

A woman in a purple robe and white headscarf is kneeling on the ground, looking up with her hands raised in a gesture of prayer or supplication. She is surrounded by people in traditional attire, including a man in a white robe and sandals. The scene is set in a dark, possibly outdoor or semi-outdoor environment.

*Adversity*

*&*

*Atonement*



Mark 5:25~34



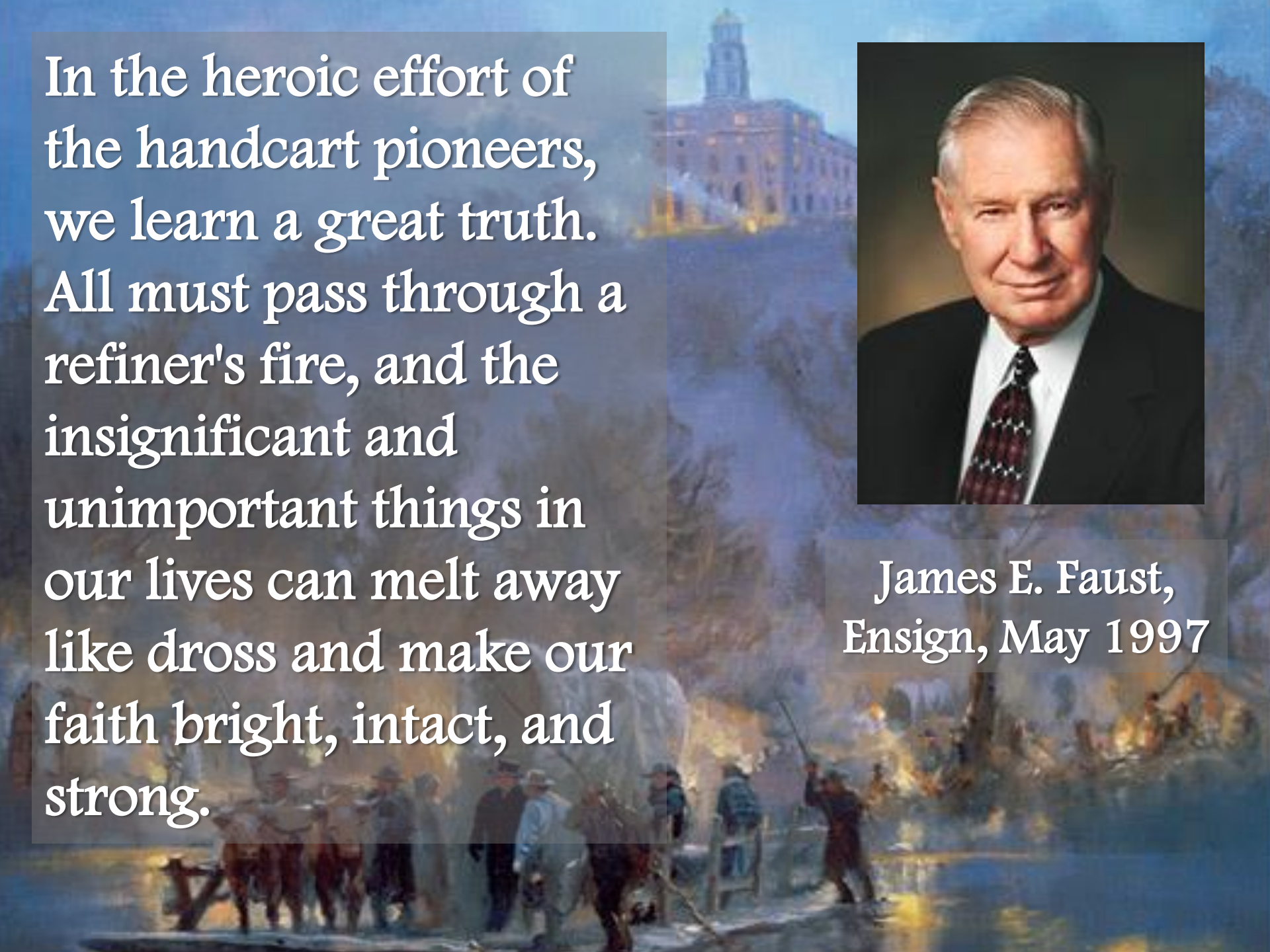
## Isaiah 30:20~21

And though the Lord give you the bread of adversity, and the water of affliction, yet shall not thy teachers be removed into a corner any more, but thine eyes shall see thy teachers: And thine ears shall hear a word behind thee, saying, walk ye in it, when ye turn to the right hand, and when ye turn to the left.

In the heroic effort of the handcart pioneers, we learn a great truth. All must pass through a refiner's fire, and the insignificant and unimportant things in our lives can melt away like dross and make our faith bright, intact, and strong.



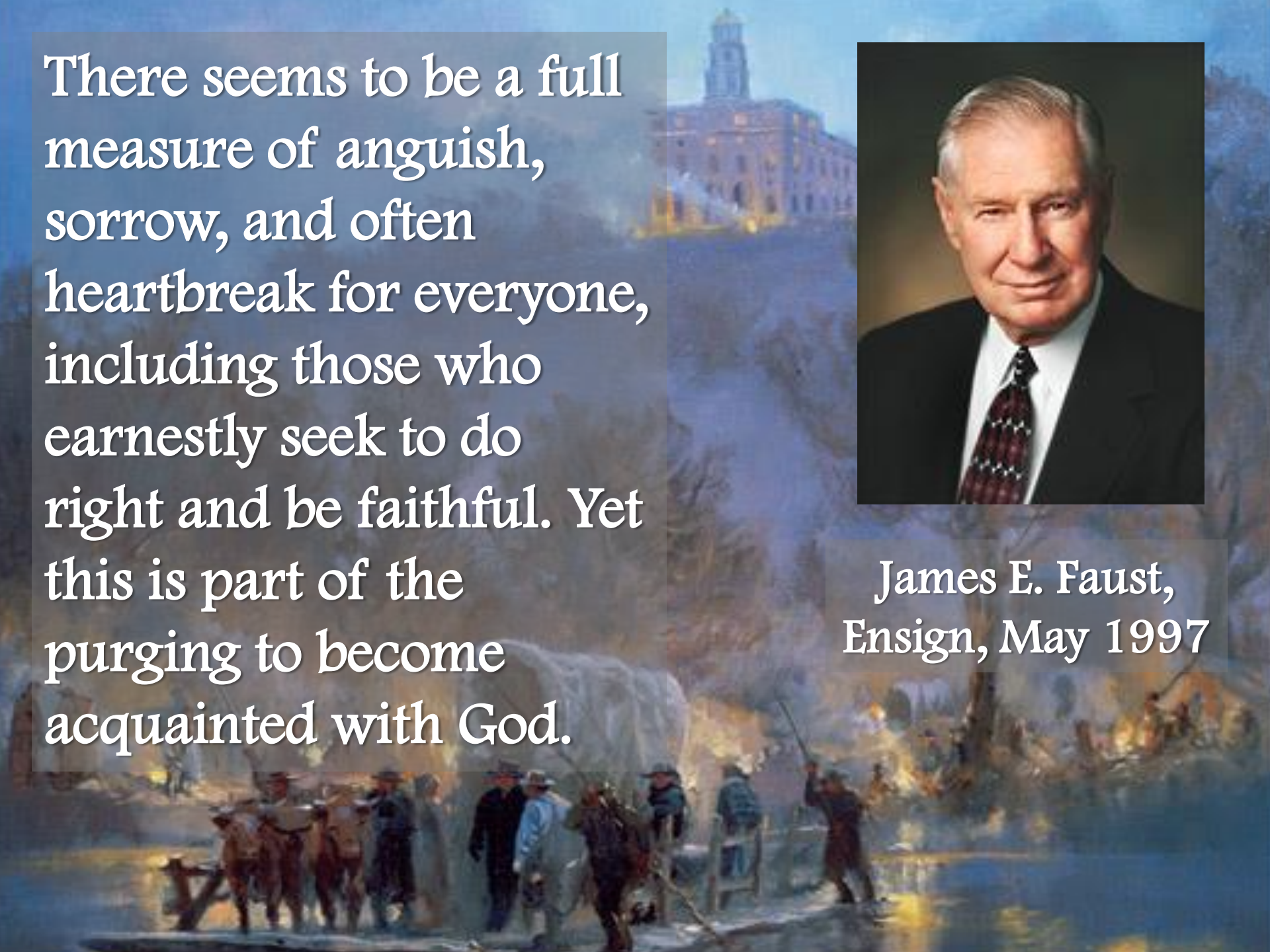
James E. Faust,  
Ensign, May 1997



There seems to be a full measure of anguish, sorrow, and often heartbreak for everyone, including those who earnestly seek to do right and be faithful. Yet this is part of the purging to become acquainted with God.



James E. Faust,  
Ensign, May 1997



A painting of Jesus in prayer, with a large tree trunk on the right side of the frame. The background is a deep teal color. The text is overlaid on a semi-transparent dark teal rectangle.

## Luke 22:42~44

42 Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done.

43 And there appeared an angel unto him from heaven, strengthening him.

44 And being in an agony he prayed more earnestly: and his sweat was as it were great drops of blood falling down to the ground.

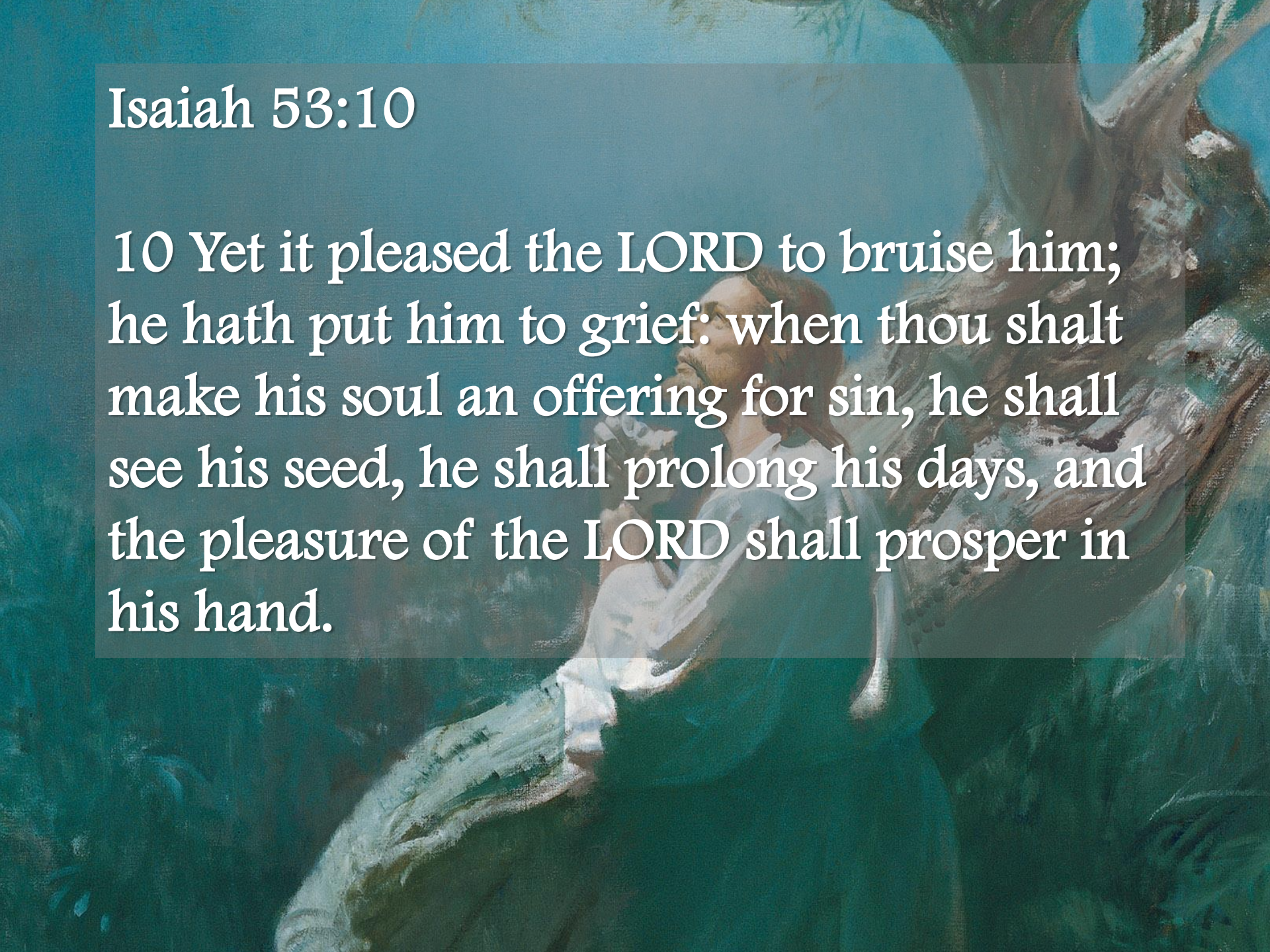
## Matthew 26:39, 42

39 And he went a little further, and fell on his face, and prayed, saying, O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt

42 He went away again the second time, and prayed, saying, O my Father, if this cup may not pass away from me, except I drink it, thy will be done.

## Isaiah 53:10

10 Yet it pleased the LORD to bruise him; he hath put him to grief: when thou shalt make his soul an offering for sin, he shall see his seed, he shall prolong his days, and the pleasure of the LORD shall prosper in his hand.





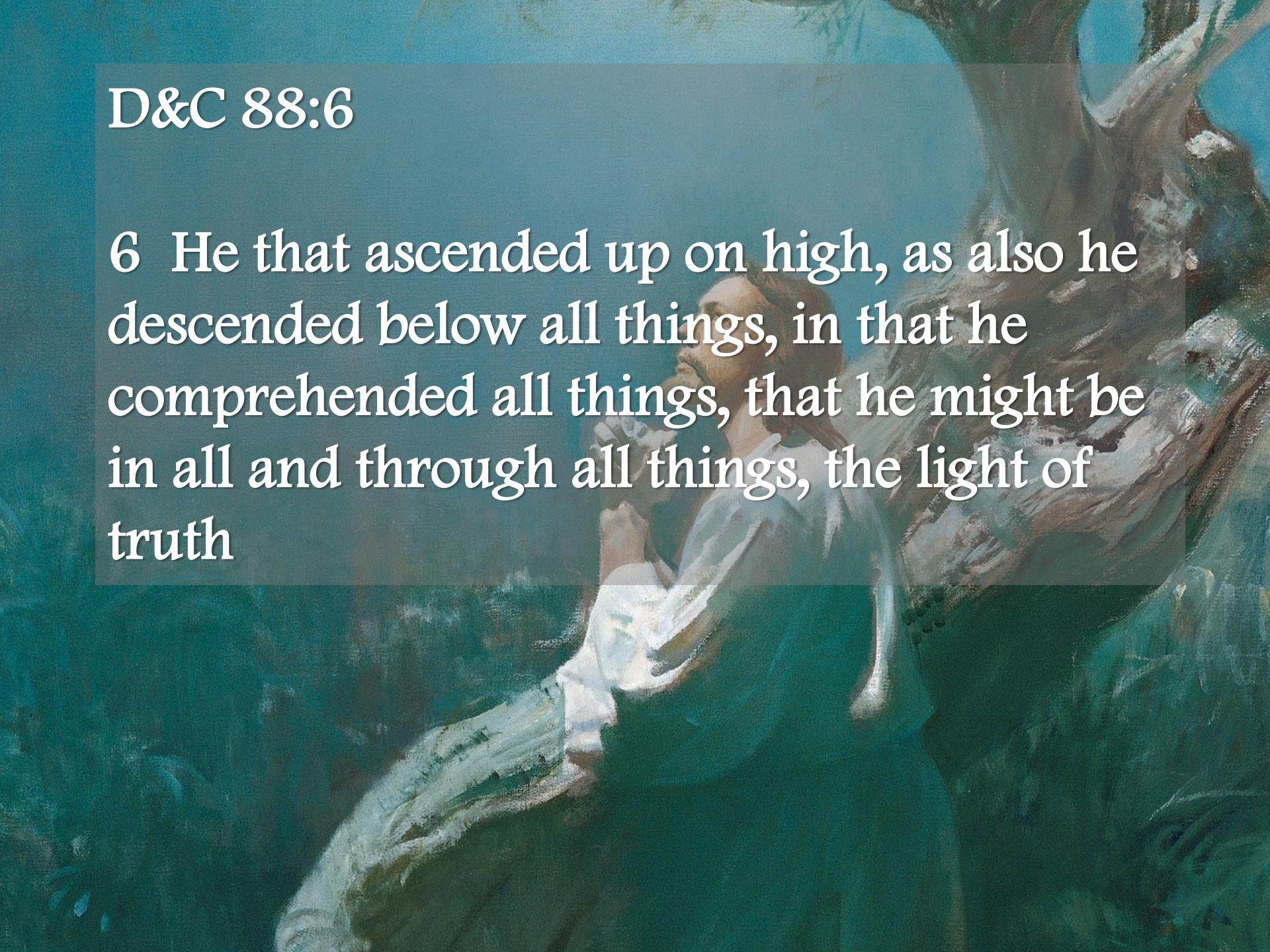
## Alma 7:11~12

11 And he shall go forth, suffering pains and afflictions and temptations of every kind; and this that the word might be fulfilled which saith he will take upon him the pains and the sicknesses of his people.

12... and he will take upon him their infirmities, that his bowels may be filled with mercy, according to the flesh, that he may know according to the flesh how to succor his people according to their infirmities.

D&C 88:6

6 He that ascended up on high, as also he descended below all things, in that he comprehended all things, that he might be in all and through all things, the light of truth



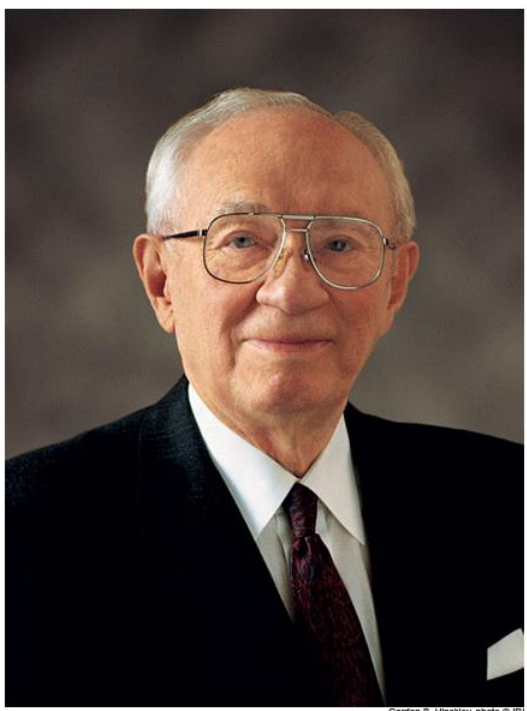


Neal A. Maxwell,  
*All These Things Shall  
Give Thee Experience, 29*

1. Some things happen to us because of our own mistakes
2. Still other trials and tribulations come to us merely as a part of living.
3. Other challenges that come to us even though we seem to be innocent... come to us because an omniscient Lord deliberately chooses to school us.



Principle #1 – Adversity is universal



Gordon B. Hinckley, photo © IRI

Gordon B. Hinckley,  
*CES Evening with a  
General Authority,*  
February 7, 2003

All of us have problems. We face them every day. How grateful I am that we have difficult things to wrestle with. They keep us young, if that is possible. They keep us alive. They keep us going. They keep us humble. They pull us down to our knees to ask God of Heaven for help in solving them. Be grateful for your problems, and know that somehow there will come a solution.



A woman in a purple robe and white headscarf is kneeling on the ground, looking up with an expression of hope or prayer. She has her right hand raised in a gesture of supplication. She is surrounded by a crowd of people, some of whom are wearing white robes, suggesting a religious or historical setting. The lighting is dramatic, highlighting the woman's face and the texture of her clothing.

Principle #2 – How we handle  
adversity is a choice

## 2 Nephi 2: 14~16

14 And now, my sons, I speak unto you these things for your profit and learning; for there is a God, and he hath created all things, both the heavens and the earth, and all things that in them are, both things to act and things to be acted upon



## 2 Nephi 2: 14~16

15 And to bring about his eternal purposes in the end of man, after he had created our first parents, and the beasts of the field and the fowls of the air, and in fine, all things which are created, it must needs be that there was an opposition; even the forbidden fruit in opposition to the tree of life; the one being sweet and the other bitter



## 2 Nephi 2: 14~16

16 Wherefore, the Lord God gave unto man that he should act for himself.

Wherefore, man could not act for himself save it should be that he was enticed by the one or the other.



Harold B. Lee, photo © Merrett Smith

Harold B. Lee  
June 23, 1954

The forbidden fruit was sweet, but the tree of life was bitter, and how like life that is. Sometimes the things that are best for us and the things that bring eternal rewards seem at the moment to be the most bitter, and the things forbidden are oft times the things which seem most desirable.



Your agency, the right to make choices, is not given so that you can get what you want. This divine gift is provided so that you will choose what your Father in Heaven wants for you

Richard G. Scott  
Ensign, May 1996



Richard G. Scott  
Ensign, May 1996


That way He can lead you to become all that He intends you to be. That path leads to glorious joy and happiness. Learn from inspiring individuals who have made peace with their challenges and live with joy amid adversity.

## 2 Nephi 2: 26~27

And the Messiah cometh in the fullness of time, that he may redeem the children of men from the fall. And because that they are redeemed from the fall they have become free forever, knowing good from evil; to act for themselves and not to be acted upon, save it be by the punishment of the law at the great and last day, according to the commandments which God hath given.

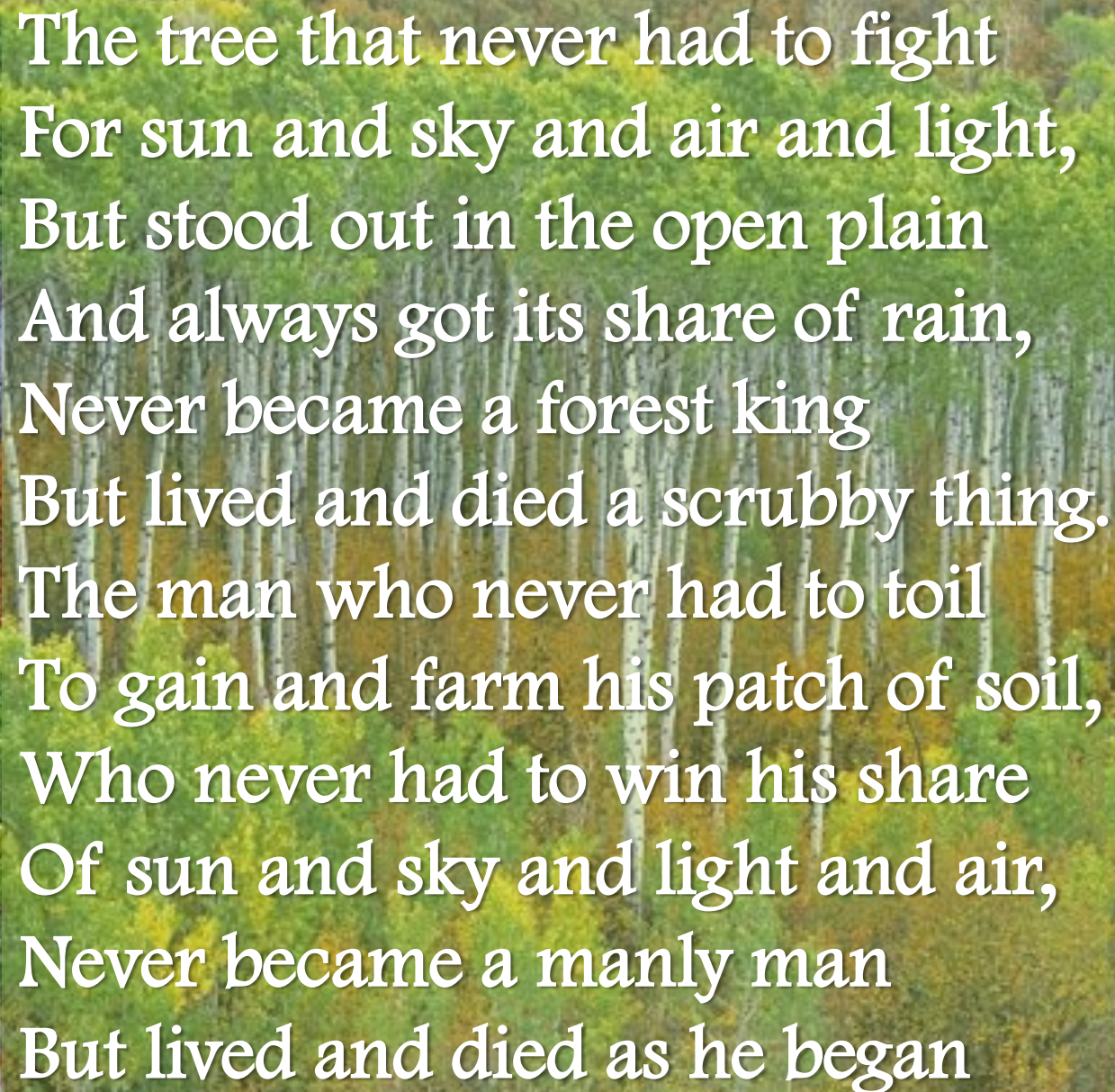
## 2 Nephi 2: 26~27

Wherefore, men are free according to the flesh; and all things are given them which are expedient unto man. And they are free to choose liberty and eternal life, through the great Mediator of all men, or to choose captivity and death, according to the captivity and power of the devil; for he seeketh that all men might be miserable like unto himself

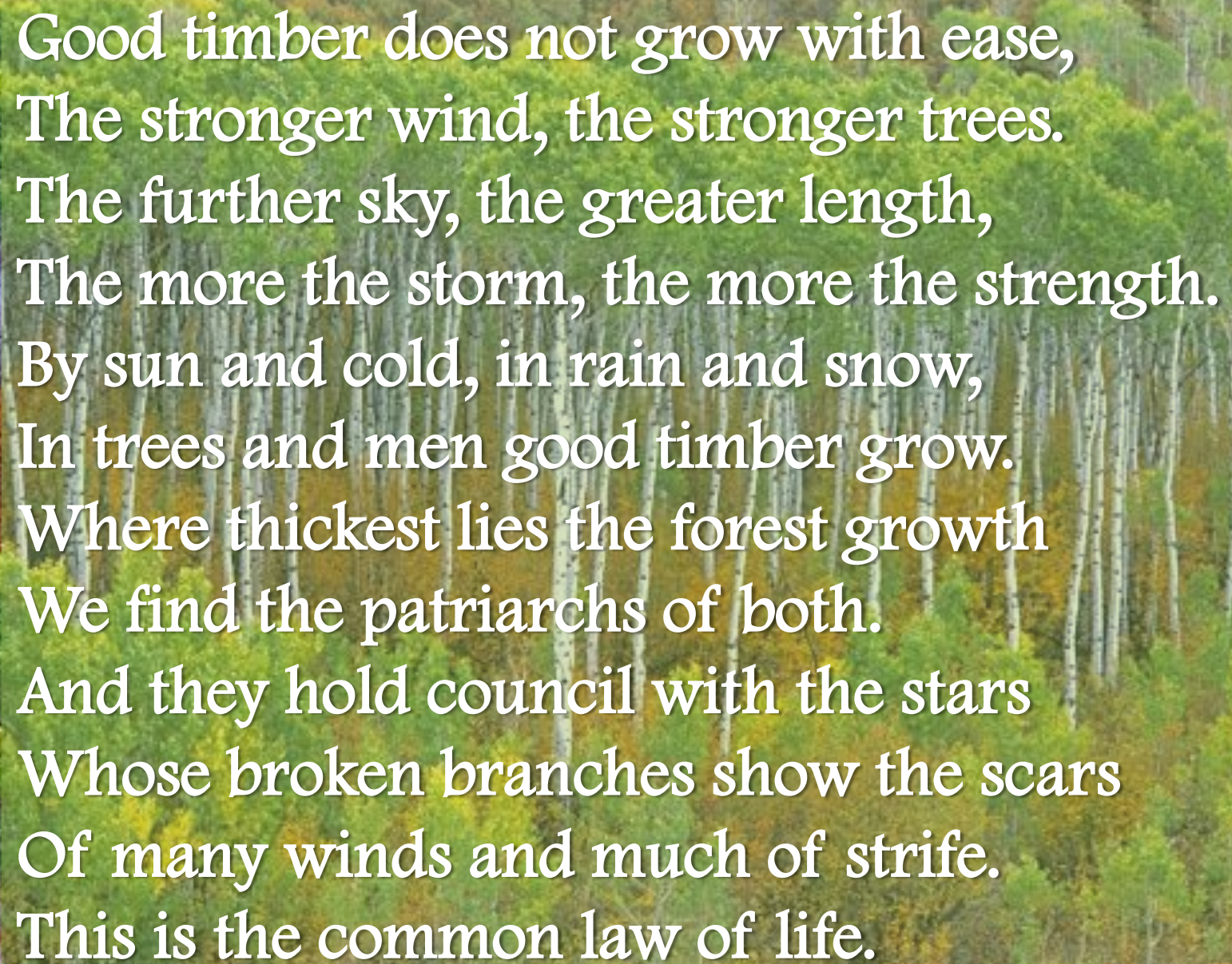
A woman in a purple robe and white headscarf is kneeling on the ground, looking up with an expression of prayer or supplication. Her right hand is raised in a gesture of reaching out. She is surrounded by several people in ancient, simple clothing. Some are standing around her, and one person in a white robe is partially visible on the right. The scene is set in a dimly lit, possibly outdoor or semi-outdoor, environment with a textured ground.

Principle #3 – Trials provide us the opposition needed in order for our spiritual muscles to grow





The tree that never had to fight  
For sun and sky and air and light,  
But stood out in the open plain  
And always got its share of rain,  
Never became a forest king  
But lived and died a scrubby thing.  
The man who never had to toil  
To gain and farm his patch of soil,  
Who never had to win his share  
Of sun and sky and light and air,  
Never became a manly man  
But lived and died as he began



Good timber does not grow with ease,  
The stronger wind, the stronger trees.  
The further sky, the greater length,  
The more the storm, the more the strength.  
By sun and cold, in rain and snow,  
In trees and men good timber grow.  
Where thickest lies the forest growth  
We find the patriarchs of both.  
And they hold council with the stars  
Whose broken branches show the scars  
Of many winds and much of strife.  
This is the common law of life.



Booker T. Washington

Success is measured not so much by the position that one has reached in life as much by the obstacles which he has overcome while trying to succeed.



Charles H. Spurgeon

A high character might be produced, I suppose, by continued prosperity, but it has very seldom been the case. Adversity, however it may appear to be our foe, is our true friend and after a little acquaintance with it, we receive it as a precious thing – the prophecy of a coming joy. It should be no ambition of ours to traverse a path without a thorn or stone

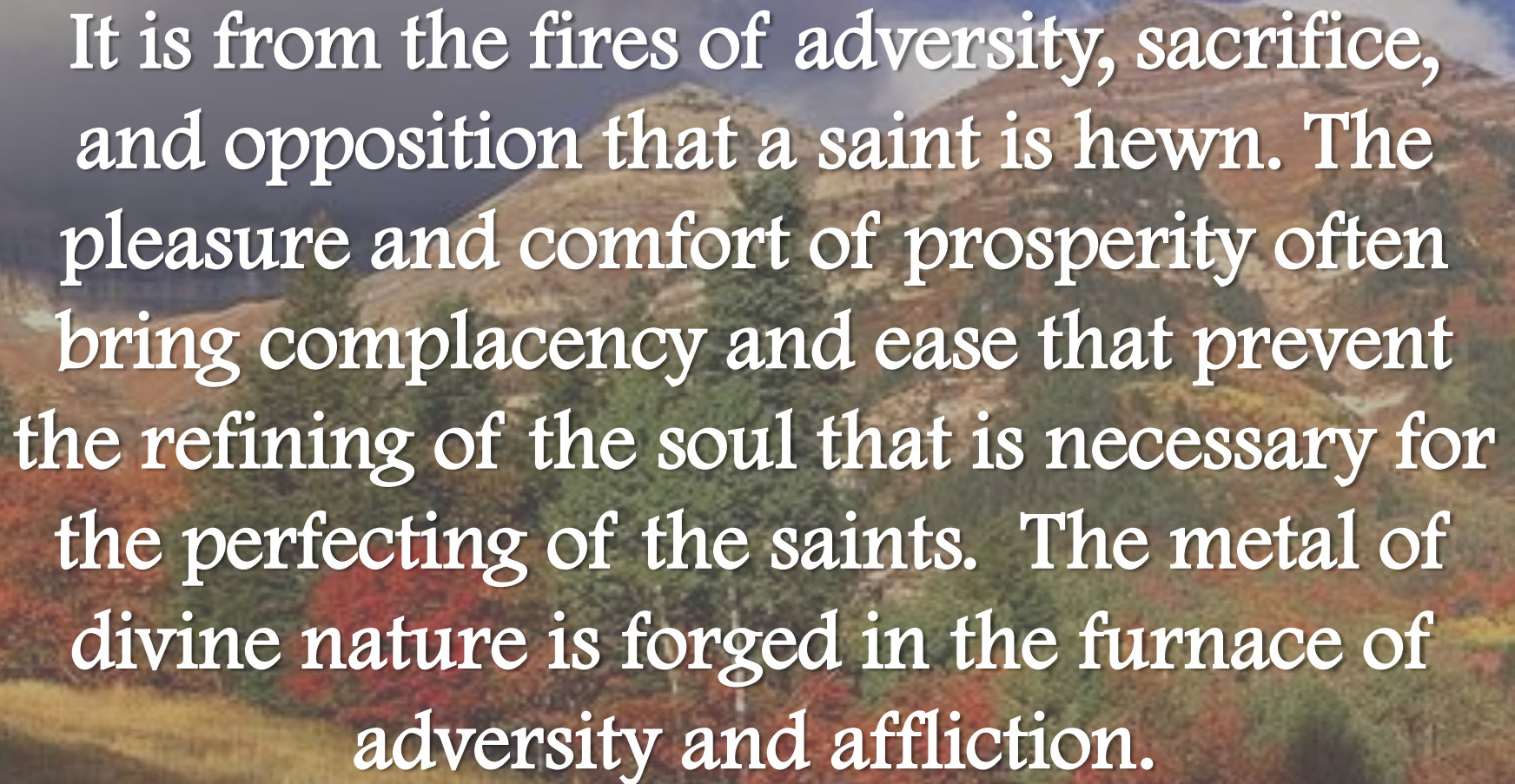


Neal A. Maxwell  
All These Things  
Shall Give Thee  
Experience, 26

The tests given us here are given not because God is in doubt of the outcome, but because we need to grow in order to be able to serve with full effectiveness in the eternity to come. Further, to be untested and unproven is also to be unaware of all that we are. If we are unknowing of our possibilities, with what could we safely be entrusted? Could we in ignorance of our capacities trust ourselves? Thus the relentless love of our Father in Heaven is such that in His omniscience, He will not permit the cutting short of some of the brief experiences we are having here. To do so would deprive us of everlasting experiences and joy there.

# James Buckham

Trials, temptations, disappointments – all these are helps instead of hindrances, if one uses them rightly. They not only test the fiber of character but strengthen it. Every conquered temptation represents a new fund of moral energy. Every trial endured and weathered in the right spirit makes a soul nobler and stronger than it was before.

A scenic landscape featuring a mountain range under a blue sky with light clouds. The foreground and middle ground are filled with trees displaying vibrant autumn foliage in shades of red, orange, and yellow. The overall atmosphere is serene and majestic.

It is from the fires of adversity, sacrifice, and opposition that a saint is hewn. The pleasure and comfort of prosperity often bring complacency and ease that prevent the refining of the soul that is necessary for the perfecting of the saints. The metal of divine nature is forged in the furnace of adversity and affliction.



Elaine Cannon

We all know that happiness isn't the absence of adversity and suffering; it is the presence of God. When such nice things come from such difficult struggles, we are almost coaxed to welcome adversity.





Principle #4 – Trials are to refine us to become as God



Neal A. Maxwell  
We Will Prove  
Them Herewith

Indeed, if our souls had rings, as do the trees, to measure the years of greatest personal growth, the wide rings would likely reflect the years of greatest moisture – but from tears, not rainfall.



Orson F. Whitney  
In Kimball, Faith  
Precedes the Miracle, 98

No pain that we suffer, no trial that we experience is wasted. It ministers to our education, to the development of such qualities as patience, faith, fortitude and humility.



Orson F. Whitney  
In Kimball, Faith  
Precedes the Miracle, 98

All that we suffer and all that we endure, especially when we endure it patiently, builds our characters, purifies our hearts, expands our souls, and makes us more tender and charitable, more worthy to be called the children of God...



Orson F. Whitney  
In Kimball, Faith  
Precedes the Miracle, 98

It is through suffering, toil  
and tribulation that we  
gain the education that we  
come here to acquire and  
which will make us like  
our Father and Mother in  
Heaven.



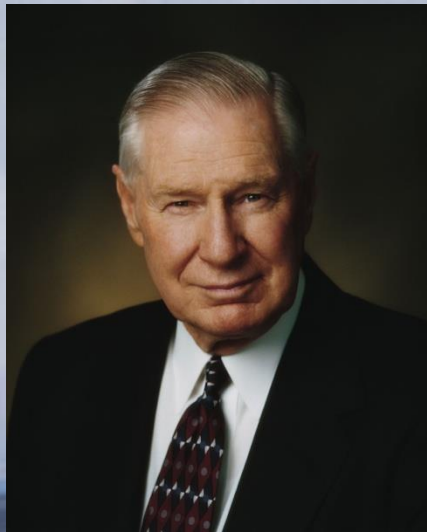
Principle #5 – To harvest the blessings,  
adversity must be endured well

## D&C 121:7~8

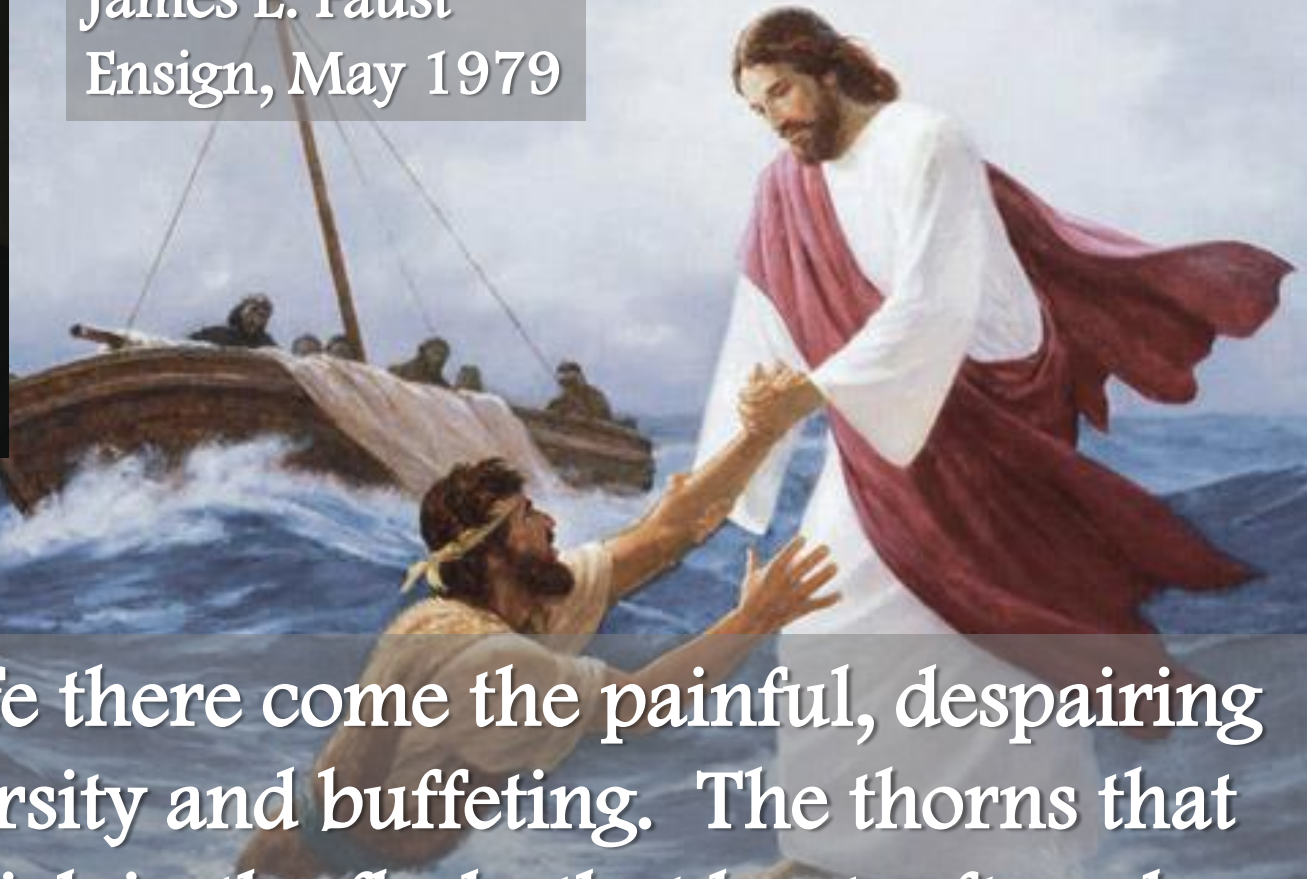
7 My son, peace be unto thy soul; thine adversity and thine afflictions shall be but a small moment

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



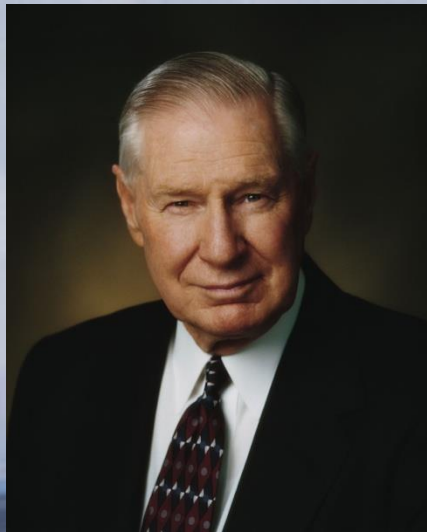


James E. Faust  
Ensign, May 1979

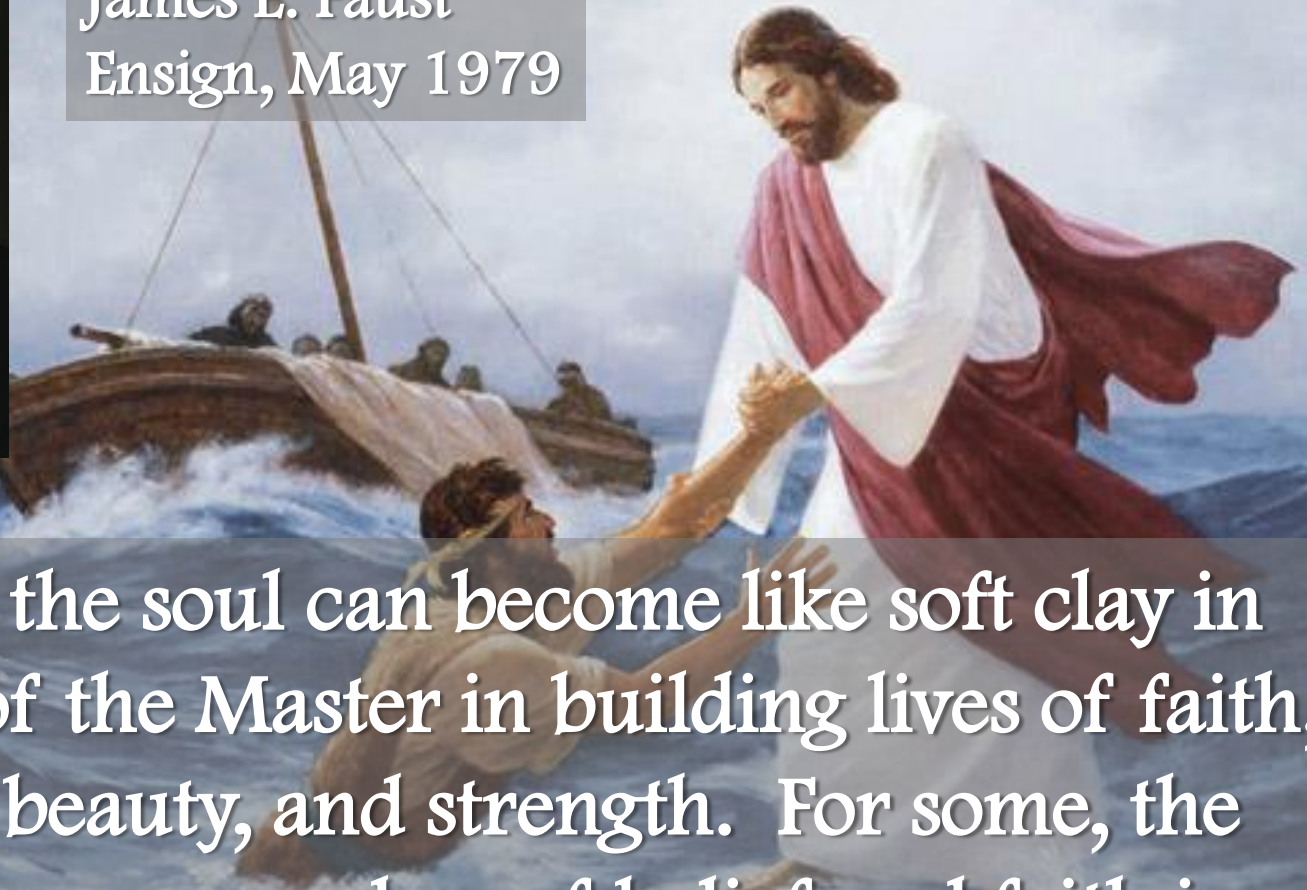


Into every life there come the painful, despairing days of adversity and buffeting. The thorns that prick, that stick in the flesh, that hurt, often change lives which seem robbed of significance and hope. This change comes about through a refining process which often seems cruel and hard.

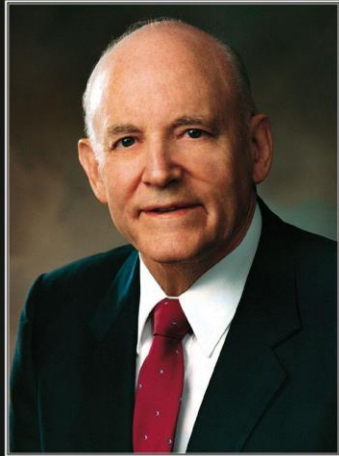




James E. Faust  
Ensign, May 1979



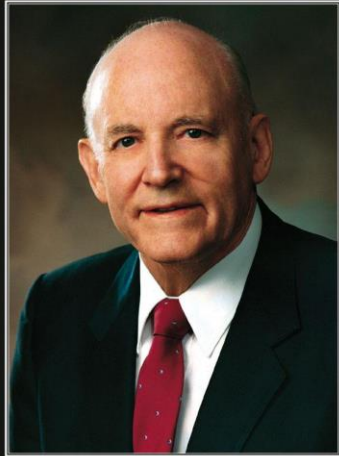
In this way the soul can become like soft clay in the hands of the Master in building lives of faith, usefulness, beauty, and strength. For some, the refiner's fire causes a loss of belief and faith in God, but those with eternal perspective understand that such refining is part of the perfection process.



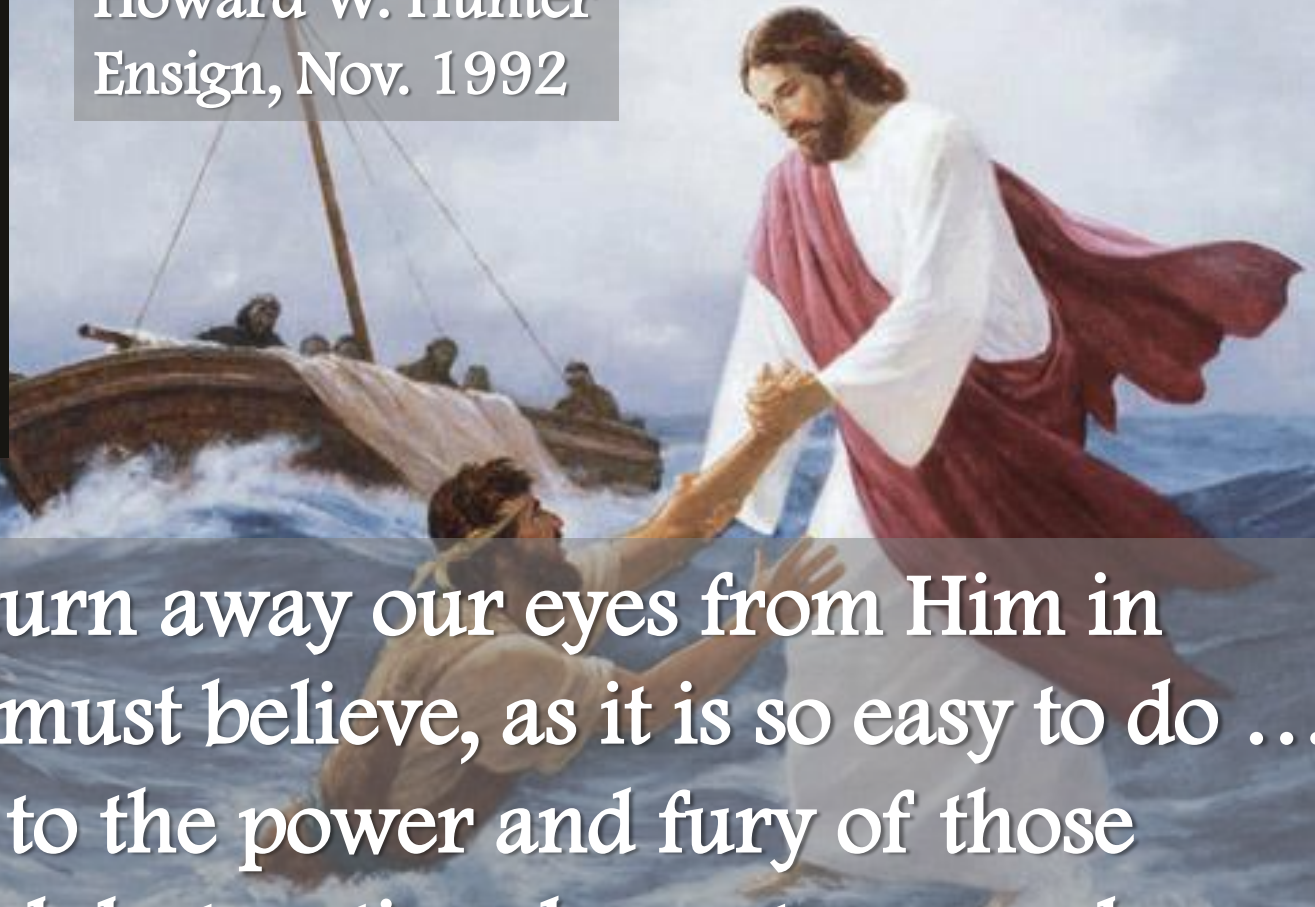
Howard W. Hunter  
Ensign, Nov 1992



It is my firm beliefs that if as individual people ... we could like Peter, fix our eyes on Jesus; we too might walk triumphantly over the swelling waves of disbelief and remain unterrified amid the rising winds of doubt.



Howard W. Hunter  
Ensign, Nov. 1992



But if we turn away our eyes from Him in whom we must believe, as it is so easy to do ... if we look to the power and fury of those terrible and destructive elements around us rather than to Him who can help and save us, then we shall inevitably sink in a sea of conflict and sorrow and despair.



## Revelation 7:9

After this I beheld, and, lo, a great multitude, which no man could number, of all nations, and kindreds, and people, and tongues, stood before the throne, and before the Lamb, clothed with white robes, and palms in their hands

A painting depicting a heavenly scene. In the center, a man with long brown hair and a beard, wearing a white robe with a red sash, stands with his arms outstretched. He is surrounded by a large group of angels, all dressed in white robes. Many of the angels are holding and playing golden trumpets. The background is a bright, hazy blue, suggesting a celestial or divine atmosphere. The overall style is reminiscent of classical religious art.

## Revelation 7:13~14

And one of the elders answered, saying unto me, What are these which are arrayed in white robes? and whence came they?... These are they which came out of great tribulation, and have washed their robes, and made them white in the blood of the Lamb.



## Revelation 7:15~16

Therefore are they before the throne of God, and serve him day and night in his temple: and he that sitteth on the throne shall dwell among them. They shall hunger no more, neither thirst any more; neither shall the sun light on them, nor any heat.



## Revelation 7:17

For the Lamb which is in the midst of the throne shall feed them, and shall lead them unto living fountains of waters: and God shall wipe away all tears from their eyes.



John 16:33

These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.





With a gentle voice and tender touch He taught with quiet power,  
And though he was but a carpenter we listened by the hour.  
And so it seemed a simple thing when He said, “Come Follow Me”.  
He fed us bread and healed our souls as we walked in Galilee.

But the journey became more  
difficult

As we went to Jerusalem.  
Many people didn't believe  
He could teach anything to  
them.

Then on that night of sorrow,  
When He asked us,  
“Watch with me”  
Our flesh was weak  
and we fell asleep  
as He faced Gethsemane





And when His journey led us to the Sanhedrin and on to Rome,  
The soldier's whip and the jeering crowd left us fearful; and Him alone.  
Then while He carried His heavy cross, we watched in agony;  
Surely we couldn't follow up the road to Calvary.



And yet when He had asked us,  
To come and follow Him,  
He knew the steps He would travel  
Would try the hearts of men.  
And so as we walk through  
sorrows  
Along the path His feet have trod;  
Remember that trials  
are stepping stones  
On the path to become as God.