

When sunflowers are young, they follow the sun. They gain energy and strength to grow and reach their full potential blossoming from the light & warmth that the sun provides. As the mature they learn which direction to face to obtain the most light possible, then they stand firm, permanently facing the direction that offers the greatest opportunity for growth. There they will receive the most strength and light. They mature and share the blessings of growth they have received from the sun with everyone that they come in contact with- seeds of hope, joy, and love.

Learn from the sunflower-**Follow the light that the Savior provides.**

Gain strength from Him and His teachings.

Stand firm in your convictions.

Share His light with others.

Follow 'The Son'

"As we emulate His perfect example, our hands can become His Hands our eyes, His eyes our heart, His heart!" -Pres. Uchtdorf

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