

Building Healthy Relationships

Creating Strong Connections with Family and Friends

Prepare to study by listening to a hymn or song and saying a prayer. Create a note for this lesson below. As you study, write any questions you have and look for answers.

Heavenly Father wants us to love Him and those around us. As we develop close connections with family and friends, we can be blessed with needed comfort, strength, and support during both calm and challenging times. This lesson can help you seek the Lord's help to establish relationships that contribute to your overall health and wellbeing.

Study the Doctrine

Take two minutes to record below the things that matter most in your life.

Read the [statement from the talk "Of Things That Matter Most,"](#) from President Dieter F. Uchtdorf, then of the First Presidency.

Compare what you wrote with President Uchtdorf's statement. Circle those things he mentions or add them to your list if they aren't already written.

This lesson will focus on relationships with others. Think about some of your current relationships and whether these relationships bring you closer to God and provide the strength and support you need in your life. Ponder how the Lord may want you to strengthen existing relationships or develop new ones.

Complete the following activities.

Our relationships

Review the following examples of meaningful relationships in Church history. Look for evidence that God can bless your life and strengthen your faith through meaningful relations with others.

Example 1: Lucy Mack Smith

After his visit to the Hill Cumorah in September 1823, Joseph Smith shared details about his experience and the angel Moroni's visits with his family. Joseph continued to share his experiences and visions with those closest to him. Recalling these sacred encounters, the Prophet's mother, Lucy Mack Smith, recorded the following:

"Every evening we gathered our children together. I think that we presented the most peculiar aspect of any family that ever lived upon the earth, all seated in a circle, father, mother, sons, and daughters listening in breathless anxiety to the religious teachings of a boy. ...

“... The sweetest union and happiness pervaded our house. No jar nor discord disturbed our peace, and tranquility reigned in our midst.” (Lucy Mack Smith, in [Teachings of Presidents of the Church: Joseph Smith](#) [2007], 486)

Example 2: Nauvoo

While living in Nauvoo, Illinois, Joseph Smith reflected on the benefits of meaningful relationships:

I would esteem it one of the greatest blessings, if I am to be afflicted in this world, to have my lot cast where I can find brothers and friends all around me. ([Teachings: Joseph Smith](#), 466)

Example 3: Lyman Sherman

Read [Doctrine and Covenants 108:7](#), looking for counsel the Lord gave to Lyman Sherman of the Seventy. Consider what could make that counsel difficult or easy to follow.

Reflect on your own life and the relationships you have or will have. Record your thoughts on the following:

- What have you learned about the value of developing meaningful relationships with others in your life?

- How can building and strengthening relationships with others affect your relationship with God as well as our overall health and well-being?

- Steps you can take to build better relationships in your life.

Relationship building

There are many ways to develop or strengthen a relationship. Some ideas might include:

- Look for common interests
- Learn and use people’s names
- Smile
- Carefully listen while others talk
- Sincerely praise and compliment people
- Avoid judging or faultfinding
- Show genuine interest

