



Stake Young Women's Presidency. Trina Benson, 1st Counselor, Peggy Knudsen, President, Sandra McMillan, Secretary, Kim Kehl, 2nd Counselor (not shown)

Trina Benson's talk on Millennials -- 3rd Ward's Sacrament Meeting,

Good morning brothers and sisters.

At the beginning of the year, the Stake Presidency asked us to be companion speakers with the high council so we could get to know the ward members better and you could get to know us so I thought I'd take a moment and tell you a little about myself and family. My husband, Steve, and I live in the 7th ward. About 14 years ago, we bought the home next door to his parents and the home he'd grown up in. It's been one of the best decisions we've made. We have two children. Our oldest, Sarah, is currently serving a mission in London, England. She's been out three months now. Our son, Jacob, graduated high school last June and is currently taking classes at UVU and working.

For the past couple of years, I've been serving in the ***Stake Young Women's program***. Currently I'm working with Peggy Knudsen, Kim Kiehl and Sandra McMillan. It has been an honor serving with these sisters. They each have such strong testimonies and a deep love for the young women **and** young women leaders in our Stake. During this time, I have been impressed by the young women in this ward as well as throughout the stake. Their testimonies are strong and they aren't afraid to show who they are...Daughters of God.

This brings me to the topic we were assigned to speak on today. In January of this year, President Russell M. Nelson of the Quorum of the Twelve spoke with the college students at BYU Hawaii. As a fun fact, my daughter Sarah was attending BYUH at the time and was present for this talk and was able to meet Pres. Nelson and his wife.

Society has a way of defining various generations....the Silent Generation; the baby boomers, Generation X. The current generation is referred to as millennials. Pres. Nelson says there is something about the way society uses and defines the term "millennials" that bothers him. However, he is more concerned with what the Lord says about this generation. He says, quote:

"Spiritual impressions I've received about you lead me to believe that the term millennial may actually be perfect for you—but for a much different reason than the experts may ever understand. The term "millennial" is perfect for you if that term reminds you of who you really are and what your purpose in life

really is. A true millennial is one who taught and who was taught the gospel of Jesus Christ premortally and who made covenants there with our Heavenly Father about courageous things, even morally courageous things—that he or she would do while here on earth. A true millennial is a man or woman whom God trusted enough to send to earth during the most compelling dispensation in the history of this world. A true millennial is a man or woman who lives now to help prepare the people of this world for the Second Coming of Jesus Christ and His millennial reign. Make no mistake about it—you were born to be a true millennial.” End quote.

So, how do we manifest ourselves as a true millennial? President Nelson gives four recommendations. I will talk about the first two and Bro. McMillan will cover the last two.

Recommendation #1 – Learn who you really are

Think of the very first song you learned to sing in the church. For most of you, that song will be, “I Am A Child of God.” It is one of the most beloved and sung songs in the church. This song teaches us from a very young age that we are children of our Heavenly Father, sent by Him to this earth. That our Heavenly Father has given us earthly parents that will lead and guide us and help us return to Him, our Heavenly Father.

In our ward primary, the children stand weekly and quote from the “My Gospel Standards” which developed for our Primary Children as follows, “I am a Child of God. I know Heavenly Father loves me and I love Him. I can pray to Heavenly Father anytime, anywhere. I am trying to remember and follow Jesus Christ.”

In addition, our Young Women also stand and quote weekly our motto which states, “We are daughters of our Heavenly Father who loves us, and we love Him. We still stand as witnesses of God at all times, and in all things and in all places.”

Elder Donald L. Hallstrom of the Presidency of the Seventy has stated the following, quote:

“This doctrine is so basic, so oft stated, and so instinctively simple that it can seem to be ordinary, when in reality it is among the most extraordinary knowledge we can obtain. The critical question is: do we really know it? Do we know it in our mind and in our heart and in our soul? Is our heavenly parentage our first and most profound identity? We live in a world that can cause us to forget who we really are. It is essential that our preeminent identity is as a Child of God. Knowing this, truly knowing and accepting this will allow our faith to flourish, will motivate our continual repentance and provide strength to be steadfast and immovable throughout our mortal journey.” End quote. We can’t take for granted this extraordinary knowledge we begin to learn at such a young age.

President Nelson continues by saying that we have been born to participate in this, the final gathering. He has seen over and over again, firsthand the powerful influence of true millennials as they bring others to a knowledge of the truth.

Our daughter, Sarah was born in China and adopted into our family. Upon our return from China, we went immediately to the temple and were able to have her sealed to us. As she grew up, we had several discussions with her about what that sealing meant to her and our family which gave her a wonderful testimony of families and the power of temple work. As a senior, she was invited to participate in our wards Teens Can Redeem program where she uncovered close to 200 ordinances for deceased family members that needed to be done. At least once a week, she went with friends and performed the temple baptisms for these names. Her decision on whether to serve a mission was made during this time when she decided it was just as important to tell people currently living about the gospel as it was to do their temple work after their death. Interestingly enough, when she received her mission call, it was to London England, the place where all these ancestors had come from. I believe that perhaps after finding them and performing their work, they arranged for her to be sent to find and teach their posterity.

Our son Jacob's road has been a little windier, but his commitment to sharing the gospel with those around him has always been strong. Recently he decided that serving a full-time mission was important to him and submitted his paperwork. We're waiting to receive his call (possibly even as early as this Wednesday), but I know he will make an amazing missionary wherever he is called because of his enthusiasm for the Gospel.

True millennials know who they **really are** and bring others to a knowledge of that same truth.

Recommendation #2 – Expect—and Prepare—to Accomplish the Impossible

Pres. Nelson tells the following story. When President Benson was first called as prophet, he gave specific assignments to each of the twelve. The assignment given to Pres. Nelson was opening the countries of Eastern Europe for the preaching of the gospel. This was in 1985...during the Cold War era. Eastern Europe was under the oppressive power of communism and churches and religious worship were strictly limited. Pres. Nelson says his profession was as a heart surgeon and he NO experience that would help him with this assignment received from the prophet of the church.

He struggled knowing who to even request meetings with and would travel to meetings just to have them cancelled at the last moment. One meeting was opened with a request that he depart immediately. He felt like he'd been asked to accomplish the impossible. But he knew the Lord is able to see His work done. In 1 Nephi 3:7 we read:

“And it came to pass that I, Nephi, said unto my father: I will go and do the things which the Lord hath commanded, for I know that the Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the things which he commandeth them.”

Pres. Nelson was privileged to watch the unfolding of one miracle after another but only AFTER he had brought his best thinking, his most courageous efforts and most fervent prayers to the task. Eventually, in 1992, he was able to report to President Benson that the church was established in every country in Eastern Europe.

Pres. Nelson tells us that our Heavenly Father saw that we were taught and prepared in the spirit world for **everything** we would be asked to accomplish during our time here on the earth. What we were taught in the spirit world endures with us here. It survived our journey through the veil. In D&C 138:56, we read,

“**Even before they were born**, they, with many others, **received their first lessons in the world of spirit and were prepared** to come forth in the due time of the Lord to labor in his vineyard for the salvation of the souls of men.”

A couple of summers ago, we had the theme “Girl on Fire” at our stake YW Girls’ Camp. We were hoping to help the girls recognize **who** they were and, by so doing, help them understand that they could do hard, even seemingly impossible things. We assigned each ward a woman from the scriptures and asked them to prepare for girls’ camp by studying these women and taking upon themselves the character traits they saw in these heroines from the scriptures.

The Mothers of the Stripling Warriors; Emma Smith; Mary, the Mother of Jesus; Ruth, and Queen Ester were some of the women we chose. It was humbling to watch our Young Women take upon themselves the character traits of these amazing women in the scriptures. To recognize their true potential as Daughters of our Heavenly Father. To realize that with our Heavenly Father’s help, they could accomplish difficult things. To fan the flame inside themselves and truly become Girls on Fire for the gospel of Jesus Christ.

True Millennials Expect and Prepare to Accomplish the Impossible.

Brothers and Sisters, I have a deep and sincere testimony of this Gospel and of my Savior, Jesus Christ. I know that I am a Daughter of my Heavenly Father who loves me, and I truly love and desire to serve Him. With His

help and my willingness to serve Him, I know that I can accomplish hard, even impossible things. I know that these same things are true for you and I say this...