



Worldwide Day of Testimony: I Can Do All Things Through Christ



A message from President Russell M. Nelson during the October 22, 2023, worldwide day of testimony for youth.

“Now we will have the sweet opportunity to hear from our prophet, President Russell M. Nelson, who we love and admire. We invite you to listen carefully to his words. Pay particular attention to the promptings or the impressions that you might receive. And then we invite you to gather sometime this month for a lesson or maybe an activity where you will study his words.”

- President Emily Belle Freeman and President Steven J. Lund

My dear young friends, thank you for attending this most memorable meeting. I think about you and pray for you often. In our meetings of the First Presidency and the Quorum of the Twelve Apostles, we counsel together about how we can best help you. We care about you deeply.

Earlier this year, many of you watched Elder Geritt W. Gong and our Young Men and Young Women General Presidents climb a mountain. You were introduced to this year’s theme for youth: “I can do all things through Christ, which strengtheneth me.” What a powerful truth this is!

Today, in this worldwide testimony meeting, I want you to know that Jesus Christ and His restored gospel are the greatest sources of truth and strength on Earth. The strengthening power of the Savior helps all who will come unto Him. His gospel is filled with strengthening power because it contains eternal truths augmented by the authority of His priesthood. When we are obedient to His commandments, each one of us can be blessed by His priesthood power. I can think of nothing more important for you to understand at this point in your lives.

In connection with this knowledge, may I mention some basic principles for you to think about and pray about?

First and foremost, you need to know who you really are. You are a son or a daughter of God. As a member of this Church, you are also a son or a daughter of the covenant. And you are each a disciple of Jesus Christ.

These three identifiers, child of God, child of the covenant, and disciple of Christ are more important than any other identifiers. Review these truths about you over and over in your mind. Say them out loud.

What’s more, you are also the future of the church and of the world. Not only do I believe in you, but your Heavenly Father and Jesus Christ believe in you. You have been sent to Earth now because God knew you could be strong and courageous. And God needs strong and courageous sons and daughters on earth now. You have not been sent here to fail. You have been sent to Earth to succeed and to help others succeed. As you follow Jesus Christ, you will have all the strength and courage you need to face opposition in this hazardous world. I promise you that.

Learn how to receive personal revelation. There is no other gift on earth like the gift of the Holy Ghost. Try to improve yourself a little each day. The Holy Ghost can help you. You will get better and better at recognizing His promptings. He will help you know what to do and what not to do, where to go and where not to go. He will help

you to discern who are your true friends and who are not. The Holy Ghost will give you strength and keep you safe.

Obey with exactness the Word of Wisdom and the law of chastity. Doing so will give you physical and spiritual strength that those who do not obey these commandments do not have.

Years ago, during my surgical internship, my wife and I attended a reception where the chief surgical resident offered us an alcoholic drink. We politely declined. A few minutes later, he again offered us a drink. Again, we declined. When he approached us a third time, the man was livid. He warned me that if I did not take that drink, he would make life mighty miserable for me. We did not take that drink because we had made a promise to God. We kept our promise. And the chief resident kept his.

He was responsible for scheduling operations for interns. He assigned me to assist in the longest and most difficult operations. However, assisting with difficult operations day after day made me a better surgeon. Keeping the Word of Wisdom actually propelled me forward in my surgical career.

Through your continuing faith and obedience, the Lord will increase your ability to move mountains in your life, just as He did with me.

Prayerfully ask God to help you exercise stronger faith. Faith in our Heavenly Father and His beloved Son combined with daily repentance will increase your access to godly power.

Recently, I was impressed with a young woman your age who is doing just that. In every prayer, even when she asks a blessing at family meal time, she prays, "Please forgive us for our sins and help us to become better people."

If perhaps you feel you have strayed off the covenant path too far or too long, let me assure you that is not true. Through the Atonement of Jesus Christ, your future can be bright— even brilliant! Speak with your parents and your bishop or branch president. They will help you to get on the path of progress once again. Please come back to the joy and safety of the covenant path. We need you with us.

Your ultimate success will come as you yoke yourself to Heavenly Father and Jesus Christ. I know that life without God is a life filled with fear. I also know that life with God is a life filled with peace, joy, and power. Resolve to live your life with God.

My dear young people, our Heavenly Father and His beloved Son, Jesus Christ, are ready to bless you. They will not forsake you. You can do all things through Christ. I so testify in the sacred name of Jesus Christ. Amen.