

Someone Else’s Sarah

By McKenzie Miller

I used to find it difficult to use my beliefs as a response to a question as simple as “Why don’t you drink coffee?” In the past I came up with excuses like “It’s too bitter” or “I don’t like the taste.”

Why was I embarrassed? Why was I so afraid to stand up for what I believe? Looking back now, I don’t understand exactly what I feared. But I do remember exactly when I stopped hiding behind excuses.

One day in my high school English class, the teacher announced that we’d be viewing an episode of a TV show I knew I shouldn’t watch. While other students cheered in excitement, my classmate Sarah raised her hand and asked if she could leave.

When the teacher asked why, Sarah responded matter-of-factly, “Because I’m Mormon and I don’t watch shows with profanity.”

Her courage to stand up in front of the class was amazing. Thanks to Sarah, I too stood up and waited outside with a clear conscience for the show to finish.

I was forever changed. I started explaining my beliefs instead of avoiding the subject. And as a result, I found confidence in myself and participated even more in Church and school activities.

I never told Sarah how much her example meant to me, but I try to emulate her example of confidence. I now realize that being a member of God’s wonderful, sacred Church is absolutely nothing to be ashamed about. I hope that I can, through my example, be someone else’s Sarah.

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CHILDREN

Courage in the Scriptures

President Monson teaches us to have courage and stand for what we believe. There are lots of examples in the scriptures of people who showed courage. Read the scripture next to each name. How did these people show courage and stand up for what they knew was right? Use the spaces to write or draw a picture of your answers.

Joseph Smith (Joseph Smith—History 1:11–17)

Daniel (Daniel 6:7, 10–23)

Samuel the Lamanite (Helaman 13:2–4; 16:1–7)

Esther (Esther 4:5–14; 5:1–8; 7:1–6)