

Quote #1 (first step)

Now here is a grand truth: In whatever way a testimony is given—whether it is distilled like the sunrise or comes in a glorious vision—it still requires a choice to receive this precious gift.

Saying “I choose to believe” makes it easier to receive a witness from God. If we find our testimony weakening, remember that it is the choices we make that diminish the power of the testimony. But the testimony has not gone anywhere. We just need to choose to reconnect with it.

Choosing to believe is a wise and powerful way to use our agency.

—AND—

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. (Alma 32:27)

Quote #2 (ungodliness)

And Moroni added, “If ye shall deny yourselves of all ungodliness, and love God with all your might, mind

and strength, then is his grace sufficient for you.”

Turning from sin, turning toward God, and strengthening your faith in Jesus Christ are a beautiful beginning. Humbly submitting your will to God includes acknowledging serious sins to your bishop or branch president, but your full forgiveness comes from the Savior. Forgiveness is a divine gift offered through the grace of Jesus Christ.

Quote #3 (prayer)

A desire to truly return to God is accompanied by the determination to be completely honest with your Heavenly Father, with yourself, with those who were harmed, and with your priesthood leader. Your Heavenly Father rejoices in your resolve to come unto Him with a broken heart and contrite spirit. Having a contrite spirit is humbly putting yourself in the hands of God; having a broken heart brings what the Apostle Paul described as “godly sorrow,” a deep longing of the soul to return to Him whatever the cost.

—AND—

One of the greatest blessings and privileges and opportunities we have as children of our Heavenly Father is that we can communicate with Him.

We can speak to Him of our life experiences, trials, and blessings. We can listen for and receive celestial guidance from the Holy Spirit. We can offer our petitions to heaven and receive an assurance that our prayers have been heard and that He will answer them as a loving and wise Father.

Prayers that ascend beyond the ceiling are those that are heartfelt and avoid trite repetitions or words spoken with little thought. Our prayers should spring from our deepest yearning to be one with our Father in Heaven. (Elder Uchtdorf, Prayer and the Blue Horizon - June 2009)

Quote #4 (story)

For you who have been so unfairly injured by the serious sins of another, I long to share the Savior's love and compassion, His comfort and peace.

The sadness you have felt, the heartbreak, the loss, the suffocating feeling of betrayal, the upending of your life as you imagined it to be—I give you my absolute assurance, the Savior knows you and loves you. Reach out to Him. He is your comfort and strength; He will send His angels to bear you up. When will your pain be gone, your grief subdued, the unwanted memories forgotten? I do not know. But this I do know: He has

the power to bring beauty from the ashes of your suffering.

—AND—

“From that moment, the burden of guilt [and despair] was amazingly lifted from me. I had been rescued! I immediately understood the encompassing power of the Savior's Atonement and ... that it applied directly to me. ... I ... experienced light and joy like I had never before known. ... I had been given an unearned gift—the Lord's gift of grace. ... I didn't deserve it—I had done nothing to merit it, but He gave it to me nonetheless.”

Quote #5 (ask)

The atoning love of Jesus Christ can be found in the most difficult situations, but we all constantly need the atoning grace of our Savior. President Dallin H. Oaks has taught: “Because of His atoning experience in mortality, our Savior is able to comfort, heal, and strengthen all men and women everywhere, but I believe He does so only for those who seek Him and ask for His help. The Apostle James taught, ‘Humble yourselves in the sight of the Lord, and he shall lift you up’ (James 4:10). We qualify for that blessing when we believe in Him and pray for His help.”