

Building Self-Reliance: Lesson 178

Exercising Faith in Jesus Christ to Build Self-Reliance

The Lord Can Help Us in Our Efforts to Become Self-Reliant

Visit "[Studying the Scriptures](#)" to help prepare yourself spiritually to learn.

Salma is excited to graduate from high school in two years. However, she feels nervous about how much money she will need to save for the future.

What counsel would you give if:

1. Salma decides to pray every day for God to provide the money she will need after graduation. She has no plans to seek employment, trusting that God will provide for her.
2. Salma feels that since money isn't a "spiritual matter," God would not be interested in it. She decides to search every day for employment that fits her school schedule. She makes plans to talk to business owners, turn in resumes, and learn new skills that will make her more valuable to local shops.

Lesson Purpose: To help you exercise faith that Heavenly Father and Jesus Christ will bless you in your efforts to build self-reliance.

Learn How

Focusing on Jesus Christ

Bishop W. Christopher Waddell, First Counselor in the Presiding Bishopric, explained:

Everything, then, points to Jesus Christ as the foundation upon which we must build even our temporal preparedness.

Being temporally prepared and self-reliant means "believing that through the grace, or enabling power, of Jesus Christ and our own effort, we are able to obtain all the spiritual and temporal necessities of life we require for ourselves and our families." ("[There Was Bread](#)," Ensign or Liahona, Oct. 2020, 44)

How would focusing on Jesus Christ change Salma's feelings?

How does this counsel influence what you would say to Salma?

Self-reliance is "the ability, commitment, and effort to provide the spiritual and temporal necessities of life for self and family" (*General Handbook: Serving in The Church of Jesus Christ of Latter-day Saints*, [22.0](#), Gospel Library). Reflect on the following categories and on your need for the Savior's help to become more self-reliant. Next to these categories, write down any obstacles you need the Savior's help with.

- Gospel knowledge

- Current and future financial needs
-
-
-

- Education and employment
-
-
-

- Physical needs
-
-
-

- Emotional and social needs
-
-
-

As you continue to study today, keep in mind the areas in which you need the most help. Invite the Holy Ghost to strengthen your faith that Heavenly Father and Jesus Christ will help you in your efforts to build self-reliance.

Blessings of self-reliance

Do you know the story of Joseph, who was sold into slavery and brought to Egypt? He faced many challenges throughout his life. He chose to act with faith and allowed the Lord to work in his life. Read about his experiences. As you study parts of his life, mark how the Lord blessed Joseph as he exercised faith in Him.

Working for Potiphar

Although Joseph was sold into slavery by his brothers at age 17, Potiphar made him overseer of his household.

Read [Genesis 39:1–6](#).

Working for the keeper of the prison

Joseph experienced another setback when Potiphar sent him to prison due to false accusations.

Read [Genesis 39:21–23](#).

Interpreting the dreams of Pharaoh’s servants

In jail with Joseph, Pharaoh’s chief butler and baker had dreams that they did not understand.

Read [Genesis 40:7–8, 12–14, 18–19, 21–23](#).

Working for Pharaoh

While initially forgotten in jail, Joseph was eventually called upon to interpret Pharaoh’s dream. The dream represented seven years of good harvests followed by seven years of famine in Egypt. Joseph proposed a solution to Pharaoh regarding how all of Egypt could prepare.

Read [Genesis 41:37–43, 49, 54–55](#).

Respond to the following questions:

How do you think this story might have ended if Joseph did not have faith in God? If Joseph was unwilling to put forth effort?

How do you think this account could apply to the life of a teenager?

Dig Deeper: For more information about self-reliance and the Lord's promised blessings, watch the video "[I Will Provide for My Saints](#)" (3:08).

Self-reliance and the Lord's divine aid

When the Saints were persecuted in Independence, Missouri, Joseph Smith was imprisoned in Liberty Jail. He wrote a letter to encourage them to rely on the Lord. His counsel expresses how we can take faithful action and rely on the Lord's divine aid. Read [Doctrine and Covenants 123:17](#). Mark phrases that illustrate this truth.

Think for a moment about your life. Look at the categories where you feel like you need the most help right now.

Explain in your own words the following:
What can you do to take faithful action?

What can you do to rely on the Lord and His ability and desire to guide and bless your life?
