

You might remember mistakes you've made, times you gave in to temptation, things you wish you hadn't done—or wish you had done better. The Savior senses that, and I believe He would assure you with words He has spoken in the scriptures:

"Fear not."

"Doubt not."

"Be of good cheer."

"Let not your heart be troubled."

-Elder Uchtdorf

I don't think [the Savior makes] excuses for your mistakes. He [doesn't] minimize them. No, He [asks] you to repent—to leave your sins behind, to change, so He can forgive you. He [reminds] you that 2,000 years ago He took those sins upon Himself so that you could repent.

-Elder Uchtdorf

...your covenants with [Jesus]—made when you were baptized and renewed each time you partake of the sacrament—give you a special connection with Him. The kind of connection the scriptures describe as being yoked together so that, with His help, you can carry any burden.

-Elder Uchtdorf

I believe the Savior Jesus Christ [wants] you to see, feel, and know that He is your strength. That with His help, there are no limits to what you can accomplish. That your potential is limitless. He [wants] you to see yourself the way He sees you. And that is very different from the way the world sees you.

-Elder Uchtdorf

The Savior [declares], in no uncertain terms, that you are a daughter or son of the Almighty God. Your Heavenly Father is the most glorious being in the universe, full of love, joy, purity, holiness, light, grace, and truth. And one day He wants you to inherit all He has.

-Elder Uchtdorf

At the heart of God's plan for your happiness is your power to choose... He allows you to choose: Light or darkness? Good or evil? Joy or misery? Eternal life or spiritual death? It sounds like an easy choice, doesn't it? But somehow, here on earth, it seems more complicated than it ought to be.

The problem is that we don't always see things as clearly as we would like to. The Apostle Paul compared it to looking "through a glass, darkly." There's a lot of confusion in the world about what is right and wrong. Truth gets twisted to make evil seem good and good seem evil.

But when you earnestly seek the truth—eternal, unchanging truth—your choices become much clearer. Yes, you still have temptation and trials. Bad things still happen. Puzzling things. Tragic things. But you can manage when you know who you are, why you are here, and when you trust God.

-Elder Uchtdorf

When you have important choices to make, Jesus Christ and His restored gospel are the best choice. When you have questions, Jesus Christ and His restored gospel are the best answer. When you feel weak, Jesus Christ is your strength. He gives power to the weary; and to those who feel powerless, He increases strength. They who wait upon the Lord will be renewed by His strength.

-Elder Uchtdorf

As we seek for the blessings of the Spirit in our lives, we will be able to, as Jacob taught, see “things as they really are, and ... as they really will be.”

-Sister Tracy Browning

In our lives that are often filled with questions, worries, pressures, and opportunities, our Savior’s love for us... and His teachings... are available daily resources that we can depend on to be a “light which shineth, ... enlighten[ing our] eyes [and] quicken[ing our] understandings.”

-Sister Tracy Browning

The Savior can also be our compass and our pilot as we steer through both the calm and the turbulent waters of life. He can make plain the correct path that leads us to our eternal destination.

-Sister Tracy Browning

President Nelson has...promised that “nothing invites the Spirit more than fixing your focus on Jesus Christ. ... He will lead and guide *you* in your personal life if you will *make time for Him* in your life—each and every day.”

-Sister Tracy Browning

Friends, Jesus Christ is both the purpose of our focus and the intent of our destination.

To help us to remain fixed and heading in the right direction, the Savior invites us to see our lives *through Him* in order to see *more of Him* in our lives.

-Sister Tracy Browning

...as we allow [Jesus Christ] to direct us in all things, we receive testimony that “all things denote there is a God,” because where we look for Him we will find Him—each and every day.

-Sister Tracy Browning

Feasting on the words of Christ, as found in the scriptures, stimulates personal revelation. Elder Robert D. Hales said: “When we want to speak to God, we pray. And when we want Him to speak to us, we search the scriptures.”

-Elder Renlund

When we ask for revelation about something for which God has already given clear direction, we open ourselves up to misinterpreting our feelings and hearing what we want to hear.

-Elder Renlund

Even as we trust God’s prior answers, we need to be open to further personal revelation. After all, few of life’s destinations are reached via a nonstop flight. We should recognize that personal revelation may be received “line upon line” and “precept upon precept,” that revealed direction can be and frequently is incremental.

-Elder Renlund

Which customs and traditions are normal in our lives? President Russell M. Nelson has said: “Today we often hear about ‘a new normal.’ If you really want to embrace a new normal, I invite you to turn your heart, mind, and soul increasingly to our Heavenly Father and His Son, Jesus Christ. Let that be *your* new normal.” This invitation is for all...He invites us to let the normal things in our lives be those which help keep us on the covenant path.

-Elder Rafael Pino

How can we determine what will be the normal things in our life and in our family? In the scriptures we find a great model; in Mosiah 5:15 it says, "I would that ye should be steadfast and immovable, always abounding in good works." I love these words because we know that the things that become normal in our lives are those that we repeat again and again. If we are steadfast and immovable in doing good, our customs will be in accordance with the principles of the gospel and they will help us to stay on the covenant path.

-Elder Rafael Pino

I pray that our normality may allow us to experience that state of "never-ending happiness" that is promised to those who keep the commandments of God and that, while doing so, we may be able to say, "And it came to pass that we lived after the manner of happiness".

-Elder Rafael Pino

It is not enough to avoid being a stumbling block for others; it is not enough to notice the needy on the road and pass by. Let us take advantage of every opportunity to help our neighbor, even if it is the first and only time we meet him or her in this life.

-Elder Hugo Montoya

Adversity in our lives can cause doubt about the fulfillment of the promises that have been made to us. Please trust in our Father. He always keeps His promises, and we can learn what He wants to teach us.

-Elder Hugo Montoya

Even when we do what is right, the circumstances in our life can change from good to bad, from happiness to sadness. God answers our prayers according to His infinite mercy and love and in His own time.

-Elder Hugo Montoya

When circumstances change from good and positive to bad and negative, we can still be happy because happiness does not depend on the circumstances but on our attitude toward the circumstances.

President Nelson said, "The joy we feel has little to do with the circumstances of our lives and everything to do with the focus of our lives."

-Elder Hugo Montoya

We can sit back and wait for circumstances to change on their own, or we can look for and bring about new circumstances.

-Elder Hugo Montoya

I have noticed that the small portion that I can understand of the Atonement of Jesus Christ increases my love for the Father and His Son, decreases my desire to sin and to be disobedient, and increases my willingness to be better and do better.

-Elder Hugo Montoya

During His own agony and suffering on the cross, Jesus focused on the needs of His mother and His beloved disciple.

-Elder Hugo Montoya

Many on earth today “are only kept from the truth because they know not where to find it.” Some would have us believe that truth is relative—that each person should determine for himself or herself what is true. Such a belief is but wishful thinking for those who mistakenly think they will not also be accountable to God.

Dear brothers and sisters, God is the source of all truth. The Church of Jesus Christ of Latter-day Saints embraces *all* truth that God conveys to His children, whether learned in a scientific laboratory or received by direct revelation from Him.

President Nelson

Brothers and sisters, I testify that as we follow Jesus Christ with footsteps of faith, there is hope. There is hope in the Lord Jesus Christ. There is hope for all in this life. There is hope to overcome our mistakes, our sorrows, our struggles, and our trials and our troubles. There is hope in repentance and being forgiven and in forgiving others. I testify that there is hope and peace in Christ. He can carry us today through difficult times. He did it for the early pioneers, and He will do it now for each one of us.

-President Ballard

In a devotional for young adults [President Nelson said], “I plead with you to take charge of your testimony. Work for it. Own it. Care for it. Nurture it so that it will grow. ...[Then] watch for miracles to happen in your life.”

-President Ballard

Jesus said, “I am the way, the truth, and the life: no man cometh unto the Father, but by me.” He has promised to not leave us comfortless; He will come to us in our trials. He has invited us to “come unto [Him] with full purpose of heart, and [He] shall heal [us].”

-President Ballard

...early pioneers faced many obstacles as they came by wagons, handcarts, and walking to the Salt Lake Valley. We too will face challenges in our individual journeys through our lives. We are not pushing handcarts or driving covered wagons over steep mountains and through deep snowdrifts; we are trying as they did to spiritually overcome the temptations and challenges of our day. We have trails to walk; we have hills—and sometimes mountains—to climb. Although the trials today are different than those of the early pioneers, they are no less challenging for us.

-President Ballard

It is important to follow the prophet and keep our feet firmly planted on the covenant path of faithfulness.

-President Ballard

Let us follow Jesus Christ with faith in every footstep... We should not lose the sense of urgency to keep the commandments. Satan tries to dull our commitment and our love for God and the Lord Jesus Christ. Please remember that if anyone should lose their way, we will never be lost to our Savior. With the blessing of repentance, we can turn to Him. He will help us learn, grow, and change as we strive to stay on the covenant path.

-Elder Ballard

President Russell M. Nelson has taught that the Savior offers us the ability to forgive:

“Through His infinite Atonement, you can forgive those who have hurt you and who may never accept responsibility for their cruelty to you.

“It is usually easy to forgive one who sincerely and humbly seeks your forgiveness. But the Savior will grant you the ability to forgive anyone who has mistreated you in any way. Then their hurtful acts can no longer canker your soul.”

-Sister Kristin Yee

...the Savior offers to those who have been hurt and injured the sustenance and help we need to be healed and made whole.

-Sister Kristin Yee

We are not left to deal with the consequences of others' actions on our own; we too can be made whole and given the chance to be saved from the weight of a warring heart and any actions that may follow.

-Sister Kristin Yee

The Lord requires us to forgive for our own good. But He does not ask us to do it without His help, His love, His understanding.

-Sister Kristin Yee

Through our covenants with the Lord, we can each receive the strengthening power, guidance, and the help we need to both forgive and to be forgiven.

-Sister Kristin Yee

Please know that forgiving someone does not mean that you put yourself in a position where you will continue to be hurt. “We can work toward forgiving someone and still feel prompted by the Spirit to stay away from them.”

-Sister Kristin Yee

...the Savior [will] help you. He loves you, and He is meeting you on your path “with healing in His wings.” He desires your peace.

-Sister Kristin Yee

As my love for the Savior has grown, so has my desire to replace hurt and anger with His healing balm. It has been a process of many years, requiring courage, vulnerability, perseverance, and learning to trust in the Savior's divine power to save and heal. I still have work to do, but my heart is no longer on a warpath. I have been given “a new heart”—one that has felt the deep and abiding love of a personal Savior, who stayed beside me, who gently and patiently led me to a better place, who wept with me, who knew my sorrow.

-Sister Kristin Yee

Elder Richard G. Scott said: “You cannot erase what has been done, but you can forgive. Forgiveness heals terrible, tragic wounds, for it allows the love of God to purge your heart and mind of the poison of hate. It cleanses your consciousness of the desire for revenge. It makes place for the purifying, healing, restoring love of the Lord.”

-Sister Kristin Yee

To all who are brokenhearted, captive, bruised, and perhaps blinded by hurt or sin, [the Lord] offers healing, recovery, and deliverance. I testify that that healing and recovery He offers is real. The timing of that healing is individual, and we cannot judge another's timing. It is important to allow ourselves the necessary time to heal and to be kind to ourselves in the process. The Savior is ever merciful and attentive and stands ready to provide the succor we need.

-Sister Kristin Yee

To give what you have been denied is a powerful part of divine healing possible through faith in Jesus Christ. To live in such a way that you give, as Isaiah has said, beauty for the ashes of your life is an act of faith that follows the supreme example of a Savior who suffered all that He might succor all.

-Sister Kristin Yee

Joseph of Egypt lived a life with ashes. He was hated by his brethren, betrayed, sold into slavery, wrongly imprisoned, and forgotten by someone who had promised to help. Yet he trusted in the Lord. "The Lord was with Joseph" and consecrated his trials to his own blessing and growth—and to the saving of his family and all Egypt.

-Sister Kristin Yee

Kevin J Worthen, president of BYU, has said that God "can make good come ... not just from our successes but also from our failures and the failures of others that cause us pain. God is that good and that powerful."

-Sister Kristin Yee

...we cannot save ourselves. No matter how capable, educated, brilliant, or strong we are, we cannot cleanse ourselves from our sins, change our bodies to an immortal state, or exalt ourselves. It is only possible through the Savior Jesus Christ and His infinite Atonement.

-Elder Paul Johnson

We are children of God with a majestic destiny. We can be changed to become like Him and have "a fulness of joy."

-Elder Paul Johnson

We have the ability to choose whom we follow. When we follow Satan, we give him power. When we follow God, He gives us power.

-Elder Paul Johnson

We may have a tendency to think we have to perfect ourselves, but that is not possible. Following every suggestion in every self-help book in the world will not bring it about. There is only one way and one name whereby perfection comes...Our perfection is only possible through God's grace.

-Elder Paul Johnson

We should not assume we need to do what only the Savior can do in the miraculous process of our perfection.

-Elder Paul Johnson

...with a spiritual change of heart, we don't have to wonder [about our outcomes]. When we live according to His will, there is a 100 percent guarantee of being cleansed by the Savior's blood and eventually being perfected in Him. He is "a God of truth, and [cannot] lie."
-Elder Paul Johnson

When the fulfillment of God's promises seems far off, we still embrace those promises, knowing they will be fulfilled.
-Elder Paul Johnson

Elder Wirthlin said, "The gospel of Jesus Christ is a gospel of transformation. It takes us as men and women of the earth and refines us into men and women for the eternities."
-Elder James McConkie

...when we make effort... to bring others to Christ, we can do so with certainty that He sees our true intentions and will appropriately honor them.
-Elder James McConkie

Each of us has a role to play in the kingdom of God. As we fill that role and do our part, we carry our corner. At different times I have carried the corner of a bed, and at other times I have been the one carried...[W]e need each other, as brothers and sisters, in order to come unto Christ and be transformed.
-Elder James McConkie

...the restored gospel of Jesus Christ, and the inspired direction of living prophets...teach us clearly how to construct happy lives—lives that are resistant to sin, resistant to temptation, resistant to attacks from Satan, who is desperately seeking to frustrate our eternal destiny to be together with our Heavenly Father and with our beloved families.
-Elder James McConkie

The joy promised in the scriptures as the purpose of our existence should not be understood to mean that we will have no difficulties or sorrows, that we will have no "cracks" as consequences of temptations, of adversity, or from the actual trials of our earth life.
-Elder James McConkie

A sense of belonging is important to our physical, mental, and spiritual well-being. Yet it is quite possible that at times each of us might feel that we don't fit in. In discouraging moments, we may feel that we will never measure up to the Lord's high standards or the expectations of others...[But] "The Lord looketh on the heart." He cares about our desires and longings and what we are becoming.
-Elder Christofferson

It is a sad irony...when someone, feeling he or she doesn't meet the ideal in all aspects of life, concludes that he doesn't or she doesn't belong in the very organization designed by God to help us progress toward the ideal.
-Elder Christofferson

Let us leave judgment in the Lord's hands and those He has commissioned and be content to love and treat each other the best we can.
-Elder Christofferson

Although we rarely think about it, much of our belonging comes from our service and the sacrifices we make for others and for the Lord. Excessive focus on our personal needs or our own comfort can frustrate that sense of belonging.

-Elder Christofferson

"...trials, and even suffering, are a normal part of life—and maybe even part of a good life, if that suffering teaches us how to be patient, kind and loving. ..."

Elder Christofferson's friend, Kristina

"... University of Notre Dame sociologist of religion Christian Smith found in his study of adults [ages] 18 to 23 that most of them believe society is nothing more than 'a collection of autonomous individuals out to enjoy life.'"

By this philosophy, anything that one finds difficult "is a form of oppression."

By contrast, our pioneer forebears derived a deep sense of belonging, unity, and hope in Christ by the sacrifices they made.

-Elder Christofferson

Any sacrifice we make in the Lord's cause helps to confirm our place with Him who gave His life a ransom for many.

-Elder Christofferson

President Russell M. Nelson recently wrote: "Once you and I have made a covenant with God, our relationship with Him becomes much closer than before our covenant. Now we are bound together. Because of our covenant with God, He will never tire in His efforts to help us, and we will never exhaust His merciful patience with us. Each of us has a special place in God's heart. ..."

-Elder Christofferson

...the doctrine of belonging comes down to this—each one of us can affirm: Jesus Christ died for me; He thought me worthy of His blood. He loves me and can make all the difference in my life. As I repent, His grace will transform me. I am one with Him in the gospel covenant; I belong in His Church and kingdom; and I belong in His cause to bring redemption to all of God's children.

-Elder Christofferson

The Savior fulfills His promise to be with us, His disciples, but we must continually look to Him to help us recognize and enjoy His presence.

-Sister Michelle Craig

President Joseph F. Smith spoke of the inner strength of...pioneer women, saying: "Could you turn one of these women away from their convictions in the Church of Jesus Christ of Latter-day Saints? Could you darken their minds as to the mission of the Prophet Joseph Smith? Could you blind them with reference to the divine mission of Jesus Christ, the Son of God? No, never in the world could you do it. Why? Because they knew it. God revealed it to them, and they understood it, and no power on earth could turn them from what they knew to be that truth."

Sister Michelle Craig

The precepts of men rarely align with divine truth.

-Elder Kevin Pearson

When your faith, your family, or your future are challenged—when you wonder why life is so hard when you are doing your best to live the gospel—remember that the Lord told us to expect troubles. Troubles are part of the plan and do not mean you’ve been abandoned; they are part of what it means to be His. He was, after all, “a man of sorrows, and acquainted with grief.”
Sister Michelle Craig

I am learning that Heavenly Father is more interested in my *growth* as a disciple of Jesus Christ than He is with my *comfort*.
-Sister Michelle Craig

Living in convenience does not bring power. The power we need to withstand the heat of our day is the *Lord’s* power, and His power flows through our covenants with Him. To lean in with our faith when facing strong headwinds—to sincerely strive each day to *do* what we covenanted with the Savior we would *do*, even and especially when we are tired, worried, and wrestling with troubling questions and issues—is to gradually receive His light, His strength, His love, His Spirit, His peace.
-Sister Michelle Craig

The point of walking the covenant path is to approach the Savior. *He* is the point, not our perfect progress. It is not a race, and we must not compare our journey to others’. Even when we stumble, He is there.
-Sister Michelle Craig

...we...can become so weighed down in sadness or hurt or discouragement or worry or loneliness or anger or frustration that it doesn’t even occur to us to simply do something, to open the door, to act with faith in Jesus Christ...
-Sister Michelle Craig

The scriptures are filled with examples of men and women, disciples of Christ, who, when facing the impossible, simply acted—who got up in faith and walked.
-Sister Michelle Craig

...if the thought of taking action amid your pain feels impossible, please let your action be to reach out for help—to a friend, a family member, a Church leader, a professional. This can be a first step to hope.
-Sister Michelle Craig

I should...never think that today’s trial calls into question God’s love for me or let it turn my faith in Him into doubt.
Sister Michelle Craig

Trials do not mean that the plan is failing; they are part of the plan meant to help me seek God.
Sister Michelle Craig

I am inspired by the wholehearted, whole-souled discipleship of the widow who threw her two mites into the temple treasury. She gave her all. Jesus Christ recognized the abundance of her all where others saw only her lack. The same is true with each of us. He doesn’t see our lack as failure but rather as an opportunity to exercise faith and to grow.
Sister Michelle Craig

...until the day that the everyday wounds of mortality are healed, I will wait upon the Lord and trust Him—His timing, His wisdom, His plan.

-Sister Michelle Craig

Partaking of the sacrament is not a passive religious ritual implying our mere consent. It is a powerful reminder of the reality of the Savior's infinite Atonement and the need to always remember Him and keep His commandments.

-Elder Kevin Pearson

Understanding the truth of what Heavenly Father so willingly offers each of us through His Only Begotten Son should evoke our utmost efforts to always be willing in return.

-Elder Kevin Pearson

Is our own spiritual foundation built solidly on Jesus Christ? If our spiritual foundation is shallow or superficial, we might be inclined to base our willingness on a social cost-benefit analysis or a personal inconvenience index.

-Elder Kevin Pearson

...if we embrace the narrative that the Church consists primarily of outdated or politically incorrect social policies, unrealistic personal restrictions, and time commitments, then our conclusions about willingness will be flawed.

-Elder Kevin Pearson

The Church is a gathering place for imperfect individuals who love God and who are willing to follow the Lord Jesus Christ. That willingness is rooted in the reality that Jesus is the Christ, the Son of the living God. This divine truth can be known only by the power of the Holy Ghost. Therefore, our willingness is directly proportionate to the amount of time we commit to be in holy places where the influence of the Holy Ghost is present.

-Elder Kevin Pearson

We would do well to spend more time in meaningful conversation discussing our concerns with a loving Father in Heaven and less time seeking the opinions of other voices.

-Elder Kevin Pearson

Are we willing to put forth more than a superficial effort into strengthening our faith in Christ?...Willingness is the catalyst of faith.

-Elder Kevin Pearson

The purpose of mortality is to prove our willingness. "*The great task of life* [and the cost of discipleship] is to learn the will of the Lord and then to do it." True discipleship leads to a fulness of joy.

-Elder Kevin Pearson

The covenant path is not a simple checklist; it is a process of spiritual growth and deepening commitment to the Lord Jesus Christ. The central purpose of every commandment, principle, covenant, and ordinance is to build faith and trust in Christ.

-Elder Kevin Pearson

Our determination to center our lives on Christ, therefore, must be consistent—not conditional, situational, or superficial. We cannot afford to take vacation days or personal time off from our

willingness to “stand as witnesses of God at all times and in all things, and in all places.” Discipleship is not cheap, because the companionship of the Holy Ghost is priceless.

-Elder Kevin Pearson

Carnal security is seeking for and trusting in worldly things instead of Christ—in other words, looking through a secular lens instead of a spiritual lens. The Holy Ghost gives us the capacity to see “things as they really are, and ... as they really will be.” Only “by the power of the Holy Ghost [can we] know the truth of all things” and be not deceived. We place Christ at the center of our lives and pledge our willingness to obey His commandments not because we are blind but because we can see.

-Elder Kevin Pearson

Casual and inconsistent covenant keeping leads to spiritual casualty.

-Elder Kevin Pearson

Today, as in the times of Jesus, there will be those who will turn back, unwilling to accept the price of discipleship. As harsh and hateful criticism is increasingly leveled at the Savior’s Church and those who follow Him, our discipleship will require a greater willingness to straighten and strengthen our spiritual spines and heed them not.

-Elder Kevin Pearson

When we agree to believe in the truth and to follow it...we do not receive a certificate with a guarantee that we will not make mistakes, that we will not be tempted to walk away from the truth, that we will not be criticized, or even that we will not experience afflictions...But the knowledge of the truth teaches that there will always be a way to escape these problems and...we have a guarantee that we will never be alone when we go through afflictions, for God visits His people in the midst of their afflictions.

-Elder Denelson Silva

Once we learn the truth, the Lord gives us the opportunity to do what He would do if He were here today.

-Elder Denelson Silva

...we always defend the truth when we proclaim it and that defending the truth is a proactive thing.

-Elder Denelson Silva

Please do not create a deadline for the end of your difficulties and challenges. Trust in Heavenly Father and do not give up, for if we do give up, we will never know how the end of our journey would have been in the kingdom of God.

-Elder Denelson Silva

Hold on to the truth, learning from the sources of truth:

The scriptures

The words of the prophets

The Holy Ghost

-Elder Denelson Silva

We realize that as evil increases in the world, our spiritual survival, and the spiritual survival of those we love, will require that we more fully nurture, fortify, and strengthen the roots of our faith in Jesus Christ.

-Elder Neil Andersen

The Apostle Paul counseled us to be rooted, grounded, and settled in our love for the Savior and our determination to follow Him. Today and the days ahead require more focused and concentrated effort, guarding against diversions and carelessness.

-Elder Neil Andersen

...even with the increasing worldly influences around us, we need not fear. The Lord will never desert His covenant people. There is a compensatory power of spiritual gifts and divine direction for the righteous. This added blessing of spiritual power, however, does not settle upon us just because we are part of this generation. It comes as we strengthen our faith in the Lord Jesus Christ and keep His commandments, as we come to know Him and love Him.

-Elder Neil Andersen

As we know very well, having faith in Jesus Christ and being a true disciple is more than a one-time decision—more than a one-time event. It is a sacred, ongoing process that grows and expands through the seasons of our lives, continuing until we kneel at His feet.

-Elder Neil Andersen

As we better experience His love, we love Him even more and, very naturally, better follow His example of loving and caring for those around us. With every righteous movement toward Him, we see Him more clearly. We adore Him, and we try in our small ways to emulate Him.

-Elder Neil Andersen

Making and keeping covenants allows the love of the Savior to sink more deeply into our heart...President Russell M. Nelson said: “[Our] covenant[s] will lead us closer and closer to [God]. ... He will not abandon His relationship with those who have forged such a bond with Him.”

-Elder Neil Andersen

...we [should] treasure, protect, defend, and safeguard the gift of the Holy Ghost.

-Elder Neil Andersen

[The Holy Ghost] is a gift beyond price. We do our very best to protect our daily experiences so the influence of the Holy Ghost remains with us. We are a light to the world, and when necessary, we willingly choose to be different from others.

-Elder Neil Andersen

Shining as a light to those around us, we consciously shape our desires, thoughts, choices, and actions. Seeking with all our heart to know and love the Savior, we separate ourselves from the world through covenants with God, being distinct, uncommon, and special, as we honor Him and His teachings without isolating ourselves from others who believe differently.

-Elder Neil Andersen

It is a wondrous journey to be wheat among the tares, sometimes fraught with heartache but always calmed by the maturing and assuring settling of our faith.

-Elder Neil Andersen

As you allow your love for the Savior and His love for you to sink deep into your heart, I promise you added confidence, peace, and joy in meeting the challenges of your life.

-Elder Neil Andersen

To be a follower of Jesus Christ, one must sometimes carry a burden—your own or someone else’s—and go where sacrifice is required and suffering is inevitable. A true Christian cannot follow the Master only in those matters with which he or she agrees. *No*. We follow Him everywhere, including, if necessary, into arenas filled with tears and trouble, where sometimes we may stand very much alone.
-Elder Jeffrey Holland

As we take up our crosses and follow Him, it would be tragic indeed if the weight of our challenges did not make us more empathetic for and more attentive to the burdens being carried by others.
-Elder Jeffrey Holland

It is one of the most powerful paradoxes of the Crucifixion that the arms of the Savior were stretched wide open and then nailed there, unwittingly but accurately portraying that every man, woman, and child in the entire human family is not only welcome but invited into His redeeming, exalting embrace.
-Elder Jeffrey Holland

How often do we judge others based on their outward appearance and actions, or *lack* of action, when, if we fully understood, we would instead react with compassion and a desire to help instead of adding to their burdens with our judgment?
Sister Anette Dennis

Many talks have been given by our Church leaders on charity, unity, love, kindness, compassion, forgiveness, and mercy. I believe the Savior is inviting us to live a higher, holier way—*His* way of love where *all* can feel they truly belong and are needed.
-Sister Anette Dennis

We are commanded to *love* others, not to judge them. Let’s lay down that heavy burden; it isn’t ours to carry. Instead, we can pick up the Savior’s yoke of love and compassion.
-Sister Anette Dennis

Elder Gary E. Stevenson said: “When we confront life’s wind and rainstorms, sickness and injuries, the Lord—our Shepherd, our Caregiver—will nourish us with love and kindness. He will heal our hearts and restore our souls.” As followers of Jesus Christ, shouldn’t we do likewise?
-Sister Anette Dennis

The Savior asks us to learn of Him and do the things we have seen Him do. He is the embodiment of charity, of pure love. As we incrementally learn to do what He asks of us...His love will flow through us and make all that He asks not only possible but eventually much easier and lighter and more joyful than we could ever imagine. It will take practice; it could take years...but as we even desire to have love be our motivating force, He can take that desire, that seed, and eventually turn it into a beautiful tree, full of the sweetest fruit.
-Sister Anette Dennis

We sing in one of our beloved hymns: “Who am I to judge another when I walk imperfectly? In the quiet heart is hidden sorrow that the eye can’t see.”¹⁸ Who among *us* might have hidden sorrows?
-Sister Anette Dennis

As the Golden Rule teaches, a sanctifying symmetry in repentance and forgiveness invites us each to offer others that which we ourselves need and desire.
-Elder Gerrit Gong

None of us have perfect lives or perfect families... When we seek to empathize with others who *also* experience challenges and imperfections, it can help them feel that they are not alone in *their* struggles. *Everyone* needs to feel that they really *do* belong and *are* needed in the body of Christ. Satan's great desire is to divide God's children, and he has been very successful, but there is such power in unity.

-Sister Anette Dennis

While President Nelson has invited all to enter and stay on the covenant path that leads back to our Father in Heaven, he also provided the following counsel: "If friends and family ... step away from the Church, continue to love them. It is not for you to judge another's choice any more than you deserve to be criticized for staying faithful."

-Sister Anette Dennis

Temple ordinances do not of themselves change us or those in the spirit world. But these divine ordinances enable sanctifying covenants with the Lord, which can bring harmony with Him and each other.

-Elder Gerrit Gong

As the Golden Rule teaches, a sanctifying symmetry in repentance and forgiveness invites us each to offer others that which we ourselves need and desire.

-Elder Gerrit Gong

The miracle of intelligent life constantly plays before us. ...a brief gaze and reflection upon the wonders of the heavens arrayed with numberless stars and galaxies prompt the soul of the believing heart to proclaim, "My God, how great thou art!"

-Elder Joseph Sitati

...to acknowledge, believe, and continue in God, our hearts need to be receptive to the Spirit of truth. Alma taught that faith is preceded by humility. Mormon added that it is impossible for anyone who is not "meek and lowly in heart" to have faith and hope and to receive the Spirit of God.

-Elder Joseph Sitati

Humility inclines the heart of the disciple toward repentance and obedience. The Spirit of God is then able to bring truth to that heart, and it will find entry.

-Elder Joseph Sitati

The invitation of the Savior to learn of Him is an invitation to turn away from the enticings of worldliness and to become as He is—meek and lowly of heart, humble. We are then able to take up His yoke and discover that it is easy—that discipleship is not a burden but a joy.

-Elder Joseph Sitati

[Jesus] showed by example that with an attitude of humility it is indeed possible to know and to love God the Father with all our being and to love others as we love ourselves, holding back nothing.

-Elder Joseph Sitati

The miraculous irony of it is that when we focus our best efforts on loving God and others, we are enabled to discover our own true divine worth as sons and daughters of God, with the complete peace and joy that this experience brings.

-Elder Joseph Sitati

God does not have a list of favorites to which we must hope our names will someday be added. He does not limit “the chosen” to a restricted few. Instead, *our hearts, our desires, our honoring of sacred gospel covenants and ordinances, our obedience to the commandments, and, most importantly, the Savior’s redeeming grace and mercy* determine whether we are counted as one of God’s chosen.

-Elder David Bednar

...my dear brothers and sisters, so many wonderful things are ahead. In coming days, we will see the *greatest* manifestations of the Savior’s power that the world has *ever* seen. Between now and the time He returns “with power and great glory,”¹ He will bestow countless privileges, blessings, and miracles upon the faithful.

-President Nelson

The reward for keeping covenants with God is heavenly power—power that strengthens us to withstand our trials, temptations, and heartaches better. This power eases our way. Those who live the higher laws of Jesus Christ have access to His higher power. Thus, covenant keepers are entitled to a special kind of *rest* that comes to them through their covenantal relationship with God.

-President Nelson

Dear brothers and sisters, my message to you today is that because Jesus Christ overcame this fallen world, and because He atoned for each of us, you too can overcome this sin-saturated, self-centered, and often exhausting world.

-President Nelson

Because the Savior, through His infinite Atonement, redeemed each of us from weakness, mistakes, and sin, and because He experienced every pain, worry, and burden you have ever had, then as you truly repent and seek His help, you can rise above this present precarious world.

You can overcome the spiritually and emotionally exhausting plagues of the world, including arrogance, pride, anger, immorality, hatred, greed, jealousy, and fear. Despite the distractions and distortions that swirl around us, you can find true *rest*—meaning relief and peace—even amid your most vexing problems.

-President Nelson

What does it mean to overcome the world? It means overcoming the temptation to care more about the things of this world than the things of God. It means trusting the doctrine of Christ more than the philosophies of men. It means delighting in truth, denouncing deception, and becoming “humble followers of Christ.” It means choosing to refrain from anything that drives the Spirit away. It means being willing to “give away” even our favorite sins.

-President Nelson

Now, overcoming the world certainly does not mean becoming perfect in this life, nor does it mean that your problems will magically evaporate—because they won’t. And it does *not* mean that you won’t still make mistakes. But overcoming the world does mean that your resistance to sin will increase. Your heart will soften as your faith in Jesus Christ increases. Overcoming the world means growing to love God and His Beloved Son more than you love anyone or anything else.

-President Nelson

How, then, do we overcome the world? King Benjamin taught us how. He said that “the natural man is an enemy to God” and remains so forever “*unless* he yields to the enticings of the Holy Spirit, and putteth off the natural man and becometh a saint through the atonement of Christ the Lord.” Each time you seek for and follow the promptings of the Spirit, each time you do anything good—things that “the natural man” would not do—you are overcoming the world.

-President Nelson

Overcoming the world is not an event that happens in a day or two. It happens over a lifetime as we repeatedly embrace the doctrine of Christ. We cultivate faith in Jesus Christ by repenting daily and keeping covenants that endow us with power. We stay on the covenant path and are blessed with spiritual strength, personal revelation, increasing faith, and the ministering of angels. Living the doctrine of Christ can produce the most powerful virtuous cycle, creating spiritual momentum in our lives.

-President Nelson

As we strive to live the higher laws of Jesus Christ, our hearts and our very natures begin to change. The Savior *lifts* us above the pull of this fallen world by blessing us with greater charity, humility, generosity, kindness, self-discipline, peace, and *rest*.

-President Nelson

The truth is that it is much *more exhausting* to seek happiness where you can *never* find it! However, when you yoke yourself to Jesus Christ and do the spiritual work required to overcome the world, He, and He alone, does have the power to lift you above the pull of this world.

-President Nelson

Now, how does overcoming the world bless our lives? The answer is clear: entering into a covenant relationship with God binds us to Him in a way that makes *everything* about life easier. Please do not misunderstand me: I did *not* say that making covenants makes life *easy*. In fact, expect opposition, because the adversary does not want you to discover the power of Jesus Christ. But yoking yourself with the Savior means you have access to *His* strength and redeeming power.

-President Nelson

I extend to members of the entire Church... to take charge of your own testimony of Jesus Christ and His gospel. Work for it. Nurture it so that it will grow. Feed it truth. Don't pollute it with false philosophies of unbelieving men and women. As you make the continual strengthening of your testimony of Jesus Christ your highest priority, watch for miracles to happen in your life.

-President Nelson

My plea to you... is to find *rest* from the intensity, uncertainty, and anguish of this world by *overcoming* the world through your covenants with God. Let Him know through your prayers and your actions that you are serious about overcoming the world. Ask Him to enlighten your mind and send the help you need.

-President Nelson

...the gathering of Israel is the *most* important work taking place on earth today. One crucial element of this gathering is preparing a people who are able, ready, and worthy to receive the Lord when He comes again, a people who have already chosen Jesus Christ over this fallen world, a people who rejoice in their agency to live the higher, holier laws of Jesus Christ.

-President Nelson

I call upon you, my dear brothers and sisters, to become this righteous people. Cherish and honor your covenants above all other commitments. As you let God prevail in your life, I promise you greater peace, confidence, joy, and yes, *rest*.

-President Nelson

The commandments and covenants [God] offers you are not tests to control you. They are a gift to lift you toward receiving all the gifts of God and returning home to your Heavenly Father and the Lord, who love you.

-President Eyring

One way we demonstrate our love for Jesus is by feeding His sheep.¹⁸ For those sheep who may be wandering, good shepherds go into the wilderness to find the lost sheep and then stay with them until they return to safety.

-Elder Jonathan Shmitt

Today, as our world is frequently polarized and divided, there is a great need for us to preach and practice positivity, optimism, and hope. Despite any challenges in our past, faith always points toward the future, filled with hope, allowing us to fulfill Jesus's invitation to be of good cheer.

-Elder Jonathan Shmitt

Consistency is a Christlike attribute. Jesus always did His Father's will, and His arm is constantly outstretched to save, help, and heal us. As we are more consistent in living the gospel, we will become more like Jesus. Although the world will experience large swings in its pendulums of popularity as people are tossed to and fro and carried about with every wind of doctrine, consistent gospel living helps us to be steadfast and immovable during the storms of life.

-Elder Jonathan Shmitt

Great spiritual strength comes from small and simple things like developing "holy habits and righteous routines" of daily prayer, repentance, scripture study, and service to others.

-Elder Jonathan Shmitt

Just as Jesus was ever faithful and always true, His earnest desire is that we exhibit these qualities in our lives. When our faith falters, we can cry out to Jesus, "Lord, save me," just like Peter as he began to sink in Galilee's stormy sea. On that day, Jesus reached down to rescue the drowning disciple. He has done the same for me, and He will do the same for you. Don't ever give up on Jesus—He will never give up on you!

-Elder Jonathan Shmitt

Your testimony is a most precious possession, often associated with deep spiritual feelings. These feelings are usually communicated quietly and described as a "still small voice." It is your belief or knowledge of truth given as a spiritual witness through the influence of the Holy Ghost. Acquiring this witness will change what you say and how you act.

-Elder Gary Stevenson

Each time you bear vocal witness or demonstrate through your actions your commitment to follow Jesus Christ, you invite others to "come unto Christ."

-Elder Gary Stevenson

I believe a testimony is innate within us, yet, in order to keep it and more fully develop it, Alma taught that we must nourish our testimony with much care. As we do so, “it will get root, and grow up, and bring forth fruit.” Without this, “it withers away.”

-Elder Gary Stevenson

President Henry B. Eyring lovingly taught us that “feasting on the word of God, heartfelt prayer, and obedience to the Lord’s commandments must be applied evenly and continually for your testimony to grow and prosper.”

-Elder Gary Stevenson

While some challenges may come because of willful disobedience, we know that many of life’s challenges come because of other reasons. Whatever the source of our challenges, they can be a golden opportunity to grow.

-Elder Isaac Morrison

We can be of good cheer and be filled with peace in our tough times. The love we feel because of the Savior and His Atonement becomes a powerful resource to us in our trying moments. “All that is unfair [and difficult] about life can be made right through the Atonement of Jesus Christ.” He commanded, “In the world ye shall have tribulation: but be of good cheer; I have overcome the world.”⁷ He can help us endure whatever pain, sickness, and trials we face in mortality.

-Elder Isaac Morrison

The hard things in our lives should come as no surprise once we have entered the strait and narrow path. Jesus Christ learned “obedience by the things which he suffered.” As we follow Him, especially in our difficult times, we can grow to become more like Him.

-Elder Isaac Morrison

Heber C. Kimball said: “To meet the difficulties that are coming, it will be necessary for you to have a knowledge of the truth of this work for yourselves. The difficulties will be of such a character that the man or woman who does not possess this personal knowledge or witness will fall. If you have not got the testimony, live right and call upon the Lord and cease not [until] you [attain] it. If you do not you will not stand. ... The time will come when no man nor woman will be able to endure on borrowed light. Each will have to be guided by the light within himself. ... If you don’t have it you will not stand; therefore seek for the testimony of Jesus and cleave to it, that when the trying time comes you may not stumble and fall.”

-Elder Quentin Cook