



President Holland continued:

*During such times, please remember that your Heavenly Father loves you. He always has, and He always will. Because of His infinite and perfect love, He sent His Son, Jesus Christ, to strengthen you and help you move forward. And Jesus came because He loves you deeply too. (["Find Your Strength in Jesus Christ," For the Strength of Youth, Mar. 2024, 4](#))*

**The Savior promises to be with and strengthen you**

To help you understand the Lord’s strengthening power, reflect on the prophet Joshua. He was called by the Lord to lead Israel after Moses. Joshua found himself in a tough spot, taking on the roles of prophet and military leader, to establish a new nation. Imagine the emotions he must have felt in that situation.

Read [Joshua 1:1, 5–9](#). Mark what the Lord promised Joshua as he faced these challenges.

Answer the following questions:

Describe your ability to cope with emotional challenges. Which emotions do you think you navigate well? Which still feel difficult?

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Describe your ability to receive help from the Lord for these emotions. What successes have you had? What have you tried that did not work as well as you had hoped?

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Dig Deeper: The resource [“Facing Challenges: A Self-Help Guide”](#) could be used to help you better name the emotions you are feeling.

**Ponder on His word**

Read [Joshua 1:8](#), again looking for what would help Joshua follow the Lord. As Joshua faced his challenges, the Lord invited him to meditate on or ponder the scriptures (the “book of the law”) day and night. One way you can find emotional strength in the Lord is through pondering the scriptures.

Select an emotion from the list below that you are feeling or have felt. Read the scripture next to the emotion. Ponder the words of the passage by asking yourself questions such as the following:

- Overwhelmed: [Isaiah 40:28–31](#)
- Afraid: [John 14:27](#)
- Sad: [Revelation 21:3–5](#)
- Forgotten: [Luke 12:6–7](#)
- Discouraged: [Isaiah 43:1–2, 5](#)
- Lonely: [Doctrine and Covenants 68:6](#)

What words or phrases would be helpful when I am feeling this way?

