

Quote #1 (love and care)

Our experience at church is meant to provide vital connections with the Lord and with each other that are so needed for our spiritual and emotional well-being. Inherent in the covenants we make with God, beginning with baptism, is our responsibility to love and care for each other as members of the family of God, members of the body of Christ, and not just to check off a box on a list of things we're expected to do.

Christlike love and care are higher and holier. The pure love of Christ is charity. As President Nelson taught, "Charity propels us 'to bear one another's burdens' [Mosiah 18:8] rather than heap burdens upon each other."

Quote #2 (belonging)

One of the priorities of our presidency has been for our sisters to feel a sense of belonging at church and especially in Relief Society. I've had occasions to read letters and hear experiences that have saddened me. (Footnote #2)

The Savior said, "By this shall all men know that ye are my disciples, if ye have love one to another." And President Nelson added: "Charity is

the principal characteristic of a true follower of Jesus Christ." "The Savior's message is clear: His true disciples build, lift, encourage, persuade, and inspire. ... How we speak to and about others ... really matters."

Quote #3 (becoming)

Judgmental thoughts about others can drive the Spirit away as well. When we look down on others with critical thoughts, that is evidence of pride, and President Henry B. Eyring has said that "pride is the great enemy of unity" Footnote #6

The Savior's life was an example of loving, gathering, and lifting even those who society had judged as outcasts and unclean. His is an example we are commanded to follow. We are here to develop Christlike attributes and eventually become like our Savior. His is not a gospel of checklists; it is a gospel of becoming—becoming as He is and loving as He does. He wants us to become a Zion people.

Quote #4 (self-care)

To each one of you who may feel you have lagged far behind in this race of life, this journey of mortality, please keep going. Only the Savior can fully judge where you should be at this

point, and He is compassionate and just. He is the Great Judge of the race of life and the only one who fully understands the level of difficulty with which you are running or walking or shuffling.

Quote #5 (closing)

Keep your eye on the Savior. He is your iron rod. Don't let go of Him. I testify that He lives and that you can trust Him. I also testify that He is cheering you on.

May we all follow the Savior's example and cheer each other on is my prayer in the name of Jesus Christ, amen.