

MOVING FORWARD WITH FAITH

FOUNDATION: Receive Temple Ordinances and Blessings

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

WATCH: “Doing What Matters Most”

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

ACTIVITY:

Step 1: With a partner, read the quote by **President Boyd K. Packer** and the scripture passages below from the Kirtland Temple dedication prayer. Underline the promised blessings for those who worship in the temple.

“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” ... “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”

PONDER: What do I need to change in my life to participate in temple ordinances more often?

Commit:



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1. RECOGNIZING OUR PROGRESS

READ: In the strength of the Lord and through His grace, we can be blessed to do, endure, and overcome all things.

ACTIVITY:

Step 1: Assess your level of your overall emotional resilience in each of the following categories by checking the box next to the areas where you feel you are improving and/or doing well.

- Caring for my physical health
- Managing my thoughts

- Managing feelings of stress and anxiety
- Managing feelings of sadness and depression
- Managing feelings of anger
- Building healthy relationships
- Managing my emotions
- Expressing gratitude
- Providing strength to others
- Being emotionally resilient
- Feeling spiritually strengthened

Step 2: Write down two ways your emotional resilience is strong and two ways you feel you would like to improve

STRONG:

- 1.
- 2.

IMPROVE:

- 1.
- 2.

Step 3: What is my plan to improve? What challenges will I possibly encounter in trying to improve in these areas?

2. SETTING PERSONAL CHANGE GOALS

READ: President M. Russell Ballard taught: “Set short-term goals that you can reach. Set goals that are well balanced—not too many nor too few, and not too high nor too low. Write down your attainable goals, and work on them according to their importance. Pray for divine guidance in your goal setting”

ACTIVITY:

Step 1: You may want to continue making progress on your current changes and goals, or you may consider choosing a different goal to improve your emotional resilience. Take a moment to write your current or new goal below.

What skills have I learned that I can apply to this goal?

What personal strengths and resources can I draw on?

What steps will I take to achieve this goal?

Who can I be accountable to? Who can support me in this goal?

READ: “Our business in life is not to get ahead of others but to get ahead of ourselves. To break our own record, to outstrip our yesterdays by today, to bear our trials more beautifully than we ever dreamed we could, to give as we never have given, to do our work with more force and a finer finish than ever—this is the true objective” - **Thomas S. Monson**

DISCUSS: How is goal-setting a part of God’s plan for us?

3. LEARNING FROM OUR SETBACKS

READ: Setbacks are a normal part of life and an expected part of any efforts to change. Your setbacks can teach you ways to continue your progression. When you face setbacks, it is helpful to focus on improvement and not perfection. **Elder Kim B. Clark** taught: “None of us are perfect. Sometimes we get stuck. We get distracted or discouraged. We stumble. But if we look to Jesus Christ with a repentant heart, He will lift us up, cleanse us from sin, forgive us, and heal our hearts. He is patient and kind; His redeeming love never ends and never fails”

By turning to the Savior when you experience setbacks, you can develop a perspective of progress rather than perfection. One way to deal with setbacks is to compare them to taking a trip. For example, imagine you are traveling to a neighboring town. On your way, you experience a flat tire. Do you start your trip from the beginning to fix the tire? No. You find a way to fix it where you are and continue your journey. Similarly, when you experience a setback, you may feel like all your progress is erased and you have to start over, but that is not true. You can find ways to fix the problem where you are and move forward. Additionally, setbacks can even show you places you may need to improve.

DISCUSS: What have you learned from your own setbacks?

4. ENDURING OUR CHALLENGES WELL

READ: In mortality we must learn to live with challenges and afflictions. We may strongly desire to be free from emotional challenges and strive for perfection, but even with our best efforts, symptoms of emotional challenges remain. But we don’t have to give up. We must learn to live with these challenges as we move forward with faith. Doing so will help us feel peace and be more resilient.

Elder Dieter F. Uchtdorf taught: “There is an important concept here:

patience is not passive resignation, nor is it failing to act because of our fears. Patience means active waiting and enduring. It means staying with something and doing all that we can—working, hoping, and exercising faith; bearing hardship with fortitude, even when the desires of our hearts are delayed. Patience is not simply enduring; it is enduring well!

5. SEEKING HELP THROUGH THE SAVIOR

READ: The Lord wants to comfort and support us. He has promised, “Be thou humble; and the Lord thy God shall lead thee by the hand, and give thee answer to thy prayers”

The following are a few ways you can seek divine help:

- Forgive yourself and others.
- Pray with faith, humility, and gratitude.
- Feast upon the scriptures and teachings of living prophets.
- Attend the temple.
- Remember the Sabbath day, and keep it holy.
- Partake of the sacrament, and always remember the Savior.
- Realize that having and asking questions is an important part of receiving revelation.
- Remember the Savior wants to help you with your goals.

COMMIT: What is one thing I learned from this lesson that I will commit to that I can **MOVE FORWARD WITH FAITH.**