

“Lord, Is It I?”

Read and ponder the following words of President Dieter F. Uchtdorf, then a member of the First Presidency. Then record your impressions.



Often we try to avoid looking deeply into our souls and confronting our weaknesses, limitations, and fears. Consequently, when we do examine our lives, we look through the filter of biases, excuses, and stories we tell ourselves in order to justify unworthy thoughts and actions.

But being able to see ourselves clearly is essential to our spiritual growth and well-being. If our weaknesses and shortcomings remain obscured in the shadows, then the redeeming power of the Savior cannot heal them and make them strengths [see Ether 12:27]. ...

So how can we shine the pure light of God’s truth into our souls and see ourselves as He sees us?

May I suggest that the holy scriptures and the talks given at general conference are an effective mirror we can hold up for self-examination.

As you hear or read the words of the ancient and modern prophets, refrain from thinking about how the words apply to someone else and ask the simple question: “*Lord, is it I?*” (“*Lord, Is It I?*,” *Ensign* or *Liahona*, Nov. 2014, 58)

- What biases, excuses, or stories might you be using to justify unworthy behavior?
- How can the scriptures and general conference talks be an effective mirror for self-examination?
- What could you do to be a more inward looking and self-reflective person?

Note: Self-examination is not an invitation to engage in harsh self-criticism or self-condemnation. Honest self-reflection includes both how we can improve and what we are doing well.