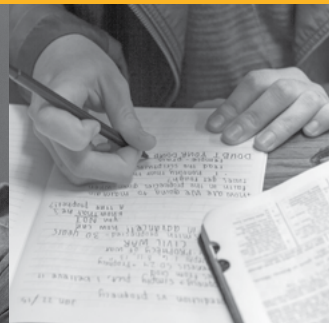




# MY FOUNDATION

FOR SELF-RELIANCE



## HOW TO USE THIS MANUAL

*My Foundation* helps individuals learn and live doctrinal principles that lead to spiritual and temporal self-reliance. It works best when reviewed in a small group of 8 to 12 people or as a family. Each week a different group member takes a turn being the facilitator. The facilitator does not teach the principle to the group. Instead, he or she follows the material and encourages all to participate. All videos can be found online at [srs.lds.org/videos](http://srs.lds.org/videos).

WHEN YOU SEE THESE PROMPTS, FOLLOW THESE DIRECTIONS						
Report	Ponder	Watch	Discuss	Read	Activity	Commit
The group shares their progress keeping commitments for 3–4 minutes.	Individually meditate and write in silence for about 2–3 minutes.	The group watches a video.	Share thoughts as a group for about 2–4 minutes.	One person reads aloud for the whole group.	Work individually or together for about 5 minutes.	Each person promises to act on items during the week.

## SELF-RELIANCE GROUPS

Self-reliance groups can help you improve your personal finances, job, small business, or education. To join a self-reliance group, contact your stake self-reliance specialist.

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*“Let us work for what we need. Let us be self-reliant and independent. Salvation can be obtained on no other principle.”*

**THOMAS S. MONSON,**  
**“Guiding Principles of Personal and Family Welfare,”**  
*Ensign*, Sept. 1986, 3;  
quoting Marion G. Romney, in  
Conference Report,  
Oct. 1976, 167

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# MESSAGE FROM THE FIRST PRESIDENCY

Dear Brothers and Sisters:

The Lord has declared, “It is my purpose to provide for my saints” (D&C 104:15). This revelation is a promise from the Lord that He will provide temporal blessings and open the door of self-reliance, which is the ability for us to provide the necessities of life for ourselves and our family members.

This booklet, *My Foundation*, has been prepared to help members of the Church learn and put into practice principles of faith, education, hard work, and trust in the Lord. Accepting and living these principles will better enable you to receive the temporal blessings promised by the Lord.

We invite you to diligently study and apply these principles and teach them to your family members. As you do so, your life will be blessed. You will learn how to act on your path toward greater self-reliance. You will be blessed with greater hope, peace, and progress.

Please be assured that you are a child of our Father in Heaven. He loves you and will never forsake you. He knows you and is ready to extend to you the spiritual and temporal blessings of self-reliance.

Sincerely,

The First Presidency



# 1: SELF-RELIANCE IS A PRINCIPLE OF SALVATION

Before starting, read “How to Use This Manual” on the inside front cover.

**Ponder:** John 10:10 (on the right)

**Discuss:** What is an abundant life?

**Watch:** “He Polished My Toe,” available at [srs.lds.org/videos](http://srs.lds.org/videos). (No video? Read page 5.)

**Discuss:** Do you believe there are solutions to your problems? How can we qualify for the Lord’s power to assist us?

**Read:** *Handbook 2* reference and the quote by Elder Dallin H. Oaks (on the right). Being self-reliant does not mean that we can do or obtain anything we set our mind to. Rather, it is believing that through the grace, or enabling power, of Jesus Christ and our own effort, we are able to obtain all the spiritual and temporal necessities of life we require for ourselves and our families. Self-reliance is evidence of our trust or faith in God’s power to move mountains in our lives and to give us strength to triumph over trials and afflictions.

**Discuss:** How has Christ’s grace helped you obtain the spiritual and temporal necessities of life?

## ACTIVITY

**Step 1:** Choose a partner and read each principle below.

**Step 2:** Discuss why believing these truths can help you become more self-reliant.

### DOCTRINAL PRINCIPLES OF SELF-RELIANCE

- |                                                                                      |                                                                                                                                                                            |
|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Self-reliance is a commandment.                                                   | “The Church and its members are commanded by the Lord to be self-reliant and independent” ( <i>Teachings of Presidents of the Church: Spencer W. Kimball</i> [2006], 116). |
| 2. God can and will provide a way for His righteous children to become self-reliant. | “And it is my purpose to provide for my saints, for all things are mine” (D&C 104:15).                                                                                     |
| 3. The temporal and spiritual are one to God.                                        | “Wherefore, verily I say unto you that all things unto me are spiritual” (D&C 29:34).                                                                                      |

*“I am come that they might have life, and that they might have it more abundantly.”*

### JOHN 10:10

*“Self-reliance is the ability, commitment, and effort to provide the spiritual and temporal necessities of life for self and family. As members become self-reliant, they are also better able to serve and care for others.”*

### HANDBOOK 2: ADMINISTERING THE CHURCH (2010), 6.1.1

*“Whatever causes us to be dependent on someone else for decisions or resources we could provide for ourselves weakens us spiritually and retards our growth toward what the gospel plan intends us to be.”*

**DALLIN H. OAKS,**  
**“Repentance and Change,” *Ensign* or *Liahona*, Nov. 2003, 40**



**Discuss:** Read President Marion G. Romney's quote (on the right). How do you know if you are becoming more self-reliant?

**Commit:** Commit to do the following actions during the week. Check the box when you complete each commitment.

- Read the First Presidency letter on page 3, and underline the promised blessings. What must you do to obtain them? Write your thoughts below.

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- Share what you've learned today about self-reliance with your family or friends.

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## HE POLISHED MY TOE

If you are unable to watch the video, read this script.



**ELDER ENRIQUE R. FALABELLA:**

When I was growing up, we didn't have much. I remember one day when I approached my father and said to him, "Papa, I need a new pair of shoes. These ones are already worn out." He stopped and looked at my shoes and saw they were really worn out. He said, "I think this is something we can fix." He took a bit of black polish and polished my shoes, leaving them shiny and nice. He said to me, "Now they're fixed, son." I replied, "No, not yet. You can still see my toe sticking out of my shoe." He said, "Well, we can fix that too!" He took a little more polish and he polished my toe!

That day I learned that there is a solution to every problem. I am convinced that this principle of self-reliance and this initiative is a way to hasten the Lord's work. It's part of the work of salvation. All of us can become better than what we are now. You have to let go of apathy. Many times we become complacent, and this destroys our progress. Every day is a day I can make progress if I decide to do something different to improve what I've done poorly in the past. If you do it with faith, exercising faith and hope in Christ that He will be there helping you, you will find the way to make progress in temporal and spiritual things. This is because God lives and you are His son or daughter.

**Back to page 4.**

*"Without self-reliance one cannot exercise these innate desires to serve. How can we give if there is nothing there? Food for the hungry cannot come from empty shelves. Money to assist the needy cannot come from an empty purse. Support and understanding cannot come from the emotionally starved. Teaching cannot come from the unlearned. And most important of all, spiritual guidance cannot come from the spiritually weak."*

**MARION G. ROMNEY,**  
**"The Celestial Nature of Self-Reliance,"**  
*Ensign, Nov. 1982, 93*



## 2: EXERCISE FAITH IN JESUS CHRIST

**Report:** Briefly share with the group how you were more self-reliant last week.

**Ponder:** How does my faith in Jesus Christ affect my self-reliance?

**Watch:** “Exercise Faith in Jesus Christ,” available at [srs.lds.org/videos](http://srs.lds.org/videos). (No video? Read page 7.)

**Discuss:** Why does true faith always lead to action? Why is faith necessary for God to help us temporally and spiritually?

**Read:** Matthew 6:30 and quote from the *Lectures on Faith* (on the right)

### ACTIVITY

The path to self-reliance is a journey of faith. The First Presidency and Quorum of the Twelve are inviting us to make increasing our faith in Heavenly Father and His Son a priority in our life. **Step 1:** As a group, read the prophetic priorities in the box below. **Step 2:** Discuss how faithfully honoring the Sabbath, taking the sacrament, and reading the Book of Mormon will help you become more self-reliant.

#### PROPHETIC PRIORITIES AND PROMISES

“Imagine the scope of that statement! The fulness of the earth is promised to those who keep the Sabbath day holy” (Russell M. Nelson, “The Sabbath Is a Delight,” *Ensign* or *Liahona*, May 2015, 130; see also D&C 59:16).

“Spirituality is not stagnant and neither are [sacrament] covenants. Covenants bring not only commitments but they bring spiritual power” (Neil L. Andersen, General Authority training meeting, Apr. 2015).

“I bear witness that [the Book of Mormon] can become a personal ‘Urim and Thummim’ in your life” (Richard G. Scott, “The Power of the Book of Mormon in My Life,” *Ensign*, Oct. 1984, 11).

**Commit:** Commit to do the following actions during the week. Check the box when you complete each action.

- Show your faith this Sunday by keeping the Sabbath day holy and reverently partaking of the sacrament.
- Read from the Book of Mormon every day.
- Read the scriptures on page 7. Choose one and share it with your family or friends.

*“Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?”*

**MATTHEW 6:30**

*“Are not all your exertions of every kind, dependent on your faith? . . . As we receive by faith all temporal blessings that we do receive, so we in like manner receive by faith all spiritual blessings that we do receive. But faith is not only the principle of action, but of power also.”*

***Lectures on Faith* (1985), 2, 3**



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## EXERCISE FAITH IN JESUS CHRIST

If you are unable to watch the video, read this script.



**ELDER DAVID A. BEDNAR:** Taking action is the exercise of faith. The children of Israel are carrying the ark of the covenant. They come to the River Jordan. The promise is they will cross over on dry land. When does the water part? When their feet are wet. They walk into the river—act. Power follows—the water parts.

We oftentimes believe, “I’m going to have this perfect understanding, and then I’m going to transform that into what I do.” I would suggest that we have enough to get started. We have a sense of the right direction. Faith is a principle—the principle—of action and of power. True faith is focused in and on the Lord Jesus Christ and always leads to action.

(See “Seek Learning by Faith” [address to Church Educational System religious educators, Feb. 3, 2006], [lds.org/media-library](https://www.lds.org/media-library))

**Back to page 6.**

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## SCRIPTURES ABOUT FAITH IN ACTION

Because Daniel would not stop praying, he was thrown into a den of lions, but “God . . . sent his angel, and . . . shut the lions’ mouths, . . . and no manner of hurt was found upon him, because he believed in his God” (Daniel 6:22–23; see also verses 16–21).

The Lord gave Lehi the Liahona to guide his family, and “it did work for them according to their faith in God. . . . [When] they were slothful, and forgot to exercise their faith and diligence . . . they did not progress in their journey” (Alma 37:40–41).

“Bring ye all the tithes into the storehouse . . . and prove me now herewith

. . . if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it” (Malachi 3:10).

During a famine, Elijah asked a widow to give him her last meal. Elijah promised that because of her faith the Lord would provide food to her, and her food never ran out (1 Kings 17).

“When the poor and needy seek water, and there is none, and their tongue faileth for thirst, I the Lord will hear them, I the God of Israel will not forsake them” (Isaiah 41:17–18).



# 3: MANAGE MONEY

**Report:** Briefly share with the group how the Sabbath day or the Book of Mormon strengthened your faith last week.

**Ponder:** Why is managing money so hard—and so important?

**Watch:** “First Things First!” available at [srs.lds.org/videos](http://srs.lds.org/videos). (No video? Read page 10.)

**Discuss:** Why should we keep track of and save our money?

**Read:** Doctrine and Covenants 104:78 and the statement from *All Is Safely Gathered In* (on the right)

**Discuss:** Read the self-reliant approach to managing money (below). How can we make this a habit?

*“And again, verily I say unto you, concerning your debts—behold it is my will that you shall pay all your debts.”*

**DOCTRINE AND COVENANTS 104:78**

## SELF-RELIANT APPROACH

①

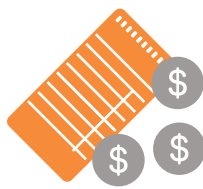
Work hard and smart to receive money.



**Income**

②

Pay the Lord first.



**Tithes and offerings**

③

Pay ourselves second.



**Savings**

④

**Then** we spend less than we earn and avoid debt.



**Current living expenses**

*“Pay tithes and offerings, . . . avoid debt, . . . use a budget, . . . determine how to reduce what you spend for non-essentials . . . [and] discipline yourself to live within your budget plan.”*

**ALL IS SAFELY GATHERED IN: FAMILY FINANCES** (booklet, 2007), 3

**ACTIVITY**

**Step 1:** Individually review your spending below.

HOW DO I FEEL ABOUT MY SPENDING?			
Category	I spend too little	I feel good about my spending	I spend too much
<b>EXAMPLE</b> ➔ Clothing			✓
Eating out at restaurants			
Groceries			
Snacks and beverages			
Entertainment			
Housing			
Utilities			
Clothing			
Household items			
Transportation			
Insurance			
Phone			
Debt payments			
Tithing			
Charitable donations			
Other			

**Step 2:** Read the quote by Elder Robert D. Hales (on the right). Discuss how you could reduce spending in the categories where you spend too much.

*“There seems to be a sense of entitlement in today’s culture. . . . When we become burdened with excessive debt, we have . . . placed ourselves in self-imposed servitude, spending all of our time, all of our energy, and all of our means to the repayment of our debts. . . . It is essential that we . . . develop a spending and savings plan—a budget—and distinguish between wants and needs.”*

**ROBERT D. HALES,**  
**“Seek and Attain the Spiritual High Ground in Life”**  
 (Church Educational System fireside, Mar. 2009), [lds.org/media-library](http://lds.org/media-library)

**Commit:** Commit to do the following actions during the week. Check the box when you complete each action.

- Keep track of what you earn and spend every day. You can use the income and expense record on page 11.
- Share what you’ve learned today about managing money with your family or friends.

### FIRST THINGS FIRST!

If you are unable to watch the video, choose roles and read this script.



**SETTING:** *Young boy and girl, dressed in adult clothes, acting like their parents.*

**BOY:** I'm home, dear.

**GIRL:** Welcome home. Oh my, you look tired.

**BOY:** You do too. You work very hard, don't you?

**GIRL:** Well, we're supposed to work, aren't we?

**BOY:** I earned 10 today.

**GIRL:** Oh, what a blessing. So, first things first. Let's pay our tithing, shall we?

**BOY:** But what if we don't have enough?

**GIRL:** That's where faith comes in!

**BOY:** Okay. So what's next?

**GIRL:** Well, we'll need to buy food and bus fare and pay rent. And then it would be nice to buy a chair . . .

**BOY:** But we can't. See? We don't have enough money.

**GIRL:** Could we borrow some?

**BOY:** They say debt is dangerous. We don't want to get in trouble.

**GIRL:** Okay. You're right. So what do we do with this?

**BOY:** Let's save it! You never know what will happen.

**GIRL:** That feels right. But there's nothing left for fun.

**BOY:** We have each other! And I'll try to earn more.

**GIRL:** I'll try to spend less!

**BOY:** That way we can be happy—and self-reliant!

**GIRL:** Right! That wasn't so difficult. Why do grown-ups make it so hard?

**BOY:** Oh, you know. That's just how grown-ups are.

**Back to page 8.**

## INCOME AND EXPENSE RECORD

Write how much you spend each week. What would it be like if you had enough money for your needs?

HOW MUCH DO I SPEND WEEKLY?					How much do I need each month to be self-reliant?
	Week 1	Week 2	Week 3	Week 4	
<b>Income</b>					
Tithes, offerings					
Savings					
Food					
Housing					
Medical expenses					
Transportation					
Educational expenses					
Debt payments					
Clothing					
Utilities					
Phone					
Entertainment					
Insurance					
Other					
<b>Total expenses</b>					



## 4: REPENT AND BE OBEDIENT

**Report:** Briefly share with the group your progress tracking income and expenses last week.

**Ponder:** How are repentance and obedience connected to self-reliance?

**Watch:** "Obedience Brings Blessings," available at [srs.lds.org/videos](http://srs.lds.org/videos). (No video? Read page 13.)

**Discuss:** What blessings have you received by obeying God's laws? How does repentance help us progress?

**Read:** Doctrine and Covenants 130:20–21 and the quote by the Prophet Joseph Smith (on the right)

*"There is a law . . . upon which all blessings are predicated—and when we obtain any blessing from God, it is by obedience to that law upon which it is predicated."*

**DOCTRINE AND COVENANTS  
130:20–21**

*"I made this my rule: When the Lord commands, do it."*

**Teachings of Presidents of the Church: Joseph Smith (2007), 160**

### ACTIVITY

Obedience to specific laws leads to specific blessings.

**Step 1:** On your own, write some blessings you desire in the left column.

**Step 2:** Identify which laws or principles you will need to obey in order to receive the blessings you desire.

BLESSINGS I WANT TO RECEIVE	LAWS OR PRINCIPLES TO OBEY
<i>Three months of savings</i>	<i>Tithes and offerings (Malachi 3:10–12) Follow a budget</i>

**Discuss:** Read Joshua 3:5 and the quotes by Elder Jeffrey R. Holland and President Spencer W. Kimball (on page 13). Why do we need to repent, sanctify ourselves, and try to do good as we seek to become self-reliant?

**Commit:** Commit to do the following actions during the week. Check the box when you complete each action.

- Obey the law you chose in the activity above.
- Share what you've learned today about obedience with your family or friends.



## OBEDIENCE BRINGS BLESSINGS

If you are unable to watch the video, read this script.



### **PRESIDENT THOMAS S. MONSON:**

What a glorious promise! “He that keepeth [God’s] commandments receiveth truth and light, until he is glorified in truth and knoweth all things” [D&C 93:28]. . . .

My brothers and sisters, the great test of this life is obedience. “We will prove them herewith,” said the Lord, “to see if they will do all things whatsoever the Lord their God shall command them” [Abraham 3:25].

Declared the Savior, “For all who will have a blessing at my hands shall abide the law which was appointed for that blessing, and the conditions thereof, as were instituted from before the foundation of the world” [D&C 132:5].

No greater example of obedience exists than that of our Savior. Of Him, Paul observed:

“Though he were a Son, yet learned he obedience by the things which he suffered;

“And being made perfect, he became the author of eternal salvation unto all them that obey him” [Hebrews 5:8–9].

The Savior demonstrated genuine love of God by living the perfect life, by honoring the sacred mission that was

His. Never was He haughty. Never was He puffed up with pride. Never was He disloyal. Ever was He humble. Ever was He sincere. Ever was He obedient. . . .

When faced with the agony of Gethsemane, where He endured such pain that “his sweat was as it were great drops of blood falling down to the ground” [Luke 22:44], He exemplified the obedient Son by saying, “Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done” [Luke 22:42].

As the Savior instructed His early Apostles, so He instructs you and me, “Follow thou me” [John 21:22]. Are we willing to obey?

The knowledge which we seek, the answers for which we yearn, and the strength which we desire today to meet the challenges of a complex and changing world can be ours when we willingly obey the Lord’s commandments. I quote once again the words of the Lord: “He that keepeth [God’s] commandments receiveth truth and light, until he is glorified in truth and knoweth all things” [D&C 93:28].

It is my humble prayer that we may be blessed with the rich rewards promised to the obedient. In the name of Jesus Christ, our Lord and Savior, amen.

(“Obedience Brings Blessings,” *Ensign or Liahona*, May 2013, 89, 92)

*“Sanctify yourselves: for to morrow the Lord will do wonders among you.”*

### **JOSHUA 3:5**

*“The Lord blesses those who want to improve, who accept the need for commandments and try to keep them. . . . He will help you repent, repair, fix whatever you have to fix, and keep going. Soon enough you will have the success you seek.”*

**JEFFREY R. HOLLAND,**  
**“Tomorrow the Lord Will Do Wonders among You,”** *Ensign or Liahona*, May 2016, 126

*“If we like luxuries or even necessities more than we like obedience, we will miss the blessings which he would like to give us.”*

**SPENCER W. KIMBALL,**  
**in *The Teachings of Spencer W. Kimball*,**  
**ed. Edward L. Kimball (1982), 212**

**Back to page 12.**



## 5: USE TIME WISELY

**Report:** Briefly share with the group a blessing you received last week because you were obedient.

**Ponder:** Why is time one of God’s greatest gifts?

**Watch:** “The Gift of Time,” available at [srs.lds.org/videos](http://srs.lds.org/videos). (No video? Read page 15.)

**Discuss:** What did you learn from Sister Benkosi?

**Read:** Alma 34:32 and the quote by President Brigham Young (on the right)

*“For behold, this life is the time for men to prepare to meet God; yea, behold the day of this life is the day for men to perform their labors.”*

**ALMA 34:32**

### ACTIVITY

**Step 1:** With a partner, read the five steps you can take each day to use your time well.

1	2	3	4	5
<b>LIST TASKS</b>	<b>PRAY</b>	<b>SET PRIORITIES</b>	<b>SET GOALS, ACT</b>	<b>REPORT</b>
Each morning, make a list of tasks to do. Add names of people to serve.	Pray for guidance. Review your list of tasks. Listen. Commit to do your best.	On your list of tasks, put a 1 by the most important, a 2 by the next most important, and so on.	Listen to the Spirit. Set goals. Work hard. Start with the most important task and work down the list.	Each night, report to Heavenly Father in prayer. Ask questions. Listen. Repent. Feel His love.

**Step 2:** On a separate piece of paper, list your tasks. These should be important tasks for your work, for school, for church, or for family service—not just daily chores. Pray about and prioritize your list.

**Step 3:** Tomorrow, you should set goals, act, and report how you’ve used your time.

*“Time is all the capital stock there is on the earth. . . . If properly used, it brings that which will add to your comfort, convenience, and satisfaction. Let us consider this, and no longer sit with hands folded, wasting time.”*

**BRIGHAM YOUNG,**  
in *Discourses of Brigham Young*,  
sel. John A. Widtsoe  
(1954), 214

**Commit:** Commit to doing the following actions during the week. Check the box when you complete each action:

- Practice these steps every day to use your time more wisely. Report each night to Heavenly Father in your prayers.
- Share what you’ve learned today about using time wisely with your family or friends.

## THE GIFT OF TIME

If you are unable to watch the video, choose roles and read this script.



**KOFI:** Hello, Sister Benkosi. How are you?

**SISTER BENKOSI:** Are you okay, Kofi?

**KOFI:** Oh, Sister Benkosi. I'm so busy. I have to work and serve and help my family . . . and then my football too. I have no time!

**SISTER B.:** Kofi, you have all the time there is.

**KOFI:** What?

**SISTER B.:** My boy, God has given us a great gift—our time. We must do with it what matters most.

**KOFI:** But how, Sister Benkosi? You have always done so much. You have succeeded with your family, with your business. You have served and blessed many, like me. I don't know how you do it.

**SISTER B.:** Do you really want to know? If you will sit still and listen, I will tell you my secret.

Every morning I rise before the sun. I dress and wash my face and hands.

I read the scriptures. Then I make a list of what I should do that day.

I think of who I might serve. I pray to know God's will. And I listen.

Sometimes the names or faces of people come to mind. I add them to my list.

**KOFI:** Is that how you always know just who needs your service?

**SISTER B.:** Yes, Kofi. And I pray for strength and wisdom. I pray that God will "consecrate [my] performance." It says that in 2 Nephi 32.

I thank Him. I promise to do my best. I ask that He will do what I cannot.

Then I look at my list. I put a 1 by the most important thing, then a 2.

**KOFI:** How do you know the priorities?

**SISTER B.:** I listen when I pray! Then I go to work. I look at number 1 and try to do it first, then number 2.

Sometimes things change. The Holy Ghost tells me to do something else. That is good.

I work very hard, but I have peace. I know God will help me.

So, with my list and the Spirit, I do what matters, Kofi.

**KOFI:** That sounds simple and hard at the same time.

**SISTER B.:** You are right! When I finally prepare for bed, I pray. I report to Heavenly Father. I tell Him how the day went. I ask questions. I ask what I can do better. I listen. I often feel His love. I know He magnifies what I try to do. Then I have peace, Kofi, and I sleep.

**KOFI:** That is good, Mamma Benkosi. I want this peace. I want to use my time. I want to work and serve better.

**Back to page 14.**



## 6: WORK: TAKE RESPONSIBILITY AND PERSEVERE

- Report:** Briefly share with the group something you accomplished last week because you managed your time well.
- Ponder:** Why does Heavenly Father want me to take personal responsibility for my life?
- Watch:** "Sedrick's Journey," available at [srs.lds.org/videos](http://srs.lds.org/videos). (No video? Read page 17.)
- Discuss:** How do we learn to keep going, even when the work is difficult?
- Read:** Doctrine and Covenants 42:42 and the quote by President James E. Faust (on the right)
- Discuss:** Read the quote by Elder D. Todd Christofferson (on page 17). Why does the Lord expect us to work for what we receive?

*"Thou shalt not be idle; for he that is idle shall not eat the bread nor wear the garments of the laborer."*

### DOCTRINE AND COVENANTS 42:42

*"Perseverance is demonstrated by those who . . . don't give up even when others say, 'It can't be done.'"*

**JAMES E. FAUST,**  
**"Perseverance,"**  
*Ensign or Liahona,*  
 May 2005, 51

### ACTIVITY

**Step 1:** Choose a partner and read together each step in the pattern below.

**Step 2:** Ask each other to talk about a very hard task or challenge the other currently faces.

**Step 3:** Help each other apply the four steps below to the difficult task or challenge.

1 KEEP A POSITIVE ATTITUDE	2 REMEMBER TO WORK TOGETHER	3 REPLACE FEAR WITH FAITH	4 MOVE FORWARD WITH PATIENCE AND COURAGE
List your blessings.	Ask friends, peers, group members, and others for help.	Avoid doubt. Remember the Lord has all power. Call upon Him and accept His will.	Never, never, never give up; endure with faith. Look for lessons the Lord might be teaching you.

**Step 4:** Write two or three ways you can move forward with faith, trusting that God will provide.

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**Ponder:** Read the quote by President Thomas S. Monson (on the right). How do I react when I experience failure?

**Commit:** Commit to do the following actions during the week. Check the box when you complete each action.

Choose something that is hard or uncomfortable and finish the task. Write it below.

Share what you've learned today about work and perseverance with your family and friends.

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## SEDRICK'S JOURNEY

If you are unable to watch the video, read this script.



**SEDRICK:** My name is Sedrick Kambesabwe. I live in the Democratic Republic of the Congo. I'm a member of the LDS Church.

I'm a branch missionary in the village of Kipusanga. I need to prepare to go on a foreign mission. In order to go on a mission, I need a passport, which now costs 250 U.S. dollars.

To earn money, my father and I buy bananas. Some villages produce a lot of bananas: Tishabobo, Lusuku, and Kamanda.

Tishabobo is about 9 miles from here. Lusuku is 18 miles. Kamanda is 18 as

well. We go there and buy bananas, and we bring them back here to sell.

To go to the villages we use a bicycle. We can take four or six bunches of bananas.

When I go by bike, it can take an hour and a half each way, if the bike is working and I have the strength. When it is midday and the heat is oppressive, I move slowly because of the heat and the sun.

I can do two trips per day if I wake up very early in the morning. It is a good way to help pay for my passport.

Now I'm earning money, little by little, so I'm saving for both school expenses and the mission. And now, after four years of work, I have enough money for my passport, plus 70 dollars saved.

**Back to page 16.**

*"God has designed this mortal existence to require nearly constant exertion. . . . By work we sustain and enrich life. . . . Work builds and refines character, creates beauty, and is the instrument of our service to one another and to God. A consecrated life is filled with work, sometimes repetitive, . . . sometimes unappreciated but always work that improves, . . . lifts, [and] aspires."*

**D. TODD CHRISTOFFERSON,**  
**"Reflections on a Consecrated Life,"**  
**Ensign or Liahona,**  
**Nov. 2010, 17**

*"Our responsibility is to rise from mediocrity to competence, from failure to achievement. Our task is to become our best selves. One of God's greatest gifts to us is the joy of trying again, for no failure ever need be final."*

**THOMAS S. MONSON,**  
**"The Will Within,"**  
**Ensign, May 1987, 68**



# 7: SOLVE PROBLEMS

**Report:** Briefly share with the group a difficult task you were able to finish last week.

**Ponder:** Why does Heavenly Father allow us to face problems and challenges?

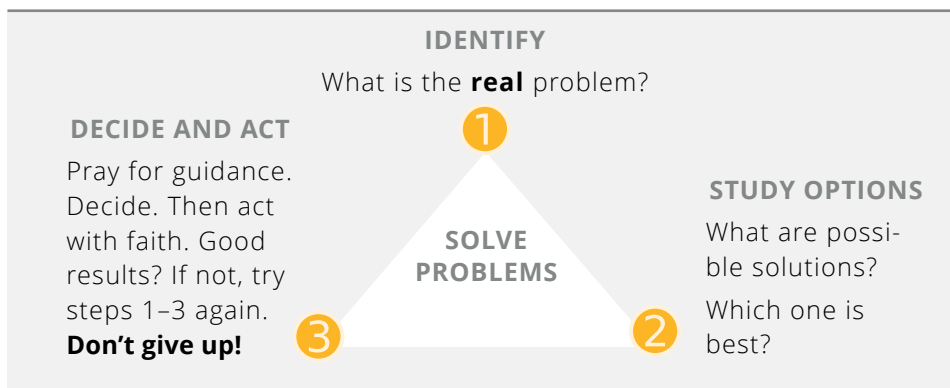
**Watch:** "A Bigger Truck?" available at srs.lds.org/videos. (No video? Read page 19.)

**Discuss:** What is the real problem in this story? What are some options for the two men?

**Read:** Doctrine and Covenants 9:7-9 and the quote by Elder Robert D. Hales (on the right)

## ACTIVITY

**Step 1:** Choose a partner, and read the steps below.



**Step 2:** Choose a problem you are facing and write it below.

\_\_\_\_\_

**Step 3:** Apply each step to your problem.

Identify: \_\_\_\_\_

Study options: \_\_\_\_\_

\_\_\_\_\_

Decide and act: \_\_\_\_\_

\_\_\_\_\_

*"Behold, you have not understood; you have supposed that I would give it unto you, when you took no thought save it was to ask me.*

*"But, behold, I say unto you, that you must study it out in your mind; then you must ask me if it be right, and if it is right I will cause that your bosom shall burn within you; therefore, you shall feel that it is right.*

*"But if it be not right you shall have no such feelings, but you shall have a stupor of thought that shall cause you to forget the thing which is wrong."*

### DOCTRINE AND COVENANTS 9:7-9

*"The Lord expects us to help solve our own problems. . . . We are thinking, reasoning human beings. We have the ability to identify our needs, to plan, to set goals, and to solve our problems."*

**ROBERT D. HALES,**  
**"Every Good Gift,"**  
**New Era, Aug. 1983,**  
**8, 9**



**Read:** 1 Nephi 17:51 and 1 Nephi 18:2–3 (on the right)

**Discuss:** How was Nephi able to build a ship?

**Commit:** Commit to do the following actions during the week. Check the box when you complete each action.

- Act on the steps you discussed in the activity to begin solving your problem. Remember, don't give up. It takes time to solve problems and make changes.
- Share what you've learned today about solving problems with your family or friends.

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## A BIGGER TRUCK?

If you are unable to watch the video, read this script.



**ELDER DALLIN H. OAKS:** Two men formed a partnership. They built a small shed beside a busy road. They obtained a truck and drove it to a farmer's field, where they purchased a truckload of melons for a dollar a melon. They drove the loaded truck to their shed by the road, where they sold their melons for a dollar a melon.

They drove back to the farmer's field and bought another truckload of melons for a dollar a melon. Transporting them to the roadside, they again sold them for a dollar a melon. As they drove back toward the farmer's field to get another load, one partner said to the other, "We're not making much money on this business, are we?" "No, we're not," his partner replied. "Do you think we need a bigger truck?"

("Focus and Priorities," *Ensign*, May 2001, 82).

**Back to page 18.**

*"And now, if the Lord has such great power, and has wrought so many miracles among the children of men, how is it that he cannot instruct me, that I should build a ship?"*

### 1 NEPHI 17:51

*"Now I, Nephi, did not work the timbers after the manner which was learned by men, neither did I build the ship after the manner of men; but I did build it after the manner which the Lord had shown unto me; wherefore, it was not after the manner of men.*

*"And I, Nephi, did go into the mount oft, and I did pray oft unto the Lord; wherefore the Lord showed unto me great things."*

### 1 NEPHI 18:2–3



## 8: BECOME ONE, SERVE TOGETHER

**Report:** Briefly share with the group something you did last week to help solve a problem.

**Ponder:** How does losing myself in the service of others actually save me?

**Watch:** "In the Lord's Way," available at [srs.lds.org/videos](http://srs.lds.org/videos). (No video? Read page 21.)

**Discuss:** How can serving others open the windows of heaven in your life?

**Read:** Some feel that they deserve what others already have, which can cause resentment. Others feel entitled to things they have not earned. These two traps blind people from seeing an essential truth: all things belong to God. Resentment and entitlement can be overcome by focusing on the needs of others. Read Mosiah 2:17; 4:26 and the quote by President Gordon B. Hinckley (on the right).

### ACTIVITY

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**Step 1:** As a group, think of someone that needs help.

**Step 2:** Discuss the talents, contacts, and resources you have to offer.

**Step 3:** Make a plan to serve that person. For example, you could:



- Perform a service project in your community.
  - Prepare your family history using the booklet *My Family: Stories That Bring Us Together*. Then go to the temple and perform sacred ordinances for family members who have died.
  - Help someone on his or her path to self-reliance.
- 

*"When ye are in the service of your fellow beings ye are only in the service of your God."*

**MOSIAH 2:17**

*"And now, for the sake of . . . retaining a remission of your sins from day to day, . . . I would that ye should impart of your substance to the poor, every man according to that which he hath, such as feeding the hungry, clothing the naked, visiting the sick and administering to their relief, both spiritually and temporally, according to their wants."*

**MOSIAH 4:26**

*"When you are united, your power is limitless. You can accomplish anything you wish to accomplish."*

**GORDON B. HINCKLEY, "Your Greatest Challenge, Mother," Ensign, Nov. 2000, 97**

**Read:** Quotes by Elder Robert D. Hales and President Thomas S. Monson (on the right)

**Commit:** Commit to doing the following actions during the week. Check the box when you complete each action.

- Act on the plan you made to serve someone.
- Share what you've learned today about service with your family or friends.

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## IN THE LORD'S WAY

If you are unable to watch the video, read this script.



**PRESIDENT HENRY B. EYRING:** The principles at the foundation of the Church welfare program are not for only one time or one place. They are for all times and all places. . . .

. . . The way it is to be done is clear. Those who have accumulated more are to humble themselves to help those in need. Those in abundance are to voluntarily sacrifice some of their comfort, time, skills, and resources to relieve the suffering of those in need. And the help is to be given in a way that increases the power of the recipients to care for themselves and then care for others. Done in this, the Lord's way, something remarkable can happen. Both the giver and the receiver are blessed.

(Adapted from an address given by President Eyring at the dedication of the Sugarhouse Utah Welfare Services Center, June 2011, LDS.org)

**PRESIDENT DIETER F. UCHTDORF:**

Brothers and sisters, we each have a covenant responsibility to be sensitive to the needs of others and serve as the Savior did—to reach out, bless, and uplift those around us.

Often, the answer to our prayer does not come while we're on our knees but while we're on our feet serving the Lord and serving those around us. Selfless acts of service and consecration refine our spirits, remove the scales from our spiritual eyes, and open the windows of heaven. By becoming the answer to someone's prayer, we often find the answer to our own.

(“Waiting on the Road to Damascus,” *Ensign* or *Liahona*, May 2011, 76)

**Back to page 20.**

*“The purpose of both temporal and spiritual self-reliance is to get ourselves on higher ground so that we can lift others in need.”*

**ROBERT D. HALES,**  
**“Coming to Ourselves: The Sacrament, the Temple, and Sacrifice in Service,”** *Ensign* or *Liahona*, May 2012, 36

*“When we work together cooperatively, . . . we can accomplish anything. When we do so, we eliminate the weakness of one person standing alone and substitute the strength of many serving together.”*

**THOMAS S. MONSON,**  
**“Church Leaders Speak Out on Gospel Values,”** *Ensign*, May 1999, 118



## 9: COMMUNICATE: PETITION AND LISTEN

**Report:** Briefly share with the group how you served someone last week.

**Ponder:** When has Heavenly Father answered my prayers?

**Watch:** "Creating Lift," available at [srs.lds.org/videos](http://srs.lds.org/videos). (No video? Read page 23.)

**Discuss:** How can we recognize answers to our prayers? Why is listening an essential part of prayer?

**Read:** Doctrine and Covenants 8:2 and the quote by President Russell M. Nelson (on the right)

**Discuss:** Why is listening an essential skill? How can careful listening help us in our work?

*"I will tell you in your mind and in your heart, by the Holy Ghost, which shall come upon you and which shall dwell in your heart."*

### DOCTRINE AND COVENANTS 8:2

*"Your soul will be blessed as you learn to listen, then listen to learn from children, parents, partners, neighbors, and Church leaders, all of which will heighten capacity to hear counsel from on high."*

**RUSSELL M. NELSON,**  
**"Listen to Learn,"**  
*Ensign, May 1991, 24*

### ACTIVITY

**Step 1:** As a group, read the steps below and briefly discuss them.

**Step 2:** Ask one or two members of the group to tell the others about a challenge or question they have. Everyone else should try to listen, following these steps.

**Step 3:** When finished, ask the group members who spoke how they felt when the group really tried to listen.



**Read:** Quotes by President Henry B. Eyring and Elder Robert D. Hales (on the right)

**Commit:** Commit to doing the following actions during the week. Check the box when you complete each action.

- Pray individually and as a family each morning and night. Spend time after each prayer reverently listening for guidance.
- Share what you've learned today about communication with your family or friends.

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## CREATING LIFT

If you are unable to watch the video, read this script.



**PRESIDENT DIETER F. UCHTDORF:**

In order to get an airplane off the ground, you must create lift. In aerodynamics, lift happens when air passes over the wings of an airplane in such a way that the pressure underneath the wing is greater than the pressure above the wing. When the upward lift exceeds the downward pull of gravity, the plane rises from the ground and achieves flight.

In a similar way, we can create lift in our spiritual life. When the force that is pushing us heavenward is greater than the temptations and distress that drag us downward, we can ascend and soar into the realm of the Spirit.

Though there are many gospel principles that help us to achieve lift, I would like to focus on one in particular.

Prayer!

Prayer is one of the principles of the gospel that provides lift. Prayer has the power to elevate us from our worldly cares. Prayer can lift us up through clouds of despair or darkness into a bright and clear horizon.

One of the greatest blessings and privileges and opportunities we have as children of our Heavenly Father is that we can communicate with Him through prayer. We can speak to Him of our life experiences, trials, and blessings. We can listen for and receive celestial guidance from the Holy Spirit at any time and at any place.

(See Dieter F. Uchtdorf, "Prayer and the Blue Horizon," *Ensign or Liahona*, June 2009, 5–6)

*"Our Heavenly Father hears the prayers of His children across the earth pleading for food to eat, for clothes to cover their bodies, and for the dignity that would come from being able to provide for themselves."*

**HENRY B. EYRING,**  
**"Opportunities to Do Good,"** *Ensign or Liahona*, May 2011, 22

*"We must ask for help from our Heavenly Father and seek strength through the Atonement of His Son, Jesus Christ. In both temporal and spiritual things, [this] enables us to become provident providers for ourselves and others."*

**ROBERT D. HALES,**  
**"Becoming Provident Providers Temporally and Spiritually,"** *Ensign or Liahona*, May 2009, 7–8

**Back to page 22.**



# 10: SHOW INTEGRITY

**Report:** Briefly share with the group an answer to prayer last week.

**Ponder:** Why does the Lord love those with “integrity of heart”?

**Watch:** “What Shall a Man Give in Exchange for His Soul?” available at [srs.lds.org/videos](http://srs.lds.org/videos). (No video? Read page 25.)

**Discuss:** What does it mean to have integrity? What are some small ways people give away their souls to get things in this life?

**Read:** Articles of Faith 1:13 and Job 27:5 (on the right)

## ACTIVITY

On your own, rate yourself in the following areas.

**PUT A NUMBER IN FRONT OF EACH ITEM TO SHOW HOW OFTEN YOU ACT THIS WAY.**

*1 = never, 2 = sometimes, 3 = often, 4 = always*

- \_\_\_\_\_ 1. I keep all of my promises, commitments, and covenants.
- \_\_\_\_\_ 2. I am completely truthful in things I say and in the records I keep.
- \_\_\_\_\_ 3. I do not exaggerate to make things appear better than they are.
- \_\_\_\_\_ 4. I return everything I borrow and do not take things that do not belong to me.
- \_\_\_\_\_ 5. I am completely faithful to my spouse in my words and actions.
- \_\_\_\_\_ 6. I never cheat, even when I know I won't be caught.
- \_\_\_\_\_ 7. When I find something that isn't mine, I return it to the owner.
- \_\_\_\_\_ 8. I always pay back money I borrow.

**Discuss:** Read Mosiah 4:28 (on the right) and the quote by Elder Joseph B. Wirthlin (on page 25). Why is repaying a debt or business or student loan (like a PEF loan) a matter of personal integrity?

**Commit:** Commit to doing the following actions during the week. Check the box when you complete each action:

- Improve one of the eight areas you rated above.
- Share what you've learned today about integrity with your family or friends.

*“We believe in being honest.”*

**ARTICLES OF FAITH 1:13**

*“Till I die I will not remove mine integrity from me.”*

**JOB 27:5**

*“And I would that ye should remember, that whosoever among you borroweth of his neighbor should return the thing that he borroweth, according as he doth agree, or else thou shalt commit sin; and perhaps thou shalt cause thy neighbor to commit sin also.”*

**MOSIAH 4:28**



## WHAT SHALL A MAN GIVE IN EXCHANGE FOR HIS SOUL?

If you are unable to watch the video, read this script.



**ELDER ROBERT C. GAY:** The Savior once asked His disciples the following question: “What shall a man give in exchange for his soul?”

This is a question that my father taught me to carefully consider years ago. As I was growing up, my parents assigned me chores around the house and paid me an allowance for that work. I often used that money, a little over 50 cents a week, to go to the movies. Back then a movie ticket cost 25 cents for an 11-year-old. This left me with 25 cents to spend on candy bars, which cost 5 cents apiece. A movie with five candy bars! It couldn’t get much better than that.

All was well until I turned 12. Standing in line one afternoon, I realized that the ticket price for a 12-year-old was 35 cents, and that meant two less candy bars. Not quite prepared to make that sacrifice, I reasoned to myself, “You look the same as you did a week ago.” I then stepped up and asked for the 25-cent ticket. The cashier did not blink, and I bought my regular five candy bars instead of three.

Elated by my accomplishment, I later rushed home to tell my dad about my big coup. As I poured out the details, he said nothing. When I finished, he simply looked at me and said, “Son, would you sell your soul for a nickel?” His words pierced my 12-year-old heart. It is a lesson I have never forgotten.

(“What Shall a Man Give in Exchange for His Soul?” *Ensign* or *Liahona*, Nov. 2012, 34)

**Back to page 24.**

*“Integrity means always doing what is right and good, regardless of the immediate consequences. It means being righteous from the very depth of our soul, not only in our actions but, more importantly, in our thoughts and in our hearts. . . . A little lying, a little cheating, or taking a little unfair advantage are not acceptable to the Lord. . . . The consummate reward of integrity is the constant companionship of the Holy Ghost, . . . [who will] guide us in all we do.”*

**JOSEPH B. WIRTHLIN,**  
**“Personal Integrity,”**  
*Ensign*, May 1990,  
**30, 32, 33**



# 11: SEEK LEARNING: RESOLVE WHERE YOU ARE GOING AND HOW TO GET THERE

**Report:** Briefly share an experience when you showed integrity last week.

**Ponder:** How does learning create opportunity?

**Watch:** "Education for a Better Life," available at [srs.lds.org/videos](http://srs.lds.org/videos).  
(No video? Read page 29.)

**Discuss:** What did Elder Joseph W. Sitati want when he was 13? What did he do about it?

**Read:** Doctrine and Covenants 88:118–19 and the quote by President Gordon B. Hinckley (on the right)

**Ponder:** What thoughts and impressions have you had from the Holy Ghost about improving your life?

## ACTIVITY—CREATING A "LIFE'S MISSION"

**Step 1:** Read the quote by President Henry B. Eyring (on page 27). The Lord has a plan for you. He has blessed you with special gifts and talents that will allow you to become anything He desires you to become. You can fulfill your mission here on earth if you are diligent in seeking to understand and obey His will for you.

**Step 2:** Answer the questions below to start creating your vision or "life's mission." Next week you will have a chance to share your "life's mission" with the group.

### MY LIFE'S MISSION

Where do I want to be in five years?

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Why?

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What skills, knowledge, or experience do I need to get there?

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*"Seek ye diligently and teach one another words of wisdom; yea, seek ye out of the best books words of wisdom; seek learning, even by study and also by faith. . . . Establish a house . . . of learning."*

### DOCTRINE AND COVENANTS 88:118–19

*"We have a responsibility and a challenge to take our places in the world of business, science, government, medicine, education, and every other worthwhile and constructive vocation. We have an obligation to train our hands and minds to excel in the work of the world for the blessing of all mankind."*

**GORDON B. HINCKLEY, "A City upon a Hill," *Ensign*, July 1990, 5**

**Commit:** Commit to doing the following actions during this week. Check the box when you complete each action.

- Complete the goals and mentor activities.
- Finish writing your “life’s mission” plan and discuss it with your family.
- Ask someone to be your mentor and set a time to meet.

## ACTIVITY—CREATING GOALS

**Step 1:** Read the quote from President Howard W. Hunter (on the right). Through goals, our hopes are transformed into action.

Goals should:

1. Be specific and measurable.
2. Be written down and placed where you can see them at least daily.
3. Have set completion times.
4. Have specific actions to take to accomplish the goal.
5. Be constantly reviewed, reported, and updated.

**Step 2:** On a separate sheet of paper, write out two or three goals that will help you achieve your life’s mission. Follow the example below. Place the paper where you can see it daily.

GOAL	WHY?	SPECIFIC STEPS TO ACHIEVE GOAL	TIMELINE	WHO WILL I REPORT MY PROGRESS TO?
EXAMPLE: Read the Book of Mormon 30 minutes each day.	So I can receive daily direction from the Holy Ghost.	1. Wake up at 6:30 a.m. every day. 2. Read before breakfast. 3. Record my progress on a chart.	I will evaluate my progress every night before I go to bed.	I will share my progress chart with a family member each Sunday.

*“Plead that the Spirit will show you what the Lord wants you to do. Plan to do it. Promise Him to obey. Act with determination until you have done what He asked. And then pray . . . to know what you might do next.”*

**HENRY B. EYRING,**  
**“Act in All Diligence,”**  
**Ensign or Liahona,**  
**May 2010, 63**

*“This is a gospel of repentance, and we need to be repenting and resolving. Indeed, the process of repenting, making commitments, and setting goals should be a continuous one. . . . I commend the practice to you.”*

**HOWARD W. HUNTER,**  
**“The Dauntless**  
**Spirit of Resolution”**  
**(Brigham Young**  
**University devo-**  
**tional, Jan. 5, 1992),**  
**2, speeches.byu.edu**

## ACTIVITY—FINDING A MENTOR

**Step 1:** Read the quote from Elder Robert D. Hales (on the right). There are different kinds of mentors. You may need someone with a lot of experience to answer your questions—someone who has done what you want to do. Other mentors can be righteous friends or family members. These are people willing to spend more time encouraging you to make changes in your life and holding you accountable to progress.

**Step 2:** Think about the kind of help you need. Write a list of people who could be your mentors. Ponder and pray about your list of names.

**Step 3:** Answer the questions below to start a mentor relationship. To invite someone to be your mentor, you could simply ask, “I’m trying to make a change in my life. Would you be willing to help me?”

### MY MENTOR

Who would you like to be your mentor?

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When will you ask him or her to be your mentor?

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When could you meet to share your “life’s mission” and goals?

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How frequently would you like to meet with your mentor?

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**Step 4:** Remember that you are responsible for your “life’s mission.”

When you meet with your mentor:

- Review your progress.
- Review the roadblocks to your progress and what you are doing to overcome them.
- Review specifically what you plan to do before you meet with your mentor again.

*“In my young adult years, I sought counsel from my parents and from faithful, trusted advisers. One was a priesthood leader; another was a teacher who believed in me. . . . Prayerfully select mentors who have your spiritual well-being at heart.”*

**ROBERT D. HALES,**  
**“Meeting the Challenges of Today’s World,”**  
*Ensign or Liahona,*  
 Nov. 2015, 46

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## EDUCATION FOR A BETTER LIFE

If you are unable to watch the video, choose roles and read this script.



**ELDER JOSEPH W. SITATI:** At 13 I lived in a very rural part of Kenya. People had very little. But those who seemed to afford the things that others admired were those who had a good education. I came to see that education was a key to a better life.

The thought kept coming to me to go and speak to the principal of one of the schools that I really desired to attend. I needed my father's bicycle to make this journey that took half a day. I had never been out of my village. I did not know how to speak English very well, and this principal was a white man. I had never before met or spoken directly to a white man, so this was an intimidating thought.

Something inside me kept pushing me along and telling me that I should do this, so I set off to visit the principal. As I looked at him I could see that he was quite surprised to see this young boy standing like a soldier in front of him. He had kind eyes, so that gave me courage. I told him that I really wanted to join his school and I would be very happy if he could take me. Then he said, "Well, we'll see when the test

results are out." I said, "Thank you, sir." In less than four minutes I was out of the office.

Those four minutes I spent in that office really were the defining moments in my life. I was the only student from my primary school who was selected to one of the best schools in our area. The fact that this good man had given me this opportunity made me grateful, and it inspired me to strive to be the best student in my class.

That opened new opportunities for me to go to another good school and then to prepare for university. My education enabled me to find my wife at university. It enabled me to find a job in the city. While living in Nairobi, we came across a missionary couple that invited us to their home, where they were having meetings with those who are members of the Church. If I had not been in Nairobi at that time I would never have found the gospel. The fact that I was in a secure job enabled me to serve in the Church.

I testify that education is a key to self-reliance. It will open many avenues for you to be able to provide for yourself temporally and to become spiritually self-reliant as well.

**Back to page 26.**



# 12: RECEIVE TEMPLE ORDINANCES

**Report:** Share your “life’s mission” paragraph if you so choose.

**Ponder:** What are some of the things that matter most to you?

**Watch:** “Doing What Matters Most,” available at [srs.lds.org/videos](http://srs.lds.org/videos). (No video? Read page 31.)

**Discuss:** What insignificant things distract us from progressing? How can gospel ordinances help us?

**Read:** Doctrine and Covenants 84:20 and the quote by President Boyd K. Packer (on the right)

**Discuss:** As we seek self-reliance, why is it important to be temple worthy?

## ACTIVITY

**Step 1:** With a partner, read the quote by Elder Quentin L. Cook (on the right) and the following scriptures. Underline the promised blessings for those who worship in the temple.

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*“Therefore, in the ordinances thereof, the power of godliness is manifest” (D&C 84:20).*

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*“And that they may grow up in thee, and receive a fulness of the Holy Ghost, and be organized according to thy laws, and be prepared to obtain every needful thing” (D&C 109:15).*

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*“And when thy people transgress, any of them, they may speedily repent and return unto thee, and find favor in thy sight, and be restored to the blessings which thou hast ordained to be poured out upon those who shall reverence thee in thy house” (D&C 109:21).*

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*“And we ask thee, Holy Father, that thy servants may go forth from this house armed with thy power, and that thy name may be upon them, and thy glory be round about them, and thine angels have charge over them” (D&C 109:22).*

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*“We ask thee, Holy Father, . . . that no weapon formed against them shall prosper” (D&C 109:24–25).*

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**Step 2:** Individually ponder, “What do I need to change in my life to participate in temple ordinances more often?”

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*“In the ordinances thereof, the power of godliness is manifest.”*

### DOCTRINE AND COVENANTS 84:20

*“The Lord will bless us as we attend to the sacred ordinance work of the temples. Blessings there will not be limited to our temple service. We will be blessed in all of our affairs. We will be eligible to have the Lord take an interest in our affairs both spiritual and temporal.”*

**BOYD K. PACKER,**  
*The Holy Temple*  
**(1980), 182**

*“We would do well to study the 109th section of the Doctrine and Covenants and to follow President [Howard W.] Hunter’s admonition ‘to establish the temple of the Lord as the great symbol of [our] membership.’”*

**QUENTIN L. COOK,**  
*“See Yourself in the Temple,” Ensign or Liahona, May 2016,*  
**99; quoting Teachings of Presidents of the Church: Howard W. Hunter (2015), 178**



**Commit:** Commit to doing the following actions during the week. Check the box when you complete each action:

- If you have a temple recommend, set a date to attend the temple.
- If you don't have a temple recommend, meet with your bishop or branch president to discuss how you can prepare to receive your temple ordinances.
- Share what you've learned about temple ordinances with your family or friends.

**Go to page 32 and review your next steps.**

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## DOING WHAT MATTERS MOST

If you are unable to watch the video, read this script.



**NARRATOR:** A plane crashed in Florida one dark night in December. Over 100 people were killed. It was just 20 miles from safety.

**PRESIDENT DIETER F. UCHTDORF:** After the accident, investigators tried to determine the cause. The landing gear had indeed lowered properly. The plane was in perfect mechanical condition. Everything was working properly—all except one thing: a single burned-out lightbulb. That tiny bulb—worth about 20 cents—started the chain of events that ultimately led to the tragic death of over 100 people.

Of course, the malfunctioning lightbulb didn't cause the accident; it happened because the crew placed its focus on something that seemed to matter at the moment while losing sight of what mattered most.

The tendency to focus on the insignificant at the expense of the profound happens not only to pilots but to everyone. We are all at risk. . . . Are your thoughts and heart focused on those short-lived fleeting things that matter only in the moment or on things that matter most?

("We Are Doing a Great Work and Cannot Come Down," *Ensign or Liahona*, May 2009, 59, 60)

**Back to page 30.**



# CONTINUE ON YOUR PATH TO SELF-RELIANCE

**Read:** Congratulations! During the past 12 weeks you have established new habits and become more self-reliant. The Lord wants you to continue building on these abilities and developing new ones. As we pray and listen, the Holy Ghost can help us know what things in our life we need to improve.

**Discuss:** What can we do to continue along our path to self-reliance? How can we continue to help one another?

**Commit:** Commit to do the following actions during the next 12 weeks. Check the box when you complete each action:

- Review and continue to live all 12 principles and habits of self-reliance.
- Share what you have learned about self-reliance with others. Continue helping members of your group or offer to facilitate a new self-reliance group.
- Build on your abilities by participating in another self-reliance group.
- Study the doctrinal principles of self-reliance below.

## DOCTRINAL PRINCIPLES OF SELF-RELIANCE

SELF-RELIANCE IS A COMMANDMENT.	THE LORD'S PURPOSE IS TO PROVIDE FOR HIS SAINTS, AND HE HAS ALL POWER TO DO SO.	THE TEMPORAL AND THE SPIRITUAL ARE ONE.
Doctrine and Covenants 78:13-14; Moses 2:27-28	Doctrine and Covenants 104:15; John 10:10; Matthew 28:18; Colossians 2:6-10	Doctrine and Covenants 29:34; Alma 34:20-25

*"And now, my beloved brethren, after ye have gotten into this . . . path, I would ask if all is done? Behold, I say unto you, Nay; for ye have not come thus far save it were by the word of Christ with unshaken faith in him, relying wholly upon the merits of him who is mighty to save. . . . Ye must press forward with a steadfastness in Christ."*

### 2 NEPHI 31:19-20

*"The Lord cares enough about us to give us direction for serving and the opportunity for developing self-reliance. His principles are consistent and never changing."*

**MARVIN J. ASHTON, "Give with Wisdom That They May Receive with Dignity," *Ensign*, Nov. 1981, 91**

## LETTER OF COMPLETION

I, \_\_\_\_\_, have participated in a self-reliance group provided by The Church of Jesus Christ of Latter-day Saints and have fulfilled the requirements necessary for completion as follows:

I attended at least 10 of the 12 meetings.

I completed all 12 principles and taught them to my family.

I completed a service activity.

I have practiced and built a foundation of skills, principles, and habits for self-reliance. I will continue to use these throughout my life.

---

*Participant's name*

---

*Participant's signature*

---

*Date*

I certify that this participant has completed the requirements listed above.

---

*Facilitator's name*

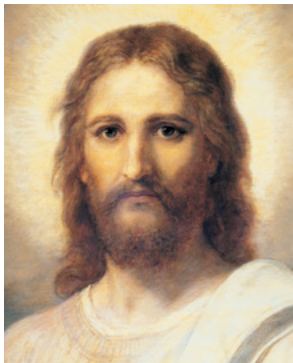
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*Facilitator's signature*

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*Date*

*Note:* A certificate from LDS Business College may be issued at a later date by the stake or district self-reliance committee.



### WILL YOU CONTINUE YOUR PATH TO SELF-RELIANCE?

“Therefore, what manner of men ought ye to be? Verily I say unto you, even as I am.”

*3 Nephi 27:27*

THE CHURCH OF  
JESUS CHRIST  
OF LATTER-DAY SAINTS

Self-Reliance Services  
PERPETUAL EDUCATION FUND

