

# Finding Answers to Questions – Resources

Day , 11:30 AM Lesson

## I. It's okay to have questions and challenges; what matters is what we do with them.

*“We will all face trials and have questions, but remember that we must be ‘continually holding fast to the rod of iron.’ ‘The words of Christ will tell [us] all things what [we] should do.’”*

*(Elder James B. Martino, “Turn to Him and Answers Will Come,” October 2015, General Conference)*

### 1. “...help thou mine unbelief.”

- a. “On one occasion Jesus came upon a group arguing vehemently with His disciples. When the Savior inquired as to the cause of this contention, the father of an afflicted child stepped forward, saying he had approached Jesus’s disciples for a blessing for his son, but they were not able to provide it. With the boy still gnashing his teeth, foaming from the mouth, and thrashing on the ground in front of them, the father appealed to Jesus with what must have been last-resort desperation in his voice:

*“‘If thou canst do any thing,’ he said, ‘have compassion on us, and help us.’*

*“‘Jesus said unto him, If thou canst believe, all things are possible to him that believeth.’*

*“‘And straightway the father of the child cried out, and said with tears, **Lord, I believe; help thou mine unbelief.**’” (Elder Jeffrey R. Holland, “‘Lord, I Believe,’” *General Conference, April 2013*)*

### 2. Asking the RIGHT questions

- a. “When it comes to spiritual truth, how can we know that we are on the right path?

*“One way is by asking the right questions—the kind that help us ponder our progress and evaluate how things are working for us. Questions like:*

*“‘Does my life have meaning?’*

*“‘Do I believe in God?’*

*“‘Do I believe that God knows and loves me?’*

*“‘Do I believe that God hears and answers my prayers?’*

*“‘Am I truly happy?’*

*“‘Are my efforts leading me to the highest spiritual goals and values in life?’*

*“Profound questions regarding the purpose of life have led many individuals and families throughout the world to search for truth. Often that search has led them to The Church of Jesus Christ of Latter-day Saints and to the restored gospel.”*

(President Dieter F. Uchtdorf, “It Works Wonderfully!” *General Conference*, October 2015)

### 3. Joseph Smith

- a. “How should we respond to a sincere inquirer who is concerned about negative comments he or she has heard or read about the Prophet Joseph Smith? Of course, we always welcome honest and genuine questions.

“To questions about Joseph’s character, we might share the words of thousands who knew him personally and who gave their lives for the work he helped establish. John Taylor, who was shot four times by the mob that killed Joseph, would later declare: ‘I testify before God, angels, and men, that [Joseph] was a good, honorable, [and] virtuous man— ... [and] that his private and public character was unimpeachable—and that he lived and died as a man of God.’

“We might remind the sincere inquirer that Internet information does not have a ‘truth’ filter. Some information, no matter how convincing, is simply not true.

“...You may understandably question what you hear on the news, but you need never doubt the testimony of God’s prophets.

“We might remind the inquirer that some information about Joseph, while true, may be presented completely out of context to his own day and situation.” (Elder Neil L. Andersen, “Joseph Smith,” *General Conference*, October 2014)

- b. “Does this mean there is no room for honest inquiry? Ask the young boy who sought refuge in a sacred grove wanting to know which of all the churches he should join. Hold the Doctrine and Covenants in your hand, and know that much of what has been revealed in this inspired record has been the result of a humble search for truth. As Joseph found out, ‘If any of you lack wisdom, let him ask of God, [who] giveth to all men liberally, ... and it shall be given him.’ By asking sincere questions and by seeking divine answers, we learn ‘line upon line, precept upon precept,’ as we increase in knowledge and wisdom.

“The question is not, ‘Is there room for honest, sincere inquiry?’ but rather, ‘Where do I turn for truth when questions do arise?’ ‘Will I be wise enough to hold fast to what I know to be true in spite of a few questions I might have?’ I testify there is a divine source—One who knows all things, the end from the beginning. All things are present before Him. The scriptures testify that He does ‘not walk in crooked paths, ... neither doth he vary from that which he hath said.’” (Elder Larry S. Kacher, “Trifle Not with Sacred Things,” *General Conference*, October 2014)

- c. “Others may focus on the questions and doubts they experience. Of course, having questions and experiencing doubts are not incongruent with dedicated discipleship. Recently, the Council of the First Presidency and the Quorum of the Twelve Apostles stated: ‘We understand that from time to time Church members will have questions

about Church doctrine, history, or practice. Members are always free to ask such questions and earnestly seek greater understanding.’

“Remember, Joseph Smith himself had questions that began the Restoration. He was a seeker and, like Abraham, found the answers to life’s most important questions.

“The important questions focus on what matters most—Heavenly Father’s plan and the Savior’s Atonement. Our search should lead us to become kind, gentle, loving, forgiving, patient, and dedicated disciples. We must be willing, as Paul taught, to ‘bear ye one another’s burdens, and so fulfil the law of Christ.’” (Elder M. Russell Ballard, “Stay in the Boat and Hold On!,” *General Conference*, October 2014)

- d. “We all know that human judgment and logical thinking will not be enough to get answers to the questions that matter most in life. We need revelation from God. And we will need not just one revelation in a time of stress, but we need a constantly renewed stream. We need not just one flash of light and comfort, but we need the continuing blessing of communication with God.

“The very existence of the Church stems from a young boy knowing that was true. Young Joseph Smith knew that he could not of himself know which church to join. So he asked of God, as the book of James told him he could. God the Father and His Beloved Son appeared in a grove of trees. They answered the question that was beyond Joseph’s power to resolve.” (President Henry B. Eyring, “Continuing Revelation,” *General Conference*, October 2014)

- e. “As Joseph Smith taught: ‘Knowledge does away with darkness, suspense and doubt; for these cannot exist where knowledge is. ... In knowledge there is power.’ ‘To be learned is good if they hearken unto the counsels of God.’”

(Elder Robert D. Hales, “Meeting the Challenges of Today’s World,” *General Conference*, October 2015)

**4. You must start by... (segue into next section)**

- a. “We are grateful for a church ‘built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner stone.’ The Lord’s house is a house of order, and we need never be deceived about where to look for answers to our questions or uncertain about which voice to follow. We need not be ‘tossed to and fro, and carried about with every wind of doctrine.’ God reveals His word through His ordained servants, ‘for the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ: till we all come in the unity of the faith, and of the knowledge of the Son of God.’ When we choose to live according to the words of the prophets, we are on the covenant path that leads to eternal perfection.” (Sister Carol F. McConkie, “Live according to the Words of the Prophets,” *General Conference*, October 2014)

**II. Gaining a personal testimony of Heavenly Father, Jesus Christ, Holy Ghost, and leaders of the Church is the first step to finding answers to life’s questions.**

*“...this personal testimony of the gospel and the Church is the most important thing you can earn in this life.” (President Dieter F. Uchtdorf, “Receiving a Testimony of Light and Truth,” General Conference,” October 2014)*

**1. Desire – search for testimony begins here**

- a. Alma 32:27 – But behold, if ye will awake and arouse your faculties, even to an experiment upon my words, and exercise a particle of faith, yea, even if ye can no more than desire to believe, let this desire work in you, even until ye believe in a manner that ye can give place for a portion of my words.
- b. “What has been told to me...can be told to you by the Holy Spirit...according to your obedience and desires.” (Elder Robert D. Hales, “Gaining a Testimony of God the Father; His Son, Jesus Christ; and the Holy Ghost,” *General Conference*, April 2008)

**2. Faith**

- a. “These things I declare to you with the conviction Peter called the ‘more sure word of prophecy.’ What was once a tiny seed of belief for me has grown into the tree of life, so if your faith is a little tested in this or any season, I invite you to lean on mine [emphasis added]. I know this work is God’s very truth, and I know that only at our peril would we allow doubt or devils to sway us from its path. Hope on. Journey on. Honestly acknowledge your questions and your concerns, but first and forever fan the flame of your faith, because all things are possible to them that believe [emphasis added].” (Elder Jeffrey R. Holland, ““Lord, I Believe,”” *General Conference*, April 2013)
- b. “My dear brethren, because of the wave of confusion and doubt spreading throughout the world today, we must hold ever more tightly to our testimony of the gospel of Jesus Christ. Then will our ability to defend truth and justice greatly increase. We will win the daily battles against evil, and, rather than fall on the battlefields of life, we will rally others to the Master’s standards.” (Elder Ulisses Soares, “Yes, We Can and Will Win!,” *General Conference*, April 2015)
- c. Elder Holland video, from “Lord, I Believe” (I can’t find a video of this anywhere, so I will ask Shawn to download the talks and crop out the quote we want, so we have Elder Holland saying it. This quote is also listed in the “Additional Resources” section.)
  - i. “...When doubt or difficulty come, do not be afraid to ask for help. If we want it as humbly and honestly as this father did, we can get it. The scriptures phrase such earnest desire as being of ‘real intent,’ pursued ‘with full purpose of heart, acting no hypocrisy and no deception before God.’ I testify that in response to that kind of importuning, God will send help from both sides of the veil to strengthen our belief.

“I said I was speaking to the young. I still am. A 14-year-old boy recently said to me a little hesitantly, ‘Brother Holland, I can’t say yet that I know the Church is true, but I believe it is.’ I hugged that boy until his eyes bulged out. I told him with all the fervor of my soul that belief is a precious word, an even more precious act, and he need never apologize for ‘only believing.’ I told him that Christ Himself said, ‘Be not afraid, only believe,’ a phrase which, by the way, carried young Gordon B. Hinckley into the mission field. I

told this boy that belief was always the first step toward conviction and that the definitive articles of our collective faith forcefully reiterate the phrase ‘We believe.’ And I told him how very proud I was of him for the honesty of his quest.” (Elder Jeffrey R. Holland, “‘Lord, I Believe,’” General Conference, April 2013)

- d. Alma 32, to go along with the Elder Holland video

### 3. Patience

- a. “Sometimes progress in spiritual things can seem slow or intermittent. Sometimes we may feel that we have lost ground, that we have made mistakes, or that our best efforts to find the Savior are not working. If you feel this way, please do not give up—ever. Go right on believing in Him and in His gospel and His Church. Align your actions with that belief. In those moments when the light of your faith has dimmed, let your hope for the Savior’s love and grace, found in His gospel and His Church, overcome your doubt. I promise that He stands ready to receive you. Over time you will come to see that you have made the best choice you could possibly have made. Your courageous decision to believe in Him will bless you immeasurably and forever.” (Elder L. Whitney Clayton, “Choose to Believe,” *General Conference*, April 2015)

- b. Alma 32: 41-43

- i. **41** But if ye will nourish the word, yea, nourish the tree as it beginneth to grow, by your faith with great diligence, and with patience, looking forward to the fruit thereof, it shall take root; and behold it shall be a tree springing up unto everlasting life.

**42** And because of your diligence and your faith and your patience with the word in nourishing it, that it may take root in you, behold, by and by ye shall pluck the fruit thereof, which is most precious, which is sweet above all that is sweet, and which is white above all that is white, yea, and pure above all that is pure; and ye shall feast upon this fruit even until ye are filled, that ye hunger not, neither shall ye thirst.

**43** Then, my brethren, ye shall reap the rewards of your faith, and your diligence, and patience, and long-suffering, waiting for the tree to bring forth fruit unto you.

### 4. Application – gaining testimony of Christ and the leaders of the Church

- a. “Learning for ourselves that the restored gospel of Jesus Christ is true can be one of the greatest and most joyful experiences in life.” (Elder Craig C. Christensen, “I Know These Things of Myself,” *General Conference*, October 2014)
- b. “Your personal testimony of light and truth will not only bless you and your posterity here in mortality, but it will also accompany you throughout all eternity.” (President Dieter F. Uchtdorf, “Receiving a Testimony of Light and Truth,” *General Conference*, October 2014)
- c. “Gaining a testimony is like what the Nephites went through when the Savior came to visit them. At first they did not understand God’s voice because they were hearing with

their ears only. But when they opened their hearts, then they understood His voice.”  
(Elder Paul K. Sybrowsky, “Gaining a Testimony,” General Conference, February 2008)

- d. “As an Apostle of the Lord Jesus Christ, I testify of the truth of what is in the scriptures and what has been told to me and can be told to you by the Holy Spirit. It will be revealed according to your obedience and desires. The Savior taught us during His mortal ministry this great truth that applies to all of us: ‘Whatsoever ye shall ask the Father in my name, which is right, believing that ye shall receive, behold it shall be given unto you.’ I testify that I do know these things, and I know with surety that these things which I have spoken of are true. That you may seek for that same surety is my prayer...”  
(Elder Robert D. Hales, “Gaining a Testimony of God the Father; His Son, Jesus Christ; and the Holy Ghost,” *General Conference*, April 2008)

### 5. Scriptures

- a. Doctrine and Covenants 1:38 – What I the Lord have spoken, I have spoken, and I excuse not myself; and though the heavens and the earth pass away, my word shall not pass away, but shall all be fulfilled, whether by mine own voice or by the voice of my servants, it is the same.
  - i. “We are grateful for a church ‘built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner stone.’ The Lord’s house is a house of order, and we need never be deceived about where to look for answers to our questions or uncertain about which voice to follow. We need not be ‘tossed to and fro, and carried about with every wind of doctrine.’ God reveals His word through His ordained servants, ‘for the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ: till we all come in the unity of the faith, and of the knowledge of the Son of God.’ When we choose to live according to the words of the prophets, we are on the covenant path that leads to eternal perfection.” (Sister Carol F. McConkie, “Live according to the Words of the Prophets,” General Conference, October 2014)
- b. 3 Nephi 11:32 – And this is my doctrine, and it is the doctrine which the Father hath given unto me; and I bear record of the Father, and the Father beareth record of me, and the Holy Ghost beareth record of the Father and me; and I bear record that the Father commandeth all men, everywhere, to repent and believe in me.
- c. Article of Faith 1 – We believe in God, the Eternal Father, and in His Son, Jesus Christ, and in the Holy Ghost.
- d. Article of Faith 5 – We believe that a man must be called of God, by prophecy, and by the laying on of hands by those who are in authority, to preach the Gospel and administer in the ordinances thereof.
- e. Article of Faith 6 – We believe in the same organization that existed in the Primitive Church, namely, apostles, prophets, pastors, teachers, evangelists, and so forth.

### III. Using trusted resources will enhance your ability to find answers.

*“As helpful as Google, Twitter, and Facebook may seem, they simply do not provide answers to your most important questions!” (President Russell M. Nelson, “Becoming True Millennials,” Worldwide Devotional for Young Adults, 10 January 2016, Brigham Young University—Hawaii,*

<https://www.lds.org/broadcasts/article/worldwide-devotionals/2016/01/becoming-true-millennials?lang=eng>)

**1. Online resources**

- a. LDS.org/youth – <https://www.lds.org/youth?lang=eng>
- b. For the Strength of Youth Q&A
  - i. Ask questions from any topic: <https://www.lds.org/youth/ask/top?lang=eng>
  - ii. What Questions Do You Have?: <https://www.lds.org/youth/article/when-you-have-questions?lang=eng>
  - iii. [Answers to Common Questions: https://www.lds.org/new-era/2015/03/be-a-missionary-now/answers-to-common-questions?lang=eng](https://www.lds.org/new-era/2015/03/be-a-missionary-now/answers-to-common-questions?lang=eng)
- c. Same-Sex Attraction – <http://mormonsandgays.org/>

**2. Mobile Resources**

- a. Gospel Library App

**3. People**

- a. Parents
- b. Bishop
- c. Friends
  - i. “Be careful about taking advice from your peers. If you want more than you now have, reach *up*, not across!” (Elder Robert D. Hales, “Meeting the Challenges of Today’s World,” *General Conference*, October 2015)
  - ii. Elder Jörg Klebingat, “Approaching the Throne of God with Confidence,” *General Conference*, October 2014
  - iii. Support vs. advice
    - 1. Support: (1) to agree with or approve of (someone or something); (2) to show that you approve of (someone or something) by doing something; (3) to give help or assistance to (someone or something) (Merriam-Webster online dictionary, <http://www.merriam-webster.com/dictionary/support>)
    - 2. Advice: an opinion or suggestion about what someone should do (Merriam-Webster online dictionary, <http://www.merriam-webster.com/dictionary/advice>)
  - iv. “To have good friends, be a good friend. Show genuine interest in others; smile and let them know you care about them. Treat everyone with kindness and respect, and refrain from judging and criticizing those around you. Do not participate in any form of bullying. Make a special effort to be a friend to those who are shy or lonely, have special needs, or do not feel included.

“As you seek to be a friend to others, do not compromise your standards. If your friends urge you to do things that are wrong, be the one to stand for the right, even if you stand alone. You may need to find other friends who will support you in keeping the commandments. Seek the guidance of the Holy Ghost as you make these choices.” (For the Strength of Youth, *Friends*)

- d. Church Leaders

- i. “If you have a question about counsel from the leaders of the Church, please discuss your honest concerns with your parents and leaders. You need the strength that comes from trusting the Lord’s prophets. President Harold B. Lee said: ‘The only safety we have as members of this church is to ... learn to give heed to the words and commandments that the Lord shall give through His prophet. ... There will be some things that take patience and faith. You may not like what comes. ... It may contradict your political views ... your social views ... interfere with ... your social life. But if you listen to these things, as if from the mouth of the Lord Himself, ... ‘the gates of hell shall not prevail against you ... and the Lord God will disperse the powers of darkness from before you ...’ (D&C 21:6).” (Elder Neil L. Andersen, “Spiritual Whirlwinds,” *General Conference*, April 2014)
- ii. “These are difficult times, and the world’s cultural and sociological landmarks of propriety, honesty, integrity, and political correctness are constantly shifting. Just when we think we know the way to happiness and peace, some new ideology comes along which can lead us down a path that will only heighten our confusion and intensify our despair. At such times, we might well ask, ‘Is there one clear, unpolluted, unbiased voice that we can always count on? Is there a voice that will always give us clear directions to find our way in today’s troubled world?’ The answer is yes. That voice is the voice of the living prophet and apostles.

“...Are we listening, brothers and sisters? Are we hearing the words of the prophet to us as parents, as youth leaders, and as youth? Or are we allowing ourselves, as Naaman did *at first*, to be blinded by pride and stubbornness, which could prevent us from receiving the blessings that come from following the teachings of God’s prophet?

“Today I make you a promise. It’s a simple one, but it is true. If you will listen to the living prophet and the apostles and heed our counsel, you will not go astray.

“...I promise you in the name of the Lord that if you will listen not just with your ears but also with your heart, the Holy Ghost will manifest the truth unto you of the messages delivered by [the Prophet], his counselors, the Apostles, and other leaders of the Church. The Spirit will prompt you to know what you should do as individuals and as families in order to follow our counsel, that your testimonies might be strengthened and that you might have peace and joy.” (Elder M. Russell Ballard, “His Word Ye Shall Receive,” *General Conference*, April 2001)

- e. Prayer (Heavenly Father, Jesus Christ, Holy Ghost)
  - i. “He will speak in a way that is unmistakable and that transcends human experience. He will give them divine direction and answers for their personal lives.

“Of course, there will be those who scoff and say such a thing is impossible, that if there were a God, He would have better things to do than hear and answer a single person’s prayer.

“But I tell you this: God cares about you. He will listen, and He will answer your personal questions. The answers to your prayers will come in His own way and in His own time, and therefore, you need to learn to listen to His voice. God wants you to find your way back to Him, and the Savior is the way. God wants you to learn of His Son, Jesus Christ, and experience the profound peace and joy that come from following the path of divine discipleship.” (President Dieter F. Uchtdorf, “Receiving a Testimony of Light and Truth,” *General Conference*, October 2014)

**4. Hard Copy Resources** (see insert from handbook with these examples)

- a. Scriptures
  - i. Bible Dictionary
  - ii. Index
  - iii. Topical Guide
- b. For the Strength of Youth
- c. True to The Faith
- d. Church Magazines
- e. Preach My Gospel
- f. Personal Progress
- g. Duty to God

**IV. Take time to apply.**

*“Knowledge alone is not enough. We must take time to apply the principles in our lives....Time is required both to be exposed to the truths of the gospel and to apply them in our lives.”* (Elder Walter F. González, “Writing Gospel Principles in Our Hearts,” *Liahona*, January 2002)

**1. Principles apply universally to all situations**

- a. Depression and Anxiety – loving support from friends, family, and associates is critical; be merciful, nonjudgmental, and kind
- b. Asking the *right* questions
- c. Hope and peace are found through Jesus Christ, who understand our challenges
- d. The winds and waves of life will assist you in getting to your “promised land”

**2. Challenge and application**

- a. Have youth write down a goal for personal study and/or a question they have. Challenge them to apply the process.

**3. Testify of the process**

**4. Our Savior and the Atonement**

- a. Atonement is not just for sinners
- b. Enabling and redeeming powers
- c. Take challenges to the Lord and let Him heal and help
- d. Bad things happen to good people, but the solution is the same

- e. Elder C. Scott Grow, “The Miracle of the Atonement,” *General Conference*, April 2011

**5. Perseverance**

- a. “...I do not know why we have the many trials that we have, but it is my personal feeling that the reward is so great, so eternal and everlasting, so joyful and beyond our understanding that in that day of reward, we may feel to say to our merciful, loving Father, ‘Was that *all* that was required?’ I believe that if we could daily remember and recognize the depth of that love our Heavenly Father and our Savior have for us, we would be willing to do anything to be back in Their presence again, surrounded by Their love eternally. What will it matter, dear sisters, what we suffered here if, in the end, those trials are the very things which qualify us for eternal life and exaltation in the kingdom of God with our Father and Savior?” (Sister Linda S. Reeves, “Worthy of Our Promised Blessings,” *General Women’s Meeting*, October 2015)

**Additional Resources:**

- *“Some might ask, ‘But what about my doubts?’*

“It’s natural to have questions—the acorn of honest inquiry has often sprouted and matured into a great oak of understanding. There are few members of the Church who, at one time or another, have not wrestled with serious or sensitive questions. One of the purposes of the Church is to nurture and cultivate the seed of faith—even in the sometimes sandy soil of doubt and uncertainty. Faith is to hope for things which are not seen but which are true.

“Therefore, my dear brothers and sisters—my dear friends—please, first doubt your doubts before you doubt your faith. We must never allow doubt to hold us prisoner and keep us from the divine love, peace, and gifts that come through faith in the Lord Jesus Christ.” (President Dieter F. Uchtdorf, “Come, Join with Us,” *General Conference*, October 2013)

- *“In this Church, what we know will always trump what we do not know. And remember, in this world, everyone is to walk by faith.*

*“...hold fast to what you already know and stand strong until additional knowledge comes.”* (Elder Jeffrey R. Holland, “Lord, I Believe,” *General Conference*, April 2013)

- “When faced with questions or tempted to doubt, we should remember the spiritual blessings and feelings that have penetrated our hearts and lives in the past and place our faith in Heavenly Father and His Son, Jesus Christ. I am reminded of the counsel given in a familiar hymn: “Doubt not the Lord nor his goodness [for] we’ve proved him in days that are past.” To ignore and discount past spiritual experiences will distance us from God.” (Elder Vern P. Stanfill, “Choose the Light,” *General Conference*, October 2015)
- “Addressing honest questions is an important part of building faith, and we use both our intellect and our feelings. The Lord said, ‘I will tell you in your mind and in your heart.’ Not all answers will come immediately, but most questions can be resolved through sincere study and seeking answers from God. Using our mind without our heart will not bring spiritual answers. ‘The things of God knoweth no man, but [through] the Spirit of God.’ And to help us, Jesus promised us ‘another Comforter’ and called Him ‘even the Spirit of truth.’

“Faith never demands an answer to every question but seeks the assurance and courage to move forward, sometimes acknowledging, ‘I don’t know everything, but I do know enough to continue on the path of discipleship.’

“Immersing oneself in persistent doubt, fueled by answers from the faithless and the unfaithful, weakens one’s faith in Jesus Christ and the Restoration. ‘The natural man receiveth not the things of the Spirit of God: for they are foolishness unto him.’” (Elder Neil L. Andersen, “Faith Is Not by Chance, but by Choice,” *General Conference*, October 2015)

- “...let me be clear: there is nothing noble or impressive about being cynical. Skepticism is easy—anyone can do it. It is the faithful life that requires moral strength, dedication, and courage. Those who hold fast to faith are far more impressive than those who give in to doubt when mysterious questions or concerns arise.” (President Dieter F. Uchtdorf, “Be Not Afraid, Only Believe,” *General Conference*, October 2015)

- “We recognize that some members have questions and concerns as they seek to strengthen their faith and testimonies. We should be careful not to be critical or judgmental of those with concerns—great or small. At the same time, those with concerns should do everything they can to build their own faith and testimony. Patiently and humbly studying, pondering, praying, living gospel principles, and counseling with appropriate leaders are the best ways to resolve questions or concerns.

“Some have asserted that more members are leaving the Church today and that there is more doubt and unbelief than in the past. This is simply not true. The Church of Jesus Christ of Latter-day Saints has never been stronger. The number of members removing their names from the records of the Church has always been very small and is significantly less in recent years than in the past. The increase in demonstrably measurable areas, such as endowed members with a current temple recommend, adult full-tithe payers, and those serving missions, has been dramatic. Let me say again, the Church has never been stronger. But, ‘remember the worth of souls is great in the sight of God.’ We reach out to everyone.” (Elder Quentin L. Cook, “The Lord Is My Light,” *General Conference*, April 2015)

- “...I came to know more fervently that answers to our sincere questions come when we earnestly seek and when we live the commandments. I was reminded that our faith can reach beyond the limits of current reason.” (Sister Rosemary M. Wixom, “Returning to Faith,” *General Conference*, April 2015)
- “When doubt or difficulty come, do not be afraid to ask for help. If we want it as humbly and honestly as this father did, we can get it. The scriptures phrase such earnest desire as being of ‘real intent,’ pursued ‘with full purpose of heart, acting no hypocrisy and no deception before God.’ I testify that in response to *that* kind of importuning, God will send help from both sides of the veil to strengthen our belief.

“I said I was speaking to the young. I still am. A 14-year-old boy recently said to me a little hesitantly, ‘Brother Holland, I can’t say yet that I know the Church is true, but I believe it is.’ I hugged that boy until his eyes bulged out. I told him with all the fervor of my soul that *belief* is a precious word, an even more precious act, and he need never apologize for ‘only believing.’ I told him that Christ Himself said, ‘Be not afraid, only believe,’ a phrase which, by the way, carried young Gordon B. Hinckley into the mission field. I told this boy that belief was always the first step toward conviction and that the definitive articles of our collective faith forcefully reiterate the phrase ‘We believe.’ And I told him how very proud I was of him for the honesty of his quest.” (Elder Jeffrey R. Holland, “‘Lord, I Believe,’” *General Conference*, April 2013)

- “It is natural to have questions—the acorn of honest inquiry has often sprouted and matured into a great oak of understanding.” (President Dieter F. Uchtdorf, “Come, Join with Us,” *Ensign*, November 2013)
- “...keep asking good questions. Keep studying and praying and thinking deeply. As you do, the Holy Ghost will help you recognize which questions leave you spiritually famished and which ones lead you to ‘feast upon the words of Christ,’ (2 Nephi 32:2).” (David A. Edwards, *Church Magazines*, [www.lds.org/youth/article/when-you-have-questions](http://www.lds.org/youth/article/when-you-have-questions))

- “We seek learning not only because it is a commandment—we seek it because the desire to ask, to seek, and to find answers to life’s questions was planted in our hearts by our Heavenly Father. He wants us to continually seek eternal truth because this is central to how we come to know Him. Through sincere study of the restored gospel, we learn of the Father, the Son, and the Holy Ghost. We learn who we are, why we are on this earth, and how we should live in order to enjoy happiness and peace in this life and a fulness of joy in the next.” (“Why We Seek Learning,” *Gospel Learning*, <https://www.lds.org/topics/gospel-study?lang=eng>)
- “The First Presidency recently approved new learning resources for youth that will support the innate desire of young people to learn, live, and share the gospel.

“...The new learning resources for youth have one central goal: to help youth become converted to the gospel of Jesus Christ.” (Russell T. Osguthorpe, “One Step Closer to the Savior,” *General Conference*, October 2012; [One Step Closer to the Savior](#))