

Remembering Jesus Christ in Our Afflictions

Read Doctrine and Covenants 122:8–9 and try to imagine that God is speaking directly to you about situations you and your family are facing. Mark the phrases He taught that are important for you to hear. You might want to record thoughts and feelings you have in your study journal or scriptures.

Read Alma 7:11–12 and the following statement by President Henry B. Eyring of the First Presidency. Record what they teach about the Savior that helps you better understand Doctrine and Covenants 122:8–9.



When you wonder how much pain you can endure well, remember Him. He suffered what you suffer so that He would know how to lift you up. He may not remove the burden, but He will give you strength, comfort, and hope. He knows the way. He drank the bitter cup. He endured the suffering of all.

You are being nourished and comforted by a loving Savior, who knows how to succor you in whatever tests you face. (Henry B. Eyring, “Tested, Proved, and Polished,” *Liahona*, Nov. 2020, 97)

- How could it be helpful to you during your trials to know that Jesus Christ has “descended below them all”? (Doctrine and Covenants 122:8). Why do you think He would do that?
 - What other scriptures have been meaningful to you as you have passed through afflictions?
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