

LESSON

8



Will you actively look for opportunities to build the faith of others?



This pattern defined the Savior's ministry. He turned ordinary encounters with people into extraordinary moments of healing, encouragement, and transformation. To Jesus, these people were not interrupting His mission. They were His mission. (Timothy L. Farnes, "Divine Appointments," Oct. 2026).

Will you refuse to allow others—whether intentional or accidental—to weaken your testimony or drive you away from the Church?



Likewise, pay attention to the dim and dampening feelings that lead away from the Redeemer and His infinite love. (Patrick Kearon, “Jesus Lives to Lift,” Oct. 2026).

Will you build your testimony firmly on Jesus Christ, rather than other members or leaders?



We all have present or future concerns or struggles we are trying to overcome. Those may include questions or doubts. Whatever they are, the way to overcome them is to get closer to our Savior, Jesus Christ. (Dallin H. Oaks, “The Gospel of Jesus Christ Is for All,” Oct. 2026)

GOSPEL TRUTH

Choose to fellowship and “work out” with people who strengthen your faith rather than weaken it.

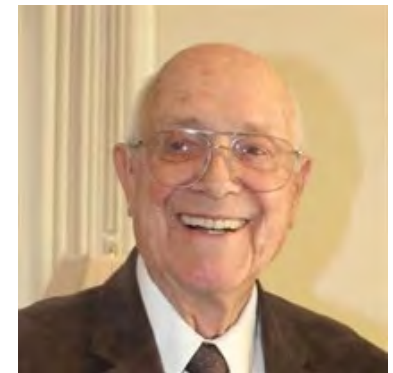


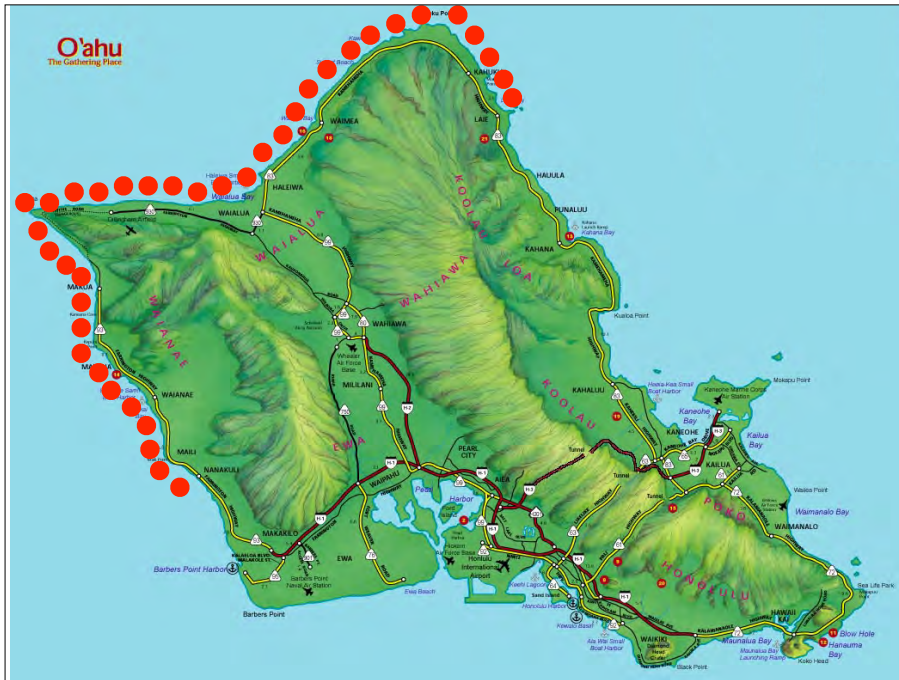
To earn the Amos Alonzo Stagg medal the Boy Scout had to hike 50 miles in less than 20 hours.



Joe Ahuna,
Assistant Scoutmaster

O. Pat Barney,
Scoutmaster







Ka'ena Point



Ka'ena Point



Ka'ena Point



Waialua



Waialua



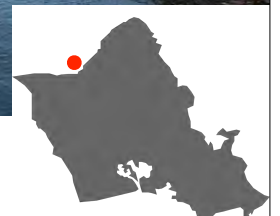
Waialua Sugar Mill (1865 to 1996)



Hale'iwa



Hale'iwa





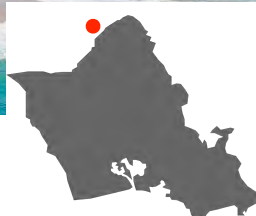
Hale'iwa



Waimea Bay



Sunset Beach



Kahuku





Lā'ie



LET'S TALK ABOUT IT

Think about the people who have influenced your life. Who has strengthened your faith? Who encouraged you when you were struggling? Who helped you through adversity? Who has demonstrated Christlike behavior to you?

GOSPEL TRUTH

We have a responsibility to strengthen the faith of the people around us.



“And it came to pass that he said unto them: Behold, here are the waters of Mormon (for thus were they called) and now, as ye are desirous to come into the fold of God, and to be called his people, and are willing to **bear** one another's burdens, that they may be light” (Mosiah 18:8).

“Yea, and are willing to **mourn** with those that mourn; yea, and **comfort** those that stand in need of comfort, and to **stand** as witnesses of God at all times and in all things, and in all places that ye may be in, even until death, that ye may be redeemed of God, and be **numbered** with those of the first resurrection, that ye may have eternal life” (Mosiah 18:9).

“And he commanded them that there should be **no contention** one with another...having their hearts **knit together in unity and in love one towards another**”
(Mosiah 18:21).



LET'S TALK ABOUT IT

How do you build the faith of other people so that our hearts are “knit together in unity and in love one towards another”?

GOSPEL TRUTH

We should never intentionally destroy another person's faith. And when our own faith is challenged, we should be prepared to stand firmly on what we know to be true.





Korihor

“...he was **Anti-Christ**, for he began to **preach unto the people against the prophecies which had been spoken by the prophets**, concerning the coming of Christ” (Alma 30:6).

Korihor

Korihor

“Why do ye look for a Christ?
For no man can know of anything which is to come”
(Alma 30:13)

Korihor

“...**ye cannot know of things which ye do not see**; therefore ye cannot know that there shall be a Christ” (Alma 30:15).

Korihor

“...and this **derangement** of your minds comes because of the **traditions** of your fathers...”
(Alma 30:16)

Korihor

“...telling them that there could be **no atonement** made for the sins of men... **every man prospered according to his genius**, and that every man conquered according to **his strength**; and whatsoever a man did was no crime. (Alma 30:17)

Korihor

“...**leading away the hearts of many**, causing them to lift up their heads in their wickedness...telling them that when a man was dead, that was the end thereof” (Alma 30:18).

Korihor

“And now Korihor said unto Alma: If thou wilt **show me a sign**, that I may be convinced that there is a God, yea, show unto me that he hath power, and then will I be convinced of the truth of thy words” (Alma 30:43).



LET'S TALK ABOUT IT

Open to Alma 30:22, 29, 32–49, 55
How did Alma respond? What can we learn from Alma's example?

Sherem



Sherem

“And it came to pass that he began to preach among the people, and to declare unto them that there should be **no Christ**. And he preached many things which were **flattering** unto the people; and this he did that he might **overthrow the doctrine of Christ**” (Jacob 7:2).

Sherem

“And he labored diligently that **he might lead away the hearts of the people**, insomuch that he did lead away many hearts; and he knowing that I, Jacob, had faith in Christ who should come, he sought much opportunity that he might come unto me” (Jacob 7:3).

Sherem

“And he had hope to **shake me** from the faith, notwithstanding the many revelations and the many things which I had seen...” (Jacob 7:5).



LET'S TALK ABOUT IT

Open to Jacob 7:5–13. How did Jacob overcome Sherem? What can you apply from Jacob's example when your faith is challenged today?

Nehor



Nehor

“And it came to pass that in the first year of the reign of Alma in the judgment-seat, there was a man brought before him to be judged, a man who was **large**, and was noted for his much **strength**” (Alma 1:2).

Nehor

“And he had gone about among the people, preaching to them that **which he termed** to be the word of God, **bearing down against the church**; declaring unto the people that every priest and teacher ought to become **popular**; and they ought **not to labor** with their hands, but that they ought to be **supported** by the people” (Alma 1:3).

Nehor

“And he also testified unto the people that all mankind should be saved at the last day, and that they **need not fear** nor tremble, but that they might **lift up their heads** and rejoice; for the Lord had created all men, and had also redeemed all men; and, in the end, **all men should have eternal life**” (Alma 1:4).

Nehor

“...he did teach these things so much that many did believe on his words, even so many that they began to **support him and give him money**” (Alma 1:5).

Nehor

“And he began to be lifted up in the **pride** of his heart, and to wear very **costly apparel**, yea, and even began to establish a **church** after the manner of **his preaching**” (Alma 1:6).



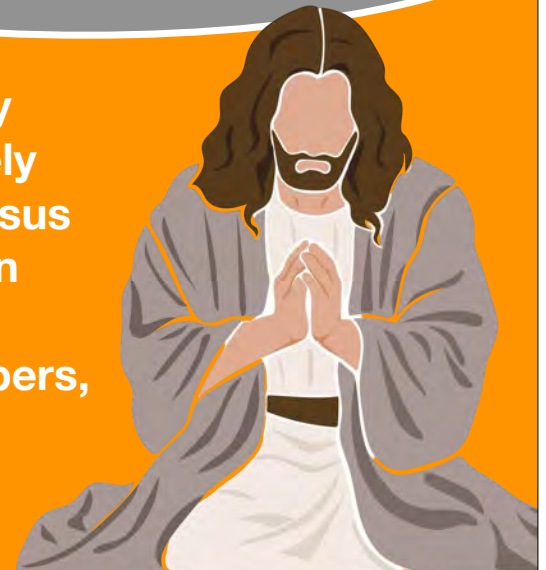
LET'S TALK ABOUT IT

Open to Alma 1:11–14.

What warning does Nehor give us about teachings that sound good but pull us away from Christ?

GOSPEL TRUTH

Our testimony must ultimately be built on Jesus Christ—not on the lives of Church members, leaders, or anyone else.



Over the years, however, I detected a common theme in many of the answers to my questions. Frequently responses like these were given: “Several years ago a man said something in Sunday School that offended me, and I have not been back since.” “No one in this branch greeted or reached out to me. I felt like an outsider. I was hurt by the unfriendliness of this branch.” “I did not agree with the counsel the bishop gave me. I will not step foot in that building again as long as he is serving in that position.” (David A. Bednar, “And Nothing Shall Offend Them,” October 2006)

:37

1/4



And then I would say something like this. “Let me make sure I understand what has happened to you. Because someone at church offended you, you have not been blessed by the ordinance of the sacrament. You have withdrawn yourself from the constant companionship of the Holy Ghost. Because someone at church offended you, you have cut yourself off from priesthood ordinances and the holy temple. You have discontinued your opportunity to serve others and to learn and grow. And you are leaving barriers that will impede the spiritual progress of your children, your children’s children, and the generations that will follow.” Many times people would think for a moment and then respond: “I have never thought about it that way.” (David A. Bednar,” October 2006)

:49

2/4



When we believe or say we have been offended, we usually mean we feel insulted, mistreated, snubbed, or disrespected. And certainly clumsy, embarrassing, unprincipled, and mean-spirited things do occur in our interactions with other people that would allow us to take offense. However, it ultimately is impossible for another person to offend you or to offend me. Indeed, believing that another person offended us is fundamentally false. To be offended is a choice we make; it is not a condition inflicted or imposed upon us by someone or something else. (David A. Bednar, "And Nothing Shall Offend Them," October 2006)

3/4



If a person says or does something that we consider offensive, our first obligation is to refuse to take offense and then communicate privately, honestly, and directly with that individual. Such an approach invites inspiration from the Holy Ghost and permits misperceptions to be clarified and true intent to be understood. (David A. Bednar, "And Nothing Shall Offend Them," October 2006)

4/4



LET'S TALK ABOUT IT

What are some things you have done when you were offended or hurt by a Church member or leader?



TO DO

HOMEWORK ASSIGNMENTS



WEEK 8 CHALLENGE

(1) Will you actively look for opportunities to build the faith of others? (2) Will you refuse to allow others—whether intentional or accidental—to weaken your testimony or drive you away from the Church? (3) Will you build your testimony firmly on Jesus Christ, rather than other members or leaders?

VISIT
www.iloveinstitute.com

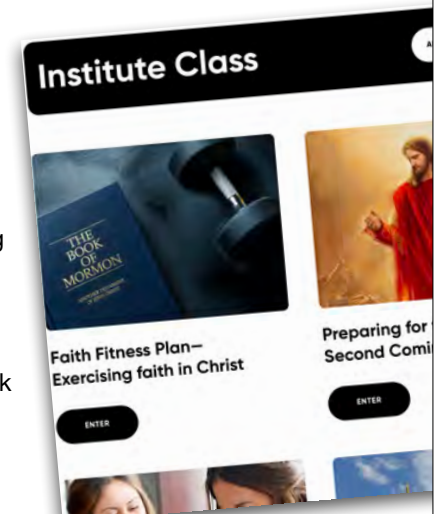
> Listen to recordings

> Download handouts

> View these classes:

- Faith Fitness Plan
- Preparing for the Second Coming
- Understanding your endowment
- Principles of personal revelation
- Avoiding a faith crisis
- Book of Mormon—your handbook

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READINGS

- Dallin H. Oaks, “The Gospel of Jesus Christ Is for All,” Oct. 2026
- David A. Bednar, “And Nothing Shall Offend Them,” Oct. 2006
- Patrick Kearon, “Jesus Lives to Lift,” Oct. 2026
- Timothy L. Farnes, “Divine Appointments,” Oct. 2026



NEXT CLASS: OCT. 15

Service Builds Faith

In Lesson 9, we'll talk about Strength Through Service. What does service have to do with faith? How does serving others make your faith stronger?

FAITH FITNESS CLASS REVIEWS



LESSON



Faith Fitness Basics



Will you exercise faith by moving forward and taking righteous action without a perfect knowledge of the outcome, trusting in Jesus Christ, hoping for things not seen but true and good, and remaining strong and faithful through the trials of life?

LESSON



Master Trainer

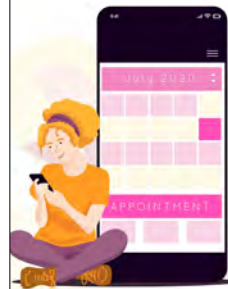


Will you identify one fear, burden, temptation, habit, or unanswered question that you have been carrying? Will you consciously place it in the Savior's hands and act in faith according to His teachings?

LESSON



Faith Training Plan



Will you use the “faith formula” in Alma 32, choose a gospel topic where you would like to strengthen your faith and follow the five steps: PREPARE your heart; PRACTICE faith; PLANT a seed; PROVIDE nutrition; PROCURE the results?

LESSON

04

Resistance Training



When adversity comes, will you choose faith in Jesus Christ instead of abandoning hope and giving in to despair? Will you build a “reservoir of faith” so you can withstand anything and everything that comes your way?

LESSON

05

Faith Training Manual

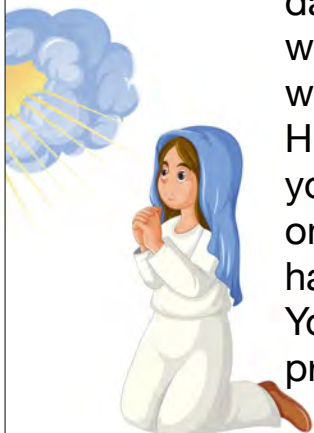


When you want to strengthen your faith in Jesus Christ or when you feel your faith is weakening, will you turn to the scriptures and words of the prophets and apostles for answers and liken those holy words to your situation?

LESSON

06

Praying to your Coach



Will you talk to your Coach every day? Will you tell Him honestly where your faith is strong and where it is weak? Will you ask Him to strengthen your faith? Will you listen—and be willing to act on what He tells you? (You don't have to have great faith to start. You just have to be willing to pray with the faith you have.)

LESSON

07

Divine Answers



Will you listen to the still, small voice, learn to recognize how it speaks to your mind and heart, follow its guidance one step at a time, and act on the good it teaches you—knowing that it will strengthen your faith in Jesus Christ?

Building Others



(1) Will you actively look for opportunities to build the faith of others? (2) Will you refuse to allow others—whether intentional or accidental—to weaken your testimony or drive you away from the Church? (3) Will you build your testimony firmly on Jesus Christ, rather than other members or leaders?