

For the Strength of

Youth



COURAGE TO CHANGE

Healing through the Savior

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Help with
MENTAL HEALTH

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Overcoming an
EATING DISORDER

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Prophets Speak.
DO YOU LISTEN?

pp. 10, 16



1. I should be paying my dues;
I'm far from living like You.
I try but I'm only human,
A constant state of improving.
But I feel the weight
Lift from my plate.

*I've got a list of the things I've done wrong,
All the pain that I bore for so long.
Justice was holding the cards,
Mercy seemed so far.
Then You stepped in between me and my fate,
Took a pen to the charges I should pay.
Right on the dotted line,
You signed Your name over mine.
Mine. Mine. Mine.*

2. I owe you all of my soul; now
I owe you every moment.
Whatever I do won't measure.
I'm eternally indebted to you,
But all you want is my broken heart.

*I've got a list of the things I've done wrong,
All the pain that I bore for so long.
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I owe you all of my soul; now
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Words and Music by Ben Olsen
and Nik Day



Scan this code to hear
the song and get
sheet music for piano,
guitar, and ukulele.
(May not be available
in all languages.)

Or go to:

https://www.churchofjesuschrist.org/media/music/songs/over-mine-2024?crumbs=youth-and-contemporary_disciple-of-christ-2024-youth-album&lang

OVER MINE

*Here are the lyrics to this song from the
2024 Youth Theme album.*

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Photograph courtesy of Madelyn Davis and her family

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WALK

IN THE

SAVIOR'S

LIGHT

A Message from



**ELDER DIETER F.
UCHTDORF**

Of the Quorum of the
Twelve Apostles

*As you come unto Jesus
Christ and repent, His healing
and strengthening power will
lead you out of darkness.*

On one long flight I made as an airline captain, I would take off in Germany at 11:00 a.m. and touch down in California at 1:00 p.m. the same day. Comparing the departure and arrival times, it might appear that a flight across the Atlantic Ocean and the North American continent took only two hours.

The Boeing 747 was fast, but not that fast! In reality, the flight took about 11 hours, depending on wind, to travel 5,600 miles (9,000 km).

Because we were flying west, the sun never set during our flight. We enjoyed broad daylight all the way from Germany to California. Returning to Germany, however, was a totally different story. As we flew east, the sunset came more quickly than it normally would, and before we knew it, night was upon us.

Even while flying at night, in complete darkness, I knew with certainty that the sun remained constant, steadfast, and reliable. I knew that eventually the sun would rise, and bright light would return to bring warmth and life to a new day before our journey's end.

Sometimes things around us can seem unstable, unpredictable, and *dark*. How grateful I am for Jesus Christ. He is the light



HE KNOWS HOW TO HELP YOU THROUGH ANY AND ALL OF THE CHALLENGES YOU FACE.

of the shadows and into the sunlight, where you can receive the blessings of God's light, warmth, and love.

A Bright New Beginning

The Book of Mormon tells how the Nephites spent three days in the most profound darkness following the Savior's Crucifixion. The physical darkness around them symbolized the spiritual darkness we experience because of sin. Then they heard the voice of Christ inviting them out of the darkness and into His light:

"Will ye not now return unto me, and repent of your sins, and be converted, that I may heal you?" (3 Nephi 9:13).

"Offer for a sacrifice unto me a broken heart and a contrite spirit" (3 Nephi 9:20).

"Repent and return unto me with full purpose of heart" (3 Nephi 10:6).

The Savior extends those same invitations to you when you find yourself lost in darkness. Just as each sunrise marks the beginning of a new day, each time you repent, you receive a fresh start, a bright new beginning.

Through your sincere repentance, Jesus Christ "will replace your guilt with

and the life of the world. Because of Him, we have hope for the future, access to His divine light, and the promise of ultimate victory over sin and death.

The Savior's Love and Power

Out of love for us, Jesus Christ gave His life for all of God's children and opened the door to immortality and eternal life.

Despite what Satan would have you believe, you are not beyond the Savior's ability to rescue you. You are never beyond being "encircled about eternally in the arms of his love" (2 Nephi 1:15).

This greatest of all gifts comes from the enabling and redeeming power of the Atonement of Jesus Christ. Because of the Savior's suffering in Gethsemane and Golgotha, He knows how to help you through any and all of the challenges you face (see Alma 7:11–12).

Jesus Christ is your strength!¹

President Russell M. Nelson has said, "When the Savior [gave this atoning sacrifice] for all mankind, He opened a way that those who follow Him can have access to His healing, strengthening, and redeeming power."²

That power, like the sun, is always there. It never wavers. Following in the Savior's footsteps is like walking out

peace and joy. He will remember your sins no more. In His strength, your desire to keep His commandments will increase.”

As soon as you take the first step to repent, the Savior will begin to “change your heart and your life. Little by little, you will grow and become more like Him” and He “will bring you greater access to His power.”³

Find Lasting Healing

The Savior is the Master Healer. One of the most beautiful demonstrations of His healing power is found in His personal ministry in the Book of Mormon:

“Have ye any that are sick among you?” He asked. “Have ye any . . . that are afflicted in any manner? Bring them hither and I will heal them, for I have compassion upon you. . . .

“And it came to pass that when he had thus spoken, all the multitude, with one accord, did go forth . . . ; and he did heal them every one as they were brought forth unto him” (3 Nephi 17:7, 9).

Every time the Savior healed anyone, both before and after His Resurrection, He testified of His ultimate power to heal our souls. Each miraculous healing pointed to His promise of the lasting physical and emotional healing that will come to us in the Resurrection.

At times, your prayers for healing

may not be answered in the way you hope, but they are never ignored. The time for healing will eventually come in Heavenly Father’s own way and time, just as the darkness of night always gives way to the glorious sunrise.

My dear friend, I testify that Jesus Christ is the Healer in this life and in eternity. His mercy is sufficient to heal your wounds, cleanse you of sin, strengthen you in trials, and bless you with hope, wisdom, and peace. His power is always there—constant and

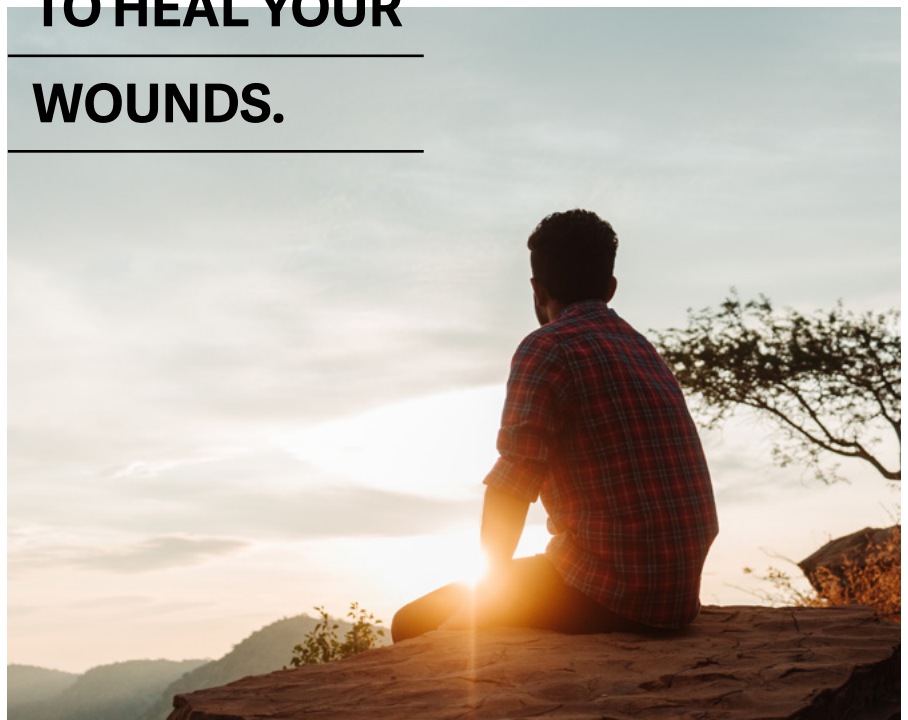
reliable—even when you, for a time, feel distant from His love, light, and warmth.

May you never lose your sense of awe and profound gratitude for all that Jesus Christ has done for you. Please know that you are loved perfectly. Remember what you have been promised eternally. And “may God grant unto you that your burdens may be light, through the joy of his Son,” Jesus Christ (Alma 33:23). 🙏

HIS MERCY IS SUFFICIENT TO HEAL YOUR WOUNDS.

NOTES

1. See *For the Strength of Youth: A Guide for Making Choices* (2022), 2.
2. Russell M. Nelson, “The Power of Spiritual Momentum,” Apr. 2022 general conference (*Liahona*, May 2022, 100).
3. *For the Strength of Youth: A Guide for Making Choices*, 8.



*Do you wish you
lived in the past?
Well, don't.*

Your Days

These are your days. They may present challenges, but they also offer opportunities. For instance, in your days, you can:



Gather Israel on both sides of the veil.

This “is the most important thing taking place on earth today.”¹ You have many ways to share the gospel and invite others to draw closer to Jesus Christ and His Church. You can help discover ancestors in amazing ways and help those who have passed on receive ordinances in the temple.



Use technology in positive ways.

You are specially equipped to show the world how modern technology can be used for good.

NOTE

1. Russell M. Nelson, “Hope of Israel!” (worldwide youth devotional, June 3, 2018), Gospel Library.

SEIZE YOUR DAYS

Resist hate, contempt, and division.



As these evils plague our world, you can show a better way—the Savior’s way of kindness, compassion, peacemaking, and love.

Be constant in a shifting world.



As you are faithful to Jesus Christ, His gospel, and His Church, the Lord will bless you, and others will look to your example in the storms of life.

Your Miracles

It wasn’t always easy for Nephi, but he was where (and when) the Lord needed him to be. He was faithful. As a result, he saw miracles and wonders in his days and was upheld by the Lord. (See Helaman 7–16.)

You can see your own miracles and wonders as you are faithful in your days.

By David A. Edwards
Church Magazines

Have you ever thought your life would be easier or better if you’d been born in some earlier time? Others have felt this way before—even a prophet, once.

The prophet Nephi (in the book of Helaman) saw his people’s stubborn wickedness and cried out: “Oh, that I could have had my days in the days when my father Nephi first came out of the land of Jerusalem . . . — . . . then would my soul have had joy” (Helaman 7:7–8).

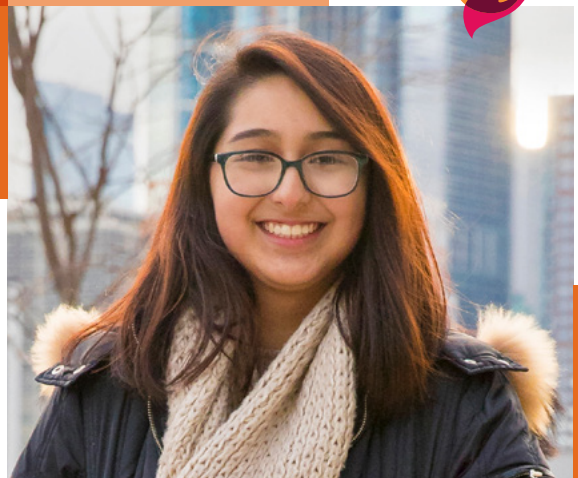
He was having a hard time living in his time. In the end, of course, he had to face reality: “But . . . these are my days” (Helaman 7:9).

THE PEOPLE OF NEPHI

WERE DISCIPLES OF CHRIST

When the resurrected Savior visited the righteous people of Nephi, He invited them to “feel the prints of the nails” in His hands and feet. Jesus wanted them to know that He is “the God of the whole earth, and [was] slain for the sins of the world” (3 Nephi 11:14). The multitude went to Jesus “one by one.” After having a personal experience with Jesus Christ, the Nephites knew that He was the prophesied Savior (3 Nephi 11:15). Although Jesus Christ doesn’t stand physically before us today, we can still have deeply personal experiences with Him.

Like the Nephites, I can come unto Christ, learn of Him, and strengthen my testimony of Him.



AND SO AM I



Watch a video about the people's experience here.

What's Your "ATTITUDE"?

Your attitude toward the principles in the For the Strength of Youth guide can help you soar to greater heights.

By John G. Bytheway

Of the Young Men General Advisory Council

Pilots refer to an airplane's position in the air as its *attitude*. Is the airplane nose-up or nose-down? Turning or cruising straight and level? In English, an attitude can also mean a mindset for dealing with the ups and downs of life. An old saying about both flying and life is this: "Our attitude determines our altitude."

What will our attitude be as we read *For the Strength of Youth: A Guide for Making Choices*? Our attitude about the principles in the guide can be life-changing and can affect whether we will soar to new heights or sink to a lower level.

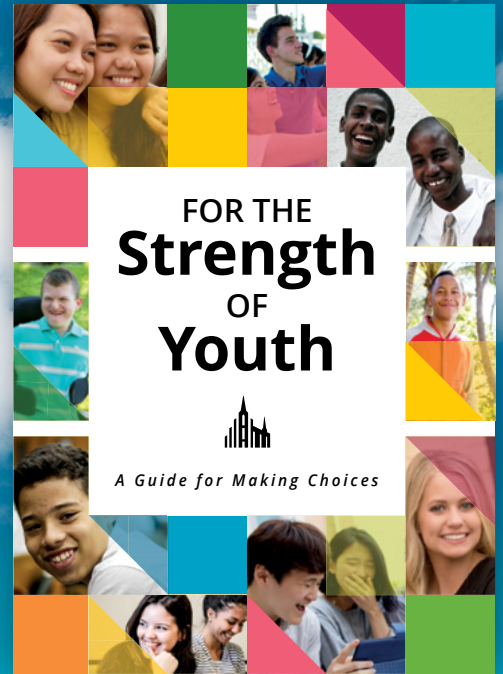
The Savior gave us a great place to start. He said, "Blessed are the meek" (Matthew 5:5). We can practice having a meek attitude by being righteous, humble, and willing to follow gospel teachings.¹ Here are three questions that express different attitudes we might have about the principles we've been given.

ATTITUDE 1: **How *Bad* Can I Be?**

Those with this attitude say, "Where is the line? I want to live as close to it as possible without crossing over it." It is as dangerous as a skydiver asking, "How close can I get to the ground before opening my parachute?"

ATTITUDE 2: **How *Good* Do I *Have* to Be?**

This attitude is looking for the least possible effort. This is like asking a teacher, "What is the least I can do and still pass the class?" It is like the skydiver saying, "I want to do a good job packing my parachute, but not that good."



**ATTITUDE 3:
How Valiant Can I Be?**

A boy once told me he went to seminary at 5:00 a.m. I said, “That is super early. Why do you go?” He simply answered, “Because I want to. I love it. Seminary is the best part of my day.” His attitude was “I want to be valiant!” For him, obedience was a quest, not an irritation.

That is like the skydiver saying, “I pack my parachute carefully and open it long before I hit the ground because I love to skydive and want to keep doing it.” That kind of attitude will help us soar.

In the Book of Mormon, King Lamoni’s father offered a beautiful prayer that perfectly expresses that third attitude: “O God . . . wilt thou make thyself known unto me, and I will give away all my sins to know thee” (Alma 22:18).

The king did not say, “How bad can I be and know thee?” or “Exactly how good do I have to be to know thee?” No, his attitude was “I will give away all my sins to know thee.”

Higher and Holier Habits

The Lord is trusting us not to look for loopholes but to instead look for higher and holier habits. If something is not spelled out as clearly in the guide as we were expecting, let’s not ask, “What will God permit?” but “What would God prefer?” The second question reveals the willing heart that the Lord desires each of us to develop as He teaches us to be meek.

If I get in an airplane, I don’t want the pilot to be asking “How bad can I be?” or even “How good do I have to be?” I want him or her to be asking, “How valiant can I be?” In flying and in life, attitude will determine our altitude. The *For the Strength of Youth* guide was not written to explain minimums of behavior but doctrine for discipleship. It is truly the next level. 🙏

NOTE
1. See Guide to the Scriptures, “Meek, Meekness,” Gospel Library.

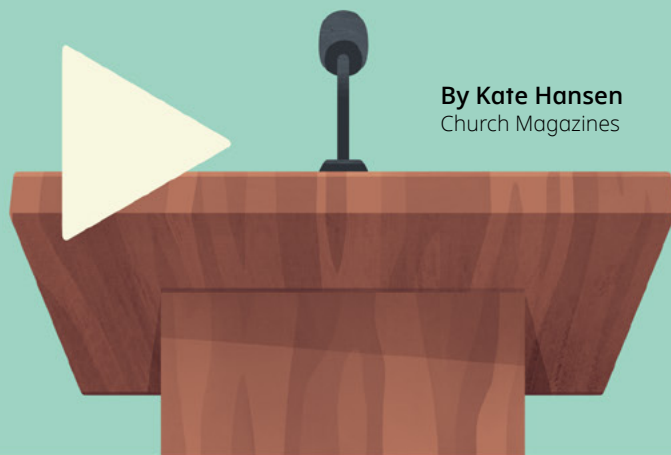
“If the Savior were standing here today, He would express His endless love for you, His complete confidence in you. He would tell you that you can do this.”

Elder Dieter F. Uchtdorf of the Quorum of the Twelve Apostles, Oct. 2022 general conference (*Liahona*, Nov. 2022, 12).

HOW TO MAKE CONFERENCE MEAN MORE TO YOU

Try these three ideas for a more significant conference experience.

General conference is coming up, and it's meant to have an impact that lasts beyond conference weekend! These three tips can make conference more meaningful for you.



By Kate Hansen
Church Magazines



1. Prepare Yourself Spiritually

Before general conference, you can prepare your spirit through simple things like scripture study and sincere prayer. You could even do a social media fast or make a special trip to the temple. Preparing spiritually will help you feel the guiding influence of the Holy Ghost.



2. Have a Question in Mind

What's been on your mind lately?

You might have an important decision to make, a family concern, or a gospel question. Pray to Heavenly Father about it, and listen for guidance during general conference.

Check out the experience James had last year!



As conference came, I wanted to know how I could better use the power of Christ's Atonement in my life. I prayerfully asked Heavenly Father to help me listen to the Spirit, know how to make better choices, and be forgiven of my wrong choices.

While Elder Dieter F. Uchtdorf spoke, this stuck out to me:

"The moment you decide to return and walk in the way of our Savior and Redeemer, His power will enter your life and transform it."¹

I knew this was what the Lord wanted me to hear, and I could feel the Spirit testify to me of its truthfulness. By preparing with a question in mind, I was able to receive a personal answer to my prayers.

James M., 16, North Dakota, USA

3. Apply a Principle or Invitation



Listen for a teaching or principle that stands out to you. Then make a goal to apply it in your life. You can also listen carefully for direct invitations from prophets and apostles. Write down and work on at least one of those invitations. Acting in faith will help you feel the truth and power of prophetic teachings.

NOTE

1. Dieter F. Uchtdorf, Oct. 2023 general conference (*Liahona*, Nov. 2023, 88).



For more tips, check the **Gospel Living app** the week of general conference.





Breaking the Pornography Cycle

I felt alone and helpless. But my bishop reminded me of some keys to finding hope and help.

By Madelyn Davis

I was first exposed to pornography at age 13. I found it accidentally on social media, not knowing what it was and not understanding it. I went from unintentional exposure and curiosity to intentionally seeking it out.

At that time, my leaders' messages about pornography seemed to be saying that it was something only boys struggled with. This left me feeling a lot of shame. I thought I'd never be able to tell anyone about my struggle. I knew about Jesus Christ's Atonement, but because I thought that I was the only girl with this struggle, I felt like my situation was out of the Savior's reach. I felt like the exception.

The Bishop's Office

During those years, in places like seminary or devotionals—wherever the Spirit was present—I often felt prompted to set up a meeting with my bishop. For so long, what kept me from doing this was the idea that I had a reputation to uphold as a good kid from an active family. I thought he would see me for who I was—and I didn't believe that

person was lovable. I thought I would be met with instant punishment.

When I finally set up that meeting, it went very differently from how I expected. Instead of handing out punishment, my bishop told me: "You are still a daughter of God. You are still just as loved, and you are still just as valued."

I remember feeling overwhelmed with love. That was the first time I had felt the power of the Savior's Atonement so strongly in my life. Looking back, I understand why those words my bishop said were so important.

Daughter of God

When you're struggling with pornography, you go through a cycle of shame. For me, I would feel out of touch with my own identity and then use pornography to deal with those negative emotions. Then I would feel shame and isolate myself from others, and the cycle would repeat.

For so long, I tried to rely on my own willpower to "just stop." But I couldn't do it on my own. My bishop helped me remember my

My bishop told me:
"You are still a daughter of God. You are still just as loved, and you are still just as valued."



Heavenly Father and Jesus Christ are merciful and understanding. As you turn to Them, They will walk alongside you and hold your hand every step of the way.



identity—that I am a beloved daughter of God. As I met with him and remembered that truth, I started to make genuine progress.

The Truth about God and the Savior

At first, I was afraid to pray. I saw Heavenly Father as a God of justice and anger. But going through the process of continual repentance has helped me understand the nature of Heavenly Father and Jesus Christ. Knowing that repenting one time doesn't make me immune to this struggle has allowed me to keep relying on Their divine help. Heavenly Father already knew about and understood my trials; I just needed to reach out to Him.

I learned that both Heavenly Father and Jesus Christ are merciful and understanding. As you turn to Them, They will walk alongside you and hold your hand every step of the way.



Madelyn knows pornography won't be her only mountain to climb. With the help of the Savior and the right tools, she keeps finding strength to overcome life's challenges. This photo was taken right before she climbed a glacier in Alaska, USA!

Fighting Satan's Tactics

Understanding God's nature also helped me understand Satan and his tools and how they work in direct opposition to God. One of Satan's most powerful tools is *shame*, which is different from *guilt* or "godly sorrow" (2 Corinthians 7:10). When you feel guilt, you realize you've made a mistake. But shame links the negative feelings you have about yourself when you sin to your identity, like you *are* those feelings.

Satan wanted me to believe that I could overcome this challenge on my own. This lie was something that kept me from talking to my bishop about my struggle with pornography. I felt like I couldn't meet with him until I could say it was something I *had* struggled with in the past. Satan uses your individual weaknesses to make you feel unworthy to seek the Savior's healing power.





Madi was assigned to labor as a full-time missionary in the Singapore Mission, speaking Malay.



I learned that Satan works on us when we're isolated, so our best defense is connection. Sometimes it's as simple as reaching out to others and spending meaningful time with good friends. Connecting with Heavenly Father, with yourself, and with others (especially with those who see you the way Heavenly Father does) is the best way to remember your true identity: a valued child of God.

A Higher Purpose

Eventually I started getting promptings to help other young women who are struggling with pornography. I felt a higher purpose. I decided to care more about what Heavenly Father thinks than what others around me might think, so I started speaking openly about my experiences.

Once you feel the undeniable joy of continual

repentance, you want to share it with others! Now I continue to share this joy as I serve as a full-time missionary.

My Message

You are never alone, and there is hope.

This struggle is something you can overcome with the help of the Savior, trusted loved ones and leaders, and the right tools. Get yourself out of isolation and reach out to someone who sees you through God's eyes. Ask them what they see in you!

No matter what your fight is, you are never beyond the reach of the Savior and His Atonement. Heavenly Father loves you completely, and it's worth it to keep repenting. 🙏



"Jesus Christ has the power to help you resist pornography and repent. Turn toward Him; turn away from darkness. Your bishop can help you receive strength and forgiveness through the Savior."

For the Strength of Youth: A Guide for Making Choices (2022), 20.

Will YOU Listen?

*The prophet's guidance can protect,
bless, and help us—if we will let it.*





By Eric B. Murdock
Church Magazines

“Destruction is coming!”

That’s a gloomy message to receive. But imagine being the one called to *give* it!

Samuel the Lamanite was called by the Lord to warn the Nephites of their wickedness. Standing on a wall, Samuel declared that one day “utter destruction . . . shall surely come except ye repent” (Helaman 13:10).

Samuel also prophesied that in five years there would be a night without darkness and a new star in the sky to mark the Savior’s birth (see Helaman 14:2–5).

How did the Nephites respond to Samuel’s message?

They refused to listen. They “cast stones at [Samuel] . . . and . . . shot arrows at him as he stood upon the wall” (Helaman 16:2). Thankfully, people do not cast stones or shoot arrows at the prophet today, but many still reject and ridicule his words as he teaches the eternal truths of the Savior’s gospel.

When the prophet speaks, how will *you* respond? Will you listen?

Here are three reminders of the blessings that come from having a prophet on the earth and listening to him.

The Prophet Loves Us and Prays for Us

In many general conference addresses, President Russell M. Nelson has told us:

“I love you.”¹ “You have been constantly on my mind and in my prayers.”²

What a blessing it is to know that the prophet loves us and prays for us!

Almost five years after Samuel the Lamanite’s prophecies, some Nephites said the time had passed for his words to be fulfilled. They mocked those who believed and even chose a day to kill the believers if the signs of the Savior’s birth did not come (see 3 Nephi 1:6–9). During this terrifying time, the prophet Nephi prayed all day “in behalf of his people . . . who were about to be destroyed because of their faith” (3 Nephi 1:11).

Today, the prophet’s prayers help us in more ways than we may realize. The spiritual guidance he receives through prayer blesses all the world.

The Prophet Guides Us to the Savior

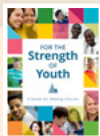
“Lift up your head and be of good cheer,” the Lord told Nephi. “The time is at hand, and on this night shall the sign be given, and on the morrow come I into the world” (3 Nephi 1:13).

As the sun went down, it did not get dark. The sign had come! (See 3 Nephi 1:15.) The next morning, everyone knew that it was the day the Savior would be born, and a new star appeared (see 3 Nephi 1:19, 21). *Everything* the Lord had prophesied through Samuel about the Savior’s birth had been fulfilled just as the Lord had said it would.

The Savior’s coming into the world immediately saved those believers from death. But it saved not only them. Jesus Christ came to save *us all* from sin and death, give us strength in times of need, and bring us hope and joy through His Atonement. This has been the main message of every prophet “who [has] prophesied ever since the world began” (Mosiah 13:33). Prophets guide us to the Savior, who is “the way, the truth, and the life” (John 14:6).

The Prophet Declares the Truth

The first time I read through the Book of Mormon in high school, a teaching from Samuel the Lamanite stood out to me. He told the Nephites that if they kept putting off their repentance the time would come when it would be “everlastingly too late.” He said, “Ye have sought all the days of your lives for that which ye could not obtain; . . . ye have sought for happiness in doing iniquity,” which is contrary to the nature



Stand for Truth as the Prophet and Apostles Do

“When you stand up for the teachings of Jesus Christ, He stands with you. Others may not agree with you, but your courage and sincerity will be noticed. Whether or not others follow your example, your testimony, confidence, and faith in Christ will grow.”

For the Strength of Youth: A Guide for Making Choices (2022), 32.

of our Heavenly Father (Helaman 13:38).

In our day, President Nelson has similarly taught:

“While the world insists that power, possessions, popularity, and pleasures of the flesh bring happiness, they do not! They cannot! . . .

“The truth is that it is much more exhausting to seek happiness where you can never find it! . . . Jesus Christ . . . and He alone, [has] the power to lift you above the pull of this world.”³

Some Nephites chose to listen to and believe Samuel’s words; many others did not (see Helaman 16:1–8). In many ways, today is not so different.

What will *you* choose? Will you listen to the prophet? President Nelson has taught:

“[Prophets, seers, and revelators] may not always tell people what they want to hear. Prophets are rarely popular. But we will always teach the truth!”⁴

As you listen to the prophet and act on his words, you will find that his prophetic guidance will protect, bless, and help you throughout your life. 🏰

NOTES

1. Russell M. Nelson, “The Power of Spiritual Momentum,” Apr. 2022 general conference (*Liahona*, May 2022, 97).
2. Russell M. Nelson, “Peacemakers Needed,” Apr. 2023 general conference (*Liahona*, May 2023, 98).
3. Russell M. Nelson, “Overcome the World and Find Rest,” Oct. 2022 general conference (*Liahona*, Nov. 2022, 97).
4. Russell M. Nelson, “The Love and Laws of God” (Brigham Young University devotional, Sept. 17, 2019), 3, speeches.byu.edu.



Watch an animated video about Samuel the Lamanite on the **Gospel Living app** this month.



James G.

13, RIZAL, PHILIPPINES



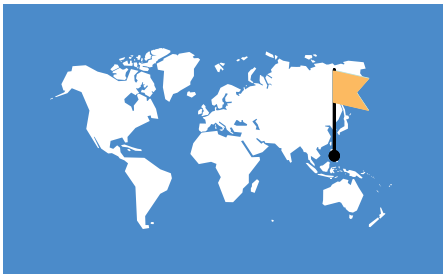
The scriptures help to calm my stress.

A while ago, we went to the temple for a ward activity to do baptisms for the dead. The temple is God's house, and I feel safe and happy there.

The scriptures also help to calm my stress. Reading them reminds me that

Heavenly Father and Jesus Christ will not leave me. When I have questions or I don't know what to do at school, I can feel Them guiding me and helping me. If I have an exam or there is something I don't understand, I pray first and then do my part to review.

Heavenly Father and Jesus Christ love us very much. We must remember Them always and not lose our faith. We can repent if there are things we have done wrong. If we are faithful, we will feel Them with us.





The Philippines has the fourth-largest population of Latter-day Saints in the world.

The Philippines is made up of 7,641 islands.



One island in the Philippines (Camiguin) has more volcanoes than towns!





5 TIPS FOR BETTER EMOTIONAL HEALTH

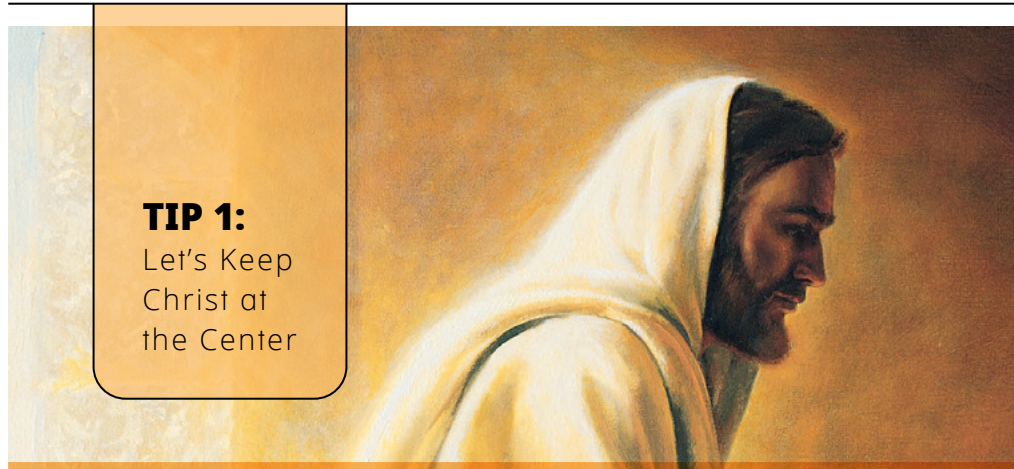
We stand stronger together.

By Tamara W. Runia

First Counselor in the Young Women
General Presidency

My husband, Scott, and I served as mission leaders in the Australia Sydney Mission from 2018 to 2021. Whenever a new missionary's records showed that they struggled with their emotional health, I let them know right away that I have lived through times of depression throughout my adult life. I wanted them to understand we're on the same team so they didn't have to face this on their own.

I'd like to share the same message with you! So many people deal with emotional health challenges, yet we can all help one another. To be clear: I am not an emotional health professional. But I'd like to share a few practical and spiritual tips for better emotional health that have helped me, as well as those I know and love.



TIP 1:

Let's Keep
Christ at
the Center

I grew up near San Francisco, California, USA, and remember loving an amusement park ride by the beach! It consisted of a large wooden disc that you would sit on and try to hang on as the disc spun faster. Those who sat toward the outside were usually thrown off first. Those who understood centrifugal force, however, sat close to the center.

I think that's a great analogy for keeping Christ at the center while we're going through some of these difficult situations—whether it's anxiety, depression, OCD, or something similar. We need Christ at the center of our lives.

In times of brain health struggles, we may have a muted connection to heaven or have a hard time feeling close to the Savior. This doesn't mean we're being punished or that we're not worthy of God's love. For me, trusting He is there while waiting for the connection to be restored is worth it! Continue to pray, treasure up the Savior's words, trust His promises, partake of the sacrament, and do all that keeps you centered on Him.

TIP 2:
Let's Rely
on the Lord
Daily

The children of Israel in the wilderness had to rely on the Lord for manna *every single day*. Sometimes when we're dealing with things as profound as panic attacks or other emotional pains, we want them to go away permanently. And perhaps they will—but maybe not in the way or in the time frame we wish. That doesn't mean hope is lost. We need to rely on God *each day* as we work and look forward to brighter times ahead.

One approach is to seek Heavenly Father's help and try different strategies to find what works for you. Then He can help you remember, during low moments or a panic attack, how soothing music seemed to help in a similar situation or how connecting to someone you trust made you feel safe once. This allows you to collect a set of proven tools to try the next time you struggle. Whatever you do, seek the Lord's help *daily*.

We can even say out loud: "When I rely on the Lord every day, I will rise up and find strength I didn't know I had!"



TIP 3: You
Can Take
Care of
Your Body

The brain is part of our mortal body and is therefore susceptible to the many variations and imperfections of earth life.

But good news: there are

proven steps we can take to strengthen our brain that can also improve our emotional health. Here are a few such steps:

- Experiencing sunlight or bright artificial light in the morning
- Getting out in nature, connecting to the earth
- Exercising regularly
- Eating healthy foods
- Drinking lots of water
- Getting enough sleep every night

Breathing techniques can be powerful too. Try taking in one deep breath through your nose, and then another. Hold for a few seconds, and, finally, force all your breath out through your mouth.

I do this a few times when I wake up, during moments of intense feelings (like just before giving a general conference talk!), and just before bed.

TIP 4: We
Can Ask
for Help

If you were lost hiking and came across a guide, would you be too embarrassed to ask for directions to safety? I don't think so. Asking for help is not a sign of weakness. We often do it in other areas of our life.

Help break the stigma against asking for help with emotional challenges.

Whether you need help from God, friends, family, or medical professionals, you are not a weaker person for seeking the extra help you need. In fact, you're showing courage!



TIP 5:
Let's Stay
Connected



Connecting with your Heavenly Father in daily prayer is vital.

I also feel it's crucial to stay connected to people we can feel safe with and trust. Call your mom! Talk with a friend face to face. Speak with a sibling. We are stronger when we help each other. That strength goes both ways. Everybody needs somebody. Isolation and depression often build on one another. Connecting to those we love and live with and can see and give a hug is a great antidote to so much of the pain we experience.

**We Can Abide the
Furnace with Him!**

Sometimes we simply need to be reminded that God is with us.

In the Old Testament, King Nebuchadnezzar threw Shadrach, Meshach, and Abednego into a furnace so hot that even the guards outside couldn't withstand the heat.

So how did these three survive?

The scriptures teach that a fourth figure could be seen in the flames with them who was "like the Son of God" (Daniel 3:25).

I believe this means Christ is with us through the heat of our trials,

especially as we're enduring them. And brain health struggles can certainly feel like a fiery furnace. Christ is Emmanuel, which literally means "God with us."

Don't forget, Jesus Christ is our strength, not just at the end of the road, when we are free from the experience of emotions we didn't ask for. He is actually with us all throughout our journey. He's our strength and our relief *right now*.

Let's stand stronger together! 🙏

For more on emotional health, go to [mentalhealth.ChurchofJesusChrist.org](https://www.mentalhealth.ChurchofJesusChrist.org).



ANNALISE B., age 17, Georgia, USA

Enjoys working at her hospital internship and creating art and music to honor God and His creations.



For a long time I struggled with an eating disorder called anorexia nervosa, where you eat less and less and worry about gaining weight. It affects you mentally—you start to feel guilty for eating and don't understand your body's needs. It didn't help that I constantly saw unrealistic standards online or at school, and I compared myself to my family and others around me.

My eating disorder was definitely something I hid. But my mom noticed the changes in my eating habits. She sat down with me and gave me as much time as I needed to tell her what was going on. There were a lot of tears, but I think the Spirit helped guide her to know I needed help. Together, we made a plan and started gently working through it.

During that time, I also decided to get my patriarchal blessing. I wanted to know what my life could be like outside of the darkness that I was experiencing. I came in asking God, "Who am I?," "Do You love me?," and "Why am I here?" The first thing the patriarch said was an answer to those questions. My blessing helps me learn about my true identity and what God has in store for me. Whenever I read it, I feel the Savior's love for me and remember what I can become with Him.

Even with the support of my patriarchal blessing, my family, my Heavenly Father, and my Savior, it took me a long time to process the feelings I had about my body. It's still hard sometimes to accept myself for who I am and the way I look. But because of my dark times, I am starting to appreciate the growth and light that come from recognizing my true identity. I'm a daughter of Heavenly Father. I'm a disciple of Jesus Christ. They look upon me with love and encouragement, and that matters more than anyone else's opinion.

Some who suffer from an eating disorder may need to seek professional help in addition to talking to parents and Church leaders.

My Eating Disorder vs. My True Identity

When it comes to mental health, you can ask for help and offer it to others too.

Getting—and Giving—Help with **MENTAL HEALTH**

By Eric D. Snider
Church Magazines

What should you do when you're feeling sad, discouraged, anxious, worried, or depressed? You might expect the answer to be something like: *Live the gospel. Pray. Read the scriptures. Take the sacrament.* And continuing to do those things is good and necessary and *does* solve (and prevent) a lot of problems. But some problems require additional efforts.

Everyone feels anxious or sad sometimes, of course. That's part of life. There are many healthy ways of coping with those things. But if the anxiety or depression is so severe or long-lasting that it's interfering with your life and preventing you from feeling the Spirit, then you might be at the stage

where it's not realistic to expect it to get better without additional help.

Mental health is physical health (see *For the Strength of Youth: A Guide for Making Choices* [2022], 29). Chemicals in our brains help regulate our emotions, and the brain is part of the body. Anyone who says depression or anxiety is "all in your head" is right only in the literal sense: your head is, in fact, where your brain is found. But the problems are no more imaginary than a broken leg or appendicitis.

EVERYONE FEELS ANXIOUS OR SAD SOMETIMES, OF COURSE. THAT'S PART OF LIFE.

GET HELP

The Book of Mormon says the Nephites were blessed by "the excellent qualities of the many plants and roots which God had prepared to remove the cause of diseases" (Alma 46:40). Today, we might call these things *medicine*. Today, God has prepared even more ways of fighting illness and injury, including mental and emotional pains. We have treatments now that the Nephites—and our grandparents, for that matter—only dreamed of. We live in an age of miracles! And Heavenly Father wants us to use them.

WE HAVE TREATMENTS NOW THAT THE NEPHITES—AND OUR GRANDPARENTS... ONLY DREAMED OF.

That doesn't mean that everyone who struggles with depression or anxiety needs medication or therapy. Everyone is different. But no matter what your situation is, one thing is certain: There's no reason to suffer alone. Your Heavenly Father is eager to help.

Your Heavenly Father knows what will help *you*. Whether your struggles can be resolved through prayer and faith, or whether you also need to seek His blessings through some combination of medication, therapists, parents, friends, bishops, youth leaders, teachers, fresh air, and exercise to get you through hard times, ask for His help. Don't worry too much about how others with similar problems solved them. Heavenly Father will help you find solutions to fit your circumstance.

BE HELPFUL

The gospel is all about helping others, mirroring the way the Savior helped us through His Atonement. You should always try to “reach out to those who feel lonely, isolated, or helpless. Help them feel Heavenly Father’s love through

ONE OF THE MOST IMPORTANT THINGS YOU CAN DO . . . IS TO LISTEN.

you” (*For the Strength of Youth: A Guide for Making Choices*, 12). You may not be a doctor or a therapist, but you are a

disciple of Christ, and disciples of Christ “mourn with those that mourn; yea, and comfort those that stand in need of comfort” (Mosiah 18:9).

One of the most important things you can do when someone you love is struggling with depression, anxiety, or other mental health problems is to listen.

Often, all that someone struggling with emotional health wants is for you to sympathize and share your love. They don’t expect you to have a magic answer that will solve everything. They may just need to vent. They want someone to be with them, listen to them, and show sympathy—to say, “I agree, what you’re going through sounds really bad. I’m sorry. I wish I could fix it. Please let me know how I can help.”

AND REMEMBER . . .

Whether you’re the one giving help or the one who needs help, remember that there are some things only God can do. Let Him do them. In the meantime, do what *you* can to take care of yourself and the people around you. 🙏



Repentance is:
A WAY TO IMPROVE
EVERY DAY.

**Repentance
is NOT:**
A RARE EVENT ONLY
FOR "BIG" SINS.

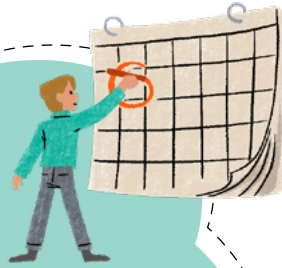
Repentance is:
FOR EVERYONE.

Repentance is NOT:
ONLY FOR "BAD" PEOPLE.

"Experience the strengthening power of daily repentance—of doing and being a little better each day.

"When we choose to repent, we choose to change! We allow the Savior to transform us into the best version of ourselves. . . .

" . . . The Lord does not expect perfection from us at this point in our eternal progression. But He does expect us to become increasingly pure."⁴



"Does *everyone* need to repent?
The answer is yes."²

"Repentance is required of every accountable person who desires eternal glory. There are no exceptions. . . . Repenting is the *key* to progress."³



Afraid of Repentance?

*According to President Russell M. Nelson,
here's why you shouldn't be.*

Jessica Zoey Strong
Church Magazines

What are *you* afraid of? Rollercoasters? Math class?

Trying to understand Isaiah?

What about *repentance*? If the thought of repenting makes you want to hide under your covers or eat too much chocolate, this article's for you.

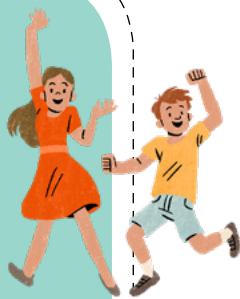
"Please do not fear or delay repenting," President Russell M. Nelson said.¹ And with good reason. Here are a few things that repentance *is* and *is not*, according to President Nelson.

Repentance is:
A WAY TO FEEL PEACE
AND JOY.

Repentance is NOT:
THERE TO MAKE YOU
FEEL SHAME AND FEAR.

“Repentance . . . is the key to happiness and peace of mind. . . .

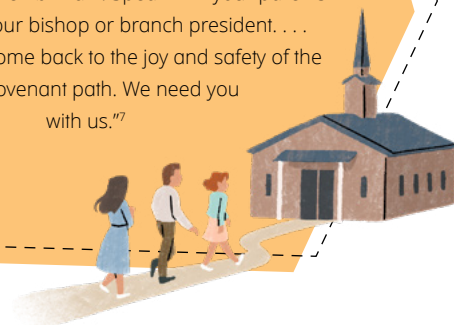
“When we choose to repent, . . . we choose to grow spiritually and receive joy—the joy of redemption in [Jesus Christ].”⁵ (See also Alma 36:17–23.)



You are:
NEEDED IN
THE LORD’S CHURCH.

You are NOT:
TOO FAR GONE TO REPENT.

“If perhaps you feel you have strayed off the covenant path too far or too long, let me assure you, that is not true. Through the Atonement of Jesus Christ, your future can be bright, even brilliant. Speak with your parents and your bishop or branch president. . . . Please, come back to the joy and safety of the covenant path. We need you with us.”⁷



Repentance is:
A BLESSING FROM HEAVENLY
FATHER AND THE SAVIOR,
WHO LOVE US.

Repentance is NOT:
A PUNISHMENT.

“Too many people consider repentance as punishment—something to be avoided except in the most serious circumstances.

But this feeling of being penalized is engendered by Satan. He tries to block us from looking to Jesus Christ, who stands with open arms, hoping and willing to heal, forgive, cleanse, strengthen, purify, and sanctify us.”⁶



Accept God’s Perfect Gift

So, are you ready to trust the Savior to overcome your fear of repentance? You won’t regret it.

President Nelson says: “Because the world needed saving, and because you and I need saving, [Heavenly Father] sent us a Savior.

“ . . . Let us accept God’s perfect and precious gift. Let us cast our burdens and sins at the Savior’s feet and experience the joy that comes from repentance and change.”⁸



If you struggle to know if you’ve been forgiven after you’ve repented, read this article.

NOTES

1. Russell M. Nelson, “The Power of Spiritual Momentum,” Apr. 2022 general conference (*Liahona*, May 2022, 98).
2. Russell M. Nelson, “We Can Do Better and Be Better,” Apr. 2019 general conference (*Ensign* or *Liahona*, May 2019, 67).
3. Russell M. Nelson, “The Power of Spiritual Momentum” (98).
4. Russell M. Nelson, “We Can Do Better and Be Better” (67–68).
5. Russell M. Nelson, “We Can Do Better and Be Better” (67).
6. Russell M. Nelson, “We Can Do Better and Be Better” (67).
7. Russell M. Nelson, in “Worldwide Day of Testimony: I Can Do All Things through Christ,” broadcasts.ChurchofJesusChrist.org.
8. Russell M. Nelson, Instagram, Dec. 24, 2021, [instagram.com/russellmnelson](https://www.instagram.com/russellmnelson).

FUN STOP



HIDDEN OBJECTS

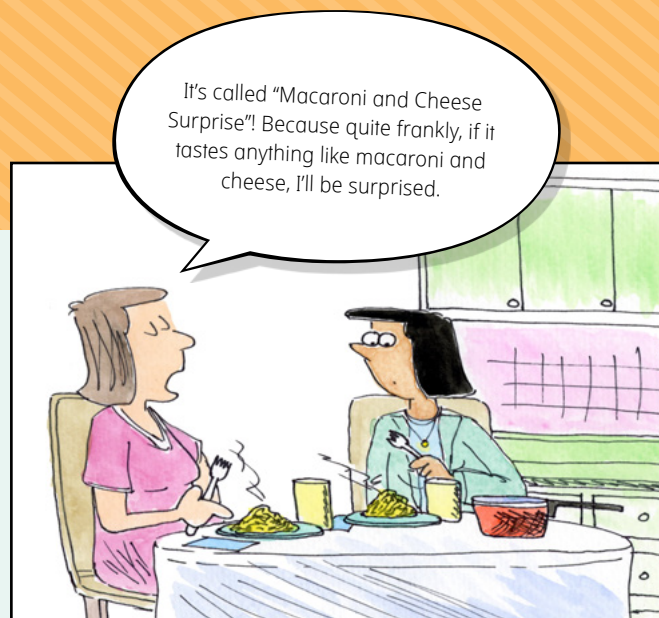
The Savior is about to visit the land of the Nephites. But right now, there is lots of destruction. Can you find all 10 hidden objects in the ruins? (See 3 Nephi 8–11 for the story!)



Visual solutions at fsoy.ChurchofJesusChrist.org.

BREAK THE HEART

The Savior has taught us that we should have a “broken heart,” which means to be humble, repentant, and meek (3 Nephi 9:20; Guide to the Scriptures, “Broken Heart,” Gospel Library). Can you break this heart symbol into seven pieces by drawing only three straight lines? There is more than one right answer.



RYAN STOKER

WHO FINISHED FIRST?

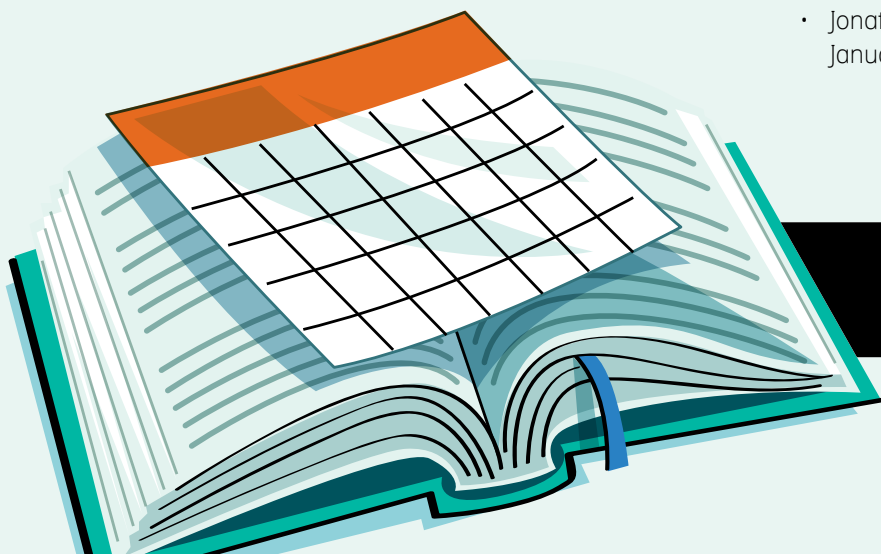
Jill, Scott, Tory, and Jonathon all read the Book of Mormon this year. Who finished reading first?

Bonus: If they started reading on January 1, when did they each finish?

- Jill: Read 1 chapter on Monday, Wednesday, Friday, and Saturday and 1.5 chapters on the other days of the week.
- Scott: Read 7 chapters every Sunday and 1 chapter every other Wednesday.
- Tory: Alternated between reading 5 chapters one week and 10 the next (always on Saturday).
- Jonathon: Read all of First and Second Nephi in January, then read 1 chapter a day after that.

Hint: There are 239 chapters or sections in the Book of Mormon.

Answers on page 31.



QUESTIONS AND ANSWERS



"Something as simple as smiling at people and being friendly when you interact with others can be a great light."

Lily W., 17, Utah, USA



"I can let my light shine through my actions when dealing with difficult situations. By being patient, being a peacemaker, and forgiving those who offend us, we can let our light shine as disciples of Jesus Christ."

Èmile M., 17, Bahia, Brazil

"HOW AM I SUPPOSED TO 'LET MY LIGHT SHINE' IF I'M NOT THE MOST OUTGOING?"



"I try my best to share the gospel with my friends who are not part of the Church, but I don't always succeed because I get embarrassed. When I pray, the Lord helps me speak up."

Gustavo A., 13, Paraná, Brazil



"A sincere prayer can help you shine with the Light of Christ. I remember a missionary service activity where we went to share the gospel. I was afraid at first, but I said a personal prayer and received the courage to share the gospel."

Gerardine S., 14, Haut-Katanga, Democratic Republic of the Congo



"Just be yourself. For example, don't hide the fact that you read your scriptures, pray, or go to church. By doing these things and genuinely being ourselves, we shine our light more than we think! You don't have to share a copy of the Book of Mormon every day—just let your light shine by being a true friend and disciple of Christ. People will notice your light shining!"

Angel D., 17, Oregon, USA

"Remember that the Savior testified, 'I am the light which ye shall hold up.' He reminds us that He will bring the light if we will just point others to Him."

President Bonnie H. Cordon, former Young Women General President, Apr. 2020 general conference (*Ensign* or *Liahona*, May 2020, 80).

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

DOES THE CHURCH CARE ABOUT POLITICS AND GOVERNMENT?

POLITICS AND GOVERNMENT affect our lives, including our ability to worship, and The Church of Jesus Christ of Latter-day Saints encourages its members to participate in them. Through His prophets, the Lord has given us true principles, and it is up to each of us to apply those principles in the different aspects of our lives, including in our engagement with politics and government. Different places have different laws, and the Church encourages us to participate however we can.

The Church itself does not endorse any political parties, platforms, or candidates. It is politically neutral. And the Church doesn't tell us how to vote. It simply reminds us that the Lord has told us to seek out and uphold leaders who are honest, good, and wise (see Doctrine and Covenants 98:10). And it sometimes makes official public statements on political matters related to moral issues or the Church's practices.

The Church also encourages members to help make their communities good places to live and raise families. There are many good causes we can get involved in to help improve things wherever we are.

See *General Handbook*, 38.8.30, Gospel Library; Articles of Faith 1:11–12.



What Do You Think?

“My good friends are making choices I feel uncomfortable about. What can I do?”

Send your answer and photo by October 15, 2024.

Email us at ftsoy@ChurchofJesusChrist.org. Or go to ftsoy.ChurchofJesusChrist.org and click “Submit Your Work.” Sign in with your Church Account and then select “For the Strength of Youth” under “Choose Magazine.” Click “Add File” to select your file and photos, and then click “Submit” to upload and send us your file.

Responses may be edited for length or clarity.

FUN STOP ANSWERS: Who Finished First? Jill finished reading first. Bonus: Jill, July 15; Scott, August 11; Tony, August 10; Jonathan, August 2



There is no place for prejudiced thoughts or actions in the community of Saints.

BROTHERS AND SISTERS IN CHRIST



As disciples of Christ, we are invited to increase our faith in, and love for, our spiritual brother and sisterhood.

The light of a new day shines brighter in our lives when we see and treat our fellow beings with respect and dignity and as true brothers and sisters in Christ.



By Elder Ulisses Soares
Of the Quorum of the Twelve Apostles

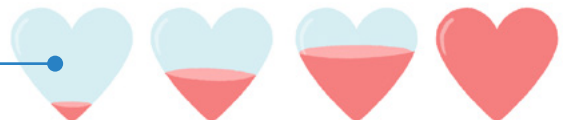
The gospel of Jesus Christ teaches that we are all begotten spirit sons and daughters of heavenly parents who truly love us. We all have divine nature, heritage, and potential. During His earthly ministry, Jesus so perfectly exemplified this principle.



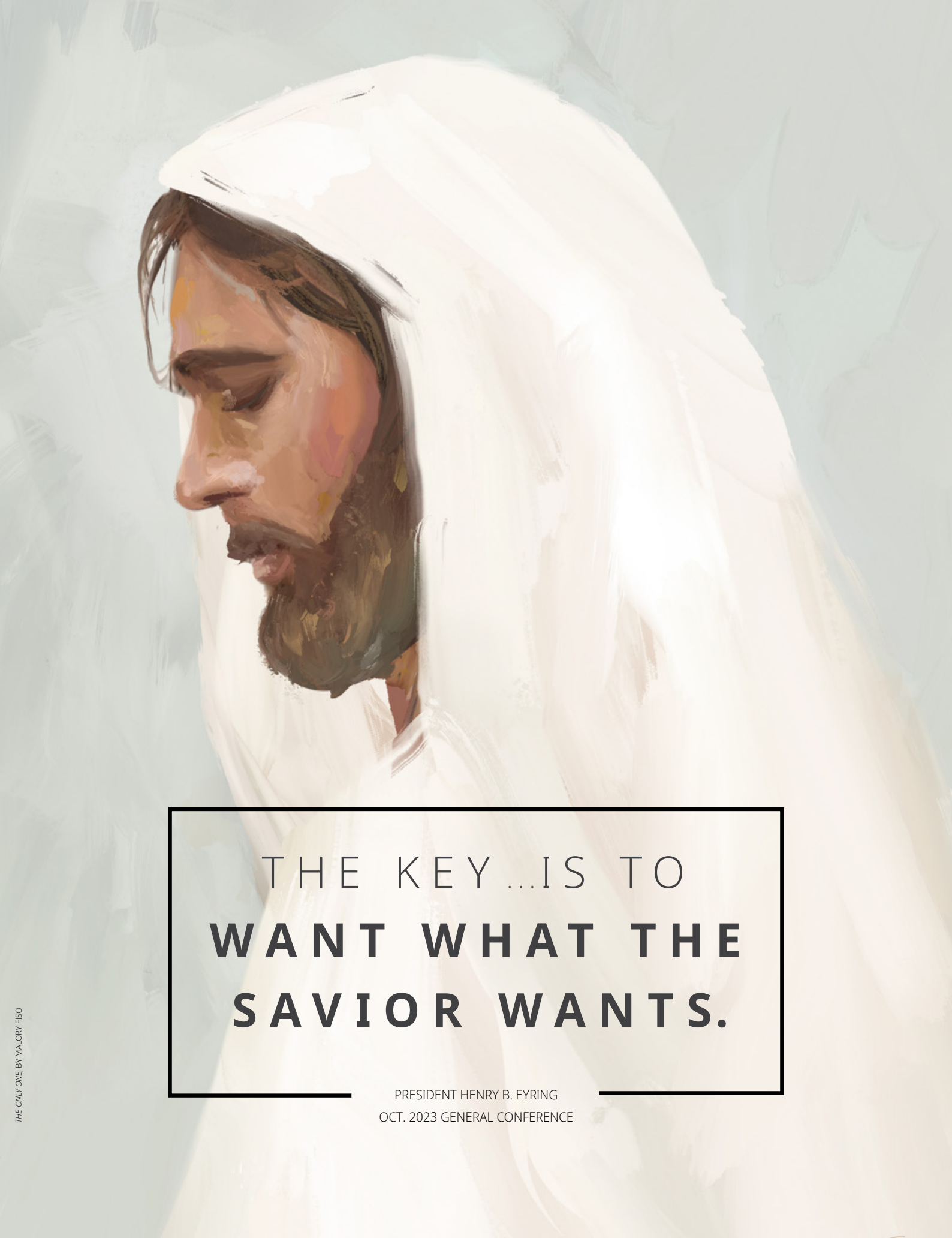
May we enjoy more the spiritual kinship that exists between us and value the different attributes and varied gifts we all have.

Adapted from an October 2023 general conference address.

We are invited to walk together, peaceably, with our hearts filled with love toward God and all men.



When have you felt united with others as brothers and sisters in Christ? Email us about it at ftsou@ChurchofJesusChrist.org.



THE KEY...IS TO
**WANT WHAT THE
SAVIOR WANTS.**

PRESIDENT HENRY B. EYRING
OCT. 2023 GENERAL CONFERENCE



“*[Jesus Christ]* **LOVES** us, He has **COMPASSION** for us, He is filled with **MERCY**, and **HE CAN HEAL YOU.**”

Elder Peter F. Meurs of the Seventy, Apr. 2023 general conference
(Liahona, May 2023, 41).

HE HEALED MANY OF DIVERSE DISEASES. BY J. KIRK RICHARDS

