When I listened to Elder Taylor’s devotional, there were two things that I wrote down. The first thing I wrote was that if we have the spirit with us we can achieve every righteous desire and that the spirit can help us accomplish more than we can accomplish on our own. For me this was a good reminder that if we put the Lord first and his commandments, then we will have the spirit with us and everything else will work out ok. It makes me think of 3 Nephi 19 when the disciples of Christ in the Americas prayed for what they most desired, to have the Holy Ghost with them. I feel like if we constantly have the Holy Ghost with us riches and other pleasures won’t matter because we will always be happy. True happiness does not lie in worldly things.

I can apply this teaching by doing things to invite the Holy Ghost into my life. Sometimes I take school too seriously and become frustrated when things don’t work out. Other times I study too long and get a headache making me less patient. Rather than get frustrated or impatient and drive away the Holy Ghost I can take time to remember the things that are most important. Thinking celestial will help invite the Holy Ghost into my life and drive away the anxieties of school.

The second thing I took note on was the importance of realizing our destiny, identity, and purpose. I thought it was interesting how the number one things causing college kids to have anxiety was related to them knowing their purpose. I suppose I have always known my purpose to some extent, but as I have grown I have learned more about what I am here on earth to do. Reading my patriarchal blessing has helped me realize my destiny, identity, and purpose here on earth. Sometimes I wonder what my future career will be or where I will live, but I think more important is to focus on my eternal destiny to become like God.

Something I can do to realize my eternal destiny is focus on dating more. Elder Renlund talked about working towards our next covenant in his devotional not long ago. I feel like this is something I have slacked off on sometimes but should focus more on. As I focus on my next covenant, I can also purify myself and prepare myself for the future. Another thing I can do to understand my purpose and identity is prayerfully read my patriarchal blessing more. As I do so, I know I will find new insights.