



## Adversity

"My purpose today is to assure you that our Heavenly Father and the Savior live and that They love all humanity. The very opportunity for us to face adversity and affliction is part of the evidence of Their infinite love. God gave us the gift of living in mortality so that we could be prepared to receive the greatest of all the gifts of God, which is eternal life. Then our spirits will be changed. We will become able to want what God wants, to think as He thinks, and thus be prepared for the trust of an endless posterity to teach and to lead through tests to be raised up to qualify to live forever in eternal life.

It is clear that for us to have that gift and to be given that trust, we must be transformed through making righteous choices where that is hard to do. We are prepared for so great a trust by passing through trying and testing experiences in mortality. That education can come only as we are subject to trials while serving God and others for Him."

(President Henry B. Eyring, 1st Counselor in the First Presidency, General Conference April 2009)

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## Discipleship

"Sisters, we have to stay with it. We don't acquire eternal life in a sprint—this is a race of endurance. We have to apply and reapply the divine gospel principles. Day after day we need to make them part of our normal life."

"Discipleship is a journey. We need the refining lessons of the journey to craft our character and purify our hearts. By patiently walking in the path of discipleship, we demonstrate to ourselves the measure of our faith and our willingness to accept God's will rather than ours."

"Discipleship is not a spectator sport. We cannot receive the blessings of the gospel merely by observing the good that others do.

**We need to get off the sidelines and practice what we preach."**

(President Dieter F. Uchtdorf 2nd Counselor in the First Presidency "The Way of the Disciple" General Conference April 2009)

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(President Thomas S. Monson "Be Your Best Self" General Conference April 2009)

These suggestions are not new; they have been taught and repeated again and again. If we incorporate them into our lives, however, we will have the strength to withstand the adversary. Should we ignore them, we will be opening the door for Satan to have influence and power over us."

1. Study diligently.
2. Pray fervently.
3. Live righteously.

"Although our journey through mortality will at times place us in harm's way, may I offer you three suggestions which, when observed and followed, will lead [you] to safety. They are:

## Be Your Best Self



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