

Lori Myers

ALL THOUGHTS used in talk

FAITH, PRAYER, GUIDANCE

1 27 And if men come unto me I will show unto them their ^aweakness. I ^bgive unto men weakness that they may be humble; and my ^cgrace is sufficient for all men that ^dhumble themselves before me; for if they humble themselves before me, and have faith in me, then will I make ^eweak things become strong unto them. (Ether 12:27).

2 3 And now, O my son Helaman, behold, thou art in thy youth, and therefore, I beseech of thee that thou wilt hear my words and learn of me; for I do know that whosoever shall put their ^atrust in God shall be supported in their ^btrials, and their troubles, and their afflictions, and shall be ^clifted up at the last day. (Alma 36:3).

3 Pres. Monson said, "If any of us has been slow to hearken to the counsel to pray always, there is no finer hour to begin than now. William Cowper declared, "Satan trembles, when he sees the weakest Saint upon his knees."⁶ Those who feel that prayer might denote a physical or intellectual weakness should remember that a man never stands taller than when he is upon his knees.

We cannot know what faith is if we have never had it, and we cannot obtain it as long as we deny it. Faith and doubt cannot exist in the same mind at the same time, for one will dispel the other.

4“I needed faith to move mountains, yet I felt equipped with a shovel instead of dynamite and earthmovers. I began to pray more fervently, pleading many times each day for wisdom and strength. “ Anonymous

5(Insert of thought..... we can't get the inspiration we need if we let the following get in the way)

President Boyd K. Packer said,“The inspiring influence of the Holy Spirit can be overcome or masked by strong emotions, such as anger, hate, passion, fear, or pride. When such influences are present, it is like trying to savor the delicate flavor of a grape while eating a jalapeño pepper. Both flavors are present, but one completely overpowers the other. In like manner, strong emotions overcome the delicate promptings of the Holy Spirit.

(Pray for resentments to be lifted and grudges to be erased) We are all human. There is not enough energy for worrying about the judging of others.

Elder Holland said” The church is not a monastery for the isolation of perfect people. It is more like a hospital for those who wish to get well...” and a friend adds, “The patients are running the asylum.” (“Come Unto Me”, Ensign, April 1998)

6 John K. Carmack, “When Our Children Go Astray”

“• **Remember the Last Human Freedom.** Every morning, parents whose children have gone astray face the stern test of whether they can continue to function, love, and serve as parents when faced with so much pain. I suggest they remember Viktor E. Frankl’s survival as a Jew in a Nazi concentration camp. Though only one prisoner in 28 survived, Viktor Frankl lived to write that a “man *can* preserve a vestige of spiritual freedom, of independence of mind, even in such terrible conditions of psychic and physical stress.

“We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way” (*Man’s Search for Meaning* [1981], 74–75).

We can rarely know in full what forces cause our children's lives to careen out of control. Only God has all of the tools and facts sufficient to identify the forces that bring about undesired effects. He alone, through the Son (see [John 5:22](#)), can and "shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil" ([Eccl. 12:14](#)).

Our relationships with our children are valuable. We must not reject them or judge so quickly or harshly that the damage becomes nearly irreversible."

7Remember He went to the garden because of His love for us. We must show that love to others.

"Pres. Howard W. Hunter said, "Be Kind.....Be Gentle.....Give a soft answer.....Express your gratitude.....Speak your love.....Then Speak it again."

8"Faith is something greater than ourselves that enables us to do what we have said we'll do. To press forward when we are tired or hurt or afraid, to keep going when the challenge seems overwhelming and the course is uncertain." ~Pres. Gordon B. Hinkley

ADVERSITY and DISCOURAGEMENT

HE ATONED FOR OUR SORROWS

9 In the classic movie, “It’s A Wonderful Life”, Clarence, the Angel 2nd Class, is being shown his new assignment, George Bailey. Clarence asks, “Is he sick?” and the angel in charge says, “ No, worse. He’s discouraged.”

10 28 Awake, my soul! No longer ^adroop in sin (or sorrow). Rejoice, O my heart, and give place no more for the ^benemy of my soul. (2Nephi 4:28)

11 7 My son, ^apeace be unto thy soul; thine ^badversity and thine afflictions shall be but a ^csmall moment;

8 And then, if thou ^aendure it well, God shall exalt thee on high; thou shalt triumph over all thy ^bfoes.

(D&C 121:7–8).

12 7 And if thou shouldst be cast into the ^apit, or into the hands of murderers, and the sentence of death passed upon thee; if thou be cast into the ^bdeep; if the billowing surge conspire against thee; if fierce winds become thine enemy; if the heavens gather blackness, and all the elements combine to ^chedge up the way; and above all, if the very jaws of ^dhell shall gape open the mouth wide after thee, know thou, my son, that all these things shall give thee ^eexperience, and shall be for thy good.

8 The ^aSon of Man hath ^bdescended below them all. Art thou greater than he?
(D&C 122:7).

13“When we are pushed, stung, defeated, embarrassed, hurt, rejected, tormented, forgotten—when we are in agony of spirit crying out ‘why me?’ we are in a position to learn something” (Elaine Cannon, *Adversity*, 47).

14“God grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference.” ~Reinhold Niebuhr

15 Joseph B. Wirthlin, “Come What May, and Love It,” *Liahona*, Nov 2008, 26–28

“Learning to endure times of disappointment, suffering, and sorrow is part of our on-the-job training. These experiences, while often difficult to bear at the time, are precisely the kinds of experiences that stretch our understanding, build our character, and increase our compassion for others.

Because Jesus Christ suffered greatly, He understands our suffering. He understands our grief. We experience hard things so that we too may have increased compassion and understanding for others.”

1612 And now, my sons(daughters), remember, remember that it is upon the ^arock of our Redeemer, who is Christ, the Son of God, that ye must build your ^bfoundation; that when the devil shall send forth his mighty winds, yea, his shafts in the whirlwind, yea, when all his hail and his mighty ^cstorm shall beat upon you, it shall have no power over you to drag you down to the gulf of misery and endless wo, because of the rock upon which ye are built, which is a sure foundation, a foundation whereon if men(women) build they cannot fall. (Helaman 5:12)

1728 ¶ ^aCome unto me, all ye that ^blabour and are heavy laden, and I will give you ^crest.

29 Take my ^ayoke upon you, and ^blearn of me; for I am ^cmeek and ^dlowly in ^eheart: and ye shall find ^frest unto your souls.

30 For my yoke *is* ^aeasy, and my burden is light. (Matthew 11:28-30)

TRUST IN OUR HEAVENLY FATHER AND IN HIS SON JESUS CHRIST

18“Let Go and Let God.” ~AA Slogan

19“There is a God and you are not Him.” ~AA Slogan

20“Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.([Proverbs 3:5–6.](#))

21“Look unto me in every thought; doubt not, fear not.” ([D&C 6:36.](#))

*22*²³ ^a[Learn](#) of me, and listen to my words; ^b[walk](#) in the ^c[meekness](#) of my Spirit, and you shall have ^d[peace](#) in me. (D&C 19:23)

*23*Marvin J. Ashton, “Trusting Our Father,” *Friend*, Jun 1988, inside front cover

(Adapted from an October 1985 general conference address. See *Ensign*, November 1985, pages 69–71.)

Many years ago I heard a story that impressed me. A beautiful little blind girl was sitting on the lap of her father in a crowded compartment in a train. A friend seated nearby said to the father, “Let me give you a little rest,” and he reached over and took the little girl on his lap.

A few moments later the father said to her, “Do you know who is holding you?”

“No,” the little girl replied, “but you do.”

Some might say, “What a perfect trust this child had in her father.” Others may say, “What a wonderful example of love.” And still others might say, “What an example of faith.” To me it indicates a beautiful blending of all of these principles. Affection, respect, and care over the years had placed in this little girl’s heart a peace that surpasseth all understanding. She was at peace because she knew and trusted her father.

Our trust and our relationship with our Heavenly Father should be similar to that of the little blind girl with her earthly father. When sorrow, tragedy, and heartbreaks occur in our lives, wouldn’t it be comforting if when the whisperings of God say, “Do you know why this has happened to you?” we could have the peace of mind to answer, “No, but You do.”

**24* 8 We are ^a[troubled](#) on every side, yet not distressed; we are perplexed, but not in ^b[despair](#); 9 ^a[Persecuted](#), but not forsaken; cast down, but not ^b[destroyed](#); (2 Corinthians 4:8,9)*

**25*88 And whoso ^a[receiveth](#) you, there I will be also, for I will go ^b[before](#) your face. I will be on your right hand and on your left, and my ^c[Spirit](#) shall be in your hearts, and mine ^d[angels](#) round about you, to bear you up. (D&C 84:88)*

**26*W. Craig Zwick, “The Lord Thy God Will Hold Thy Hand,” *Liahona*, Nov 2003, 34–36*

“If we will ... walk hand in hand with Him in His paths, we will go forward with faith and never feel alone.

Just as little children trust, each of us must have that same childlike, unreserved trust. We must all remember that we are sons and daughters of God and that He loves us

very much. If we truly understand who we are, we will have an unfailing source of hope and comfort.

It is the wounded Christ who leads us through our moments of difficulty. It is He who bears us up when we need more air to breathe or direction to follow or even more courage to continue.”

27“I have held many things in my hands, and I have lost them all; but whatever I have placed in God’s hands, that I still possess.” ~Martin Luther King

28In the words of Christopher Robin to Winnie the Pooh, (AA Milne)

“...there is something you must always remember. You are braver than you believe, stronger than you seem, and smarter than you think. But the most important thing is even if we’re apart....I’ll always be with you.”

2913 For I the LORD thy God will hold thy right hand, saying unto thee, Fear not; I will help thee. (Isa. 41:13)