



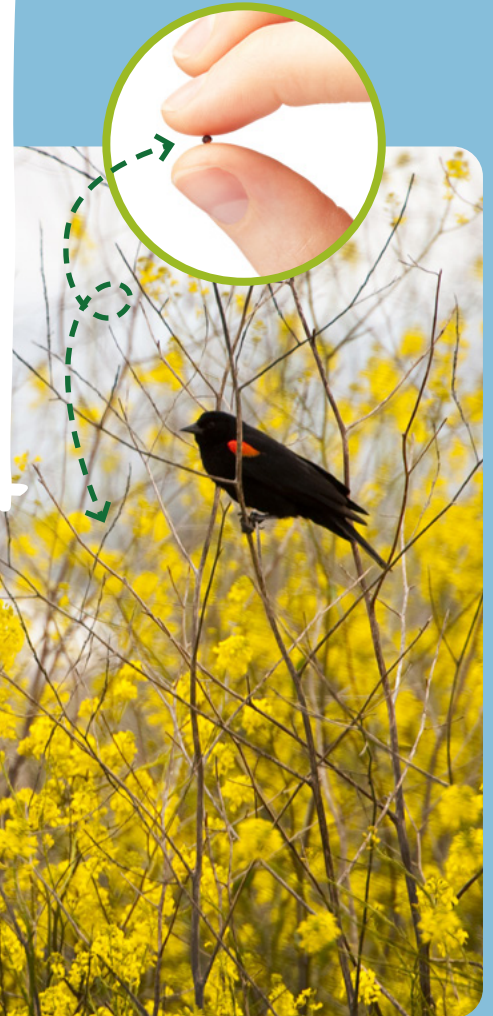
By President  
Russell M. Nelson

# Faith Will Move Mountains

Everything good in life—and every blessing—begins with faith. In the Bible, Jesus promised that if we “have faith as a grain of mustard seed,” we will be able to move mountains (Matthew 17:20). Your mountains may be loneliness, doubt, illness, or other problems.

The mustard seed represents a small but growing faith. The mustard seed starts small but grows into a tree large enough for birds to nest in its branches. I ask you to start today to increase your faith. Here are some ways you can build your faith and trust.

- 1 Learn about Jesus Christ by reading the scriptures. Learn about His miracles.
- 2 Choose to believe in Him. Think about Him every day.
- 3 Act in faith. Be baptized and take the sacrament.
- 4 Ask Heavenly Father to help you.



The Savior is never closer to you than when you are facing or climbing a mountain with faith.

President Russell M. Nelson

Your faith in Jesus Christ will move mountains. Faith will help you turn challenges into amazing opportunities. ●

Adapted from “Christ Is Risen; Faith in Him Will Move Mountains,” Liahona, May 2021.