

Come, Follow Me—For Home and Church: Doctrine and Covenants 2025

Consider Elder Orson F. Whitney’s counsel about the purpose of trials: “No pain that we suffer, no trial that we experience is wasted. It ministers to our education, to the development of such qualities as patience, faith, fortitude and humility. All that we suffer and all that we endure, especially when we endure it patiently, builds up our characters, purifies our hearts, expands our souls, and makes us more tender and charitable, more worthy to be called the children of God ... and it is through sorrow and suffering, toil and tribulation, that we gain the education that we come here to acquire and which will make us more like our Father and Mother in heaven” (in Spencer W. Kimball, *Faith Precedes the Miracle* [1972], 98).

Christ: The Light That Shines in Darkness by Sharon Eubank

April 2019 general conference

Not many years ago, I was weighed down and irritated with questions I could not find answers to. Early one Saturday morning, I had a little dream. In the dream I could see a gazebo, and I understood that I should go stand in it. It had five arches encircling it, but the windows were made of stone. I complained in the dream, not wanting to go inside because it was so claustrophobic. Then the thought came into my mind that the brother of Jared had patiently melted stones into clear glass. Glass is stone that has undergone a state change. When the Lord touched the stones for the brother of Jared, they glowed with light in the dark ships. Suddenly I was filled with a desire to be in that gazebo more than any other place. It was the very place—the only place—for me to truly “see.” The questions that were bothering me didn’t go away, but brighter in my mind was the question after I woke up: “How are you going to increase your faith, like the brother of Jared, so your stones can be turned into light?”

Eternity’s Great Gifts: Jesus Christ’s Atonement, Resurrection, Restoration by Gerrit W Gong

April 2025 general conference

God’s plan of moral and mortal agency allows us to learn by our own experience. Some of our greatest life lessons come from things we would never choose. In love, Jesus Christ descended below and ascended above all things. He rejoices in our divine capacities for creativity and delight, kindness without hope for reward, faith unto repentance and forgiveness. And He weeps in sorrow at the enormity of our human suffering, cruelty, unfairness—often brought by human choice—as do the heavens and the God of heaven with them.

Divine Helps for Mortality by President Dallin H Oaks

April 2025 general conference

Essential to God’s great plan for the mortal growth of His children was for them to experience “opposition in all things” (2 Nephi 2:11). Just as our physical muscles cannot be developed or maintained without straining against the law of gravity, so mortal growth requires us to strain against Satan’s temptations and other mortal opposition. Most important for spiritual growth is the requirement to choose between good and evil. Those who choose good would progress toward their eternal destiny. Those who choose evil—as all would do in the various temptations of mortality—would need saving help, which a loving God designed to provide.

Compensating Blessings by Bishop Gérald Caussé

April 2025 general conference

My dear friends, if you ever feel limited or disadvantaged by the circumstances of your life, I want you to know this: The Lord loves you personally. He knows your circumstances, and the door to His blessings remains wide open to you no matter the challenges you face.

Compensating Blessings by Bishop Gérald Caussé

April 2025 general conference

What I experienced that day was a small yet powerful manifestation of a comforting aspect of God’s plan for His children: When circumstances beyond our control prevent us from fulfilling the righteous desires of our hearts, the Lord will compensate in ways that allow us to receive His promised blessings.

The Atonement of Jesus Christ Provides the Ultimate Rescue by Elder Quentin L. Cook

April 2025 general conference

President James E. Faust provided this marvelous summary: “In the heroic effort of the handcart pioneers, we learn a great truth. All must pass through a refiner’s fire, and the insignificant and unimportant in our lives can melt away like dross and make our faith bright, intact, and strong. There seems to be a full measure of anguish, sorrow, and often heartbreak for everyone, including those who earnestly seek to do right and be faithful. Yet this is part of the purging to become acquainted with God.”

Spiritually Whole in Him by President Camille N. Johnson

April 2025 general conference

Sisters and brothers, the answer is yes, we can be spiritually whole, even while we wait for physical and emotional healing. Wholeness does not necessarily mean physical and emotional restoration in this life. Wholeness is born of faith in and conversion to Jesus Christ and in letting the light of that conversion shine.

Spiritually Whole in Him by President Camille N. Johnson

April 2025 general conference

Paul's example suggests that even in our weakness, our strength in Jesus Christ can be made perfect—that is, complete and whole. Those who wrestle with mortal struggles and turn to God in faith like Paul can receive the blessings of becoming acquainted with God.

Mortality Works! By Elder Brook P. Hales

October 2024 general conference

“Therefore, be not afraid of your enemies [or your problems, challenges, or the tests of this life], for I have decreed ... , saith the Lord, that I will prove you in all things, whether you will abide in my covenant ... that you may be found worthy.”

Mortality Works! By Elder Brook P. Hales

October 2024 general conference

Nonetheless, if we are to be the beneficiaries of the Lord's “work and ... glory,” even “immortality and eternal life,” we must expect to be schooled and taught and to pass through the refiner's fire—sometimes to our utter limits. To completely avoid the problems, challenges, and difficulties of this world would be to sidestep the process that is truly necessary for mortality to work.

His Hand Ready to Help Us by Elder Juan Pablo Villar

October 2024 general conference

If I think celestial, I know that we are not left alone in this life. While we must face challenges and trials, our Heavenly Father knows our capabilities and knows we can bear or overcome our difficulties. We must do our part and turn to Him in faith. His Beloved Son, Jesus Christ, is our rescuer and will always be there.

God's Favourite by Elder Karl D. Hirst

October 2024 general conference

I wonder, if Jesus were to choose a place where you and He could meet, a private place where you would be able to have a singular focus on Him, might He choose your unique place of personal suffering, the place of your deepest need, where no one else can go? Somewhere you feel so lonely that you must truly be all alone but you aren't quite, a place to which perhaps only He has travelled but actually has already prepared to meet you there when you arrive? If you are waiting for Him to come, might He already be there and within reach?

Swallowed Up in the Joy of Christ by Elder Brian K. Taylor

April 2024 general conference

Three—greater power comes by focusing on joy. During eternity's most crucial, agonizing hours, our Savior did not shrink but partook of the bitter cup. How did He do it? We learn, "For the joy that was set before him [Christ] endured the cross," His will "being swallowed up in the will of the Father."

Swallowed Up in the Joy of Christ by Elder Brian K. Taylor

April 2024 general conference

Life's trials prove us. Even the Savior "learned ... obedience by" and was made "perfect through sufferings."

Swallowed Up in the Joy of Christ by Elder Brian K. Taylor

April 2024 general conference

Elder Orson F. Whitney taught: “No pain that we suffer, no trial that we experience is wasted. It ministers to our education. ... All ... that we [patiently] endure ... builds up our characters, purifies our hearts, expands our souls, and makes us more tender and charitable. ... It is through sorrow and suffering, toil and tribulation, that we gain the education that we come here to acquire and which will make us more like our [heavenly parents].”

Trust in the Lord by Elder Paul B. Pieper

April 2024 general conference

Sometimes the best way to learn to trust God is simply by trusting Him. Like “The Crazy Trust Exercise,” sometimes we just need to be willing to fall backward and let Him catch us. Our mortal life is a test. Challenges that stretch us beyond our own capacity come frequently. When our own knowledge and understanding are inadequate, we naturally look for resources to help us. In an information-saturated world, there is no shortage of sources promoting their solutions to our challenges. However, the simple, time-tested counsel in Proverbs provides the best advice: “Trust in the Lord with all thine heart.” We show our trust in God by turning to Him first when confronted with life’s challenges.

Trust God and Let Him Prevail by Elder Dale G. Renlund

Liahona, August 2022

Jesus Christ loves to restore what we cannot restore, heal wounds we cannot heal, fix what is irreparably broken, and compensate for any unfairness we have endured. In fact, if we let Him, He will consecrate our suffering for our gain and sanctify to us our deepest distress. He will not just console us and restore what was lost (see Job 42:10, 12–13), but He will use our trials for our benefit.

Trust God and Let Him Prevail by Elder Dale G. Renlund

Liahona, August 2022

As we recognize these blessings, our trust in God increases. We will realize that any suffering “can be made right through the Atonement of Jesus Christ.” On the other hand, the more we “dwindle in unbelief, and depart from the right way, and know not the God in whom [we] should trust” (Mormon 9:20), the more the circumstances in our lives loom large. When we stop trusting God, we become anxious and yield to frustration and despair.

Trust God and Let Him Prevail by Elder Dale G. Renlund

Liahona, August 2022

Job grasped God’s message. He humbly acknowledged that he had not understood, and he repented of attributing his suffering to sin (see Job 42:3, 6). Job recognized that all suffering is not divine punishment. Because his suffering was not caused by sin, Job’s job was to trust God. No matter what, Job needed to remember that God “loveth his children” even though Job did “not know the meaning of all things” (1 Nephi 11:17).

Be Peaceable Followers of Christ by Elder Quentin L. Cook

October 2023 general conference

“In His atoning sacrifice, Jesus Christ took upon Himself our pains, afflictions, and infirmities. Because of this, He knows ‘according to the flesh how to succor his people according to their infirmities’ (Alma 7:12; see also verse 11). He invites, ‘Come unto me,’ and as we do, He gives us rest, hope, strength, perspective, and healing (Matthew 11:28; see also verses 29–30).

“As we rely on Jesus Christ and His Atonement, He can help us endure our trials, sicknesses, and pain. We can be filled with joy, peace, and consolation. All that is unfair about life can be made right through the Atonement of Jesus Christ.”

Do You Want to Be Happy? By Elder Yoon Hwan Choi

October 2023 general conference

We learned that when we think it is not a good time for us to receive a calling, it may be the time we need that calling the most. Whenever the Lord asks us to serve in any calling, whether it is a lighter or heavier calling, He sees our needs. He provides the strength we need and has blessings ready to be poured out upon us as we faithfully serve.

Walking in Covenant Relationship with Christ by President Emily Belle Freeman

October 2023 general conference

When the Lord called Enoch to journey through the land and testify of Him, Enoch hesitated. He was just a lad, slow of speech. How could he walk that path in his condition? He was blinded by what was broken in him. The Lord's answer to what hindered him was simple and immediate: "Walk with me." Like Enoch, we must remember that the One who was bruised and broken for us will allow mortality to do its work in us, but He doesn't ask us to face those challenges alone. No matter the heaviness of our story or the current course of our path, He will invite us to walk with Him.

After the Fourth Day by Elder W. Mark Bassett

April 2023 general conference

Sometimes it may seem like He doesn't come to us until the figurative fourth day, after all hope seems lost. But why so late? President Thomas S. Monson taught, "Our Heavenly Father, who gives us so much to delight in, also knows that we learn and grow and become stronger as we face and survive the trials through which we must pass."

Jesus Christ Is Relief by President Camille N. Johnson

April 2023 general conference

So how does the Savior relieve us of the burdens of living in a fallen world with mortal bodies subject to grief and pain?

Often, He performs that kind of relief through us! As covenant members of His Church, we promise “to mourn with those that mourn” and “comfort those that stand in need of comfort.” Because we are “come into the fold of God” and are “called his people,” we “are willing to bear one another’s burdens, that they may be light.”

Christlike Poise by Elder Mark A. Bragg

April 2023 general conference

Spiritual poise blesses us to stay calm and focused on what matters most, especially when we are under pressure. President Hugh B. Brown taught, “Faith in God and in the ultimate triumph of right contributes to mental and spiritual poise in the face of difficulties.”

Trusting the Doctrine of Christ by Elder Evan A. Schmutz

April 2023 general conference

Trust the doctrine of Christ and the promise that God “shall consecrate [their] afflictions for [their] gain.” In God’s perfect plan, suffering with faith in Christ is linked to our becoming perfected in Christ. Like the wise man in the parable who built his house upon a rock.

Courage to Proclaim the Truth by Elder Denelson Silva

October 2022 general conference

The challenges of life can knock us down, but know that when we exercise faith in Jesus Christ, “[our] afflictions shall be but a small moment” (Doctrine and Covenants 121:7) in the grand scope of eternity. Please do not create a deadline for the end of your difficulties and challenges. Trust in Heavenly Father and do not give up, for if we do give up, we will never know how the end of our journey would have been in the kingdom of God.

Christ Heals That Which Is Broken by Amy A. Wright

April 2022 general conference

I spent countless hours at a cancer treatment facility, united in my suffering with many who were yearning to be healed. Some lived; others did not. I learned in a profound way that deliverance from our trials is different for each of us, and therefore our focus should be less about the *way* in which we are delivered and more about the Deliverer Himself. Our *emphasis* should always be on Jesus Christ!

Christ Heals That Which Is Broken by Amy A. Wright

April 2022 general conference

Waiting upon the Lord can be a sacred place—a place of polishing and refining where we can come to know the Savior in a deeply personal way. Waiting upon the Lord may also be a place where we find ourselves asking, “O God, where art thou?”—a place where spiritual perseverance requires us to exercise faith in Christ by intentionally choosing Him again and again and again. I know this place, and I understand this type of waiting.

Steady in the Storms by President Henry B. Eyring

April 2022 general conference

For some, that will not be easy to accept. Most of us want to be strong. We may well see being like a child as being weak. Most parents look for the day when their children act less childish. But King Benjamin, who understood as well as any mortal what it meant to be a man of strength and courage, makes it clear that to be like a child is not to be childish. It is to be like the Savior, who prayed to His Father for strength to be able to do His Father’s will and atone for the sins of all of His Father’s children and then did it. Our natures must be changed to become as a child to gain the strength we must have to stand steady and at peace in times of peril.

Is the Plan Working? By Elder Adrián Ochoa

April 2022 general conference

All of us face boisterous winds that can shake our faith and cause us to sink. When this happens, please remember that Heavenly Father's plan of happiness has another name—the plan of redemption. The plan was not for us to glide easily through life, never stumbling, never sinking, with a smile always on our face. Heavenly Father knew that we would need to be redeemed. This is why He prepared the plan of redemption. This is why He sent a Redeemer. When we struggle—for any reason—that does not mean the plan isn't working. That is when we need the plan the most!

In those moments, follow the example of Peter. Turn to the Savior right away.

Look down the Road by Elder Alvin F. Meredith III

October 2021 general conference

In the face of affliction or trial, you may be like me and hope that the rescue will be immediate. But remember that the Savior came to the aid of the Apostles in the fourth watch of the night—after they had spent most of the night toiling in the storm. We may pray that if the help will not come immediately, it will at least come in the second watch or even the third watch of the proverbial night. When we must wait, rest assured that the Savior is always watching, ensuring that we will not have to endure more than we can bear. To those who are waiting in the fourth watch of the night, perhaps still in the midst of suffering, do not lose hope. Rescue always comes to the faithful, whether during mortality or in the eternities.

Remember Thy Suffering Saints, O Our God by Elder Anthony D. Perkins

October 2021 general conference

Fourth, choose to find joy each day. Those who suffer often feel that the night just goes on and on, and daylight will never come. It is OK to weep. Yet, if you find yourself in dark nights of suffering, by choosing faith you can awake to bright mornings of rejoicing.

Remember Thy Suffering Saints, O Our God by Elder Anthony D. Perkins

October 2021 general conference

The Book of Mormon teaches that Jesus Christ would “take upon him” our pains, sicknesses, and infirmities so He can succor us. How can you draw upon the power that Jesus Christ offers to succor you and strengthen you in times of suffering? The key is binding yourself to the Savior by keeping the covenants you have made with Him. We make these covenants as we receive priesthood ordinances.

Remember Thy Suffering Saints, O Our God by Elder Anthony D. Perkins

October 2021 general conference

Third, Jesus Christ offers His enabling power to help you have strength to endure your suffering well. This enabling power is made possible through His Atonement. I fear that too many Church members think if they are just a little tougher, they can get through any suffering on their own. This is a hard way to live. Your temporary moment of strength can never compare to the Savior’s infinite supply of power to fortify your soul.

Remember Thy Suffering Saints, O Our God by Elder Anthony D. Perkins

October 2021 general conference

The Lord told His covenant people, “I have refined thee ... ; I have chosen thee in the furnace of affliction.” Whatever the cause of your sufferings, your loving Heavenly Father can direct them to refine your soul. Refined souls can bear others’ burdens with true empathy and compassion. Refined souls who have come “out of great tribulation” are prepared to joyfully live in God’s presence forever, and “God shall wipe away all tears from their eyes.”

The Temple and Your Spiritual Foundation by President Russell M. Nelson

October 2021 general conference

We have been promised that “if [we] are prepared [we] shall not fear.” This assurance has profound implications today. The Lord has declared that despite today’s unprecedented challenges, those who build their foundations upon Jesus Christ, and have learned how to draw upon His power, need not succumb to the unique anxieties of this era.

The Temple and Your Spiritual Foundation by President Russell M. Nelson

October 2021 general conference

My dear brothers and sisters, these *are* the latter days. If you and I are to withstand the forthcoming perils and pressures, it is imperative that we each have a *firm* spiritual foundation built upon the rock of our Redeemer, Jesus Christ.

Personal Peace in Challenging Times by Elder Quentin L. Cook

October 2021 general conference

However, *personal* peace can be achieved despite the anger, contention, and division that blight and corrupt our world today. It has never been more important to seek personal peace. A beautiful and beloved new hymn, written for today's youth by Brother Nik Day, titled "Peace in Christ" declares, "When there's no peace on earth, there is peace in Christ." We were blessed to have this hymn just before the worldwide COVID-19 pandemic.

Personal Peace in Challenging Times by Elder Quentin L. Cook

October 2021 general conference

As I stood in Liberty Jail, I was deeply touched as I read the Lord's answer: "My son, peace be unto thy soul; thine adversity and thine afflictions shall be but a small moment; and then, if thou endure it well, God shall exalt thee on high." It is clear that opposition can refine us for an eternal, celestial destiny.

The Faith to Ask and Then to Act by President Henry B. Eyring

October 2021 general conference

What President George Q. Cannon said long ago is true today and will be until the Savior comes personally to lead His Church and His people: "Obedience to the Gospel brings [people] into very close and intimate relationship with the Lord. It establishes a close connection between men on the earth and our Great Creator in the heavens. It brings to the human mind a feeling of perfect confidence in the Almighty and in His willingness to listen to and answer the supplications of those who trust in Him. In times of trial and difficulty this confidence is beyond price. Trouble may come upon the individual or upon the people, disaster may threaten and every human hope may seem to be overthrown, yet, where [people] have availed themselves of the privileges which obedience to the Gospel brings, they have a sure standing place; their feet are upon a rock that cannot be moved."

Is There No Balm in Gilead? By Elder Brent H. Nielson

October 2021 general conference

In John chapter 6 of the New Testament, the Savior performed a most interesting miracle. With just a few fish and a few loaves of bread, the Savior fed 5,000. I have read this account many times, but there is a part of that experience I missed that now has great meaning to me. After the Savior fed 5,000, He asked His disciples to gather up the remaining fragments, the leftovers, which filled 12 baskets. I have wondered why the Savior took the time to do that. It has become clear to me that one lesson we can learn from that occasion was this: He could feed 5,000 and there were leftovers. "My grace is sufficient for all men." The Savior's redeeming and healing power can cover any sin, wound, or trial—no matter how large or how difficult—and there are leftovers. His grace is sufficient.

"Lovest Thou Me More Than These?" by President M. Russell Ballard

October 2021 general conference

We cannot lose our love for and hope in Jesus, even if we face seemingly overwhelming challenges. Heavenly Father and Jesus will never forget us. They love us.

Favored of the Lord in All My Days by Elder Moisés Villanueva

October 2021 general conference

In this, the Church of Jesus Christ, I have had many opportunities to minister and serve my fellow man. It is at those times when I feel that Heavenly Father lightens my burdens. President Russell M. Nelson is the prophet of God on the earth; he is a great example of how we should minister to others during difficult trials. I unite my testimony with those of many other Saints that God is our loving Heavenly Father. I have felt His infinite love during my dark days. Our Savior, Jesus Christ, understands our pains and our afflictions. He wants to ease our burdens and comfort us. We must follow His example by serving and ministering to those with even greater burdens than our own.

Favored of the Lord in All My Days by Elder Moisés Villanueva

October 2021 general conference

Jesus Christ showed us that during times of trial and adversity, we can recognize the difficulties of others. Moved with compassion, we can reach out and lift them. And as we do so, we are also lifted by our Christlike service. President Gordon B. Hinckley stated: “The best antidote I know for worry is work. The best medicine for despair is service. The best cure for weariness is the challenge of helping someone who is even more tired.”

More Than Conquerors through Him That Loved Us by Elder Paul V. Johnson

April 2011 general conference

In the midst of problems, it is nearly impossible to see that the coming blessings far outweigh the pain, humiliation, or heartbreak we may be experiencing at the time. “No chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby.” The Apostle Paul taught, “For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory.” It is interesting that Paul uses the term “light affliction.” This comes from a person who was beaten, stoned, shipwrecked, imprisoned, and who experienced many other trials. I doubt many of us would label our afflictions light. Yet in comparison to the blessings and growth we ultimately receive, both in this life and in eternity, our afflictions truly are light.

More Than Conquerors through Him That Loved Us by Elder Paul V. Johnson

April 2011 general conference

At times it may seem that our trials are focused on areas of our lives and parts of our souls with which we seem least able to cope. Since personal growth is an intended outcome of these challenges, it should come as no surprise that the trials can be very personal—almost laser guided to our particular needs or weaknesses. And no one is exempt, especially not Saints striving to do what’s right. Some obedient Saints may ask, “Why me? I’m trying to be good! Why is the Lord allowing this to happen?” The furnace of affliction helps purify even the very best of Saints by burning away the dross in their lives and leaving behind pure gold. Even very rich ore needs refining to remove impurities. Being good is not enough. We want to become like the Savior, who learned as He suffered “pains and afflictions and temptations of every kind.”

More Than Conquerors through Him That Loved Us by Elder Paul V. Johnson

April 2011 general conference

But these trials are not just to test us. They are vitally important to the process of putting on the divine nature. If we handle these afflictions properly, they will be consecrated for our gain.