

# Scenario 1: Roger—What can help me get through difficult times? (Matthew 14:13–23)

NEW TESTAMENT SEMINARY MANUAL

In Matthew 14:1–12, we learn that John the Baptist was beheaded by Herod. Imagine the emotions Jesus may have felt when He heard that His friend and cousin had been killed.

Study what the Savior did in Matthew 14:13–23, looking for and marking evidence of this principle: **we can follow the example of Jesus Christ by showing compassion and serving others even while we are experiencing our own difficulties.** Note that a “desert place” (verse 13) is a solitary place, and “victuals” (verse 15) means “food.”

- What did you find in these verses that supports this principle?
- What did Jesus do even after learning that John the Baptist had been killed?
- How could the Lord’s example of selfless service help somebody who is struggling?

Elder David A. Bednar of the Quorum of the Twelve Apostles taught how we can develop Christlike character:



Character is revealed, for example, in the power to discern the suffering of other people when we ourselves are suffering; in the ability to detect the hunger of others when we are hungry; and in the power to reach out and extend compassion for the spiritual agony of others when we are in the midst of our own spiritual distress. Therefore, character is demonstrated by looking, turning, and reaching outward when the instinctive response of the natural man in each of us is to turn inward and to be selfish and self-absorbed. . . .

. . . Indeed, it is possible for us as mortals to strive in righteousness to receive the spiritual gifts associated with the capacity to reach outward and appropriately respond to other people who are experiencing the very challenge or adversity that is most immediately and forcefully pressing upon us.

We cannot obtain such a capacity through sheer will power or personal determination. Rather, we need and are dependent upon “the merits, and mercy, and grace of the Holy Messiah” (2 Nephi 2:8). (David A. Bednar, quoted in Sarah Jane Weaver, “Elder Bednar Addresses ‘the Character of Christ’ during 2019 Mission Leadership Seminar,” *Church News*, July 9, 2019)

As you prepare to share what you learned, ponder experiences you have had serving others.

- Why do you think Christlike service can help us during our own challenges?