

January 1: The very first one is something I had made when she was a baby, a poster that has her name on it, spelled correctly, and its meaning, origin, etc, with a unicorn in the background. I scanned it in and it's the first one.

January 2: Text Messaging can create a false sense of security and poor communication skills and... it can be a detached and emotionless activity.

January 3: Choose your friends carefully. It is they who will lead you in one direction or the other. Everybody wants friends. Everybody needs friends. No one wishes to be without them. But never lose sight of the fact that it is your friends who will lead you along the paths that you will follow. While you should be friendly with all people, select with great care those whom you wish to have close to you. They will be your safeguards in situations where you may vacillate between choices, and you in turn may save them. President Hinckley

January 4: Elder Bruce C. Hafen of the Seventy cautioned young adults to make sure their actions match their intent: "During the time of courtship, please be emotionally honest in the expression of affection. Sometimes you are not as careful as you might be about when, how, and to whom you express your feelings of affection. You must realize that the desire to express affection can be motivated by other things than true love."

January 5: To those who faithfully and honestly live the law of tithing, the Lord promises an abundance of blessings. Some of these blessings are temporal, just as tithes are temporal. But like the outward physical ordinances of baptism and the sacrament, the commandment to pay tithing requires temporal sacrifice, which ultimately yields great spiritual blessings. Tithing is a test of faith with eternal blessings. Tithing develops and tests our faith. Tithing also teaches us to control our desires and passions for the things of this world. Payment of tithing encourages us to be honest in our dealings with our fellowmen. We learn to trust that what we have been given, through the blessings of the Lord and our own diligent efforts, is sufficient for our needs. Tithing has a special purpose as a preparatory law...to live the higher law of consecration. The temporal and spiritual blessings of tithing are specifically tailored to us and our families, according to the Lord's will. But to receive them, we must obey the law upon which they are predicated.

January 6: There is nothing in all this world as magnificent as virtue. It glows without tarnish. It is precious and beautiful. It is above price. It cannot be bought or sold. It is the fruit of self-mastery. You young women spend a lot of time thinking of the boys. You can have a good time with them, but never overstep the line of virtue. Any young man who invites or encourages you or demands that you indulge in any kind of sexual behavior is unworthy of your company. Get him out of your life before both yours and his are blighted. If

you can thus discipline yourselves, you will be grateful for as long as you live. Most of you will marry, and your marriage will be much the happier for your earlier restraint. You will be worthy to go to the house of the Lord. There is no adequate substitute for this marvelous blessing. The Lord has given a wonderful mandate. He has said, "Let virtue garnish thy thoughts unceasingly". This becomes a commandment to be observed with diligence and discipline. And there is attached to it the promise of marvelous and wonderful blessings. He has said to those who live with virtue: "Then shall thy confidence wax strong in the presence of God"

January 7: An "R" rating is described as "Restricted; persons under age seventeen must be accompanied by a parent or guardian." With a few exceptions, R-rated films have proved to be unacceptable to the tastes and moral conscience of most Latter-day Saints. These films generally manifest little or no restraint by those who have made them—and to whose ideas and moral values we willfully subject our hearts, our minds, and our spirits for two hours in the dark. What we want to avoid in movies—as in everything else—is the vulgar, the obscene, and the violent; R and X ratings used to be a convenient way of identifying these elements. But today we must take unusual pains to scrutinize movies with PG ratings, as well.. Many of the G-rated movies are wonderful and uplifting; others are empty and ridiculous. Some movies that receive G ratings do so almost automatically because they do not contain objectionable language, sex, or violence; yet some of them present very questionable models for children to be exposed to—silly adults, bumbling police officers, know-it-all kids, and so on. , there is no rating system that will satisfy every person's individual standards. It remains for each of us to sort through word-of-mouth reports, media reviews, publicity, and then compare what we find with our own conscience. The only reliable standards are the ones we set for ourselves, guided by our quest for perfection and inspired by the principles of the gospel.

January 8: The way youth dress is a key to shaping some of the most important relationships in their lives.

January 9: Fasting, coupled with mighty prayer, is powerful. It can fill our minds with the revelations of the Spirit. It can strengthen us against times of temptation.

January 10: "A lot of people like the taste of beer, they like to drink beer, and they don't end up as alcoholics or drug addicts," says Rick, a former beer drinker. "The problem I see is that once you start drinking, the Spirit is going to withdraw from you. So although your drinking might not get out of hand, you still can't have the influence of the Holy Ghost with you because you're drinking." (Laury Livsey, "The Beer Facts," New Era, Mar. 1993, 44)

January 11: Sound the trumpets! Raise the flags! Ring the gong! Release the

hounds! All the world must know that you, _____, were born on this very day exactly . . . Well, I guess we don't need to go into the exact number of years BUT!, I'm sure it wasn't nearly as long ago as you think, that is, thinking in epochal, glacial, and millennial terms, of course... I wanted to personally take this opportunity to celebrate with you the advent of your life, all that you've accomplished, all the lives you've blessed and changed, and all the righteousness you will yet spread across the earth. Sound a little overstated? Don't doubt it for a minute. Just add up the SMALL things ALONE!--the prayers you've uttered, the kind words you've spoken, the helpful errands you've participated in, and the noble desires you've expressed from your heart. The cumulative effect of this cannot be easily measured, like the butterfly that flaps its wings in a faraway place. But there's no doubt that you are here to be a veritable beacon for goodness and light, burning brighter by the day. You, _____, were put on this earth at this exact time for a multitude of reasons, known only to God, and perhaps those ancestors and descendants who observe from the beyond the veil. Let their love--especially that of your Father in Heaven--serve as a warm wind at your back, urging you ever forward to greater and greater things... Remember that all challenges and trials are, in fact, blessings in disguise, given to you as sacred gifts. "GIFTS!" you might ask??? Yeah, I know, that's sometimes a hard one to grasp, particularly when we're smack dab in the midst of certain trials. But given eternal eyeglasses, I feel certain that sharper focus will reveal a shining path, each stone carefully laid out for the cause of your individual salvation and exaltation... Use this day not only to celebrate your accomplishments, but to reevaluate the future, recommit to Gospel basics, and bask in the light of wisdom and experience that comes to you from our Savior. Keep a balanced perspective. Use moderation in all things--except, of course, when it comes to cutting yourself a slice of birthday cake. For this, you may eat only as much as can fill the average swimming pool (at Sea World)... Remember, the world is still your oyster. No defeat makes any difference, so long the Savior remains your teammate. Heavenly Father remembers your potential, so chart your course for the stars. You'll never again, Sister, have another birthday exactly like this one, so take it by the ears and ride it to Kolob, leaving a streaming trail of fire in your wake. My solemn prayer is that our Heavenly Father will, over the next 365 days, bless you with everything magnificent that your heart desires

January 12: Pray for the strength to walk the high road, which at times may be lonely but which will lead to peace and happiness and joy supernal.

January 13: My heart reaches out to you. I appreciate you. I honor you. I respect you. What a tremendous force for good you are.

You are the strength of the present, the hope of the future.

You are the sum of all the generations that have gone before, the promise of all that will come hereafter.

You must know, as you've been told, that you are not alone in this world.

There are hundreds of thousands of you. You live in many lands. You speak various languages. And every one of you has something divine within you. You are second to none. You are daughters of God. There has come to you as your birthright something beautiful and sacred and divine. Never forget that. Your Eternal Father is the great Master of the universe. He rules over all, but He also will listen to your prayers as His daughter and hear you as you speak with Him. He will answer your prayers. He will not leave you alone.

January 14: Keeping a journal is important because it's a commandment from the Lord through his prophets. President Spencer W. Kimball said, "Every person should keep a journal and every person can keep a journal." (Family Home Evening Resource Book, Lesson Ideas, Journals, 199) Not only did President Kimball admonish us to keep a journal, but he was also a perfect example. His personal history already contained 33 journals when he was called to be President of the Church in 1973.

January 15: If you are emotionally honest you should mean what you say but also mean what you do. Because our expressions of affection send such powerful messages, they involve powerful feelings. Elder Hafen continued: "When any of you—men or women—are given entrance to the heart of a trusting young friend, you stand on holy ground. In such a place you must be honest with yourself—and with your friend—about love and the expression of its symbols."

January 16: The law of the fast is based upon a primary yet profound principle—a simple practice—that, if observed with the proper spirit, will help us draw closer to our Heavenly Father and strengthen our faith, while at the same time help us ease the burdens of others.

January 17: Who would win the eating contest? The cheerleaders nibbled deliberately at the big, beautiful, candy-coated apples ... The athletes, using a bite-and-swallow strategy, consumed mouthfuls before realizing what was beneath the caramel camouflage. Whenever God creates something that is good, true, and beautiful, Satan, in his devious way, comes up with something that is false, counterfeit, and ugly, yet appears to be similar to our Father's creation. He acts, if you will, in much the same manner that the cheerleaders did with the onions. He tries to deceive us into partaking of that music which is false, counterfeit, and ugly in hopes that we will not detect it until it is a part of us or too late altogether.

January 18: YOU TELL ON YOURSELF
You tell on yourself by the friends you seek.
By the very manner in which you speak,
By the way you employ your leisure time.
By the use you make of dollar and dime.

You tell what you are by the things that you wear.
By the spirit in which your burdens bear,
By the kind of things at which you laugh.
By the records you play on the phonograph.
You tell what you are by the way that you walk,
By the things of which you delight to talk,
By the manner in which you bear defeat.
By so simple a thing as how you eat.
By the books you choose from the well-filled shelf;
In these ways and more, you tell on yourself;
So there's really no particle of sense
In an effort to keep up false pretense.

January 19: You can pretty well determine the kind of fruit you will pick in September by the way you prune in February

January 20: "It may make a difference to all eternity whether we do right or wrong today"

January 21: I bear witness to you, my beloved brethren and sisters, that God lives. He is not dead. I bear testimony that God our Father and His Beloved Son, our Savior and Redeemer, did in very deed appear to Joseph Smith. I know this as I know that I live. I testify there is a God in heaven who hears and answers prayer. I know this to be true. I would humbly urge all within the sound of my voice—member and nonmember alike—to keep in close touch with our Father in heaven through prayer. Never before in this gospel dispensation has there been a greater need for prayer. That we will constantly depend upon our Heavenly Father and conscientiously strive to improve our communication with Him is my earnest plea, in the name of Jesus Christ. Amen. Ezra Taft Benson

January 22: Numerous disasters have occurred in mid-ocean by collisions of ships, sometimes with icebergs, and numerous people have gone to watery graves. I believe you young people are wholesome and basically good and sound; but you, too, are traveling oceans which to you are at least partially uncharted, where there are shoals and rocks and icebergs and other vessels, and where great disasters can come unless warnings are heeded.

January 23: Watch for signs of danger and evil and stay away

January 24: You have the potential to become anything to which you set your mind. You have a mind and a body and a spirit. With these three working together, you can walk the high road that leads to achievement and happiness. But this will require effort and sacrifice and faith. You must get all of the education that you possibly can. Life has become so complex and competitive. You cannot assume that you have entitlements due you. You will

be expected to put forth great effort and to use your best talents to make your way to the most wonderful future of which you are capable. Occasionally, there will likely be serious disappointments. But there will be helping hands along the way, many such, to give you encouragement and strength to move forward.

January 25: My selection of defensive tools has always been a very deliberate one. I long ago learned that I can respond to my environment most effectively through the use of a "windshield wiper defense system." I am in control of the windshield wipers, and I can turn them on or off at will. When I'm exposed to spoken mud and dirt that might tend to cloud my vision of eternal goals in favor of the immediate satisfaction of peer acceptance, I turn on the windshield wiper of my mental windshield and wipe the slate clean. When I am among those about whose language I need not worry, my windshield wiper rests. Unfortunately, I often find myself in unexpected mud puddles of conversation through no fault of my own. That is the test of the quality of my windshield wiper. If I find that my eternal vision does not clear up as fast as I would like, then I know I have some repenting to do. I find it helpful to never forget the words of the Savior recorded in Matthew 12:36-37

January 26: What are you going to tell your kids one day about what you did for fun in the "good old days"? Do you really want to admit that all your entertainment centered on videos, computer games, and text messages? What about creative dates, playing games, or just sitting around telling funny stories and laughing till it hurts?

January 27: In a regional broadcast to Eastern Canada Sister Ann Monson, daughter of Thomas S. Monson, spoke to the Young Women and Young Men. While in Toronto she saw a group of young hockey players, each had a huge bag packed full of equipment. One bag was so full it couldn't be closed and inside it she saw the young man's helmet and eye guard. Sister Monson then listed the items we need to pack in our own bag of spiritual preparation. (Broadcast was May 2, 2004.) Scriptures, For The Strength of Youth, Young Women Personal Progress, Patriarchal Blessing, Journal, Tithing Receipts, Temple Recommend and Testimony.

January 28: "Women of God can never be like women of the world. The world has enough women who are tough; we need women who are tender. There are enough women who are coarse; we need women who are kind. There are enough women who are rude; we need women who are refined. We have enough women of fame and fortune; we need more women of faith. We have enough greed; we need more goodness. We have enough vanity; we need more virtue. We have enough popularity; we need more purity." Margaret D. Nadauld

January 29: Woman is God's supreme creation. Only after the earth had been formed, after the day had been separated from the night, after the waters had been divided from the land, after vegetation and animal life had been created, and after man had been placed on the earth, was woman created; and only then was the work pronounced complete and good.

January 30: George Washington also set us a good example in this regard. When he learned that some of his officers were given to profanity, he sent a letter to them on July 1, 1776, from which we quote: "The General is sorry to be informed that the foolish and wicked practice of profane cursing and swearing, a vice heretofore little known in our American army, is growing into fashion. He hopes the officers will, by example as well as influence, endeavor to check it and that both they and the men will reflect that we can have little hope of the blessing of heaven on our arms if we insult it by our impropriety and folly. Added to this, it is a vice so mean and low, without any temptation, that every man of sense and character detests and despises it."

January 31: Be Clean, Be Smart, Be True, Be Humble, Be Grateful, Be Prayerful (copy of a wall plaque)

February 1: As you walk the road of life, be careful of your friends. They can make you or break you. Be generous in helping the unfortunate and those in distress. But bind to you friends of your own kind, friends who will encourage you, stand with you, live as you desire to live; who will enjoy the same kind of entertainment; and who will resist the evil that you determine to resist.

February 2: The way an individual dresses reveals a lot about attitudes and priorities.... It's hard not to form an opinion of a woman who always wears plunging necklines and short skirts, or a man who goes out in public wearing nothing more than a pair of skintight biker shorts.

February 3: To accomplish His plan of happiness, the Great Creator planted within us an instinct that makes boys interested in girls and girls interested in boys. That powerful inclination can lead to beautiful experiences, or it can lead to terribly ugly experiences. As we look out over the world, it seems that morality has been cast aside. The violation of old standards has become common. Studies, one after another, show that there has been an abandonment of time-tested principles. Self-discipline has been forgotten, and promiscuous indulgence has become widespread. But, my dear friends, we cannot accept that which has become common in the world. Yours, as members of this Church, is a higher standard and more demanding. It declares as a voice from Sinai that thou shalt not indulge. You must keep control of your desires. For you there is no future in any other course. I should modify that to say that the Lord has provided for repentance and forgiveness. Nonetheless, yielding to temptation can become like a wound that seems never to heal and always to leave an ugly scar.

February 4: Avoid pornography as you would a plague.

February 5: President Thomas S. Monson, First Counselor in the First Presidency, cautioned, "Men, take care not to make women weep, for God counts their tears.... Likewise, young women should not put young men in awkward or uncomfortable situations by their actions. They have an equal obligation to keep affection within appropriate bounds.

February 6: I resolved that I would make my own decisions on the basis of my standards. I would not be pushed in one direction or another by those around me. That decision has blessed my life many times. It has kept me from doing some things which could at worst have resulted in serious injury and trouble, and at the best would have cost me my self-respect. Hinckley

February 7: First, I want to tell you that I love you. I love you kids, you wonderful young people of this Church. I love you. I believe you are the best generation this Church has ever had. No generation which has gone before measures up to the stature to which you measure up. You are better educated. I think you have greater faith I think you have shown that faith and are showing that faith than any other previous generation. I am so thankful for you. I thank you for your strength; for your willingness to do the right thing; for your desire to serve the Lord; for your capacity to help build the kingdom; for the fact that you get on your knees and say your prayers, as I know you do; for the fact that you pray to the Lord to help you, to guide you in the things you do, as I know you do. God bless you for what you are and who you are.

February 8: A scanned copy of a card we gave her for her birthday "I'm Smiling Because You're My Daughter..."

February 9: Modesty in dress and manner will assist in protecting against temptation. It may be difficult to find modest clothing, but it can be found with enough effort. I sometimes wish every girl had access to a sewing machine and training in how to use it. She could then make her own attractive clothing. I suppose this is an unrealistic wish. But I do not hesitate to say that you can be attractive without being immodest. You can be refreshing and buoyant and beautiful in your dress and in your behavior. Your appeal to others will come of your personality, which is the sum of your individual characteristics. Be happy. Wear a smile. Have fun. But draw some rigid parameters, a line in the sand, as it were, beyond which you will not go.

February 10: Now, brothers and sisters, you are sweet and wonderful, and we are proud of you, proud of the records you make, proud of the devotion you show, proud of the sacrifice you make. I tell you, we love you. How we pray for you every meeting we hold, every night and morning in our homes, and

every night in our bedrooms; we pray for you that you will keep yourselves clean. Clean—we mean clean from beginning to end. Free from all the ugly things the world is pushing upon us—the drugs, and drinking, and smoking, the vulgarity, the pornography—all those things you don't need to participate in. You must not give yourselves to them. Put on the full armor of God. Attend to your personal and family prayers and family devotions; keep holy the Sabbath; live strictly the Word of Wisdom; attend to all family duties; and above all, keep your life clean and free from all unholy and impure thoughts and actions. Avoid all associations which degrade and lower the high, righteous standards set up for us. Then your life will sail smoothly and peace and joy will surround you.

February 11: Stay away from sleazy entertainment. It may be attractive, but in all too many cases it is degrading. I do not wish to be prudish about this. I do not wish to be regarded as a killjoy. I do not wish to be thought of as an old man who knows nothing about youth and their problems. I think I do know something about these things, and it is out of my heart and my love that I plead with you to stay on the high road. Create fun with your good friends. Sing and dance, swim and hike, become involved in projects together, and live life with zest and excitement.

February 12: Through music, man's ability to express himself extends beyond the limits of the spoken language in both subtlety and power. Music can be used to exalt and inspire or to carry messages of degradation and destruction. It is therefore important that as Latter-day Saints we at all times apply the principles of the gospel and seek the guidance of the Spirit in selecting the music with which we surround ourselves" (*Priesthood Bulletin*, Aug. 1973, p. 3).

February 13: Of all the creations of the Almighty, there is none more beautiful, none more inspiring than a lovely daughter of God who walks in virtue with an understanding of why she should do so, who honors and respects her body as a thing sacred and divine, who cultivates her mind and constantly enlarges the horizon of her understanding, who nurtures her spirit with everlasting truth.

February 14: "Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man" (Matthew 15:11). Many times in our effort to refrain from improper speech, we find words to substitute. Sometimes they are so close to vulgar phrases everyone probably knows that we are substituting words and have not really improved our vocabulary.

February 15: Respect your bodies. The Lord has described them as temples. So many these days disfigure their bodies with tattoos. How shortsighted. These markings last for life. Once in place, they cannot be removed except

through a difficult and costly process. I cannot understand why any girl would subject herself to such a thing. I plead with you to avoid disfigurement of this kind. And while I am speaking of things to avoid, I again mention drugs. Please do not experiment with them. Stay away from them as if they were a foul disease, for such they really are.

February 16: Don't ever do a cheap or a tawdry or a mean or an evil thing, my dear young friends. You don't have to engage in these things. The world is on a slippery slide, it is going downhill and it is going fast. And you are as a beacon on a hill young people of rectitude and virtue and decency and goodness. Remain that way. Do not destroy your effectiveness. Do not become involved in any kind of behavior which would destroy you, injure you, hurt you, debilitate you in any way whatever. You don't have to do those things. You can stand above them. You must stand above them! The world will look to you as the years pass, of that I have no doubt whatever. For if it continues to go in the direction in which it is going, the disparity between the world and this Church will grow and lengthen and we will become more and more of a peculiar people.

February 17: Did you ever think that your body is holy? You are a child of God. Your body is His creation. Would you disfigure that creation with portrayals of people, animals, and words painted into your skin? I promise you that the time will come, if you have tattoos, that you will regret your actions. They cannot be washed off. They are permanent. Only by an expensive and painful process can they be removed. If you are tattooed, then probably for the remainder of your life you will carry it with you. I believe the time will come when it will be an embarrassment to you. Avoid it. We, as your Brethren who love you, plead with you not to become so disrespectful of the body which the Lord has given you. President Hinckley

February 18: For what should we pray? We should pray about our work, against the power of our enemies and the devil, for our welfare and the welfare of those around us. (Alma 34:20, 22-25, 27) We should counsel with the Lord pertaining to all our decisions and activities. (Alma 37:36-37). We should be grateful enough to give thanks for all we have. (D&C 59:21). We should confess His hand in all things.

February 19: **Faith Is A Friend**

Faith is a masterpiece, a brilliant design.
A virtue sent down from a God so divine.
With Faith there are miracles waiting to be
Experienced by you, accomplished by me.

Faith is a jewel, worth far more than gold
From which mountains are moved

and stories are told.
Stories of men who are tried, brave and true.
Faith is a gem sent to me, and to you.

Faith is a present that all may receive.
A gift that is opened by those who believe.
A package so full that its contents will flow
And we'll all be replenished wherever we go.

Faith is a friend of the most gentle kind.
Happiness and peace, with Faith we will find.
Faith is bountiful, loving, with room in his heart.
Faith is a friend with whom we must never part.

February 20: Making preparations can save trouble. Hinckley

February 21: Modesty is one way we can show our respect for Heavenly Father—and for ourselves. “Because the way you dress sends messages about yourself to others and often influences the way you and others act, you should dress in such a way as to bring out the best in yourself and those around you. However, if you wear an immodest bathing suit because it’s ‘the style,’ it sends a message that you are using your body to get attention and approval, and that modesty is not important.” (*For the Strength of Youth*, p. 8.)

February 22: "Some people avoid caffeine by switching to decaffeinated coffee. However, several medical investigations over the last decade have shown that between 40 and 50 percent of decaffeinated coffee drinkers have gastrointestinal difficulties, such as ulcers, colitis, or diarrhea. (Goulart, 1984.) Decaffeinated coffee stimulates the production of stomach acid because the roasting of coffee beans releases harsh acids and oils that irritate stomach linings. One study of 13,000 patients in Boston, Massachusetts, area hospitals also showed that the risk of developing myocardial infarction was the same for decaffeinated coffee drinkers as it was for regular coffee drinkers. (Health Letter, 1982.)" (Clifford J. Stratton, "Caffeine—The Subtle Addicton," *Tambuli*, Mar. 1990, 25)

February 23: This one has a photo of Hinckley behind it... **A Prophets Prayer...** O God, our Eternal Father, as Thy servant I bow before Thee in prayer in behalf of these young people scattered over the earth who are gathered tonight in assemblies everywhere. Please smile with favor upon them. Please listen to them as they lift their voices in prayer unto Thee. Please lead them gently by the hand in the direction they should follow. Please help them to walk in paths of truth and righteousness and keep them from the evils of the world. Bless them that they shall be happy at times and serious at times, that they may enjoy life and drink of its fullness. Bless

them that they may walk acceptably before Thee as Thy cherished sons and daughters. Each is Thy child with the capacity to do great and noble things. Keep them on the high road that leads to achievement. Save them from the mistakes that could destroy them. If they have erred, forgive their trespasses and lead them back to ways of peace and progress. For these blessings I humbly pray with gratitude for them and invoke Thy blessings upon them with love and affection, in the name of Him who carries the burdens of our sins, even the Lord Jesus Christ, amen. President Gordon B. Hinckley, 12 November 2000

February 24: Certain forms of suffering, endured well, can actually be ennobling. Annie Swetchine said, "Those who have suffered much are like those who know many languages; they have learned to understand and be understood by all" (quoted in Neal A. Maxwell, *We Will Prove Them Herewith* [1982], 123).

February 25: Masturbation, a rather common indiscretion, is not approved of the Lord nor of his church, regardless of what may have been said by others whose "norms" are lower. Latter-day Saints are urged to avoid this practice. Anyone fettered by this weakness should abandon the habit before he goes on a mission or receives the holy priesthood or goes in the temple for his blessings. Sometimes masturbation is the introduction to the more serious sins of exhibitionism... We would avoid mentioning these unholy terms and these reprehensible practices were it not for the fact that we have a responsibility to the youth of Zion that they be not deceived by those who would call bad good, and black white.

February 26: Give in just to be accepted? I couldn't swallow that.

February 27: A Laurel wrote of her desire to respond to President Hinckley's words about missionary work. Her personal message was to be a missionary by being a better example to her friends. At first she found this difficult to do, but she didn't give up. Finally, she changed her habits successfully. She writes: "We got out of school early and all went to a friend's house to watch a video. They wanted to watch one that was rated R and they said it wasn't that bad. I was going to go along with it because I was sick of being the one to always be good. Luckily, one of the guys spoke up against it, refusing to watch it. I felt an overwhelming relief. But then they watched a PG-13 movie that was probably just as bad. I tried my hardest to talk them out of it, but couldn't. I should have gone home, but didn't. I regret it. That night in my prayers I promised the Lord to be a better example to my friends. Since then I've cut some words out of my speech. I've quit sluffing [skipping school], and some of my friends have stopped now too. I suggest better movies, and every time they choose something I'd rather not see, I leave."

February 28: It is soul-satisfying to know that God is mindful of us and ready

to respond when we place our trust in Him and do that which is right. There is no place for fear among men and women who place their trust in the Almighty, who do not hesitate to humble themselves in seeking divine guidance through prayer. Though persecutions arise, though reverses come, in prayer we can find reassurance, for God will speak peace to the soul. That peace, that spirit of serenity, is life's greatest blessing. Ezra Taft Benson

February 29: ...You can be strong and encouraging and beautiful and helpful.

March 1: "Immodest clothing includes short shorts, tight pants, and other revealing attire. Young women should refrain from wearing off-the-shoulder, low-cut, or revealing clothes. Young men should similarly maintain modesty in their dress. All should avoid tight fitting or revealing clothes and extremes in clothing and appearance." (*For the Strength of Youth*, p. 8.)

March 2: Never assume that you can make it alone. You need the help of the Lord. Never hesitate to get on your knees in some private place and speak with Him. What a marvelous and wonderful thing is prayer. Think of it. We can actually speak with our Father in Heaven. He will hear and respond, but we need to listen to that response. Nothing is too serious and nothing too unimportant to share with Him. He has said, "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matt 11:28). He continues, "For my yoke is easy, and my burden is light" (Matt 11:30). That simply means that when all is said and done, His way is easy to bear, and His path is easy to trod.

March 3: , be faithful, be true, go forward, be ambitious. Don't short-circuit yourself. Don't stop now. Keep growing. Keep going. Educate your minds and your spirits and never lose sight of the fact that you are a child of God with a divine destiny and capability of doing great and good and wonderful things. Don't sell yourselves short. Don't cheapen yourselves. You know who you are. You know that you are a child of God and that your Heavenly Father expects something great and noble and good of you.

March 4: If you make a mistake, it can be forgiven, it can be overcome, it can be lived above. You can go on to success and happiness. But I hope that such an experience will not come your way, and I am confident it will not if you will set your mind and pray for the strength to walk the high road, which at times may be lonely but which will lead to peace and happiness and joy supernal in this life and everlastingly hereafter.

March 5: I do not believe that the Lord would expect the choice young people of His church to find their eternal mates among nonmembers! He would not ask us to go against both HIS counsel throughout the ages or against the counsel of his prophets. President Kimball tells us, "clearly right marriage

begins with right dating...therefore, this warning comes with great emphasis. Do not take the chance of dating nonmembers, or members who are untrained and faithless." Now, do not rationalize by saying that you are doing missionary work. The Lord does not instruct us to do missionary work one-on-one with members of the opposite sex. Fellowshiping should be done in groups. Missionary work needs to be done without hazard of emotional romantic involvement that could lead to conditions which confuse the potential candidate. Many potential members have been "turned off" by improper dating of LDS people. I am quite aware that we have faithful members of the church who have joined as a result of exposure to the church by his or her marriage partner. We are grateful for them. However, for every success story I have heard, I am aware of many sad examples of both members and nonmembers being hurt by not following the counsel of the prophet in this matter. (Quote: The Miracle of Forgiveness, p. 241.)

March 6: Many people would excuse themselves for cursing by saying that the Ten Commandments were given millennia ago to a faraway people, but it must be remembered that he not only gave them with power to the Israelites but he also reiterated them with emphasis to the Jews in the meridian of time and even in our own dispensation has repeated them for our own benefit and guidance.

March 7: We do not always receive inspiration or revelation when we request it. Sometimes we are delayed in the receipt of revelation, and sometimes we are left to our own judgment. Our life's purpose to obtain experience and to develop faith would be frustrated if our Heavenly Father directed us in every act, even in every important act. We must make decisions and experience the consequences in order to develop self-reliance and faith. Even in decisions we think very important, we sometimes receive no answer to our prayers. This does not mean that our prayers have not been heard. It means only that we have prayed about a decision that, for one reason or another, we should make without guidance by revelation. Perhaps we have asked for guidance in choosing between alternatives that are equally acceptable or equally unacceptable. Similarly, the Spirit of the Lord is not likely to give us revelations on matters that are trivial. If a matter appears of little or no consequence, we should proceed on the basis of our own judgment. If the choice is important for reasons unknown to us, the Lord will intervene and give us guidance. Where we are living in tune with the Spirit and seeking its guidance, we can be sure that we will receive the guidance we need to attain our goal. The Lord will not leave us unassisted when a choice is important to our eternal welfare.

March 8: In choosing entertainment, we cannot be guided by the world's definition of "obscene." Latter-day Saints are to live by a higher standard. And movies aren't the only problem. Books, magazines, and song lyrics can be equally as offensive to decency. The opinion of a media critic may be

helpful, but we must remember that most professionals do not apply biblical standards in their reviews. If material contains matter that is offensive to modesty or chastity, it is pornographic and should be avoided.

March 9: The thirteenth article of faith (A of F 1:13) can help you make good choices. "If there is anything virtuous, lovely, or of good report or praiseworthy, we seek after these things." And you can always ask yourself the following questions: Have I felt a change in spirit while listening to this music? The Spirit often prompts through feelings. Pay attention to how the music makes you feel; How do I act or imagine myself acting when I listen to this music? How is the music affecting those around me? Do I see my surroundings as light and hopeful while listening to this music, or dark and depressing? Are the lyrics words that I would comfortably speak to my family and friends? Does the music cover display degrading material? If this music is accompanied by a video, does the video portray degrading actions or ideas? Does the group performing promote standards similar to my own? Is the music helping me accomplish my current goals? Some music may help you while jogging, but may not be the best when studying or preparing for a church meeting. Does the music cause me to think, act, or feel contrary to the teachings of Christ?

March 10: Casual attitudes about expressions of affection such as kissing can cause much grief and heartache. President Spencer W. Kimball taught: "Kissing has... degenerated to develop and express lust instead of affection, honor, and admiration. To kiss in casual dating is asking for trouble. What do kisses mean when given out like pretzels and robbed of sacredness?"

March 11: Young women, you do not need to drape rings up and down your ears. One modest pair of earrings is sufficient. President Hinckley

March 12: "Keep the commandments of God." David O. McKay 1957

March 13: "Your story should be written now while it is fresh and while the true details are available. Your private journal should record the way you face up to challenges that beset you. Do not suppose life changes so much that your experiences will not be interesting to your posterity. Experiences of work, relations with people, and an awareness of the rightness and wrongness of actions will always be relevant. Your journal, like most others, will tell of problems as old as the world and how you dealt with them." ("President Kimball Speaks Out on Personal Journals," New Era, Dec. 1980, 26)

March 14: Profanity and crudeness do not exalt; they defile...now is the time to stand tall in eliminating these words from your vocabulary.

March 15: Peter cautioned us: “Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh And the Savior said that the very elect would be deceived by Lucifer if it were possible. He will use his logic to confuse and his rationalizations to destroy. He will shade meanings, open doors an inch at a time, and lead from purest white through all the shades of gray to the darkest black. about, seeking whom he may devour” (1 Pet. 5:8).

March 16: In 1935, President George Albert Smith said, “This very day upon which we meet here to worship [the Sabbath] has become the play-day of this great nation—the day set apart by thousands to violate the commandment that God gave long, long ago, and I am persuaded that much of the sorrow and distress that is afflicting and will continue to afflict mankind is traceable to the fact that they have ignored his admonition to keep the Sabbath day holy.” (in Conference Report, Oct. 1935, p. 120.)

March 17: *I know not by what methods rare,
But this I know, God answers prayer.
I know that He has given His Word,
Which tells me prayer is always heard,
And will be answered, soon or late.
And so I pray and calmly wait.
I know not if the blessing sought
Will come in just the way I thought;
But leave my prayers with Him alone,
Whose will is wiser than my own,
Assured that He will grant my quest,
Or send some answer far more blest.*
(Eliza M. Hickok, “Prayer,” *Best Loved Religious Poems*, ed. James

March 18: May your mouth speak out of the abundance of that which is good in your heart is my prayer for all of you.

March 19: I testify to you that your Heavenly Father loves you and wants you to receive and enjoy every blessing He has for His children, including the blessings of happiness and peace. We, the leaders of the Lord’s church, love you. We pray for you earnestly and constantly. Your leaders in your wards and branches and in your stakes and districts likewise love you and pray for you. Your parents’ prayers and love for you are beyond measure. We all want you to succeed in this life and to qualify for the greatest of God’s gifts—eternal life in the celestial kingdom. To achieve your goals in this mortal life and prove yourselves worthy of eternal blessings, learn to obey. There is no other way. Obedience brings great strength and power into your lives. Joseph B. Wirthlin

March 20: I am not talking about the serious sin of "petting," but the lengthy make out sessions that many feel are "okay" as long as you do not let it go

too far. President Kimball teaches us, "among the most common sexual sins our young people commit are necking and petting. Not only do these improper relations often lead to fornication, pregnancy, and abortions—all ugly sins—but in and of themselves they are pernicious evils...". Necking or making out, the kissing hugging session, is wrong IN AND OF ITSELF, not just because it may lead to something worse. I am not saying that there isn't a proper time in a dating relationship to kiss. There is a proper time and place. President Kimball advises us, 'kissing would be saved at least until these later hallowed courtship days when they could be free from sex and have holy meaning.' In an address delivered to returned missionaries (not high school-age people), President Kimball said, "a kiss is an evidence of affection. A kiss is an evidence of love, not an evidence of lust—but it can be. Don't ever let a kiss in your courtship spell lust. Necking and petting are lustful; they are not love.... I don't mind your kissing each other after you have had several dates, but not the 'Hollywood kiss,' not the kiss of passion, but the kiss of affection and there won't be any trouble. Now remember these things." (Quotes in order: The Miracle of Forgiveness; p. 65; Ibid., p. 231; An address delivered by Elder Spencer W. Kimball January 2, 1959.)

March 21: There will be many others, oh so many others, who will be counting on you, whose very peace and happiness will depend upon what you do. And above them all will be your Father in Heaven, who will ever love you as His daughter.

March 22: You are chosen to be faithful women of God in our day, to stand above pettiness, gossip, selfishness, lewdness, and all other forms of ungodliness. Recognize your divine birthright as daughters of our Heavenly Father. Be one who heals with your words as well as your hands. Seek to know the will of the Lord in your life... Howard W. Hunter

March 23: In 1937, President J. Reuben Clark, Jr., said, "Let us avoid debt as we would avoid a plague; where we are now in debt let us get out of debt." (in Conference Report, Apr. 1937, p. 26.)

March 24: A U.S. Supreme Court justice once said that while he wasn't exactly sure what obscenity is, he knew it when he saw it. The same could be said of modesty—and especially immodesty. Sometimes it's a hard concept to define—until you see it.

March 25: The Lord bless you, my dear young friends. As I look into your faces, I see the future. Keep the faith. You will marry. You will have children. You will have grandchildren. You will go out and do the work of this world, but maintain your integrity. Be honest. Be good. Be decent. Be prayerful and the God of heaven will smile upon you and bless you, and give happiness in your hearts and a sense of peace in your lives.

March 26: Soul mates' are fiction and an illusion; and while every young man and young woman will seek with all diligence and prayerfulness to find a mate with whom life can be most compatible and beautiful, yet it is certain that almost any good man and any good woman can have happiness and a successful marriage if both are willing to pay the price. Spencer W. Kimball

March 27: When one is caught in a whirlpool of emotion, it is difficult to find a way out alone. Richard G. Scott

March 28: “Modesty in dress is a quality of mind and heart, born of respect for oneself, one’s fellowmen, and the Creator of us all. Modesty reflects an attitude of humility, decency and propriety.” (*Priesthood Bulletin*, September 1970, p. 2.) Elder Spencer W. Kimball said “I am sure that the immodest dresses that are worn by our young women, and their mothers, contribute in some degree to the immorality of this age ... I wonder if our young sisters realize the temptation they are flaunting before young men when they leave their bodies partly uncovered.” the commandment that you should avoid a tempting manner or appearance—is fixed and eternal and will not deviate. Don’t assume that anyone will be impressed with *your experience*, or *your preferences*, or *your wisdom* on this subject.

March 29: In 1974 President Spencer W. Kimball said, “The earth cannot justify nor continue its life without marriage and the family. Sex without marriage, for all people, young or older, is an abomination to the Lord, and it is most unfortunate that many people have blinded their eyes to these great truths.

March 30: I think we often tend to forget that we have total control of our verbal environment. We can deal with it as we choose; that is the beauty of the blessing of free agency. The adversary, on the other hand, would have us believe that we are victims of immediate circumstances. He tempts us in two subtle ways. First, he fills us with the fear of embarrassment if we should say anything about the language of our peers. Then, he manipulates our fear of rejection into the thought that we have to share that verbal behavior to be accepted as a friend. What powerful, ugly, and offensive tools are these! Our only alternative is a very strong and calculated defense.

March 31: How truly beautiful is a well-groomed young woman who is clean in body and mind. She is a daughter of God in whom her Eternal Father can take pride. President Hinckley

April 1: You Reap What You Sow photo found on internet... Thoughts-Actions-habits-character-destiny

April 2: At whatever level our children complete their formal schooling, they should have learned how important excellence is in all they do. There is

always room at the top in any enterprise, and it is always crowded at the bottom. It doesn't matter what the field of endeavor—plumber, doctor, teacher, lawyer, farmer, carpenter, whatever—if our children learn early in their lives that they should do their very best, they will be eminently better prepared for the responsibilities of life. We should teach our children the importance of schooling as a help in discovering how to think and to learn. They need to know, and we need to be reminded, that schooling is merely the formal part of education. Education should never stop, but should be a continuing activity throughout life.

April 3: Immorality does not begin in adultery or perversion. It begins with little indiscretions like sex thoughts, sex discussions, passionate kissing, petting and such, growing with every exercise. The small indiscretion seems powerless compared to the sturdy body, the strong mind, the sweet spirit of youth who give way to the first temptation. But soon the strong has become weak, the master the slave, spiritual growth curtailed. But if the first unrighteous act is never given root, the tree will grow to beautiful maturity and the youthful life will grow toward God, our Father.

April 4: I wish for you nothing but the best. You are so choice and so wonderful and the future is so great that you can't afford to betray yourselves in anyway or to do anything less than that which each of you is capable of accomplishing. You don't have to be a genius. You don't have to be a straight-A student. You just have to do your very best with all the capability you have. You have to do your very best. And somehow, if you do that, God will open the way before you and the sun will shine, and your lives will be fruitful and you will accomplish great good in the world in which you take a part. I couldn't wish for you anything better as I look into your faces this day.

April 5: This is right next to the YW log with "STAND FOR TRUTH AND RIGTHEOUSNESS YOUNG WOMEN" around the logo...

We are daughters of our Heavenly Father, who loves us, and we love him. We will "stand as witnesses of God at all times and in all things, and in all places..." as we strive to live the Young Women Values, which are:

Faith

Divine Nature

Individual Worth

Knowledge

Choice and Accountability

Good Works and

Integrity

We believe as we come to accept and act upon these values, we will be prepared to strengthen home and family, make and keep sacred covenants, receive ordinances of the temple, and

enjoy the blessings of exaltation.
(See Mosiah 18:9)

April 6: You will become great women if you are united in the angelic cause of doing good and if you hunger and thirst after righteousness. President James E. Faust

April 7: Brother Lowell Bennion, an LDS author, has written: "Once a couple begins to share affection in a physical way, this activity tends to become the focus of interest. Often such a couple ceases to explore the other significant dimension of personality: mind, character, maturity, religious faith, moral values, and goals... Affection should grow out of genuine friendship and brotherly love, not precede them, if one wishes to be sure of having real and lasting love in marriage. Kissing for the sake of kissing invites more affection, and many fine young people become more deeply involved than they actually wish to be."

April 8: No one of us is less treasured or cherished of God than another. I testify that He loves each of us—insecurities, anxieties, self-image, and all. He doesn't measure our talents or our looks; He doesn't measure our professions or our possessions. He cheers on every runner, calling out that the race is against sin, not against each other. I know that if we will be faithful, there is a perfectly tailored robe of righteousness ready and waiting for everyone, "robes . . . made . . . white in the blood of the Lamb." May we encourage each other in our effort to win that prize

April 9: Fasting and prayer can help develop within us courage and confidence. It can strengthen our character and build self-restraint and discipline. Often when we fast, our righteous prayers and petitions have greater power. Testimonies grow. We mature spiritually and emotionally and sanctify our souls. Each time we fast, we gain a little more control over our worldly appetites and passions.

April 10: "Immodest clothing includes short shorts and skirts, tight [form-fitting] clothing, shirts that do not cover the stomach, and other revealing attire" Clothing that is modest, neat, and clean uplifts. Immodest clothing degrades. If there is any question, ask yourself, "Would I feel comfortable with my appearance if I were in the Lord's presence?"

April 11: I Am Divine
I looked in the mirror the other day--
"You are divine" I heard a voice say
My eyes were wide with much surprise,
"Oh no I'm not, just see my eyes.
They're much too small, I wish they were blue."
The voice came again, "You are joyful and true."

I looked at my neighbor with such a sigh,
"You are so thin!" was my weak cry.
She seemed quite stunned, then said to me
"Things aren't always what you see,
I'd give anything if I were you
For you are righteous and truthful too."
I picked a book up off the shelf,
Then knew I couldn't live with myself
I promptly put it in its place,
then felt the Spirit taking place,
"I knew you'd pick the one you should
You thirst for knowledge--That is good!"
I told my brother, "It's not funny,
You are so rich with money!"
He said, "I'm rich, that much is true
But I would rather be like you.
You're honest, good and always kind.
People like you are hard to find."
It took a while but I caught on,
And soon my list of wishes was gone.
How blessed I am from up above
With God and friends and joy and love.
No money can buy these gifts of mine
I'm a daughter of God, and I'm divine!
(Author Unknown, from "Very Valuable
Values for Young Women", Vol. 2, pg.17)

April 12: Those who follow Church standards of dress and appearance will find that their relationships at home will be less stressful, and their relationships with friends—especially those of the opposite sex—will be more fun and appropriate. But mostly, they will notice improvement in their relationship with Heavenly Father. And that stands to reason, doesn't it? Our physical bodies are among the greatest gifts he has given us. When we show respect for our bodies, we show respect for him, and any relationship that is based on mutual respect is going to feature lots of trust, confidence, and love. And there just isn't anything better than basking in the security of God's love.

April 13: "Begin today," President Kimball said, "and write... your goings and your comings, your deeper thoughts, your achievements, and your failures, your associations and your triumphs, your impressions and your testimonies. We hope you will do this... for this is what the Lord has commanded, and those who keep a personal journal are more likely to keep the Lord in remembrance in their daily lives." (Speaks Out)

April 14: "Let virtue garnish thy thoughts unceasingly; then shall thy

confidence wax strong in the presence of God." D&C:121:45

April 15: Scanned copy of a quilted hearts poster that either I or she colored and each heart says something "Good Works, Faith, Divine Nature, Choice and Accountability, Individual Worth, Integrity and Knowledge" In the middle, just above a bow it says "We are Daughters of our Heavenly Father"

April 16: "But blessed are they who are faithful and endure, whether in life or in death, for they shall inherit eternal life." (D&C 50:5)

April 17: "Now comes the craze of tattooing one's body. I cannot understand why any young man—or young woman, for that matter—would wish to undergo the painful process of disfiguring the skin with various multicolored representations of people, animals, and various symbols. With tattoos, the process is permanent, unless there is another painful and costly undertaking to remove it. ... A tattoo is graffiti on the temple of the body. Likewise the piercing of the body for multiple rings in the ears, in the nose, even in the tongue. Can they possibly think that is beautiful? It is a passing fancy, but its effects can be permanent. Some have gone to such extremes that the ring had to be removed by surgery. The First Presidency and the Quorum of the Twelve have declared that we discourage tattoos and also 'the piercing of the body for other than medical purposes.' We do not, however, take any position 'on the minimal piercing of the ears by women for one pair of earrings' " (President Hinckley, *Ensign*, Nov. 2000, 52).

April 18: I think the instructions Paul gave to the Ephesian Saints would be of value to all of us: "Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers. (Ephesians 4:29–30). Have the courage to keep your speech clean and wholesome. Improve your vocabulary—it will place you among those who will be found serving the Lord.

April 19: , may heaven smile upon you. May you be blessed. May you be happy. May you have joy in your lives. May your tears be few and your smiles many as you go forward with your lives is my humble prayer as I stand before you and express unto you my love for you and my confidence in you and my hope for you and my prayer for you. You are the very fiber of this Church and this Church will grow as its young people the young people of this generation magnify their callings and go forward and serve the Lord and live in loyalty toward Him. God bless you.

April 20: **I Have Great Worth**

I am an individual--and I have great worth
I knew that long before I came to this earth.
My dear Father told me, "I'm counting on you
to go down to earth and see what you can do.

Follow the Savior and live by His word
Make sure His teachings are so often heard.
Love all your neighbors as I have loved you
See how much service and good you can do.
Study the scriptures and learn how to pray
Live my commandments each and every day.
Care for the sick and don't forget the poor
Welcome the needy who come to your door.
Set the example of one who knows God
Never let go of the iron rod.
When you are tired and have shown me your worth
I'll then bring you home in a Heavenly Birth."
(Author Unknown, from "Very Valuable
Values for Young Women", Vol. 2, pg.28)

April 21: The Lord has made us attractive one to another for a great purpose. But this very attraction becomes as a powder keg unless it is kept under control. It is beautiful when handled in the right way. It is deadly if it gets out of hand. It is for this reason that the Church counsels against early dating. This rule is not designed to hurt you in any way. It is designed to help you, and it will do so if you will observe it. Steady dating at an early age leads so often to tragedy. President Hinckley

April 22: The heights by great men reached and kept, were not attained by sudden flight, but they while their companions slept, were toiling upward in the night. --Henry Wadsworth Longfellow

April 23: Here I have a photo found on the internet that is a triangle with the temple inside, "SACRED TRIANGLE" One the top tip is GOD, the left bottom tip is Husband and the right bottom tip is Wife. On the line between Husband and GOD is "I will prepare to be worthy of participating" and on the line in between GOD and Wife is "In the sacred triangle of eternal marriage"

April 24: Without prayer, fasting is not complete fasting; it's simply going hungry...I don't mean just missing one meal, then eating twice as much the next meal. I mean really fasting, and praying during that period.

April 25: Every sin is against ourselves and God, for sins limit our progress, curtail our development, and estrange us from good people, good influences, and from our Lord.

April 26: "What a wonderful thing it is to become acquainted with the word of God—to study, to read the Bible and this associated volume, this added witness of the divinity of the Lord which bears the title Book of Mormon. Just as the Bible is the testament of the Old World, the Book of Mormon is the testament of the New World. It is another witness, a second voice saying God

our Eternal Father lives and Jesus is the Christ, the Living Son of the Living God” (Utah Salt Lake City Mission meeting, 18 Dec. 1995).

April 27: The commandments of the gospel come from a tender, loving Father whose laws are given to make us happy, to protect us, and to help us avoid the inescapable pain and misery that always result when we yield to Satan and give in to temptation. “Wickedness never was happiness.” God is, indeed, our loving Father. Everything He does is for our good. He knows all things. He knows us much better than we know ourselves, and He knows what is best for us.

April 28: President Kimball used the words to describe a kiss: *affection, honor, admiration, sacredness*. Kissing and other expressions of affection communicate powerful messages of commitment that others may believe and act on. If you don’t have a commitment, your actions are dishonest and likely harmful. Two thousand years ago, someone else’s actions didn’t match his words either. Listen to the stinging rebuke: “Judas, betrayest thou the Son of man with a kiss?” (Luke 22:48). Judas used a symbol of affection as a tool of betrayal. We should not leave others feeling betrayed by our actions.

April 29: Security is mostly a superstition. It does not exist in nature...life is either a daring adventure or nothing. --Helen Keller

April 30: There is no end in sight for the good you can do. Do you know it? You are just simple kids. You are not geniuses. I know that. But the work of the world isn't done by geniuses. It is done by ordinary people who have learned to work in an extraordinary way people of your kind who can do these things. I repeat. Don't sell yourselves short. You look in the mirror every morning when you boys get up to scrape off the fuzz, and the girls get up to put on the paint you look into the mirror and say "I can do the right thing today, God being my helper. And I will do it." Heaven bless you is my humble prayer for you.

May 1: You can’t please God without upsetting Satan, so you will get pressure from those he tempts to do wrong. Individuals who do wrong want you to join them because they feel more comfortable in what they are doing when others do it also. They may also want to take advantage of you. It is natural to want to be accepted by peers, to be part of a group—some even join gangs because of that desire to belong, but they lose their freedom, and some lose their lives. One of the hardest things for you to recognize is how truly strong you already are and how others silently respect you. We have great confidence in you. You don’t need to compromise your standards to be accepted by good friends. The more obedient you are, the more you stand for true principles, the more the Lord can help you overcome temptation. You can also help others because they will feel your strength. Let them know about your standards by consistently living them. Answer questions about

your principles when you are asked, but avoid being preachy. I know from personal experience that works. No one intends to make serious mistakes. They come when you compromise your standards to be more accepted by others. You be the strong one. You be the leader. Choose good friends and resist peer pressure together.

May 2: It is difficult to resist when your peers are pulling you down into the swamp of narcotics. It takes steel in your spine to say no.

May 3: "I can testify concerning the law of tithing and its blessings because I've experienced them. And every man and woman in this Church who is an honest tithe payer, is honest with the Lord, can testify of the divinity of that principle" (fireside in Birmingham, England, 29 Aug. 1995).

May 4: **With Integrity**

I want to remember who I am
And not just once a week.
I want to represent the Lord
Each time I think and speak.
I want to be His witness
In all things and places, too.
I want to emulate Him
In the many things I do.
I want to be His servant
With my heart and soul and mind.
I want to seek His lost sheep
And not quit until I find.
I want to praise Him always
And make Him proud of me.
I want to do this with my heart
And with integrity.

(Author Unknown, from "Very Valuable Values for Young Women", Vol. 2, pg.60)

May 5: Elder Bruce R. McConkie stressed our responsibility to do all that we can before we seek a revelation: "We're expected to use the gifts and talents and abilities, the sense and judgment and agency with which we are endowed. ... We're expected to do everything in our power that we can, and then to seek an answer from the Lord, a confirming seal that we've reached the right conclusion."

May 6: A journal is not just a book to keep a record of our lives; it's also a tool that can help us! The article, "Discover Yourself: Keep a Journal" says: "A journal can also be a tool for self-evaluation and self-improvement. 'We examine our lives as we come to know ourselves through our journals,' says Sister Bell [assistant professor of English at BYU]. 'Even if you take your

journal and go back a year, you learn things about yourself you didn't know at the time. You understand things about yourself." (Janet Brigham, Ensign, Dec. 1980, 57)

May 7: A dear friend and his wife enjoyed hiking together in the mountains. One fall afternoon, they hiked several miles up a steep mountainside to a beautiful waterfall. While descending the trail, several hikers making the climb upward asked the question, "Is it worth it?" Our friends' reply was always in the affirmative. Later, they observed that the effort was worth it only if you enjoyed the fresh air, alpine beauty, exercise, and loving companionship. Feeling the intense pressure from peers and the need to be accepted, some may ask the question, "Is it worth the effort to stand tall?" To that question I respond, "If life eternal is important to you and if you want to experience real joy in this life, then standing tall is worth the determination and tireless daily effort it requires."

May 8: There are Goliaths all around us, hulking giants with evil intent to destroy. These are not nine-foot-tall men, but they are people and institutions that control attractive but evil things that may challenge and weaken and destroy us. Included in these are beer and other liquors and tobacco...illegal drugs...pornography, you need not fear if you have the slingshot of truth in your hands. You have been counseled and taught and advised. You have the stones of virtue and honor and integrity to use against these enemies who would like to conquer you. When they challenge you, you can hit them "between the eyes," Victory will be yours. There is not a person in this Church who needs to succumb to any of these forces. You are a child of God. You have His power within you to sustain you. You have the right to call upon God to protect you. Do not let Goliath frighten you. Stand your ground and hold your place, and you will be triumphant. As the years pass, you will look back with satisfaction upon the battles you have won in your individual lives. When temptation comes your way, name that boastful, deceitful giant "Goliath!" and do with it as David did to the Philistine of Gath

May 9: You belong to a church which has been made strong by the loyalty and unwavering affection of its members through the generations. What a marvelous thing it is to belong to a society whose purposes are noble, whose accomplishments are tremendous, whose work is uplifting, even heroic. Be loyal to the Church under all circumstances. I make you a promise that the authorities of this Church will never lead you astray. They will lead you in paths of happiness. You who are members of this Church must have a loyalty to it. This is your church. President Hinckley

May 10: "You do not have to patronize a store on Sunday. Let the Latter-day Saints be in their homes, teaching their families, reading the scriptures, doing things that are wholesome and beautiful and communing with the Lord on the Sabbath day. He's been very pointed in this day and time as set forth

in the 59th section of the Doctrine and Covenants concerning our observance of the Sabbath day. I thank the Lord for Sunday. What a great and marvelous blessing that is" (fireside in Birmingham, England, 29 Aug. 1995).

May 11: **Question:** How do we keep bad thoughts from entering our minds, and what do we do when they come? **Answer:** Some bad thoughts come by themselves. Others come because we invite them by what we look at and listen to. Talking about or looking at immodest pictures can stimulate powerful emotions. It will tempt you to watch improper videocassettes or movies. These things surround you, but you must not participate in them. Work at keeping your thoughts clean by thinking of something good. The mind can think of only one thing at a time. Use that fact to crowd out ugly thoughts. Above all, don't feed thoughts by reading or watching things that are wrong. If you don't control your thoughts, Satan will keep tempting you until you eventually act them out.

May 12: When we fast, brethren and sisters, we feel hunger. And for a short time, we literally put ourselves in the position of the hungry and the needy. As we do so, we have greater understanding of the deprivations they might feel. When we give to the bishop an offering to relieve the suffering of others, we not only do something sublime for others, but we do something wonderful for ourselves as well. King Benjamin taught that as we give of our substance to the poor, we retain "a remission of [our] sins from day to day."

May 13: Willing obedience provides lasting protection against Satan's alluring and tantalizing temptations. Jesus is our perfect example of obedience. Learn to do as He did when Satan tempted Him in the wilderness. Even though He was weakened by fasting, His answer was quick and firm: "Get thee behind me, Satan." Elder Neal A. Maxwell said this of the Savior's example in resisting temptation: "Jesus noticed the tremendous temptations that came to Him, but He did not process and reprocess them. Instead, He rejected them promptly. *If we entertain temptations, soon they begin entertaining us!*" When Satan comes calling, cast him out as quickly as possible. Do not let temptation even begin to entertain you.

May 14: Conscience tells the individual when he is entering forbidden worlds, and it continues to prick until silenced by the will or by sin's repetition. Can anyone truthfully say he did not know such things were wrong?

May 15: President Spencer W. Kimball also taught, "Your journal should contain your true self rather than a picture of you when you are "made up" for a public performance. There is a temptation to paint one's virtues in rich color and whitewash the vices, but there is also the opposite pitfall of accentuating the negative.... The truth should be told, but we should not emphasize the negative." (Speaks Out)

May 16: President Joseph Fielding Smith: "As I walk along the streets on my way to or from the Church Office Building, I see both young and older women, many of them 'daughters of Zion,' who are immodestly dressed. ... The wearing of immodest clothing, which may seem like a small matter, takes something away from our young women or young men in the Church. It simply makes it more difficult to keep those eternal principles by which we will have to live if we are to return to the presence of our Father in heaven." (*New Era*, January 1971, p. 5.)

May 17: "The Lord gives a promise that there shall be revealed unto us 'treasures of knowledge, even hidden treasures' [D&C 89:19]. I do not think that applies to science and some of those things particularly. I think He is speaking of the treasures of the knowledge of the gospel of the Lord Jesus Christ—hidden treasures which have come to light, which in terms of eternal life are most precious of all knowledge. Thank the Lord for the Word of Wisdom" (fireside in Birmingham, England, 29 Aug. 1995).

May 18: "I do not believe there is a double standard of morality." James E. Faust

May 19: "Every trial and experience you have passed through is necessary for your salvation," (Brigham Young "Healing Power of Forgiveness," May 2007 *Ensign*, 68.)

May 20: I wish to speak to you frankly about being honest. Honesty is a moral compass to guide us in our lives. You... are under great pressure to learn the technology that is expanding and will continue to expand so rapidly. However, the tremendous push to excel in secular learning sometimes tempts people to compromise that which is more important—their honesty and integrity. Cheating is a form of self-deception.

May 21: **Scripture Study**

When I peeled away the plastic,
The cover was smooth and clean.
The pages were crisp, like an apple,
And the gilded edges gleamed.
The binding crackled as
I opened the pages;
The first breath of a babe,
Waking up from the ages.
The magnificent tome was unblemished.
And wouldn't be useful till tarnished.
Years later,
The cover was battered,

And within it,
The pages were tattered.
Any one leaf
Would meet your gaze
With a flood of colors
Like the map to a maze.
Each little nugget
I'd found in my quest,
Had been marked and noted,
Then put to the test.
This book had a price, years ago.
Its value now? You cannot know.
(A. Jonathan Vance, "New and Used,"
New Era, Aug. 1996, 24)

May 22: *"SILENCE, ye fiends of the infernal pit. In the name of Jesus Christ I rebuke you, and command you to be still; I will not live another minute and hear such language. Cease such talk, or you or I die this INSTANT!"*
(Autobiography of Parley Parker Pratt, p. 209.)

May 23: "I know that the peace of the Latter-day Saints, the progress of the Latter-day Saints, the prosperity of the Latter-day Saints, the happiness of the Latter-day Saints lie in following the commandments of God" (Tacoma, Washington, regional conference, 20 Aug. 1995).

May 24: "You young people, the little decisions that you make can so affect your lives. Shall I go to school or not? Shall I continue on with my education? That is a big decision for some of you. Our doctrine suggests, although there may be some circumstances that would affect that decision, chances are that the more education you receive the greater will be your opportunity to serve, and you should never forget that the Lord has placed upon the people of this Church an injunction to learn by study and by faith. That is why this Church operates the largest private university in the [United States], if not in the entire world. That is why this Church encourages its young people to get the schooling that will qualify them to take their places in the society in which they will become a part. Make the right decisions. Take a long look" (Pocatello, Idaho, regional conference, Idaho State University, 4 June 1995).

May 25: A fence-sitter eventually has to come down on one side or the other. If we are sitting on the top of life's fences, now is the time to muster the courage to stand tall on the side of righteousness and shun the shackles of sin.

May 26: Sacred music can help us even where there is no formal performance. For example, when temptation comes, we can neutralize its effect by humming or repeating the words of a favorite hymn

May 27: Elder Richard G. Scott said, "Knowledge carefully recorded is knowledge available in time of need. Spiritually sensitive information should be kept in a sacred place that communicates to the Lord how you treasure it. This practice enhances the likelihood of your receiving further light." ("Acquiring Spiritual Knowledge," Ensign, Nov. 1993, 86.)

May 28: President Gordon B. Hinckley asked: "What would happen if the principles of fast day and the fast offering were observed throughout the world[?] The hungry would be fed, the naked clothed, the homeless sheltered. ... A new measure of concern and unselfishness would grow in the hearts of people everywhere."

May 29: Here is a photo copied from the internet with "Be steadfast and immovable, always abounding in good works" Mosiah 5:15 with a Nephite holding a flag.

May 30: Real disciples absorb the fiery darts of the adversary by holding aloft the quenching shield of faith with one hand, while holding to the iron rod with the other (see Eph. 6:16; 1 Ne. 15:24; D&C 27:17). There should be no mistaking; it will take both hands!

May 31: Some have used as an alibi the fact that drugs are not mentioned in the Word of Wisdom. What a miserable excuse. There is likewise no mention of the hazards of diving into an empty swimming pool or of jumping from an overpass onto the freeway. But who doubts the deadly consequences of such? Common sense would dictate against such behavior. President Hinckley

June 1: The revelation that restrains is one of the most common forms of revelation. It often comes by surprise, when we have not asked for revelation or guidance on a particular subject. But if we are keeping the commandments of God and living in tune with His Spirit, a restraining force will steer us away from things we should not do.

June 2: That the Church's stand on morality may be understood, we declare firmly and unalterably, it is not an outworn garment, faded, old-fashioned, and threadbare. God is the same yesterday, today, and forever, and his covenants and doctrines are immutable; and when the sun grows cold and the stars no longer shine, the law of chastity will still be basic in God's world and in the Lord's Church. Old values are upheld by the Church not because they are old, but rather because through the ages they have proved right. It will always be the rule...I believe the youth of Zion want to hear the clear and unmistakable tones of the trumpet, and it is my hope that I can play the tune with accuracy and precision so that no honest person will ever be

confused. I hope fervently that I am making clear the position of the Lord and his church on these unmentionable practices.

June 3: In terms of preoccupation with self and a fixation on the physical, this is more than social insanity; it is spiritually destructive, and it accounts for much of the unhappiness women, including young women, face in the modern world... One would truly need a great and spacious makeup kit to compete with beauty as portrayed in media all around us... however much one tries in the world of glamour and fashion, it will never be glamorous enough. A woman not of our faith once wrote something to the effect that in her years of working with beautiful women she had seen several things they all had in common, and not one of them had anything to do with sizes and shapes. She said the loveliest women she had known had a glow of health, a warm personality, a love of learning, stability of character, and integrity. If we may add the sweet and gentle Spirit of the Lord carried by such a woman, then this describes the loveliness of women in any age or time, every element of which is emphasized in and attainable through the blessings of the gospel of Jesus Christ.

June 4: You are a daughter of our Heavenly Father. He is your heavenly parent. Speak with Him. Each night and morning get on your knees and express unto Him the gratitude of your heart. Speak of the blessings which you desire and need...Prayer is the bridge over which we approach our Father in Heaven. It costs nothing. It requires only faith and effort. There is nothing more rewarding than kneeling in humble prayer. It speaks of love for Deity, as the giver of all that is good. It speaks of respect for self. There is no substitute for it. It is personal communication with God.

June 5: You can have a good time. Of course you can! We want you to have fun. We want you to enjoy life. We do not want you to be prudes. We want you to be robust and cheerful, to sing and dance, to laugh and be happy. But in so doing, be humble and be prayerful, and the smiles of heaven will fall upon you. I could wish for you nothing better than that your lives be fruitful, that your service be dedicated and freely given, that you contribute to the knowledge and the well-being of the world in which you live, and that you do it humbly and faithfully before your God. He loves you. We love you. We want you to be happy and successful, to make significant contributions to the world in which you will live and to the on-rolling of this great and majestic work of the Lord. President Hinckley

June 6: Especially in the high school years, parking in an automobile has been the downfall of many choice young people. Our prophet, President Kimball, tells us that, "in interviewing repenting young folks, as well as some older ones, I am frequently told that the couple met their defeat in the dark, at late hours, in secluded areas.... The car was too often the confessed seat of the difficulty. It became their brothel." BEWARE! Often I have found that a

couple originally parked to discuss a problem or work out an argument-not to make out. However, after the problem was resolved, they kissed to make up and things developed from there. It does not matter the reason; DO NOT PARK. After a date, GO HOME! Once you get there, go into the house, ALONE!

June 7: Resolve now, while you are young, that you will get all of the education you can. We live in a highly competitive age, and it will only grow worse. Education is the key that will unlock the door of opportunity.

June 8: You cannot afford to tamper with [drugs] in the least. Certainly you must be grateful for your bodies and your minds, the very substance of your mortal lives. Certainly you must know that health is the most precious of assets. Certainly you recognize that, for the years that lie ahead, you will need health of body and clarity of mind if you are to live productively and with the respect of your associates. You would not knowingly break an arm or a leg just for the fun of it. Broken bones will mend and will function again in a normal way. But a mind warped by drugs or a body weakened or distorted by these evil things will not be easily repaired. The drug-induced destruction of self-worth and self-confidence is almost impossible to restore. To you who may be partaking, I repeat, stop immediately. To you who at any time in the future may be tempted, I urge you to stand your ground. Reflect on the fact that you are a child of God our Eternal Father, endowed with those faculties of body and mind which will help you to take a place that is significant in the world in which you live. Do not throw away your future. Do not jeopardize the well-being of your posterity. President Hinckley

June 9: I estimate that 80 to 85 percent of the young people I interviewed, who were involved in sexual transgression of any sort, got involved in a home or an apartment alone. This is especially true of COLLEGE-age members who have their own apartments. If you would live just this one rule ALWAYS, you would significantly reduce your chances of ever falling. If you are in a home and everyone leaves but you and your date, ONE OF YOU should leave also! DON'T GIVE SATAN A CHANCE.... That is all he needs!

June 10: The rule against beards and long hair for men stands on a different footing. I am weary of having young people tell me how most of our Church leaders in earlier times wore beards and long hair, which shows that these are not inherently evil. In the minds of most people at this time, the beard and long hair are associated with protest, revolution, and rebellion against authority. They are also symbols of the hippie and drug culture. Persons who wear beards or long hair, whether they desire it or not, may identify themselves with or emulate and honor the drug culture or the extreme practices of those who have made slovenly appearance a badge of protest and dissent.

June 11: Intimate acts are forbidden by the Lord outside the enduring

commitment of marriage because they undermine His purposes. Within the sacred covenant of marriage, such relationships are according to His plan. When experienced any other way, they are against His will. They cause serious emotional and spiritual harm. Even though participants do not realize that is happening now, they will later. Sexual immorality creates a barrier to the influence of the Holy Spirit with all its uplifting, enlightening, and empowering capabilities. It causes powerful physical and emotional stimulation. In time that creates an unquenchable appetite that drives the offender to ever more serious sin. It engenders selfishness and can produce aggressive acts such as brutality, abortion, sexual abuse, and violent crime. Such stimulation can lead to acts of homosexuality, and they are evil and absolutely wrong

June 12: Unkemptness—which is often (though not always) associated with beards and long hair—is a mark of indifference toward the best in life. As Elder Sterling W. Sill has observed: “A let-down in personal appearance has far more than physical significance, for when ugliness gets its roots into one part of our lives it may soon spread to every other part.”

June 13: Bedrooms are not for entertaining friends of the opposite sex; not even to “just listen to records,” watch T.V., etc. Do not let- a bedroom become a “familiar” place to be with members of the opposite sex.

June 14: No doubt, you have learned that obedience is not always easy. In fact, it can sometimes seem stifling, uncomfortable, or even impossible. “But with God all things are possible.” You can be obedient. You can defeat Satan and overcome temptation. God “will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.” The Lord does not expect anything of you that you cannot do. Remember Nephi’s faith when he testified that “the Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the thing which he commandeth them.”

June 15: At some time in our lives each of us needs to be lifted up from a depression, from a sense of foreboding or inadequacy, or just from a plateau of spiritual mediocrity. Because it raises our spirits and helps us resist evil and seek good, I believe that the feeling of uplift that is communicated by reading the scriptures or by enjoying wholesome music, art, or literature is a distinct purpose of revelation.

June 16: Glorious is the promise of the Lord concerning those who pay their tithes...While tithing is paid with money, more importantly it is paid with faith. I have never met an individual who paid an honest tithe who complained about it. Rather, he put his trust in the Lord, and the Lord never failed him.

June 17: Any sexual intimacy outside of the bonds of marriage—I mean any intentional contact with the sacred, private parts of another’s body, with or without clothing—is a sin and is forbidden by God. It is also a transgression to intentionally stimulate these emotions within your own body. When you are mature enough to plan seriously for marriage, keep your expressions of feelings to those that are comfortable in the presence of your parents. To help you keep these sacred commandments, make a covenant with the Lord that you will obey them. Decide what you will do and will not do. When temptation comes, do not change your standards. Do not abandon them when circumstances seem to justify an exception. That is Satan’s way to hurt you by making it seem that sometimes God’s law does not apply. There are no exceptions.

June 18: Becoming too familiar with each other physically offers liberties NOT entitled to single couples, and is wrong. Back rubs have too often led to more intimate acts.

June 19: “We believe in being honest, true, chaste, benevolent, virtuous, and in doing good to all men; indeed, we may say that we follow the admonition of Paul—We believe all things, we hope all things, we have endured many things, and hope to be able to endure all things. If there is anything virtuous, lovely, or of good report or praiseworthy, we seek after these things.” We all need to know what it means to be honest. Honesty is more than not lying. It is truth telling, truth speaking, truth living, and truth loving.

June 20: May the Lord bless you, my dear young sisters; may His blessings attend you at all times and in all conditions. We love you. We pray for you. May heaven smile upon you. Hinkley

June 21: Attend your meetings, your sacrament meetings. There is no substitute for partaking of the sacrament of the Lord’s Supper. It is a solemn, sacred, and wonderful undertaking to be able to partake of the bread and water in remembrance of the body and blood of the Savior of mankind. There is no other event in human history as significant as the atoning sacrifice of our divine Redeemer. None else compares with it. Without it life would be meaningless. It would be a dead-end journey. With it we are assured of eternal life. Death is not the end, but rather a passing on to a more glorious existence. All of this is symbolized in the partaking of the sacrament.

June 22: In order to avoid difficulty and possible temptation, I suggest again the following standard. Any dating or pairing off in social contacts should be postponed until at least the age of 16 or older, and even then there should still be much judgment used in selections and in the seriousness. Young people should still limit the close contacts for several years, since the boy will be going on his mission when he is 19 years old. Dating and especially steady dating in the early teens is most hazardous. It distorts the whole

picture of life. It deprives you of worthwhile and rich experiences; it limits friendships; it reduces the acquaintances which can be so valuable in selecting a partner for time and eternity. There is definitely a time for the dance, for travel, for associations, for the date, and even for the steady date that will culminate in the romance which will take young people to the holy temple for eternal marriage. But it is the timing that is so vital. It is wrong to do even the right things at the wrong time in the wrong place under the wrong circumstances.

June 23: Please stay morally clean. The Lord will make that possible as you do your part with all your strength.

June 24: President Kimball said, "People often use the excuse that their lives are uneventful and nobody would be interested in what they have done. But I promise you that if you will keep your journals and records, they will indeed be a source of great inspiration to your families, to your children, your grandchildren, and others, on through the generations. Each of us is important to those who are near and dear to us—and as our posterity read of our life's experiences, they, too, will come to know and love us. And in that glorious day when our families are together in the eternities, we will already be acquainted." (Speaks Out)

June 25: By the manner of our dress and personal grooming, we send off signals to the world around us. Our appearance identifies us with certain manners of behavior and creates expectations in those around us. Our appearance and their expectations may influence our own behavior. The standards of dress and grooming prescribed... seek to identify us with high standards of personal conduct and to disassociate us from the currently popular symbols of immorality, drugs, and dissent. We should be identified with the manner of dress of persons whom we respect. I appeal to all... to place themselves squarely within our standards of appearance—not along the thin ice at the edge of the standard, but squarely within.

June 26: I Love You

June 27: "With reference to cola drinks, the Church has never officially taken a position on this matter, but the leaders of the Church have advised, and we do now specifically advise, against the use of any drink containing harmful habit-forming drugs under circumstances that would result in acquiring the habit. Any beverage that contains ingredients harmful to the body should be avoided." (Clifford J. Stratton, "Caffeine--The Subtle Addiction," Tambuli, Mar. 1990, 25)

June 28: Revelation or inspiration comes by means of words or thoughts communicated to the mind, by sudden enlightenment, by positive or negative feelings about proposed courses of action, or even by inspiring

performances, as in the performing arts. As President Boyd K. Packer, Acting President of the Quorum of the Twelve Apostles, has stated, "Inspiration comes more as a feeling than as a sound."

June 29: As you build your lives in obedience to the gospel and strive to achieve your goals, do not become discouraged by temporary setbacks and disappointments. Remember that "it must needs be, that there is an opposition in all things." You will grow and learn by overcoming obstacles. The Lord has admonished all of us to "keep [His] commandments and endure to the end."

June 30: You are a creature of divinity; you are daughters of the Almighty. Limitless is your potential. Magnificent is your future, if you will take control of it. Do not let your lives drift in a fruitless and worthless manner.

July 1: Life springs from water. Life is sustained by water. Water is the medium required to perform the various functions associated with all known forms of life. Our physical bodies are approximately two-thirds water. Whereas a person can survive for many days or even weeks without food, an individual will usually die in only three or four days without water. Most of the world's great centers of population are situated near sources of fresh water. Simply stated, life could not exist without the availability of and access to adequate supplies of clean water.

July 2: I want you to know that I loved my mission. It meant so very much to me then and has continued through the years to be the symbol of so many things that are good in this life. The solidifying of my testimony was one of the greatest blessings of my mission. I had what I considered to be a strong testimony before I was called to serve, but teaching and testifying of divine truth caused that testimony to swell within my heart and soul in a way as to sustain me through any trial or challenging situation. I don't know what I would do without the gospel. I will be forever grateful for my mission, for my testimony, and for the shield of protection I have felt through my faith in the Savior. That shield of faith has been my spiritual and moral protection through the years. Elder W. Rolfe Kerr

July 3: The fullness of the gospel of Jesus Christ has been restored. No one will force us to accept this gift of inestimable value. Why? It is up to us to determine why it is important and give it the highest priority in our lives

July 4: Postponing marriage until you have accomplished some other goal, no matter how important the world says it is, only increases your vulnerability to immorality, which could jeopardize your chances of receiving those blessings. Please do not put yourselves at risk for temptation by delaying this

natural and important step in your eternal progress. When the decision of whom to marry has been reached, what you need most is faith. Waiting to accomplish other goals, such as getting more education, more money, or more things before marriage, merely delays your promised blessings.

July 5: How Do Prophets, Seers, and Revelators Describe the Voice of the Lord?

“It” refers to the voice of the Lord.

Joseph Smith:

It yields the fruits of the kingdom.

If our hearts are open it brings conviction.

It whispers consolation to the soul.

Boyd K. Packer:

It caresses gently.

It is a sweet, quiet voice of inspiration.

It comes more as a feeling than as a sound.

Pure intelligence can be spoken into the mind.

July 6: Choices without responsibility can bring heartache and adversity into our lives.

July 7: It...takes desire and diligence to acquire knowledge... not only of formal education but of a lifelong quest to live and learn. You have to read and study. You have to put forth the effort if you want to learn. And when you do, when you really learn something, it can stay with you forever. In D&C 130:18-19... Money purchases the opportunity to take a class, but real education comes only through diligent study... afford yourself the opportunity to immerse yourself in the word of God. Learn the gospel, know its doctrines and teachings, and study the history of the restored Church. Take time for religion classes; take time for eternity. If you will study the gospel with a humble heart, you will come to treasure its truths above all worldly wealth. Everything that money cannot buy is contained in the gospel of Jesus Christ.

July 8: Under such circumstances, no matter how fascinated you may be, young women, no matter how confident you may feel that you love him, let your judgment rule and be master of your feelings. It may grieve you not to follow the inclination of your heart, but you had better be pained a little in your youth than to suffer pangs of torture later.

July 9: Don't take too much counsel from your fears

July 10: There are some important skills you should develop that will help you be a good father or mother and make a happy home. These skills could include cooking, cleaning, and repairing things that are broken. Wise financial practices are also critical for a happy marriage. This includes careful

management of student loans. President Hinckley said, “There is nothing that will cause greater tensions in marriage than grinding debt.” Part of your preparation for marriage and family is to employ good financial habits and practices now so that when you marry, you and your spouse can begin your life together without huge financial burdens.

July 11: Alma said, “Teach them to withstand every temptation of the devil, with their faith on the Lord Jesus Christ”(Alma 37:32-33). Do you see and sense the meaning and the power in that for you—indeed, for all of us? Alma continued his instruction to Helaman, saying: “Teach them to never be weary of good works, but to be meek and lowly in heart; for such shall find rest to their souls. “O, remember, my son, and learn wisdom in thy youth; yea, learn in thy youth to keep the commandments of God. . . . “Counsel with the Lord in all thy doings, and he will direct thee for good” (Alma 37:34-35, 37).

July 12: The living water referred to in this episode is a representation of the Lord Jesus Christ and His gospel. And as water is necessary to sustain physical life, so the Savior and His doctrines, principles, and ordinances are essential for eternal life. You and I need His living water daily and in ample supply to sustain our ongoing spiritual growth and development. A monumental work was accomplished by the Church in the 1970s and 1980s and resulted in the edition of the scriptures we enjoy today with extensive footnotes, cross-references, and additional study aids, maps, and information. As the updated scriptures were first introduced to the members of the Church in the early 1980s, Elder Boyd K. Packer prophesied: “With the passing of years, these scriptures will produce successive generations of faithful Christians who know the Lord Jesus Christ and are disposed to obey His will. “The older generation has been raised without them, but there is another generation growing up” [That’s YOU!] “The revelations will be opened to them as to no other in the history of the world. Into their hands now are placed the sticks of Joseph and of Judah. They will develop a gospel scholarship beyond that which their forebears could achieve. They will have the testimony that Jesus is the Christ and be competent to proclaim Him and to defend Him” We have the responsibility to use them consistently and effectively and to drink deeply from the reservoir of living water....we still have a great distance to travel along the strait and narrow path—more to learn, more to apply, and more to experience.

July 13: The jails of the world are filled with people who began their evil activities with small acts of dishonesty. A small lie so often leads to a greater lie. A small theft so often leads to a greater theft. Soon the individual has woven a web from which he cannot extricate himself. The broad road to prison begins as a small and attractive pathway.

July 14: The use of illegal drugs becomes a dead-end road. It takes one nowhere except to loss of self-control, to loss of self-respect, and to self-destruction.

July 15: Often the health of children, if a couple be blessed with such, depends upon the actions of parents before marriage. In the press, from the pulpit, and particularly in the home, there should ring more frequently the message that in their youth boys and girls are laying the foundation for their future happiness or misery. Every young man, particularly, should prepare for the responsibility of fatherhood by keeping himself physically clean, that he might enter into that responsibility not as a coward or deceiver, but as one honorable and fit to found a home. The young man who, in unfitness, takes upon himself the responsibility of fatherhood is worse than a deceiver. The future happiness of his wife and children depends upon his life in youth.

July 16: Let us also teach girls that motherhood is divine, for when we touch the creative part of life, we enter into the realm of divinity. It is important, therefore, that young womanhood realize the necessity of keeping their bodies clean and pure. ... No mother has the right to shackle a child through life for what seems in youth to be a pleasant pastime or her right to indulge in harmful drugs and other sinful practices.

July 17: The very best and most certain defense we have against the temptations of the devil is our faith in Christ, our faith in His great atoning sacrifice, our faith in and testimony of the gospel of Jesus Christ. With faith and testimony firmly and consciously in place, the fiery darts of the wicked one will not and cannot pierce our souls. I emphasize having faith and testimony not just firmly in place but consciously in place. If you are consciously thinking of the Savior, you will not allow temptations to overpower you. More importantly, if you have the Savior and your faith in Him firmly and consciously in your mind and your heart, you will not allow yourselves even to get into tempting situations. Said another way, let your faith in Christ keep you out of the devil's territory. Should it be needed, let your faith in Christ prompt a "Joseph experience" in your life. You remember Joseph, he who was sold into Egypt and became the favored servant for Potiphar, the captain of Pharaoh's guard. Potiphar's wife had unholy intentions toward Joseph. But Joseph immediately and flatly refused and rejected her advances, saying, "How then can I do this great wickedness, and sin against God?" She pressed her intentions, and the scriptures tell us that Joseph **FLED**, that he "**GOT HIM[SELF] OUT**" of that tempting situation. He withstood the temptations of the devil, even with his faith on the Lord Jesus Christ. (See Genesis 39:7-12.)

July 18: Like most bad habits, gambling can seem harmless at first, but there are no real winners.

July 19: Some of you women are deciding now whether you should marry and have a family or choose a career. You are bright and qualified, and you have opportunities your grandmothers never dreamed of. The possibilities for earning credentials and making a mark for yourselves on the world stage have never been greater. But I hope you are making your decisions with the blessings of Abraham in mind. Each of you has the agency to prayerfully and humbly choose how to approach your career opportunities. Every choice has a consequence. You cannot have everything and do everything. You must choose with eternal priorities in mind. I would hope that you will understand that there are no glamorous careers. Every form of employment has its own innate challenges. Many choices available in the world today compete with eternal goals and responsibilities. Many choices could persuade you to delay or limit the number of children you invite into your family. Many choices could rob you of critical time and energy necessary to adequately care for your spouse, your children, and your responsibilities in the Lord's kingdom. These decisions are between you and the Lord. He knows the desires of your heart and your unique situation.

July 20: I submit that it is an uncomely thing, and yet a common thing, to see young men with ears pierced for earrings, not for one pair only, but for several. They have no respect for their appearance. Do they think it clever or attractive to so adorn themselves? I submit it is not adornment. It is making ugly that which was attractive. Not only are ears pierced, but other parts of the body as well, even the tongue. It is absurd. We—the First Presidency and the Council of the Twelve—have taken the position, and I quote, that “the Church discourages tattoos. It also discourages the piercing of the body for other than medical purposes, although it takes no position on the minimal piercing of the ears by women for one pair of earrings.”

July 21: Many people do not fully understand the meaning of *virtue*. One commonly understood meaning is to be chaste or morally clean, but *virtue* in its fuller sense encompasses all traits of righteousness that help us form our character. An old sampler found in a museum in Newfoundland, stitched in 1813, reads: “Virtue is the chiefest beauty of the mind, the noblest ornament of humankind. Virtue is our safeguard and our guiding star that stirs up reason when our senses err.”

July 22: The Lord said, “And again, I will give unto you a pattern in all things, that ye may not be deceived; for Satan is abroad in the land, and he goeth forth deceiving the nations” (D&C 42:14). An essential element in the Lord's “pattern in all things” is the assurance we have of living prophets, seers, and revelators receiving divine revelation for the guidance and direction of the Church today. Personal revelation and inspiration are available to each of us through the Holy Spirit. But I am not speaking of that form of revelation. I am speaking of revelation through living prophets to and for the Church.

July 23: If you should face a moment of serious temptation, force yourself to think of President Gordon B. Hinckley. Think of him as a prophet, seer, and revelator who receive[d] direct revelation from the Lord for the Church. Think of the revelation he received regarding the construction of small temples all around the world, making the sacred blessings of the temple available to an ever greater number of the members of the Church. Allow the conscious thought of a living prophet receiving current revelation regarding sacred temples to turn you away from that tempting moment and preserve your worthiness to receive those sacred temple blessings. We do indeed “believe all that God has revealed, all that He does now reveal, and we believe that He will yet reveal many great and important things pertaining to the Kingdom of God”.

July 24: Elder Robert Harbertson spoke of an Indian boy who climbed a high mountain. It was cold up there. At his feet was a snake, a rattlesnake. The snake was cold and pleaded with the young man to pick it up and take it down where it was warmer. The Indian boy listened to the enticings of the serpent. He gave in. He gathered it up into his arms and covered it with his shirt. He carried it down the mountain to where it was warm. He gently put it on the grass. When the snake was warm it raised its head and struck the boy with its poisonous fangs. The boy cursed at the snake for striking him as an answer to his kindness. The snake replied, “You knew what I was when you picked me up” Warn your children against those with poisonous fangs who will entice them, seduce them with easy talk, then injure and possibly destroy them.

July 25: In your room, do you have prayer, do you fast, and do you read the scriptures? Do you live in a place of order or a place of clutter? Do you allow unclean things to enter it by way of movies, books, or the Internet? Do you fill it with uplifting things—the best things? Is your current home a place where the Spirit of the Lord can abide?

July 26: There are three basic ways or methods of obtaining living water from the scriptural reservoir: (1) *reading* the scriptures from beginning to end, (2) *studying* the scriptures by topic, and (3) *searching* the scriptures for connections, patterns, and themes. Each of these approaches can help satisfy our spiritual thirst if we invite the companionship and assistance of the Holy Ghost as we read, study, and search. You might initially assume that a person must have extensive formal education to use the methods I am describing. This assumption simply is not correct. Any honest seeker of truth, regardless of educational background, can successfully employ these simple approaches. You and I do not need sophisticated study aids and should not rely extensively upon the spiritual knowledge of others. We simply need to have a sincere desire to learn, the companionship of the Holy Ghost, the holy scriptures, and an active and inquiring mind.

July 27: The world is ailing spiritually. That sickness is rapidly becoming more rampant. Temptations to sin go way beyond anything we knew at your age. You are entering a consumer culture obsessed with materialistic goals. Multitudes worship at the shrine of selfishness. Loud voices defend the fallacious doctrine that all lifestyles are of equal value. People want more rights than responsibilities. They seem more concerned with entitlement than enlightenment. Responsible fatherhood is being defined as a weekly visit and financial support. In short, we face a mind-boggling moral inversion. Against this backdrop of spiritual decay, you young adults of the Church enter the stage. You have a firm foundation of faith. You are role models, both in courtship and in marriage. You know what's right and what's wrong! You hold the line! You know the Lord's teachings. And you will teach them to your own children and grandchildren. You are the "Hope of Israel, Zion's army, Children of the promised day." You have far more spiritual power than we did at your age. As you go forward on life's battlefield, you are numbered with "the covenant people of the Lord, . . . scattered upon all . . . the earth; . . . armed with righteousness and with the power of God in great glory." We are very, very proud of you!

July 28: Young men [should] respect young women as daughters of God endowed with something very precious and beautiful... daughters [should] have respect for young men, for boys who hold the priesthood, boys who should and do stand above the tawdry evils of the world.

July 29: How Do Prophets, Seers, and Revelators Describe the Voice of the Lord?

"It" refers to the voice of the Lord.

Joseph Fielding Smith:

It can be as deep and meaningful as anything tangible.

It is penetrating.

Spencer W. Kimball:

It comes as deep, unassailable impressions that settle on the mind as dew from heaven.

They are deep feelings.

It is an impressive consciousness of direction from above.

July 30: An unknown Englishman of early days offered this prayer: "O God, help me to hold a high opinion of myself." "That," said President Harold B. Lee of the Englishman's plea, "should be the prayer of every soul; not an abnormally developed self-esteem that becomes haughtiness, conceit, or arrogance, but a righteous self-respect that might be defined as 'belief in one's own worth, worth to God, and worth to man.'"

July 31: Live so that you could sell the family parrot to the town gossip.

August 1: As Sister Nelson and I look back, we can honestly say that our family and membership in the Church are most important to us. How thankful we are that we heeded the counsel of Church leaders to marry in the temple, to invite children into our family, and to serve the Lord! If we had placed our education *ahead* of our family, we would not be so blessed now. Education was a lengthy process for us. Earning two doctor's degrees took me a long time. Then we struggled through many more years of surgical specialization. I did not send a bill for surgical services until I had been out of medical school for more than 12 years! By then we had five children. But somehow we managed. I pay tribute to Sister Nelson, who never murmured because she had to make do with very little. I recall an experience one night in downtown Boston. We were walking along Boylston Street. There we passed a furniture store. Sister Nelson pressed her nose against the windowpane and asked, "Do you think we will ever be able to afford a lamp?" Brethren, I suggest that you look for a companion with long-range vision, like Sister Nelson. To each sister I suggest that you motivate your husband to become all he can become, even if it takes a long time.

August 2: There are personal blessings you receive as a result of participation in temple and family history work. One of these is that you are able to qualify for a temple recommend, which signifies your worthiness before the Lord. A temple recommend is actually a symbol of obedience. When you participate with your peers in this work, you know they are also worthy.

August 3: **Great blessings await those who properly prepare for an eternal marriage.**

Young men and young women who would live the happiest lives would do well to prepare themselves to be worthy of that form of marriage which God has ordained—the union of a man and woman worthy to have their marriage solemnized in the temple of the Most High. There as true lovers kneel ... , each may cherish the assurance of the following: First, that their married course begins in purity. The children who come to bless the union are guaranteed a royal birth so far as inheriting a clean body is concerned. Second, that their religious views are the same. The difficulty of rearing children properly is aggravated when Father and Mother have divergent views regarding doctrine and church affiliation. ... Third, that their vows are made with the idea of an eternal union, not to be broken by petty misunderstandings or difficulties. Fourth, that a covenant made in God's presence and sealed by the Holy Priesthood is more binding than any other bond. Fifth, that a marriage thus commenced is as eternal as love, the divinest attribute of the human soul. Sixth, that the family unit will remain unbroken throughout eternity.

August 4: *Reading* a book of scripture from beginning to end initiates the flow of living water into our lives by introducing us to important stories,

gospel doctrines, and timeless principles. This approach also enables us to learn about major characters in the scriptures and the sequence, timing, and context of events and teachings. Reading the written word in this way exposes us to the breadth of a volume of scripture. This is the first and most fundamental way of obtaining living water.

August 5: Happiness does not begin at the altar; it begins during the period of youth and courtship. These seeds of happiness are sown by your ability to master your driving passion. Chastity should be the dominant virtue among young people—the ideal which the world has not accepted, and which many in the world will not believe exists or is cherished in the hearts of youth.

August 6: Sisters were given a special gift. They were enabled, according to the Lord, “to multiply and replenish the earth, . . . and to fulfill the promise which was given by my Father before the foundation of the world, . . . for their exaltation in the eternal worlds, that they may bear the souls of men; . . . herein is the work of my Father continued, that he may be glorified” (D&C 132:63). Think of the majesty of that decree. When a mother worthily bears and cares for a child, she not only helps the earth answer the end of its creation, she glorifies God!

August 7: Honesty is more than not lying. It is truth telling, truth speaking, truth living, and truth loving.

August 8: From the very earliest days of the Church prophets have taught Latter-day Saints to be independent and self-sustaining and to avoid idleness. True Latter-day Saints will not voluntarily shift the burden of their own support to someone else. You should determine, young friends, right here and now, that to the extent possible in your own situation, you will be self-reliant all of your life.

August 9: You may need courageous fortitude as the world thrusts the acquisition of riches and the madness of materialism upon you before you’ve even graduated from school. Understanding true doctrine and living by the principles taught in the scriptures and by living prophets will strengthen you. With this strength, you can refuse and conquer any behavior offensive to the Spirit.

August 10: Of all the creatures of the Almighty there is none more beautiful, none more inspiring than a lovely daughter of God.

August 11: *Studying* by topic typically follows, grows out of, and builds upon our reading of the scriptures from beginning to end. For example, as we read the Book of Mormon we may identify and seek to find answers to important doctrinal and practical questions. Focusing upon such questions and studying by topic, using the Topical Guide and index to the triple combination, allow us

to dig into and explore the depth of the scriptures and obtain a much richer spiritual knowledge. This approach increases the rate at which living water flows into our lives.

August 12: “The first commandment that God gave to Adam and Eve pertained to their potential for parenthood as husband and wife. We declare that God’s commandment for His children to multiply and replenish the earth remains in force. We further declare that God has commanded that the sacred powers of procreation are to be employed only between man and woman, lawfully wedded as husband and wife. “We declare the means by which mortal life is created to be divinely appointed. We affirm the sanctity of life and of its importance in God’s eternal plan.” Now, dear friends, note this warning: “Individuals who violate covenants of chastity . . . or who fail to fulfill family responsibilities will one day stand accountable before God. Further, we warn that the disintegration of the family will bring upon individuals, communities, and nations the calamities foretold by ancient and modern prophets” (“The Family: A Proclamation to the World,” Ensign, Nov 1995, 102).

August 13: I attended a regional conference recently. The Sunday morning meeting was held in a large auditorium. On the front row, just below the stand, sat a group of beautiful girls. They were well-groomed—clean and lovely. They were vivacious and bright in their appearance. They were the very epitome of all that could be hoped for in young women. Some of them had their scriptures with them. All listened attentively to the speakers, and those with their books followed quotations cited by the speakers. It was evident that they were products of the seminary program as well as the other programs of the Church. They had risen early that morning to travel far with their parents to be at the conference. They were there because they had learned to love the Lord and to enjoy the association of the Saints. They impressed me as representing what this marvelous work is all about.
Hinckley

August 14: **How Do Prophets, Seers, and Revelators Describe the Voice of the Lord?**

“It” refers to the voice of the Lord.

Dallin H. Oaks:

It can take the form of enlightenment of the mind.

It can come as positive or negative feelings about how to act.

It can uplift our emotions.

Harold B. Lee:

It is not audible to our physical hearing.

Joseph B. Wirthlin:

It enters quietly into our mind and heart.

It is so simple and precise we assume it is our own idea or a passing thought.

As we reconcile these whisperings to what we know to be true, we learn to recognize them.

August 15: Both reading from beginning to end and studying by topic are prerequisites to the third basic method of obtaining living water from the scriptural reservoir. Whereas reading a book of scripture from beginning to end provides a basic breadth of knowledge, studying by topic increases the depth of our knowledge. *Searching* in the revelations for connections, patterns, and themes builds upon and adds to our spiritual knowledge by bringing together and expanding these first two methods; it broadens our perspective and understanding of the plan of salvation.

August 16: A connection is a relationship or link between ideas, people, things, or events, and the scriptures are full of connections. Consider the relationship between the Eternal Father and His Son, Jesus Christ (see Mosiah 15: 1-9); between mercy and grace (see 2 Nephi 9:8); between clean hands and a pure heart (see Psalm 24:4); between a broken heart and a contrite spirit (see 3 Nephi 9:20); between the wheat and the tares (see D&C 101:65); between knowledge and intelligence (see D&C 130:18-19); between justification and sanctification (see D&C 20:30-31); between sheep and goats (see Matthew 25:32-33); between immortality and eternal life (see Moses 1:39); and countless others. Prayerfully identifying, learning about, and pondering such connections—the similarities and differences, for example—is a primary source of living water and yields inspired insights and treasures of hidden knowledge.

August 17: I would like to express the hope we all have for you, which is so real, that you will be exalted in the highest degree of glory in the celestial kingdom and that you will enter into the new and everlasting covenant of marriage. , never lose sight of this sacred goal. Prayerfully prepare for it and live for it. Be married the Lord’s way. Temple marriage is a gospel ordinance of exaltation. Our Father in Heaven wants each of His daughters to have this eternal blessing.

August 18: None of us is wise enough to make it on our own. We need the help, the wisdom, the guidance of the Almighty in reaching those decisions that are so tremendously important in our lives. There is no substitute for prayer. There is no greater resource.

August 19: The Lord is not pleased with those who are lazy or idle. He said, “The idler shall not have place in the church, except he repent and mend his ways” (D&C 75:29). He also commanded, “Thou shalt not be idle; for he that is idle shall not eat the bread nor wear the garments of the laborer” (D&C 42:42).

August 20: Self-esteem, a self-esteem that is self-respecting, honest, and without conceit. It is born of inner peace and strength, goes to the very heart of our personal growth and accomplishment. It is the glue that holds together our self-reliance, our self-control, our self-approval or disapproval and keeps all self-defense mechanisms secure. It is a protection against excessive self-deception, self-distrust, self-reproach, and plain old-fashioned selfishness.

August 21: We had in the United States a newspaper columnist named Abigail Van Buren. Her writings are published in papers across the world, including our own *Deseret News*. She is one of those who gives advice to the troubled. You know the kind. A young lady wrote her and said that her boyfriend wanted her to prove her love, and this was Abby's response. It is plainspoken, but I think it is good. Said Abby, "Girls need to prove their love through illicit sexual relations like a moose needs a hat rack. Why not prove your love by sticking your head in the oven and turning on the gas or by playing leapfrog in the traffic? It's about as safe. "Clear the cobwebs out of your head. Any fellow who asks you to prove your love is trying to take you for the biggest, most gullible fool who ever walked. That proving bit is one of the oldest and rottenest lines ever invented. "Does he love you? It doesn't sound like it. Someone who loves you wants whatever is best for you. But now figure it out. He wants you to commit an immoral act, surrender your virtue, throw away your self-respect, risk the loss of your precious reputation, and risk getting into trouble. Does that sound as though he wants what is best for you? This is the laugh of the century. He wants what he thinks is best for him; he wants a thrill he can brag about at your expense. Love? Who's kidding whom? A guy who loves a girl would sooner cut off his right arm than hurt her. In my opinion, this self-serving so-and-so has proved that he doesn't love you. "The predictable aftermath of proof of this kind always finds Don Juan tiring of his sport. That's when he drops you, picks up his line, and goes casting elsewhere for bigger and equally silly fish. "If he loves you, let him prove his love by marching you to the altar."

August 22: *The exalted view of marriage as held by the Church is given expressively in five words found in the forty-ninth section of the Doctrine and Covenants: "marriage is ordained of God." (D&C 49:15)*

August 23: Honesty is a moral compass to guide us in our lives.

August 24: There was a man who worked for the United States Treasury Department. His job was investigating cases where counterfeit money was involved. He was so good at what he did that all it took was a quick look at a bill and he could tell if it was genuine or counterfeit. One evening at a press conference following his breaking up of a major counterfeit ring, one of the reporters directed this statement to him: "You must spend a lot of time studying counterfeit bills to recognize them so easily." His reply to this was,

“No, I don’t ever study counterfeit bills. I spend my time studying genuine bills; then the imperfection is easy to recognize.” So it is with the gospel, dear brothers and sisters. We are here to teach the gospel of Jesus Christ. There is no need to study the counterfeit, for we have the truth. As you study the true Church and allow the Spirit to work within you, you will have the answers and come to know how to respond to the various situations you will face. Concerning the Book of Mormon, a young missionary shared this thought with me, which I have found to be true over the years: Remember that the Book of Mormon is not on trial—we are.

August 25: A dominant evil of the world today is unchastity. ... He who is unchaste in young manhood is untrue to a trust given him by the parents of the girl; and she who is unchaste in maidenhood is untrue to her future husband and lays the foundation of unhappiness, suspicion, and discord in the home. ... Just keep in mind this eternal truth that chastity is a virtue to be prized as one of life’s noblest achievements. ... It is a chief factor to a happy home. There is no loss of prestige in maintaining in a dignified way the standards of the Church. You can be “in” this world and not “of the world.” Keep your chastity above everything else! God has commanded that we be chaste.

August 26: If I know a man has a recommend, I know he keeps the Word of Wisdom, I know he pays his tithing, I know he attends his meetings, I know he honors his priesthood, I know he sustains the leaders of the Church, and I know he has a testimony of Heavenly Father and Jesus Christ. I want to start with a recommend as the basis for any relationship and go from there. When I know a man has a recommend, there are a lot of questions I don’t have to ask.

August 27: As I have read each of the standard works from beginning to end and studied different topics, I noticed that the word *understanding* was commonly described in relation to the heart. Two verses in the Book of Mormon illustrate this connection: “Ye have not applied your *hearts* to *understanding*; therefore, ye have not been wise” (Mosiah 12:27; italics added). “And the multitude did hear and do bear record; and their hearts were open and they did *understand* in their *hearts* the words which he prayed” (3 Nephi 19:33; italics added). I find it most interesting in these and many other verses that understanding is linked primarily to the heart. Note that we are not explicitly counseled to apply our minds to understanding. Obviously, we must use our minds and our rational capacity to obtain and evaluate information and to reach appropriate conclusions and judgments. But perhaps the scriptures are suggesting to us that reason and “the arm of the flesh” (D&C 1:19) are not sufficient to produce true understanding. Thus, understanding, as the word is used in the scriptures, does not refer solely or even primarily to intellectual or cognitive comprehension. Rather, understanding occurs when what we know in our minds is confirmed as true

in our hearts by the witness of the Holy Ghost. The spiritual gift of revelation most typically operates as thoughts and feelings put into our minds and hearts by the Holy Ghost (see D&C 8:2-3, 100:5-8). And as testimony and conviction move from our heads to our hearts, we no longer just have information or knowledge—but we begin to understand and seek after the mighty change of heart. Understanding, then, is the result of revelation; it is a spiritual gift, it is a prerequisite to conversion, and it entices us to more consistently live in accordance with the principles we are learning.

August 28: *Seek for good friends.* [You] are going to have friends, good or bad. Those friends will make a vast difference in [your] lives. It is important that [you] cultivate an attitude of tolerance toward all people, but it is more important that [you] gather around [you] those of [your] own kind who will bring out the best [your] have within [you]. Otherwise [you] may be infected with the ways of [your] associates.

August 29: The Lord said to the people of Israel, “Six days shalt thou labour” (Exodus 20:9). He did not include any exceptions in that commandment for those who had enough and to spare! As Elder Neal A. Maxwell described, “Work is always a spiritual necessity even if, for some, work is not an economic necessity” ... “Now, I, the Lord, am not well pleased with the inhabitants of Zion, for there are idlers among them” (D&C 68:31)... Have you ever thought about what would happen if people did not work? Would our schools function? Would our government run? Would our televisions have programming? Although we sometimes think it would be nice to have all the money we ever wanted and never have to work again, I can assure you that is not the path to true happiness. Some of the most miserable people I have met have been those who, for one reason or another, have not been able to work for extended periods of time. We all share in the work... Those of you who have had the experience of growing up in a home where you were taught to work can bear testimony to its value in your life today. As a matter of fact, just last Thursday Elder Samuelson said to me how grateful he was that his father taught him to work and that his wife’s mother and father taught her to work.

August 30: Prophets have repeatedly counseled you to seek marriage partners only among those who are worthy members of the Church.

August 31: *Each choice is made in the context of whatever value system we’ve selected to govern our lives.*

*In selecting that value system,
we are,
in a very real way,
making the most important choice
we will ever make....*

*Since the foundation of all happiness
is thinking rightly,
and since correct action
is dependent on correct opinion,
we cannot be too careful
in choosing the value system
we allow to govern
our thoughts and actions.*

*And to know that God governs
in the affairs of men,
that he hears and answers prayers,
and that he is a rewarder of them that diligently seek Him,
is indeed,
a powerful regulator
of human conduct.
(Benjamin Franklin)*

September 1: We are only in competition with ourselves. Others can challenge and motivate us, but we must reach down deep into our souls and call forth our God-given intelligence and capabilities.

September 2: A beautiful, modest, gracious woman is creation's masterpiece. When to these virtues a woman possesses as guiding stars in her life righteousness and godliness and an irresistible impulse and desire to make others happy, no one will question if she be classed among those who are truly great. David O. McKay

September 3: I bear you my witness, my dear brothers and sisters—God is in His heavens, His name is Elohim, and He knows all of His children, irrespective of from whence they come or where they dwell. Jesus, the Holy One of Israel, is His Beloved Son, the Redeemer of all mankind. Joseph Smith, a young lad, was called by the voice of God and His Holy Son as a prophet, and ensuing from that call the true Church and kingdom of God was restored on the earth. How blessed we are to know these things, and you, my dear [], you stand at the confluence of history. You came from realms of glory. It is your singular privilege to be true to the faith, to press forward in good works. Do what the prophets say. Generations past expect it, generations present are saved by it, generations future depend upon it, and the Holy Spirit will guide you every step of your way. Bishop Keith B. McMullin

September 4: The Lord has told us that “the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned” (1 Corinthians 2:14).

September 5: I stood at the altar of the temple, as I have stood many a time, and saw two hearts—two souls—slipping into one, as two dewdrops on the stem of a rose when the sun comes out in the morning, one slipping into the other, the two becoming one. That high view of marriage in the mind of that young bridegroom, and the appreciation of the sacredness of marriage by the bride, I think is one of the sublimest things in all the world. They had the high view of marriage, not a low view of it as a means of gratifying passion. Let us look upon marriage as a sacred obligation and a covenant as possibly an eternal one.

September 6: With all there is to avoid, there can be much of fun and pleasure. With good friends there can be much of happiness. [You] need not be prudes. [You] can, and have shown that they do, have a good time.

September 7: Our work itself must have integrity and be for worthy purposes. Our Heavenly Father is not happy when we receive gain from evil or idle pursuits. President Spencer W. Kimball put it this way: “I feel strongly that [those] who accept wages or salary and do not give [fair] time, energy, devotion, and service are receiving money that is not clean”. He also said that money obtained by evil or idle practices such as theft; gambling, including lotteries; graft; sale of illegal drugs; oppression of the poor; and the like is unclean money.

September 8: Many of you young women are now or will become mothers and may be blessed to spend many years at home raising children. Others of you sisters may not be able to become mothers or, if you are mothers, may not be able to stay at home full-time. Whatever your situation, I would encourage all of you young women to follow our prophet’s counsel and get as much education as you can. Education itself is valuable. Your education will give you a sense of security if you are home raising children. Should your future lead you into the paid workforce, generally speaking, education will allow you to have more meaningful and more rewarding employment.

September 9: An old adage: “Choose a job you love and you will never have to work a day in your life.” For the most part I believe that is wishful thinking. I do not want to sound dismal. But the reality is that work is not always naturally appealing. I think a more appropriate maxim might be President Thomas S. Monson’s counsel. He said, “Choose your love; love your choice. He was actually speaking about marriage, but I would submit that this advice applies to your chosen vocation as well. Choose the job you love, then love your choice.

September 10: "The rewards of integrity are immeasurable. One is the indescribable inner peace that comes from knowing we are doing what is right; another is an absence of the guilt and anxiety that accompany sin. Another reward of integrity is the confidence it can give us in approaching God. ... The consummate reward of integrity is the constant companionship of the Holy Ghost. ... Let us live true to the trust the Lord has placed in us."
Elder Joseph B. Wirthlin

September 11: I promise you... all of the blessings of our Father in Heaven will be yours if you continue faithful, if you are true, and if you serve Him and His children with all your heart, might, mind, and strength. You are choice daughters of our Father in Heaven. You are jewels in His crown. Your virtue and purity make your price above rubies.

September 12: Remember who you are and what you can become...Those who believe they are sons and daughters of God, created in the image and likeness of the Only Begotten Son, "will make many choices different from those who do not." And why is this so important to us? Because ultimately we become the product of the myriad choices we are constantly making: choices that may seem quite inconsequential today but that may have an enormous impact on what measure of being we become; choices that sometimes isolate us from our peers on certain matters of principle; choices that are popular and choices that are unpopular; choices that are seen by others and choices that are known by only you and God... Our value system becomes our anchor and mooring for life's greatest decisions, and our knowledge of who we are and what our relationship is with God becomes the basis for the value system upon which all these choices are based... In the final analysis, our very salvation is simply a matter of our cumulative choices. Living righteously is based on an understanding of our relationship with the Almighty, an understanding of how we fit into the grand scheme of things. A constant reminder to ourselves that our value system is based upon being sons and daughters of God provides both the perspective and the strength to make correct choices. And with this knowledge, the choices flow.

September 13: In my long life I have observed that the greatest respect is owed not necessarily to the rich or the famous but to the quiet, unsung, unknown heroes whose true identity, like the Unknown Soldier, is known only to God. The unsung often have little of *status*, but much of *worth*.

September 14: **Ten virtues to pursue in your quest for excellence & happiness**

Faith I list the virtue of faith first because it is the most important. The Prophet Joseph Smith taught that faith in the Lord Jesus Christ is "the foundation of all righteousness."2 I promise you sweet young ladies if you will strive to live the commandments, your faith will continue to grow. In

exercising faith, we become cheerful and optimistic, charitable and courageous, because faith is the moving cause of all of these virtues.

September 15: In Ecclesiastes we read, “To every thing there is a season, and a time to every purpose under the heaven: “A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted” (Ecclesiastes 3:1-2). As young adults you have arrived at a very special time in your life. You are in the planting season as you are in the process of making many of life’s most important choices—choices of education, profession, whom and how you will marry, what kind of parent and eternal companion you will be. This planting season is compressed into a very few years, years of great consequence. Thus yours is a season of planting for a future that will bring an abundant harvest at the “time to pluck up that which is planted.” Indeed, you stand at a crossroad of eternal consequences. With this in mind, let me suggest three choices I believe are appropriate and critical to your future—three choices of planting for a future harvest: Choose to be a righteous example, Choose to become self-reliant, Choose a celestial marriage and eternal family.

September 16: In The Church of Jesus Christ of Latter-day Saints there is but one standard of morality. No young man has any more right to be unchaste than has a young girl. That young man who asks for a recommend to take a pure girl to the altar is expected to give the same purity that he expects to receive.

September 17: **Ten virtues to pursue in your quest for excellence & happiness**

2. Honesty. A young woman on a university volleyball team tells of the time when she and her friend Muki were playing together in a championship match: “I remember it being a close game. ... Gracie [on our opponents’ team] rounded her approach, jumped, and smacked the ball as hard as she could. ... The line judges signaled out, and the head official raised his finger to show a point for [our team]. We began giving our usual high fives when we noticed that Muki was hand-motioning to the official that she touched the ball on her block. Muki was calling her own touch. The line judges ... were ... signaling out, [indicating] that there was no touch. “The quiet, withdrawn Muki had showed an act of integrity and honesty like I had never seen before. Gracie Shute was so impressed that she talked with Muki after the match. ... Muki later gave Gracie a Book of Mormon. I don’t know if Gracie has read the book ... , but I do know that Gracie was touched by Muki’s example, as we all were.”_ You cannot be honest with others unless you are honest with yourself.

September 18: Six Keys to Healthy Self-Esteem First: Keep Your Agency. Keep your agency. This means that we must not surrender self-control nor yield to habits that bind, to addiction that enslaves, nor to conduct that destroys. To keep our agency we must avoid the deadly traps and pitfalls from which there may be no escape. Some, having been ensnared, spend the best years of their life trying to escape and so exhaust themselves in the process that in the end, even though they ultimately find themselves freed from the addiction, they are spent, burned out, their nerves shot, and their brains dulled forever.

September 19: My dear brothers and sisters, you stand at the threshold of an amazing and wonderful journey. As one who has gone before you, I offer these two words of counsel, two sources of light that will provide light for you throughout your life's journey: Love the Lord with all your heart, might, mind, and strength. Love your neighbor as yourself.

September 20: “Sabbath One of our young men recently said, ‘Pay five bucks to see a movie; pay five bucks to play poker—it is the same idea.’ “It is not the same idea. In one case you get something for which you pay; in the other case, only one picks up the winnings and the others are left empty-handed. ... “... The Church has been and is now opposed to [gambling]. If you have never been involved in poker games or other forms of gambling, don’t start. If you are involved, then quit now while you can do so.”

September 21: Each of us is responsible for the countenance that shines from within us. The personal light that radiates from our faces is either brightened or dimmed by the righteous or the unrighteous choices we make. At the time the Church was negotiating with the Jewish officials regarding the purchase of land and the construction of the Jerusalem Center, one of the conditions for approval was that we would not proselytize citizens in Israel. Reportedly, after we had pledged acceptance of that condition, the Jewish government official stated: “We believe you. We believe you will not use this facility to proselytize the Jewish people. But how will you take the light out of the eyes of your students?” What a tremendous compliment to our students and members who were lighting candles—lights shining forth as righteous examples.

September 22: , be thankful to the Lord for your blessings. Think more about what you *do* have than what you *don't* have. Dwell upon the goodnesses of the Lord to you. Remember His words to the Prophet Joseph: “He who receiveth all things with thankfulness shall be made glorious; and the things of this earth shall be added unto him, even an hundred fold, yea, more.” (D&C 78:19).

September 23: **Ten virtues to pursue in your quest for excellence & happiness**

3. Chastity. In “The Family: A Proclamation to the World,” we read, “The sacred powers of procreation are to be employed only between man and woman, lawfully wedded as husband and wife.” Furthermore, the Lord says in the Book of Mormon, “I, the Lord God, delight in the chastity of women.” Those who engage in physical intimacies with someone outside of marriage are likely to suffer feelings of guilt as well as deep emotional and physical hurt. Intimate relationships between men and women outside the bounds the Lord has set bring great misery, shame, degradation, and unhappiness to those involved. In contrast, when these sacred gifts are exercised as the Lord intended within the bounds of a temple marriage, they bring us our greatest joy and happiness. We become co-creators with God in having family and posterity. Chastity before marriage followed by fidelity after marriage is a sacred passport to self-respect and happiness for everyone. President N. Eldon Tanner gave some good advice that I would like to repeat: “Always remember that you can go much further on respect than on popularity.” I refer you to the excellent counsel on sexual purity contained in the pamphlet *For the Strength of Youth*.

September 24: Partaking of the sacrament is probably the most important part of observing the Sabbath day. The sacrament is an ordinance of the Church, one in which we are commanded to participate each Sabbath day. When we make and keep the covenants in this ordinance, we are promised that we may “always have his Spirit to be with [us]”. Why is it important to always have His Spirit to be with us? The mission of the Holy Ghost is to testify of the Father and the Son and to lead us into truth. This testifying is absolutely vital to our personal testimonies. We cannot have a testimony of the Father, who is the author of the plan of salvation, and of the Son, who is our Savior, unless we have a witness from the Holy Ghost. All members have the *gift* of the Holy Ghost, but partaking of the sacrament worthily and appropriately each Sabbath day is still essential to maintaining a strong testimony. Only by this renewing of our baptismal covenants can we always have His Spirit with us. The Holy Ghost also has the mission of bringing things to our remembrance and of leading us into truth. That personal revelation is essential for us to be warned away from danger and guided to live our daily lives in harmony with the Lord and in furtherance of what He would have us become.

September 25: Always be improving yourself. Set personal achievement goals and stretch to accomplish them. Improve yourself physically, socially, mentally, and spiritually. Incorporate the splendid Pursuit of Excellence program into your life. Keep growing and learning and progressing and serving others.

September 26: Michelangelo, the virtuoso painter and sculptor, shared this profound insight about his work. He said, “If people knew how hard I had to work to gain my mastery, it would not seem so wonderful at all.” Some of

you may have seen firsthand Michelangelo's brilliant work. But how many of us have stopped to think of the literally back-breaking, tedious job of chiseling the statue of David out of a single slab of solid marble! And to create a 14-foot statue of David! And certainly David was not Michelangelo's first sculpture. Undoubtedly he struggled and labored with hundreds and thousands of sculptures before achieving that masterpiece. Wouldn't it be tragic if Michelangelo had decided after his first few grueling years of sculpting marble that it was just too hard, too tedious, and too boring—that he'd much rather be a writer? The irony is, had he made that change, he would have likely discovered that writing can be tedious and boring too!

September 27: The marriage bond should be as eternal as love, the most divine attribute of the human soul.

September 28: **Ten virtues to pursue in your quest for excellence & happiness**

4. Humility. Humility is all about keeping one's balance. For example, when you receive a compliment, receive it graciously, but don't let it go to your head. You young ladies have learned much, but you have more to learn. A person who is humble is teachable. Indeed, the Lord has promised, "For my Spirit is sent forth into the world to enlighten the humble and contrite." One of my favorite sayings is this: "Learn to say, 'I don't know.' If used when appropriate, it will be often."

September 29: Six Keys to Healthy Self-Esteem

Second: Humility. The second key to an adequate self-esteem is humility. I do not mean the breast-beating, sackcloth-and-ashes kind of humility. I mean the humility that comes with inner strength and peace. It is the humility that allows us to accept and live with our own warts, without cosmetics to hide them. It is important to learn to live with our uncorrectable physical and mental defects without complaint or explanation. Some years ago I became acquainted with a delightful and wonderful new friend. He is a successful businessman—charming, outgoing, and well groomed. His spirituality shines through his countenance. A few months later I noticed a slight limp in his walk which had not been obvious before. That led to a closer observation. When I looked past the gracious smile, I noticed that my friend was slightly hunchbacked, with a somewhat misshapen spine. These physical defects were so well hidden by the natural goodness, warmth, and great charm that they were as nothing in the total man. My friend accepts his physical defects with humility and strength and completely compensates for them with his natural personality. There is another dimension of humility that must be mentioned—that of being teachable. The prophet Samuel counsels, “Now therefore stand still, that I may reason with you” (1 Samuel 12:7). Proverbs reminds us that “whoso loveth instruction loveth knowledge” (Proverbs 12:1).

September 30: Don't trifle away your happiness by involvement with someone who cannot take you worthily to the temple. Make a decision now that this is the place where you will marry. To leave that decision until a romantic involvement develops is to take a risk the importance of which you cannot now fully calculate. And remember, you are not required to lower your standards in order to get a mate. Keep yourselves attractive, maintain high standards, maintain your self-respect. Do not engage in intimacies that bring heartache and sorrow. Place yourselves in a position to meet worthy men and be engaged in constructive activities.

October 1: **Ten virtues to pursue in your quest for excellence & happiness**

5. Self-Discipline. You must have the strength to discipline yourselves so that you can accomplish your goals and enhance your natural strengths. Habits of self-discipline formed while you are young will become part of the makeup of your character for the rest of your lives. The character thus formed from self-discipline will rise with you in the Resurrection. The principle of work is part of self-discipline. Now, my dear young sisters, I have lived a good many years longer than you, but even back in Grandpa's time there was something to make you want to lie down and go to sleep—they called it *work*.

October 2: Driving is a magnificent test of our Christian character. We are generally quite anonymous, we have lots of power, and we are fully goal-directed. If anything will demonstrate our spiritual maturity, I suppose that

driving will. *By H. Wallace Goddard*

October 3: People seldom improve when they have only their own yardstick to measure themselves by... Learn to measure yourself with someone else's yardstick occasionally.

October 4: "The Sabbath is a holy day in which to do worthy and holy things. Abstinence from work and recreation is important, but insufficient. The Sabbath calls for constructive thoughts and acts, and if one merely lounges about doing nothing on the Sabbath, he is breaking it." (Pres Spencer W. Kimball) Other appropriate Sabbath activities, such as strengthening family ties, visiting the sick and homebound, giving service to others, writing personal and family histories, genealogical work, and missionary work should be carefully planned and carried out.

October 5: **Ten virtues to pursue in your quest for excellence & happiness**

6. Fairness. We need to be fair and compassionate in our dealings with other human beings. The Savior gave us the parable of the unjust servant who owed a large sum of money. His master forgave him the debt, but that same servant went out and had a fellow servant put into prison for a much smaller debt. Their master rebuked him for not showing the same compassion that he had himself received, and then sent him to the same fate as his fellow servant. If you will be fair to other people, they will more likely be fair to you. The story is told of a Sunday School teacher who was teaching this principle. She told her class, "Remember, we are here to help others." A girl in her class asked, "Then what are the others here for?"

October 6: Chastity, not indulgence during the pre-marital years, is the source of harmony and happiness in the home, and the chief contributing factor to the health and perpetuity of the race. Loyalty, dependability, confidence, trust, love of God, and fidelity to man are associated with this diadem in the crown of virtuous womanhood and [strong] manhood. The word of the Lord to his Church is: "Keep yourself unspotted from the sin of the world." (See James 1:27, D&C 59:9)

October 7: **Ten virtues to pursue in your quest for excellence & happiness**

7. Moderation. Part of the spirit of the Word of Wisdom is moderation in all things, except those things specifically forbidden by the Lord. It is well to avoid extremes in dress, hairstyles, makeup, conduct, speech, and music. Extremes may attract the attention of some, but they are more likely to turn off those you really want to impress. When I was a young man, my friends and I went to an amusement park, where we rode the flying saucer. It was shaped something like an upside-down plate that went round and round. Most of us tried to get to the middle so we wouldn't be thrown off by the

centrifugal force as the saucer picked up speed. Sometimes those on the edge would grab a friend who was closer to the middle, but that would pull them both completely off the saucer. I soon recognized that the centrifugal force was far less powerful in the middle. I was quite safe in the center even though the saucer was still spinning. But it was risky when someone on the fringe latched on to me. I learned that safety comes from staying close to the center.

October 8: Be faithful. Keep the commandments. Establish a deep and abiding relationship with the Lord Jesus Christ. Know that He is there—always there. Reach out to Him. He does answer prayers. He does bring peace. He does give hope. In the words of the Psalmist: “He is my refuge and my fortress: ... in him will I trust.” (Ps. 91:2) Study carefully the life of the Savior. He is our great exemplar. Make the scriptures your constant companion. Read daily from the Book of Mormon and receive of its strength and spiritual power.

October 9: **Six Keys to Healthy Self-Esteem**

Third: Honesty. Honesty begins with being true to one’s own self. [Have] the self-assurance of a queen. Being true to one’s own self is the essence of honesty and a keystone of self-esteem.

October 10: Orson F. Whitney comforts us: “No pain that we suffer, no trial that we experience is wasted. It ministers to our education, to the development of such qualities as patience, faith, fortitude and humility. All that we suffer and all that we endure, especially when we endure it patiently, builds up our characters, purifies our hearts, expands our souls, and makes us more tender and charitable, more worthy to be called the children of God . . . and it is through sorrow and suffering, toil and tribulation, that we gain the education that we come here to acquire and which will make us more like our Father and Mother in heaven”

October 11: You as young adults have many pressures put upon you. Satan is using all his cunning devices and supporting forces to influence your choices toward iniquity. His objective is to blow out candles, to extinguish the light... His is a value system based upon selfishness, self-indulgence, and immediate gratification. Thus we see devastating decisions constantly being made by those of your age. We see cultures infested with drugs, sex, alcohol, pornography, laziness, and many other spiritually devastating practices. But that does not have to be you. President Gordon B. Hinckley has warned us and pleaded with us: “I wish to say in the strongest language of which I am capable, stay away from moral iniquity. You know what is right and wrong. You cannot use ignorance as an excuse for unacceptable behavior. . . . I beg of you, my dear young friends, to avoid such behavior. It will not be easy. It will require self-discipline. The forces you confront are powerful and inviting.

They are the forces of a clever adversary. You need the strength that comes of prayer”

October 12: **Ten virtues to pursue in your quest for excellence & happiness**

8. Cleanliness. Years ago, President Howard W. Hunter, Sister Faust, and I visited with some BYU students when the study abroad program in Jerusalem was housed in a kibbutz, an Israeli hostelry. On the door of two of the students was a notice that read, “If cleanliness is next to godliness, welcome to purgatory!” President Hinckley gave some excellent counsel when he said: “Be clean in dress and manner. ... The age in which we are living now has become an age of sloppy dress and sloppy manners. But I am not so concerned about what you wear as I am that it be clean. ... Be sure of your personal cleanliness.” Remember that you and the Church will be judged in part by your cleanliness and neatness in appearance.

October 13: Even in the church, we postpone marriage later and later, as if it were a particularly unpleasant dental appointment. There's so much to do first -- we have to “find out who we are.” We have to get our careers established. We have to prove we're successful. That's such a silly mistake -- that we must or even *can* “find ourselves” before we've made that lifelong (or longer) commitment. Here's why it's a mistake: We don't ever “find” ourselves. Instead, in marriage, we *make* ourselves.

October 14: President Monson has said: “In making a decision as momentous as whom you will marry, I suggest you seek the help of your parents. Take the time to confide in them, for they will not leave you nor forsake you. They love you dearly and want for a precious daughter or stalwart son the best in life and the ultimate promises of eternity.”

October 15: **Ten virtues to pursue in your quest for excellence & happiness**

9. Courage. You precious young ladies will need a lot of courage—courage to stand up to peer pressure, to resist temptation, to withstand ridicule or ostracism, to stand up for the truth. You will also need courage to face the challenges of life. One young woman who was a cross-country runner wrote: “I am often tempted to give up and quit during a race. During my first race this year, when I was just about to be overpowered and stop running, the words to the third verse of ‘How Firm a Foundation’ filled my mind. The words gave me the courage to finish the race.”

Fear not, I am with thee; oh, be not dismayed,

For I am thy God and will still give thee aid.

I'll strengthen thee, help thee, and cause thee to stand, ...

Upheld by my righteous, omnipotent hand.

October 16: When you are at the age for single-dates, remember...dating [is] an opportunity to get to know one another better and not an immediate commitment to a long-term relationship or marriage.” Right! Simple and more frequent dates allow both men and women to ‘shop around’ in a way that allows extensive evaluation of the prospects. The old-fashioned date was a wonderful way to get acquainted with a member of the opposite sex. It encouraged conversation. It allowed you to see how you treat others and how you are treated in a one-on-one situation. It gave opportunities to learn how to initiate and sustain a mature relationship. None of that happens in hanging out

October 17: Our spirit and our body are combined in such a way that our body becomes an instrument of our mind and the foundation of our character.

October 18: The signs of the times definitely indicate that the sacredness of the marriage covenant is dangerously threatened. There are places where the marriage ceremony may be performed at any hour of the day or night without any previous arrangement. The license is issued and the ceremony performed while the couple wait. Many couples who have been entrapped by such enticements have had their marriages end in disappointment and sorrow. In some instances these places are nothing more than opportunities for legalized immorality. Oh, how far they fall below the true ideal! As far as lies within our power, we must warn young couples against secret and hasty marriages.

October 19: Amanda Wallace, a young high school freshman in Gilmer, Texas, wrote in her journal after severe and steady persecution from her high school peers for standing up for her religion: “I know through the trials I’ve faced and have overcome that the blessings do follow eventually. . . . I love my Savior and know firsthand that anything that doesn’t kill me will make me stronger and help me love Him more, and I await the day that I am in His presence again that He might say, ‘Well done, thou good and faithful servant.’”

October 20: **Ten virtues to pursue in your quest for excellence & happiness**

10. Grace. We are told in the Doctrine and Covenants that we are to “grow in grace.” Grace is a God-given virtue. It is a disposition to be kind and to do good. It is a charming trait or accomplishment, “a pleasingly graceful appearance.” Charm is attractiveness which comes from a feeling of personal dignity, an inner beauty that comes from a feeling of self-worth. It has been said that your expression is the most important thing you can wear. A fine young single man I know has a list of qualities he is looking for in his future wife. Cheerfulness is at the top of the list.

October 21: Dear Good Girl, I know you're out there. I've seen you sitting at lunch with someone who looks lonely, caring for your younger siblings, and speaking kind words. I know you think it goes unnoticed, but trust me—I am impressed. I think it's cool that you don't dress like a lot of other girls. It is much more comfortable for us guys when a girl dresses modestly (and yes, girls who dress modestly are very attractive) and uses good language. Immodest dress and nasty or mean talk just make it awkward and embarrassing for me. I'm glad you're comfortable with who you are. There are just way too many girls out there who aren't. I can tell in your eyes and in your smile that you know you're a daughter of God. That, to me, is beautiful. I like that you study hard in school and that you're finishing your Personal Progress. You probably thought I would never notice, but I do. This shows me that you are serious about becoming a wonderful wife, mother, and woman of God. I'm glad you're not afraid to stand up for what you think is right, and you do not just "follow the crowd." Sometimes it might feel like you're the only one, but you're not. You are an example to more than just me. Thanks for sticking to your convictions. More than anything, you help motivate me! You make me want to live up to the teachings of Jesus Christ and the standards you have set and continue to live by. I've been watching you. I can't help noticing. Don't ever give up. Sincerely, An admirer

October 22: **Six Keys to Healthy Self-Esteem**

Fourth: Love of Work. In my experience, there are very few people who are of true genius. While there are those who are gifted, most of the world's work and some of the greatest contributions come from ordinary people with a talent which they have developed. An ordinary, garden-variety talent can be nurtured and nourished into a great gift through hard work. Some of the artisans of China spend years making just one exquisite object of art of unbelievable grace and beauty. We do not all have a talent for the arts, such as painting, sculpture, or music. There are many gifts that are not showcased. Some may have a natural gift to make others feel important, happy, and special. Such a gift should be developed and strengthened. Spiritual gifts, likewise, can be refined and enlarged by attentive application to righteous living, to prayer, to study of the scriptures, and to obedience. A line attributed to George Lucas suggests, "It doesn't matter what people say about me, or what I say; what matters is what I accomplish." What we accomplish helps our self-esteem. Sometimes we may think, "The work I do is unimportant," or "I'm only this or that." Every job that has to be done is important, no matter how minimal it seems; someone has to do it.

October 23: We often are alone, all of us, in our lives. become a product of the Book of Mormon.

October 24: We frequently find that the influence of good women is underrated. It is an influence that is often subtle but yet has tremendous consequences. One woman can make a great difference for a whole nation.

Esther, a Jewess in the Old Testament, saved her people. When the Jews were in captivity, Esther was married to King Ahasuerus. The king signed a decree that all Jews were to be put to death. Esther's cousin Mordecai urged her to intercede with the king on behalf of her people by saying to her, "Who knoweth whether thou art come to the kingdom for such a time as this?" Esther, at the peril of her own life, pled with the king that her people should be spared. The king listened to her entreaty, and they were saved. One woman can make a great difference, even for a nation. These are challenging times. I believe your spirits may have been reserved for these latter days; that you, like Esther, have come to earth "for such a time as this." It may be that your most significant, everlasting achievements will be your righteous influence on others, that your divine feminine inner beauty and intuition will find expression in your quiet strength, gentleness, dignity, charm, graciousness, creativity, sensitivity, radiance, and spirituality. Enhance these sublime feminine gifts. They will make you appealing and even irresistible as you serve others as the handmaidens of God.

October 25: Be good to one another. We desperately need kind words of encouragement. Those words can come from *your* lips. Start now to use them and they will be an eternal blessing.

October 26: God bless you to keep your lives unpolluted, that you may go in prayer to God and ask him to guide you in choosing your mates, and when chosen, that you will both so live that you can enter the house of God, and if he were present and asked you about your lives, you could answer him honestly, "Yes, we are clean." A marriage begun on that basis, will bring you the happiness, the sweetest joy known in this life, or throughout eternity.

October 27: We have nothing to fear when we stand for righteousness and principle. We have nothing to fear when we pay our homage to God rather than to man. Be willing to stand for principle. Be willing to be an example of righteousness. Light a candle. Let it glow. It won't hurt you, I promise.

October 28: , please know how much we appreciate you. You bring a measure of wholeness to us. You have great strength. ... I bear testimony before the entire world of your worth, of your grace and goodness, of your remarkable abilities and tremendous contributions, and I invoke the blessings of heaven upon you. Hinckley

October 28: Six Keys to Healthy Self-Esteem

Fifth: Ability to Love. The commandment given by the Savior was to love others and yourself. Am I secure enough in my love of myself to laugh at myself, to admit mistakes, to graciously accept a compliment? Am I secure in my love of others to smile and say hello to a perfect stranger? Years ago in seminary, our class was taught:

*I have to live with myself, and so
I want to be fit for myself to know;
I want to go out with my head erect,
I want to deserve all men's respect;
I never can hide myself from me,
I see what others may never see,
I never can fool myself—and so,
Whatever happens, I want to be
Self-respecting and conscience free.*

October 30: “No good can come from getting close to evil. Like playing with fire, it is too easy to get burned: ‘The knowledge of sin tempteth to its commission.’ ... The only safe course is to keep well distanced from him and any of his wicked activities or nefarious practices. The mischief of devil worship, sorcery, casting spells, witchcraft, voodooism, black magic, and all other forms of demonism should be avoided like the plague” (James E. Faust, *Ensign*, Nov. 1987, 33).

October 31: “A warning: there is a dark side to spiritual things. In a moment of curiosity or reckless bravado some teenagers have been tempted to toy with Satan worship. Don’t you ever do that! Don’t associate with those who do! You have no idea of the danger! Leave it alone! And there are other foolish games and activities that are on that dark side. Leave them alone!” (Boyd K. Packard, *Ensign*, May 1989, 54).

November 2: What we keep forgetting is that in *marriage*, as opposed to romances, you aren't marrying the thrilling wonderful perfect Someone you're looking at right now. The foundation of that isn't some ideal of romantic love. It's a commitment based on the goals you share. And real love, married love, is not what you start with -- it's what you create together along the way. How foolish, when our young people wait to find love, or to have God show them their foreordained mate, instead of rationally looking at the eligible people and choosing someone who can and will live up to the commitment of marriage, someone with shared faith, someone with whom you can establish friendship and affection.

November 3: **Six Keys to Healthy Self-Esteem**

Sixth: Love of God. “He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him” (1 John 2:3-4) There are many whose self-esteem has been so devastated by the loss of loved ones, by divorce, or by other personal misfortunes. Some carry an extra burden of guilt from grievous sins. Transgression is so devastating to self-esteem. After transgression so often comes rationalization and even lying. This is what makes justice so violent to the offender. Fortunately we have the great principle of repentance whereby sins that are “as scarlet” can become “white as snow” (Isaiah 1:18). I am grateful for this principle and pray no one will hesitate to find the peace that comes from repentance. It is important to remember and never forget that all of us, male and female, were created in the image of God and created by God. Mankind is the noblest of all creations. All of us are not called to leadership in the kingdom. Yet is there a greater work than that of being a teacher, father, mother? So it is that nobody is a nobody. The seeds of divinity are in all of us. The day will come when we will all have to account to God for what we have done with that portion of divinity that is within us.

November 4: It is vital to counteract the insidious influences of printed literature that speaks of the “bankruptcy of marriage,” that advocates trial marriages, and that places extramarital relations on a par with extramarital friendships. Marriage is a sacred relationship entered into for purposes that are well recognized—primarily for the rearing of a family. It is claimed by some careful observers that our present modern life tends to frustrate these purposes.

November 5: Self-reliance is a basic condition of self-esteem. It affects our confidence and our ability to achieve. It is difficult for us to feel good about ourselves and to feel our divine nature when we inappropriately rely on others to sustain and support us for our temporal or spiritual needs. Self-reliance is important for families to be stable and happy and to have the ability to serve the Lord, the family, and the community. Self-reliance is a blessing we should all strive [for]... Our best efforts should be to remove the uncertainty and fear about our temporal well-being and be prepared for the often turbulent and unknown future.... This is the time in your life for the planting of self-reliance seeds. It is a time to make the required sacrifices for the future harvest.

November 6: I testify that God loves each of us—warts and all. I testify that he knows each of our names. I testify that each of us has a potential in this life and beyond the grave that exceeds our fondest dreams. I testify through the gifts of the Holy Spirit that we are engaged in His holy work. And I wish to invoke an apostolic blessing of heaven upon all of you and pray that we may come to know who we truly are, the sons and daughters of God. The blessing I should like to invoke upon you is the blessing that the Lord gave to Nephi,

but I'm going to substitute each of your names...all of you, each one of you: "Blessed art thou, [], for those things which thou hast done; for I have beheld how thou hast with unwearyingness declared the word, which I have given unto thee, unto this people. And thou hast not feared them, and hast not sought thine own life, but hast sought my will, and to keep my commandments." Now here comes the blessing: "Because thou hast done this with such unwearyingness, behold, I will bless thee forever; and I will make thee mighty in word and in deed, in faith and in works" (Helaman 10:4-5). In the name of Jesus Christ, amen.

November 7: Never forget that you came to earth as a child of the divine Father, with something of divinity in your very makeup. The Lord did not send you here to fail. He did not give you life to waste it. He bestowed upon you the gift of mortality that you might gain experience—positive, wonderful, purposeful experience—that will lead to life eternal. He has given you this glorious Church, His Church, to guide you and direct you, to give you opportunity for growth and experience, to teach you and lead you and encourage you, to bless you with eternal marriage, to seal upon you a covenant between you and Him that will make of you His chosen daughter, one upon whom He may look with love and with a desire to help.

November 8: Never be afraid to build those around you. What you say will be remembered a very long time. All of us need to be uplifted. Sisters, you are surrounded by so many handsome, good, and righteous young men. Your words of encouragement and your vision to see the potential and goodness in others, especially the men around you, will bring great dividends. We grow and flourish when we are praised and valued. Kind, true words are a gift you give yourself and others, and they will continue to do so into your marriage.

November 9: Also, do not expect perfection in your choice of a mate. Do not be so concerned about his physical appearance and his bank account that you overlook his more important qualities. Of course, he should be attractive to you, and he should be able to financially provide for you. But, does he have a strong testimony? Does he live the principles of the gospel and magnify his priesthood? Is he active in his ward and stake? Does he love home and family, and will he be a faithful husband and a good father? *These* are qualities that really matter.

November 10: The girl you marry will take a terrible chance on you. She will give her all to the young man she marries. He will largely determine the remainder of her life." Men, are you becoming the kind of person who could ask a girl to take a chance on you? Women, the same could be asked of you. The man you marry will also take a chance on you. In section 25 of the Doctrine and Covenants the Lord gives good counsel for wives to "be . . . a comfort unto . . . thy husband . . . with consoling words, in the spirit of meekness" (D&C 25:5). Are you that kind of woman? The man you marry will

largely be happy because of your influence on his happiness. Hinkley

November 11: *Dare to be a Mormon;*
Dare to stand alone;
Dare to have a purpose firm;
Dare to make it known.

November 12: Twenty years ago President Ezra Taft Benson listed some qualities men should look for in a mate. His words are still true: “Now, brethren, do not expect perfection in your choice of a mate. Do not be so particular that you overlook her most important qualities of having a strong testimony, living the principles of the gospel, loving home, wanting to be a mother in Zion, and supporting you in your priesthood responsibilities. . . . “And one good yardstick as to whether a person might be the right one for you is this: in her presence, do you think your noblest thoughts, do you aspire to your finest deeds, do you wish you were better than you are?”

November 13: Young people, young girls in high school, [go] daily in courtship with young boys of their age, of the girls’ age, in their early ‘teens, depriving themselves of becoming better acquainted with other companions; and in that daily courtship in their early age, [become] so intimate as to arouse their passions for an hour’s pleasure, bringing misery upon themselves through life. And that is not imagination! You men in the Presidencies of Stakes and Bishopricks of Wards, and you fathers and mothers of some of them, know that that is not imagination.

November 14: Elder Spencer W. Kimball said: “[The Sabbath day] is a day in which to worship and to express our gratitude and appreciation to the Lord. It is a day on which to surrender every worldly interest and to praise the Lord humbly, for humility is the beginning of exaltation”

November 15: Discipline yourselves in matters of spending

November 16: The Church has been in the forefront in training the daughters of Zion and in giving them responsibility. We believe and have taught consistently from the earliest days of the Church that a woman’s greatest mission in life is an honorable and happy marriage with the rearing of an honorable and happy family. That means mothering and nurturing in a very real and personal way, a way that is demanding both in time and energy. But this is not inconsistent with other activities. There are tremendous responsibilities for women in the Church as well as in the community consistent with and in total harmony with marriage, motherhood, and the rearing of good and able children. I should like to say to every one of you sisters here that as a member of The Church of Jesus Christ of Latter-day Saints, you have an obligation to refine and improve your minds and your skills, for each of you is a daughter of God with a divine birthright and with

an obligation to grow toward His stature.

November 17: Of all our priorities, finding an eternal companion and establishing an eternal family should be our top priority. All other objectives and priorities should be subservient and supportive of this, the most important. Although we should make appropriate preparations, we should not unduly delay marriage. We need not have satisfied all our wants and desires before marriage. We need not have the perfect car, the perfect home, the perfect job, or the illusionary perfect companion to have a perfect marriage. Acquiring and achieving many of these things together, as companions, builds the perfect marriage. Yours is the time of preparation for an eternal, everlasting, celestial marriage that we have been talking about. This is the season of planting, the season of choices.

November 18: You're in the prime of your lives—no wrinkles, free discretionary time, and a world burgeoning with options and opportunity. You want to make decisions that count. But sometimes, making these decisions seems very difficult. Why is it so difficult? Elder Holland [explains]: "I have thought about this a great deal. I offer this as my personal feeling. It is not Church doctrine. . . . I am convinced that [life experience] is not easy because salvation is not a cheap experience. Salvation never was easy. We are the Church of Jesus Christ, this is the truth, He is our Great Eternal Head. Why would we believe . . . that it would be easy for us when it was never, ever easy for Him? . . . How could we possibly bear any moving, lasting testimony of the Atonement if we have never known or felt anything of such an experience? As [members] we are proud to say we are disciples of Christ—and we are. But mark my word. That means [we] must be prepared to walk something of the path He walked, to feel something of the pain He felt, to at least occasionally . . . shed one of the tears of sorrow that He shed" Salvation is not a cheap experience, and we should remember that. Never let any trials stand between you and your allegiance to your Heavenly Father. Never let any insult or challenge separate you from partaking of the sacrament and lead you to spiritual weakness and possibly to a spiritual death. Hold fast, and remember what you know to be true.

November 19: Realize your personal self-worth. Never demean yourself. Realize the strength of your inner self and that, with God's help, you "can do all things through Christ which strengtheneth [you]." (Philip 4:1) Life does not begin only upon marriage. There are important things for you to do right now.

November 20: How we clothe our bodies is also important to our worship and our claiming the blessings of honoring the Sabbath day. In recent years we have sensed a significant deterioration in the dignity and appropriateness of the way our members—especially youth—are dressed when they come to

worship in our dedicated buildings. We should take care to dress appropriately when we come to worship and partake of the sacrament.

November 21: Now let's listen to President Hinckley's counsel to women: "You are hoping to catch that perfect man. I have yet to see one who is perfect. Aim high, but do not aim so high that you totally miss the target. What really matters is that he will love you, that he will respect you, that he will honor you, that he will be absolutely true to you, that he will give you freedom of expression and let you fly in the development of your own talents. He is not going to be perfect, but if he is kind and thoughtful, if he knows how to work and earn a living, if he is honest and full of faith, the chances are that you will not go wrong, that you will be immensely happy."

November 22: Choices of righteous living and choices of self-reliance prepare you for the most important and rewarding choice, the crowning ordinance of the temple - celestial marriage.

November 23: All marriages are between strangers. And sometimes it's the boring man who'll make the best husband, the plain woman who'll make the best mother. It takes time to come to know the other person; it takes time for each of you to become someone new and different and perfectly adapted to the other. You'll be there through the whole process, though, because your commitment is stronger than the bands of death. But as that knowledge grows, so does the real love, the deep love. Compared to the thick, strong fabric of married love, romantic love is a Kleenex. You can't make anything out of it. It's disposable -- there's always another in the box.

November 24: Polish and refine whatever talents the Lord has given you. Go forward in life with a twinkle in your eye and a smile on your face, but with great and strong purpose in your heart. Love life and look for its opportunities, and forever and always be loyal to the Church

November 25: What do you wish for yourself and your future mate and family? We live in the greatest of dispensations, and we should know for ourselves why it is so wonderful and what we hope to accomplish. I'm going to ask you tonight to write yourself a letter that only you will read—a letter to your future self and to the family and children that you wish to have, a letter that answers questions and shares the desires of your heart. When you know who you are and what you want and what you are looking for, you will find it. Do you want your future family to know they have a Heavenly Father who loves them, who is intimately involved in their lives, and who will watch over them? A Heavenly Father who will answer their prayers? A Heavenly Father who cares about every breath they take and even about the number of hairs on their heads? A Heavenly Father who watches over them as they leave in

the morning and return at night and make decisions about right and wrong? Do you want a mate who makes eternal covenants with our Heavenly Father—covenants to stay loyal and true and at your side when life is difficult? Do you want your future husband or wife and children to know their Savior and Redeemer Jesus Christ, who suffered “pains and afflictions and temptations of every kind.... Do you wish your family to be united in their testimony of Joseph Smith and the Book of Mormon and to feel the great power that this testimony can bring your family? Do you firmly know that you belong to Christ’s true Church on earth and that you have full access to the blessings of eternal life and happiness? And do you love and support [the] prophet of God on earth? Tonight, or when it is convenient, you write a letter to yourself. You write your future loved ones and let them know what you want in your marriage, the standards you set for yourself, the way you dress and date, and the loving goodness you want for them. Do this and all your questions will answer themselves. The power is within you. You know the answers, and you want to be happy eternally and peaceful and secure. The answers are within you.

November 26: Sometimes men and women with low ideals and weakened wills permit their passions, like unbridled steeds, to dash aside judgment and self-restraint, and to cause them to commit sin that may sear their conscience and leave in their hearts an everlasting regret. In this day when modesty is thrust into the background, and chastity is considered an outmoded virtue, I appeal to you to keep your souls unmarred and unsullied from this sin, the consequence of which will smite and haunt you intimately until your conscience is seared and your character sordid. ...

November 27: Yours is the important time of planting, a time of preparation for that which is paramount in your lives, a time to let your light shine forth... You came into this life as a glorious similitude of our beloved Savior. You also came into this world as a “candle.” And there is only one person in heaven or on earth who can light that candle. Choose to light your candle.

November 28: He who created us knows what patterns of behavior will allow us to achieve our maximum physical and spiritual performance, and He has given us commandments designed to guide us into that behavior.

November 29: Light a candle for righteousness. Light a candle for self-reliance. Light a candle for celestial and eternal marriage. These are the important choices that should flow from your value system. You see, those of us who know we are sons and daughters of God, created in the image and likeness of His Only Begotten, will make many choices that will lead to our eternal destiny of everlasting life with God and with our precious families. We will light candles.

November 30: “There is no sister so isolated, and her sphere so narrow but

what she can do a great deal towards establishing the kingdom of God upon the earth.” (Eliza R. Snow “An Address,” *Women’s Exponent*, 15 Sept. 1873, p. 62.)

December 1: For you, _____, the sky is the limit. You can be excellent in every way. You can be first class. There is no need for you to be a scrub. Respect yourself. Do not feel sorry for yourself. Do not dwell on unkind things others may say about you. Particularly, pay no attention to what some boy might say to demean you. He is no better than you. In fact, he has already belittled himself by his actions.

December 2: *Imagine that we, as people, are standing like children watching a parade through the knotholes of a tall wooden privacy fence. We cannot see the beginning or the end of the parade. We can only see the events as they pass right before us through the knothole. Because of our limited perspective, we cannot see the whole picture. We can only live one day at a time. How can we judge something until we’ve seen the whole parade, the beginning and the end?*

December 3: Expect of your dates.... Young man, always remember when you take [a] girl out to a party that her father and mother trust her to you. She is their most precious possession. If they gave you in trust a thousand dollars, you would not think of misusing it or spending it. They are giving into your keeping something which cannot be priced in money, and you are base indeed if you become disloyal to that trust. ... I remember my father’s admonition when I started in my teens to court a young girl: “David, you treat that young lady as you would have any young boy treat your sister.” Young men, follow that advice and you will go through life with your conscience clear, and later in life you can say truthfully that with all your mistakes, you have never wronged a woman.

December 4: Let me ask: If you were to get married tomorrow, are you prepared to be a good spouse? Would you bring to your marriage personal qualities that would make you a good partner? Are you a good communicator? Are you a good problem solver? Do you have skills to create a nurturing climate in your home? Do you have enough faith, hope, and charity to create a marriage that will survive and thrive?

December 5: This is a challenging time for young people. Every day we are assaulted with big worries: global warming, wars and rumors of wars, drought, a possible pandemic of some infectious disease, and a possible recession. Seacoast cities are worrying about the rising level of the ocean, which will bring ocean tides to their doorsteps or over the thresholds. But as serious as all this is, I worry more about the rising tide of evil in the world around us. I see all of these challenges as a fulfillment of Father Lehi’s prophetic teaching: There must needs be “an opposition in all things” In the

midst of all of these challenges, we should trust in the great promises of the Lord. He has taught us that He does not ask anything of us except he prepares the way for us to accomplish it. He has shown us that while He may not immediately answer our prayers for relief from hardships, He will strengthen us to bear the burdens placed upon us. And He has also taught us, "If ye are prepared ye shall not fear"

December 6: As young mothers put their pen to paper and evaluate the cost of working outside the home, I deeply hope they will not sell themselves short. I am so proud of those who clearly see the importance of their role. Mothers who make the choice to stay home with their children, teaching by precept and example, make lasting investments in eternal accounts. Their preparation and education does so much more than draw a paycheck. It enriches the whole family and shapes the lives of their children. Such mothers become refined by their righteous choice. They love and serve and sacrifice, and they are blessed in ways that they could not otherwise be.

December 7: We are surrounded with evil in literature, music, entertainment, movies, and videos; on the Internet; in our schools; and in the marketplace. We cannot change the evil influences that inevitably press upon us and our families, but we can increase our power to deal with them. We must try to carve out our own islands of serenity and strengthen our barriers against the forces that besiege us in our protected spaces. In short, we should *push back against the world*. This idea of pushing back against the world does not suggest that we support a revolution or make ourselves distant from our neighbors or obnoxious to those with whom we must deal. It only suggests that within the limits of our own resources of time and influence we should take a position, make it known, and attempt to persuade others of its merit, at least for us.

December 8: You are daughters of God. You are members of The Church of Jesus Christ of Latter-day Saints. In your youth you speak of the future, and it is bright with promise. You speak of hope and faith and achievement. You speak of goodness and love and peace. You speak of a better world than we have ever known. You are creatures of divinity; you are daughters of the Almighty. Limitless is your potential. Magnificent is your future, if you will take control of it. Do not let your lives drift in a fruitless and worthless manner.

December 9: Not all women in the Church will have an opportunity for marriage and motherhood in mortality. But if those of you in this situation are worthy and endure faithfully, you can be assured of all blessings from a kind and loving Heavenly Father—and I emphasize *all blessings*. I assure you that if you have to wait even until the next life to be blessed with a choice companion, God will surely compensate you. Time is numbered only to man. God has your eternal perspective in mind.

December 10: Women, speaking as your aunt who loves you, there is no magical prince who will gladly appreciate unclean or unpleasant habits or a careless appearance in you. Yes, a righteous man will love you for what is in your mind and heart, but he will be even more grateful for a woman who values cleanliness and loveliness in herself and in her surroundings. Righteous men are drawn to women who have radiant countenances. Also, no righteous priesthood holder will willingly tolerate a pornography habit in his wife, nor will he appreciate her displaying and advertising her precious body to other men by the tight or otherwise immodest and inappropriate ways she dresses and conducts herself. Additionally, I have yet to meet a man who enjoys dramatic emotional displays and temper tantrums. There is no mate who will cheerfully overlook selfishness. Now is your season to develop righteous and respectful habits and Christlike qualities such as kindness and long-suffering that will bless your future home and family.

December 11: Men, as your aunt who will now speak plainly to you, I hope you understand that there is no worthy woman who will be charmed by dirty laundry, unpleasant habits, or a sloppy appearance. Yes, a righteous woman will love you for what is in your mind and heart, but she would very much appreciate your sincere efforts to display good manners and thoughtfulness to her. You should also know that there is no mate who will cheerfully overlook selfishness. Please remember that there are no righteous daughters of God who will willingly tolerate a pornography habit in the young men they date and marry. In fact, if a young woman has any hint that a young man she is interested in is involved in pornography in any of its forms, I would tell her to consider it as a flashing red light, which means "stop this relationship." Now is your season to develop righteous and respectful habits and Christlike qualities that will bless your future marriage and family.

December 12: *Not only is lying a sign of weak character; it is also a waste of a good mistake - an opportunity to learn something.*

December 13: All the things you think you have to do before you get married are a waste of precious time. Start the marriage, then do the other things for and with each other. None of your plans will work out exactly as you hoped; but the partnership of a good man and a good woman who are "willing to pay the price" will outlast all such plans.

December 14: The young women of this generation not only have tremendous opportunities, but they also face terrible temptations. ... It is so important that young women learn the ways of eternal truth, that virtue is attractive and all-important, that testimony is a pearl to be sought after and worn with dignity and pride, that they understand the incomparable blessings that come from temple marriage and a wholesome, rewarding family life.

December 15: Youth is the season to set the directions for life. A young woman's life will be immeasurably enhanced if she sets now the proper directions for her future course. Moreover, the posterity who follow after will more likely be reared in "the nurture and admonition of the Lord" to their great benefit and blessing (Eph 6:4, Enos 1:1). When a girl is saved, a generation is saved. No one can foretell the consequences of faithfulness in the life of a young woman

December 16: Twenty-four years ago when the steamship *Marama* dropped anchor outside the coral reef that surrounds the island of Rarotonga, a passenger desiring to go ashore asked the captain why he did not sail nearer to the wharf. In answer, the experienced seaman mentioned treacherous waters and pointed to an engine of one ship, the *Maitai*, and to the bow of another, still protruding out of the water—both carrying mute evidence of the danger of anchoring too close to the shore of this coral-bound island. "We anchor here," said the captain, "because it is safer to avoid being dashed to pieces, as were those two vessels, hulls of which lie on those dangerous reefs." A flippant attitude toward marriage, the ill-advised suggestion of "companionate marriage," the base, diabolical theory of "free sex experiment," and the ready-made divorce courts are dangerous reefs upon which many a family bark [or ship] is wrecked.

December 17: Like a rapidly rushing river, life seems to keep throwing things at us in rapid succession, giving us little time to think. We suddenly encounter things we weren't expecting, things we sometimes think we can't handle. But, there is nothing in life we can't handle. All we need to do is believe and make a decision.

December 18: Please understand... that your imperfections and weaknesses will go with you into your marriage and will be magnified in that setting. Unless you are getting married today, you still have time to eliminate bad habits and develop good habits and qualities that will bless your marriage and family. President Thomas S. Monson has taught, "It is worthwhile to look ahead, to set a course, to be at least partly ready when the moment of decision comes."

December 19: We surely live in perilous times, and there is much cause for concern. Nevertheless, in these days—as in the many stressful times of the past—young people should go forward with optimism and prepare for a long and productive life. Marry. Have children. Get an education. Have faith. "To Live Well amid Increasing Evil." By Elder Richard G. Scott "You have a choice. You can wring your hands and be consumed with concern for the future, or you can choose to use the counsel the Lord has given to live with peace and happiness in a world awash with evil. If you choose to concentrate on the dark side, that is what you will see. . . . Now look at the brighter side. Despite

pockets of evil, the world overall is majestically beautiful, filled with many good and sincere people. God has provided a way to live in this world and not be contaminated by the degrading pressures spread throughout it”

December 20: The brain cannot distinguish between an actual experience and one that we’ve only imagined.

December 21: I would also caution you single sisters not to become so independent and self-reliant that you decide marriage isn’t worth it and you can do just as well on your own. Some of our sisters indicate that they do not want to consider marriage until *after* they have completed their degrees or pursued a career. This is not right. Certainly we want our single sisters to maximize their individual potential, to be well educated, and to do well at their present employment. You have much to contribute to society, to your community, and to your neighborhood. But we earnestly pray that our single sisters will desire honorable marriage in the temple to a worthy man and rear a righteous family, even though this may mean the sacrificing of degrees and careers. Our priorities are right when we realize there is no higher calling than to be an honorable wife and mother.

December 22: Observe the Sabbath day in an appropriate, positive way. This day of worship and rest from worldly labors is the divinely appointed anchor in the storms of life. Properly observed, it will help us and our families develop the spiritual strength we need to stand firm against temptation and to stay unspotted from the world. Proper use of the Sabbath will brighten our light of faith and hope in an ever-darkening storm of wickedness. We are commanded to “observe the Sabbath day to keep it holy” (D&C 68:29). The Sabbath is set apart as a sacred time for spiritual and physical rejuvenation: partaking of the sacrament, preparing for and performing ordinances, learning and teaching gospel doctrine and principles, fostering family unity, giving service, and enjoying righteous sociality.

December 23: In choosing a companion, it is necessary to study ... the one with whom you are contemplating making life’s journey. You see how necessary it is to look for the characteristics of honesty, of loyalty, of chastity, and of reverence. But after having found them—“How, then,” you ask, “may you tell whether or not there is any consanguinity [or close connection], that something which will make you at least congenial in each other’s company?” “Is there,” you ask, “some guide?” Though love is not always a true guide, especially if that love be not reciprocated or is bestowed upon a surly creature or a brute, yet certainly there is no happiness without love. “Well,” you may ask, “how may I know when I am in love?” That is a very important question. In the presence of the girl you truly love you do not feel to grovel; in her presence you do not attempt to take advantage of her; in her presence you feel that you would like to be everything that a [great

man] should become, for she will inspire you to that ideal. And I ask you young women to cherish that same guide. What does he inspire in you ... ? When a young man accompanies you after a meeting, or after a dance, and he shows an inclination to use you as a convenience or as a means of gratification, then you may put it down that he is not prompted by love.

December 24: , my prayer for... you [is] that you... might have the most important things, the most enduring things, those things of greatest worth that cannot be purchased with money. What are they? Eternal Family Ties, Knowledge and Intelligence, The Restored Gospel

December 25: Most of you will also be fathers and mothers who will create righteous homes for your families. When I was young, I was taught by my mother that while I was single I needed to learn how to take care of one life and one room so that I would be prepared to take care of several lives and several rooms.

December 26: One of our most precious possessions is our families. The domestic relations precede, and, in our present existence, are worth more than all other social ties. They give the first throb to the heart and unseal the deep fountains of its love. Home is the chief school of human virtues. Its responsibilities, joys, sorrows, smiles, tears, hopes, and solitudes form the chief interests of human life.

December 27: Of all the creations of the Almighty there is none more beautiful, none more inspiring than a lovely daughter of God who walks in virtue with an understanding of why she should do so, who honors and respects her body as a thing sacred and divine, who cultivates her mind and constantly enlarges the horizon of her understanding, who nurtures her spirit with everlasting truth.

December 28: Our physical bodies cannot thrive without the nutrients our Creator intended we have. For example, if we forgo calcium, the results are not immediately visible, but in time the miraculous machinery of our bodies breaks down without that essential nutrient. The same is true of the spiritual vitality we need to sustain us in our journey toward eternal life. If we do not arrange our lives to get the spiritual nourishment we need, our spirits will be stunted and we will be stalled in our journey toward our eternal destination.

December 29: "Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and thieves break through and steal; "But lay up for yourselves treasures in heaven" (3 Nephi 13:19-20) Money never goes as far as you want it to, that you just cannot get enough of what you do not need, and that it is not possible to buy happiness at a store or through a catalog... Romans 12:2: "Be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable,

and perfect, will of God." Renewed perspective can set in motion a transformation. As we set worldly concerns aside and focus on eternal needs, we will come to know the will of God in our individual lives. We will come to appreciate those things that cannot be bought or sold.

December 30: To you young women, you of the noble birthright, you the hope of The Church of Jesus Christ of Latter-day Saints, you the mothers and the grandmothers and the great-grandmothers of the sons and daughters of Israel who are to come: Keep yourselves worthy of the blessings of God. Keep yourselves pure and virtuous and good and decent and sweet and wonderful; and as a servant of the Lord, I don't hesitate to promise you that you will be loved and respected and honored, and you will be grateful to get on your knees with tears in your eyes and thank your Father in Heaven for His watchful care over you and for the marvelous blessings that will be yours.

December 31: Become fully involved in the Church. Attend all your meetings... Reach out to others. Rather than turning inward, forget self and really serve others in your Church callings, in personal deeds of compassionate service, in unknown, unheralded personal acts of kindness. If you really want to receive joy and happiness, then serve others with all your heart. Lift their burden, and your own burden will be lighter. Truly in the words of Jesus of Nazareth: "He that findeth his life shall lose it: and he that loseth his life for my sake, shall find it." (Matt. 10:39).

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