Adversity Quotes, New Era, August 2006

Be grateful for your trials, for they too are a blessing. God already knows how you will handle your trials, but He wants you to know it. Pray to your Heavenly Father and ask Him for the strength and the patience that you will need, and the Lord will surely sustain you.

Sarah M., 16, Germany

My bishop has become my best friend through my hard times. I strongly advise anyone to talk with his or her bishop. They love you and want to help. Also, if you have your patriarchal blessing, read it often. It can direct you through the rough times.

Kaycee H., 20, Montana

God sent us to earth to be tested. It’s not easy, but it’s necessary for our growth and progress. Pray specifically for help so that you can become a persevering person, and pray to Him to receive comfort. He will take you by the hand and pour out on your head many blessings. Do not despair, but stay close to the gospel. It is the only thing that can truly help.

Lia C., 19, Italy

Our Father in Heaven does not stop putting us in the furnace of trials until He has seen His countenance on us. Learn to face trials cheerfully, for they shall be for your own good! Be happy despite all the odds. It is the road to more righteousness. Trials can strengthen our relationship with our Heavenly Father and [Jesus Christ](http://mormon.org/jesus-christ). Pray for comfort, seek the scriptures, and have an eternal perspective at all times.

Odessa B., 18, Philippines

With each trial I have two choices. I can either let it get the better of me, or I can choose to learn from it. Sometimes I feel lost and alone, but it’s important to stay close to our Heavenly Father so that in those moments we will be able to be comforted. Pray, read your scriptures, and build your testimony. Trials will become easier to endure as your relationship with Heavenly Father and Jesus Christ grows.

Lita J., 20, Alberta, Canada

We came here to be tested and to learn and grow. Having trials is a key part of learning. With continuous testing, we can keep sharp and be ready for the bigger challenges up ahead. By praying, reading the scriptures, and keeping the Sabbath day holy, you can endure more easily. Remember that any trial can be overcome, as it says in [1 Corinthians 10:13](https://www.lds.org/scriptures/nt/1-cor/10.13?lang=eng#12).

Jesse H., 14, Nevada

The Lord does not give us trials that He knows we cannot endure. That realization has helped me so much in my trials. When I look back on the pain I have gone through, what stands out to me is that the Lord loves me, and I have learned a lesson or two that I can carry with me through my life’s journey and also use to help someone who is going through the same thing. The Lord is with us every step of the way.

Liz O., 20, England

Our earth life is a probationary period, and it is necessary that we experience the labors of life, being tempted to see whether we are worthy to return to the presence of our Heavenly Father. The adversary works to divert us from the iron rod. But as we follow Christ and His gospel, we will be protected from evil. We can endure better if we have faith that this world is but a phase in the plan of salvation.

Celso O., 19, Brazil