

### Quote #1 (story)

Long ago I sought to learn physics and mathematics in my college years. I felt overwhelmed. I began to feel that I was trying to learn something that was beyond me. The more I felt overwhelmed, the less I felt the strength to keep trying. My discouragement led me to feel that my efforts were almost fruitless. I began to think of quitting, of doing something easier.

I felt weak. As I prayed, I felt the quiet assurance of the Lord. I felt Him say to my mind, “I am proving you, but I am also with you.”

I did not know then all that those words meant. But I knew what to do—I went to work.

I learned that my struggle with physics was actually a gift from the Lord. He was teaching me that with His help, I could do things that seemed impossible if I had the faith that He would be there to help me. Through this gift, the Lord was working to prove and strengthen me.

### Quote #2 (prove)

The word prove has several meanings. To prove something is not simply to test it. It is to increase its strength. To prove a piece of steel is

to place it under strain. Heat, weight, and pressure are added until its true nature is enhanced and revealed. The steel is not weakened by the proving. In fact, it becomes something that can be trusted, something strong enough to bear greater burdens.

The Lord proves us in much the same way to strengthen us. That proving does not come in moments of ease or comfort. It comes in moments when we feel stretched beyond what we thought we could bear.

—AND—

‘Essential to God’s great plan for the mortal growth of His children was for them to experience “opposition in all things.” Just as our physical muscles cannot be developed or maintained without straining against the law of gravity, so mortal growth requires us to strain against Satan’s temptations and other mortal opposition. Most important for spiritual growth is the requirement to choose between good and evil. Those who choose good would progress toward their eternal destiny. Those who choose evil—as all would do in the various temptations of mortality—would need saving help, which a loving God designed to provide.’ (President Oaks, *Divine Helps for Mortality*, April 2025)

### **Quote #3 (moroni)**

When we continue to have faith in Jesus Christ—even when things might feel impossible to us at the moment—we become spiritually stronger. The sacred scriptural records emphasize this truth.

The prophet Moroni, for instance, was proved and strengthened in such a way. He lived his final years alone. He wrote that he had no friends, that his father had been killed, that his people had been destroyed. He was hunted by those who sought his life.

Yet Moroni did not despair. Instead, he engraved his testimony of Jesus Christ on plates for people he would not live to see, including the descendants of the people who desired to kill him. He wrote for us.

Moroni's testimony was refined in loneliness, but it shines with light to guide all generations to seek our Father in Heaven and the Savior Jesus Christ.

### **Quote #4 (christ)**

Because of His glorious Atonement, Jesus Christ can strengthen us in our times of trial. He knows how to succor us because He has felt all the challenges that we will ever feel in mortality. "He will take upon him the pains and the sicknesses of his people ... that he may know

according to the flesh how to succor his people according to their infirmities."

We learn that while in the Garden of Gethsemane, the Savior did ask the Father if the trial could pass over Him—but then He also said that if it was the Father's will, then the Savior would do it. In other words, the Savior even took on doubt and uncertainty, but He had faith in His Heavenly Father.

### **Quote #5 (strength)**

Brothers and sisters, your proving and strengthening may not look like Moroni's...But it will come. It may come quietly, through the trials of family life. It may come through illness or disappointment or grief or loneliness.

I bear witness that these moments are not evidence that the Lord has abandoned you. Rather, they are evidence that He loves you enough to refine and strengthen you. He is making you strong enough to carry the weight of eternal life.