

Self-Reliance: Founded on Faith in Christ

Why this topic?

Heavenly Father wants His children to become self-reliant, both spiritually and temporally. Self-reliance is founded upon our faith in Christ, through whom we can do all things (see [Philippians 4:13](#)). He has promised, “If thou canst believe, all things are possible to him that believeth” ([Mark 9:23](#)). As we put our faith into action, we will receive the Lord’s help in our efforts to become self-reliant.

Prepare for an inspiring meeting

How has your faith in Christ helped you become more self-reliant? What teachings of the Savior inspire you to become self-reliant?

What Church resources could help members become more self-reliant?

As you prayerfully study the resources below, what resources will best help members see the connection between self-reliance and faith in Christ?

[Deuteronomy 8:3](#); [1 Kings 17](#); [Daniel 6:16–23](#);
[Malachi 3:10](#); [Mark 9:23–27](#); [Alma 34:27–28](#);
[37:36–41](#); [D&C 58:26–29](#)

President Dieter F. Uchtdorf, “[Providing in the Lord’s Way](#),” *Ensign* or *Liahona*, Nov. 2011, 53–56; see also the video “In the Lord’s Way”

Handbook 2: Administering the Church (2010),
[6.1.1](#)

Self-Reliance: My Foundation (2014)

Videos: “[Pure and Simple Faith](#)” (5:30), “[Elijah and the Widow of Zarephath](#)” (10:13)

Teaching in the Savior’s Way

The Savior loved those He taught. He knew their interests, hopes, and desires. What can you do to understand the interests and needs of those you teach? How will this influence the way you teach them?

Begin the meeting

As you begin the meeting, think about how to help those you teach recognize the spiritual growth happening in their own lives and in their families. You could ask them to share what they have thought about or done as a result of last week’s meeting. Or you could prepare them for today’s discussion by asking them to talk about what faith in Christ means to them and how it relates to self-reliance.

Ideas for learning together

To help those you teach exercise their faith in Jesus Christ to become more self-reliant, use one or more of the following ideas or prepare your own.

- Members could watch one of the videos suggested above. Invite them to look for ways people in the video demonstrated their faith in Christ. What do these examples teach us about self-reliance? Invite class or quorum members to share experiences in which they turned to the Lord in times of great need.
- You could write on the board, *As we put our faith in Jesus Christ into action we will receive help in all our efforts*. Each quorum or class member could read one of the scripture passages above and look for what the passage teaches about faith. Invite class members to discuss how the scripture they read illustrates the statement on the board. They could also share personal experiences that illustrate how faith in Jesus Christ can lead to action. Consider asking the class how such expressions of faith can lead to greater self-reliance (for a definition of self-reliance, see *Handbook 2*, [6.1.1](#): “Self-reliance is the ability, commitment, and effort to provide the spiritual and temporal necessities of life for self and family”; you may want to write this definition on the board, next to the definition of faith).

Weeks 1 and 4: Locally Selected Topic

- You could ask class members what they would say to a friend who thinks that the Lord will help with his or her spiritual needs but not with physical needs. What scriptures or experiences would they share to help build their friend's faith? Members could watch the video "In the Lord's Way" and discuss what President Uchtdorf teaches about the connection between temporal and spiritual things.
 - You could share the following statement from President Dieter F. Uchtdorf: "You must do in your area what disciples of Christ have done in every dispensation: counsel together, use all resources available, seek the inspiration of the Holy Ghost, ask the Lord for His confirmation, and then roll up your sleeves and go to work" ("[Providing in the Lord's Way](#)," *Ensign* or *Liahona*, Nov. 2011, 55). Consider inviting a quorum or class member to list on the board the steps of the process President Uchtdorf suggests. As a group, discuss how these steps teach about self-reliance. As individuals or as a group, you could make a plan to apply these steps to bless individuals and families in your ward, neighborhood, or community. Include in your plan some of the resources that will help you accomplish your goal.
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Take action

Help your class members think about how to apply—individually, in their families, and in your quorum, group, or Relief Society—what they have learned. How could they take action to exercise faith as they strive to become more self-reliant? For example, you might ask:

- What can we as a quorum or Relief Society do to help one another build a foundation of faith in Christ? How can we exercise that faith to become more self-reliant?
- What can you do to demonstrate your faith in Christ in your efforts to develop self-reliance?

You could give members copies of *Self-Reliance: My Foundation* and suggest that they use it to learn principles, skills, and habits of self-reliance. You could also give them copies of "Getting Started on My Path to Self-Reliance," which members can use to evaluate their self-reliance and make plans to improve.

During the week, you may want to send out a reminder (through email, text message, or social media) to invite members to act on what they have learned and to share additional learning and teaching resources.