

For the Strength of Youth



7 KEYS to
UNITY and
HAPPINESS
from President Nelson
p. 2

PEACE
after Paralysis
p. 6

Baffled by **BOYS?**
Confused by **GIRLS?**
p. 16

Becoming **PART**
OF SOMEONE'S LIFE
pp. 22, 26

CONTENTS

October 2024 Vol. 4 No. 10



2



6



20



14




26



10

ON THE COVER: Happiness in Unity, p. 2
Illustration by Katy Dockrill

 Check out [@StrivetoBe](#) Instagram and [Gospel Living](#) app messages, available in English, Spanish, Portuguese, French, and Japanese.

FEATURES

2 HAPPINESS IN UNITY

President Russell M. Nelson
Seven ways we can be one in Jesus Christ.

6 PEACE AFTER PARALYSIS

She found a path forward after a horrible accident.

8 MODESTY: MY LONG JOURNEY

For years, she didn't know a good reason to be modest.

10 SHARING AND SERVING

Three stories from youth who are sharing the gospel and serving others.

14 WANT TO BE BLESSED AND HAPPY?

You can be as happy as the people in 4 Nephi.

16 BOYS AND GIRLS: GETTING TO KNOW EACH OTHER

Go forward, not awkward.

20 BELONGING BLASTOFF

Young women make a plan to help a girl in their class feel welcome.

22 MINISTERING MAKES A DIFFERENCE

A young woman in New Zealand didn't know what to expect after returning to church after seven years.

ALSO INSIDE . . .

13 AND SO AM I

26 GOSPEL BASICS

27 CONNECT WITH CHIEN-HSUN C. FROM TAIWAN

28 FUN STOP

30 QUESTIONS AND ANSWERS

32 WORDS TO LIVE BY

33 CONFERENCE QUOTE POSTER

fsy

Learn more about FSJ conferences at fsy.ChurchofJesusChrist.org.



@StrivetoBe releases new music each month for **YOU!**

Scan the code to listen on your favorite streaming platform.



The First Presidency:

Russell M. Nelson, Dallin H. Oaks, Henry B. Eyring

The Quorum of the Twelve Apostles:

Jeffrey R. Holland, Dieter F. Uchtdorf, David A. Bednar, Quentin L. Cook, D. Todd Christofferson, Neil L. Andersen, Ronald A. Rasband, Gary E. Stevenson, Dale G. Renlund, Gerrit W. Gong, Ulisses Soares, Patrick Kearon

Editor: Randall K. Bennett

Assistant Editor: Jonathan S. Schmitt

Advisers: Tamara W. Runia, Michael T. Ringwood, Bradley R. Wilcox

Managing Director: Jason J. Mitchell

Director of Church Magazines: Adam Olson

Publishing Team Director: Lee Gibbons

Publishing Team Manager: Daniel Melazzo
Business Manager: Garff Cannon

Managing Editor: Paul B. Murphy

Assistant Managing Editor: David Dickson
Copyeditor: David A. Edwards

Writing and Editing: Eric B. Murdock, Jessica Zoey Strong, Brynn Wengler

Editorial Intern: Kate Hansen

Publication Assistant: Priscilla Biehl Motra

Art Director: Jeanette Andrews

Design: Mandie Bentley, C. Kimball Bott, Krystal Culler, Joshua Dennis, Kelsey Fackrell, Frank Lusk, Derek L. Smith

Intellectual Property Coordinator:

Priscilla Biehl Motra

Production Operations Manager:

Ammon Harris
Production: Ira Glen Adair, José Chavez, Bryan W. Gygi, Evany Pace, Marrisssa M. Smith, Christopher Walker, Derek Washburn
Printing Director: Steven T. Lewis
Distribution Director: Nelson Gonzalez

© 2024 by Intellectual Reserve, Inc. All rights reserved. Printed in the United States of America. *For the Strength of Youth* (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 84150-0024, USA. Periodicals Postage Paid at Salt Lake City, Utah.

Copyright information: Unless otherwise indicated, individuals may copy material from *For the Strength of Youth* for their own

personal, noncommercial use (including for Church callings). This right can be revoked at any time. 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., FL 5, Salt Lake City, UT 84150, USA; email: cor-intellectualproperty@ChurchofJesusChrist.org.

To subscribe or change address: Go to MagazineSubscriptions.ChurchofJesusChrist.org, or send old and new address information to Distribution Services, Church Magazines, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA. Or call 1-800-537-5971 (USA only). Please allow 60 days for changes to take effect.

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

Canada Post Information: Publication Agreement #40017431.

TO SUBMIT MANUSCRIPTS OR ART:

ONLINE: Go to fsyoy.ChurchofJesusChrist.org and click "Submit Your Work."

EMAIL: fsyoy@ChurchofJesusChrist.org

MAIL: For the Strength of Youth Editorial, 50 E. North Temple St., Rm. 2377, Salt Lake City, UT 84150-0024, USA. Submissions will not be returned.

A Message from



**PRESIDENT
RUSSELL M.
NELSON**

President of The
Church of Jesus Christ of
Latter-day Saints

HAPPINESS

One chapter in the Book of Mormon shows how we can be one through Jesus Christ and His gospel.

As true followers of Jesus Christ, we yearn for peace in a world of discord and disputation. Instead of living in a community filled with contempt and contention, we actively seek to build a society founded on the teachings of Jesus Christ. He taught, “Be one; and if ye are not one ye are not mine” (Doctrine and Covenants 38:27). Unity is essential in the true Church of Jesus Christ.

How do we achieve unity?

One chapter in the Book of Mormon can help us. In 4 Nephi we learn how people lived after the Savior had visited them, taught them, and established His Church among them. It shows how they achieved a blissful and peaceful unity, and it gives us a pattern we can follow to find happiness in attaining this same unity ourselves.





IN UNITY



THEY BROUGHT THEIR LITTLE CHILDREN, BY WALTER RANE

1. CONVERSION

First, we learn that “the disciples of Jesus had formed a church of Christ . . . And [people] did come unto them, and did truly repent of their sins” (4 Nephi 1:1).

As you learn about Jesus Christ, His gospel, and His Church, the Holy Ghost witnesses of the truth to your heart. You can then accept the Savior’s invitation to have faith in Him and follow Him by repenting.

This begins your journey of conversion—away from selfish, sinful desires and toward our Lord and Savior, Jesus Christ. He is the foundation of our faith. We unite around Him. As we look unto Him in every thought (see Doctrine and Covenants 6:36), He becomes a unifying force in our lives.

2. COVENANTS

Those who came to the Church and repented of their sins “were baptized in the name of Jesus; and they did also receive the Holy Ghost” (4 Nephi 1:1). They entered into a covenant with the Lord.



When you make and keep covenants, you take the Lord’s name upon yourself. This covenant relationship gives you a common cause and a common identity with others who have bound themselves to the Lord through covenants. The Lord then helps us have our “hearts knit together in unity and in love one towards another” (Mosiah 18:21).

3. FAIRNESS AND EQUALITY

We also learn that “there were no contentions and disputations among [the people], and every man did deal justly one with another.

“And they had all things common among them; therefore there were not rich and poor, bond and free, but they were all made free, and partakers of the heavenly gift” (4 Nephi 1:2–3).

The Lord wants us to be fair and just. As we grow closer to Him, we “will not have a mind to injure one another, but to live peaceably, and to render to every man according to that which is his due” (Mosiah 4:13).

To be unified with the Lord’s people, you must not only *treat* others as equal, but you must also truly *view* them as equal and *feel* in your heart that all are equal—equal before God, of equal worth and equal potential (see Doctrine and Covenants 38:24–25).

4. OBEDIENCE

After the Lord had taught the people His doctrine, given them commandments, and called servants to administer to them, “they did walk after the commandments which they had received from their Lord and their God” (4 Nephi 1:12). Obedience to the teachings of the Lord and His servants is essential to becoming unified.



5. MEETING TOGETHER

The people in 4 Nephi “[continued] in fasting and prayer, and in meeting together off both to pray and to hear the word of the Lord” (4 Nephi 1:12).

Weekly worship meetings are an important opportunity for us to find strength. Not only do we partake of the sacrament, but we also learn, pray, and sing together and support one another. Other gatherings also bring a sense of belonging, friendship, and shared purpose.

6. LOVE

We learn in 4 Nephi that true unity was achieved “because of the love of God which did dwell in the hearts of the people” (4 Nephi 1:15).

The first and great commandment is to love God—more than anyone or anything. As you develop love of God and Jesus Christ, love of family and neighbor will naturally follow.

The greatest joy you will ever experience is when you are filled with love for God and for all His children.

Charity, the pure love of Christ, is the principal characteristic of a true follower of Jesus Christ. When you humble yourself before God and pray with all the energy of your heart, God will grant you charity (see Moroni 7:48).

As you seek to have the love of God dwell in your heart, the miracle of unity will seem completely natural to you.

7. DIVINE IDENTITY

Another sign of unity was that “there were no . . . Lamanites, nor any manner of -ites; but they were in one, the children of Christ, and heirs to the kingdom of God” (4 Nephi 1:17).



Instead of using labels that once divided them, the people viewed themselves—and everyone—according to their relationship to Heavenly Father and Jesus Christ. We are all children of God and disciples of Jesus Christ. While diversity and differences can be good and significant, our most important identities are those related to our divine origin and purpose.

BE ONE

We may differ in our cultures, politics, ethnicities, tastes, and in many other ways. But as we unite in Jesus Christ, such differences fade in significance and we strive to be one—so that we may be *His*.

As we take to heart the elements of unity found in the people in 4 Nephi, may it be said of us, as it was of them, “Surely there could not be a happier people among all the people who had been created by the hand of God” (4 Nephi 1:16). 🏰





PEACE AFTER PARALYSIS

After becoming paralyzed in a rollover crash, I kept thinking, "Why me?" But doing a few things has helped me feel peace.



By Emily Traveller

In 2022, my friends and I were riding a small, off-road vehicle in the desert when we got in a rollover crash. I woke up lying on the ground, covered in blood. I couldn't feel a thing. Soon a helicopter came to take me to a hospital. I found out I had broken my neck in two places and that I was paralyzed from the shoulders down.

At first, it definitely tested my testimony. I kept thinking, "Why me?" I didn't understand why all my friends walked away from the accident and I didn't. I was a 16-year-old gymnast and cheerleader, and this was not what I'd pictured for my life.

Choose Gratitude

One day after the accident I was having a really crummy day, and I didn't want to get out of bed and go to physical therapy. But I went, and I saw a man there who was paralyzed and had been burned. He was smiling and talking to all the therapists, and I thought, "If he can do it, I can too."

After that experience, I was able to focus more on gratitude. I realized how lucky I was, and I was able to accept my situation a little more. I realized I have to choose to wake up and focus on the good things, like my amazing family and the gospel of Jesus Christ.

Look beyond the Labels

I've found that helping other people helps me. I remember seeing a couple of teenagers at therapy who were paralyzed. I went up to them and talked to them, because I would have loved it if someone had done that for me.

So many people are going through hard things. At physical therapy, you see all these trials around you that are so visible. In high school, everyone is going through a lot too, but no one really knows it. It's more hidden.

There are all these labels, like "football player" and "cheerleader." Sometimes it's scary to break out of the labels and make new friends. I like cheer and tumbling, and I always thought that those things defined who I was.

But I realized that those labels aren't everything in life. How people look, how different they are from you—those things don't really matter. You can reach out to everyone and focus on helping them. And now some of my best friends are people I never would have imagined being friends with before.

Trust in the Savior

After some time in a rehabilitation center, I have been able to gain movement in my arms and some feeling in my legs. I continue to progress every day.

I don't know what my future's going to be like, and without the Lord, I'd be pretty scared. But I recently got my patriarchal blessing, and it helps me feel confident that whatever happens, I'll be OK. Reading the scriptures and saying my prayers every day has also helped me through a lot. Without Jesus Christ, I know that my struggles would feel so much worse. He helps me feel peace even when things are hard. 🙏

The author lives in Utah, USA.



Watch a message from Emily on the **Gospel Living** app!



Modesty: MY LONG JOURNEY

By Elizabeth Tyler

I wish I could say that I grew up loving the principle of modesty, but truthfully, I didn't. Although my parents taught me that modesty was important, I thought the immodest outfits on the shows I watched were much cuter than anything modest.

I heard a lot of reasons for dressing modestly that did *not* make sense to me, from "Modest is hottest" to "It's your responsibility to dress modestly to keep boys' thoughts out of the gutter." The immodest way I dressed got me the attention I wanted. I was unwilling to even consider the blessings of dressing modestly, and I felt a lot of anger when people encouraged me to.

*"Mom, give me ONE good reason I should dress modestly. I've heard them all."
(Or so I thought.)*

"Give Me *One Good Reason*"

One summer, I was going out with some friends. My mom saw the immodest outfit I was wearing and said, "Elizabeth, you are approaching adulthood. You really need to think about the kind of person you want to be, and with that comes the appearance you project." When she said this, I was ready to fight.

"Mom, give me *one* good reason I should dress modestly. I've heard them all. And I'm still waiting to hear something that doesn't involve boys and their thoughts. Give me something, *anything*, that makes sense."

She looked out the window for a moment. After some time in silence, she looked up at me lovingly and quietly said, “Because it is a principle of obedience, and you love Heavenly Father.”

I was completely disarmed, unable to retort. Her words planted the seed I needed to begin to overcome this struggle.

The Truth about Modesty

I began to realize that modesty was not just about the way I dressed. Like the warnings in the scriptures against wearing costly apparel (see Alma 5:53; Mormon 8:36–39), my choice of clothing was just a symptom of being prideful in thought and behavior. And that pride was something I had held on to for so many years. I was unwilling to let go of what I wanted, which was really validation and attention, for what Heavenly Father wanted for me.

The *For the Strength of Youth* guide says, “Heavenly Father wants us to see each other for who we really are: not just physical bodies but His beloved children with a divine destiny”

([2022], 24). I began to see my body as sacred, something I needed to use to glorify God, not myself.

Filled with His Love

When I began to repent, Heavenly Father filled the parts of my heart that wanted attention with His love. This was so empowering and gave me so much hope that the desire for immodesty started to leave my soul.

The way I spoke started to change, my love for others grew, and my desire to serve increased. I didn’t just adopt the principle of obedience to God in my life; I began to love it. I could feel its protective power. This change helped me prepare to go to the temple and make beautiful, sacred covenants in His house.

I now love modesty because I love the principle of obedience, something I never thought would be the case. But Heavenly Father never gave up on me, and He will never give up on you in whatever you are struggling with, even if it is a long, bumpy journey. 🙏

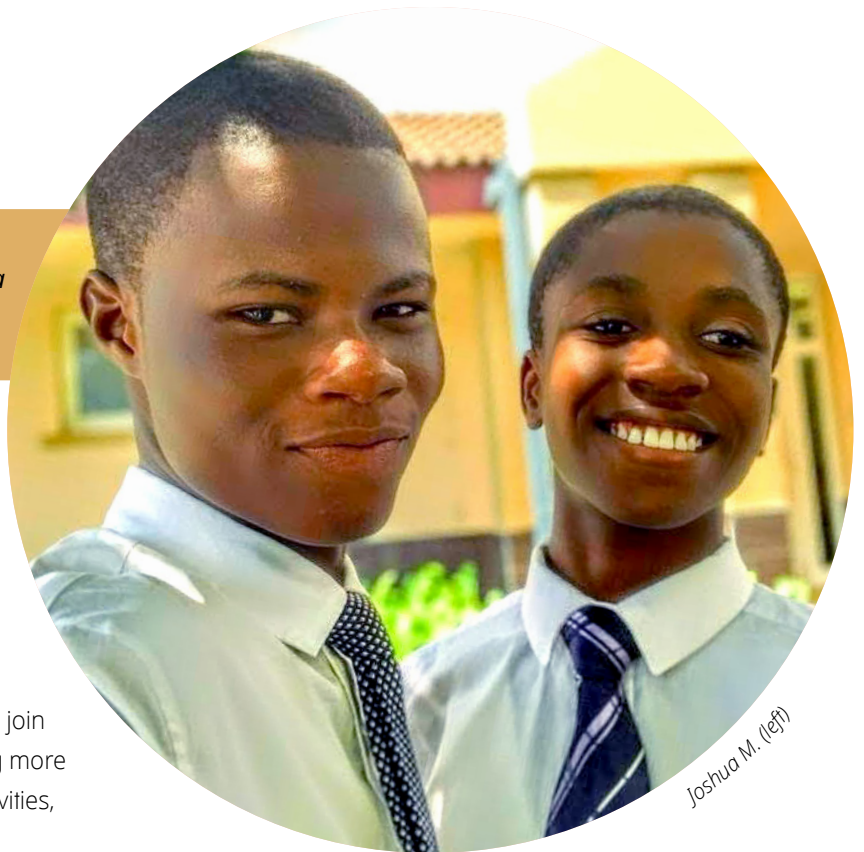
For more on modesty, see *For the Strength of Youth: A Guide for Making Choices* (2022), 24, 25, 27.





JOSHUA M., 17, Greater Accra Region, Ghana

Likes to read and play sports, especially football (soccer).



Joshua M. (left)

DOING GOOD IN GHANA

Here in Ghana, you'll experience good culture, good food, and most importantly, good friendships with other people. Many of my friends are members of The Church of Jesus Christ of Latter-day Saints, and my best friend was baptized just a few years ago. She likes to joke with me and say, "Why didn't you tell me to join the Church earlier?" And she is right! So now, I'm doing more to bring people to church, help them participate in activities, and help them see what it's all about.

In my class at school, there are only two other members of the Church. What we believe is like a new world to some of my classmates. They often ask us questions about the gospel, and some are difficult to answer. If we don't know the answer to a question, we discuss it together and seek guidance from our Church leaders. Once we know how to respond, we tell our classmates about what we know to be true. I have even invited some of them to come and see for themselves how we worship, and they've received good feelings about sacrament meeting.

I've also learned that the more good you do, the closer the Holy Spirit is to you. I often help people on the street if

they are carrying lots of things. Recently, I saw this woman carrying some items on her head. I didn't know the woman or anything about her, but I walked up to her and asked if I could help. She accepted, so I took some of the things she was carrying.

When we got to her house, I found out that she is a baker. At that time, I was not working, and I needed a way to save up some extra money. She didn't know that I needed work. Out of the blue, she told me that she wanted someone to help her bake bread in exchange for pay. She offered me

SHARING AND SERVING

specific times that fit perfectly in my busy schedule. I don't think it was a coincidence but a blessing from God for helping others. To me, this was Heavenly Father saying, "My boy, I see the good that you've been doing!"

I testify that Jesus Christ is the focus, and He is the path. We should serve Him and those around us.

JOSÉ J., 14, Buenos Aires, Argentina

Likes playing piano, riding his bike, singing, cooking, art, and music.

A NEW YEAR'S BLESSING IN ARGENTINA

I invited a friend to a New Year's Eve party at the church. She isn't a member of The Church of Jesus Christ of Latter-day Saints but has a good impression of it. When she showed up, she was drunk. She started having a panic attack and opened up to me about difficulties she and her family were dealing with. I knew I needed to help her.

I took her to my dad. I asked him if he would give her a priesthood blessing. I told her a little about blessings, and she said she would like one. After the blessing, she stopped crying and was even smiling!

After this experience, she asked me some questions about the priesthood. Together with another friend, I shared how the gospel has blessed us and our families.



It felt good sharing the gospel with my friend. To me, a disciple of Jesus Christ tries to be like Jesus Christ and do the things He did, especially when we notice someone going through a hard time.

EMMELINE K., 14, Utah, USA

Loves writing, art, and music, including writing songs for the piano and guitar.



CLASS PRESIDENT PRAYER

It was a cold January day when I was asked to serve as Young Women class president. It was my first year in the Young Women program, and though I was not expecting to be the class president, I was overjoyed. I smiled and nodded.

I was then told to start praying about who my counselors should be.

My happiness quickly melted into worry. I worried that I would choose the wrong people, or even worse, that I wouldn't be able to decide at all!

Later that night, I told my mom I was worried I wouldn't be able to make a decision. She told me to go to my room, say a prayer, and read a few verses from the Book of Mormon.

I went to my room, still worried. I said a prayer, asking Heavenly Father to help me make the right decision. Then I opened the scriptures to where I had left off and read the first verse I saw. It said: "And Christ hath said: If ye will have faith in me ye shall have power to do whatsoever thing is expedient in me" (Moroni 7:33).

Once I had read that verse, I knew that Heavenly Father had answered my prayer. He was aware of me and wanted to help me. All I had to do was put my faith in Him, and He would help me know what to do.

I know that God is aware of us and that He will help us if we are willing to put our faith in Him.

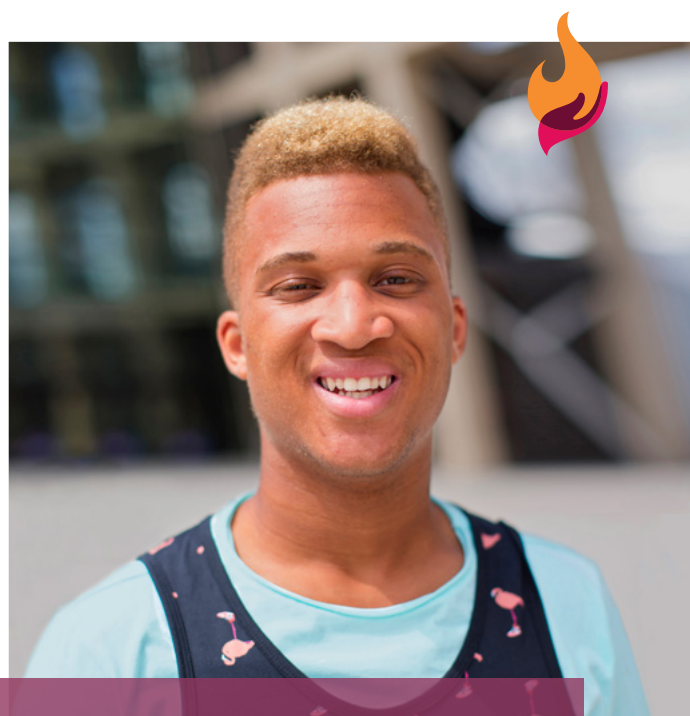


MORMON

WAS A DISCIPLE OF CHRIST

Not quite 300 years after the Savior had visited the people of Nephi, 10-year-old Mormon was growing up in a world of extreme wickedness. But the prophet Ammaron saw that Mormon was “a sober child, and . . . quick to observe” (Mormon 1:2), so he instructed Mormon to take charge of the sacred records when he was older. At age 15, Mormon “was visited of the Lord, and tasted and knew of the goodness of Jesus” (Mormon 1:15). At age 24, he took up the sacred records and kept them faithfully for about the next 50 years, passing them on to his son, Moroni. Because of Mormon, today we have the abridged record we call the Book of Mormon.

Like Mormon, I can know the goodness of the Savior and keep His commandments—even if it seems that the world around me is turning away from God.



AND SO AM I

WANT TO BE “BLESSED AND HAPPY”?

The people of 4 Nephi lived in happiness and unity for almost 200 years. What led to their happy state? Can we experience it, too?

By **Kate Hansen**
Church Magazines

Imagine a community of people who don't contend with one another. They are completely happy, and nobody commits any crimes. They don't get jealous of each other, nor do they separate themselves by labels or groups. Instead, they are united in Jesus Christ, and they keep His commandments.

One group of people just like this was described in 4 Nephi in the Book of Mormon. And they lived that way for almost 200 years!

On pages 2–5 of this magazine, President Russell M. Nelson explains that 4 Nephi gives us a pattern for living in peace and blissful unity. But what happened that helped the Nephites live happily for so long? Can we do the same thing today?

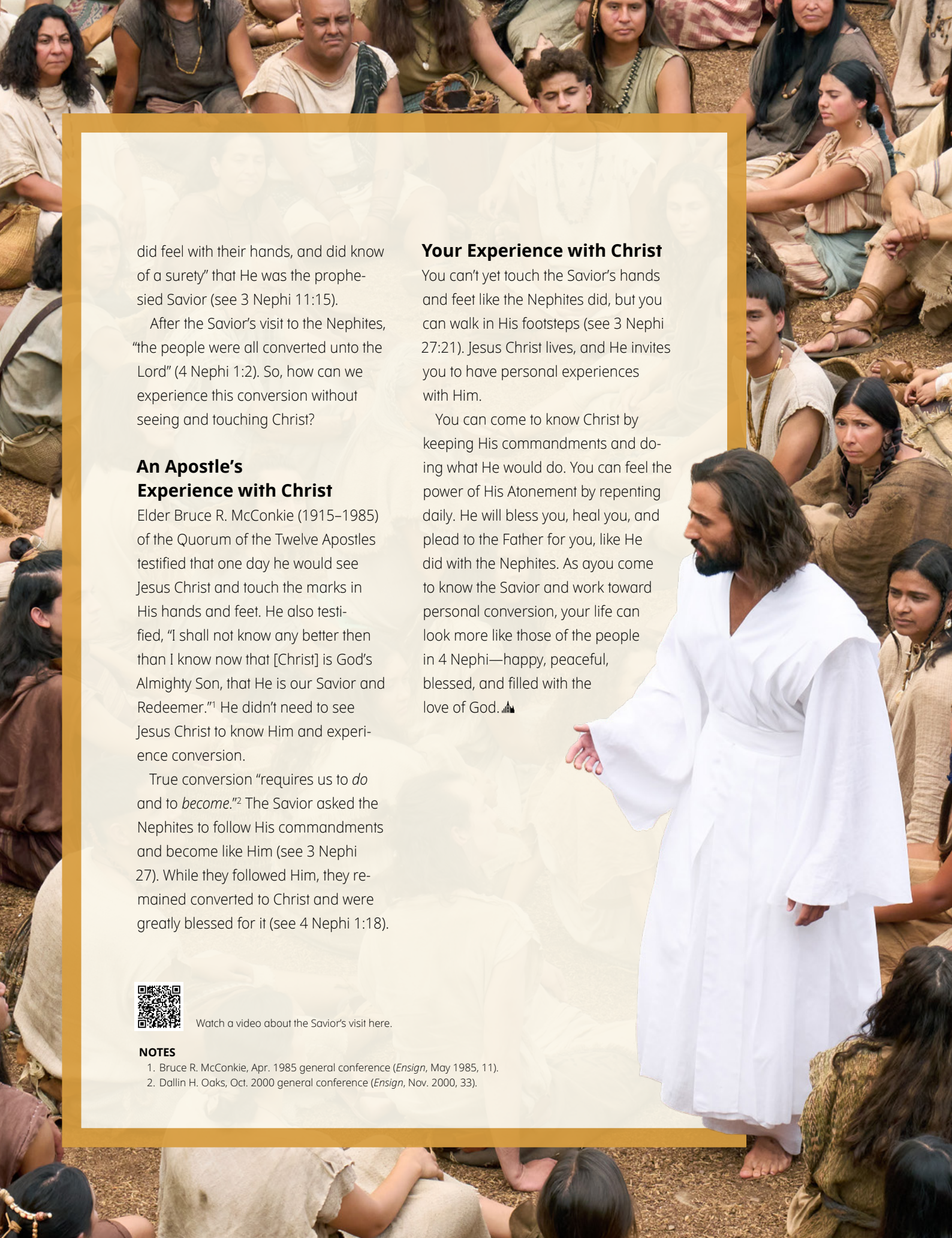
Their Experience with Christ

Flip back in time a few pages to 3 Nephi, and you'll find the reason the Nephites were so happy and united in Christ.

The people had been visited by the Savior following His Resurrection. During His visit, Jesus Christ healed those who were sick and afflicted. He blessed people individually and prayed to Heavenly Father for them (see 3 Nephi 17). Jesus taught the commandments. He asked the people to repent, be baptized, and receive the Holy Ghost (see 3 Nephi 27).

Jesus invited the people to come to Him, one by one, to feel the prints in His hands, feet, and side. They each went to Jesus “until they had all gone forth, and did see with their eyes and





did feel with their hands, and did know of a surety” that He was the prophesied Savior (see 3 Nephi 11:15).

After the Savior’s visit to the Nephites, “the people were all converted unto the Lord” (4 Nephi 1:2). So, how can we experience this conversion without seeing and touching Christ?

An Apostle’s Experience with Christ

Elder Bruce R. McConkie (1915–1985) of the Quorum of the Twelve Apostles testified that one day he would see Jesus Christ and touch the marks in His hands and feet. He also testified, “I shall not know any better than I know now that [Christ] is God’s Almighty Son, that He is our Savior and Redeemer.”¹ He didn’t need to see Jesus Christ to know Him and experience conversion.

True conversion “requires us to *do* and to *become*.”² The Savior asked the Nephites to follow His commandments and become like Him (see 3 Nephi 27). While they followed Him, they remained converted to Christ and were greatly blessed for it (see 4 Nephi 1:18).



Watch a video about the Savior’s visit here.

NOTES

1. Bruce R. McConkie, Apr. 1985 general conference (*Ensign*, May 1985, 11).
2. Dallin H. Oaks, Oct. 2000 general conference (*Ensign*, Nov. 2000, 33).

Your Experience with Christ

You can’t yet touch the Savior’s hands and feet like the Nephites did, but you can walk in His footsteps (see 3 Nephi 27:21). Jesus Christ lives, and He invites you to have personal experiences with Him.

You can come to know Christ by keeping His commandments and doing what He would do. You can feel the power of His Atonement by repenting daily. He will bless you, heal you, and plead to the Father for you, like He did with the Nephites. As you come to know the Savior and work toward personal conversion, your life can look more like those of the people in 4 Nephi—happy, peaceful, blessed, and filled with the love of God. 🙏



Boys and Girls: GETTING TO KNOW EACH OTHER



Are you baffled by the opposite sex? Intrigued? Scared away? Cautiously optimistic that a normalization of relations can be achieved? Read on.

By David Dickson and David A. Edwards

In the beginning, God placed male and female on the earth (see Genesis 1:27). And ever since then, it's been . . . interesting.

For young people, getting to know members of the opposite sex can sometimes feel confusing, frightening, exciting, mysterious, enjoyable, intimidating, exhilarating—maybe all at once. That's always been the case. But there are some cultural factors in today's world that make it even more *awkward*.

GO FORWARD, NOT AWKWARD

We asked youth around the world about how boys and girls get to know each other, as well as the problems they deal with along the way. See if this comment from a young woman in South Africa sounds familiar:

"In this day and age it's almost as if you can't have friendships anymore. If a boy and girl were to simply interact, people instantly assume that there's something going on. It's annoying trying to maintain a friendship when people are constantly pushing you to turn it into something more."

Another youth put it this way:

"When a boy and girl talk, people naturally assume they are dating."

We could provide more examples (*so many* more) from around the globe of youth with this very same lament. But that's not the only obstacle in play. For example:

- Digital technology and social media make communication easier in some ways but make forming real friendships harder in other ways.
- Diminished trust throughout society makes people wary of others and their intentions. For example, boys often tell us that they find it hard to show even just friendly interest in a girl without wondering if it will be misinterpreted and they'll be labeled "creepy."

All of this makes any attempt at friendship with members of the opposite sex awkward. And let's face it—it was already plenty awkward to begin with.

For many youth, the simpler road might be to avoid the opposite sex altogether until later in life. Which would be a tragedy. If you cut yourself off from roughly half of humanity, you may lose out on valuable friendships. And they'd lose out on knowing you too.

Tamara W. Runia, First Counselor in the Young Women General Presidency, says, "Connection is really important.



“Satan . . . would have us believe men and women are so alike that our unique gifts are not necessary, or so different we can never hope to understand each other. Neither is true.”

Sheri L. Dew, former second counselor in the Relief Society General Presidency, Oct. 2001 general conference (*Ensign*, Nov. 2001, 12–13).

Push past those awkward feelings and talk to lots of people (including those

of the opposite sex!). Be the first to smile and say hi.”

Bradley R. Wilcox, First Counselor in the Young Men General Presidency, agrees. “Don’t worry too much about what other people think,” he says. “The best way to feel happy and make friends is to act. Don’t wait for someone else to say hi and start a conversation. Your confidence will grow as you replace your fear of what other people think with faith in what God thinks.”

Why Are They Like That?

Here are a few things girls and boys around the world said they wonder about each other. Think about what could help them understand and find strengths in each other.

Girls Wonder

Why do boys show off?
Why are some boys so loud?
Why can’t some boys see how what they do or say affects others?
Why do some boys treat girls like they’re inferior?
Why are boys so immature?

Boys Wonder

Why are girls so mature?
Why do some girls say such mean things about each other?
Why do some girls expect me to pick up on hints? Why not speak directly?
Why do some girls treat boys like they’re inferior?

How would you respond to these questions in a way that helps you see the good in each other? Email us your answers (or other questions you have) at ftsoy@ChurchofJesusChrist.org.

NOTE

1. Russell M. Nelson, Oct. 2010 general conference (*Ensign* or *Liahona*, Nov. 2010, 48).

GOT ANY ADVICE?

Getting to know members of the opposite sex may seem daunting, it may feel awkward, but it’s worth every effort. Here are a few final thoughts and pointers from youth across the globe.

“We must not be afraid to get to know one another.”

“I can have friends and love them without loving them romantically. These relationships also help us have a trusted friend or someone to turn to in a time of need.”

“One thing that seems to help is going to activities outside our homes where we get to meet and get to know each other better.”

“I believe that trying to connect in a church, school, or family setting things might be easier because is already something bringing us together.”

“I have found joy in having the same interests as someone of the opposite sex.”

What advice would you give? Email it to us at ftsoy@ChurchofJesusChrist.org.

many people

You don't need to have tons of friends, but you shouldn't limit yourself when considering whom you might be a friend to. President Russell M. Nelson has taught, "Each day of your life, strive to enlarge your own circle of friendship."¹ Again—it can be both boys and girls.

genuine friendship

Genuine friendships (with both girls and boys) are healthy and rewarding. They are based on a real liking for someone, as well as honesty, trust, and respect. They also tend to not happen overnight. Genuine friendships are *built*—one step at a time.

wholesome group activities

In many places in the world, a group of boys and girls can get together to have fun doing things that everyone enjoys and that aren't physically or spiritually dangerous. This can be a great way to get to know many different people. Youth around the world have said that Church activities, both on Sunday and during the week, are some of the best ways to get started.

When and how should I get to know

members of the opposite sex? The best way to get to know others is through **genuine friendship**. While you are young, build good friendships with **many people**. In some cultures, youth get to know members of the opposite sex through **wholesome group activities**. For your emotional and spiritual development and safety, **one-on-one activities** should be postponed until you are mature—age 16 is a good guideline. Counsel with your parents and leaders. Save **exclusive relationships** for when you are older. **Spend time with those who help you keep your commitments to Jesus Christ**.

For the Strength of Youth: A Guide for Making Choices (2022), 13.

one-on-one activities

One boy and one girl arranging to be paired together for an activity requires a bit of maturity. Best to wait until at least 16, like the guide says.

exclusive relationships

No matter what you call it, an exclusive romantic relationship is for those who are in a position to think seriously about marriage. Before then, it doesn't make sense and just invites emotional and spiritual risk. Make your teen years fun, not filled with drama and temptation.

spend time

Being with people and interacting with them in person is valuable and healthy (see *For the Strength of Youth: A Guide for Making Choices*, 19).

those who help you keep your commitments to Jesus Christ

These are people who may or may not be Church members and who respect you and your beliefs and standards. These are people who do not entice or pressure you to do things that are wrong.

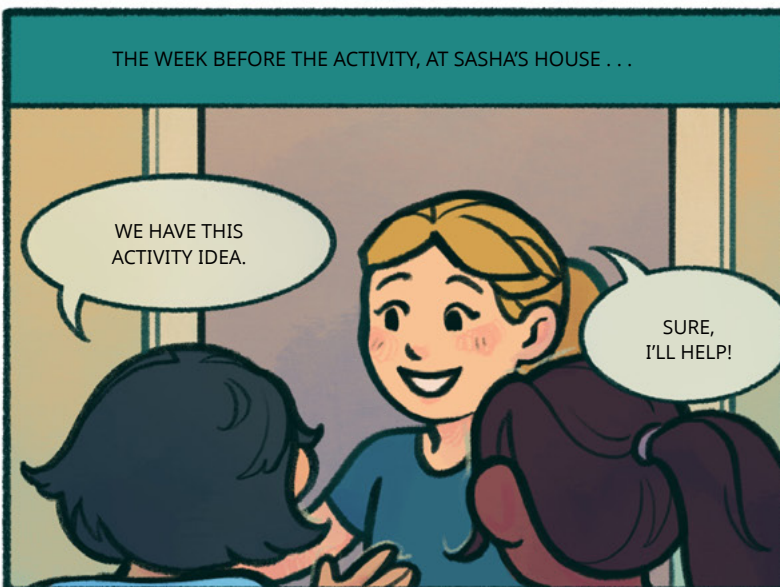
WHAT DOES THE GUIDE SAY?

Lucky for you, the *For the Strength of Youth* guide contains this inspired counsel:



BELONGING **BLASTOFF!**

BY BRYNN WENGLER; ILLUSTRATIONS BY EMILY E. JONES





Learn how to make an air-powered bottle rocket on the **Gospel Living** app!





MINISTERING MAKES A DIFFERENCE

Amelia wasn't sure if she would feel like she belonged at church. She's so glad people reached out.



By Kate Hansen
Church Magazines

Amelia, a young woman in New Zealand, hadn't been to church in seven years.

During her parents' divorce, Amelia's family was put in a difficult situation, and they decided to stop attending church. "We weren't getting support from anybody," Amelia remembers.

But one Sunday, seven years later, Amelia's mom decided to give church attendance another try. She had a good experience and invited her daughters to come back to church with her. Amelia thought, "What do I have to lose?"

"I'M SO GLAD YOU'RE HERE"

"I was a little on edge at first," Amelia says. "I didn't have the most positive association with the Church."

But she decided to accept her mother's invitation, and she doesn't regret it. "As soon as I walked into church, people said to me, 'I haven't seen you here before' and 'Welcome to our church' and 'I'm so glad you're here!'" Amelia remembers.

"Nobody alienated me. Everyone was really welcoming and kind."

But as Amelia looked around during church, she started to think she might not belong after all. "I couldn't help but separate myself from people because I started comparing myself to what other kids knew and *who* they knew," Amelia says. "Many kids in my ward are family or have been close friends since they were young, so they seemed to know each other well," she says.

After sacrament meeting the bishop came up to Amelia and said, "Hi, I'm Bishop Watts. I would love for you to say hi to everybody." He took her to the Young Women classroom and introduced her to the other girls. "That was such an important interaction because it gave me this spark of hope that I could make a community where I was," Amelia explains.

And that encouraged her to go back to church the next Sunday.



A LESSON IN KINDNESS

The next week, Amelia met India, the bishop's daughter. She said, "Hi, I saw you the other day. My name is India. It'd be really nice to get to know you."

That day, the class was talking about something Amelia hadn't learned yet. India leaned over and asked, "Do you understand this?" Amelia said, "No." So India helped her understand the lesson.

"I can't remember the lesson now, but I do remember how she noticed that I needed help," Amelia says. "Her kindness toward me was the most important lesson I learned that day."

India taught Amelia everything she could about church, and she helped Amelia find answers to her questions. During those early weeks and months she became like a guide to Amelia. "She always knew exactly what to say," Amelia remembers. "It was the most spiritual thing I had experienced in years."

As Amelia tried to fit in with new people, India reassured her that nobody would judge her for being new at church. "She made me feel comfortable with being new," Amelia says.

Amelia let India know a little bit about her struggles in her family situation, including having lived with an abusive father before her parents' divorce. "India was the first person I trusted in that environment," Amelia says. "I know that Heavenly Father works miracles, because whenever I talked to India, she always said something that helped. She made sure I never felt alone."

Amelia says that India gave her reassurance that she could get back on track to what Heavenly Father wanted for her. "I don't think I could have come back to church without India or Bishop Watts," Amelia says.

IT'S ABOUT REACHING OUT

Amelia and India's friendship helped Amelia come closer to the Savior. "When I came back to church, I wasn't sure how to have a relationship with Jesus Christ. India helped me un-



India (left) helped Amelia feel welcome back at church.

derstand that even though I couldn't see the Savior, I could still feel His love, influence, and miracles in my life," Amelia explains. "She showed me Christlike love. Now, I want to be somebody's India. I want to be there for somebody when they need me."

Amelia believes that ministering means more than taking an assignment—it's about reaching out to people. "It's seeing someone in a difficult situation and, instead of waiting for them to ask for help, being there when somebody else can benefit from it," Amelia says. "India and Bishop Watts ministered to me when I was worried about not having a community. Now that I do, I'm so glad that somebody reached out."

Amelia wants other youth to know that Heavenly Father and Jesus Christ love them, even when they feel like they don't belong. "If you feel like you're not good enough, or that you don't belong here in this Church, remember that this is your place too," she says.

"And you can always come back." 🙏





I WASN'T SURE HOW TO HAVE A RELATIONSHIP WITH JESUS CHRIST. INDIA HELPED ME UNDERSTAND THAT EVEN THOUGH I COULDN'T SEE THE SAVIOR, I COULD STILL FEEL HIS LOVE, INFLUENCE, AND MIRACLES IN MY LIFE.





Becoming Part of Someone's Life

By **Kate Stewart**
Church Magazines

What is ministering, and what does it truly look like? Well, one way to think of ministering is that you're following Christ's example to love, lift, and serve others. Ministering looks a lot like becoming part of someone's life!¹

As disciples of Jesus Christ, we have the privilege and opportunity to follow His example. During His mortal ministry, the Savior prayerfully, individually, and deeply blessed the lives of thousands. Similarly, in our day, ministering assignments allow us to bless those around us, often one at a time, the way He did. Ministering helps us connect more with others and with Jesus Christ.²

It's OK if you feel nervous, hesitant, or confused on how you can minister to someone. Christ will magnify your efforts.

Need Suggestions?

Here are 10 simple things you can do to minister to others:

1. Pray for them.
2. Send a friendly message.
3. Ask about their hobbies and interests.
4. Write a card or letter.
5. Call to see how their day was.
6. Invite them to attend an activity with you.
7. Bring them their favorite treat.
8. Share inspiring or uplifting music.
9. Sit and talk with them at school or church.
10. Seek opportunities to serve them and their family.

Over time, you'll see that loving, lifting, and serving others really does help you become part of their lives!

NOTES

1. See "What Is Ministering?," ministering.ChurchofJesusChrist.org.
2. See Gerrit W. Gong, Apr. 2023 general conference (*Liahona*, May 2023, 19).

Chien-Hsun C.

15, TAOYUAN CITY, TAIWAN



I pray before bed, thanking God for giving me happiness and peace and for the guidance of the Holy Spirit.

Teenagers in Taiwan have to get up at 5:00 a.m. to go to seminary at 5:30. This is a very big challenge for me because I have a lot of exams and homework. So I have often been late for seminary. Originally, I blamed the Church for making me get up so early. But my parents advised me to pray and ask Heavenly Father for help.

At first, I thought Heavenly Father couldn't help me. But one night I knelt down by the bed and prayed, asking God to help me find the reason I couldn't sleep enough. After that, I reviewed my routine. I saw that I wasted a lot of time before bed.

Now I try to go to bed earlier. I pray before bed, thanking God for giving me happiness and peace and for the guidance of the Holy Spirit.



Taiwanese teenagers spend the longest time in school in the world (about 9.5 hours a day).



Taiwan is the world's most mountainous island.

Local Church members built the first chapel in Taiwan in 1966, in Taipei.



FUN STOP

CAPTION CONTEST



Can you think of a funny caption for this photo?
Email your idea to ftsoy@ChurchofJesusChrist.org
by December 1.

President Gordon B. Hinckley (1910–2008) said:
“In all of living, have much of fun and laughter.
Life is to be enjoyed, not just endured.”¹

NOTE

1. Gordon B. Hinckley, “Stand True and Faithful,” Apr. 1996 general conference (*Ensign*, May 1996, 94).

“Me when the Sunday School teacher asks for a volunteer for the prayer.”—Kenzi T.

“You can run, but you can’t hide.”—Tyson P.

“Frozen by degrees.”
—Evelyn, Grace, and Stella B.

“You never told me about the jump!!!!”
—Finneas Y.

“Note to self: never look up snowboarding tutorials online.”
—Jackson B.

“Santa missed the chimney again!”
—Joseph C.

“And now she will perform the cannonball.”
—Joie E.

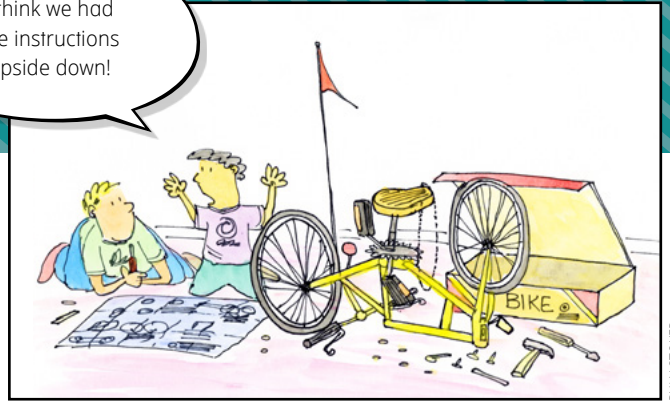
“If someone leaves the straight and narrow path during winter.”
—Hampton C.

“Three-year-old me at the beach attempting to dig to the other side of the world.”—Samuel W.



Here are the winning entries from the caption contest from August 2023. You can find more online.

I think we had the instructions upside down!



RYAN STOKER

MAGAZINE SCAVENGER HUNT

Can you find all 10 of these images in this magazine? Once you find an image, match it with the gospel principle from the article you found it in.

1. Planning activities
2. Helping others fit in
3. Go forward, not awkward
4. The truth about modesty
5. 10 ways to minister
6. We can “be one”
7. Your experience with Christ
8. Be like Mormon
9. Finding joy in hardship
10. The Light of Christ

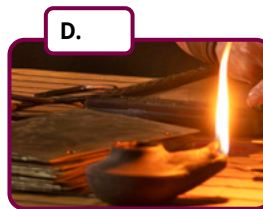
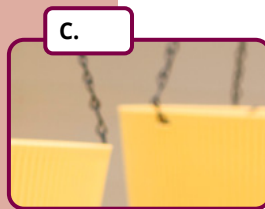
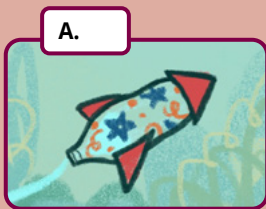
READY FOR A RIDDLE?

In the Book of Mormon, Jesus told the people in the land of Bountiful to go home and ponder, pray, and prepare for Him to visit them again soon. Can you figure out when He returned, based on the riddle?

Riddle: If Jesus first visited Bountiful “today,” He returned the day before two days after the day before tomorrow.

He returned:

- A. That night (today)
- B. The next day (tomorrow)
- C. In two days
- D. In three days



QUESTIONS AND ANSWERS



"I would pray for the person I hurt and ask for their forgiveness. I would humble myself and be friends with him or her."

Aelizadhel L., 19, Paniqui, Philippines

"I HURT SOMEONE'S FEELINGS AT CHURCH. HOW CAN I MAKE IT RIGHT?"



"When I hurt someone's feelings, I feel a heaviness of heart, like something isn't right. But when I take courage to act according to the promptings of the Holy Ghost and sincerely apologize to the person I've hurt, I feel peace and I know what I did is right."

Weya G., 14, Iba, Philippines



"Reflect on your actions, apologize sincerely, seek guidance if necessary, and aim to be kind and forgiving in the future."

Lincoln B., 16, Nevada, USA



"The first step would be to talk to this person and have the empathy to understand their feelings. You can also pray to Heavenly Father to have the courage and inspiration to act in the right way—how Jesus Christ would act."

Livia N., 17, Paraíba, Brazil



"We should continue to show love for them and serve them. We should pray for the courage to make up with them. It can be hard and take time, but God and Jesus Christ will give us what we need to make it right."

Dean C., 15, Texas, USA

"I testify of the tranquility to the soul that reconciliation with God and each other will bring if we are meek and courageous enough to pursue it. 'Cease to contend one with another,' the Savior pled. . . . Care for one another in love."

President Jeffrey R. Holland, Acting President of the Quorum of the Twelve Apostles, Oct. 2018 general conference (*Ensign* or *Liahona*, Nov. 2018, 79).

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

HOW CAN WE BE UNIFIED IF WE'RE ALL SO DIVERSE?

WE'RE ALL DIFFERENT. But the Lord wants us to “be one” (Doctrine and Covenants 38:27). Here are a few principles of unity that prophets and apostles have taught us:

We are united in Jesus Christ, His gospel, and His Church. “It is only in and through our individual loyalty to and love of Jesus Christ that we can hope to be one.”¹

Unity requires love. “Even with diversity of languages and beautiful, uplifting cultural traditions, we must have hearts knit in unity and love.”²

Unity is not sameness. “Unity and diversity are not opposites. We can achieve greater unity as we foster an atmosphere of inclusion and respect for diversity.”³ “Unity does not require sameness, but it does require harmony.”⁴

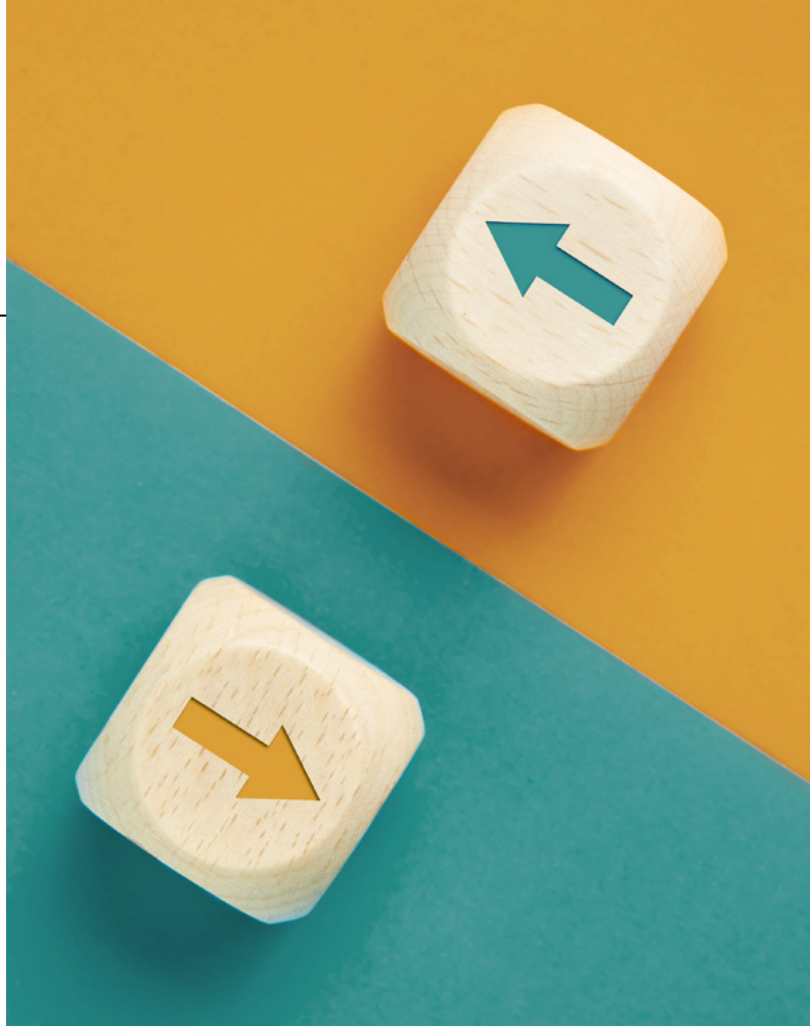
Unity requires banishing contention and prejudice. “There is room for everyone. However, there is *no* room for prejudice, condemnation, or contention of any kind.”⁵

NOTES

1. D. Todd Christofferson, Apr. 2023 general conference (*Liahona*, May 2023, 79).
2. Quentin L. Cook, Apr. 2015 general conference (*Ensign* or *Liahona*, May 2015, 65).
3. Quentin L. Cook, Oct. 2020 general conference (*Ensign* or *Liahona*, Nov. 2020, 19).
4. D. Todd Christofferson, Apr. 2023 general conference (79).
5. Russell M. Nelson, “Peacemakers Needed,” Apr. 2023 general conference (*Liahona*, May 2023, 101).



How have teens used socks and safety pins to encourage unity? Find out on the **Gospel Living** app!



What Do You Think?

“How can I resist temptation when I just keep messing up?”

Send your answer and photo by November 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: Magazine Scavenger Hunt: A1, B6, C2, D8, E5, F10, G9, H4, I3, J7
Ready for a Riddle? B, “The day before tomorrow” is today. 50
“The day before two days after today” is tomorrow.

A Higher Joy

By Elder Dieter F. Uchtdorf
Of the Quorum of the Twelve Apostles

Invitations to Find Joy



I have experienced for myself the glorious dawn that fills the soul with joy. I have discovered for myself that this peaceful confidence comes from following the Savior and walking in His Way.

God gives a joy that transcends anything this world offers. It is a joy that endures heartbreak, penetrates sorrow, and diminishes loneliness.

1. Spend time in a sincere, full-hearted effort to **draw near to God.**



2. **Look for it.** Seek diligently for everyday moments of hope, peace, and joy.



3. **Bring joy to others** around you. You might try:


- Praying for someone.
- Giving a sincere compliment.
- Helping someone feel welcomed and loved.
- Sharing a favorite scripture and what it means to you.
- Listening.



As You Seek Joy, Know That:

- Mental and emotional challenges are real. For some people, finding joy may include seeking help from trained mental health professionals.
- Feeling sad is not a sign of failure. In this life, at least, joy and sorrow are inseparable companions.

As you accept these invitations, you will experience “the peace of God, which passeth all understanding,” even in the midst of sorrows.

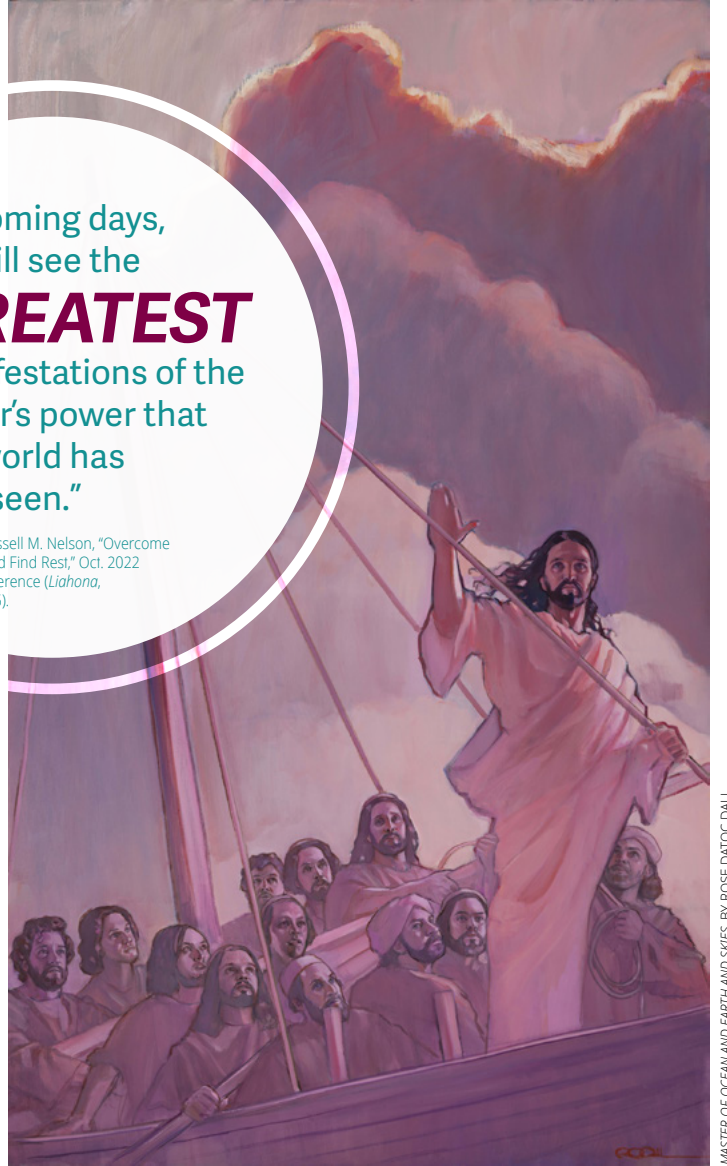


Be gatherers
of the Light of
JESUS CHRIST.

SISTER AMY A. WRIGHT
OCT. 2023 GENERAL CONFERENCE

"In coming days,
we will see the
GREATEST
manifestations of the
Savior's power that
the world has
ever seen."

President Russell M. Nelson, "Overcome
the World and Find Rest," Oct. 2022
general conference (*Liahona*,
Nov. 2022, 95).



MASTER OF OCEAN AND EARTH AND SKIES, BY ROSE DATOC DALL



ENGLISH
4 02193 44000 5