

YW have special challenges. One is how they feel about themselves.

MY LIFE GROWING UP—Moving, OHS, feeling alone

GIRLS AT SCHOOL-- alone at lunch even in a crowd  
Victims of gossip  
Alienation from a group  
Ignoring the silent girls in class

#### PROBLEMS:

- Family—being picked on
- School-
- Work—colleagues or bosses who don't understand
- Neighbors—ignore your wishes, encroach on your goodness
- Missionaries—alone, lost

Fear of being alone can make you feel very insecure. If you fear being alone you may become over needy of other people and feel as if you must be around people at all times. this need is controlling you.

When you overcome fear of being alone, you instantly become more independent and confident as a result. Like anything in life you can learn to be better at being alone without being lonely, so you have the choice.

I sense that an increasing number of deeply committed Church members are weighed down beyond the breaking point with discouragement about their personal lives. When we habitually understate the meaning of the Atonement, we take more serious risks than simply laving one another without comforting reassurances—for some may simply drop out of the race, worn out and beaten down with the harsh and untrue belief that they are just not celestial material.

The Savior himself was not concerned that he would give aid and comfort to backsliders or that he would seem to be soft on sin. He said, "Come unto me, all ye that labor and are heavy laden, and I will give you rest. . . . My yoke is easy, and my burden is light Matt 11:28-30. His words do not describe an event or even simply an attitude, but a process,

Bruce C. Hafen

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It is not the world's version of self-esteem, a burgeoning self-confidence, that will see us through the vexations of the soul; it is confidence in God. A proper confession of our nothingness without the Lord, linked to a total acknowledgement of his power to recover, rescue, redeem, ransom, and

renew us—these things lay the foundation for hope in Christ and provide the godly optimism so needed in a depressing world. As President Howard W. Hunter explained, “Indifference to the Savior or failure to keep the commandments of God brings about insecurity, inner turmoil, and contention. These are the opposites of peace. *Peace can come to an individual only by an unconditional surrender to him who is the Prince of Peace and who has the power to confer peace.*

Robert L. Millet

When you attempt to live life’s experiences alone, you are not being true to yourself, nor to your basic mission in life. Individuals in difficulty often say: “I’ll do it alone,” “Leave me alone,” “I don’t need you,” “I can take care of myself.” It has been said that no one is so rich that he does not need another’s help, no one so poor as not to be useful in some way to his fellowman. The disposition to ask assistance from others with confidence, and to grant it with kindness, should be part of our very nature. There is none so great that he can “Do it alone.”

Robert D. Hales

The “isolated self” shut off from the Light of Christ makes us become fallible—open to delusion.

#### THINK OF THE ALONENESS OF OUR PROPHETS:

- PETER—When he denied Christ and “wept bitterly”
- Amulek
- Ammon
- Abinadi
- Moroni—all alone but still writing for the Lamanites
- Joseph Smith—(Green Millet—bright pink)
- Christ—He was spared no agony. There was no pain, no suffering, no loneliness or alienation he could escape, no bitter draught he was not required to imbibe.

OUR RESPONSIBILITY—To turn to understanding the loneliness, face it and know that you can shake it off through

service and rededication to the Lord. This of the loneliness of these three people in our everyday world:

1. TO REJOICE—BLUE MARKER
2. MY PARENTS –P 127
3. KATIE’S LETTER

Listen to the helps in FOR THE STRENGTH OF YOUTH:

OR DEDICATE YOURSELF TO MORE EFFECTIVE PRAYER:

Ten Steps to More Effective Prayer

1. Prepare and organize the space where you will pray.
2. Ask that no one will bother you while you`re praying.
3. Close the door and have a reverent attitude.
4. Imagine that Heavenly Father is in front of you, smiling.
5. Pray out loud. (The only way to effectively say what you want to say and not have your mind wander)
6. Express your desires and bear your testimony to Heavenly Father. (Testify about all the things you know about Him and express your feelings)
7. Tell Him EVERYTHING you are grateful for (little things too)
8. Repent and ask Him what you need to change (this is when you can receive personal revelation)
9. Tell him ALL of your problems, don`t keep anything inside.
10. Remember your requests during the day (the things you asked for). Write them down, if it will help you and make an inventory at the end of the day.

SHERI DEW SPEAKS:

Yet I worry that too often we fail to seek the guidance of the Spirit. Perhaps we don't know how and haven't made it a priority to learn. Or we're so aware of our personal failings that we don't feel worthy, don't really believe the Lord will talk to *us*, and therefore don't seek revelation. Or we've allowed the distractions and pace of our lives to crowd out the Spirit. What a tragedy! For the Holy Ghost blesses us with optimism and wisdom at times of challenge that we simply cannot muster on our own.

Our responsibility, therefore, is to learn to hear the voice of the Lord. Our ability to hear spiritually is linked to our willingness to work at it. President Hinckley has often said that the only way he knows to get anything done is to get on his knees and plead for help and then get on his feet and go to work.

Sheri Dew

I also believe that as we strengthen others, our very own burdens will be made lighter and we will also receive comfort and divine strength and blessings and help from others. We will not be alone in our difficult assignments

So, as we face these assignments, or trials, or conflicts, or uncertainties, that may last a moment, a week, a semester, or even a lifetime, know that we are not alone.

*I will go before your face, I will be on your right hand and on your left, and my Spirit shall be in your hearts, and mine angels round about you, to bear you up (Doctrine and Covenants 84:88).*

*Be strong and of good courage, fear not, nor be afraid. . . : for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee (Deuteronomy 31:6).*

And again, He has promised

*I the Lord thy God will hold thy right hand, saying. . . ,Fear not; I will help thee (Isaiah 41:13).*

**Moroni 10:5-8**

- 5** And by the power of the Holy Ghose ye may know the truth of all things.
- 7** Wherefore I would exhort you that ye deny not the power of God; for he worketh by power, according to the faith of the children of men, the same today and tomorrow, and forever.
- 8** And again, I exhort you, my brethren, that ye deny not the gifts of God, for they are many; ad they come from the same God. And there are different ways that these gifts are administered; but it is the same God who worketh al in all, and they are given by the manifestations of the Spirit of God unto men to profit them.

Don't be lonely. Give it up. Be alone with the Lord. I pray