

When the Road Gets Bumpy,

ENJOY CATCHING SOME AIR

Find answers to help you deal with your trials.

By Barbara A. Lewis

Life is tough! Your friends snub you. The pop quiz pops up at just the wrong time. You don't get the part or make the team. You lose someone you love. You can't help but ask, "Why is this happening?" The thing is, we all signed up for this bumpy road in premortal life. It's part of Heavenly Father's plan. You don't need to pretend it doesn't hurt, but how you handle those nasty bumps in the road can determine your happiness now and in eternity.

If you learn from your troubles and submit to Heavenly Father's will, you'll grow into the incredible person He wants you to become. In His time, the Lord will make up for all the things that seem unfair in your life. Until then, He's given you tons of guidance in His scriptures!

When facing a bump in the road, consider this process from the chart at right: (1) write down the trial, (2) think of stories from ancient or modern prophets who faced similar things, and (3) read the stories again and identify principles that helped them and could help you.

Barbara A. Lewis lives in Utah, USA.



ANSWERS TO REAL-LIFE PROBLEMS

"The words of the Lord are found in the scriptures and the teachings of the apostles and prophets. They provide us counsel and direction that, when followed, will act like a spiritual life jacket."

Elder M. Russell Ballard of the Quorum of the Twelve Apostles, "Stay in the Boat and Hold On!" *Ensign*, Nov. 2014, 91.



MY TRIAL

Example:
I feel so alone. I don't have any friends, and I don't feel like I fit in anywhere. I know I should go to church and Mutual, but it's hard to go when the other kids leave me out.

STORIES FROM SCRIPTURES OR MODERN PROPHETS

Example:
When Alma came to the city of Ammonihah, he tried everything to get somebody to listen to the message of the gospel. But they insulted him, spit on him, and threw him out (see Alma 8:13). He knew what rejection felt like! He left, feeling alone and sad, until an angel told him to return. Because Alma obeyed and kept trying, he felt joy and rejoiced (see Alma 8:15). Before long, he met Amulek, who became a true friend and support.

WHAT I LEARNED

- Example:
- Sometimes true friends take a long time and a lot of effort to find. But don't give up!
 - No matter how alone I feel, the Lord is always aware of me and will help me.
 - Even prophets felt alone. It's part of life.

MY TRIAL

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STORIES FROM SCRIPTURES OR MODERN PROPHETS

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WHAT I LEARNED

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