

THE  
**NewEra**

SEPTEMBER

2008

**COVER STORY:**  
**YOU CAN STRENGTHEN  
YOUR FAITH, P. 2**

**LYING TO MY PARENTS, P. 14**

**GETTING THROUGH ALMOST  
ANYTHING, P. 26**

**SHOULD I FAST? PP. 24, 36**

**ROME, SWEET ROME, P. 20**

**The First Presidency:**

Thomas S. Monson,  
Henry B. Eyring,  
Dieter F. Uchtdorf

**The Quorum of the Twelve Apostles:**

Boyd K. Packer, L. Tom Perry,  
Russell M. Nelson, Dallin H. Oaks, M. Russell Ballard,  
Joseph B. Wirthlin, Richard G. Scott, Robert D. Hales, Jeffrey R. Holland, David A. Bednar,  
Quentin L. Cook, D. Todd Christofferson

Editor: Spencer J. Condie  
Advisers: Gary J. Coleman,  
Kenneth Johnson, Yoshihiko Kikuchi, W. Douglas Shumway

Managing Director:  
David L. Frischknecht  
Editorial Director:  
Victor D. Cave  
Graphics Director:  
Allan R. Loyborg

Managing Editor:  
Richard M. Romney  
Assistant Managing Editor:  
Janet Thomas  
Associate Editors:  
David A. Edwards,  
Paul VanDenBerghe  
Publications Assistant:  
Sally J. Odekirk  
Editorial Intern:  
Mindy Raye Holmes  
Editorial Staff: Susan Barrett,  
Ryan Carr, Jenifer L. Greenwood,  
R. Val Johnson, Adam C. Olson,  
Laurel Teuscher

Managing Art Director:  
M. M. Kawasaki  
Art Director: Brent Christison  
Senior Designer: Fay P. Andrus  
Design and Production Staff:  
Collette Nebeker Aune,  
Eric P. Johnsen, Scott Mooy, Jane Ann Peters, Scott Van Kampen

Printing Director:  
Craig K. Sedgwick  
Distribution Director:  
Randy J. Benson

© 2008 by Intellectual Reserve, Inc. All rights reserved. Periodicals Postage Paid at Salt Lake City, Utah. The *New Era* (ISSN 0164-5285) is published monthly by The Church of Jesus Christ of Latter-day Saints, 50 E. North Temple St., Salt Lake City, UT 84150-3220, USA.

POSTMASTER: Send address changes to Distribution Services, Church Magazines, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.

Canada Post Information:  
Publication Agreement #40017431.



**COVER STORY:**  
**FIVE SCRIPTURES THAT WILL HELP YOU GET THROUGH ALMOST ANYTHING, p. 26**

**The Message:  
Strengthen Faith as  
You Seek Knowledge**

**2**

Elder Quentin L. Cook  
*The choices you make at this time in your life are critical.*

**What Joseph Taught:  
Revelation and  
the Living Prophet**

**7**

*Why is revelation so essential to the Church?*

**Perfect for the Job**

**8**

Jo Bingham  
*Princella Djanku of Ghana has what it takes to get people talking.*

**From Generation  
to Generation**

**10**

Adam C. Olson  
*Teens in Guatemala learn the traditions of their culture and the gospel from their parents.*

**Questions and Answers**

**14**

*“My sister lies to our parents about where she is and who she is with. What should I do?”*

**My Attitude Transplant**

**16**

Michael Brodeur  
*How was I to know that just being nice would make such a big difference?*

**Mormonad:  
Make Your Move**

**19**

**When in Rome . . .  
Do As These Romans**

**20**

Jennifer Maddy  
*Teens in Rome have chosen to take a stand that will help them survive.*

**Not So Fast!**

**24**

Danielle Nye Poulter  
*I learned for myself that fasting isn't just about going hungry.*

**WHEN IN ROME, p. 20**



**FROM GENERATION  
TO GENERATION p. 10**



**RIGHT TURN, p. 32**

**Five Scriptures That Will Help You Get through Almost Anything 26**

John Bytheway

*No matter what happens in life, there is something to get you through.*



**Right Turn 32**

Hillary Holbrook

*What if we had chosen to stay?*

**The Extra Smile 35**

**To the Point 36**

*What if I don't know if the Church is true; what if I can't fast; should I call my leaders by their first names?*

**Service on Wheels 38**

Hillary Holbrook

*Each Sunday, these Aaronic Priesthood holders get the wheels rolling.*

**What's Up? 40**

**Scripture Reading Adds Up! 42**

Chad Morris

*How do some people get so good at finding the scriptures they want to use?*

**Line upon Line: Matthew 5:14-16 43**

*Find out how to let your light shine.*

**Instant Messages 44**

*Needing a prayer; the Lord's timing; my brother is a blessing; giving up video games.*

**What's in It for You 47**

**We've Got Mail 48**

**Poem: Silence 49**

Marla Harris

**Photo 49**

Luis Pino

*Text and visual material in the New Era may be copied for incidental, noncommercial church or home use. Visual material may not be copied if restrictions are indicated in the credit line with the artwork. Copyright questions should be addressed to Intellectual Property Office, 50 E. North Temple St., Salt Lake City, UT 84150, USA; e-mail: cor-intellectual-property@ldschurch.org.*

**The New Era Magazine  
Volume 38, Number 9  
September 2008**

*Official monthly publication for youth of The Church of Jesus Christ of Latter-day Saints*

**Editorial Offices:**

*New Era*  
50 E. North Temple St.  
Rm. 2420  
Salt Lake City, UT  
84150-3220, USA

**E-mail Address:**

[newera@ldschurch.org](mailto:newera@ldschurch.org)

**To Change Address:**

Send old and new address information to:  
Distribution Services  
P.O. Box 26368  
Salt Lake City, UT  
84126-0368, USA.  
Please allow 60 days for changes to take effect.

**Cover:** Put your faith in Christ at the center of your life. See "Strengthen Faith as You Seek Knowledge" on p. 2.

**Cover art and photography:** Jesus Christ Appears to the Nephites and Shows Them His Hands, *Walter Rane* (front) and *John Luke* (back)

**TO SUBMIT MATERIAL:**

Please e-mail or send stories, articles, photos, poems, and ideas to the Editorial Offices address above. For return, include a self-addressed, stamped envelope.

**TO SUBSCRIBE:**

By phone: Call 1-800-537-5971 to order using Visa, MasterCard, Discover Card, or American Express. Online: Go to [www.ldsatalog.com](http://www.ldsatalog.com). By mail: Send \$8 U.S. check or money order to Distribution Services, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.

Visit us online at  
[www.NewEra.Lds.org](http://www.NewEra.Lds.org)

# STRENGTHEN FAITH AS YOU SEEK KNOWLEDGE

BY ELDER QUENTIN L. COOK  
Of the Quorum of the Twelve Apostles



*Let me share with you five principles that I believe are essential as you place faith in the Lord Jesus Christ at the center of your lives as you seek diligently for knowledge.*

In the doctrines of the Church, faith and the quest for knowledge are not inconsistent; they are compatible and complementary. When I speak of faith, I am speaking of faith in the Lord Jesus Christ.

Faith and knowledge require equal effort and commitment. We cannot expect to have faith at the center of our lives if all of our efforts are expended on knowledge, sports, hobbies, making money, or other pursuits.

Let me share with you five principles that I believe are essential as you place faith in the Lord Jesus Christ at the center of your lives as you seek diligently for knowledge.

**1. Understand that there is truly opposition in all things. The choices you make are critical.**

You are at the stage of life where you have numerous options for some of the most important choices you will ever make. These choices are the key to your future and your happiness.

The prophet Lehi near the end of his life taught, “For it must needs be, that there is an opposition in all things” (2 Nephi 2:11).

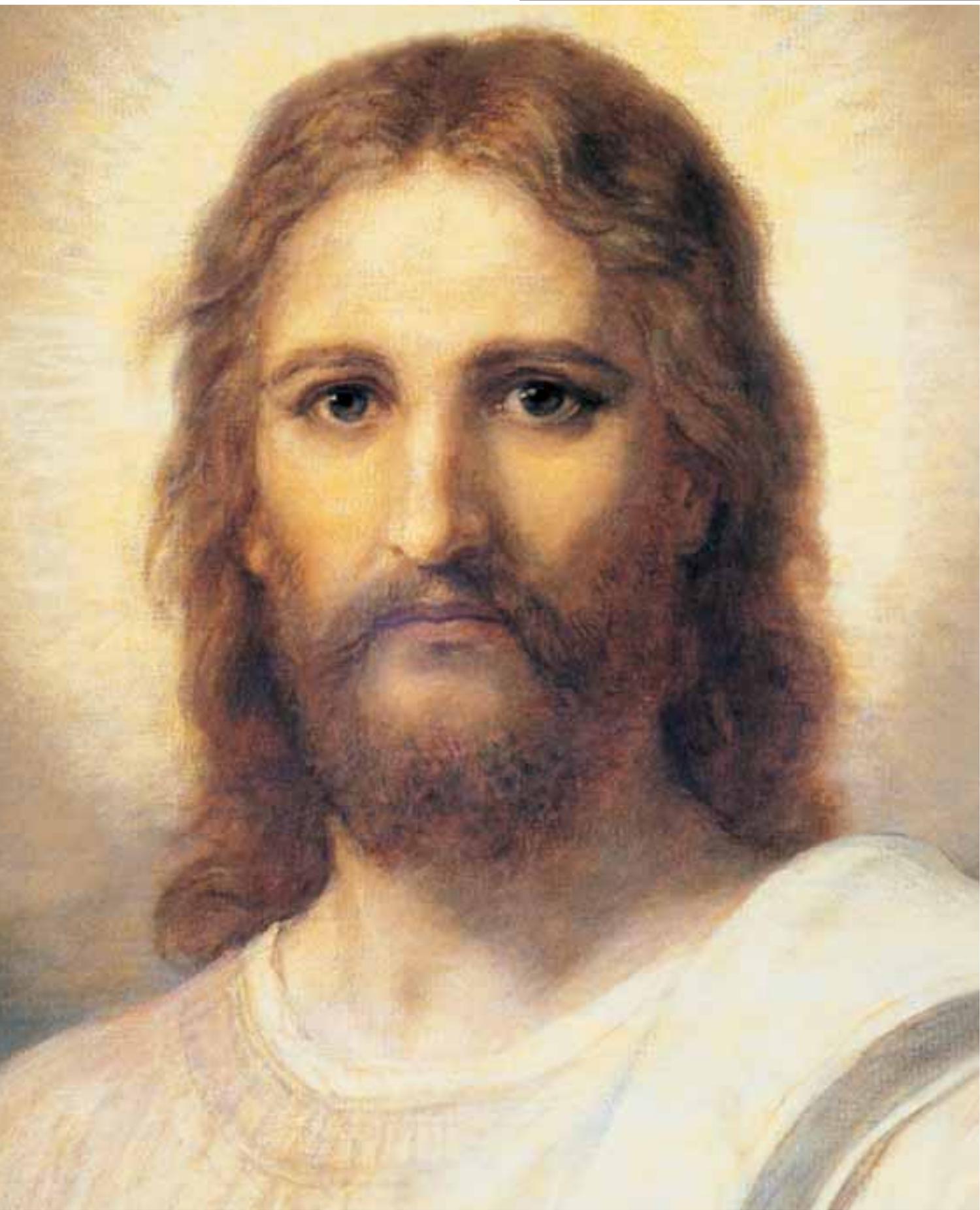
He continues later: “Wherefore, men are free according to the flesh; and all things are given them which are expedient unto man. And they are free to choose liberty and eternal life, through the great Mediator of all men, or to choose captivity and death, according to the captivity and power of the devil;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

We know there was a war in heaven over the plan of salvation, so it is not surprising that the religious principles that have been taught in this, the last dispensation, are attacked with malignant ferocity.

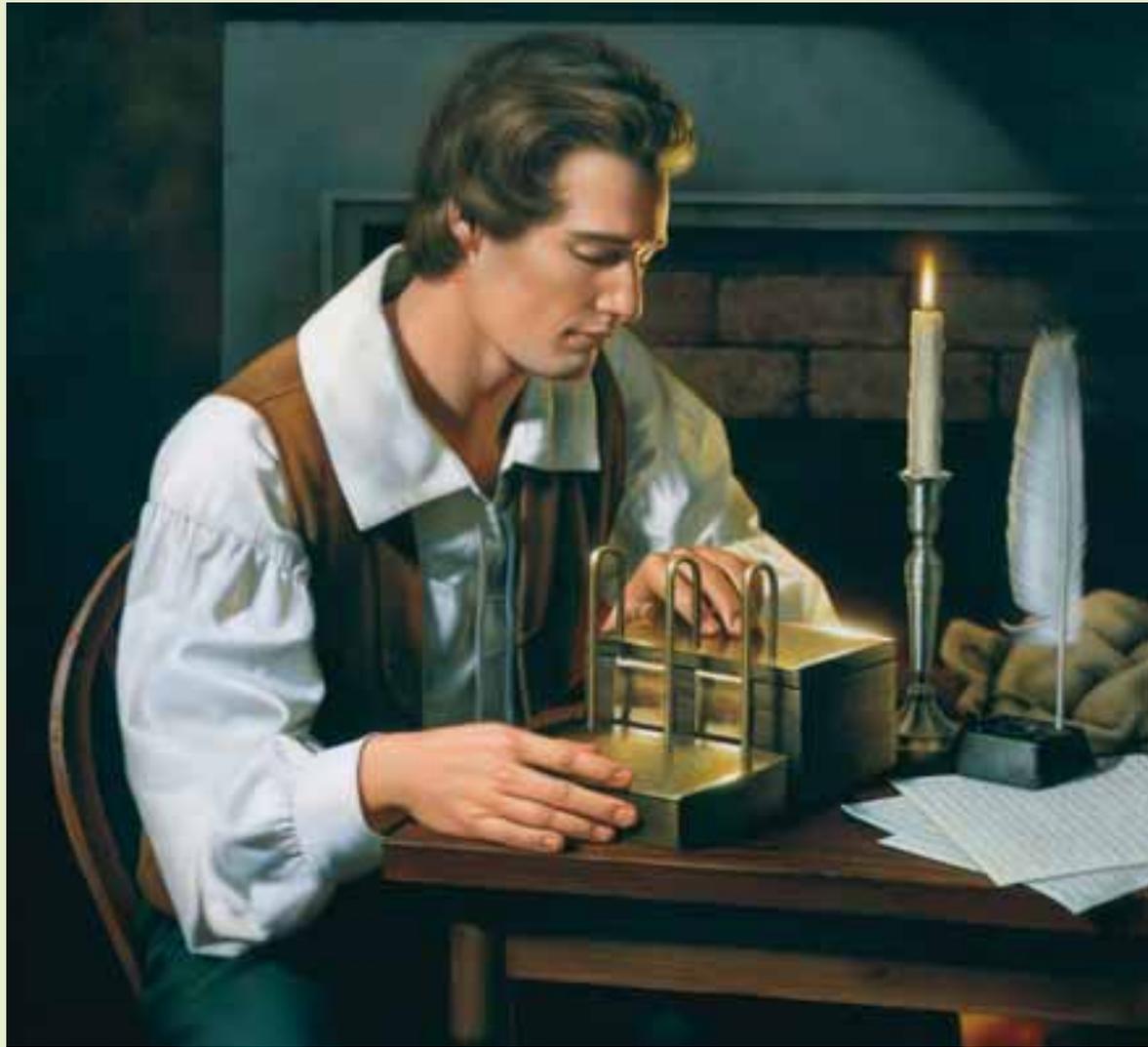
President Gordon B. Hinckley (1910–2008) made this promise to you: “Here you are on the threshold of your mature lives. You . . . worry about school. You worry about marriage. You worry about many things. I make you a promise that God will not forsake you if you will walk in His paths with the guidance of His commandments.”<sup>1</sup>

**2. Strengthen your own testimony as a foundation for all of the choices you make.**

The foundation for every important decision and choice you will make is your testimony of Jesus Christ and the Restoration of His gospel through the Prophet Joseph



**T**he foundation for every important decision and choice you will make is your testimony of Jesus Christ and the Restoration of His gospel through the Prophet Joseph Smith. The Book of Mormon is an essential element of that testimony.



Smith. The Book of Mormon is an essential element of that testimony.

When I was 15 years old, I realized the significance of a testimony of the Book of Mormon, Joseph Smith, and the Savior and how it affects our choices.

My brother, Joe, was 20 years old. It was during the Korean conflict, and only one young man in each ward could go on a mission. The others had to be available to be drafted into the military. A young man in our ward had gone on a mission early in the year; my brother's birthday was in September, so he didn't think he would get the opportunity to serve a mission.

Our stake president called my brother in and told him that one of the wards had not used its allotment and he might be able to

go. Missionaries were called at 20 years of age in those days, and my brother had just filled out his application to medical school. He was a good student. My father, who was not active in the Church, had made financial preparations to help him with medical school and was disappointed when he learned of the conversation with the stake president. My father counseled Joe not to go and suggested that he could do more good by going to medical school.

This was a big issue in our family. That night my brother and I talked about the choice. He was five years older, so it was mainly his thinking. As we reasoned it out, we concluded: If Jesus Christ was a great man but not divine, if Joseph Smith was a wonderful teacher but not a prophet, or if

the Book of Mormon had wonderful counsel but was not the word of God, then Dad was right—it would be better to go to medical school. But if Jesus Christ is divine, if Joseph Smith is a prophet, and if the Book of Mormon is the word of God, then it would be more important to accept the call and proclaim the gospel.

That night, more than ever before, I wanted to know the answers to these questions. I had always believed in the divinity of Jesus Christ. I believed in Joseph Smith and the Book of Mormon, but I wanted confirmation from the Lord. That night, as I prayed, the Spirit bore witness to my soul of the Savior and the truthfulness of the Book of Mormon and that Joseph Smith was a prophet. My brother received the same witness and made the choice to serve a mission. Incidentally, when my brother returned from his mission, he went to medical school. When I reached my 20th birthday, my father was happy to see me serve a mission.

### **3. Seek knowledge diligently, wisely, and humbly.**

In the quest for both faith and knowledge, we need to maintain humility. Jacob taught:

“O that cunning plan of the evil one! O the vainness, and the frailties, and the foolishness of men! When they are learned they think they are wise, and they hearken not unto the counsel of God, for they set it aside, supposing they know of themselves. . . .

“But to be learned is good if they hearken unto the counsels of God” (2 Nephi 9:28–29).

One reason to be humble about knowledge is that much of it is subject to change. My brother, Joe, as I indicated, is a medical doctor. Now in his 70s, he has taken the medical recertification exam in his area of expertise six times. He laughingly indicated to me that the questions are the same as those presented over 35 years ago, but the answers keep changing. On the exam 35 years ago, a typical multiple-choice question might be: What is the primary cause of a peptic ulcer? The answer would have related to stress. Today the answer to the same question would be that it is caused by bacteria that can live and grow in

the gastric tissue. As you can see, the questions have not changed, but many of the answers have. This is true in several fields of knowledge.

This example is not meant to reduce your commitment to knowledge; knowledge is essential. Knowledge in all areas is important. We are particularly fortunate to live in an age when the technological revolution is in progress.

Knowledge has always been important, and today we are at the threshold of new and exciting major technology. Certainly this technology revolution could have enormous benefits for the Church and for your fellow human beings. Knowledge, whether old or new, is important.

### **4. Follow the prophet’s counsel as you make your choices.**

In a worldwide leadership training meeting, President Hinckley said:

“No one need tell you that we are living in a very difficult season in the history of the world. Standards are dropping everywhere. Nothing seems to be sacred anymore.

“. . . I do not know that things were worse in the times of Sodom and Gomorrah. . . . I think our Father must weep as He looks down upon His wayward sons and daughters.”

As was characteristic of President Hinckley’s positive leadership, he went on to say:



**R**ationalization for bad choices will not be effective, but repentance will. Those who repent will be particularly blessed by the Atonement.

“We must not give up. We must not become discouraged. We must never surrender to the forces of evil. . . . If it means standing alone, we must do it.

“But we shall not be alone.”<sup>2</sup>

Prophets are not speaking just to our own day; they give us counsel that will bless us and our children in the future and through the eternities.

If we follow the prophet, we can look to the future with great optimism.



**5. Live so the Atonement can be fully efficacious in your life.**

Rationalization for bad choices will not be effective, but repentance will. Those who repent will be particularly blessed by the Atonement. Without the Atonement, the eternal principle of *justice* would require punishment (see Alma 42:14). Because of the Atonement, *mercy* can prevail for those who have repented and allow them to return to the presence of God (see Alma 42:15).

I first began to understand the significance of the Atonement when my grandfather was dying. After attending law school,

I was studying for the California bar exam when my mother called and said if I wanted to see my grandfather before he died, I better come to Utah. My grandfather, who was 86 years old, was very ill. He was so pleased to see me and share his testimony.

He had three concerns:

1. He loved his 10 children very much. They were all good people. He wanted them all to be temple worthy.

2. His father was one of the young men who had carried members of the Martin handcart company across the Sweetwater River. His father had died when my grandfather was three years old, and he looked forward to seeing him and hoped his father and other family members would approve of his life.

3. Finally, and most importantly, he told me how he looked forward to meeting the Savior. He referred to the Savior as the “Keeper of the Gate,” a reference to 2 Nephi 9:41. He told me that he hoped he had been sufficiently repentant to qualify for the Savior’s mercy.

All of us have sinned, and it is only through the Atonement that we can obtain mercy and live with God. I can remember to this day the great love that Grandfather had for the Savior and the appreciation he had for the Atonement.

I personally testify of the divinity of the Savior and the reality of the Atonement, and I hope that you will prayerfully consider the significant choices that are before you. **NE**

*From a Brigham Young University–Idaho devotional given on March 14, 2006.*

**NOTES**

1. “A Prophet’s Counsel and Prayer for Youth,” *Liabona*, Apr. 2001, 30; *New Era*, Jan. 2001, 6.
2. “Standing Strong and Immoveable,” *Worldwide Leadership Training Meeting*, Jan. 10, 2004, 20.

# REVELATION

## AND THE LIVING PROPHET

*Joseph Smith knew the importance of revelation in the Church.*

**B**eginning with the First Vision, Joseph Smith was God's prophet chosen to reveal His word and will to the earth. As he grew into this role, Joseph gained a clear understanding of the order of revelation in the Church. Here are some of Joseph Smith's teachings on revelation and the role of the living prophet.

### REVELATION IS ESSENTIAL

*"The doctrine of revelation far transcends the doctrine of no revelation; for one truth revealed from heaven is worth all the sectarian notions in existence."*

*"Salvation cannot come without revelation; it is in vain for anyone to minister without it. . . . No man can be a minister of Jesus Christ except he has the testimony of Jesus; and this is the spirit of prophecy [see Revelation 19:10]."*

### THE ORDER OF REVELATION

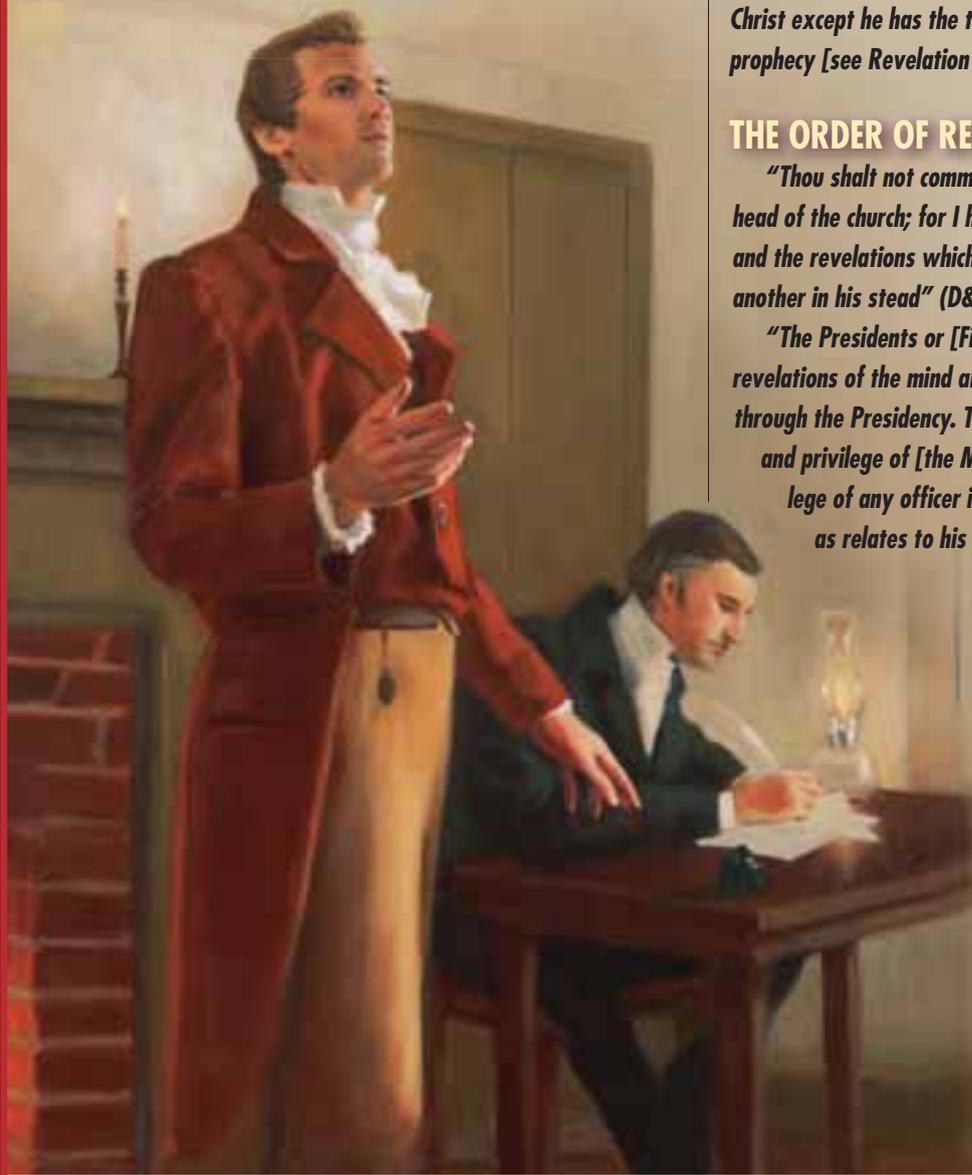
*"Thou shalt not command him who is at thy head, and at the head of the church; for I have given him the keys of the mysteries, and the revelations which are sealed, until I shall appoint unto them another in his stead" (D&C 28:6–7).*

*"The Presidents or [First] Presidency are over the Church; and revelations of the mind and will of God to the Church, are to come through the Presidency. This is the order of heaven, and the power and privilege of [the Melchizedek] Priesthood. It is also the privilege of any officer in this Church to obtain revelations, so far as relates to his particular calling and duty in the Church."*

### FOLLOW GOD'S PROPHET

*"There are a great many wise men and women too in our midst who are too wise to be taught; therefore they must die in their ignorance, and in the resurrection they will find their mistake." NE*

*From Teachings of Presidents of the Church: Joseph Smith (Melchizedek Priesthood and Relief Society course of study, 2007), 195, 197, 202.*



JOSEPH SMITH, JR., RECEIVING REVELATION, BY DANIEL LEWIS

# PERFECT FOR THE JOB

BY JO BINGHAM

In the busy rural town of Nsawam, Ghana—known as the bread town because of the many vendors selling bread at the roadside or from pans balanced precariously on their heads—lives Princesa Djanku, a young woman in the Djankrom Branch, Asamankese Ghana District. Baptized when she was nine years old, Princesa, her twin brother, Prince, and the rest of her family are all active members of The Church of Jesus Christ of Latter-day Saints.

When Princesa was looking for a Personal Progress project, she didn't have to look far. In her own branch was a humanitarian aid missionary, Sister Thompson, struggling to teach English to the town's adults. Since most people in Nsawam don't speak any English and Sister Thompson doesn't speak the local Twi dialect, she was having a difficult time communicating with her students.

Enter Princesa, who learned English in school and speaks the four regional dialects, including Twi. She was perfect for the job. She could communicate with everyone.

"The project of helping in the literacy class came to my mind when I got to the knowledge value," said Princesa. "At first I felt it was too much to go stand in front of my mothers and fathers [the adults of her town] and teach them English. For the first and second week, it was not easy because they felt I was there to make a mockery of

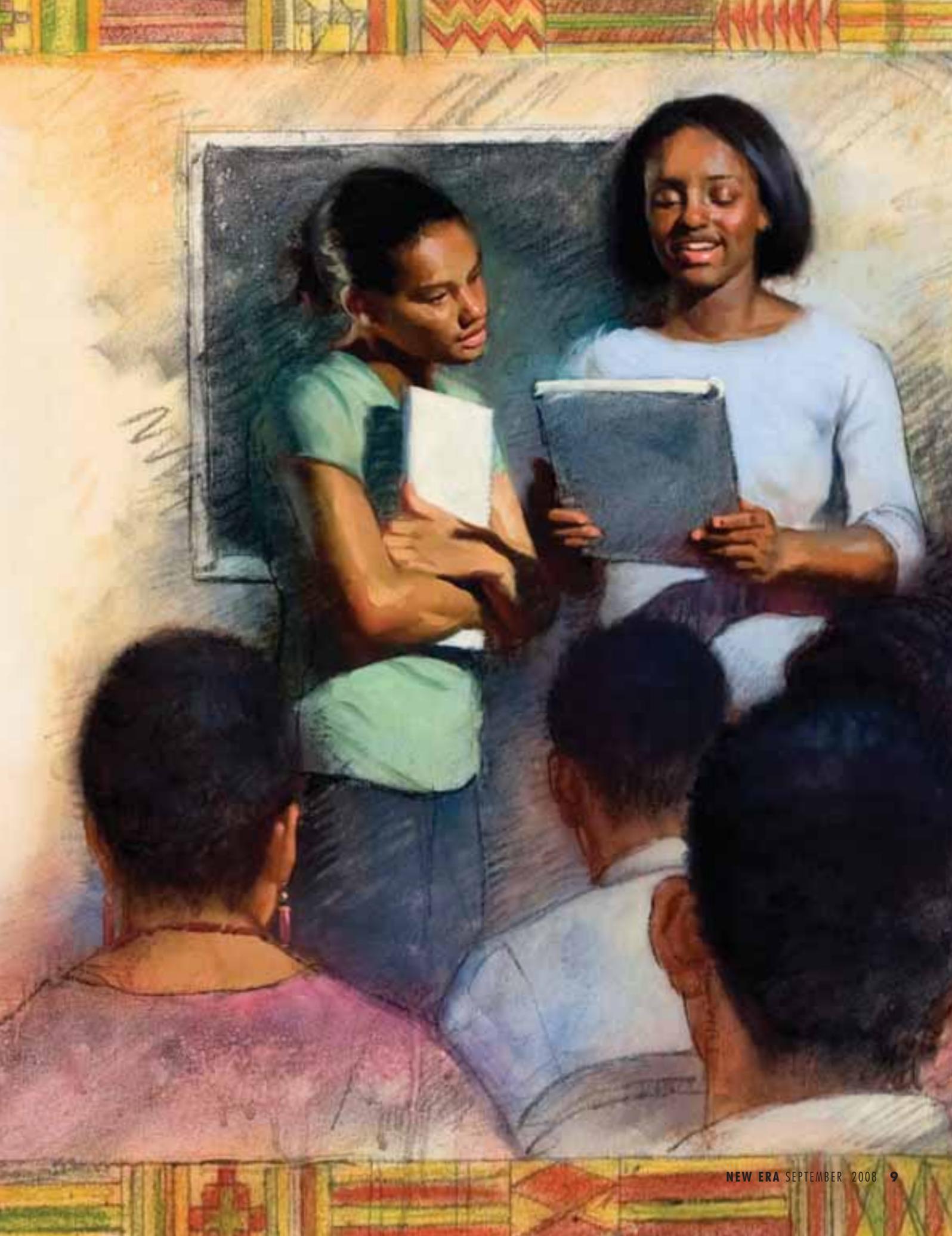
them, but then I had the opportunity to explain myself." After that, things went smoothly, and communication between the teenage teacher and adult students was much more effective.

After completing her project, Princesa considered leaving the class but decided against it. She says, "The literacy class is very interesting, and I never want to leave." Princesa continues to serve with love, remembering that those who serve others also serve God.

Princesa has since earned her Young Womanhood Recognition Award. She says, "The Young Women program has helped increase my testimony of the Church. I know that Joseph Smith was called of God and that the Church is true. I know President Thomas S. Monson is a living prophet and that he receives revelation for the whole Church. I know the doctrines and principles of the Church are all true."

Though Princesa is no longer in Young Women as a young woman, she is still in Young Women. She has been called to serve as the secretary in the branch Young Women presidency.

As one of her goals, Princesa hopes to go on a mission for the Church when she turns 21 so she can share her testimony and continue her tradition of service. **NE**





# FROM GENERATION

*What will you do with the spiritual knowledge offered to you?*

**BY ADAM C. OLSON**  
Church Magazines

If you've read the first verse of the Book of Mormon, you already know something about 17-year-old Juan Ordoñez and his 15-year-old sister, Mayra, of the Pachitol Ward, Patzicía Guatemala Stake.

Juan, Mayra, and their seven older brothers and sisters were "born of goodly parents," who have passed on skills the family needs to survive, such as the family trades of farming and tortilla making, as well as the language of their ancestors, Cakchiquel.

But those aren't the only ways their family is like Nephi's. Juan and Mayra have parents who understand that it is as important to pass on a "knowledge of the goodness and the mysteries of God" (1 Nephi 1:1) as it is to pass on physical survival skills.

While many teens don't have Lehi- and Sariah-like parents to pass on the gospel (see sidebar on page 13), for Juan, Mayra, and others who do, the question is: Will we be Nephi-like learners, who listen, apply gospel truths,

and pass them along as well? Or will we be like Laman and Lemuel, who heard the same information but didn't want to find out the truth for themselves and couldn't pass it on?

## **How Is It Passed On?**

Juan can't remember how old he was when he started working with his dad in the fields. "The children would start going with me when they were small," Juan's dad, Joel, says. "They learned by watching and then doing what they could, depending on their strength and capacity."

Mayra learned to make tortillas the same way, watching her mom and sisters until she was old enough to pitch in and help.

But plowing, planting, and tortilla making aren't the only things being passed from one generation to the next. As Mayra's mother, Carmela, molded and shaped tortillas, she was also giving shape to her daughter's character. As Brother Ordoñez prepared, planted, or cultivated the ground, he was doing the same for Juan's heart.

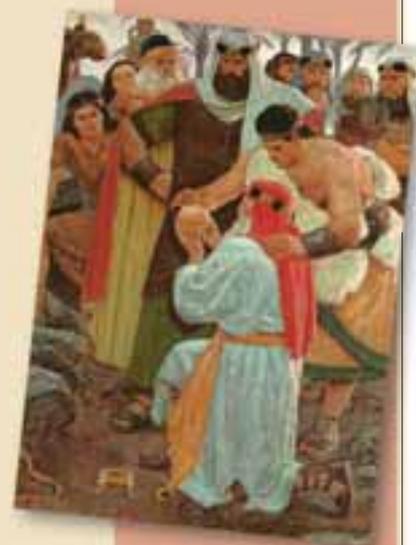
As the family spent time together, the children could see not just how their parents worked but how they lived. And when the opportunity arose, their parents made the gospel a topic of conversation while they worked.

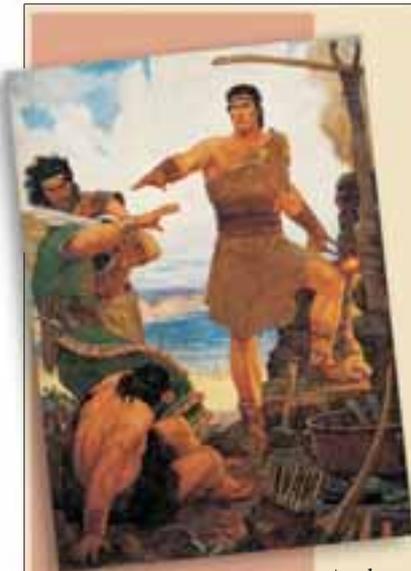
But observing—and even doing— isn't always enough. In the Book of Mormon's first family, Laman and Lemuel heard the same things that Nephi heard from their father, and they too even went and did what their father asked. But they were missing something important, something that Juan and Mayra have—a desire to learn.



**T**he things that Juan (bottom left) and Mayra (left) are learning from their parents (opposite page) are important not only to their physical survival but to their spiritual survival as well.

# TO GENERATION





**I**f Juan and Mayra don't learn these important things for themselves, how will they be able to pass them on to their children?

### How Much Do You Want It?

Juan and Mayra live in Patzicía, a Cakchiquel community a few hours from Guatemala City.

Because many of those who buy their tortillas and seek their plowing services don't speak Spanish, it was important to Juan and Mayra to learn Cakchiquel.

But not everyone feels that way. Cakchiquel isn't taught in the schools. The language has been passed down from generation to generation for hundreds of years. However, in each succeeding generation there are many who don't want to learn it or feel they don't need it.

A desire to know is key in more than just learning a language. Lehi wanted his family to know for themselves that the gospel is true, but not all of his family wanted to



know (see 1 Nephi 8:12, 17–18). In addition to hearing his father and doing what he asked, Nephi wanted to know for himself (see 1 Nephi 10:17). Laman and Lemuel, though they had obeyed their father, had done it grudgingly (see 1 Nephi



### GAINING A TESTIMONY

"A testimony is not genetic. That is, we are not born with a tes-

timony. Likewise, a testimony does not pass automatically from generation to generation without the examples of good teachers."

**Elder Robert D. Hales of the Quorum of the Twelve Apostles, "Teaching by Faith," Ensign, Sept. 2003, 26.**

2:11–12). They weren't interested in making the effort to find out for themselves, saying, "The Lord maketh no such thing known unto us" (see 1 Nephi 15:8–9).

### Don't Break the Chain

As their children grew, Brother and Sister Ordoñez

often wondered if their children would listen. Would they obey? Would they want to know, like Nephi? Would they pass the gospel on to *their* children?

It may be too early to tell. But Brother and Sister Ordoñez have reason to hope.

Their older children are starting to pass gospel truths on. And the younger children are recognizing the importance of passing the gospel on too. "It's hard sometimes to take counsel from your parents," Juan says. "But I'm grateful for their help."

"They didn't just teach me how to cook



beans and make tortillas," Mayra says. "They have taught me the right path—to follow God." **NE**

# LIVING THE GOSPEL ON YOUR OWN

**W**hat if your parents aren't passing on the gospel? Maybe they haven't accepted it, or they aren't living it. Being the first in your family to accept the gospel or the only one to actively live it can be lonely. But it doesn't mean you are alone.

There are others like you in the Church and in the scriptures. When Alma the Elder was a young man, he was the only one who accepted the gospel Abinadi taught. He was chased out of the city for defending the truth. But because he was bold enough to live and teach the gospel, soon



others believed. His children were blessed by his faith, and it helped to establish a multigenerational chain of believers whose examples and leadership were a great strength to the Church.

If you have felt alone in living the gospel, take heart. There were others like you then, and there are many like you now.

“Perhaps not since the early days of the Church has the first generation constituted such a large percentage of total Church membership as it does

today,” said Elder Paul B. Pieper of the Seventy in the October 2006 general conference. “Your faith and testimonies are a great strength and blessing to others. . . .

“ . . . As a first-generation member, you occupy an important place in your family. You are an example to your family of a true disciple of Jesus Christ. Whether they are members of the Church or not, as you live the gospel at home, those around you will feel the Savior’s love through you. They know that you are engaged in something good, even if they do not understand it or have enough faith to accept it. Be



patient and kind, pray each day to know how you can serve them, and the Lord will help you and bless you to influence your family for good. By being consistently good and upright, you will establish patterns of faithfulness and righteousness. Those patterns will shape your life, but more importantly, they will become a standard for your family and posterity” (“The First Generation,” *Ensign*, Nov. 2006, 11–12).

So whether you are part of the first generation or the fifth, how you live can help create or continue a long chain of generations that enjoy the blessings of the gospel of Jesus Christ. **NE**

FROM LEFT: NEPHI REBUKING HIS REBELLIOUS BROTHERS, ABINADI APPEARING BEFORE KING NOAH, AND ALMA BAPTIZING IN THE WATERS OF MORMON, BY ARNOLD FRIBERG

# “My sister lies to our parents about where she is and who she is with. What should I do?”

It's natural to worry about your sister because you care about her, but she is responsible for her choices, and your parents are responsible for teaching and helping her. So talk to your parents about your concern.

Now is the best time to talk to them—before something bad happens to your sister. If you didn't tell them what she was doing and she got hurt or into serious trouble, you would feel terrible. Talking to your parents will actually show your sister that you care about her.

Lying is wrong, and your sister needs to overcome it and remember her relationship and accountability to God. And depending on what she's doing, she may be getting into other problems, so it will be best to solve them before they get worse. Get some help; talk to your parents about it. **NE**

## **Help Her Get Back on the Strait and Narrow**



If my sister were lying to my parents about where she is and who she is with, I would tell my parents because I know if she was lying about it, it would be

bad what she was doing. So I would be trying to get her back on the strait and narrow path.

*Sam J., 13, Washington*

## **Tell the Truth**

First, always set a good example yourself and tell the truth. Second, let your mom and dad know what's going on, and ask their advice about the problem. Third, be your sister's friend. Let her know she can trust you. Encourage her to pray, live Church standards, attend church and social activities, and read the scriptures, especially verses that you think could help her. But remember, God gave us all the freedom to choose right from wrong, and your sister is choosing to do what she's doing, so don't blame yourself or feel discouraged if things don't change right away. But never stop being an example and a friend and praying and fasting for her.

*Andrew B., 14, Nevada*

### Integrity Is the Right Answer



Of course, you cannot make the decision for your sister; it is her choice to be honest to your parents. You are, however, in a position to help. Talking to her about the situation would be best. Be open, honest, and let her know you care. Let her know that your parents love her and will be forgiving and understanding. Help her to understand that she will be forgiven and blessed for telling the truth. Having integrity is always the right answer; blessings of peace and self-confidence will follow.

*Elder Kelvin Wonder Peni, 24, Zimbabwe Harare Mission*

### To Protect Her

I would tell my parents who she is with and where she is because it is the right thing to do. If she thinks that I am telling on her, I would tell her that I am trying to protect her and keep her away from harmful things. I would pray for her that she would make better decisions. I would also set a good example.

*Dallin B., 12, Georgia*

### It's Wrong to Lie

Before you tell your parents, try talking it out with your sister first. Let her know that it's wrong to lie. Give her a chance to make it up with your parents. If she's lying about something serious and won't talk, then it's time to consult your parents.

*Monica Y., 17, California*

### Let Your Parents Know

You love your sister, and you want what's best for her. You should first bring it up to with her and try to talk about it and let her know that you love her and don't want to see her get hurt. If something bad happens to her, you would regret not talking to your parents before. Let your parents know that they should talk with her and encourage her to be honest and always choose the right.

*Tyson B., 18, California*

### Lying Hurts the Family



When a family member lies, he or she doesn't just hurt the parents; it hurts the rest of the family too. Sometimes

that person doesn't realize it, so it would be wonderful if you could help her realize it.

*Chelsea P., 13, Wyoming*

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

### NEXT QUESTION

**"I don't have a testimony even though I've been a member all my life. I go to church and keep the commandments, but how can I believe and gain a testimony?"**

**Send your answer by November 15, 2008, to:**

**New Era, Q&A, 11/08**

**50 E. North Temple St., Rm. 2420  
Salt Lake City, UT 84150-3220, USA**

**Or e-mail: [newera@ldschurch.org](mailto:newera@ldschurch.org)**

**The following information and permission must be included in your e-mail or letter:**

FULL NAME

BIRTH DATE

WARD (OR BRANCH)

STAKE (OR DISTRICT)

**I grant permission to print response and photo:**

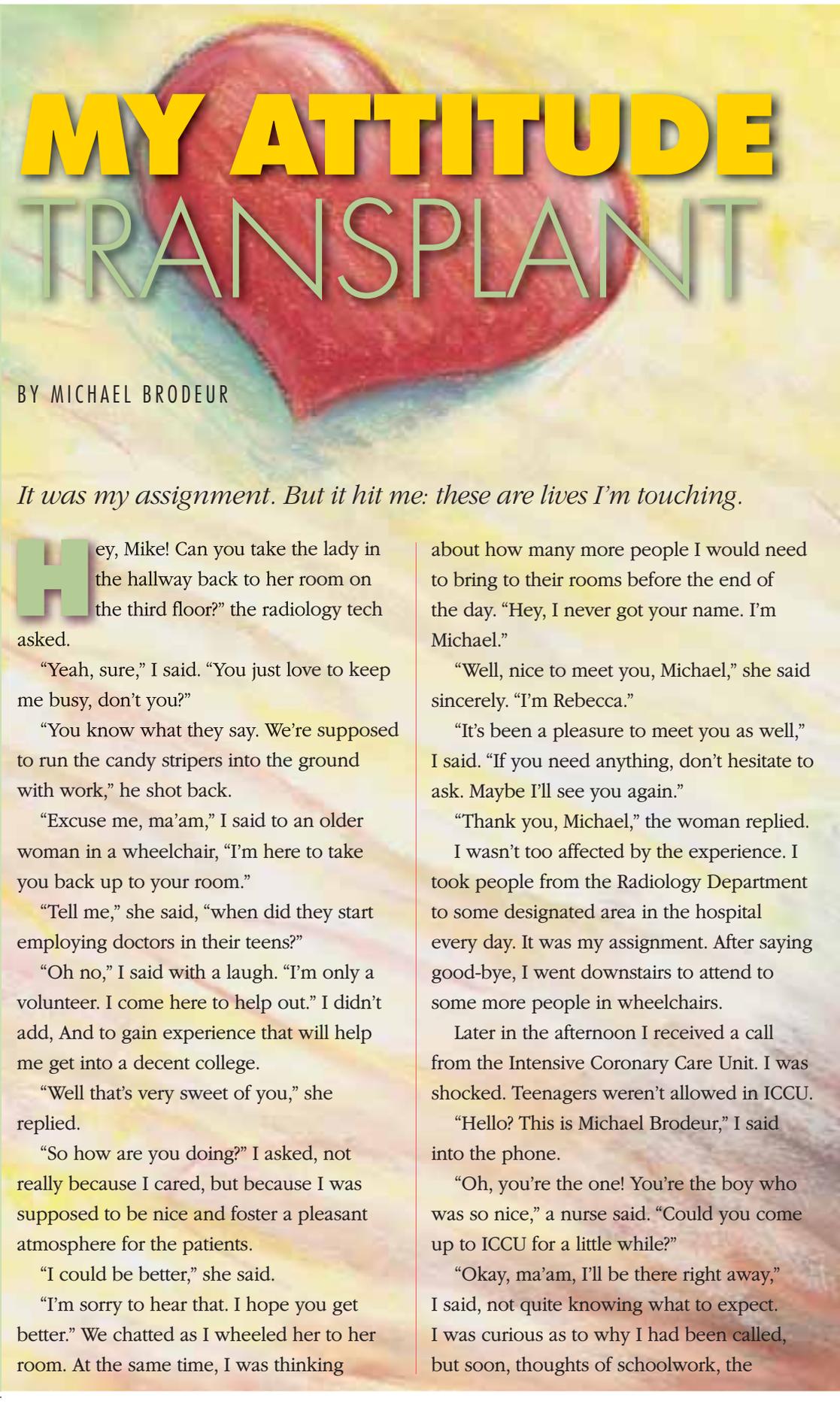
SIGNATURE

PARENT'S SIGNATURE (IF YOU ARE UNDER 18)



### THE BURDEN OF LIVING A LIE

**N**o man will ever be totally free who is living a lie. Only he who bears or who has borne such a continuing burden can relate appropriately to such a declaration. We should ever bear in mind that a wrong isn't right just because many people do it. A wrong deed isn't right just because it hasn't become visible. "May our Heavenly Father help us to have the courage to acknowledge and cast aside the living of a lie or the perpetuation of lies. Honesty is more than a policy. It is a happy way of life as we deal with our fellowmen, and particularly as we live with ourselves." **Elder Marvin J. Ashton (1915-94) of the Quorum of the Twelve Apostles, Ensign, May 1982, 11.**



# MY ATTITUDE TRANSPLANT

BY MICHAEL BRODEUR

*It was my assignment. But it hit me: these are lives I'm touching.*

***“So how are you doing?” I asked, not really because I cared, but because I was supposed to be nice to the patients I was helping back to their rooms.***

**H**ey, Mike! Can you take the lady in the hallway back to her room on the third floor?” the radiology tech asked.

“Yeah, sure,” I said. “You just love to keep me busy, don’t you?”

“You know what they say. We’re supposed to run the candy strippers into the ground with work,” he shot back.

“Excuse me, ma’am,” I said to an older woman in a wheelchair, “I’m here to take you back up to your room.”

“Tell me,” she said, “when did they start employing doctors in their teens?”

“Oh no,” I said with a laugh. “I’m only a volunteer. I come here to help out.” I didn’t add, And to gain experience that will help me get into a decent college.

“Well that’s very sweet of you,” she replied.

“So how are you doing?” I asked, not really because I cared, but because I was supposed to be nice and foster a pleasant atmosphere for the patients.

“I could be better,” she said.

“I’m sorry to hear that. I hope you get better.” We chatted as I wheeled her to her room. At the same time, I was thinking

about how many more people I would need to bring to their rooms before the end of the day. “Hey, I never got your name. I’m Michael.”

“Well, nice to meet you, Michael,” she said sincerely. “I’m Rebecca.”

“It’s been a pleasure to meet you as well,” I said. “If you need anything, don’t hesitate to ask. Maybe I’ll see you again.”

“Thank you, Michael,” the woman replied.

I wasn’t too affected by the experience. I took people from the Radiology Department to some designated area in the hospital every day. It was my assignment. After saying good-bye, I went downstairs to attend to some more people in wheelchairs.

Later in the afternoon I received a call from the Intensive Coronary Care Unit. I was shocked. Teenagers weren’t allowed in ICCU.

“Hello? This is Michael Brodeur,” I said into the phone.

“Oh, you’re the one! You’re the boy who was so nice,” a nurse said. “Could you come up to ICCU for a little while?”

“Okay, ma’am, I’ll be there right away,” I said, not quite knowing what to expect. I was curious as to why I had been called, but soon, thoughts of schoolwork, the



**W**hen I took the time to actually talk to Rebecca, I learned that she used to win beauty pageants. I learned that her husband of 42 years had died just under a year ago. I learned a lot.

upcoming football game, and food replaced my curiosity.

“Right this way,” a nurse pointed when I arrived. “It’s the door right in the middle of all the others.”

I knocked at the door. “Hello? This is Michael,” I said.

“Please come in,” a weak voice responded.

It was the woman I had wheeled to her room earlier that day. “What’s wrong?” I immediately asked, sensing something was terribly wrong.

“I just found out my cancer has progressed to a very bad stage,” she said.

“Oh, I’m so sorry. Is there anything I can do for you?”

“Well, I just wanted to talk to you,” she replied. “You were so kind to me this morning, and, well, I just wanted to talk to you.”

“Of course! I’d love to do that,” I answered.

“You remind me so much of my grandson. You have the hair, the eyes, the face. He looks so much like you,” she said.

“So where does your grandson live?” I asked.

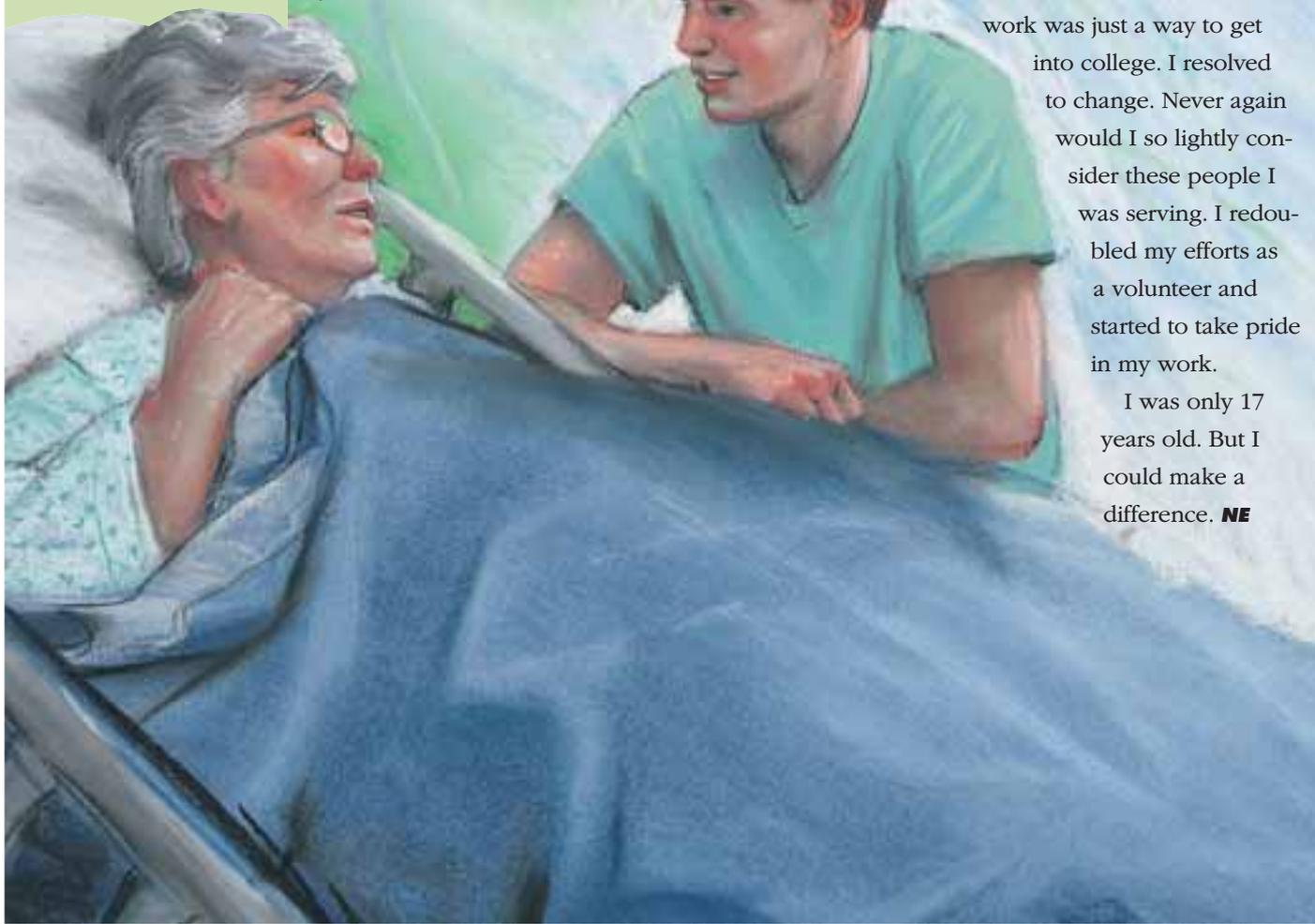
We talked for about 30 minutes. I learned about her grandchildren. I learned that she used to win beauty pageants. I learned that her husband of 42 years had died just under a year ago. I learned a lot.

That’s when it hit me: these are lives I’m touching. Why have I been so casual about people’s lives?

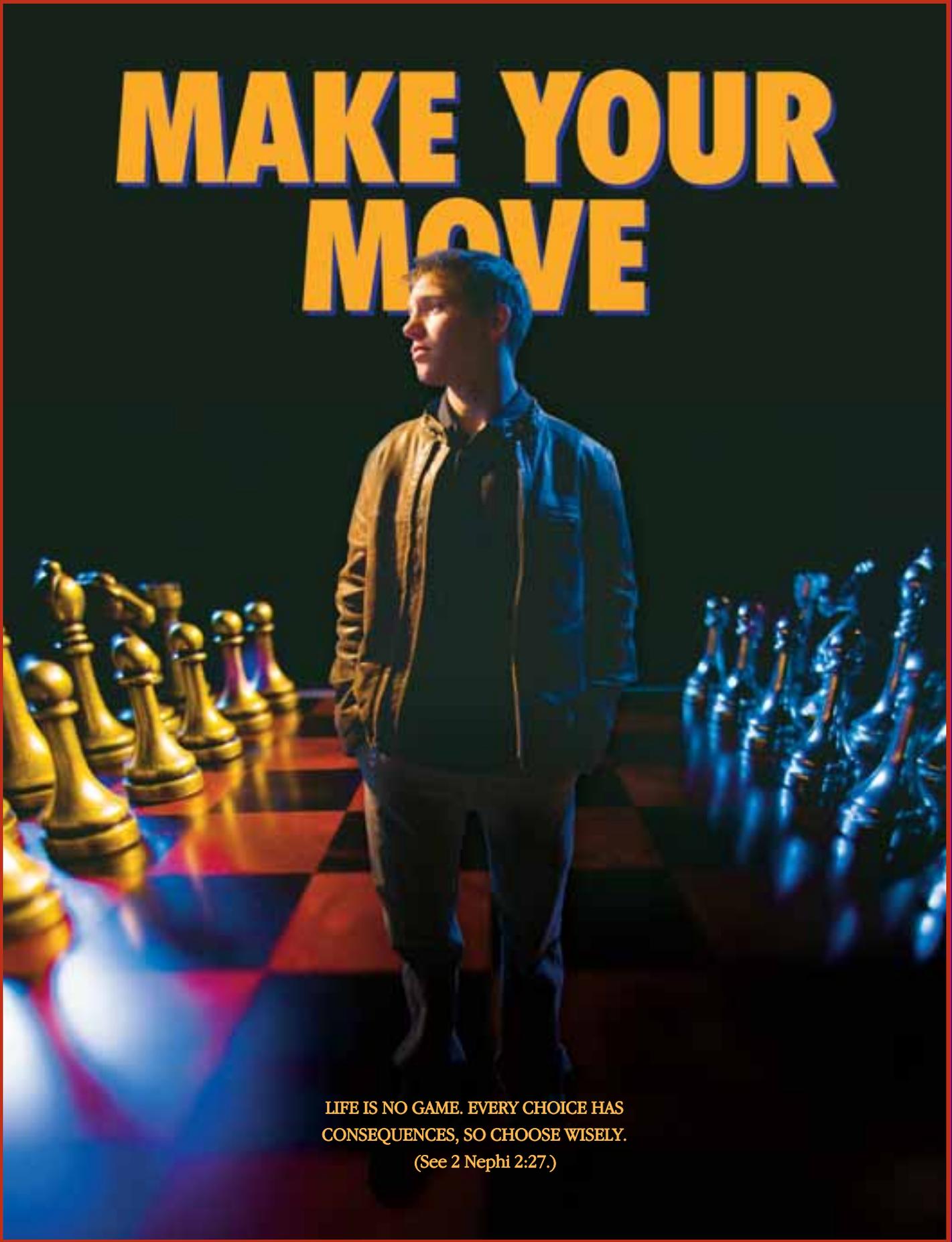
I found out that after she was told about her condition, she had asked for the “boy who had been so nice to her.” The boy who had been so nice? I hadn’t been mean, but I certainly hadn’t been the most sincere person around. After all, for me this volunteer

work was just a way to get into college. I resolved to change. Never again would I so lightly consider these people I was serving. I redoubled my efforts as a volunteer and started to take pride in my work.

I was only 17 years old. But I could make a difference. **NE**



# MAKE YOUR MOVE

A young man with short brown hair, wearing a brown leather jacket over a dark shirt and dark pants, stands in the center of a large, illuminated chessboard. The chessboard is composed of red and blue squares. To his left are several golden chess pieces, and to his right are several silver chess pieces. The lighting is dramatic, with a strong blue glow from the right and a warmer light from the left, highlighting the man's profile and the pieces.

LIFE IS NO GAME. EVERY CHOICE HAS  
CONSEQUENCES, SO CHOOSE WISELY.

(See 2 Nephi 2:27.)

# WHEN IN ROME...

## DO AS THESE ROMANS

*These youth find strength in righteous living. From left to right: Andrew Bishop, Arianna Hibo, Riccardo Celestini, Denise De Feo, Davide Bosco, Dalila Vardeu, and Sami Pace.*

BY JENNIFER MADDY  
Church Magazines

*Youth in Rome, Italy, stand strong against invading influences of the world.*



People popped in and out of shops and waved hello to friends in the crowded city center. Some people discussed business on their way to work, while others traded opinions on politics. Children played, enjoying the morning sun.

That's what a typical day might have been like in ancient Rome.

The Roman Empire was a mighty civilization with military and economic dominance. Who could have imagined its downfall?

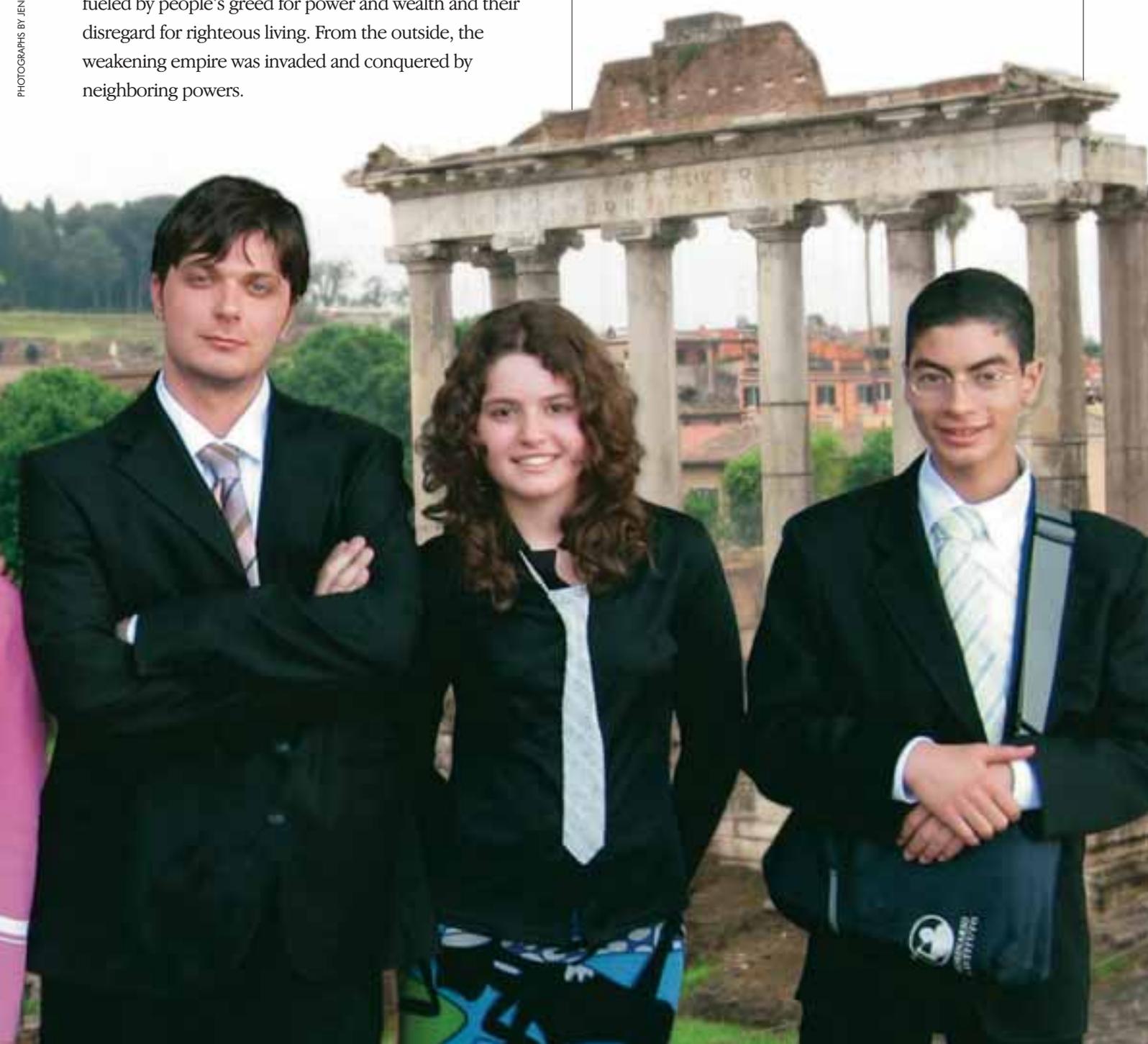
But fall it did. From the inside, the empire's decay was fueled by people's greed for power and wealth and their disregard for righteous living. From the outside, the weakening empire was invaded and conquered by neighboring powers.

Today, the young men and young women of the Rome Italy Stake stand strong, as the empire once did. But these youth hold steady against the invading influences of the adversary and strengthen their spirituality by living righteously.

#### **Roman Missionaries**

In a letter to the Romans, the Apostle Paul said, "I am not ashamed of the gospel of Christ" (Romans 1:16). Today's Latter-day Saint youth in Rome are not ashamed, nor do they need encouragement in order to stand up for what they believe, though sometimes it might be hard.

PHOTOGRAPHS BY JENNIFER MADDY



**A**mid the ruins of an ancient city, these young Latter-day Saints build their lives on the gospel, good friendships, and high standards.



Arianna Hibo, 15, says, “I have some friends who don’t share my ideas, but they always respect me.”



Dalila Vardeu, 15, adds, “I have friends who listen to me and try to understand what I am.”

And what is she? What characteristics describe these few Latter-day Saint youth surviving in the busy Italian capital? Honest, dedicated, friendly, righteous, and sincere in their desire to live and share the gospel.



Sami Pace, 16, served as deacons quorum president when he was the only member of the quorum. “I learned the importance of missionary work, even if up to now I have not had any results,” he says. “I’m the only young man in my area who’s a member. Every day I understand something more about missionary work.”



Denise De Feo, 15, sees an example in her older brother: “He’s on a mission now, and he’s having all these experiences. Not

all of them are good, but every time he has something to teach. That comforts me.”



The youth know that even seemingly small acts of service or missionary work can have a positive impact on others. Davide

Bosco, 17, says, “In the scriptures, the Lord asks us to shine (see Matthew 5:16)—not to do great things, but in the little things.”

#### **For the Strength of Italian Youth**

The young members in Rome do shine, and they do so in stark contrast to the many ancient Romans who unfortunately embraced unrighteous practices that contributed to their moral decay. Instead, today’s youth reflect the

“I have some friends who don’t share my ideas, but they always respect me.”



Light of Christ and strengthen their spirituality by maintaining high standards and attending the temple.

Denise finds that living the gospel provides a relief from the many pressures in today's world. The gospel also helps her know how to choose the right. "The things that my friends do are not always good things that I should do," she says simply.



But Riccardo Celestini, 14, emphasizes the importance of having support when trying to make right choices: "Sometimes I also need the help of my family or other help because I cannot stand alone."



Some of that other help comes from *For the Strength of Youth*. The pamphlet helps these youth in different ways. Andrew Bishop, 13, won't go to his baseball team's practices and games if they're on Sundays.

Arianna also follows the counsel on Sabbath day observance. She is a runner and had to race on many Sundays. Finally, she knew she had to make a decision. "I prayed, and even though it was hard for me to decide, I decided to go to church instead," she says.

For Davide and Riccardo, the counsel on honesty helps. "In school we have the opportunity to cheat and to copy homework from someone else," Davide says. "But not doing that will make the difference between us and other people." He adds that honesty "is one of the principles that you might think isn't very important, but it's what makes the difference."

Riccardo knows that honesty in sports is important too: "If you play fair, you know you were doing your best and not cheating. You are satisfied with what you have done."

#### Near and Far

There is one thing that these youth aren't satisfied with, and that's the number of times they can attend the temple. Without a temple in Italy, the Church members in

"I learned the importance of missionary work."



Rome drive about nine hours (one way) to the Bern Switzerland Temple. Trips to perform baptisms for the dead are infrequent. But even though the temple is far away, these youth keep it close to their hearts by striving to hold onto the special feelings they receive when they attend.

"When I'm at the temple, I feel at home," Sami says. "Every time I grow a little more."

"My favorite part about the temple is that I feel the Spirit very strongly," says Andrew. "I know that our ancestors are thanking us for helping them. We give them a gift."

Dalila agrees. "It is beautiful to feel that the people accept what we are doing for them. It's a wonderful experience."

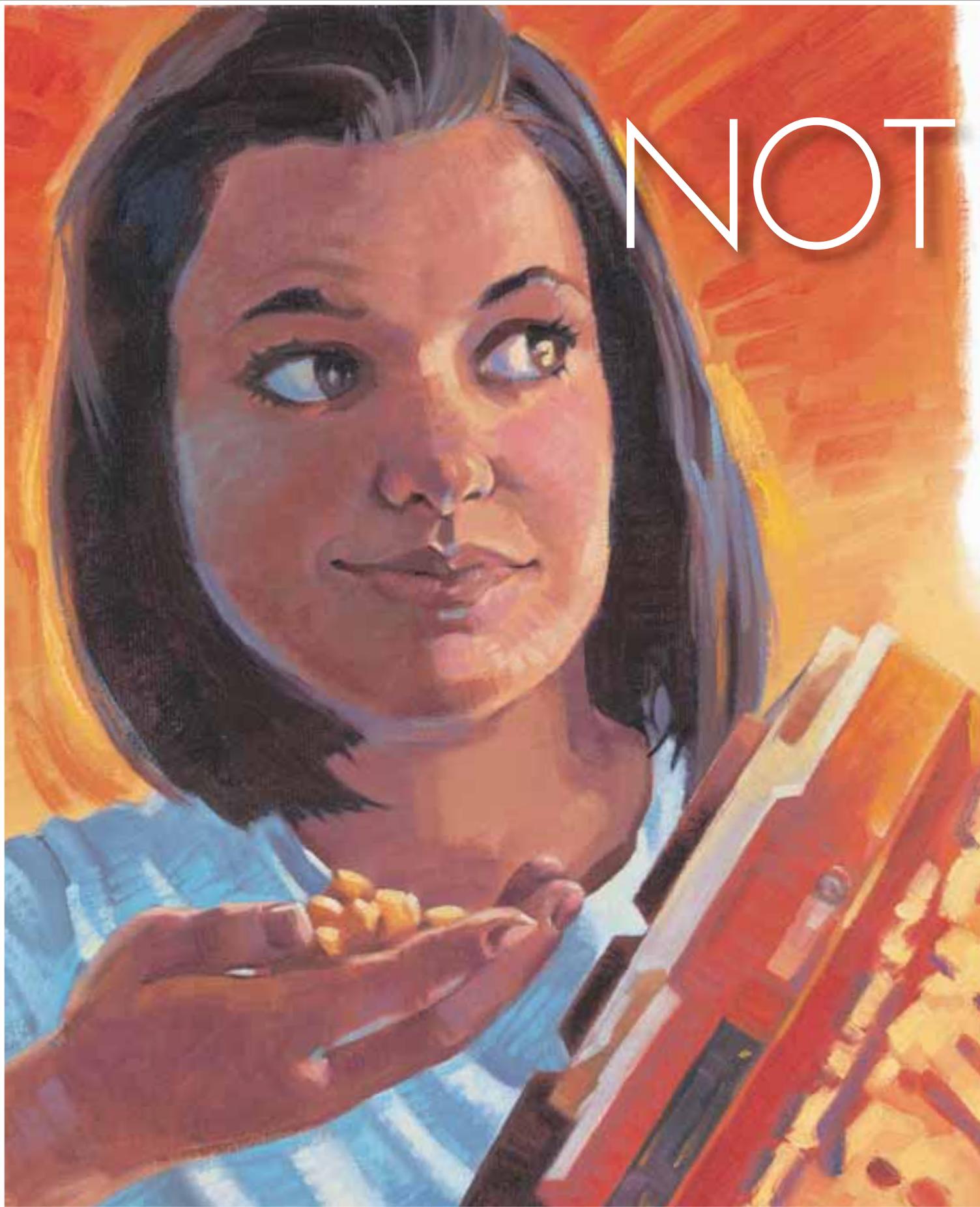
Arianna wraps up her friends' comments: "All the things they said are true. The temple is a holy place on earth, and it doesn't matter that the temple is in Switzerland or Spain. The Spirit is always the same, and we can grow every time."

Present-day Rome is littered with broken pieces of ancient buildings, stairways, and arches—pieces of once-grand structures destroyed by stronger forces. The youth in Rome, on the other hand, take the pieces of their lives—the gospel, scriptures, family, standards, the temple—and develop solid testimonies that withstand the negative influences of the world.

Sami has one suggestion for gaining that strength: "Don't give up. Let's go forward." **NE**

"The Lord asks us to shine."





# SO FAST!

BY DANIELLE NYE POULTER

*I was afraid my parents would catch me breaking my fast, but luckily, I caught myself.*

I froze on tiptoe and listened hard. Was that creaking sound I heard my parents' door? No, they were still in their room, getting ready for church. I sighed in relief then continued silently up the stairs into the kitchen.

On most fast Sundays I didn't have too much of a problem making it to dinnertime without eating. But this morning I had awakened starving! I decided to sneak up to the kitchen and get just a little snack before church.

I poked my head into the pantry and checked my options. "No, no, no," I whispered to myself as my eyes flicked over wheat crackers and unripe bananas.

Then I spied it—my absolute favorite cereal. It was sweet and crunchy, and all I needed was a handful to tide me over until dinner.

The cardboard box made a pleasant *thwick* sound

as I opened it. My hand brought out a fistful of cereal. My mouth watered in anticipation, but before I could pop that first sweet piece in, I froze again.

This time it wasn't because I had heard a noise. It was because I felt a gentle but persistent nudge to my conscience. I knew I didn't really need to worry about my parents catching me eating when I was supposed to be fasting. I was old enough to decide for myself whether I would fast or not. So what was it going to be?

As I contemplated that delicious-looking handful of cereal, I realized it didn't matter whether I actually took a bite. If my heart wasn't in my fast, I might as well not be doing it at all. I had been kidding myself spiritually. Even if I didn't get caught with my contraband cereal, I would know, and more importantly, the Lord would know that a little treat was more important to me than my spiritual well-being.

The pieces of cereal clattered back into the box as I released my clenched hand. I said a silent prayer of gratitude for the lesson I had just learned. From then on when the first Sunday of the month came around, I would know I was fasting for the right reasons, my *own* reasons, and not because my parents or leaders expected me to.

As I walked back through the kitchen and down to my room, I didn't creep along on tiptoe like I had on the way up.

This time, I walked with my head held high. The Spirit had taught me the blessings of a sincere fast, and I had chosen it for myself. **NE**

# Five Scriptures

**THAT  
WILL HELP  
YOU GET  
THROUGH  
ALMOST  
ANYTHING**

*Why do bad  
things happen,  
even to good  
people? Thanks  
to modern  
revelation,  
we have a  
few answers.*

BY JOHN BYTHEWAY

The past few years have produced a lot of scary headlines. We've seen it all, from large scale to small scale, from international terrorism to the breakdown of individual families. Innocent people, even children, are not spared. Why do these things happen? Philosophers and theologians have wrestled with that question for centuries.

However, as Latter-day Saints, we have something many philosophers and theologians don't have. We have revelation, both ancient and modern. So, rather than just asking why these things happen, let's ask a slightly different question: What do we know for sure? Let's explore five scriptures that will help us find comfort in the things we do know.

## Scripture One

### We Know That God Loves His Children!

(1 Nephi 11:17)

Early in the Book of Mormon, an angel asks Nephi a tough question, "Knowest thou the condescension of God?" Nephi answers, "I know that he loveth his children; nevertheless, I do not know the meaning of all things" (1 Nephi 11:16–17). Nephi's answer is a perfect statement for us to remember in times of trial. We don't know the meaning of all things. We don't have all the answers to explain all the tragedies in the world and in our own neighborhoods. However, we *know*, we are *sure*, that God loves His children.

Something wonderful happens when we really know, without a doubt, that God loves us—our questions completely change. Instead of asking, "Why did this happen to me?" or "Why doesn't God care about me?" we say, "Well, I know God loves me; I *know* that. So what can I learn from this experience?"

Sometimes we think our trials come

because we did something wrong. That's not always true. Adversity is simply part of earth life. From it we can grow and progress if we choose to. Yes, some trials come because of our own disobedience, but many trials are simply part of life.

The scriptures contain many examples of righteous people who suffered: Abraham, Abinadi, Joseph of Egypt, Joseph Smith, and even Jesus Christ. The fact is, bad things happen to good people. Brother Truman G. Madsen once asked President Hugh B. Brown of the First Presidency (1883–1975) why the Lord would put Abraham through the experience of being asked to sacrifice his own son. Obviously God knew that Abraham would be willing to do anything God commanded, and if that was so, why did the Lord put him through such a test? President Brown answered, "Abraham needed to learn something about Abraham" (*Joseph Smith the Prophet* [1989], 93).

God already knows what we're made of, but perhaps He wants *us* to learn what we're made of. I think we would all agree that we learn more from our tough times than from our easy times. Sometimes bad things happen to good people. We don't know the meaning of all things, but we know God loves His children! And because He loves us, He will never desert us.



*Why did this happen to me?*



*Something wonderful happens when we really know, without a doubt, that God loves us.*



*Everyone on earth has agency, and sometimes those who misuse it have an impact on many innocent people.*



**Scripture  
Two**

## **We Know That God Allows Evil to Exist in the World**

**(Moses 7:26–33)**

Sometimes our trials are a direct result of someone using their agency to do evil. Often when tragedy strikes, someone will say, “Well, it must have been God’s will.” What exactly is “God’s will”? It seems to me that God’s will is that we choose righteousness over wickedness! However, He also desires that we have a choice in the matter.

In the Pearl of Great Price, Enoch sees a frightening vision. “And he beheld Satan; and he had a great chain in his hand, and it veiled the whole face of the earth with darkness; and he looked up and laughed, and his angels rejoiced” (Moses 7:26).

Chains often symbolize bondage in the scriptures, and Enoch sees Satan looking up and laughing at the world in chains. Enoch also sees the Lord, who looks down on the sinful world and weeps. Enoch asks:

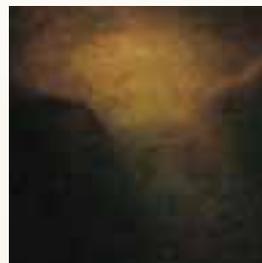
“How is it that thou canst weep, seeing thou art holy, and from all eternity to all eternity?” (Moses 7:29).

The Lord answers in what I think is one of the saddest passages of scripture:

“Behold these thy brethren; they are the workmanship of mine own hands, and I gave unto them their knowledge, in the day I created them; and in the Garden of Eden, gave I unto man his agency;

“And unto thy brethren have I said, and also given commandment, that they should love one another, and that they should choose me, their Father; but behold, they are without affection, and they hate their own blood” (Moses 7:32–33).

Clearly, what the Lord desires is that we love one another and choose to obey Him.



But some do not. They are “without affection.” Everyone on earth has agency, and sometimes those who misuse it have an impact

on many innocent people. This scripture provides evidence that the Lord notices the tragedies on the earth and that He is affected by them.

Many of the bad things that happen are contrary to God’s will. But remember that man’s will is temporary, and ultimately God’s will is what will be done.

There are other questions in all of this, too. How many acts of premeditated evil has God prevented? How many of these tragedies could have been much worse? There is no way we could know. Sometimes we see things on the news and ask, “How could God allow this to happen?” Could it be that one day we’ll discover that God prevented much more than He allowed?

How many times has someone prayed that “we might get home in safety,” and we actually did? How many traffic accidents has He helped you avoid? How many times has He inspired you to do something that saved someone from injury? We will never know in this life.

The plan of happiness allows for agency, and therefore it also allows for evil. There is no flaw in the plan.

*How could  
God allow  
evil to  
happen?*



## Scripture Three

### Our Work Is Not Finished!

(Alma 14:13)

Sometimes people need to look to someone else who relied on Christ's Atonement and was able to make it through a terrible tragedy.

As you recall, Alma and Amulek taught the people of Ammonihah. Some of them were so wicked that they responded to the message by building a bonfire and throwing the believing women and children into the flames. They forced Alma and Amulek to watch the horrible suffering.

"How can we witness this awful scene?" Amulek asks.

Alma answers: "The Spirit constraineth me that I must not stretch forth mine hand; for behold the Lord receiveth them up unto himself, in glory."

Those who believed in God were received unto Him in glory! They died, but they were going to a glorious place.

Amulek says, "Perhaps they will burn us also."

Alma replies, "Be it according to the will of the Lord. But, behold, *our work is not finished*; therefore they burn us not" (Alma 14:10-13, emphasis added).

In other words, don't let this tragedy define your life! You still have your own mission. Like Alma and Amulek, perhaps you were spared because your work is not finished!

After making such a statement, the obvious question becomes, what about those who die in such tragedies? Does that mean their work is finished? Perhaps their work *on earth* is finished, but apparently there is more work to do in the spirit world.

Death is just another milepost in the plan

of salvation. One mission president noted the sadness experienced by families who send a missionary out into the field. He also observed the great joy experienced by the mission president and his wife as they welcome a new missionary into their area. The very same event brings different feelings to different people depending on where they are. Similarly, those who are left behind feel sadness at the passing of their loved one, but there is great joy in the spirit world as the departed spirit enters into the next phase of his or her eternal existence.

The best way to prepare for death is to live life at its fullest. I believe the Lord will hold us accountable for what we did with our lives whether we have trials or not, whether we marry or not, and whether our life is easy or not.

Needless to say, Alma and Amulek witnessed an awful scene. I wonder if they were ever able to forget what they saw. How did they survive? The answer lies in Scripture Four.

## Scripture Four

### The Atonement Is Not Just for Sinners

(Alma 7:11-12)

This scripture teaches us that Jesus not only suffered for the things we do that are wrong, but He also suffered for the things which happen *to us*—things over which we have no control. Alma taught:

"And he shall go forth, suffering pains and afflictions and temptations of every kind; and this that the word might be fulfilled which saith he will take upon him the pains and the sicknesses of his people.

"And he will take upon him death, that he may loose the bands of death which bind his people; and he will take upon him their

*Don't let  
tragedy define  
your life.*



*We may never have all the answers in this life.*

infirmities, that his bowels may be filled with mercy, according to the flesh, that he may know according to the flesh how to succor his people” (Alma 7:11–12).

The words “sin” or “sins” do not appear anywhere in those two verses. But notice the other words—things in addition to sins that Jesus took upon him: *pains, afflictions, temptations, sicknesses, and infirmities*. Alma and Amulek must have relied on the Atonement of Christ to get them through the sadness, the nightmares, and the emotional trauma of the tragedy in Ammonihah. We must rely on the Atonement to help us through our personal tragedies as well.

## Scripture Five

### One Day, the Lord Will Reveal All Things (D&C 101:32–36)

We may never have all the answers in this life. The newspapers, the cable news networks, and the politicians will be debating the causes and solutions to our modern problems for years. The faithful will look for answers in the scriptures, where the answers don’t change. And one day, the Lord will return and answer all our questions:

“Yea, verily I say unto you, in that day when the Lord shall come, he shall reveal all things—

“Things which have passed, and hidden things which no man knew, things of the earth, by which it was made, and the purpose and the end thereof” (D&C 101:32–33).

Think of the perplexing questions regarding the creation of the universe, the origin of the dinosaurs, and the age of the earth. This scripture assures us that one day, the Lord will reveal “things of the earth, by which it was made, and the purpose



and the end thereof.” But that’s not all! The list continues:

“Things most precious, things that are above, and

things that are beneath, things that are in the earth, and upon the earth, and in heaven.

“And all they who suffer persecution for my name, and endure in faith, though they are called to lay down their lives for my sake yet shall they partake of all this glory.

“Wherefore, fear not even unto death; for in this world your joy is not full, but in me your joy is full” (D&C 101:34–36).

#### The Ultimate Answer

You may have noticed the title of this article, “Five Scriptures That Will Help You Get Through *Almost* Anything.”

Ultimately, it is not the scriptures that help get us through things, but the Lord Jesus Christ, of whom the scriptures testify. He is the one who will help us get through *anything* and *everything*. Because of Jesus Christ, we can remove the word “almost.” Jesus didn’t *almost* conquer death and hell; He conquered it. Jesus didn’t *almost* accomplish the infinite and eternal Atonement; He accomplished it. The language of the scriptures is absolute when it comes to power of the Savior. (See the list on the next page.)

Finally (and most important for our discussion), in the midst of our trials and adversity, He promises us the power to overcome all things with no *almost*. “By giving heed and doing these things which ye have received, and which ye shall hereafter receive—and the kingdom is given you of the Father, and *power to overcome all things*”

(D&C 50:35, emphasis added).

While we may not have all the answers in this life, the Lord does, and we can trust Him more than anyone or anything in this world. He will help us get through *everything*.

So what do we know for sure, from sources whose answers don't change? We know that God loves His children. We know that part of His plan is to allow evil to exist in the world. We know that if we're still alive, we have a work to accomplish. We know that the Savior suffered not only for our sins, but also for our pains and afflictions, and we know that one day He will conquer the evil one, answer all our questions, and bless us with a fulness of joy. **NE**



*He promises us the power to overcome all things with no almost.*

## THE LORD IS OVER ALL

Ultimately, it is the Lord Jesus Christ who will help us get through *everything*. The language of the scriptures is absolute when it comes to His power. Notice the absence of the word *almost* in the following verses:

---

**D&C 88:6**—Jesus descended below *all* things.

---

**Alma 7:11**—He suffered temptations of *every* kind.

---

**Hebrews 4:15**—He was tempted in *all* points as we are, yet He is without sin.

---

**D&C 58:22**—He subdued *all* enemies under His feet.

---

**D&C 50:41**—He overcame the world.

---

**John 1:3**—*All* things were made by Him.

---

**D&C 50:27**—*All* things are subject unto Him.

---

**2 Nephi 9:20**—He knoweth *all* things.

---

**D&C 88:41**—He comprehendeth *all* things.

---

**D&C 101:16**—*All* flesh is in His hands.

---

**John 14:26**—Through the Holy Ghost He will bring *all* things to our remembrance.

---

**Matthew 19:26**—He taught that with God *all* things are possible.

---

**Romans 8:28**—Because of Him, *all* things that we experience will work together for our good.

---

# RIGHT TURN

BY HILLARY HOLBROOK

*We left, and that was the safest thing to do.*

**M**y best friend, Liz, and I were always eager for girls' camp. Since we were 12, we had excitedly gone every year. The hot, muggy Texas weather didn't bother us a bit. We loved spending time with the girls and leaders from our ward and stake, attending fun activities, and bearing our testimonies on the last night of camp. Now, as 18-year-olds, we were being given the chance to serve as music leaders in our seventh and final year before going to college.

The Saturday before camp started, we decided to drive to the location, an hour away from where we lived, to look at the unfamiliar campgrounds and get a feel for how to prepare our tent and cabin. Both of our mothers advised us not to go. They warned us that a storm was coming from the direction where we were headed. A thunderstorm in Texas is no small matter, especially in the early summer months of May and June. Downpours mixed with heavy thunder and flashes of lightning are not unusual. But we were excited and a bit rebellious, and we went anyway.

The moment we drove into the state

park, immense drops of rain pounded the windshield of the small car I was driving. The wipers flipped back and forth, splashing the rain off. The sky was gray, and evening was quickly approaching. We didn't have much time to find our campsite. We drove into the main part of the park, near a closed convenience store and park headquarters. The parking lot was empty, and everything looked secluded. There was no trace of anybody anywhere.

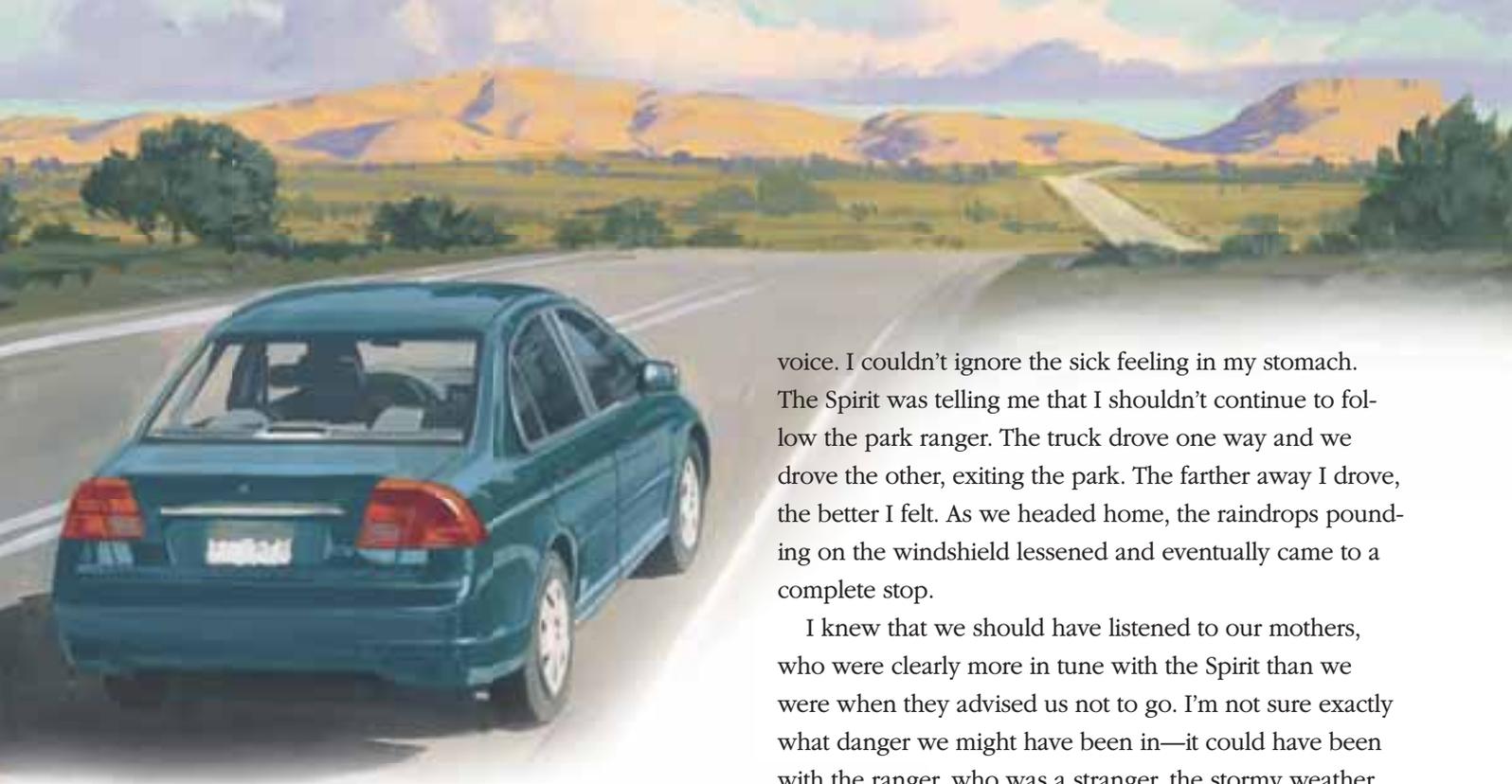
"What should we do?" I asked. "We can't find these campsites from here."

"Let's walk around and see if a park ranger could help us," she replied.

Wooden canoes, tied up to a dock on the lake, clanked together as fierce winds blew. The tall trees swayed back and forth, their leaves rustling together like pom-poms. Rain hit the lake like a million pennies falling from the sky. We quickly got back into the car.

"Maybe we should just go home," I said. Just as I started the engine, though, a park ranger's truck approached us. A stocky-built man stepped out and approached my vehicle. I rolled down my window, eyeing





the state park badge sewn on the left sleeve of his stiff, brown button-up shirt.

He hunched over, tipping his ranger hat and placing his hands on his knees.

“Can I help y’all?” He asked. I could smell alcohol on his breath. I looked at Liz, and then back at him.

“We’re going to be attending a camp here this coming week,” I replied. “We just came to look for some campgrounds.”

“Oh,” he said. “I was just heading down that way. Why don’t you follow me?”

“Okay,” I replied, feeling unsure. I rolled up my window.

“Liz, that guy *freaked* me out,” I said. “Could you smell the alcohol on his breath?” I had a sick feeling in my stomach, which is the feeling I get when the Spirit is prompting me to turn away from a bad situation.

As the park ranger drove, we followed. Then we came to an intersection where we could choose to continue following the ranger or exit the park. For a moment, we stopped. I watched as his truck drove through the spillway into the camp. The water from the lake, which spilled over the road, reached halfway up the truck’s tires. I knew that my small car might get stuck on the spillway if the rain continued.

“Let’s get out of here,” said Liz, with urgency in her

voice. I couldn’t ignore the sick feeling in my stomach. The Spirit was telling me that I shouldn’t continue to follow the park ranger. The truck drove one way and we drove the other, exiting the park. The farther away I drove, the better I felt. As we headed home, the raindrops pounding on the windshield lessened and eventually came to a complete stop.

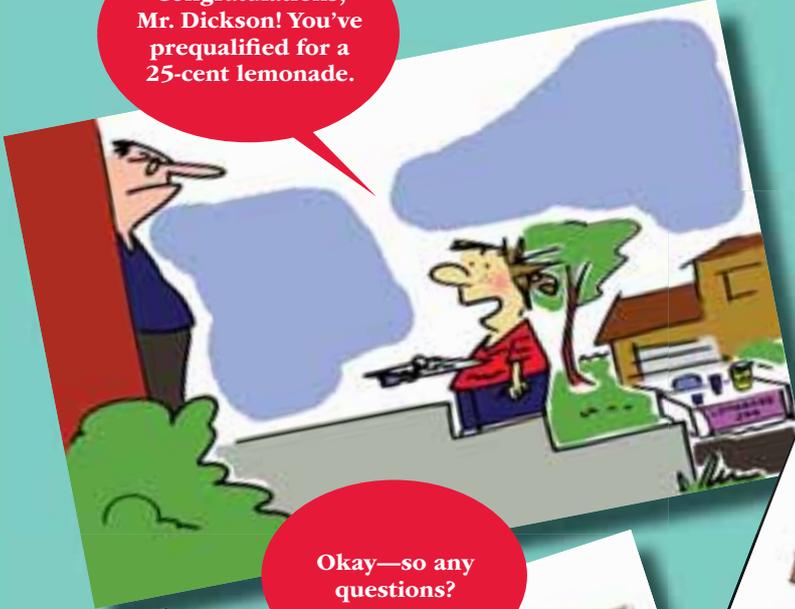
I knew that we should have listened to our mothers, who were clearly more in tune with the Spirit than we were when they advised us not to go. I’m not sure exactly what danger we might have been in—it could have been with the ranger, who was a stranger, the stormy weather, or things completely unknown to us at the time. But the best part of the story is, we weren’t there to find out! I’m absolutely sure that we had to leave, and I’ve learned that when faced with a decision to make, following the inspired counsel of our parents and the promptings of the Spirit is the best and safest direction to take. **NE**

## A PROPHET’S EXPERIENCE

**P**resident Harold B. Lee, the 11th president of the Church (1899–1973), had a similar experience as a young boy. Although he wasn’t sure what kind of danger he might have been in, he still followed the Spirit.

“I was around ten or eleven years of age. I was with my father out on a farm away from our home, trying to spend the day busying myself until my father was ready to go home. Over the fence from our place were some tumbledown sheds that would attract a curious boy, and I was adventurous. I started to climb through the fence, and I heard a voice clearly as you are hearing mine, calling me by name and saying, ‘Don’t go over there!’ I turned to look at my father to see if he were talking to me, but he was way up at the other end of the field. There was no person in sight. I realized then, as a child, that there were persons beyond my sight, for I had definitely heard a voice” (*Stand Ye in Holy Places* [1974], 139).

Congratulations, Mr. Dickson! You've prequalified for a 25-cent lemonade.



JON CLARK

Okay—so any questions?



RYAN STOKER

Oh, my mistake, Elder. It's a letter from John Deere not a Dear John.



VAL CHADWICK BAGLEY

Of course we're happy you're home from Scout camp, Son. We're just not letting you in until you hose off.



ARIE VAN DE GRAAFF

# TO THE POINT

Sometimes I wonder if  
the Church is true. Is there  
someone I can  
talk to about  
my doubts?



Your parents, bishop, and Church leaders are all good people to talk to about this. They can help you sort out your concerns and answer many of your questions.

Most important, however, is asking your Heavenly Father if the Church is true. The Savior has promised that if we ask, we shall receive. But you must ask in faith. To receive answers, you need to listen for the still, small voice of the Holy Ghost. You will also want to repent of sins and eliminate any roadblocks that would make it difficult for the Spirit to communicate with you.

Sometimes God has already answered our prayers and we just aren't listening. Doctrine and Covenants 8:2–3 says that the Spirit will “tell you in your mind and in your heart.”

If you have thought, “When others bear their testimonies, I feel *they* know the Church is true” or “When I’m at Church, I feel good,” that is one way the Spirit answers prayers.

We must listen carefully to the Spirit; learning to do so is a lifelong pursuit.

Your testimony will come from those feelings of peace and calm assurance that the Spirit brings, more than from facts or the testimonies of others.

Your testimony is built on faith, which comes from learning and living the gospel.

Gaining a testimony takes patience, effort, and faith. You will likely experience opposition and doubt. Keeping the commandments and remembering those peaceful feelings that come from the Spirit will prepare you to receive the answers you need. And as you continue in faith, you will receive the testimony you seek. (See D&C 88:62–69.) **NE**

**Some of my friends call  
our leaders by  
their first name.  
Is that OK?**

It's a matter of respect. Although your leaders are your friends, they are still your leaders. They've been called and set apart to fulfill a calling, whether it is a Young Women president, Scoutmaster, or some other position. They deserve your respect, and part of that is calling them "brother" or "sister." Just like you wouldn't call your bishop by his first name, you shouldn't call your other leaders by their first names, either.

Elder Theodore M. Burton of the Seventy (1907–1989) said, "Through baptism we have become adopted members of the royal family of Jesus Christ, and that is the basic reason we now call each other 'brother' or 'sister.' We have indeed become members of the Church, or family, of Jesus Christ" ("To Be Born Again," *Ensign*, Sept. 1985, 70).

It would be best to always refer to your leaders as "brother" or "sister." The same is true for other adults in the Church. If you treat them with respect when you speak to them, it will be easier to be respectful at all times. **NE**

**I have a medical condition  
that keeps me from fasting,  
but I still want fast Sunday to be  
special. How can I bring the Spirit closer to me  
on fast Sundays?**

It's true that some people have different needs when it comes to fasting. But there are things you can do to make fast Sunday special even if you can't go without food.

An important part of fasting is prayer with a purpose. Even though your medical situation means it would be unwise for you to go without food or drink, you can still focus on someone or something in particular to pray about throughout the day. You can focus on seeking inspiration in dealing with a specific situation, a desire to understand a gospel principle more fully, or expressing gratitude for your blessings. You can also commit to spending more time with the scriptures and in personal prayer and reflection.

Another way to bring the Spirit closer is to serve. Pause to help and lift someone. Consider donating additional money to fast offerings.

"Fasting embodies a principle of sacrifice—that of denying oneself something so that he or she can become a more spiritual individual. Perhaps one could sacrifice something other than food or drink in order to accomplish this goal. One might abstain from television, movies, or sleeping in" (Malcolm S. Jeppsen, "I Have a Question," *Ensign*, Apr. 1979, 25).

If you invite the Spirit into your heart through your thoughts and actions, fast Sundays can be a special day to draw closer to the Lord through prayer and sacrifice. **NE**

# Service ON WHEELS

BY HILLARY HOLBROOK

*It isn't hard to be a big wheel if you're a priest in the Glenview Ward. All you have to do is give a little service.*

**S**ervice can come in many forms: baking cookies, raking leaves, babysitting. But for a group of young men in Mesa, Arizona, service has come in a different form: pushing wheelchairs.

Every Sunday, the priests

quorum in the Glenview Ward, Mesa Arizona Kimball Stake, give elderly sisters the chance to partake of the sacrament by pushing their wheelchairs from an assisted living home to their ward meetinghouse. Here's what the young men have to say about the service:



PHOTOGRAPH BY SHARON V. MCRAE

### WHAT IS THE BEST PART ABOUT SERVING THE SISTERS?

“The best part about taking the sisters to church every week is seeing the looks of gratitude in their eyes. They’re so happy. You can tell that they really enjoy coming to church and partaking of the sacrament.”

—Brad Bishop

“There are some who can’t even talk, yet their gratitude is clearly expressed through their beaming faces. One great thing about the sisters is that they have a great sense of humor. They always have good jokes.”

—Tyson Anderson

### HOW DO YOU FEEL WHEN YOU SERVE?

“When I can help the sisters go to church by pushing their wheelchairs, I feel really good. When we arrive at the meetinghouse, ward members always talk with the sisters. We take them to church, but the members go the extra mile to visit with them.”

—Nathan Carroll

“When our quorum first got the assignment to push wheelchairs, I wasn’t sure what to expect. But now I love to serve the sisters. I have fun talking to them about life.”

—Leighton Carroll

“When I serve the sisters, I feel amazed by their dedication. It takes a lot of effort for them to get up early and get ready, but they always come. They always have smiles on their faces.”

—Austin McNeil



# THE CHURCH IN USA — GEORGIA

Missionaries for the Church arrived in Georgia in 1843 to preach and later to campaign for the Prophet Joseph Smith's United States presidential bid. One early convert to the Church donated land and built a chapel at Mormon Springs in Haralson County.

By 1908, Church membership in Georgia was approximately 6,800. The first temple to be built in the Southern states was completed in 1983 in Atlanta, Georgia.

Atlanta Latter-day Saints gave disaster relief to the community after the 1992 Hurricane Andrew in Albany; the flooding in 1994, when some 6,000 Church volunteers assisted homeowners; and to the Gulf Coast after Hurricanes Katrina and Rita in 2005.

*“Make the best investment of your life by spending more of your time now to study and learn for yourself the ways of the Lord.”*

**Elder M. Russell Ballard of the Quorum of the Twelve Apostles, “The Making of a Missionary,”** *Ensign*, Nov. 1976, 87.

Here are a few facts about the Church today in Georgia:

<b>Membership</b>	<b>71,268</b>
<b>Missions</b>	<b>3</b>
<b>Temples</b>	<b>1</b>
<b>Congregations</b>	<b>137</b>
<b>Family History Centers</b>	<b>44</b>

Information from Newsroom at [www.lds.org](http://www.lds.org).

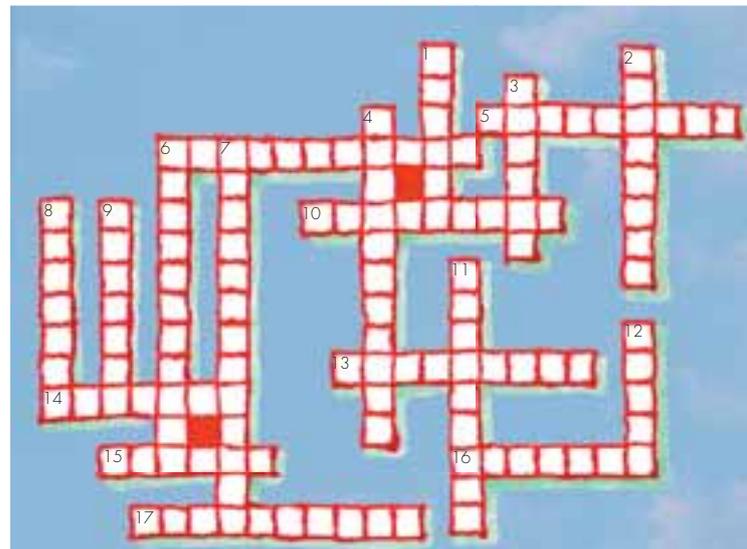
## MY FAVORITE SCRIPTURE

**Alma 37:37** When I am having a bad night, I read this scripture and it reassures me that the Spirit is with me and Heavenly Father and Jesus Christ are watching over me.

**Taylor A., 12, Illinois, USA**

Tell us about your favorite scripture in one or two sentences. Send it to [newera@ldschurch.org](mailto:newera@ldschurch.org).

PHOTOGRAPH COURTESY OF TAYLOR A.



## SERMON ON THE MOUNT

This crossword puzzle will help test your knowledge of the Savior's Sermon on the Mount as recorded in Matthew, chapters 5–7.

### ACROSS

- Jesus taught not as the scribes, but “as one having \_\_\_\_.” (7:29)
- “Blessed are the \_\_\_\_: for they shall see God.” (5:8)
- “Lay not up for yourselves \_\_\_\_ upon earth.” (6:19)
- “Blessed are they that mourn: for they shall be \_\_\_\_.” (5:4)
- No man can serve two of these. (6:24)
- We should not hide our light under this. (5:15)
- “Blessed are the meek: for they shall \_\_\_\_ the earth.” (5:5)
- “Blessed are they which are \_\_\_\_: for righteousness' sake.” (5:10)

### DOWN

- We should not cast these before swine. (7:6)
- “Blessed are the \_\_\_\_: for they shall obtain mercy.” (5:7)
- “Judge not, that ye be not \_\_\_\_.” (7:1)
- “When ye pray, use not vain \_\_\_\_, as the heathen do:” (6:7)
- “Blessed are the \_\_\_\_: for they shall be called the children of God.” (5:9)
- “Blessed are they which do hunger and thirst after \_\_\_\_: for they shall be filled.” (5:6)
- “Blessed are the poor in spirit: for theirs is the \_\_\_\_ of heaven.” (5:3)
- We should love not only our neighbours, but also our \_\_\_\_ (5:44)
- What are we if we do not first cast out the beam in our own eye rather than worrying about others' problems? (7:5)
- “Ye are the \_\_\_\_ of the world.” (5:14)

8. kingdom 9. enemies 11. hypocrite 12. light

Down: 1. pearls 2. merciful 3. judged 4. repetitions 6. peacemakers 7. righteousness 10. treasures 13. comforted 14. masters 15. bushel 16. inherit 17. persecuted

**Answers:** Across: 5. authority 6. pure in heart

THE SERMON ON THE MOUNT, BY HARRY ANDERSON



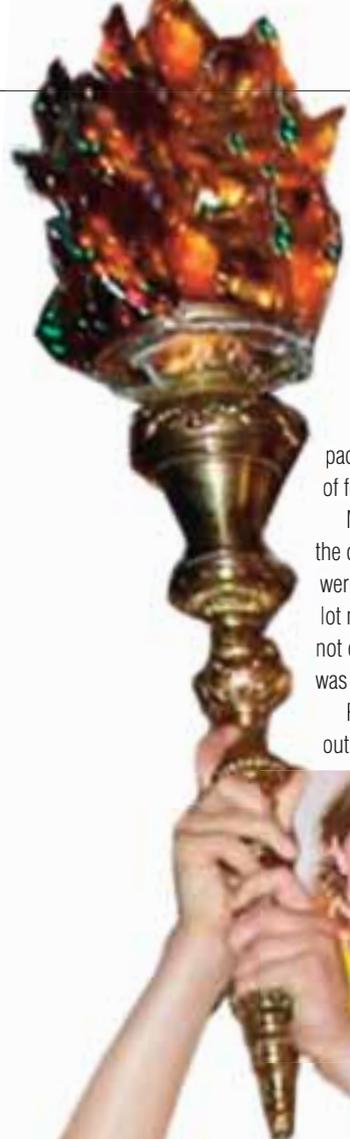
## RAISE THE TORCH

Some 650 young men and women from the greater Atlanta, Georgia, area took part in a two-night dance festival themed Raise the Torch. It was a reminder for the youth to stand as witnesses of God at all times and in all places. The youth from 24 wards and branches performed 13 dance numbers to a cheering, packed house of 1,500 people on each night. Attendees were encouraged to do the "can-can" by bringing a can of food to help "stomp" out hunger. Nearly five barrels were filled with donations for the local food bank.

Many of the teens talk about the close bonds they forged with the youth from their own ward and also from the other units and stakes. Beehive Elizabeth Hall recently moved to Roswell, Georgia, when dance rehearsals were under way and was excited to take part. "Getting involved in the dance festival enabled me to get to know a lot more of the youth quickly," she says. Others, like Michael Reid, 16, of the Webb Bridge Ward says he learned not only how to line dance, but he "met some great new friends." One of the most amazing occurrences, however, was that 12- and 13-year-old boys actually danced!

Prior to the performances, the youth were able to raise their torches by taking part in service projects throughout the community. All told, the youth provided more than 4,500 hours of service. Upcoming Beehives and

deacons have already started asking when the next dance festival will be held so they can participate.



PHOTOGRAPHS COURTESY OF TODD WESTBERG

### BY THE NUMBERS

**107** Number of languages in which the Book of Mormon is published (includes both full edition and selections).



## FOCUSING ON VALUES

To promote modesty and values, the young women of the Torrance Second Ward in California had a modest "fashion shoot" for a recent Mutual activity. Each girl chose a value to portray in her clothing choice. The room where the young women meet was then transformed into a working photo studio, complete



with studio lights and backdrop. Each girl had her own photo shoot with her value poster and then the photographer took group shots. Not only did the young women learn about the values, but they also realized modesty can be easy, fun, and fashionable. And it never goes out of style.

PHOTOGRAPH COURTESY OF CINDI PICKETT

PHOTOGRAPH BY GETTY IMAGES

# SCRIPTURE READING ADDS UP!

BY CHAD MORRIS

**K**atie raised her hand. She had a very good question. Feeling OK to stray from the flow of the lesson, the teacher directed the class to a scripture that would help with an answer. Another hand rose with another question. Again, we turned the pages of the Book of Mormon for help with the answer. After the third time in this process,

Katie raised her hand again. Almost before the teacher could call on her, she blurted out, “How do you know your scriptures so well? How can you find all that?”

The teacher thought for a moment. He said he was nothing special. He didn’t have a photographic memory, or even a very good one. And then he answered with another scripture: “By small and simple means are great things brought to pass” (Alma 37:6). The teacher testified that he read his scriptures often. He read them daily. And years of daily scripture study add up.

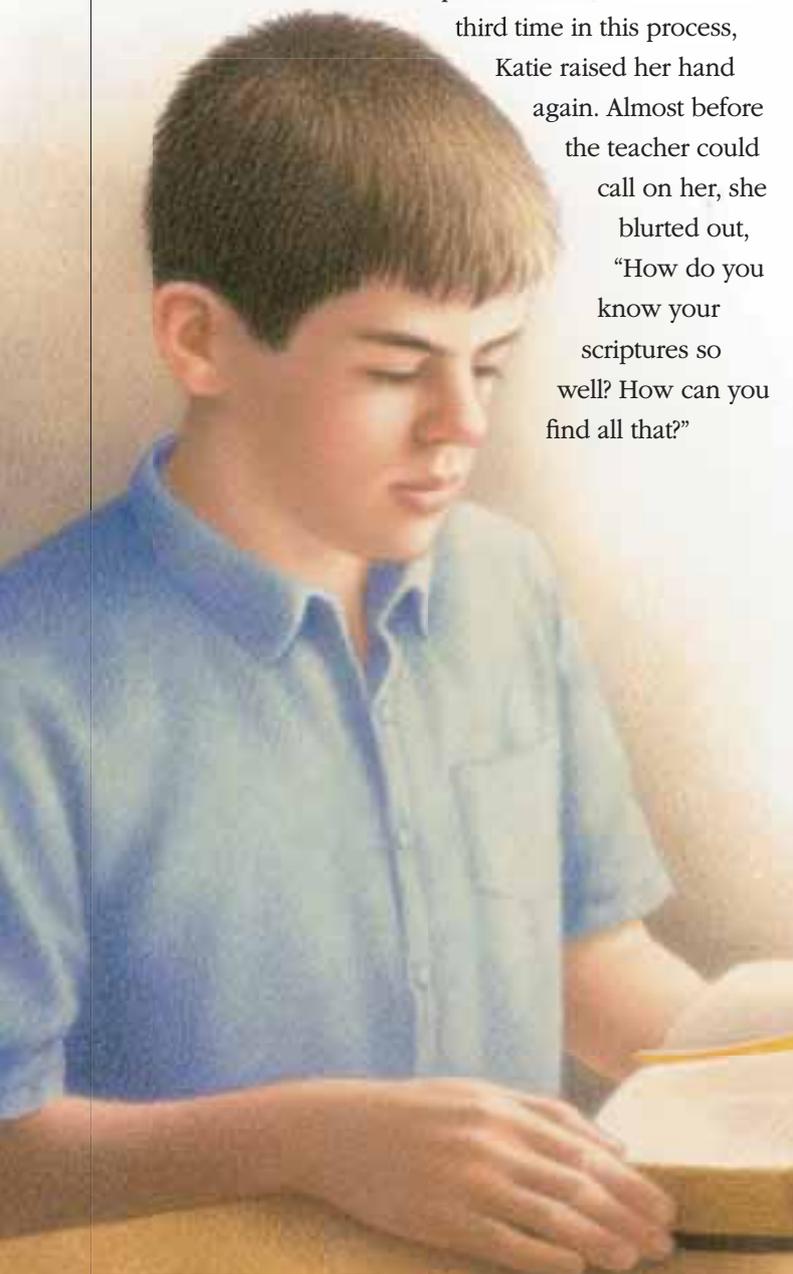
I’ve reflected on that moment several times. I believe I caught a glimpse of the bigger picture of daily scripture study. Prophets have taught of its importance and how it will bless our lives. President Gordon B. Hinckley said, “You may think you are too busy. Ten or fifteen minutes a day with the scriptures, and particularly with the Book of Mormon, can give you a marvelous understanding of great eternal truths” (“Rise to the Stature of the Divine within You,” *Ensign*, Nov. 1989, 97).

Prophets have taught that there are consequences for inconsistent or casual attempts at scripture study. President Harold B. Lee taught, “If we are not reading the scriptures daily, our testimonies are growing thinner, our spirituality isn’t increasing in depth” (*Teachings of Presidents of the Church: Harold B. Lee* [2000], 59).

When beginning the scripture study habit, do not be surprised if it is difficult. But the effort is worth it. President Thomas S. Monson taught, “The holy scriptures are an unfailing guide in our lives. Become acquainted with the lessons the scriptures teach. Learn the background and setting of the Master’s parables and the prophets’ admonitions. Study them as though each were

speaking to you, for such is the truth” (“A Time to Choose,” *Ensign*, May 1995, 97).

I read my scriptures daily. I read them personally and with my family. I need them every day. I know the Lord has many more things to teach me. And every little sincere attempt adds up. **NE**



# MATTHEW

## 5:14-16

*In the Sermon on the Mount, the Savior taught us the importance of letting the gospel light shine in our lives.*



### Light of the world

“Jesus wants every one of us to know him because of the transforming power of that knowledge and because of the indescribable joy it brings into our lives. But the influence of the gospel is to extend beyond each individual. It is to be as a light that dispels the darkness from the lives of those around us. No one is saved solely and simply for himself alone, just as no lamp is lighted merely for its own benefit.”

**Elder Joseph B. Wirthlin of the Quorum of the Twelve Apostles, “Build It Right,” *New Era*, Mar. 1990, 64.**



### Let your light so shine

“The candle that the Lord has lighted in this dispensation can become as a light unto the whole world, and others seeing our good works can be led to glorify our Father in Heaven and emulate in their own lives the examples they have observed in ours.”

“Beginning with you and me, there can be an entire people who, by the virtue of our lives in our homes, in our vocations, even in our amusements, can become as a city upon a hill to which men may look and learn, and an ensign to the nations from which the people of the earth may gather strength.”

**President Gordon B. Hinckley (1910–2008), “A City upon a Hill,” *Ensign*, July 1990, 5.**

Ye are the “light of the world. A city that is set on an hill cannot be hid.  
 15 Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house.  
 16 Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.”

### City on a hill

Ancient cities were often placed on hills to offer greater defense and safety. People could see them from far away and knew where to flee if danger came. How is being a disciple of Christ like being a city on a hill?

### Bushel

This word originally comes from an ancient Greek unit of measurement for dry goods (about 8.7 liters) and also refers to the container used for measuring this unit. Imagine covering a candle with a large container like a bucket.

### Good works

Read the words of the hymn “*Have I Done Any Good?*” (*Hymns*, no. 223). Write down a few things you can do to help or uplift someone, and plan times to do them. Put your list somewhere you will easily see it.

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

# CHOOSING SIDES

BY KATHY PARRY

**W**hen I was a junior in high school, I was on the varsity cheerleading squad. Every summer we attended the NCA Cheerleading Camp at the University of Georgia. That year, as my roommate and I were unpacking, I took out my scriptures and my picture of a temple and put them on the desk in the room, something my Laurel adviser had challenged us to do.



When my roommate saw that I had taken those things out, she moaned and said that she couldn't take being around someone so religious and picked up her mattress and walked out of the room. She went into the next room and sat down with the rest of the cheerleading squad. I could hear them saying horrible things about my beliefs and me. I was shocked. I just sat there on my bed and wondered what to do. I looked at my scriptures and the temple picture and thought, "Who do I want to please? Do I want to please Heavenly Father or these girls?" I remembered that Heavenly Father would never forsake me, and I knew that I wanted to please Him.

I endured a week of being excluded and shunned. I sat alone in my room every night and listened to the other cheerleaders laughing. At mealtime, they would crowd me to the end of the table and turn their backs to me. The only time anyone would talk to me was if they needed to communicate about a cheer we were doing. I wanted so badly to go home, but I could not. I spent a lot of time that week praying for Heavenly Father to help me. I prayed for strength to make it through the week. I prayed that I would treat the other girls nicely in spite of how they were treating me. I prayed that their hearts would be softened towards me.

This situation continued until it was the last day of camp. In the morning, we practiced and prepared for the final competition that afternoon. Our squad was good, and we came in first or second place every

# RIGHT PLACE, RIGHT TIME

BY MEGAN MICHEL

One day at school, I was in a hurry to get to my math class, and my locker wouldn't open. I hadn't had any trouble opening my locker all year, so I was surprised I couldn't open it. Right then the hall monitor walked by and opened my locker. I got my books and realized that if I walked into my math class, I would be tardy, so I went to find the hall monitor. She gave me a back-to-class pass. Just as I turned the corner, there was a girl in the hall sobbing because some girls had pulled a mean prank. I didn't know her very well, but I gave her a hug, and she hugged back. I was amazed that the only time my locker jammed

year. That year, however, our routines were not going well. Nothing seemed to be working for us that morning. The girls felt hopeless. We sat in a circle and talked about what we could do to improve our cheer and make it come together.

One girl said, "We need help. We need to pray." A few of the girls said they didn't know how to pray. Then, in the same instant, I saw 11 heads turn in unison and look at me. "Kathy, you know how to pray. Will you pray for us?" asked one of the girls. I couldn't believe it. The Spirit touched me, and I felt so much love for them. I was excited for the opportunity to pray and so happy that I had remained faithful to Heavenly



was that one day when a girl could use a hug. I think it is amazing that the Lord puts you in certain situations to help others. **NE**

Father, even in the face of ridicule. I felt such responsibility offering that prayer. The cheer came together, but the bigger miracle was the change that took place in the hearts of the girls. From that day forward, we were friends, and they respected my beliefs and values. On top of that, before every football game, our cheerleading squad would gather together in a circle joining hands, and they would ask me to offer a prayer.

I know that it is difficult sometimes to stand for what is right, but I know that Heavenly Father is aware of our difficulties and if we remain true to Him, He will stay with us and help us overcome. I learned for myself that it is worth it to stay on the Lord's side. **NE**

# MY CHANGE OF HEART

BY ALLISON JUDD

**W**hen I was three years old, my family's life changed forever. My mom gave birth to my brother, Ben, who was born with Down syndrome. I don't remember his birth, but I do remember him getting a lot of extra attention and care.

Growing up with a physically and mentally handicapped brother was difficult for me. I remember one day when Ben was in second grade. I got home

from school, and my mom told me that some boys at school had tricked him into drinking toilet water and then laughed at him for doing it. I was so angry and upset. I didn't understand why we had been given this burden.

Not long ago, I was at an activity with my family. There were people attending whom Ben knew from school. Every time he saw someone he knew, he would give them a great big hug. I saw how much Ben loved

everyone, no matter what. That day, I realized that Ben was no trial in my life but a blessing. He had made me a better person in so many ways. I am so grateful to Heavenly Father for letting Ben be such a major part of my life. **NE**

# A BETTER USE OF TIME

BY CAMERON NUCKOLS

**M**y friends and I started to play video games a little each day. Soon we were playing two hours a day. When we talked to each other during the games, things that normally wouldn't be said were said. I decided that every time my friends would play video games, I would make better use of my time by doing something else. I soon found that I was a lot happier inside. Video games can be fun, but when they're filled with vulgar language and violence, Satan can corrupt our minds. **NE**

**INSTANT MESSAGES** features personal experiences, insights into favorite hymns and scriptures, and other uplifting thoughts. If you have a personal experience that has strengthened your testimony and you'd like us to consider it for Instant Messages, please e-mail it to

[newera@ldschurch.org](mailto:newera@ldschurch.org)

or send it to:

New Era, Instant Messages  
50 E. North Temple St., Rm. 2420  
Salt Lake City, UT 84150-3220, USA

Please limit submissions to 400 words or less. They may be edited for length and clarity.



**Mutual Activity Idea**

• At the change of the seasons, different preparations need to be made by ward members around their homes. In the northern hemisphere, as temperatures are dropping, make sure elderly ward members have help in putting away hoses, annual flowers are removed from flowerbeds, and shrubs cut back. In the southern hemisphere, as temperatures rise, help those who need it to get their homes and yards ready for warm weather.

Make assignments and divide up the chores. Be sure to let everyone know you are coming and ask if they would like this type of service.



**Personal Progress or Duty to God Idea**

• Take some time to preserve a part of your own history. If you have some poetry you have written, artwork you have produced, or music you have composed, make copies (or take photos of your artwork) and collect them into one folder or box. This collection will become more interesting in the future.

**Family Home Evening Idea**

• Read together the story “Not So Fast!” on page 24. Talk about the reasons that we fast and what kinds of things we fast for.

SUNDAY LESSON HELPS

In addition to the Resource Guides (online at [www.lds.org/gospellibrary](http://www.lds.org/gospellibrary), in the Shortcuts section), Young Women and Aaronic Priesthood teachers may find these resources helpful in enhancing lessons 38–42.

**Young Women Manual 3**

**Lesson 38: Good Health Habits**

- Riley M. Lorimer, “Take Care,” *New Era*, July 2007, 34.
- Shanna Ghaznavi, “Rising above the Blues,” *New Era*, Apr. 2002, 30.
- Janet Thomas, “Eating Disorders: A Deadly State of Mind,” *New Era*, Feb. 1993, 36.

**Lesson 39: Recognizing Our Individual Worth**

- Sarah Cutler, “I Am Important,” *New Era*, Apr. 2008, 24.
- Angela Hirschi, “My Big Feet,” *New Era*, Nov. 2006, 24.

**Lesson 40: Loving Ourselves and Others**

- Amanda Diane Tingen, “Sitting With Chris,” *New Era*, Apr. 2008, 42.
- Tricia Hardcastle, “Worth Loving,” *New Era*, Apr. 2004, 37.

**Lesson 41: Being Dependable**

- Michael Brodeur, “My Attitude Transplant,” this issue, 16.
- Annette Larsen Proulx, “I’m Impressed,” *New Era*, July 1998, 49.

**Lesson 42: Preparing for Change**

- John Bytheway, “Five Scriptures That Will Get You through Almost Anything,” this issue, 26.
- John H. Groberg, “Choose a Bright Future,” *New Era*, Sept. 2006, 38.

**Aaronic Priesthood Manual 3**

**Lesson 38: The Pure Love of Christ**

- Kirk Faulkner, “Out of the Mouth of Blake,” *New Era*, Feb. 2004, 8.
- Paula T. Weed, “Getting It Right,” *New Era*, Feb. 1996, 26
- Gordon B. Hinckley, “Forget Yourself and Serve,” *New Era*, July 2006, 2.

**Lesson 39: Feasting on the Words of Christ**

- Lani Ricks, “One Hundred Questions,” *New Era*, Sept. 2000, 14.
- Jay E. Jensen, “Why We Ask People to Read the Book of Mormon,” *New Era*, Aug. 2005, 40.

**Lesson 40: Doing Missionary Work**

- Ryan Carr, “The First Latter-day Missionary,” *New Era*, Sept. 2004, 12.
- Alexandre Machado Vasconcelos, “Soccer or Mission?” *New Era*, June 2007, 18.

**Lesson 41: Becoming More like Our Savior**

- Quentin L. Cook, “Strengthen Faith as You Seek Knowledge,” this issue, 2.
- Charity Brunson, “Saving the Bees,” *New Era*, Nov. 2003, 10.

**Lesson 42: Being Humble and Teachable**

- What Joseph Taught: “Revelation and the Living Prophet,” this issue, 7.
- David Wall, “What I Learned as a Cowboy,” *New Era*, Mar. 2008, 30.

**THOUGHTS FROM APRIL 2008  
GENERAL CONFERENCE**

One talk that helped me this year was Elder Bednar's talk about prayer. I really took it to heart when he said that prayer involves action, and since then I have sincerely tried to pray for things that I can act on. I've tried to pray more sincerely and willingly, and it has significantly blessed my life. I'm so grateful for general conference and for the impact that it has on so many people's lives.

*Becca A., Utah*

*Editor's note: For more thoughts from readers about general conference, or to share yours with us, go to [newera.lds.org](http://newera.lds.org).*

**GOOD GUYS**

Thank you for your "Note to the Good Guys" (May 2008). It is just the kind of thing I needed to hear. It makes me feel better about my life.

*Jason R., North Carolina*

**SPIRITUALLY HELPFUL**

The April 2008 *New Era* was very good. It will help readers understand more on topics and can help them in their daily lives. I especially liked the article "Worthy Music, Worthy Thoughts" and "My First Battle." The other articles are all spiritually helpful, too. The pictures are awesome and help set the spiritual mood. Please continue to make great *New Eras*.

*Jesse J., Utah*

**LEARNING ABOUT FORGIVENESS**

I liked the story "Forgiveness and Football" in the March 2008 *New Era* because it showed me that anger isn't going to solve something I have a problem with, but I should instead forgive. I will try to use this information in my daily life. It also tells me not to judge others and to stay calm and look on

*The New Era  
will help readers  
understand more  
on topics and can  
help them in their  
daily lives.*

the bright side. The people in the story might have done something wrong, but in order to move on, Eric had to forgive them, even though it wasn't his fault. It reminded me that we are all children of God.

*Jacob T., Arizona*

**GOOD ADVICE**

Every month I wait for the *New Era* because there is something interesting to read. First, in each issue there is the "Extra Smile" that brightens my mood when I am having a bad day. Second, there are many articles that help answer some of my questions. Lastly, the *New Era* has good advice to help me and other people. Thanks for publishing the *New Era*.

*Justin C., Georgia*

**I WILL NEVER NOT READ AGAIN**

I have been a Beehive for about one and a half years and had never read the *New Era*. I had heard others talk about how much they loved it, but I never took much thought about it. Thanks to the Young Men-Young Women activity this month, I read the *New Era* for the first time. After reading it cover to cover, I realized what I had been missing out on. I felt the Spirit so strongly as I read those articles, and even though there had recently been contention in my house, the *New Era* somehow managed to help take all the feelings of anger away. I will never not read another issue again.

*Michelle R., Utah*

*We love hearing from you. Write us at the following address. Please include the names of your ward and stake (or branch and district).*

*New Era*

We've Got Mail

50 E. North Temple St. Rm. 2420

Salt Lake City, UT 84150-3220, USA

Or e-mail us at [newera@ldschurch.org](mailto:newera@ldschurch.org)

*Submissions may be edited for length and clarity.*



## SILENCE

BY MARLA HARRIS

Silence  
spreads itself  
over the field  
thickly.  
The sun melts  
over the water  
and sky, leaving  
only drops of  
red, orange, yellow,  
blue, and pink.  
The trees  
reach out to  
the moon  
who's out  
unnecessarily  
but watches,  
pleased with what he sees.  
Night is falling.



## **COMING NEXT MONTH**

*Stay Strong! A special issue on the For the Strength of Youth pamphlet using stories and articles to illustrate the standards for youth.*

- *President Thomas S. Monson talks about the standards of strength.*
- *Teens talk about standards that are the most difficult to explain to their friends.*
- *What isn't on the warning labels.*
- *Cards to keep or share with friends.*

*And more articles waiting for you in the upcoming October 2008 New Era.*

SEE US ONLINE AT [WWW.NEWERA.LDS.ORG](http://WWW.NEWERA.LDS.ORG)