

Receiving the Savior's Help

Read the following statement by Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles. Look for what we can do when we are experiencing a difficult problem or situation.



"Are you battling a demon of addiction—tobacco or drugs or gambling, or the pernicious contemporary plague of pornography? . . . Are you confused with gender identity or searching for self-esteem? Do you—or someone you love—face disease or depression or death? Whatever other steps you may need to take to resolve these concerns, come *first* to the gospel of Jesus Christ. Trust in heaven's promises. . . .

"This reliance upon the merciful nature of God is at the very center of the gospel Christ taught. I testify that the Savior's Atonement lifts from us not only the burden of our sins but also the burden of our disappointments and sorrows, our heartaches and our despair. [See Alma 7:11–12.]" (Jeffrey R. Holland, "Broken Things to Mend," *Ensign* or *Liahona*, May 2006, 70–71).

- Based on Elder Holland's words, what can we do when we are experiencing a difficult problem or situation?
- What do you think it means to "come *first* to the gospel of Jesus Christ"? Why do you think it is important for us to do this?

Read the following situations. After reading each one, discuss how Jesus Christ, through His Atonement, can help a person facing such a challenge and what a person might do to seek His help.

1. A young woman was in an automobile accident that left her legs paralyzed.
2. A young man is ashamed of some bad choices he has made. He feels depressed and worthless.
3. A young man's father recently passed away, and the young man has moved to a new town with his mother. He feels sad and lonely, and he cannot see how anything will ever be right again.
4. A young woman struggles with a desire to give in to her friends' invitation to join them in drinking alcohol. She does not know how much longer she can continue to resist this temptation.

