

# Becoming Self-Reliant



Teach these scriptures and quotations or, if needed, another principle that will bless the sisters you visit. Bear testimony of the doctrine. Invite those you visit to share what they have felt and learned.

## What Is Self-Reliance?

“Self-reliance means using all of our blessings from Heavenly Father to care for ourselves and our families and to find solutions for our own problems.’ Each of us has a responsibility to try to avoid problems before they happen and to learn to overcome challenges when they occur. . . .

“How do we become self-reliant? We become self-reliant through obtaining sufficient knowledge, education, and literacy; by managing money and resources wisely, being spiritually strong, preparing for emergencies and eventualities; and by having physical health and social and emotional well-being.”<sup>1</sup>

*Julie B. Beck, Relief Society general president.*

## A Gospel Responsibility

“As we live providently and increase our gifts and talents, we become more self-reliant. Self-reliance is taking responsibility for our own spiritual and temporal welfare and for those whom Heavenly Father has entrusted to our care. Only when we are self-reliant



can we truly emulate the Savior in serving and blessing others.

“It is important to understand that self-reliance is a means to an end. Our ultimate goal is to become like the Savior, and that goal is enhanced by our unselfish service to others. Our ability to serve is increased or diminished by the level of our self-reliance.”<sup>2</sup>

*Elder Robert D. Hales of the Quorum of the Twelve Apostles.*

“Self-reliance is a product of our work and undergirds all other welfare practices. It is an essential element in our spiritual as well as our temporal well-being. Regarding this principle, President Marion G. Romney [1897–1988] has said: ‘Let us work for what we need. Let us

be self-reliant and independent. Salvation can be obtained on no other principle. Salvation is an individual matter, and we must work out our own salvation in temporal as well as in spiritual things.’ . . .

“President Spencer W. Kimball [1895–1985] further taught concerning self-reliance: ‘The responsibility for each person’s social, emotional, spiritual, physical, or economic well-being rests first upon himself, second upon his family, and third upon the Church if he is a faithful member thereof.’”<sup>3</sup> ■

*President Thomas S. Monson.*

## NOTES

1. “The Welfare Responsibilities of the Relief Society President,” *Basic Principles of Welfare and Self-Reliance* (2009), 4–5.
2. “A Gospel Vision of Welfare: Faith in Action,” *Basic Principles of Welfare and Self-Reliance* (2009), 1–2.
3. “Guiding Principles of Personal and Family Welfare,” *Liahona*, Feb. 1987, 3; *Ensign*, Sept. 1986, 3.

## HELPS FOR VISITING TEACHING

As a visiting teacher, you can seek personal inspiration to know how to best respond to the needs of those you are assigned to watch over. Then focus your efforts on strengthening each sister’s faith and family.

## PERSONAL PREPARATION

Genesis 3:19  
Matthew 6:33  
D&C 82:18–19; 109:8