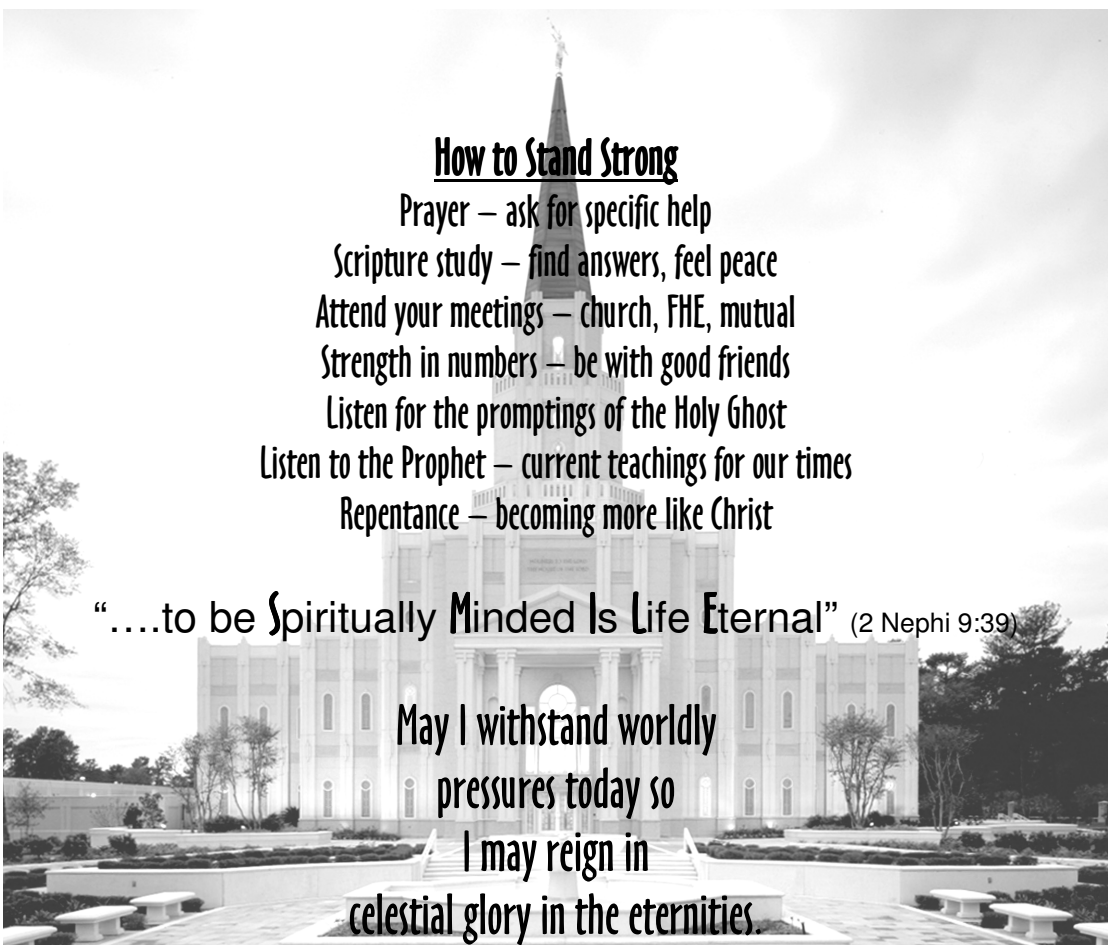




How to Stand Strong

Prayer — ask for specific help

Scripture study — find answers, feel peace

Attend your meetings — church, FHE, mutual

Strength in numbers — be with good friends

Listen for the promptings of the Holy Ghost

Listen to the Prophet — current teachings for our times

Repentance — becoming more like Christ

“....to be Spiritually Minded Is Life Eternal” (2 Nephi 9:39)

May I withstand worldly
pressures today so

I may reign in
celestial glory in the eternities.