

If Ye Are Prepared, Ye Shall Not Fear

Our journey through mortality is often difficult.

“For whatever reasons, too much of our television, movies, music, and Internet present a classic case of a minority masquerading as a majority. Immorality and amorality, ranging from graphic violence to recreational sex, is portrayed as the norm and can cause those who have mainstream values to feel like we are out of date or from a bygone era. **In such a media and Internet-dominated world, it has never been harder to raise responsible children and to keep marriages and families together**” (Elder L. Tom Perry, April 2015, [Why Marriage and Family Matter Everywhere in the World](#), *Ensign*).

“**The challenges facing human society today**, including immorality, pornography, armed conflict, pollution, substance abuse, and poverty, **flourish because many in the world have turned themselves over by choice ‘to the will of the devil and the flesh’ (2 Nephi 10:24)** rather than to the will of God. ‘They seek not the Lord to establish his righteousness, but every man walketh in his own way, and after the image of his own god, whose image is in the likeness of the world’ ([D&C 1:16](#))” (Elder Joseph W. Sitati, April 2015, [Be Fruitful, Multiply, and Subdue the Earth](#), *Ensign*).

“**The war of good against evil will continue throughout our lives since the adversary’s purpose is to make all people as miserable as he is. Satan and his angels will try to shroud our thoughts and assert control by tempting us to sin.** If they can, they will corrupt all that is good. Nevertheless, it is essential to understand that **they will have power over us if we allow it**” (Elder Ulisses Soares, April 2015, [Yes, We Can and Will Win!](#) *Ensign*.)

***How can we survive the difficult journey through mortality?
(By using the gospel tools Heavenly Father has given us.)***

“The world can at times be a frightening place in which to live. The moral fabric of society seems to be unraveling at an alarming speed. None—whether young or old or in-between—is exempt from exposure to those things which have the potential to drag us down and destroy us.... **But we need not despair. ... We are waging a war with sin. ... It is a war we can and will win. Our Father in Heaven has given us the tools we need in order to do so.**” (Thomas S. Monson, “Looking Back and Moving Forward,” *Ensign* or *Liahona*, May 2008, 90.)

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The principles of the gospel of Jesus Christ are the spiritual equivalent of a 72-hour emergency kit.

Faith → Fulfill Commandments → Remission of Sins → Meekness & Lowliness of Heart (i.e., Humility) →
Visitation of Holy Ghost → Hope and Perfect Love → Power to Overcome Anything!

“We believe that the first principles and ordinances of the Gospel are: first, **Faith** in the Lord Jesus Christ; second, **Repentance**; third, **Baptism** by immersion for the remission of sins; fourth, **Laying on of hands for the gift of the Holy Ghost**” ([Articles of Faith 1:4](#))

“And this is my gospel—repentance and baptism by water, and then cometh the baptism of fire and the Holy Ghost, even the Comforter, which showeth all things, and teacheth the peaceable things of the kingdom” ([Doctrine & Covenants 39:6](#)).

“25 And the first fruits of repentance is baptism; and baptism cometh by faith unto the fulfilling the **commandments**; and the fulfilling the commandments bringeth remission of sins; 26 And the remission of sins bringeth meekness, and lowliness of heart; and **because of meekness and lowliness of heart cometh the visitation of the Holy Ghost**, which **Comforter filleth with hope and perfect love**, which **love endureth by diligence unto prayer**, until the end shall come, when all the saints shall dwell with God” ([Moroni 8:25-26](#))

Why are basic gospel principles so important?

(Because they connect us to Christ, giving us power to overcome anything!)

“Remember, remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation; that when the devil shall send forth his mighty winds, yea, his shafts in the whirlwind, yea, **when all his hail and his mighty storm 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 build they cannot fall” ([Helaman 5:12](#)).

If we build our lives on the foundation of the gospel of Jesus Christ, we do not need to be afraid.

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

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“Peace I leave with you, my peace I give unto you: **not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.**” ([John 14:27](#))

“In the land of Helam, Alma’s people were frightened by an advancing Lamanite army. ‘But Alma went forth and stood among them, and exhorted them that they should not be frightened, but ... should remember the Lord their God and he would deliver them. Therefore they hushed their fears’ ([Mosiah 23:27–28](#)).

Notice Alma did not hush the people’s fears. Rather, Alma counseled the believers to remember the Lord and the deliverance only He could bestow (see [2 Nephi 2:8](#)). And knowledge of the Savior’s protecting watchcare enabled the people to hush their own fears. **Correct knowledge of and faith in the Lord empower us to hush our fears because Jesus Christ is the only source of enduring peace.** He declared, “Learn of me, and listen to my words; walk in the meekness of my Spirit, and you shall have peace in me ([D&C 19:23](#))” (Elder David A. Bednar, April 2015, [Therefore They Hushed Their Fears](#), *Ensign*).

Fear is the absence of faith. If you do not know how to increase your faith, then focus on casting out your fear.

“...but if ye are prepared ye shall not fear” ([Doctrine & Covenants 38:30](#)).

“**Heavenly Father has a mission and plan for each of us, but He also has His own timetable. One of the hardest challenges in this life is to have faith in the Lord’s timing.** It’s a good idea to have an alternative plan in mind, which helps us to be covenant-keeping, charitable, and righteous women who build the kingdom of God no matter which way our lives go. We need to teach our daughters to **aim for the ideal but plan for contingencies**” (Bonnie L. Oscarson, April 2015, [Defenders of the Family Proclamation](#), *Ensign*).

72-hour Kit Item & Spiritual Equivalent	Scriptural References	Christ’s Words	Quote from April 2015 General Conference
Binoculars (Eternal Perspective)	“While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal ” (2 Corinthians 4:18)	“¶And Jesus said, For judgment I am come into this world, that they which see not might see; ” (John 9:39)	“Although the Lord reassures us again and again that we ‘need not fear,’ keeping a clear perspective and seeing beyond this world is not always easy when we are in the midst of trials....

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			<p>As you keep the commandments and pray in faith to see the Lord’s hand in your life, I promise you that He will open your spiritual eyes even wider, and you will see more clearly that you are not alone” (Elder Neil L. Andersen, April 2015, Thy Kingdom Come, Ensign).</p> <p>“The Holy Ghost will change your heart and help you see ‘things as they really are”” (Kevin W. Pearson, April 2015, Stay by the Tree, Ensign).</p> <p>“Perspective is the way we see things when we look at them from a certain distance, and it allows us to appreciate their true value.</p> <p>This is one way of contemplating the Lord’s plan. We do not have to concern ourselves with each of its parts separately but rather to try to bring the entire picture into focus, keeping in mind what the final result will be. The Lord knows where each piece belongs so that it fits into the plan. All the commandments are of eternal importance in the context of the great plan of happiness. It is extremely important that we do not make decisions of eternal value from the perspective of mortality. For decisions that affect eternity, having a gospel perspective is essential.</p>
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			<p>President Spencer W. Kimball wrote the following: “If we looked at mortality as the whole of existence, then pain, sorrow, failure, and short life would be calamity. But if we look upon life as an eternal thing stretching far into the premortal past and on into the eternal post-death future, then all happenings may be put in proper perspective” (Elder Rafael E. Pino, April 2015, The Eternal Perspective of the Gospel, Ensign).</p>
<p>Boots (Gospel of Jesus Christ)</p> <p>The journey through mortality is rugged, so we need to make sure we have “sturdy hiking boots,” not just cheap tennis shoes. They cost more spiritual effort to purchase, but protect us better.</p>	<p>“And your feet shod with the preparation of the gospel of peace;...” (Ephesians 6:16)</p> <p>“...but if ye are prepared ye shall not fear” (Doctrine & Covenants 38:30).</p> <p>“Put on the whole armour of God, that ye may be able to stand against the wiles of the devil” (Ephesians 6:11).</p>	<p>“Wherefore, gird up your loins and be prepared. Behold, the kingdom is yours, and the enemy shall not overcome” (Doctrine & Covenants 38:9).</p>	<p>“Behold, here are the waters of Mormon (for thus were they called) and now, as ye are desirous to come into the fold of God, and to be called his people, and are willing to bear one another’s burdens, that they may be light;</p> <p>Yea, and are willing to mourn with those that mourn; yea, and comfort those that stand in need of comfort, and to stand as witnesses of God at all times and in all things, and in all places that ye may be in...” (Mosiah 18:8-9)</p>
<p>Compass (Spirit of the Holy Ghost & Revelation)</p> <p>We receive the Spirit through prayer, and</p>	<p>“5 ¶ Trust in the LORD with all thine heart; and lean not unto thine own understanding.</p> <p>6 In all thy ways acknowledge him, and</p>	<p>“And ye cannot bear all things now; nevertheless, be of good cheer, for I will lead you along. The kingdom is yours and the blessings</p>	<p>“You must pray for it and work to have it [the companionship of the Holy Ghost]. Only with that guide will you be able to find your way along the strait and narrow path through the mists of evil. The Holy Ghost will be your</p>

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<p>revelation through reading scriptures.</p>	<p>he shall direct thy paths” (Proverbs 3:5-6)</p> <p>“And we did follow the directions of the ball, which led us in the more fertile parts of the wilderness” (1 Nephi 16:16)</p> <p>“And it did work for them according to their faith in God; therefore if they had faith to believe that God could cause that those spindles should point the way they should go, behold, it was done; therefore they had this miracle and also many other miracles wrought by the power of God, day by day” (Alma 37:40)</p>	<p>thereof are yours, and the riches of eternity are yours” (Doctrine & Covenants 78:18).</p>	<p>guide as He reveals truth when you study the words of prophets.</p> <p>Getting that guidance will take more than casual listening and reading. You will need to pray and work in faith to put the words of truth down into your heart. You must pray that God will bless you with His Spirit, that He will lead you into all truth and show you the right way” (President Henry B. Eyring, April 2015, Priesthood and Personal Prayer, Ensign).</p> <p>“When we have the Spirit with us, our spiritual senses are sharpened and our memory is kindled so we cannot forget the miracles and signs we have witnessed” (Bishop Gérald Caussé, April 2015, Is It Still Wonderful to You?, Ensign).</p>
<p>Duct Tape (Faithfulness)</p> <p>In the story of Elijah, the widow’s lifetime of faithfulness enabled her to see the miracles (See 1 Kings 17:10-24 & Elijah Nurtures Faith)</p>	<p>“I have stuck unto thy testimonies: O Lord, put me not to shame” (Psalms 119:31).</p>	<p>“...And behold, and lo, I am with the faithful always” (Doctrine & Covenants 62:9).</p> <p>“And he who is faithful shall overcome all things, and shall be lifted up at the last day”</p>	<p>“It was that witness of the Spirit that gave him [Job] strength to endure. He would pass through mourning and the lack of comfort from people around him to see the joy that would come to the faithful after passing faithfully through their trials” (Henry B. Eyring, April 2015, The Comforter, Ensign).</p>

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		<p>(Doctrine & Covenants 75:16).</p> <p>“And if you are faithful, behold, I am with you until I come--” (Doctrine & Covenants 34:11).</p>	
<p>First Aid Kit (Atonement of Jesus Christ)</p> <p>We have to come unto Christ and be converted in order to be healed.</p>	<p>“And it supposeth me that they have come up hither to hear the pleasing word of God, yea, the word which healeth the wounded soul” (Jacob 2:8)</p>	<p>“And after their temptations, and much tribulation, behold, I, the Lord, will feel after them, and if they harden not their hearts, and stiffen not their necks against me, they shall be converted, and I will heal them” (Doctrine & Covenants 112:13).</p> <p>“O all ye that are spared because ye were more righteous than they, will ye not now return unto me, and repent of your sins, and be converted, that I may heal you?” (3 Nephi 9:13)</p>	<p>“Our physical bodies, when harmed, are able to repair themselves, sometimes with the help of a physician. If the damage is extensive, however, often a scar will remain as a reminder of the injury.</p> <p>With our spiritual bodies it is another matter. Our spirits are damaged when we make mistakes and commit sins. But unlike the case of our mortal bodies, when the repentance process is complete, no scars remain because of the Atonement of Jesus Christ. The promise is: ‘Behold, he who has repented of his sins, the same is forgiven, and I, the Lord, remember them no more’ (D&C 58:42)” (President Boyd K. Packer, April 2015, The Plan of Happiness, Ensign).</p> <p>“...the Church is like a big hospital, and we are all sick in our own way. We come to church to be helped” (Elder Dale G. Renlund, April 2015, Latter-day Saints Keep on Trying, Ensign).</p>

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		<p>“Whether we suffer because of troubled relationships, economic challenges, or illnesses or as a consequence of someone else’s sins, the Savior’s infinite Atonement can heal even—and perhaps especially—those who have innocently suffered. He understands perfectly what it is like to suffer innocently as a consequence of another’s transgression. As prophesied, the Savior will ‘bind up the brokenhearted, ... give ... beauty for ashes, the oil of joy for mourning, [and] the garment of praise for the spirit of heaviness.’ No matter what, with His help, God expects Latter-day Saints to keep on trying” (Elder Dale G. Renlund, April 2015, Latter-day Saints Keep on Trying, Ensign).</p> <p>“All of us fall short of the glory of the Father (see Romans 3:23). All of us need the Savior’s Atonement to heal us. All of us are lost and need to be found” (Elder Brent H. Nielson, April 2015, Waiting for the Prodigal, Ensign).</p> <p>“The people pleaded for relief, as many of those we love and serve do. Here is the record, which I know is true:</p> <p>‘And I will also ease the burdens which are put upon your shoulders, that even you cannot feel them upon your backs, even while you are in bondage; and this will I do</p>
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			<p>that ye may stand as witnesses for me hereafter, and that ye may know of a surety that I, the Lord God, do visit my people in their afflictions.</p> <p>And now it came to pass that the burdens which were laid upon Alma and his brethren were made light; yea, the Lord did strengthen them that they could bear up their burdens with ease, and they did submit cheerfully and with patience to all the will of the Lord' (Mosiah 24:14-15).</p> <p>I have seen that miracle time and time again. We lighten the loads of others best by helping the Lord strengthen them. That is why the Lord included in our charge to comfort others the command to be His witnesses at all times and in all places" (Henry B. Eyring, April 2015, The Comforter, Ensign).</p>
<p>Food (the words of Christ – i.e., scriptures)</p> <p>Most of us do not enjoy going without food and water for any length of time. We rush home to eat</p>	<p>"...Wherefore, I said unto you, feast upon the words of Christ; for behold, the words of Christ will tell you all things what ye should do" (2 Nephi 32:3)</p> <p>"For the Lamb which is in the midst of the throne shall feed</p>	<p>"48 I am that bread of life.</p> <p>49 Your fathers did eat manna in the wilderness, and are dead.</p>	<p>"We should hunger and thirst every day after spiritual knowledge. This personal practice is founded on study, meditation, and prayer. Sometimes we might be tempted to think, 'I don't need to study the scriptures today; I've read them all before' or 'I don't need to go to church today; there's nothing new there.'</p>

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<p>after fast Sunday, but how many of us deny ourselves spiritual nourishment for days, weeks, months, or even years?</p>	<p>them, and shall lead them unto living fountains of waters: and God shall wipe away all tears from their eyes” (Revelation 7:17).</p>	<p>50 This is the bread which cometh down from heaven, that a man may eat thereof, and not die.</p> <p>51 I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.</p> <p>52 The Jews therefore strove among themselves, saying, How can this man give us his flesh to eat?</p> <p>53 Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you.</p>	<p>But the gospel is a fountain of knowledge that never runs dry. There is always something new to learn and feel each Sunday, in every meeting, and in every verse of scripture. In faith we hold to the promise that if we ‘seek, ... [we] shall find’” (Bishop Gérald Caussé, April 2015, Is It Still Wonderful to You?, <i>Ensign</i>).</p> <p>“...A Young Women leader held up two soda cans. In one hand she held a can that was empty and in the other hand a can that was unopened and full of soda. First, she squeezed the empty can; it began to bend and then collapsed under the pressure. Next, with her other hand, she squeezed the unopened can. It held firm. It didn’t bend or collapse like the empty can—because it was filled.</p> <p>We likened this demonstration to our individual lives and to our homes and families. When filled with the Spirit and with gospel truth, we have the power to withstand the outside forces of the world that surround and push against us. However, if we are not filled spiritually, we don’t have the inner strength to resist the outside pressures and can collapse when forces push against us” ” (Cheryl A. Esplin, April 2015, Filling Our Homes with Light & Truth, <i>Ensign</i>).</p>
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		<p>56 He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him.</p> <p>57 As the living Father hath sent me, and I live by the Father: so he that eateth me, even he shall live by me" (John 6:48-51, 53, 56-57).</p>	
Hat (Priesthood Power)	<p>"And take the helmet of salvation, and the sword of the Spirit, which is the word of God:" (Ephesians 6:17)</p>	<p>"And take the helmet of salvation, and the sword of my Spirit, which I will pour out upon you, and my word which I reveal unto you, and be agreed as touching all things whatsoever ye ask of me, and be faithful until I come, and ye shall be caught up, that where I am ye shall be also. Amen" (Doctrine & Covenants 27:18)</p>	<p>"I love and believe these words from President Packer to worthy husbands and fathers: 'You have the power of the priesthood directly from the Lord to protect your home. There will be times when all that stands as a shield between your family and the adversary's mischief will be that power'" (Linda K. Burton, April 2015, We'll Ascend Together, Ensign).</p>
Heat/Fire (Service)	<p>"Again, if two lie together, then they have heat: but how can one be warm alone?" (Ecclesiastes 4:11)</p>	<p>"And ye shall offer for a sacrifice unto me a broken heart and a contrite spirit. And whoso cometh unto me</p>	<p>"With patience and persistence, even the smallest act of discipleship or the tiniest ember of belief can become a blazing bonfire of a consecrated life. In fact, that's how most bonfires begin—as a simple spark"</p>

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	<p>“Yea, and it [the resurrection of Christ] bringeth to pass the condition of repentance, that whosoever repenteth the same is not hewn down and cast into the fire; but whosoever repenteth not is hewn down and cast into the fire;” (Helaman 14:18)</p> <p>“Every man’s work shall be made manifest: for the day shall declare it, because it shall be revealed by fire; and the fire shall try every man’s work of what sort it is” (1 Corinthians 3:13)</p> <p>“For if a brother or sister be naked and destitute, and one of you say, Depart in peace, be warmed and filled; notwithstanding he give not those things which are needful to the body; what profit is your faith unto such?” (James 2:16 JST)</p>	<p>with a broken heart and a contrite spirit, him will I baptize with fire and with the Holy Ghost, even as the Lamanites, because of their faith in me at the time of their conversion, were baptized with fire and with the Holy Ghost, and they knew it not” (3 Nephi 9:20).</p> <p>“16 And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever;</p> <p>17 Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you” (John 14:16–17).</p>	<p>(President Dieter F. Uchtdorf, April 2015, On Being Genuine, <i>Ensign</i>).</p> <p>“Our opportunity as covenant-keeping daughters of God is not just to learn from our own challenges; it is to unite in empathy and compassion as we support other members of the family of God in their struggles, as we have covenanted to do” (Carole M. Stephens, April 2015, The Family is of God, <i>Ensign</i>).</p> <p>“The burdens His faithful servants must carry in life are made lighter by His Atonement. The burden of sin can be taken away, but the trials of mortal life for good people can still be heavy burdens....</p> <p>You promised that you would help the Lord make their burdens light and be comforted. You were given the power to help lighten those loads when you received the gift of the Holy Ghost” (Henry B. Eyring, April 2015, The Comforter, <i>Ensign</i>).</p>
Hygiene Kit (Atonement of Jesus)	”58 Therefore I give unto you a commandment, to teach	“Verily I say unto you, ye are clean, but not all;	“... the Atonement...can wash clean every stain no matter how difficult or how long or

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<p>Christ & Keeping the Sabbath Day Holy)</p>	<p>these things freely unto your children, saying: 59 That by reason of transgression cometh the fall, which fall bringeth death, and inasmuch as ye were born into the world by water, and blood, and the spirit, which I have made, and so became of dust a living soul, even so ye must be born again into the kingdom of heaven, of water, and of the Spirit, and be cleansed by blood, even the blood of mine Only Begotten; that ye might be sanctified from all sin, and enjoy the words of eternal life in this world, and eternal life in the world to come, even immortal glory;" (Moses 6:58-59)</p> <p>"9 That thou mayest more fully keep thyself unspotted from the world, thou shalt go to the house of prayer and offer up thy sacraments upon my holy day;</p>	<p>and there is none else with whom I am well pleased;" (Doctrine & Covenants 38:10)</p>	<p>how many times repeated. The Atonement can put you free again to move forward, cleanly and worthily, to pursue that path that you have chosen in life.</p> <p>...The Atonement is individual, and if you have something that is bothering you—sometimes so long ago you can hardly remember it—put the Atonement to work. It will clean it up, and you, as does He, will remember your sins no more" (President Boyd K. Packer, April 2015, The Plan of Happiness, Ensign).</p> <p>"Through our faith in Jesus Christ, believing in His Atonement, repenting of our sins, and being baptized, we may then receive the supernal gift of the Holy Ghost. This gift provides knowledge and understanding, guidance and strength to learn and gain a testimony, power, <u>cleansing to overcome sin,</u> and comfort and encouragement to be faithful in tribulation. These incomparable blessings of the Spirit increase our freedom and power to do what is right, for 'where the Spirit of the Lord is, there is liberty'" (Elder Robert D. Hales, April 2015, Preserving Agency, Protecting Religious Freedom, Ensign).</p>
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	<p>10 For verily this is a day appointed unto you to rest from your labors, and to pay thy devotions unto the Most High. ...</p> <p>13 And on this day ... let thy food be prepared with singleness of heart that thy fasting may be perfect, ... that thy joy may be full....</p> <p>15 And inasmuch as ye do these things with thanksgiving, with cheerful hearts and countenances, ... the fulness of the earth is yours” (D&C 59:9-10, 13, 15-16)</p>		
<p>Light (Gospel of Jesus Christ)</p>	<p>“But I have commanded you to bring up your children in light and truth” (D&C 93:40).</p> <p>“For the word of the Lord is truth, and whatsoever is truth is light, and whatsoever is light is Spirit, even the Spirit of Jesus Christ” (D&C 84:45)</p>	<p>“¶Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life” (John 8:12).</p>	<p>Satan knows that in order for us and our families to withstand the pressures of the world, we must be filled with light and gospel truth. So he does everything in his power to dilute, distort, and destroy the truth of the gospel and to keep us separated from that truth” (Cheryl A. Esplin, April 2015, Filling Our Homes with Light & Truth, <i>Ensign</i>).</p> <p>“But all of us will, at some time or another, have to traverse our own spiritual wilderness and undertake our own rugged</p>

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			<p>emotional journeys. In those moments, however dark or seemingly hopeless they may be, if we search for it, there will <i>always</i> be a spiritual light that beckons to us, giving us the hope of rescue and relief. That light shines from the Savior of all mankind, who is the Light of the World. Perceiving spiritual light is different from seeing physical light. Recognizing the Savior’s spiritual light begins with our willingness to believe” (Elder L. Whitney Clayton, April 2015, Choose to Believe, <i>Ensign</i>).</p> <p>“As President Dieter F. Uchtdorf said: ‘We are all pilgrims seeking God’s light as we journey on the path of discipleship. We do not condemn others for the amount of light they may or may not have; rather, we nourish and encourage all light until it grows clear, bright, and true’” (Rosemary M. Wixom, April 2015, Returning to Faith, <i>Ensign</i>).</p> <p>“One of the remarkable characteristics of young wild sunflowers, in addition to growing in soil that is not hospitable, is how the young flower bud follows the sun across the sky. In doing so, it receives life-sustaining energy before bursting forth in its glorious yellow color.</p>
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			<p>Like the young sunflower, when we follow the Savior of the world, the Son of God, we flourish and become glorious despite the many terrible circumstances that surround us. He truly is our light and life” (Elder Quentin L. Cook, April 2015, The Lord is my Light, <i>Ensign</i>).</p>
<p>Map (Commandments, Holy Ghost)</p>	<p>“Go your way whithersoever I will, and it shall be given you by the Comforter what you shall do and whither you shall go” (Doctrine & Covenants 31:11).</p> <p>“Let them ask and they shall receive, knock and it shall be opened unto them, and be made known from on high, even by the Comforter, whither they shall go” (Doctrine & Covenants 75:27).</p>	<p>“Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me” (John 14:6).</p>	<p>“There is a path that leads to the tree of life, to Christ. It is strait and narrow, strict and exact. God’s commandments are strict but not restrictive. They protect us from spiritual and physical danger and prevent us from getting lost.</p> <p>Obedience builds faith in Christ. Faith is a principle of action and power. Consistently following the Savior’s example produces spiritual power and capacity. Without the strengthening and enabling power of the Atonement, it’s impossible to stay on the path and endure” (Kevin W. Pearson, April 2015, Stay by the Tree, <i>Ensign</i>).</p> <p>“Life’s journey is challenging. It’s easy to be distracted, wander off the path, and get lost. Tribulation is an inevitable and indispensable part of our eternal progression. When adversity comes, don’t let something you don’t fully understand unravel everything you do know. Be patient, cling to truth;</p>

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			<p>understanding will come” (Kevin W. Pearson, April 2015, Stay by the Tree, <i>Ensign</i>).</p> <p>“Along the way are challenges that will require our faith in Jesus Christ and our best efforts to stay on the path and press forward. We need to repent and be obedient and patient, even if we do not understand all the circumstances that surround us” (Elder Jorge F. Zeballos, April 2015, If You Will Be Responsible, <i>Ensign</i>).</p> <p>“The path to be followed may not always be clear at once. Pray for light; do not decide too quickly, listen to what others have to say, consider their reasons. You will always find something to help you. ... Guided by faith, by prayer, and by reason with a right intention, you have enough” (Rosemary M. Wixom, April 2015, Returning to Faith, <i>Ensign</i>).</p> <p>“Elder Jeffrey R. Holland has said, “Humility, faith, and the influence of the Holy Spirit [will] always be elements of every quest for truth” (Rosemary M. Wixom, April 2015, Returning to Faith, <i>Ensign</i>).</p> <p>“I know that Heavenly Father is concerned about each of us individually and has a personal plan for us to achieve our eternal destiny. He has sent His Only Begotten Son,</p>
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			<p>Jesus Christ, to help us overcome our imperfections through the Atonement. He has blessed us with the Holy Ghost to be a witness, companion, and guide to our eternal destination if we will rely on Him” (Larry M. Gibson, April 2015, Fatherhood, Our Eternal Destiny, <i>Ensign</i>).</p>
<p>Mosquito Spray (Faithfulness)</p>	<p>“Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked” (Ephesians 6:16).</p> <p>“Yet you should have been faithful; and he would have extended his arm and supported you against all the fiery darts of the adversary; and he would have been with you in every time of trouble” (Doctrine and Covenants 3:8).</p> <p>“And I said unto them that it was the word of God; and whoso would hearken unto the word of God, and would hold fast unto it, they would never perish; neither could the temptations and the fiery darts of the adversary</p>		<p>“During the war, this blanket kept us warm, me and my children. When the rebels [would] come to attack us, this is the only thing I [could] lay [my] hands on [as we fled to the bush to hide]. So we [would] take the blanket with us. It would keep us warm and keep the mosquitos away from us” (President Henry B. Eyring, April 2015, Is this not the fast that I have chosen? <i>Ensign</i>).</p>

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	<p>overpower them unto blindness, to lead them away to destruction” (1 Nephi 15:24).</p>		
<p>Radio—Hand-crank (Holy Ghost)</p>	<p>“For behold, again I say unto you that if ye will enter in by the way, and receive the Holy Ghost, it will show unto you all things what ye should do” (2 Nephi 32:5)</p> <p>“And the Spirit shall be given unto you by the prayer of faith;” (Doctrine & Covenants 42:14).</p>	<p>“But when the Comforter is come, whom I will send unto you from the Father, even the Spirit of truth, which proceedeth from the Father, he shall testify of me:” (John 15:26).</p> <p>“But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you” (John 14:26).</p>	<p>“Back in the olden days, before the digital age, we found our favorite radio station by carefully turning the radio dial until it lined up perfectly with the station’s frequency. As we approached the number, we could hear only static. But when we finally made the precise alignment, our favorite music could be heard clearly. In our lives, we have to align with the correct frequency in order to hear the music of the Spirit” (Elder Wilford W. Anderson, April 2015, The Music of the Gospel, <i>Ensign</i>).</p> <p>“There will be noise and people around you most of your waking day. God hears your silent prayers, but you may have to learn to shut out the distractions because the moment you need the connection with God may not come in quiet times” (President Henry B. Eyring, April 2015, Priesthood and Personal Prayer, <i>Ensign</i>).</p>
<p>Rope (Testimony & Unity)</p>	<p>“9 ¶Two are better than one; because they have a good reward for their labour.</p> <p>“10 For if they fall, the one will lift up his fellow: but woe</p>	<p>“I, the Lord, am bound when ye do what I say; but when ye do not what I say, ye have no promise” (Doctrine & Covenants 82:10).</p>	<p>“I was also reminded of the counsel of Elder Jeffrey R. Holland: ‘Hold fast to what you already know and stand strong until additional knowledge comes’” (Rosemary M. Wixom, April 2015, Returning to Faith, <i>Ensign</i>).</p>

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	<p>to him that is alone when he falleth; for he hath not another to help him up.</p> <p>12 And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken” (Ecclesiastes 4:9-10, 12).</p> <p>“Verily I say unto you, Whatsoever ye shall bind on earth shall be bound in heaven: and whatsoever ye shall loose on earth shall be loosed in heaven” (Matthew 18:18).</p>		<p>“We are connected securely to and with the Savior as we worthily receive ordinances and enter into covenants, faithfully remember and honor those sacred commitments, and do our best to live in accordance with the obligations we have accepted. And that bond is the source of spiritual strength and stability in all of the seasons of our lives” (Elder David A. Bednar, April 2015, Therefore They Hushed Their Fears, <i>Ensign</i>).</p> <p>“Without safety ropes, harnesses, or climbing gear of any kind, two brothers— Jimmy, age 14, and John, age 19 (though those aren’t their real names)—attempted to scale a sheer canyon wall in Snow Canyon State Park in my native southern Utah. Near the top of their laborious climb, they discovered that a protruding ledge denied them their final few feet of ascent. They could not get over it, but neither could they now retreat from it. They were stranded. After careful maneuvering, John found enough footing to boost his younger brother to safety on top of the ledge. But there was no way to lift himself. The more he strained to find finger or foot leverage, the more his muscles began to cramp. Panic started to sweep over him, and he began to fear for his life” (Elder Jeffrey R. Holland, April 2015,</p>
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			<p>Where Justice, Love and Mercy Meet, Ensign).</p> <p>“The ordinances we receive and the covenants we make at baptism and in holy temples connect the family of God on both sides of the veil—connecting us to our Father through His Son, who prayed, ‘That they all may be one; as thou, Father, art in me, and I in thee, that they also may be one in us.’ 13” (Carole M. Stephens, April 2015, The Family is of God, Ensign).</p>
<p>Scriptures (Personal Revelation)</p>	<p>“...for I did liken all scriptures unto us, that it might be for our profit and learning” (1 Nephi 19:23)</p> <p>“So then faith cometh by hearing, and hearing by the word of God” (Romans 10:17)</p> <p>“Search these commandments, for they are true and faithful, and the prophecies and promises which are in them shall all be fulfilled” (Doctrine & Covenants 1:37).</p>	<p>“And this is my gospel—repentance and baptism by water, and then cometh the baptism of fire and the Holy Ghost, even the Comforter, which showeth all things, and teacheth the peaceable things of the kingdom” (Doctrine & Covenants 39:6).</p> <p>“And I heard a voice from the Father, saying: Yea, the words of my Beloved are true and faithful. He that</p>	<p>“They had waxed strong in the knowledge of the truth; for they were men of a sound understanding and they had searched the scriptures diligently, that they might know the word of God.</p> <p>‘But this is not all; they had given themselves to much prayer, and fasting; therefore they had the spirit of prophecy, and the spirit of revelation, and when they taught, they taught with power and authority of God’ (Alma 17:2-3). I cannot think of a more worthy goal for a young man to have than to be described as were the valiant and righteous sons of Mosiah” (President Thomas S. Monson, April 2015, The Priesthood, A Sacred Gift, Ensign).</p>

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		endureth to the end, the same shall be saved” (2 Nephi 31:15).	
Shelter (Temple Worship)	“For thou hast been a shelter for me, <i>and</i> a strong tower from the enemy” (Psalms 61:3).	<p>“1 Listen to the voice of Jesus Christ, your Redeemer, the Great I Am, whose arm of mercy hath atoned for your sins;</p> <p>2 Who will gather his people even as a hen gathereth her chickens under her wings, even as many as will hearken to my voice and humble themselves before me, and call upon me in mighty prayer” (Doctrine and Covenants 29:1-2).</p>	“As I think of temples, my thoughts turn to the many blessings we receive therein. As we enter through the doors of the temple, we leave behind us the distractions and confusion of the world. Inside this sacred sanctuary, we find beauty and order. There is rest for our souls and a respite from the cares of our lives” (President Thomas S. Monson, April 2015, Blessings of the Temple , <i>Ensign</i>).
Sun Protection (Relationship with Jesus Christ)	<p>“Every word of God is pure: he is a shield unto them that put their trust in him” (Proverbs 30:5).</p> <p>“They shall not hunger nor thirst, neither shall the heat nor the sun smite them; for he that hath mercy on them shall lead them, even by</p>		

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	<p>the springs of water shall he guide them” (Isaiah 49:10)</p> <p>“7 Blessed is the man that trusteth in the LORD, and whose hope the LORD is.</p> <p>8 For he shall be as a tree planted by the waters, and <i>that</i> spreadeth out her roots by the river, and shall not see when heat cometh, but her leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit” (Jeremiah 17:7-8).</p> <p>“For thou hast been a strength to the poor, a strength to the needy in his distress, a refuge from the storm, a shadow from the heat, when the blast of the terrible ones <i>is</i> as a storm <i>against</i> the wall” (Isaiah 25:4).</p>		
<p>Walking Stick (Atonement of Jesus Christ, Gospel of Jesus Christ, Scriptures)</p>	<p>“Say unto them, Thus saith the Lord God; Behold, I will take the stick of Joseph, which <i>is</i> in the hand of Ephraim, and the tribes of Israel his fellows, and</p>	<p>“I will go before your face. I will be on your right hand and on your left, and my Spirit shall be in your hearts, and</p>	<p>“We are here to help, lift, and rejoice with each other as we try to become our very best selves. Sister Barbara B. Smith wisely taught, ‘There is so much more of happiness to be had when we can rejoice in another’s</p>

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	<p>will put them with him, <i>even</i> with the stick of Judah, and make them one stick, and they shall be one in mine hand" (Ezekiel 37:19).</p> <p>(We can lean on the scriptures like a "walking stick" as we travel through mortality.)</p>	<p>mine <u>angels round about you, to bear you up</u>" (D&C 84:88)</p>	<p>successes and not just in our own.' When we seek to 'complete' rather than 'compete,' it is so much easier to cheer each other on!" (Linda K. Burton, April 2015, We'll Ascend Together, <i>Ensign</i>).</p> <p>"The burdens His faithful servants must carry in life are made lighter by His Atonement. The burden of sin can be taken away, but the trials of mortal life for good people can still be heavy burdens....</p> <p>You promised that you would help the Lord make their burdens light and be comforted. You were given the power to help lighten those loads when you received the gift of the Holy Ghost" (Henry B. Eyring, April 2015, The Comforter, <i>Ensign</i>).</p>
<p>Water (Personal Revelation)</p>	<p>"In the last day, that great day of the feast, Jesus stood and cried, saying, if any man thirst, let him come unto me, and drink. He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water" (John 7:37-38).</p> <p>"But unto him that keepeth my commandments I will give the mysteries of my kingdom,</p>	<p>"But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life" (John 4:14).</p>	<p>"Inspiration and spiritual guidance will come with righteousness and closeness to our Heavenly Father" (President Henry B. Eyring, April 2015, Is This Not the Fast That I Have Chosen? <i>Ensign</i>).</p>

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	<p>and the same shall be in him a well of living water, springing up unto everlasting life” (Doctrine and Covenants 63:23).</p>		
<p>Water Purifier (Atonement of Jesus Christ)</p>	<p>“For it is sanctified by the word of God and prayer” (1 Timothy 4:5).</p> <p>“Wherefore Jesus also, that he might sanctify the people with his own blood, suffered without the gate” (Hebrews 13:12).</p> <p>“60 For by the water ye keep the commandment; by the Spirit ye are justified, and by the blood ye are sanctified;</p> <p>61 Therefore it is given to abide in you; the record of heaven; the Comforter; the peaceable things of immortal glory; the truth of all things; that which quickeneth all things, which maketh alive all things; that which knoweth all things, and hath all power according to wisdom, mercy, truth, justice,</p>	<p>“And inasmuch as they do repent and receive the fulness of my gospel, and become sanctified, I will stay mine hand in judgment” (Doctrine and Covenants 39:18).</p>	<p>“The grace of God is our great and everlasting hope....</p> <p>Our sins, though they may be as scarlet, can become white as snow (Isaiah 1:18).</p> <p>Because our beloved Savior ‘gave himself a ransom for all,’ (1 Timothy 2:6) an entrance into His everlasting kingdom is provided unto us (2 Peter 1:11).</p> <p>Another element of God’s grace is the opening of the windows of heaven, through which God pours out blessings of power and strength, enabling us to achieve things that otherwise would be far beyond our reach. It is by God’s amazing grace that His children can overcome the undercurrents and quicksands of the deceiver, rise above sin, and “be perfect[ed] in Christ’ (Moroni 10:32) (President Dieter F. Uchtdorf, April 2015, The Gift of Grace, <i>Ensign</i>).</p>

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	<p>and judgment” (Moses 6:60-61).</p>		
<p>Weapons/Protection (Spirit of the Holy Ghost)</p>	<p>“And take the helmet of salvation, and the sword of the Spirit, which is the word of God:” (Ephesians 6:17)</p> <p>”15 And when the servant of the man of God was risen early, and gone forth, behold, an host compassed the city both with horses and chariots. And his servant said unto him, Alas, my master! how shall we do?</p> <p>16 And he answered, Fear not: for they that be with us are more than they that be with them.</p> <p>17 And Elisha prayed, and said, Lord, I pray thee, open his eyes, that he may see. And the Lord opened the eyes of the young man; and he saw: and, behold, the mountain was full of horses and chariots of fire round about Elisha” (2 Kings 6:15-17)</p>	<p>“And I, the Lord, would fight their battles, and their children’s battles, and their children’s children’s...” (D&C 98:37).</p>	<p>“You will not survive spiritually without the protection of the companionship of the Holy Ghost in your daily life” (President Henry B. Eyring, April 2015, Priesthood and Personal Prayer, Ensign).</p> <p>“Because you cannot rise to your priesthood potential without the Spirit going with you, you are a personal target for the enemy of all happiness. If he can tempt you to sin, he can lessen your power to be led by the Spirit and so reduce your power in the priesthood. That is why President Smith said that you should always pray that God will warn and protect you from evil” (President Henry B. Eyring, April 2015, Priesthood and Personal Prayer, Ensign).</p>

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	<p>“Wherefore, he will preserve the righteous by his power, even if it so be that the fulness of his wrath must come, and the righteous be preserved, even unto the destruction of their enemies by fire. Wherefore, the righteous need not fear; for thus saith the prophet, they shall be saved, even if it so be as by fire” (1 Nephi 22:17).</p> <p>“And now, as the preaching of the word had a great tendency to lead the people to do that which was just—yea, it had had more powerful effect upon the minds of the people than the sword, or anything else, which had happened unto them—therefore Alma thought it was expedient that they should try the virtue of the word of God” (Alma 31:5).</p>		
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*How do we obtain the enduring peace of Jesus Christ?
(Through the Holy Ghost.)*

Prayer of Faith → Spirit → Fruit of Spirit → Strength to Endure

“It was that witness of the Spirit that gave him [Job] strength to endure. He would pass through mourning and the lack of comfort from people around him to see the joy that would come to the faithful after passing faithfully through their trials” (Henry B. Eyring, April 2015, [The Comforter](#), *Ensign*).

“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, 23 Meekness, temperance ...” ([Galatians 5:22-23](#)).

*How do we get the Spirit?
(Through the “prayer of faith.”)*

“And the Spirit shall be given unto you by the prayer of faith;” ([Doctrine & Covenants 42:14](#)).

*How do we get faith?
(By hearing the word of God.)*

“So then faith cometh by hearing, and hearing by the word of God” ([Romans 10:17](#)).

*Why do we need faith?
(Because it gives us power to endure all things.)*

“And Christ hath said, ‘If ye will have faith in me ye shall have power to do whatsoever thing is expedient in me’” ([Moroni 7:33](#))

Faith is a choice.

“Belief is something we choose—we hope for it, we work for it, and we sacrifice for it. We will not accidentally come to believe in the Savior and His gospel any more than we will accidentally pray or pay tithing. We actively choose to believe, just like we choose to keep other commandments” (Elder Whitney L. Clayton, April 2015, [Choose to Believe](#), *Ensign*).

Faith brings peace.

“Exercising faith in and on the holy name of Jesus Christ, meekly submitting to His will and timing in our lives, and humbly acknowledging His hand in all things yield the peaceable things of the kingdom of God that bring joy and eternal life (see [D&C 42:61](#))” (Elder David A. Bednar, April 2015, [Therefore They Hushed Their Fears](#), *Ensign*).

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“The fear of the Lord is not a reluctant apprehension about coming into His presence to be judged. **I do not believe we will be afraid of Him at all.** Rather, it is the prospect in His presence of facing things as they really are about ourselves and having ‘a perfect knowledge’ ([2 Nephi 9:14](#); see also [Alma 11:43](#)) of all our rationalizations, pretenses, and self-deceptions” (Elder David A. Bednar, April 2015, [Therefore They Hushed Their Fears](#), *Ensign*).

“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.” ([John 14:27](#))