

What to Remember When Life Is Hard



By President
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Acting President of the Quorum
of the Twelve Apostles

You are stronger than
you think.

You have the light of Christ
in your heart.

You are loved, valued,
and needed.

You are a child of a living
God who loves you.

*Adapted from "Fear Not: Believe Only!" Liahona,
May 2022, 34–36.*

Did You Know?

President Holland served a mission with Elder Quentin L. Cook. They both served in the British Isles.

