

UNDERSTAND AND LIVE THE GOSPEL OF CHRIST



Teach these scriptures and quotations or, if needed, another principle that will bless the sisters you visit. Bear testimony of the doctrine. Invite those you visit to share what they have felt and learned.

How Can I Better Understand and Live the Gospel?

Elder Joseph B. Wirthlin (1917–2008) of the Quorum of the Twelve Apostles: “Faithful members of the Church should be like oak trees and should extend deep roots into the fertile soil of the fundamental principles of the gospel. We should understand and live by the simple, basic truths and not complicate them. Our foundations should be solid and deep-rooted so we can withstand the winds of temptation, false doctrine, adversity, and the onslaught of the adversary without being swayed or uprooted. . . .

“Spiritual nourishment is just as important as a balanced diet to keep us strong and healthy. We nourish ourselves spiritually by partaking of the sacrament weekly, reading the scriptures daily, praying daily in personal and family prayer, and performing temple work regularly. Our spiritual strengths are like batteries; they need to be charged and

frequently recharged” (“Deep Roots,” *Ensign*, Nov. 1994, 75).

Barbara Thompson, second counselor in the Relief Society general presidency:

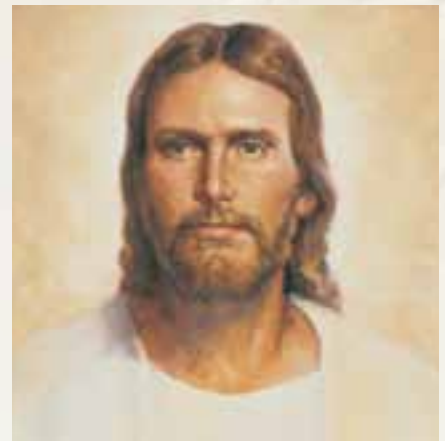
“Sisters, now more than ever, we need women to step up and be strong. We need women who declare the truth with strength, faith, and boldness. We need women to set an example of righteousness. We need women to be ‘anxiously engaged in a good cause.’ We need to live so that our lives bear witness that we love our Heavenly Father and the Savior Jesus Christ and that we will do what They have asked us to do” (“Now Let Us Rejoice,” *Liahona* and *Ensign*, Nov. 2008, 116).

2 Nephi 31:12: “Follow me, and do the things which ye have seen me do.”

How Does Understanding and Living the Gospel Bless Lives?

President Dieter F. Uchtdorf, Second Counselor in the First Presidency:

“As we strive to understand, internalize, and live correct gospel principles, we will become more spiritually self-reliant. . . . I testify as an Apostle of the Lord Jesus Christ that He lives, that the gospel is true, and that it offers the answers to all personal and collective challenges the children of God have on this earth today” (“Christlike Attributes—the



Wind beneath Our Wings,” *Liahona* and *Ensign*, Nov. 2005, 100, 101).

Elder M. Russell Ballard of the Quorum of the Twelve Apostles: “The plan of happiness is available to all of his children. If the world would embrace and live it, peace, joy, and plenty would abound on the earth. Much of the suffering we know today would be eliminated if people throughout the world would understand and live the gospel” (“Answers to Life’s Questions,” *Ensign*, May 1995, 23).

Elder Robert D. Hales of the Quorum of the Twelve Apostles: “We must live the gospel in such a way that we will have the Spirit to ever be with us. If we live worthily, the Spirit will always be with us. We can then teach by the Spirit. . . . The reason we pray, study the scriptures, have good friends, and live the gospel through obedience to the commandments is so that when—not if, but when—the trials come, we are ready” (“Teaching by Faith,” *Liahona*, Sept. 2003, 10, 14–15; *Ensign*, Sept. 2003, 20, 24–25). ■