

8. STUDY GOD'S PLAN OF HAPPINESS

"The fact that you are in mortality now assures us that you sustained the Father and the Savior. It took faith in Jesus Christ to sustain the plan of happiness and Jesus Christ's place in it when you knew so little of the challenges that you would face in mortality." -Henry B. Eyring (April 2019 Conference)

Before this life you chose to follow God's plan. Perhaps you can feel some of that faith as you study and reflect on His plan now. Ponder why the different parts of His plan are important to you and how they connect to Christ.

9. FOCUS ON THE SACRAMENT

"All of the ordinances invite us to increase our faith in Jesus Christ and to make and keep covenants with God. As we keep these sacred covenants, we receive priesthood power and blessings." -Neil L. Andersen (October 2013 Conference)

The sacrament is one of the ordinances. During the sacrament, really focus on the promises you made to God and those He made to you. You could try thinking of something you're doing well and something you could improve.

10. INVITE GOD'S PERSPECTIVE

"The Jaredites did not get into the barges because they knew exactly how things would work on their journey. They got aboard because they had learned to trust in the Lord's power, goodness, and mercy, and they were therefore willing to surrender themselves and any doubts or fears they may have had to the Lord." -L. Todd Budge (October 2019 Conference)

Acknowledge fears and doubts you have and invite God to help you keep going while you work to understand His perspective.

11. PONDER HOW FAITH HARMONIZES WITH OTHER PRINCIPLES

"It is our faith that unlocks the power of God in our lives. ... The Lord does not require perfect faith for us to have access to His perfect power. But He does ask us to believe." -Russell M. Nelson (April 2021 Conference)

Study and pray to know how faith, effort, agency, and priesthood power work together to help us understand, choose and do our part and allow God to do His part.

12. KEEP TRUSTING GOD'S WAY

"Sometimes, the truth may just seem too straightforward, too plain, and too simple for us to fully appreciate its great value. So we set aside what we have experienced and know to be true in pursuit of more mysterious or complicated information." -Dieter F. Uchtdorf (October 2015 Conference)

Instead of trying to find something different to try, keep trusting that God's methods will work.

13. DEVELOP A WILLINGNESS TO ACT ON GOD'S ANSWERS

"Internalize the truth that the Atonement of Jesus Christ applies to you. He took upon Himself your misery, your mistakes, your weakness, and your sins. He paid the compensatory price and provided the power for you to move every mountain you will ever face. You obtain that power with your faith, trust, and willingness to follow Him." -Russell M. Nelson (April 2021 Conference)

As you pray, remind Heavenly Father and yourself that you are willing to do what He asks you to do. If you're not sure that is true, you could start by saying that you want to be willing to do what He asks. You can ask for His help to increase that desire and belief that you will be capable of doing what He asks. Draw strength from what Christ has already done for you and what He promises He will still do. And remember that after Heavenly Father has given you some guidance, you don't have to do it alone, you can ask for His help along the way. He has promised to strengthen and help you. Look for the help and support He is offering and giving.

14. REMEMBER SPIRITUAL EXPERIENCES

"When faced with questions or tempted to doubt, we should remember the spiritual blessings and feelings that have penetrated our hearts and lives in the past and place our faith in Heavenly Father and His Son, Jesus Christ. I am reminded of the counsel given in a familiar hymn: 'Doubt not the Lord nor his goodness [for] we've proved him in days that are past' (see hymn 19). To ignore and discount past spiritual experiences will distance us from God. Our quest for light will be enhanced by our willingness to recognize when it shines in our lives." -Vern P. Stanfill (October 2015 Conference)

Ponder experiences in your life that have strengthened your testimony of different principles of the gospel. Record them in a way you can find them and feel their power as you remember or share them.