



FROM THE FIRST PRESIDENCY

Challenges Help Us Grow

By President Dieter F. Uchtdorf
Second Counselor in the First Presidency

When I was 11 years old, I lived with my family in the attic of a farmhouse near Frankfurt, Germany. We were **refugees** in a new place, far away from our previous home. We were very poor.

Because I was a refugee, and because I spoke with an East German accent, other children often made fun of me and called me names that deeply hurt. Of all the times of my youth, I believe this may have been the most discouraging.

Even though I still remember the hurt I felt, I can see now that this was a time of great personal growth. During this time, our family bonded together. I watched and learned from my parents. I admired their determination and optimism. From them I learned that

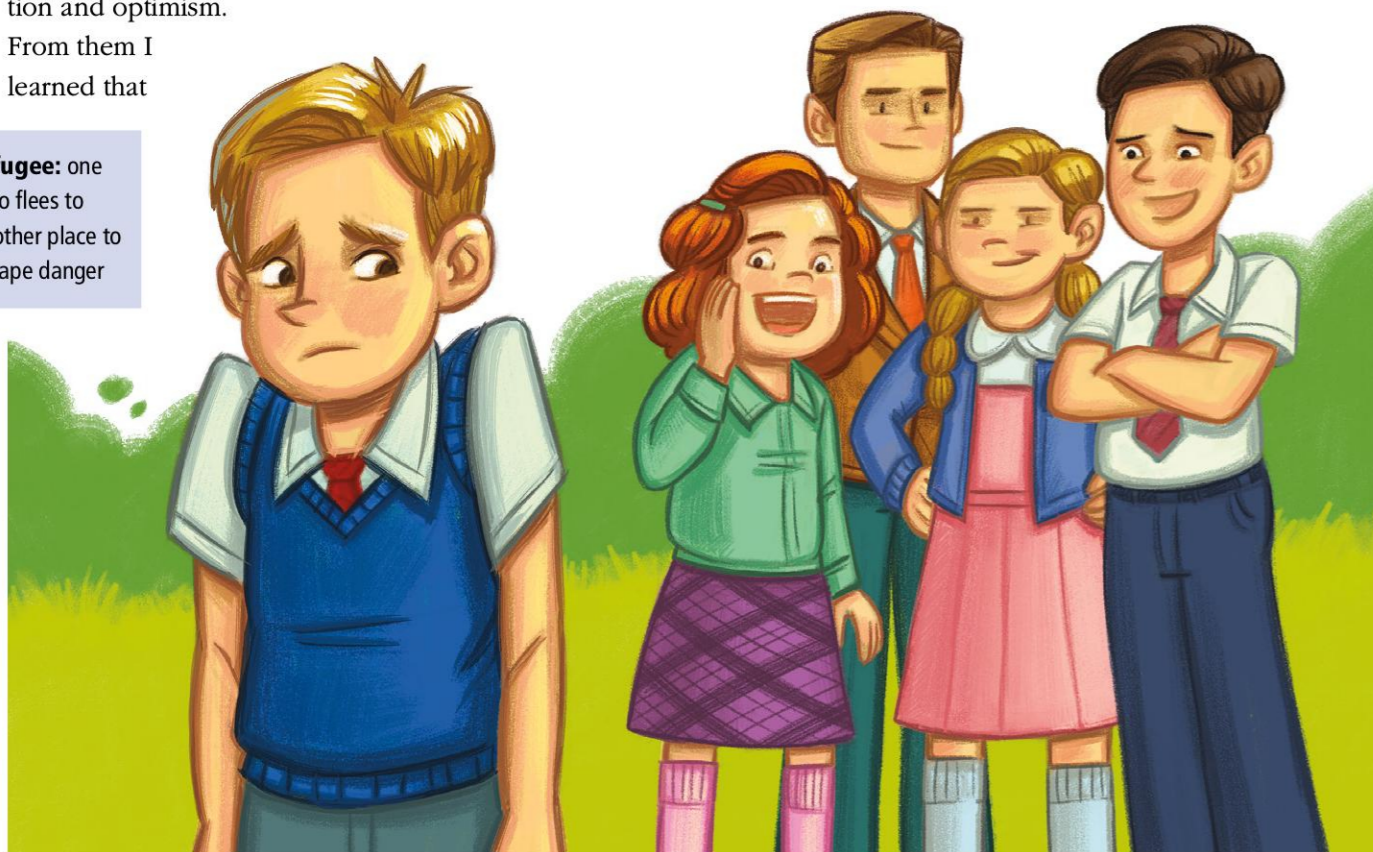
we can overcome **adversity** when we have faith and courage.

I think back on that 11-year-old boy in Frankfurt, Germany, who worried about his future and felt the lasting sting of unkind remarks. While I would not be eager to relive those days of trial and trouble, the lessons I learned then were a necessary preparation for future opportunity. Now, many years later, I know this for certain: it is often in adversity that we learn those most important lessons that form our character and shape our destiny. ♦

Adapted from "Two Principles for Any Economy," Ensign, Nov. 2009, 55–58.

adversity:
something that is very difficult

refugee: one who flees to another place to escape danger



CHALLENGES IN THE SCRIPTURES

By David Larsen

If you ever feel sad or left out, you are not alone! Solve these riddles to learn how some scripture heroes handled hard times. Check your answers on page 48.

My brothers took my colored coat
And sold me as a slave.
With faith I solved the Pharaoh's dreams;
From famine all were saved.
Who am I? _____

High on a wall I prophesied
The Savior soon would come.
The angry mob shot arrows, but
No harm to me was done.
Who am I? _____

Although at risk to lose my life,
My people mattered more.
With bravery I asked the king
To save those I cared for.
Who am I? _____

When men were few and spirits weak,
I raised the banner high.
My troops then won their battles
Once they knew the reason why.
Who am I? _____

Tremendous floods destroyed the earth,
For no one had prepared.
But we and all the animals
Inside the ark were spared.
Who am I? _____

Obeying God gave me great power
Time and time again—
Before the king, at home, and even
In the lion's den.
Who am I? _____

WHEN TIMES ARE HARD

Check the boxes for things you want to try next time you're having a bad day!

- Think of your favorite joke.
- Sing a Primary song.
- Talk with a trusted adult.
- Do something you're good at.
- Write in your journal or draw a picture.
- Go for a walk.
- Read your favorite scripture story.
- Do something nice for someone.



LEFT: ILLUSTRATION BY DANI JONES; RIGHT: ILLUSTRATIONS BY EMILY DAVIS