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# How can I help my family be strong?



*Tell your family you love them and show it by how you act.*



*Bear your testimony of the things you know to be true by the witness of the Holy Ghost. Share your testimony with the people you love the most.*



*Willingly join with your family in family prayer and scripture study. Be actively involved in family home evening and make it fun.*



*Be faithful in learning, living, and loving the restored gospel of Jesus Christ.*

ILLUSTRATIONS BY TERESA RAMOS

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# Be Consistent and Keep Trying



**W**hen Elder David A. Bednar was growing up, his father was not a member of the Church. His dad was a good man. He went to church with his family and helped them with their activities and goals.

Even though his family did not have family home evening or family prayer together, Elder Bednar prayed and read scriptures with his mother.

Elder Bednar loved his dad and consistently tried to be a good boy and a good example to him. Many years later, his father decided to become a member of the Church, and Elder Bednar was able to baptize him!

When Elder and Sister Bednar were married, they consistently had family prayer, scripture study, and family home evening with their three sons. Sometimes

things did not go well, and Elder and Sister Bednar wondered if their efforts were worthwhile. Now and then during scripture study there were outbursts such as, "He's touching me!" "Make him stop looking at me!" and "Mom, he's breathing my air!" Family prayers were sometimes interrupted with giggling and poking. And family home evening lessons were not always calm with three active, noisy boys.

But they kept trying.

Because they were consistent and kept trying, Elder and Sister Bednar's family and their love for one another grew stronger. Their family learned together and felt the Spirit in their home because of the small things they did that matter so much. ♦