

“Behold, I am a disciple of Jesus Christ, the Son of God. I have been ^ocalled of him to declare his word among his people, that they might have everlasting life.” - 3 Nephi 5:13:

Emotional Resilience

Q: What is Emotional Resilience?

Q: How can I build and increase my faith in Jesus Christ so I can access His strength when life feels heavy and difficult?

Q: How can I trust in the Lord and see the blessings of this life even when things aren't what I want?

Q: Why is faith necessary for God to help us in hard times?

Q: How does my faith in Jesus Christ help me handle hard times?

Q: How have I grown through challenges in my life?

Q: What is one small act that I can commit to doing as I continue to build my faith in Jesus Christ and invite others to feel of his love in this life?

“I can do all things through Christ which strengtheneth me.” - Philippians 4:13: