

Building Self-Reliance: Lesson 180

Providing for Ourselves and Caring for Those in Need

Helping Others as the Savior Would

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

Elder Neil L. Andersen of the Quorum of the Twelve Apostles taught:

A few weeks ago I boarded a plane for South America. The flight attendant directed our attention to a safety video. "It is unlikely," we were warned, "but if cabin pressure changes, the panels above your seat will open, revealing oxygen masks. If this happens, reach up and pull a mask toward you. Place the mask over your nose and mouth. Slip the elastic strap over your head and adjust the mask if necessary." Then this caution: "Be sure to adjust your own mask before helping others." ("[Joseph Smith](#)," Ensign or Liahona, Nov. 2014, 30)

Most flights show a similar safety video instructing passengers to secure their own oxygen mask before helping others. It highlights that we must first ensure our own well-being and stability. By doing so, we can help those around us.

Lesson Purpose: To teach you how building self-reliance enables you to help others as Jesus Christ would.

Learn How Self-reliance

Elder Hugo E. Martinez of the Seventy taught the following:

Self-reliance is defined as "the ability, commitment, and effort to provide the spiritual and temporal necessities of life for self and family." ("[Teaching Self-Reliance to Children and Youth](#)," Liahona, May 2022, 94)

Joseph of Egypt is an example of someone who demonstrated self-reliance and, as a result, was prepared by the Lord to help others. During a period of famine, Joseph's older brothers traveled to Egypt to seek grain. Egypt had much grain stored away because God inspired Joseph to prepare for the famine in advance. When Joseph's brothers arrived, seeking physical assistance, Joseph revealed himself as their brother.

If it is necessary, review the video "[Joseph in Egypt](#)."

Read [Genesis 45:4–11](#); [47:11–12](#). Look for how Joseph blessed his family. Mark connections you see between this story and the example of the oxygen mask.

How was Joseph's family blessed?

Joseph faced difficulties in Egypt, but the Lord prepared him to bless others ([Genesis 45:5–8](#)). Similarly, the Lord can prepare you to help others through your experiences. Consider these questions as you reflect on your life. Answer question 2.

1. What are you experiencing now that helps you become more self-reliant?
2. How could the Lord use these experiences to help you bless others in the future?

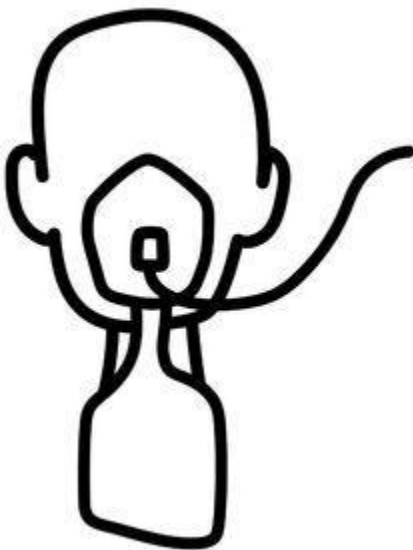
As you continue studying today, pay attention to promptings from the Holy Ghost that can help you become more self-reliant and help others as the Savior would.

Building self-reliance

Elder Robert D. Hales (1932–2017) of the Quorum of the Twelve Apostles taught:

The purpose of both temporal and spiritual self-reliance is to get ourselves on higher ground so that we can lift others in need. ([“Coming to Ourselves: The Sacrament, the Temple, and Sacrifice in Service,” Ensign or Liahona, May 2012, 36](#))

View the image below of a person with an oxygen mask. Draw a second person with an oxygen mask next to it.



Label the top of your first oxygen mask with one of the following areas of self-reliance:

- Gospel knowledge

- Financial needs
- Education and employment
- Physical needs
- Emotional and social needs

Think of things a teenager could be doing to build self-reliance in the area you selected. Write these things in or next to the first oxygen mask.

Label the second oxygen mask “Helping Others.” Select two of the ideas written in the first oxygen mask. For each idea you select, write a specific way a teenager could use that experience to help others build self-reliance. Write these specifics around the second oxygen mask.

Dig Deeper: In his talk “[Teaching Self-Reliance to Children and Youth](#)” (*Ensign* or *Liahona*, May 2022), Elder Hugo E. Martinez of the Seventy shared how one youth’s desire to be self-reliant is blessing his family now and in the future.

Helping others as the Savior would

Elder Robert D. Hales (1932–2017) stated:

*Only when we are self-reliant can we truly emulate the Savior in serving and blessing others. (“[A Gospel Vision of Welfare: Faith in Action](#),” in *Basic Principles of Welfare and Self-Reliance* [worldwide leadership training meeting, 2009], 2)*

Read [Jacob 2:17–19](#). Make the following note next to the passage: As we become self-reliant through God’s help, we become better able to help others.

Link [Jacob 2:17–19](#) to [Luke 22:31–32](#). After reading the verses, share how caring for others can help you become more like the Savior.

Complete the following statements. Seek the help of the Holy Ghost to complete the statements.

I am building self-reliance by ...

I have been able to help others by ...

A few ways I could help others in this area are ...
