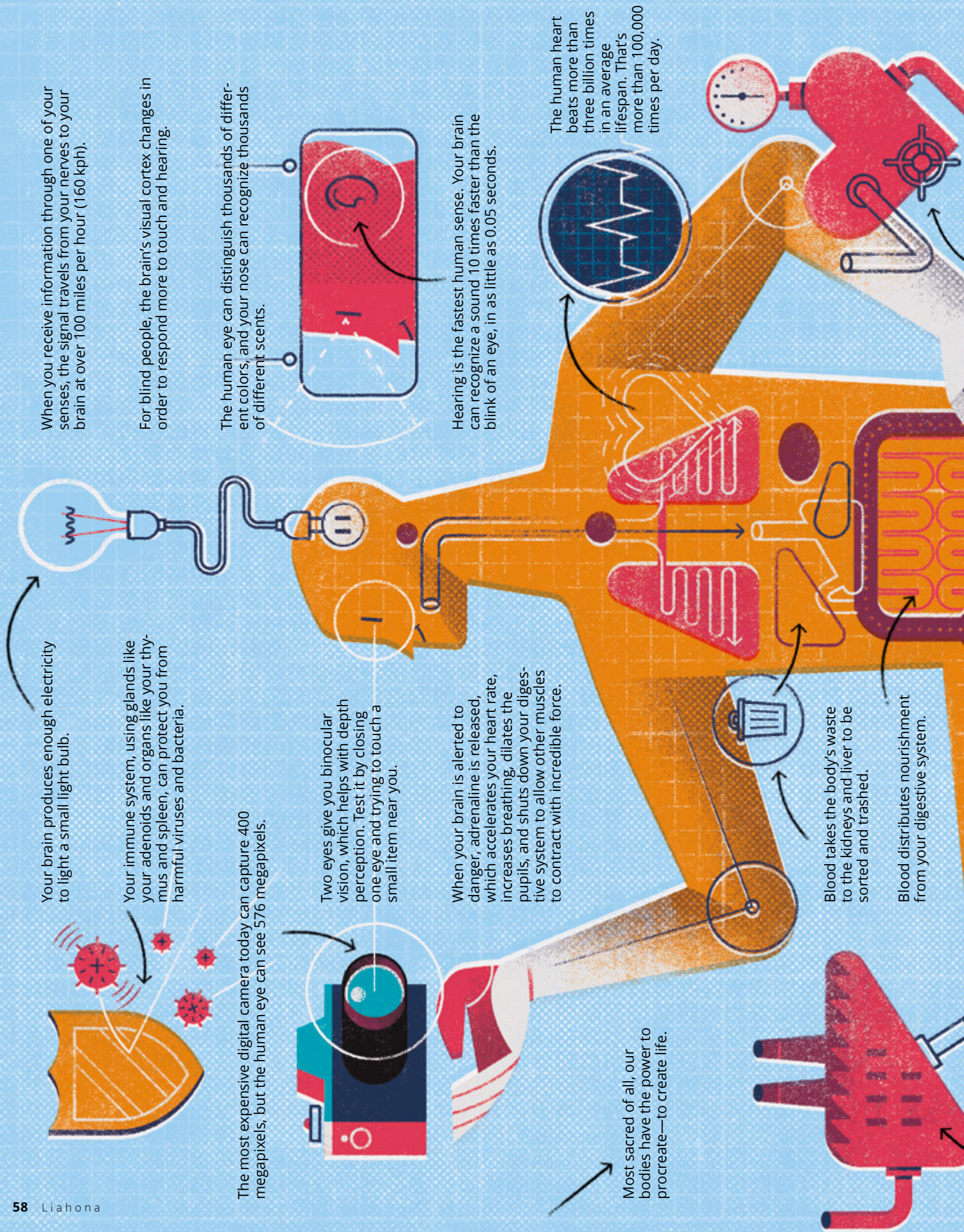
Physical intimacy is something to look forward to within your future marriage. It's sacred and beautiful.

As you strive to live a pure and virtuous life, you will feel closer to the influence of the Holy Ghost, you will feel better about yourself, and you will be prepared for wonderful blessings in the future. ■

NOTES

1. *For the Strength of Youth* (booklet, 2011), 35.
2. *For the Strength of Youth*, 36.
3. *True to the Faith: A Gospel Reference* (2004), 29.
4. For a little more clarity on this, read "Love Versus Lust," *Ensign*, Oct. 2016, 58–63; *Liahona*, Oct. 2016, 30–35.
5. *For the Strength of Youth*, 35; emphasis added. For several inspiring discussions on marital intimacy, see Wendy Watson Nelson, "Love and Marriage" (worldwide devotional for young adults, Jan. 8, 2017), broadcasts.ChurchofJesusChrist.org; Boyd K. Packer, "The Plan of Happiness," *Ensign* or *Liahona*, May 2015, 26–28; Jeffrey R. Holland, "Personal Purity," *Ensign*, Nov. 1998, 75–78.





Your brain produces enough electricity to light a small light bulb.

Your immune system, using glands like your adenoids and organs like your thymus and spleen, can protect you from harmful viruses and bacteria.

The most expensive digital camera today can capture 400 megapixels, but the human eye can see 576 megapixels.

Two eyes give you binocular vision, which helps with depth perception. Test it by closing one eye and trying to touch a small item near you.

When your brain is alerted to danger, adrenaline is released, which accelerates your heart rate, increases breathing, dilates the pupils, and shuts down your digestive system to allow other muscles to contract with incredible force.

Most sacred of all, our bodies have the power to procreate—to create life.

Blood takes the body's waste to the kidneys and liver to be sorted and trashed.

Blood distributes nourishment from your digestive system.


When you receive information through one of your senses, the signal travels from your nerves to your brain at over 100 miles per hour (160 kph).

For blind people, the brain's visual cortex changes in order to respond more to touch and hearing.

The human eye can distinguish thousands of different colors, and your nose can recognize thousands of different scents.

Hearing is the fastest human sense. Your brain can recognize a sound 10 times faster than the blink of an eye, in as little as 0.05 seconds.

The human heart beats more than three billion times in an average lifespan. That's more than 100,000 times per day.



The liver is responsible for more than 500 distinct processes. It is so important that if a person has two-thirds of his or her liver removed as a result of trauma or surgery, it will grow back to its original size in as little as four weeks.

Broken bones can heal.

Human bones are strong. The 26 small bones in your feet carry your body weight with every step you take.

“Our physical body is the instrument of our spirit.”

President Boyd K. Packer (1924–2015),
President of the Quorum of the Twelve
Apostles, *Let Not Your Heart Be Troubled*
(1991), 211.

Your heart pumps 5.5 liters of blood per minute. So, during an average lifetime, it will pump nearly 1.5 million barrels of blood—enough to fill 200 train cars.

Blood supplies oxygen from the lungs to other organs. Blood removes carbon dioxide to the lungs to be breathed out.

The skin secretes antibacterial substances and serves as the first layer of defense for invading microorganisms. Most bacteria that land on the skin die quickly.

Your skin can be grafted from one part of your body to grow on another part. It is the human body's largest organ and is constantly renewing itself.

AMAZING THINGS THE BODY CAN DO

From head to toe, your body is an amazing creation. Because of it, you can paint, go hiking, play football, crochet, play the flute, and do many other enjoyable activities.

As the prophet explains on page 50, “Your body, whatever its natural gifts, is a magnificent creation of God. . . . Ponder the magnificence of what you see when you look in the mirror . . . a child of God, created by Him in His image.”



THE WORD *of* WISDOM:

What It Is, What It Isn't

By the *Liahona* staff



"Be different from the world. You and I know that you are to be a light to the world. Therefore, the Lord needs you to look like, sound like, act like, and dress like a true disciple of Jesus Christ. Yes, you are living in the world, but you have very different standards from the world to help you avoid the stain of the world."

President Russell M. Nelson, "Hope of Israel" (worldwide youth devotional, June 3, 2018), [HopeofIsrael.ChurchofJesusChrist.org](https://www.HopeofIsrael.ChurchofJesusChrist.org).

WHAT THE WORD OF WISDOM *IS*

A health law from the Lord for our physical and spiritual protection.

AVOID:	ENJOY:
Alcoholic drinks	Fruits
Tobacco	Vegetables
Tea and coffee	Meat (just not too much)
Anything harmful or addictive	Grains

See Doctrine and Covenants 89. See also the Word of Wisdom gospel topic at topics.ChurchofJesusChrist.org.

WHAT THE WORD OF WISDOM IS *NOT*

President Boyd K. Packer (1924–2015), President of the Quorum of the Twelve Apostles, taught us what the Word of Wisdom is not:

1.

A guarantee that you will always be healthy.

“The Word of Wisdom does not promise you perfect health, but it teaches how to keep the body you were born with in the best condition and your mind alert to delicate spiritual promptings.”

2.

A comprehensive list.

“There are many habit-forming, addictive things that one can drink or chew or inhale or inject which injure both body and spirit which are not mentioned in the revelation.”

3.

An excuse to be obsessive.

“Learn to use moderation and common sense in matters of health and nutrition, and particularly in medication. Avoid being extreme or fanatical or becoming a faddist”¹ (a faddist is someone who follows every trend).

“Never let Satan or others deceive you into thinking that breaking the Word of Wisdom will make you happier, more popular, or more attractive.”² ■

PROMISED BLESSINGS

Living the Word of Wisdom is a huge blessing! Here are some ways *For the Strength of Youth* mentions that you could be blessed:

- Freedom from harmful addictions
- More control over your life
- A healthier body
- A more alert mind
- Guidance from the Holy Ghost
- Greater ability to serve the Lord

NOTES

1. Boyd K. Packer, “The Word of Wisdom: The Principle and the Promises,” Apr. 1996 general conference.
2. *For the Strength of Youth* (2011), 25.



“What do I do if I don’t like my body?”



“When you sing ‘I Am a Child of God,’ think of His gift to you of your own physical body. The many amazing attributes of your body attest to your own ‘divine nature’ [2 Peter 1:4]. . . .

“ . . . A perfect body is not required to achieve a divine destiny. In fact, some of the sweetest spirits are housed in frail frames.”

President Russell M. Nelson,
“Your Body: A Magnificent Gift to Cherish,” *Liahona*, Aug. 2019, 52, 53.



Accept Your Body

Accept your body for what it is instead of what it’s not. Every time I look at myself in the mirror, I say,

“Heavenly Father, I’m grateful with the progress You’re making with me.”

Temperance B., age 18, Victoria, Australia

Take Care of It

I take care of my body by exercising and eating healthy. Taking care of my body makes me more grateful for it. When I take care of the temple that Heavenly Father has blessed me with, my mood shifts and I better recognize and appreciate the wonderful blessing of having a body created by God.

Camille A., age 16, Florida, USA



Think about It as a Temple

Think about how your body is a temple (see 1 Corinthians 3) and also

that the Lord looks on the heart (see 1 Samuel 16), not on the body!

Vico W., age 17, North Rhine-Westphalia, Germany

Have Self-Respect

My friend struggled because he worried about what others think of him, and he lost his self-respect. What helped him the most was remembering that God, his friends, and his family were all there to love and support him.

Matthew V., age 16, Missouri, USA



You Are Loved

When I hear my friends say that they don't like something about their body or that they hate it,

I like to help them know that Heavenly Father loves them. I like to think that He loves me and that He wants me to be happy, no matter my physical questions. We should take care of and love our body because it is our temple.

Ignacio P., age 14, Chaco, Argentina

It Doesn't Define You

Remember that your body doesn't define you. It's your body but not you as a person, as a spirit child of God.

Sailor O., age 18, New York, USA

Do Things You Enjoy

Being outside and doing activities I enjoy, like riding my bike or walking my dog, always helps me feel good about my body. It's even better when I do these things with my friends because it reminds me that I am surrounded by people who care about me and who don't care about what I look like.

Itzcel O., age 18, Arizona, USA

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



What are resurrected bodies like?

According to the scriptures and modern prophets, resurrected bodies are:

Physical. A resurrected body has flesh and bones (see Luke 24:36–39).

Immortal. “This mortal body is raised to an immortal body, ... that they can die no more” (Alma 11:45).

Perfect. “The spirit and the body shall be reunited again in its perfect form” (Alma 11:43). “Deformity will be removed; defects will be eliminated, and men and women shall attain to the perfection of their spirits, to the perfection that God designed in the beginning” (Joseph F. Smith, *Gospel Doctrine*, 5th ed. [1939], 23).

Beautiful. “There is nothing more beautiful to look upon than a resurrected man or woman” (*The Teachings of Lorenzo Snow*, ed. Clyde J. Williams [1996], 99).

Beyond Satan's power. Because Jesus Christ brought about the Resurrection, our spirits will not “become subject to . . . the devil, . . . to remain with the father of lies, in misery, like unto himself” (2 Nephi 9:8–9).*

Capable of receiving a fulness of joy. Without resurrection, the joy of celestial glory is not possible. “Spirit and element, inseparably connected, receive a fulness of joy” (Doctrine and Covenants 93:33).

* Except for sons of perdition (see Doctrine and Covenants 76:30–38).

What Do You Think?

“How do I know I've been forgiven?”

Submit your answer and, if desired, a high-resolution photograph by September 15, 2019, at liahona.ChurchofJesusChrist.org (click “Submit an Article or Feedback”).

Responses may be edited for length or clarity.

Respecting the Gift of Our Bodies

By Elder D. Todd Christofferson
Of the Quorum of the Twelve Apostles

T rue success in this life comes in consecrating our lives—that is, our time and choices—to God’s purposes (see John 17:1, 4; Doctrine and Covenants 19:19). In so doing, we permit Him to raise us to our highest destiny.

A consecrated life respects the incomparable gift of one’s physical body, a divine creation in the very image of God. A central purpose of the mortal experience is that each spirit should receive a physical body and learn to exercise moral agency as a dual being of both body and spirit. A physical body is also essential for exaltation, which comes only in the perfect combination of the physical and the spiritual, as we see in our beloved, resurrected Lord. In this fallen world, some lives will be painfully brief; some bodies will be malformed, broken, or barely adequate to maintain life; yet life will be long enough for each spirit, and each body will qualify for resurrection.

Those who believe that our bodies are nothing more than the result of evolutionary chance will feel no accountability to God or anyone else for

what they do with or to their body. We who have an eternal perspective, however, must acknowledge that we have a duty to God with respect to how we treat our bodies. In Paul’s words:

“What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

“For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s” (1 Corinthians 6:19–20).

Acknowledging these truths and the direction of modern prophets, we would certainly not deface our body, as with tattoos; or debilitate it, as with drugs; or defile it, as with fornication or immodesty. As our body is the instrument of our spirit, it is vital that we care for it as best we can. We should consecrate its powers to serve and further the work of Christ. Said Paul, “I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God” (Romans 12:1). ■

From an October 2010 general conference address.

Your Body Is Like a Temple

Elder Christofferson taught that our bodies are a gift and “a divine creation in the very image of God.” Like temples, our bodies are sacred and we should care for them as best we can. Here are some ways temples and our bodies take part in Heavenly Father’s plan.

Provides opportunities to learn and progress.

Houses our spirit.

Where God’s Spirit dwells.

Serve and further the work of Christ.



Through the Resurrection, our bodies can be eternal.

Temple blessings are eternal.

Sacred

Helps us return to Heavenly Father

A gift from God

We can stand in holy places.

The temple is a holy place.

YOUNG ADULTS

**WHAT DO YOU SEE
WHEN YOU LOOK IN
THE MIRROR?**

*Read truths about the body
and the plan of salvation as well
as ideas for helping you
improve your body image.*

42



CHERISH YOUR BODY

**A MESSAGE FROM
THE PROPHET**

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THE LAW OF CHASTITY
WHAT EXACTLY IS IT?

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THE BODY
20 AMAZING THINGS

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THE WORD OF WISDOM

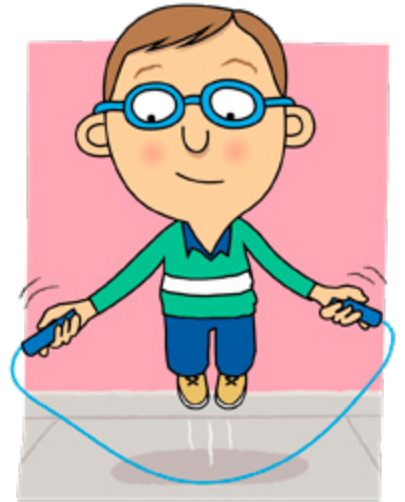
**WHAT IT IS
AND ISN'T**

60



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

the Friend



**Our
wonderful
bodies!**

See page F12



By President Henry B. Eyring
Second Counselor
in the First
Presidency

Open Your Heart to the Holy Ghost

When Jesus was about to leave His disciples, He told them how He would give them His peace:

The Comforter, which is the Holy Ghost, ... shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.

Peace I leave with you, my peace I give unto you. ... Let not your heart be troubled, neither let it be afraid.

(John 14:26–27)



Feelings of the Holy Ghost are more precious than anything we can see or hear. Sometimes they feel like a soft burning in our heart. For me, it is often a feeling of light.

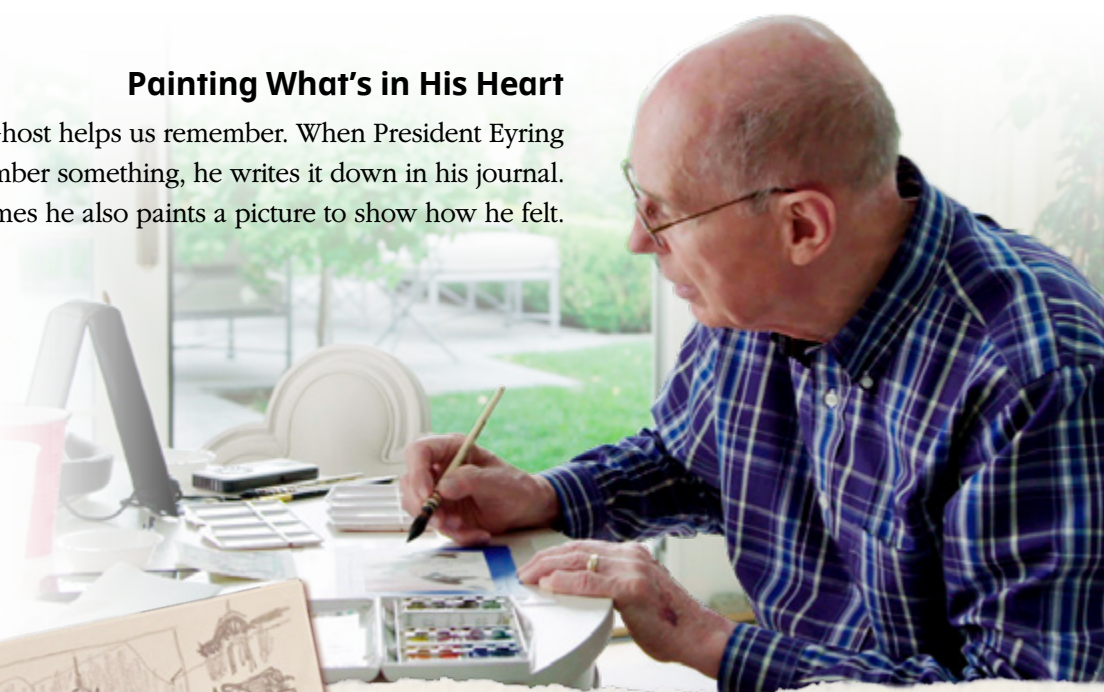
When you are baptized and confirmed a member of the Church, you are told in a blessing to “receive the Holy Ghost.” At that moment, you can have the Holy Ghost with you. But you still have to choose to welcome Him into your heart and mind.

I pray that you will open your heart to the Holy Ghost. I pray you will feel the joy of having Him as your companion always. ●

Adapted from “My Peace I Leave with You,” Ensign or Liahona, May 2017, 15–18, and “His Spirit to Be with You,” Ensign or Liahona, May 2018, 86–89.

Painting What's in His Heart

The Holy Ghost helps us remember. When President Eyring wants to remember something, he writes it down in his journal. Sometimes he also paints a picture to show how he felt.



First, he makes a pencil sketch. Then he adds a layer of watercolor. He lets it dry and adds another layer.



President Eyring likes painting pictures of boats and his family. This picture shows Sister Eyring in a little boat when she was eight years old.



When one of his grandchildren was serving a mission in France, President Eyring painted missionaries walking down a street in Paris.



This painting of his wife, Kathleen, and two of their six children reminds him of his love for his family.

Try drawing or painting your own picture!

Practicing FAITH

By Karee Brown

Church Magazines

Based on a true story

"I will shew thee my faith by my works" (James 2:18).

Klarie dribbled hard and fast down the court. *This is it*, she thought. The tallest, fastest girl on the team had been guarding Klarie the whole game. But now she was guarding someone else. This was Klarie's chance!

She quickly spun away from another player and set her feet. Then she jumped and took her shot. The ball sailed through the air as Klarie held her breath. *Please go in.*

The ball swished through the net.

Klarie's team members gave her high fives. Then Coach Garcia looked down at the timer and blew her whistle. "And that's the end of practice! Good job, everyone! I'll see you all tomorrow. Make sure to rest up because we'll be doing a lot of sprints."

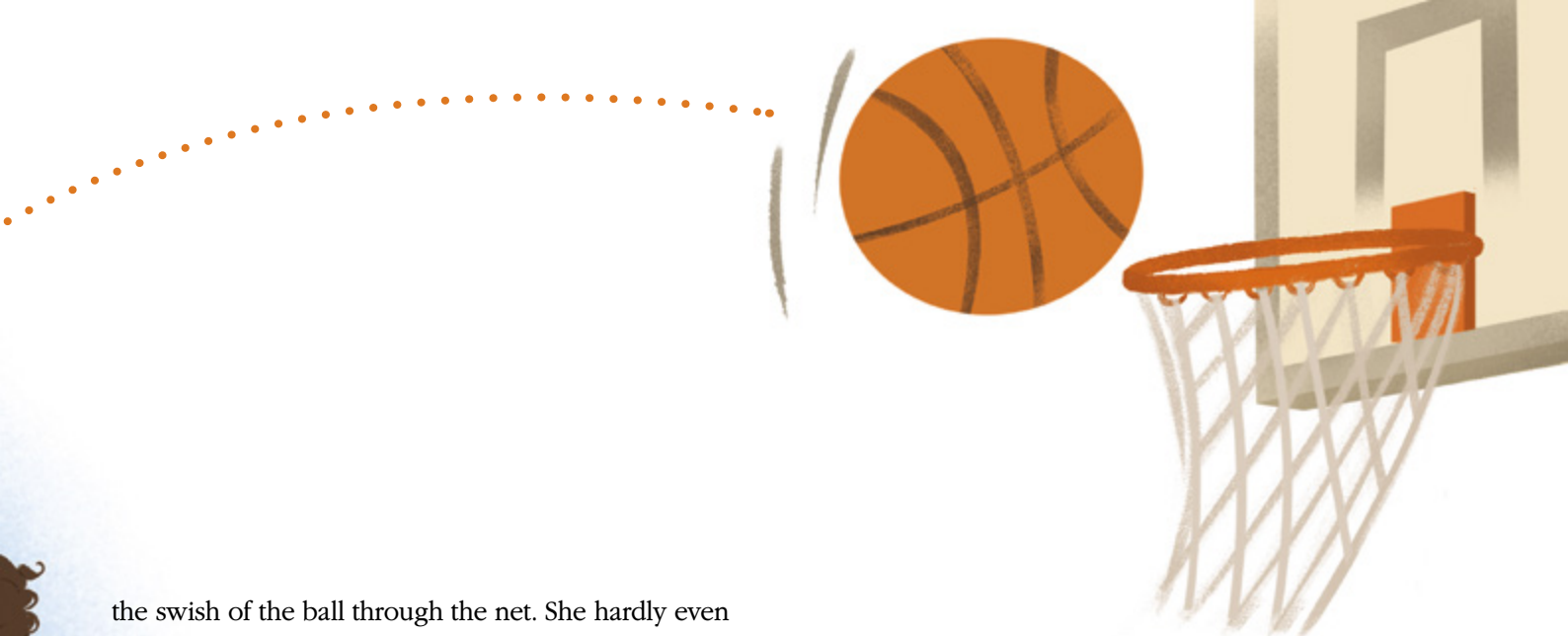
Klarie groaned and walked over to gather her stuff. Then she saw Coach Garcia waving her over.

"Hey, Klarie," she said. "Good job today. I know you work really hard in practice, and I'm proud of you."

"Thank you," Klarie said with a big smile.

She was still smiling as she walked out to her mom's car. And as they drove home, she replayed her last shot in her head. Especially





the swish of the ball through the net. She hardly even noticed the conference talk Mom was listening to.

But then something caught her attention. The speaker said, “We must take time to actively exercise our faith.”* The words “actively exercise” sounded like something she would hear at basketball practice. *How do you exercise faith?* she thought. *Do you run with faith? Or dribble faith like a ball?*

Klarie turned to Mom. “How do you exercise *faith*?” she asked.

Mom smiled. “How do you get better at basketball?”

“I practice,” Klarie said. “My coach tells me how to get better. And when we do drills, I try really hard to do them right.”

“Is it easy?”

“No!” Klarie said, remembering how tired her legs felt after sprints. “I have to practice *a lot*.”

Mom nodded. “Heavenly Father wants us to have faith in Him, but we have to work on it. He gave us ways to practice and get better.”

“Like what?”

“He asks us to talk to Him in prayer. He’s kind of like our coach. He gives us scriptures. They’re like His play-book. And He inspires prophets to encourage us to learn as families. Our family is like—”

“Like our team!” Klarie interrupted.

“Exactly! Our family team works and practices together,” Mom said. “So what happens when you go to practice, Klarie?”

“I get better,” she said. She thought of how good it felt to make her final shot after working hard in practice for weeks.

“That’s right. When we practice, we’re exercising our faith. That helps our testimonies get stronger. And it makes us happier.”

Klarie had never thought of faith like that. She had heard faith was like a seed. But she’d never known it could be like playing basketball! She thought about how her coach made practice plans for their team. *Maybe I can make a practice plan too*, she thought, *but for faith!* As soon as she got home, she found a big notepad and started writing:

- Prayer—morning and night
- Scripture study—every day
- Church—every Sunday



Maybe exercising faith wasn’t exactly like practicing basketball. But practice was practice. She felt warm and happy inside as she looked at her plan. She trusted Heavenly Father and knew He would help her! ●

* Richard G. Scott, “Make the Exercise of Faith Your First Priority,” *Ensign* or *Liahona*, Nov. 2014, 92–95.

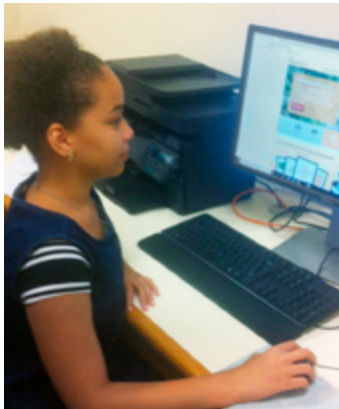
A New Path

When I am baptized, I choose to walk a new path with Jesus.

(See Romans 6:4.)



Show and Tell



I really like to index family history information, and I enjoy going to church with my family.
Maria O., age 11, Brazil



Our family was recently baptized, and we all agreed we love our new church. One night for family home evening, our mum suggested we do our family tree using our old passport photos. It was a fun night!
Joshua, Matilda, and Graeme K., ages 9, 11, and 7, Kingdom of Tonga



I like to serve my family.
Lizmel S., age 9, Puerto Rico



I like when my friends help me with my questions.
Ricardo A., age 9, Puerto Rico



Mel P., age 8, Bolivia

I like to read the Book of Mormon to my little sister. My favorite scripture is 1 Nephi 3:7.
Emilia L., age 10, Germany



Hello
from
South
Korea!



We're Margo
and Paolo.

Join us
as we visit
South Korea!



South Korea is
in East Asia. It has
about 50 million
people and almost
88,000 Church
members.

Seoul

SOUTH
KOREA



The Korean alphabet is called Hangeul. Here's a sign with the Church's name in Hangeul outside a Church building.



Many Korean families shop at markets like this one, where they can buy fruits, vegetables, meat, and snacks from street vendors. One popular Korean food is *bibimbap*, a mixed rice dish.



In Korea, it's common to sit on the floor at home or in a restaurant. Many families study, play, and eat together at a table that's low to the ground, like this.



This family is visiting the Seoul Temple. It was dedicated in 1985 in South Korea's capital city.

Meet some of our friends from South Korea!



Every time I face a trial, thinking of Heavenly Father brings peace to my heart. I know that Heavenly Father and Jesus truly live. And I will follow Them.

Ha-Eun S., age 11



Sometimes I want to hit my brother if he knocks down my blocks or scribbles on my notebook. But I am learning how to be patient. I am making an effort because I want to choose the right.

Se-jong H., age 8

Thanks for visiting South Korea with us. See you next time!



Are you from South Korea? Write to us! We'd love to hear from you.

GETTING *to*

By David Dickson
Church Magazines
(Based on a true story)

“Always remember him, and keep his commandments” (Moroni 4:3).

“**W**ait, you haven’t finished your breakfast,” Mom said. Mom pushed the small plates of vegetables closer to Juhyuk.

Juhyuk looked at his breakfast. He was running late! Normally his big brother helped him get ready for church. But his brother was out of town, so Juhyuk had to go on his own today.

“OK, Mom,” Juhyuk said. He hurried to finish eating. Then he hugged Mom and headed for the door.

Mom stopped him. “Do you have your phone?”

Juhyuk held it up. “Yes. I can text my Primary teacher if I have a problem.”

“And a sweater under your coat? It’s cold.”

Juhyuk showed Mom his sweater. She nodded. Juhyuk hurried out to the street.

All the city sounds made him smile. It was fun to live in one of the biggest cities in South Korea!

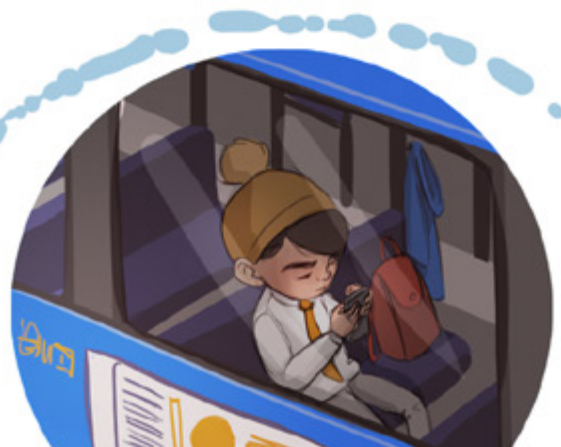
But Juhyuk still wished his brother were with him. They always made the trip to church together.

“I know the way,” he told himself. And sure enough, before long he was at the first bus stop.

But he was alone there. That was strange. He checked his watch. He must have just missed the bus! Now he would have to wait for the next one.

After several minutes, other people started gathering. Finally, a bright blue bus rolled up. Juhyuk climbed the stairs, paid the driver, and sat down.

Ta-tink! Juhyuk checked his phone after the text alert. It was from his Primary teacher.



CHURCH

“Are you on the bus? Remember, if you get lost, we can come find you!” He grinned and texted back. “Yes. I’m on it now.”

This was only the short bus ride, though. The second bus he would have to ride for more than an hour.

Juhyuk looked at the time and frowned. He didn’t want to miss church. He loved the part in each sacrament prayer that said, “always remember Him.” That meant always remembering Jesus. And Juhyuk wanted to do that.

When his aunt and uncle had invited him and his brother to church a few months ago, he met the missionaries. Elder Kim and Elder Moon taught them both about Jesus. The more Juhyuk learned about Jesus, the more he loved thinking about Him.

Ta-tink! “Have you switched buses yet?” the text said.

“Not yet,” he texted back.

The bus pulled up to the busy street where Juhyuk needed to get off to switch buses. He asked the driver if his second bus had come.

“You just missed it,” the driver said. “The next one arrives in 15 minutes.”

“Oh, OK,” Juhyuk said. “Thank you!”

Finally, after the second bus ride, Juhyuk hurried inside the meetinghouse. His aunt and uncle had saved him a seat. He had made it!

Juhyuk thought about everything he had done to get to church. He thought of all of the people who had helped him along the way. He felt that Heavenly Father was glad he was there.

Juhyuk said a silent prayer. “Thank Thee, Heavenly Father, that I can come to church today.” ●





The Apostle Paul taught that our bodies are temples (see 1 Corinthians 6:19). Here's a game you can play to learn more.

Your Body Is a Temple

1. Cut out the cards on the next page and spread them out where everyone can see and reach them.
2. Take turns rolling a dice. After someone rolls, find that number on "Truths about Temples" and read it out loud.
3. Find the card that teaches a similar truth about bodies. (Hint: Look for the matching symbols.) When you find the match, reach out and tap the card! Then read the card out loud and do the activity.
4. Keep rolling and tapping until everyone has had a turn, or until you've read all of the cards.



TRUTHS ABOUT TEMPLES



1. Each temple is a house of the Lord.



2. Temples look different on the outside. Some have gardens and fountains. They have different shapes and colors. All temples are beautiful.



3. Every day, people work to care for the outside of the temple and keep it nice.



4. People clean the inside of the temples too! Workers and volunteers make sure everything is polished and neat.



5. Temples are used to do Heavenly Father's work.



6. Temples are special, sacred places that should be treated with respect.



Each body is a temple where that person's spirit lives. The Holy Ghost can also dwell with us.



Ask someone to tell about a time when they felt the Holy Ghost.



Bodies come in different colors, shapes, and sizes. No matter what, each body is beautiful.



Name something your body can do.



Every day we can work to keep our bodies healthy by washing, eating good foods, and exercising.



Name one thing that is good to eat or drink and one thing that you shouldn't eat or drink.



We can keep our thoughts clean by reading, watching, and listening to only things that invite the Spirit.



Sing a verse from a favorite Primary song.



We can use our bodies to help people and do what Jesus would do.



Give someone a compliment and a high five!



Your body should be treated with love and respect. If someone hurts you or touches your body in any way that makes you feel uncomfortable, tell a trusted adult right away!



Take another turn.

Callie and Marco went to different churches. Could they be good friends?

“Be thou an example of the believers” (1 Timothy 4:12).

“Let’s get more sticks!” Callie said to Marco. Marco looked at the sky. “I have to go home. It’s almost sunset.”

“But we haven’t finished our fort yet!” said Callie.

“Sorry!” Marco called out as he hurried off. “I have to be home before the Sabbath!”

Callie sighed. There were great things about being Marco’s friend, and there were hard things. Well, mostly just one hard thing. They didn’t have very much time to

play together. They were in the same grade at school but not in the same class. They didn’t have the same recess. Plus, they both spent the Sabbath with their families. In Marco’s church, the Sabbath was started at sunset on Friday night. For Callie, the Sabbath was on Sunday.

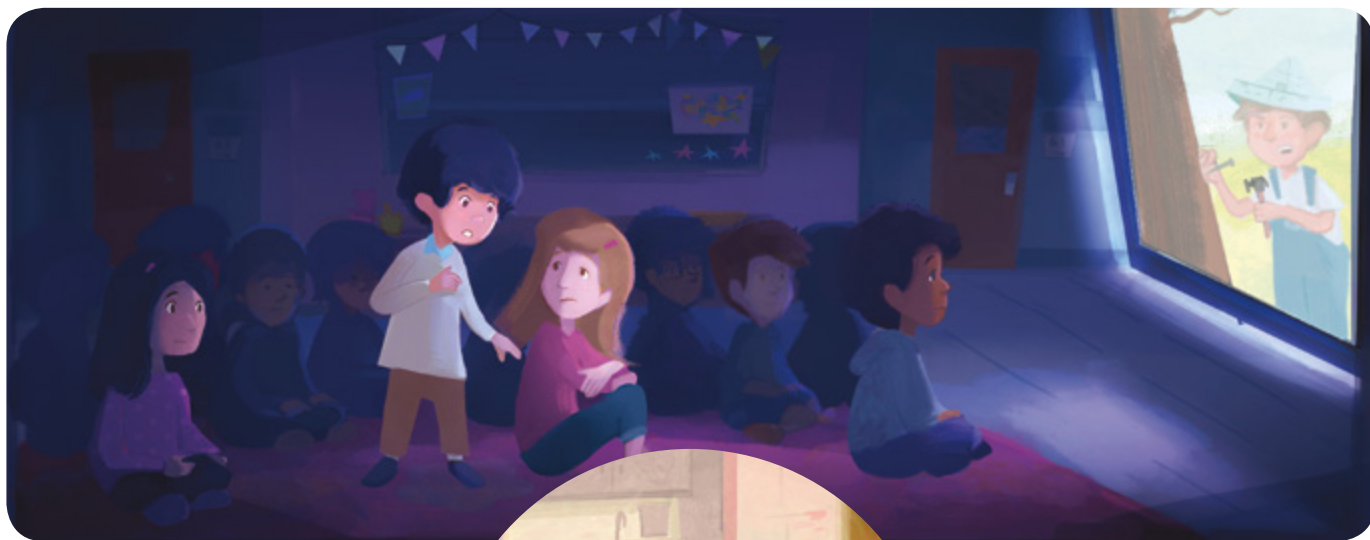
And the good things? There were lots of them. One was that Callie never had to worry that Marco would swear, try to get her to do bad things, or watch things that weren’t good. He and his family went to a different church, but they believed a lot of the same things Callie



FORTS

and Friendship

By Kasey Tross
Based on a true story



did. Like keeping the Sabbath day holy, even though they had it on a different day.

Callie set down her armful of sticks and went inside.

“Did Marco go home?” Mom asked.

“Yeah,” Callie said, slumping into a chair.

“We hardly ever get to play.”

“Maybe you two can get together Friday. It’s a school holiday,” said Mom.

“OK,” Callie said, cheering up. She would get everything ready so when Marco came over, they could start working on their fort right away.

During school later that week, Callie’s teacher made an announcement. The whole third grade was going to watch a movie together.

“Yes!” Callie said. She put her lunch box into her backpack and went into the common area between the classrooms.

Everyone found a place to sit on the floor, and the teachers turned off the lights. Callie got excited as the movie began. It was about some boys building a fort together, just like she was building a fort with Marco! *If we ever finish it*, she thought. She shook her head and focused back on the screen.

But as the movie went on, Callie noticed that some of the words in it weren’t very good. She started to feel more and more uncomfortable. She didn’t know what to do.

Just then, she felt a tap on her shoulder. It was Marco! He had crawled all the way through the crowd of students to talk to her.

“Callie, I don’t think we should be watching this,” he whispered. “I think we should go ask our teachers if we can read instead.”

Callie breathed a sigh of relief. It felt good to know someone else felt like she did. “Yeah. I don’t like this movie either.”

She and Marco stood up and tiptoed around their classmates until they reached their teachers. Marco went to his teacher, and Callie went to hers. She asked if she could read a book instead of watching the movie, and her teacher said yes.

As Callie went into her classroom to read, she saw Marco doing the same thing. He waved and smiled. Callie smiled back. Having a true friend was even better than having a finished fort. ●

The author lives in Virginia, USA.



“I have found a genuine goodness among people of all faiths.”

Elder Quentin L. Cook of the Quorum of the Twelve Apostles, “The Eternal Everyday,” *Ensign or Liahona*, Nov. 2017, 53.

Elder Andersen Visits Ivory Coast

One of the first steps in building a new temple is a special meeting called a “groundbreaking.” Elder Neil L. Andersen and Sister Kathy Andersen traveled to Ivory Coast for the groundbreaking for a new temple.



Children used gold-colored shovels to help “break the ground” for the temple. Then construction could begin! It will take about two years to build the temple.

Let us devote ourselves . . . to better shaping our character and souls to be ready to enter the dedicated temple. Let us be more true to following the Savior.



Elder Andersen gave a prayer to dedicate the land for the new temple. He and Sister Andersen gave talks in French, the official language there. Sister Andersen said it makes her happy that Jesus lets us go inside His house, the temple. We receive blessings there that we can't receive anywhere else on earth.





Here's what the temple will look like.

Right now members in Ivory Coast have to travel 12 hours to the closest temple, in the country of Ghana. In a few years, children who are old enough to do temple baptisms will be able to go to a beautiful temple in their own country!

We Love to See the Temple

Here's how children sing "I love to see the temple" in six different languages. Follow the line from each sentence to the correct language.

Me encanta ver el templo

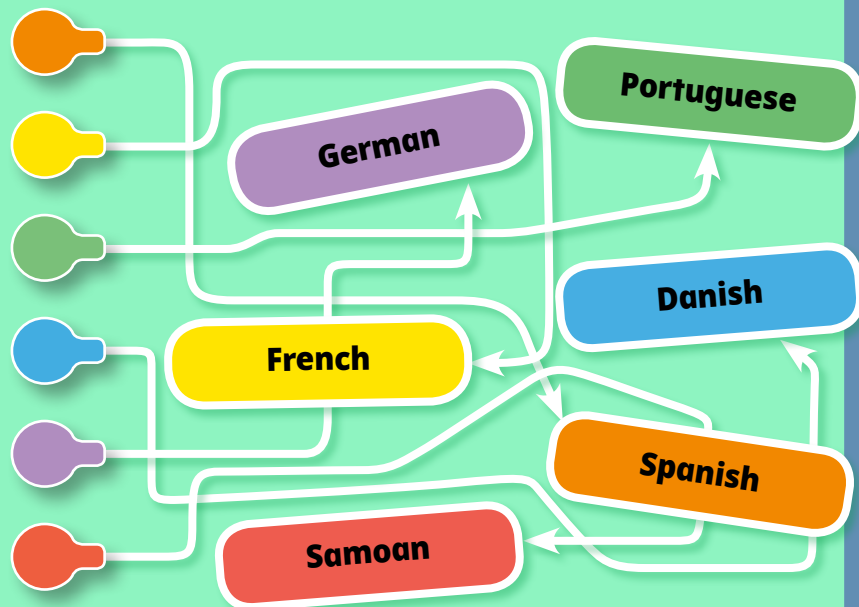
Oh, j'aime voir le temple

Eu gosto de ver o templo

Jeg elsker herrens temple

Ich freu mich auf den Tempel

Out e fia vaai I le malumalu



BRIGHT IDEA

I can do hard things!





By Sister Michelle D. Craig
First Counselor in the Young Women General Presidency

A Stripling-Warrior Family



“Ye must take upon you the name of Christ, which is my name” (3 Nephi 27:5).

I once visited a family in Chile. Their father had died in an accident a month before I came. One of the children was a boy named Benjamin. He was 10 years old.

Before his dad’s accident, Benjamin gave a family home evening lesson. It was about the stripling warriors from the Book of Mormon (see Alma 53:16–22; 56:42–57). He talked about how brave they were and how they trusted God.

When Benjamin’s mom heard about the accident, she thought of Benjamin’s lesson. She told her family, “We need to be brave like the stripling warriors. We have another battle to fight.”

It was hard for Benjamin’s family. It felt like their lives were turned upside down. They had to move to another house to live with their grandma. And they really missed their dad. But they knew they would be together with him again someday. They decided to be a stripling-warrior family. Benjamin told us, “I’m being brave.”

I walked into their house wanting to comfort them. But I was the one who left feeling blessed. Benjamin and his family are fighting this battle so bravely. Their faith is inspiring to me.

We can all be brave like Benjamin. Being brave doesn’t mean never being sad or afraid. It means having faith that Heavenly Father will help us get through tough times. When hard things come our way, we can choose to trust in Him. We can all be stripling warriors! ●

ILLUSTRATION BY MAREN SCOTT

Paul Repents



After Jesus died, His disciples kept teaching people. But not everyone liked what they taught. A man named Paul was especially mean to those who followed Jesus.



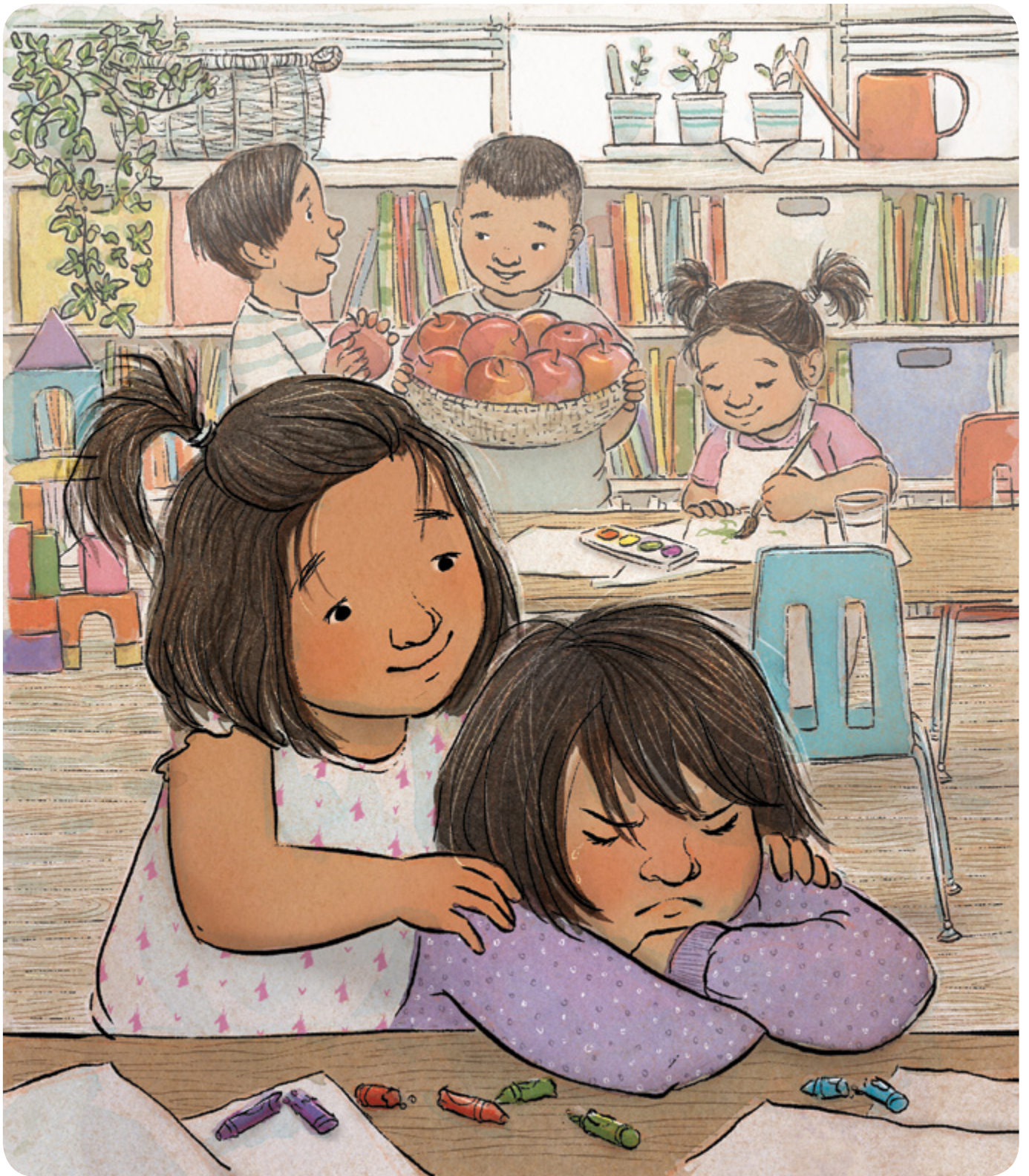
One day while Paul was traveling, he saw a bright light from heaven. He heard Jesus's voice! Jesus told Paul to start helping people repent and follow Him.



The bright light made Paul blind. A holy man named Ananias healed Paul's eyes and baptized him.

After that, Paul taught people about Jesus Christ. He was a great missionary, teacher, and leader in Christ's Church.

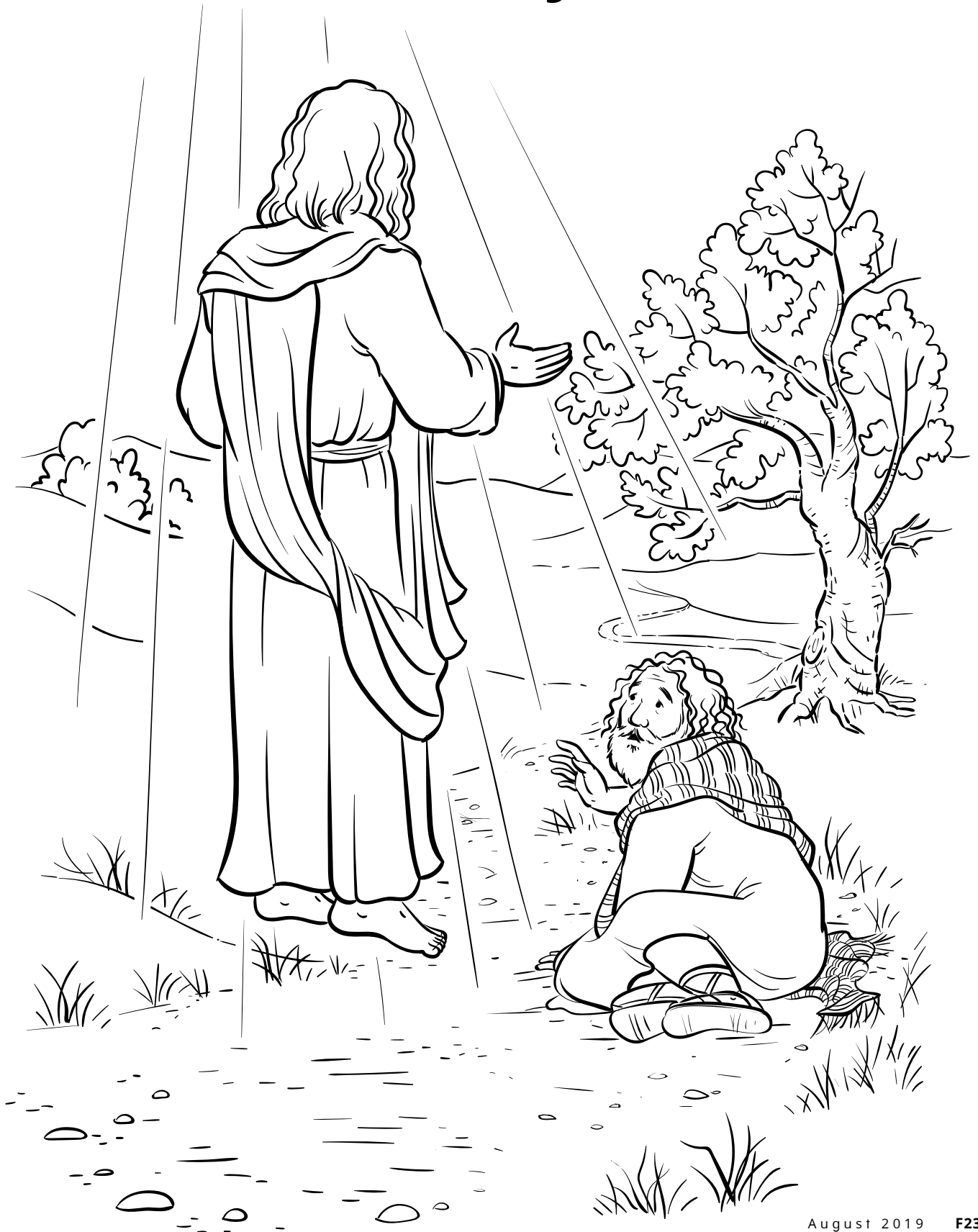




I can choose to be kind instead of being mean.
I can always choose to follow Jesus. ●

Read Paul's conversion story in Acts chapters 9, 22, or 26.

Paul Saw Jesus



Dear Parents,

This month's magazine teaches children about basic principles of the gospel (see Articles of Faith 1:4):

- A girl learns to exercise her **faith** (pages F4–F5).
- Paul gave us an example of **repentance** when he chose to follow Jesus (pages F20–F22).
- A coloring page reminds us that our **baptism** is the chance to begin a new journey with Jesus (page F6).
- President Eyring teaches us to open our hearts to the **Holy Ghost** (page F2).

With your children, you could look for these principles as you read this month's magazine. Perhaps you could circle or underline them every time you see them in a story. They would be great to talk about as a family!

Stay faithful,
The *Friend*

How to Send Your Child's Artwork or Experience to the *Liahona*

Go to liahona.ChurchofJesusChrist.org and click on "Submit an Article or Feedback." Or email it to liahona@ChurchofJesusChrist.org along with your child's name, age, city of residence, and this permission statement: "I, [insert your name], give permission to The Church of Jesus Christ of Latter-day Saints to use my child's submission in the Church magazines, on Church websites, and social media platforms." We can't wait to hear from you!



Find the Liahona hidden inside!

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