

I have some questions about the Church that are really bothering me. What should I do?
—Troubled in Trinidad

Dear Troubled,

There's nothing wrong with having questions. That's part of how we learn, grow, and gain a testimony. But it's important to look for answers in places you can trust. Here are some things you can do to find good answers to your questions. Heavenly Father will help you with your questions. He loves you! And we do too.

The *Friend*



Pray.

Tell Heavenly Father about your questions and ask Him to help you.



Ask a parent or leader.

Talk to someone who has a testimony. They can help you find good places to look for answers, like in the scriptures or on ChurchofJesusChrist.org.

Listen to the Holy Ghost.
Pay attention to how you feel when you pray, go to church, and help others. One way that Heavenly Father speaks to us is through peaceful, happy feelings from the Holy Ghost.



Don't give up.

Remember that it's OK if you don't get an answer right away. Heavenly Father teaches us little by little. Keep doing good things and trust that He will help you.

