

Student Support Program
THE CHURCH OF Jesus Christ



Dropping the YOLO Mentality

Because you don't live once. You live twice



By Sister Erin Light

I'm always a little behind the culture of trendy abbreviations. Beyond popular ones such as FYI, BRB, and LOL, it's hard to keep up. But I heard one the other day that really caught my attention: YOLO.

YOLO, or You Only Live Once, is so very appropriate to describe the inappropriate times we're living in now. Essentially, YOLO is an excuse to do immature or stupid things. It means if there's something you want to do, regardless of the risk, you should do it anyway because you only live once.

Should I berate my professor for giving my paper a bad grade? YOLO. Should I go to the party this Saturday night, knowing I'll

probably get wasted and miss church on Sunday? YOLO. Maybe it's something "less risky" like daring your friend to steal some chips from the store or jumping out of a moving car. YOLO is a great excuse to check off our worldly pleasure bucket list without too much regret, because let's face it. You. Only. Live. Once.

But is that true? Do we only live once?

Only One Life to Live?

We may only live once in this life. But if we use this life to live for God, we're going to live *twice*. We know this because we already understand the plan of salvation,

how Christ died in our place and gave us an opportunity to serve Him in life and live for eternity with Him. But how are we going to live twice if we're YOLO-ing all over the place?

Mark 8:36 says, "For what shall it profit a man, if he shall gain the whole world, and lose his own soul?"

If we're only on this earth for one lifetime, why not be here to promote the Lord? God gave us 10 commandments, but they can be summarized in two main instructions: "And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength:

this is the first commandment. And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these” (Mark 12:30-31).

Afraid to Be Different

So you might be thinking, “But what if I’m the only one who is upright, and I stand out because I’m different?” Throughout the scriptures, countless youth dropped the YOLO mentality in favor of being different.

Think about the story of Esther; she realized that her purpose as queen wasn’t for *her* benefit. She dropped the YOLO mentality with a few simple words, “If I perish, I perish,” and stepped out on faith to save her people (Esther 4:16).

Helaman, a young man, was encouraged by his father Alma to “learn wisdom in thy youth; yea, learn in thy youth to keep the commandments of God” (Alma 37:35). Helaman believed his father’s words, and he promised to follow the commandments. Less than a decade later he was

leading 2,000 stripling young warriors into a battle with no casualties among them (Alma chapters 53, 56).

Trust me when I say it’s good to be different. If we’re fitting into this world, we’re not standing out enough for Christ. We are unlike other young people in our generation because we represent The Church of Jesus Christ. We can be proud that we have the opportunity to show others that we serve a living God, that we are witnesses to miracles, and that we embrace God’s gift of salvation. There’s really no need for a YOLO mentality; it’s not about *us*, it’s about *Him*. We are part of a bigger story.

Letting Go of YOLO

Instead of using the YOLO mentality to impress friends and make excuses for taking part in worldly pleasures, take the *real risk* and live for God. Be daring, be courageous, and stand up for what you believe in. Be an example for others.

That guy who sits behind you in

English class who’s always behind on his work? Maybe it’s time to offer him some assistance. Maybe my elderly neighbor, who walks every day from the store carrying multiple bags of groceries, would appreciate a ride home. If we feel like we need to participate in questionable activities to fit in with our friends, then maybe those aren’t the friends for us.

But we do fit in with Christ’s crowd. He called us and gave His life so that we wouldn’t have to fit in with the world. Imagine a YOLO life without Christ, and compare that to your life with Christ.

Instead of YOLO, we should LGLO. (Wait, what’s LGLO?) LGLO stands for “Love God, Love Others.” If we love God, as we promised the day of our baptism, we will seek to please him and strive to be a better servant every day. And if we love others, we should want to serve those around us so that they can see that we are different and we stand for righteousness.

LGLO.

If you’d like to learn how to stand up for Christ but aren’t sure you know how, that’s OK. It’s the perfect time to learn. Find a brother or sister who you think shows good LGLO qualities and shadow them for a while, watch how they shine the light. Then go light up the world around you with your own flame.

Acronyms Abound

Now that you aren’t using YOLO anymore, we don’t want your life (and text messages) to be acronym-deficient. Everyone knows the king of all Christian acronyms: WWJD. Beyond that, here are a few goodies for you.

GRACE: God’s Riches at Christ’s Expense

HOLY: Humble, Obedient, Loving, Yoked

BIBLE: Basic Instructions Before Leaving Earth

JOY: Jesus, Others, Yourself (in that order)

FEAR: False Evidence Appearing Real

GAP: God Answers Prayer

BAD: Blessed and Delivered

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