

LESSON

4



Today we are going to talk about how to remain faithful to Christ when adversity strikes.



ADVERSITY: difficulty, misfortune, trouble, hardship, distress, disaster, suffering, affliction, sorrow, misery, tribulation, pain, trauma, accident, upset, setback, crisis, catastrophe, tragedy, calamity, trial, cross, burden, blow, hard times, trials, tribulations.

Adversity can
affect all facets of
your life...

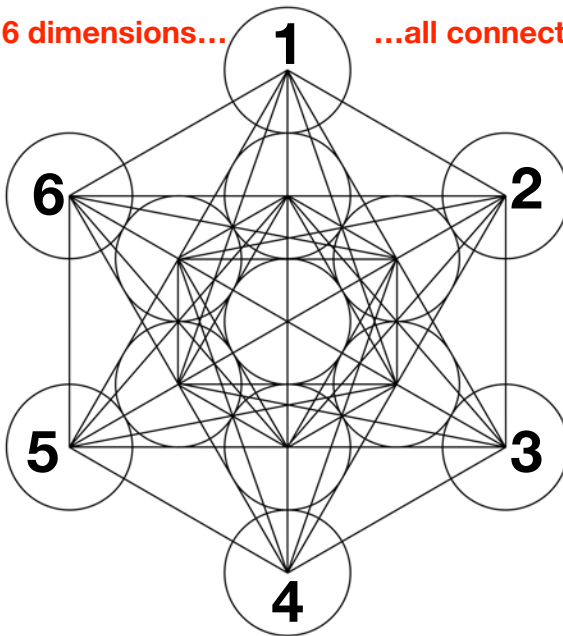


Dimensions of Your Life



Spiritual
Physical
Intellectual
Emotional
Social
Financial
SPIES-F

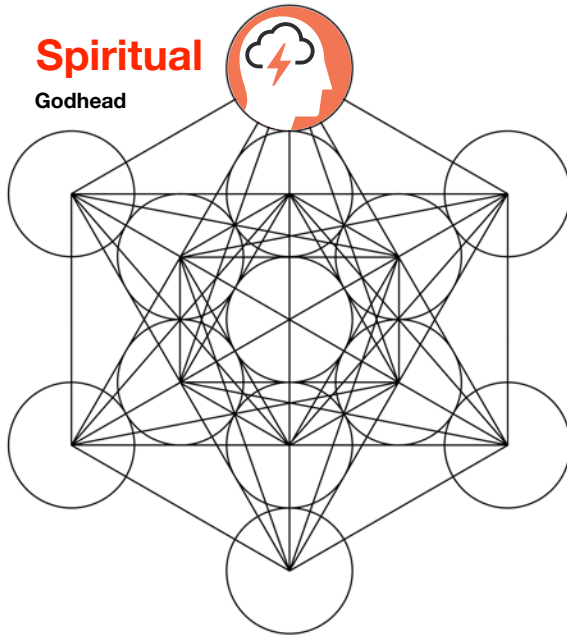
There are 6 dimensions... ...all connected



EXAMPLES

Spiritual

Godhead



SPIRITUAL

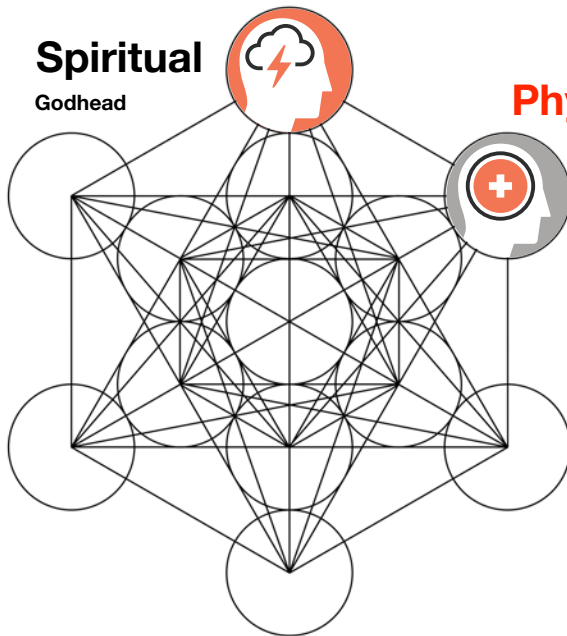
You discover troubling things about Joseph Smith. Would knowing these things shake your faith in the restored Church?

Spiritual

Godhead

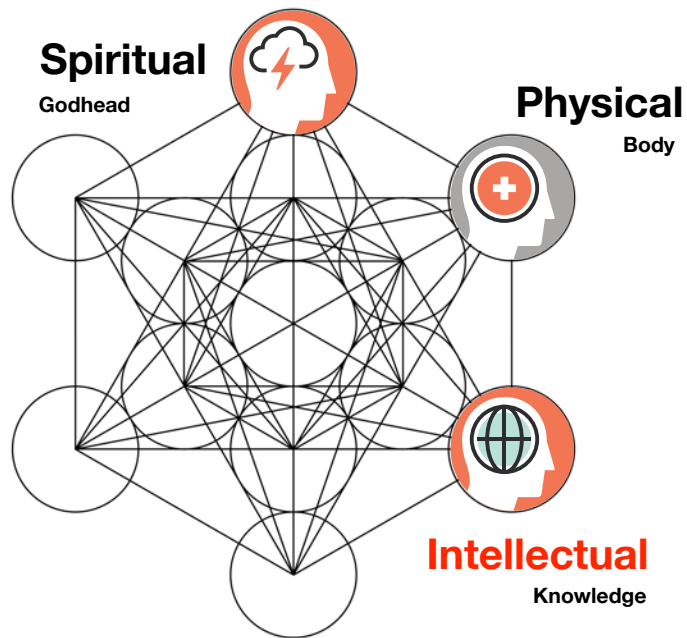
Physical

Body



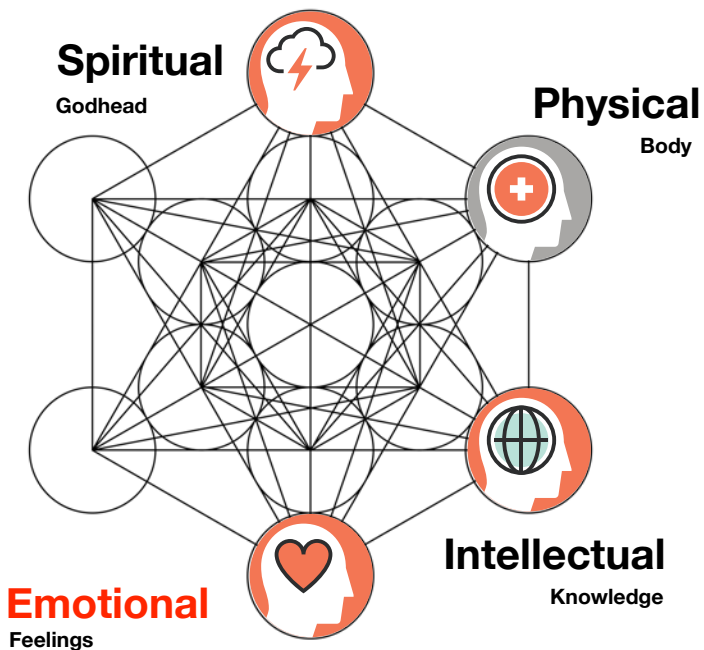
PHYSICAL

When you were 13, you lost your eye at a Church-sponsored camp. Would this event shake your faith in God?



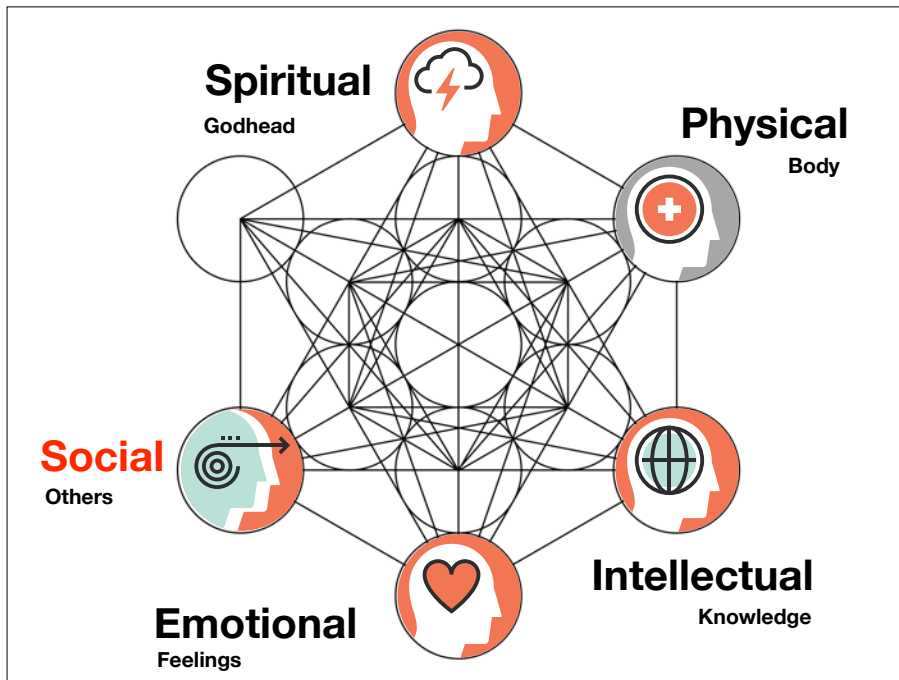
INTELLECTUAL

Your child is born with Down syndrome. Would you have faith that this child is part of God's plan for your family?



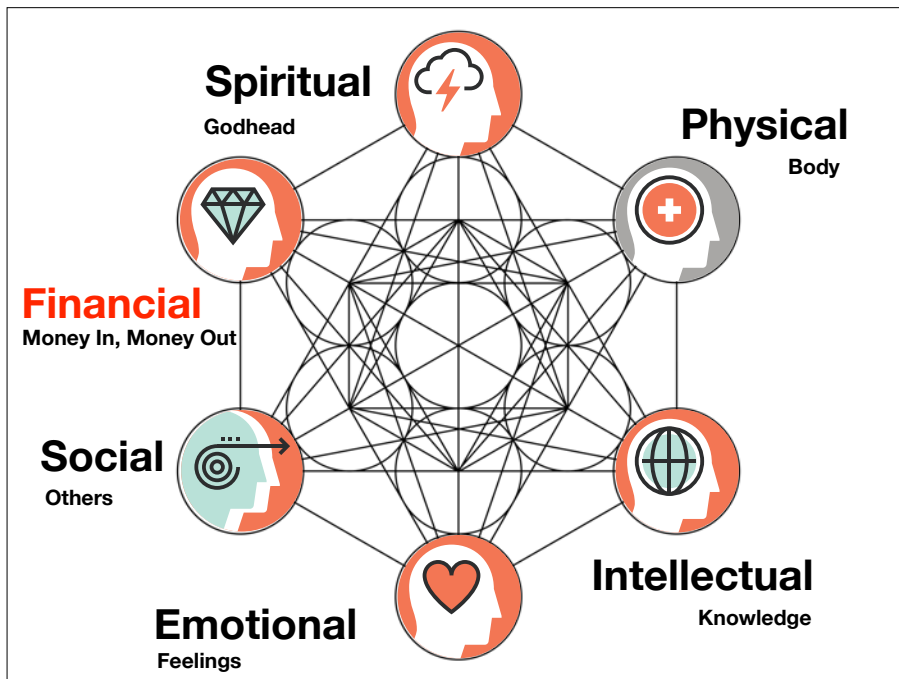
EMOTIONAL

You are diagnosed with Major Depressive Disorder. How do you remain faithful to Jesus Christ when you feel miserable?



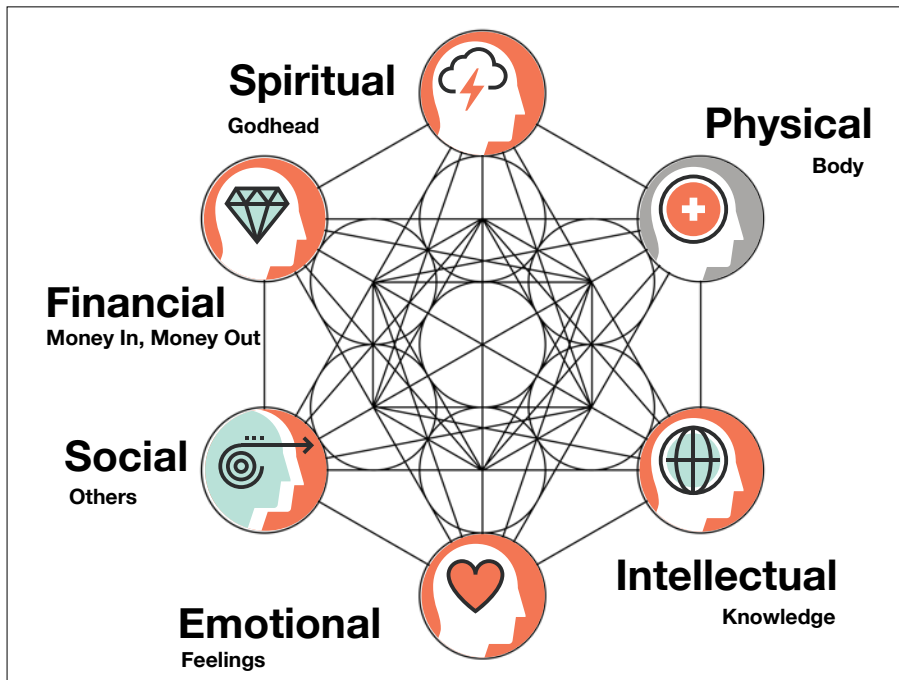
SOCIAL

People at church are rude to you, and you feel like you have no friends. Why remain faithful when other members are unkind?



FINANCIAL

You pay your tithing, but you are broke. How do you continue to have faith in God's promise to open the windows of heaven?



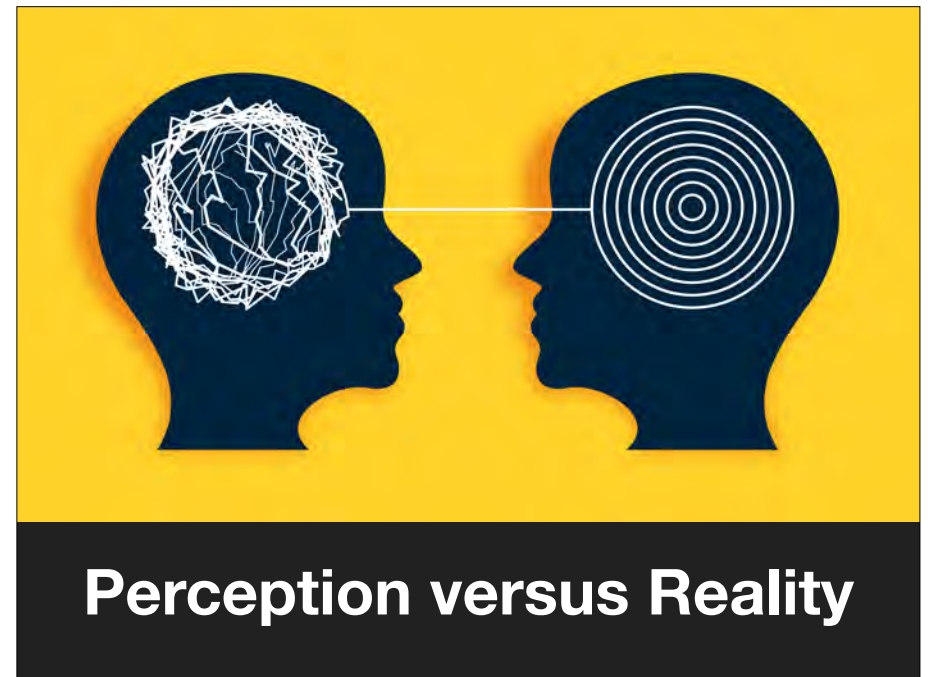
Today we are going to do some
“case studies” about real-life
adversities in your life.



Write down one adversity.

It can be something from your **past**. Something happening to you right **now**. Something you fear about the **future**.

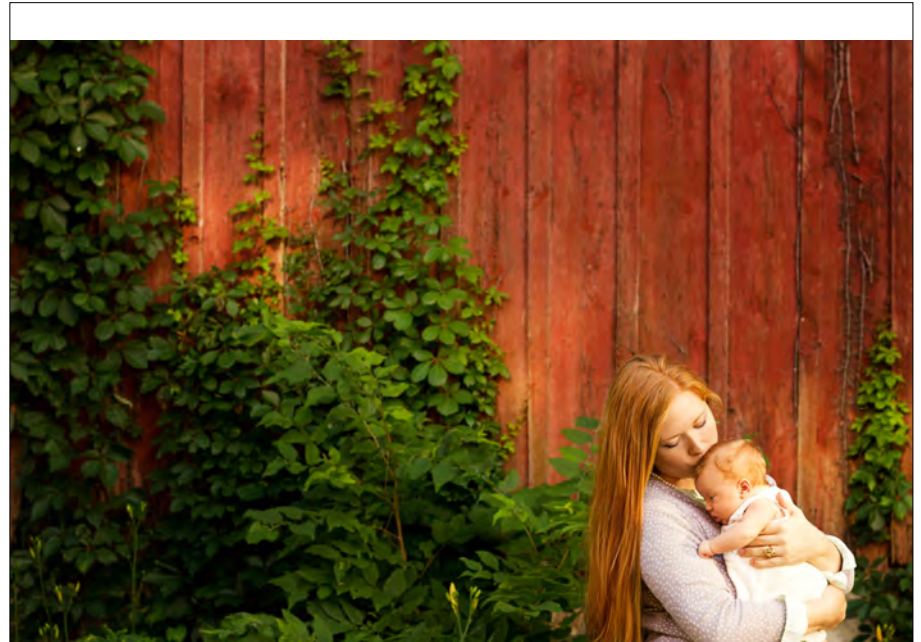
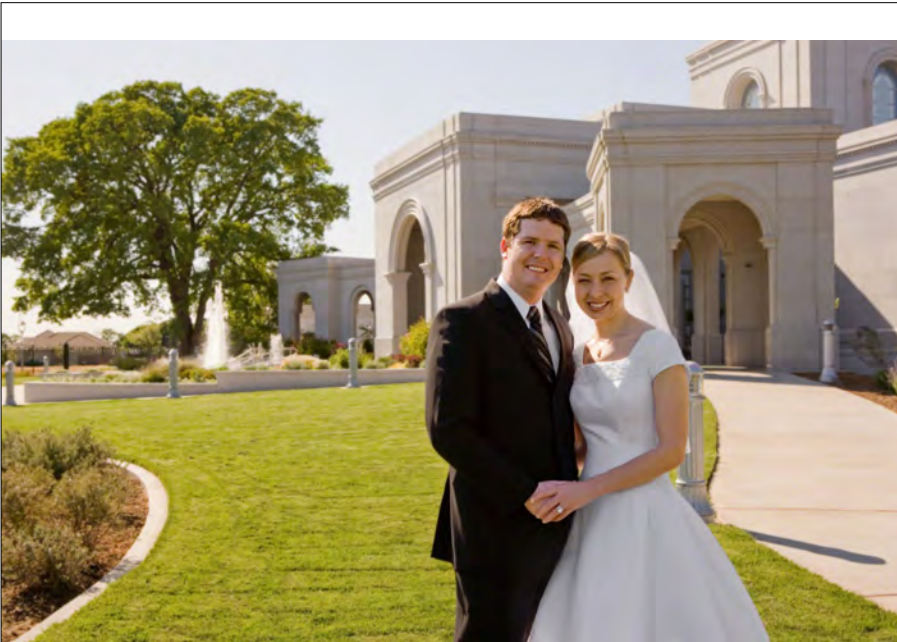
Spiritual Doubt, temptation, unanswered prayers, feeling distant from God	Physical Illness, disability, pain, aging, accidents	Intellectual Difficult questions, confusion, disappointment in what you think
Emotional Anxiety, depression, grief, loneliness, discouragement	Social Rejection, loneliness, broken relationships, persecution, conflict	Financial Job loss, debt, poverty, unexpected expenses





Perception: Your Plan

Perception

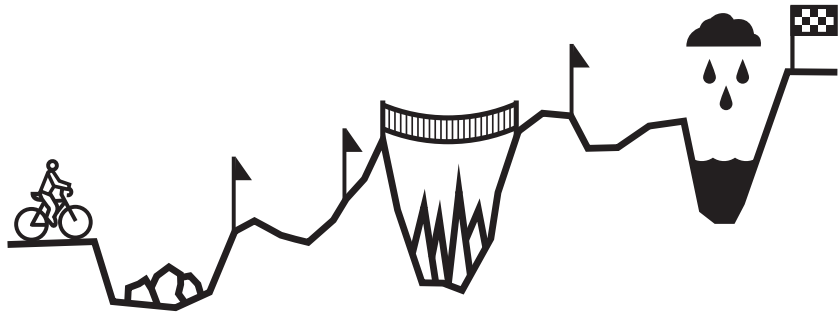






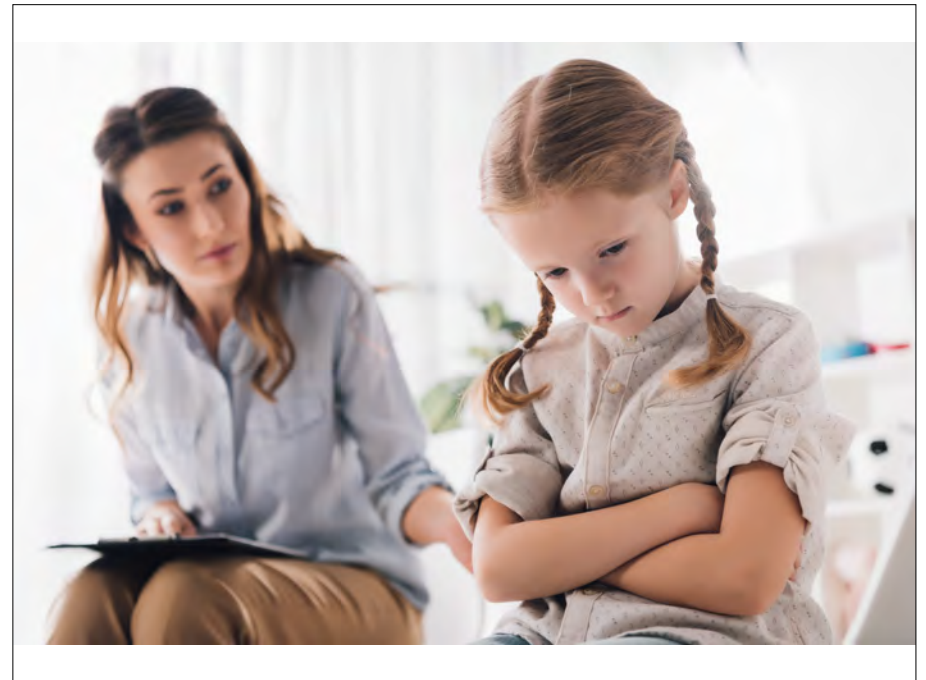
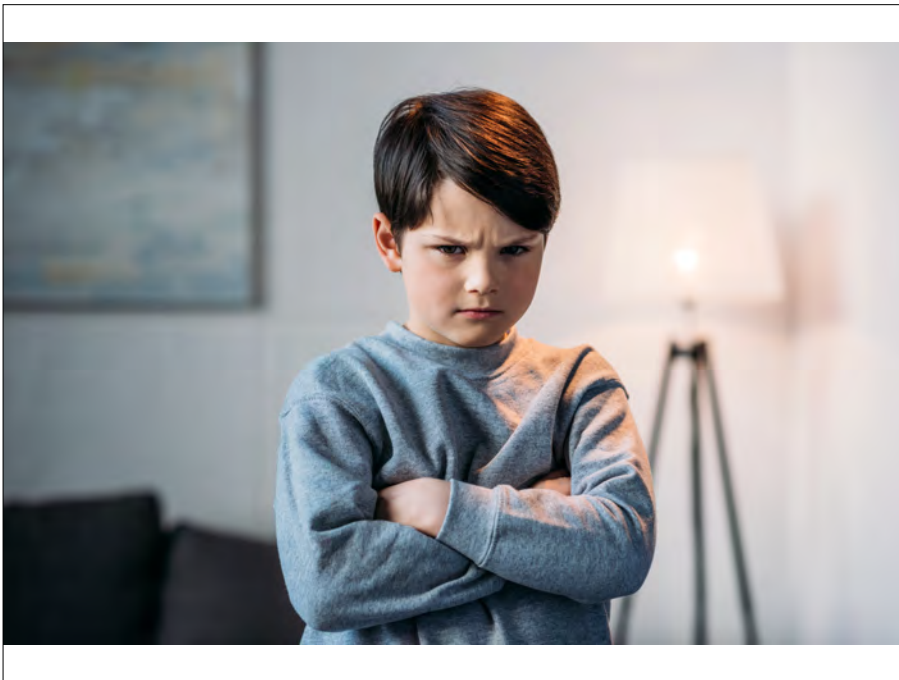


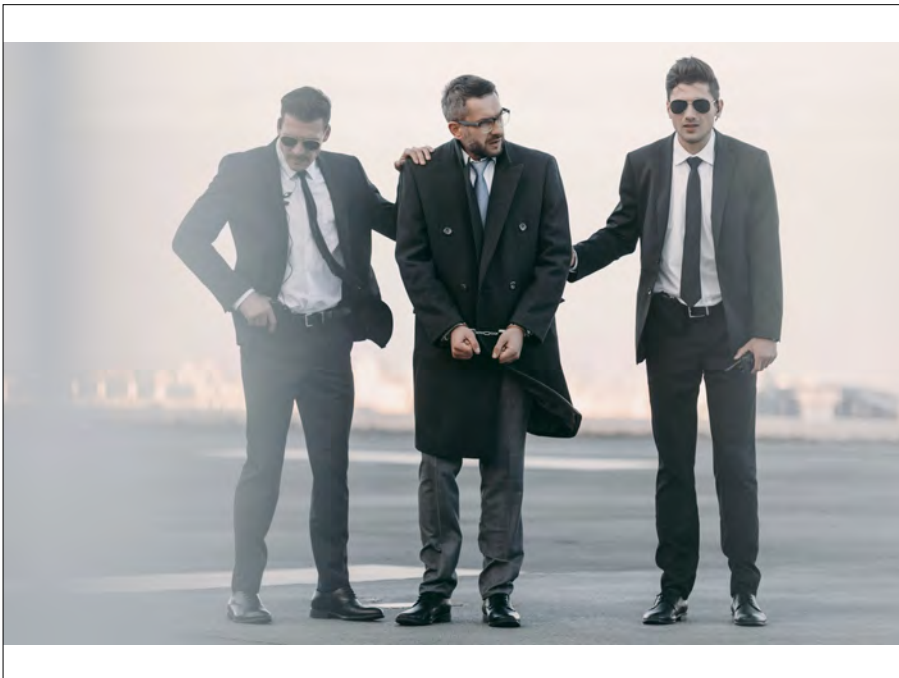
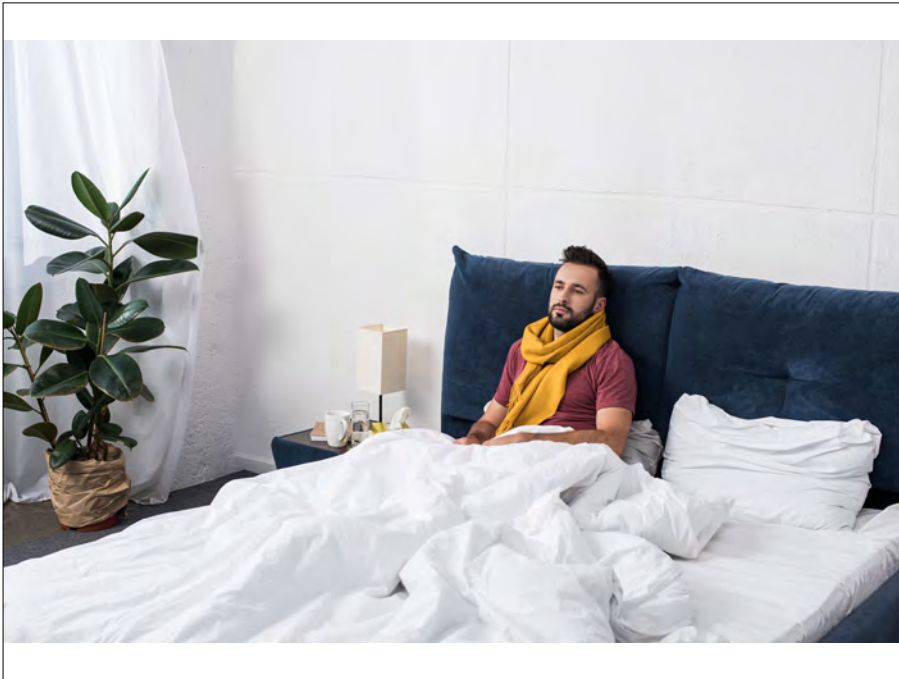


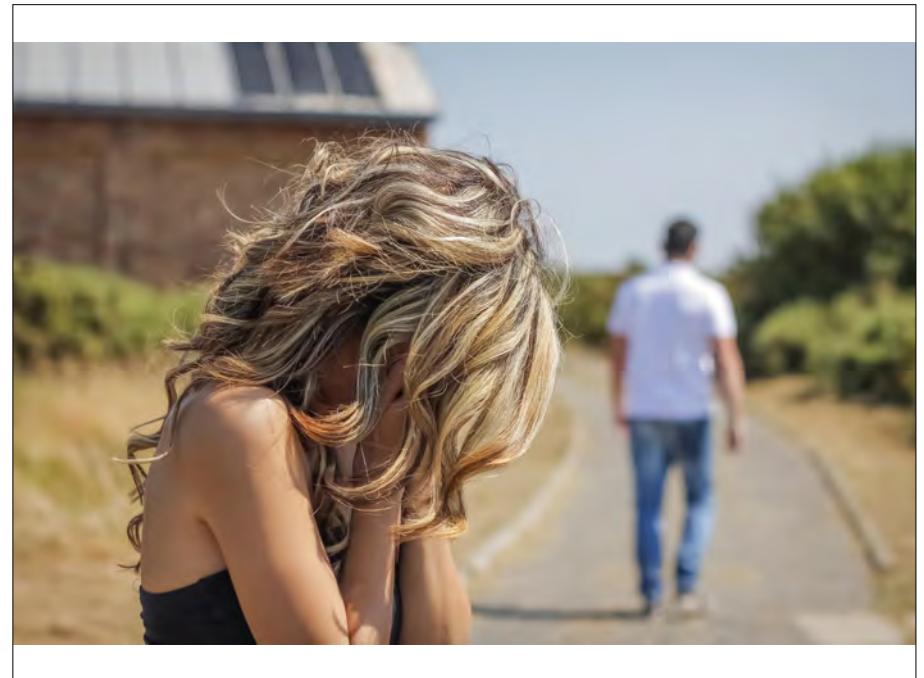
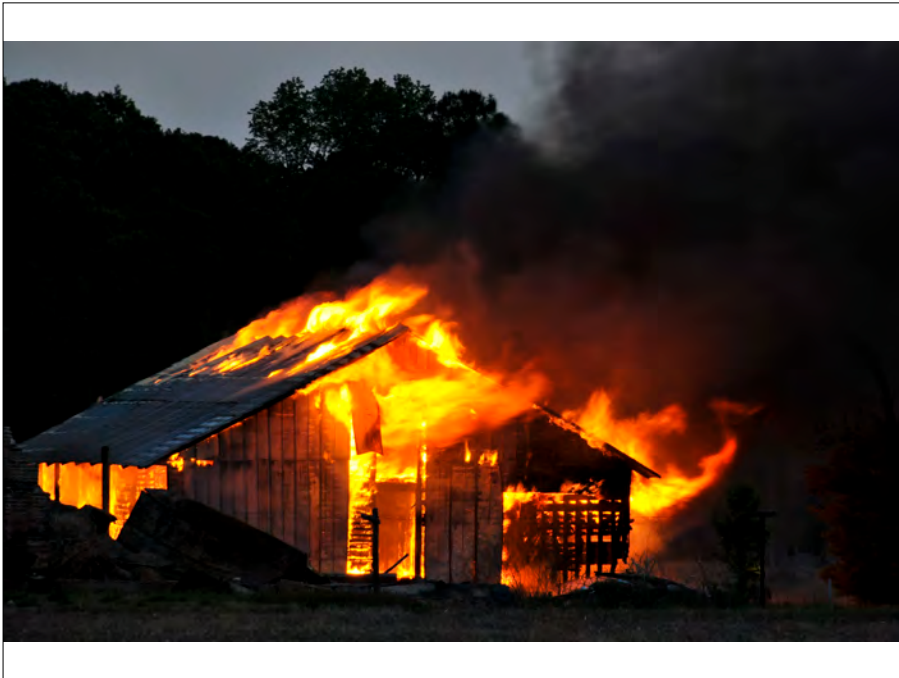


Reality: God's Plan









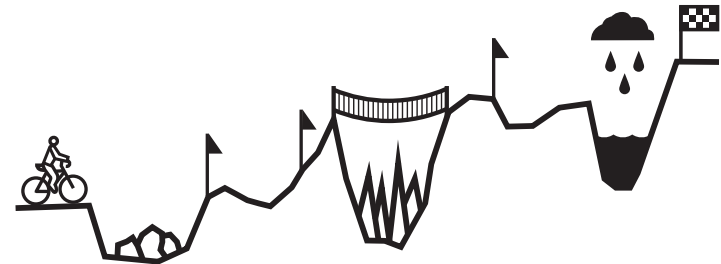


GOSPEL TRUTH

Opposition
is necessary
in God's
plan for us.



YOUR PLAN



GOD'S PLAN

Spencer Kimball said: “If we looked at mortality as the whole of existence, then pain, sorrow, failure, and short life would be calamity.”



Spencer W. Kimball, *Faith Precedes the Miracle*, 97

“But if we look upon life as an eternal thing stretching far into the premortal past and on into the eternal post-death future, then all happenings may be put in proper perspective.”



Spencer W. Kimball, *Faith Precedes the Miracle*, 97



"Problems will come into all of our lives; it's part of just being here upon this earth. And some people think that religion or having faith in God will protect you from bad things. I don't think that's the point. I think the point is that if our faith is strong, that when bad things happen, which they will, we'll be able to deal with them. ... My faith never wavered, but that didn't mean that I didn't have depressions. I think for the first time in my life, I was pushed to the limit, and literally there was nowhere to turn, and so I turned to the Lord, and to this day, I feel a spontaneity of joy." (D. Todd Christofferson, October 2019)



LET'S TALK ABOUT IT

What would happen to our ability to exercise faith if we never experienced adversity?

GOSPEL TRUTH

We can put complete trust in Jesus Christ because He knows us perfectly and understands perfectly what we need.



"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" (Alma 7:11).

“And he will take upon him **death,
that he may loose the bands of
death which bind his people; 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**” (Alma 7:12).**



President Howard W. Hunter said: “**If our lives and our faith are centered on Jesus Christ** and his restored gospel, nothing can ever go permanently wrong. On the other hand, if our lives are not centered on the Savior and his teachings, no other success can ever be permanently right” (The Teachings of Howard W. Hunter, ed. Clyde J. Williams [1997], 40). (Rafael E. Pino, “Faith in Adversity,” April 2009)



LET’S TALK ABOUT IT

Why does knowing that
Jesus Christ understands
you perfectly make it easier
to trust Him?

GOSPEL TRUTH

It is best to
prepare for
adversity and
decide how we are
going to handle
tough times in
advance—before
they come.





President Spencer W. Kimball said that we need what he called “reservoirs of faith” to stand firm and strong against all the temptations and adversities of life. (Dallin H. Oaks, “Faith in the Lord Jesus Christ,” April 1994)



My beloved young sisters, each of you needs to build a reservoir of faith so you can draw upon it when someone you love or respect betrays you, when some scientific discovery seems to cast doubt on a gospel principle, or when someone makes light of sacred things, such as the name of God or the sacred ceremonies of the temple. You need to draw on your reservoir of faith when you are weak or when someone else calls on you to strengthen them. You also need to draw on your reservoir of faith when some requirement of Church membership or service interferes with your personal preferences.
Dallin H. Oaks, “Faith in the Lord Jesus Christ,” April 1994)

“Faith in the Lord Jesus Christ prepares us for whatever life brings. This kind of faith prepares us to deal with life’s opportunities—to take advantage of those that are received and to persist through the disappointments of those that are lost.”

“Timing” by Elder Dallin H. Oaks, Ensign, October 2003



“Anchor your life to eternal principles, and act upon those principles whatever the circumstances and whatever the actions of others. Then you can await the Lord’s timing and be sure of the outcome in eternity.”

“Timing” by Elder Dallin H. Oaks, Ensign, October 2003





LET'S TALK ABOUT IT

Why is it easier to make good decisions during adversity when we have already decided what we believe?

GOSPEL TRUTH

Adversity
“shall give thee
experience,
and shall be
for thy good”
(D&C 122:7).

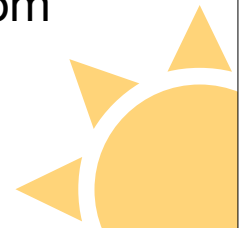


Boyd K. Packer said: “We will not as a people, as families, or as individuals be exempt from the trials to come. No one will be spared the trials common to home and family, work, disappointment, grief, health, aging, ultimately death.”



Boyd K. Packer, “The Cloven Tongues of Fire,” *Ensign*, May 2000, 8

The Lord said: “My people must be tried in all things, that they may be prepared to receive the glory that I have for them, even the glory of Zion; and he that will not bear chastisement is not worthy of my kingdom” (D&C 136:31).



Neal A. Maxwell said: “Since there was no exemption from suffering for Christ, how can there be one for us? Do we really want immunity from adversity? Especially when certain kinds of suffering can aid our growth in this life?”



Neal A. Maxwell, All These Things Shall Give Thee Experience [1979], 26–27

“To deprive ourselves of those experiences, much as we might momentarily like to, would be to deprive ourselves of the outcomes over which we shouted with anticipated joy when this life’s experiences were explained to us so long ago, in the world before we came here.”



Neal A. Maxwell, All These Things Shall Give Thee Experience [1979], 26–27

“Life is a school in which we enrolled not only voluntarily but rejoicingly; and if the school’s Headmaster employs a curriculum—proven, again and again on other planets, to bring happiness to participants—



Neal A. Maxwell, All These Things Shall Give Thee Experience [1979], 26–27

“...and if we agreed that once we were enrolled there would be no withdrawals, and also to undergo examinations that would truly test our ability and perceptivity, what would an experienced Headmaster do if, later on, there were complaints?”



Neal A. Maxwell, All These Things Shall Give Thee Experience [1979], 26–27

“Especially if, in His seeming absence, many of the school children tore up their guiding notebooks and demanded that He stop the examinations since these produced some pain? ... One learns by taking the full course!”



Neal A. Maxwell, All These Things Shall Give Thee Experience [1979], 26–27



Write down one adversity.

It can be something from your **past**. Something happening to you right **now**. Something you fear about the **future**.

Spiritual

Doubt, temptation, unanswered prayers, feeling distant from God

Physical

Illness, disability, pain, aging, accidents

Intellectual

Difficult questions, confusion, disappointment in what you think

Emotional

Anxiety, depression, grief, loneliness, discouragement

Social

Rejection, loneliness, broken relationships, persecution, conflict

Financial

Job loss, debt, poverty, unexpected expenses



What would exercising faith look like in this situation? How would a person who has faith in Jesus Christ respond to this adversity? How does faith in Jesus Christ change the way you face the adversity?

✓ TO DO

HOMEWORK ASSIGNMENTS

WEEK 4 CHALLENGE

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?



READINGS



-  Book: Neal A. Maxwell, *All These Things Shall Give Thee Experience*
-  Boyd K. Packer, “The Cloven Tongues of Fire,” *Ensign*, May 2000, 8
-  D. Todd Christofferson, “The Joy of the Saints,” October 2019
-  Dallin H. Oaks, “Faith in the Lord Jesus Christ,” April 1994
-  Book: Spencer W. Kimball, *Faith Precedes the Miracle*

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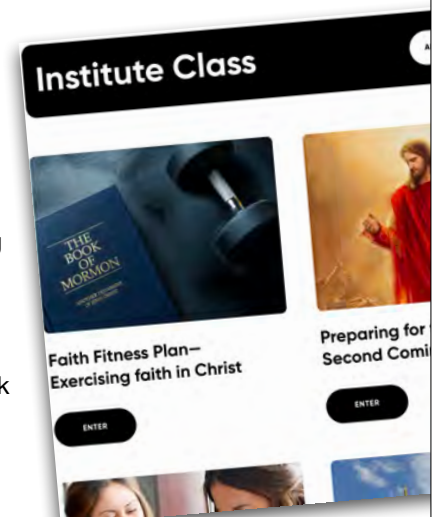
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- Faith Fitness Plan
- Preparing for the Second Coming
- Understanding your endowment
- Principles of personal revelation
- Avoiding a faith crisis
- Book of Mormon—your handbook

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NEXT CLASS: SEPT. 17

God's Instruction Manuals

God's "instruction manuals" are the scriptures. To increase your faith, will you turn to His teachings? What do you learn about faith in the scriptures?