

## Trusting in the Lord through Difficult Trials

### Why this topic?

We all experience challenges. The Lord has promised that if we trust Him, He will never forsake us (see [D&C 88:83](#)). Understanding this promise helps us bear our adversities with patience, “with a firm hope” that we will one day overcome them (see [Alma 34:14](#)). Examples of faithful people in the scriptures and words of the prophets can inspire us to exercise faith in the Lord’s promises.

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### Prepare for an inspiring meeting

Think about the members you are called to teach. What challenges are they experiencing? How is their faith helping them remain strong? How could their faith be strengthened?

Think about members who have overcome difficult challenges through faith. How might their experiences inspire others?

As you pray about and study the resources below, what impressions do you have about how to help those you teach trust the Lord during times of adversity?

#### Teaching in the Savior’s Way

Watch [“You Are My Hands”](#) (2:14) and think about how you can teach in the Savior’s way by watching over and ministering to those you teach.

[Proverbs 3:5–7, 11–12](#); [Alma 36:3](#); [D&C 24:8](#)

President Thomas S. Monson, [“May You Have Courage,”](#) *Ensign* or *Liahona*, May 2009, 123–27

President Henry B. Eyring, [“Mountains to Climb,”](#) *Ensign* or *Liahona*, May 2012, 23–26

Elder Neil L. Andersen, [“The Trial of Your Faith,”](#) *Ensign* or *Liahona*, Nov. 2012, 39–42

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Sister Linda S. Reeves, [“The Lord Has Not Forgotten You,”](#) *Ensign* or *Liahona*, Nov. 2012, 118–20

[“Stand Fast through the Storms of Life,”](#) *Teachings of Presidents of the Church: Joseph Smith* (2007), 227–37

Videos: [“God Will Lift Us Up”](#) (4:57), [“Mountains to Climb”](#) (5:05)

### 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 how they have trusted in the Lord and exercised faith this week.

## **Ideas for learning together**

Here are a few suggestions to help those you teach learn about trusting in the Lord. Use one or more of these ideas, or use ideas of your own.

- Members could share scripture passages or hymns that have given them strength to trust in the Lord during challenging times. They could tell about how the scriptures they share have been meaningful to them. You may want to refer to one or more of the passages listed above.
- As a group, you could read selected passages from one of the talks listed above. What can you do to encourage members to share their insights about them? Have they had any experiences that might illustrate the principles in the talks?
- Members could share how they have overcome adversity through faith in the Lord. What has helped them? How have these experiences influenced their relationship with Heavenly Father? You may want to contact several members in advance and ask them to be prepared to share.
- You could discuss together ways disciples of Jesus Christ have exercised faith to overcome adversity. For instance, you could use some of the resources above, discussing President Thomas S. Monson's retelling of the account of Esther or Joseph Smith's teachings and example.
- You could watch together the video ["God Will Lift Us Up"](#) or ["Mountains to Climb"](#) and ask members to share what they learn from this video.

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## **Take action**

Help the members you teach think about how to apply what they have learned individually, in their families, and in your quorum or auxiliary. How could they take action to trust the Lord this week? For example, you might ask:

- What challenges are we facing? How can the Lord help us?
- What will we do this week to receive His help?
- Who else do we know that is facing trials? How will we reach out to strengthen their faith this week?

You may want to ask class members to share other specific actions they feel inspired to take individually or in their families to exercise faith and receive the Lord's blessings.

## Weeks 1 and 4: Locally-Selected Topics

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.

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