

Excerpt by [Russell M. Nelson](#) (April 2022 Conference):

My dear brothers and sisters, I love you. I cherish this opportunity to speak with you today. I pray daily that you will be protected from the fierce attacks of the adversary and have the strength to push forward through whatever challenges you face.

Some trials are deeply private **burdens no one else can see**. Others are played out on the world stage. The armed conflict in eastern Europe is one of these. I have been to Ukraine and Russia many times. I love those lands, the people, and their languages. **I weep and pray for all who are affected** by this conflict. As a church we're doing all we can to help those who are suffering and struggling to survive. We invite everyone to continue to **fast and pray** for all the people being hurt by this calamity. **Any war is a horrifying violation of everything the Lord Jesus Christ stands for and teaches.**

None of us can control nations or the actions of others or even members of our own families. But **we can control ourselves**. My call today, dear brothers and sisters, is to end conflicts that are raging in *your* heart, *your* home, and *your* life. **Bury any and all inclinations to hurt others**—whether those inclinations be a temper, a sharp tongue, or a resentment for someone who has hurt you. The Savior commanded us to **turn the other cheek**,<sup>1</sup> to love our enemies, and to pray for those who spitefully use us.<sup>2</sup>

**It can be painfully difficult to let go** of anger that feels so justified. **It can seem impossible** to forgive those whose destructive actions have hurt the innocent. And yet, the Savior admonished us to “forgive all men.”<sup>3</sup>

We are followers of the **Prince of Peace**. Now more than ever, we need the peace only He can bring. How can we expect peace to exist in the world when we are not *individually* seeking peace and harmony? Brothers and sisters, I know what I'm suggesting is not easy. But followers of Jesus Christ should set the example for all the world to follow. I plead with you to do all you can to end *personal* conflicts that are currently raging in your hearts and in your lives.