

# Of One Heart

*Prayerfully study this material and seek for inspiration to know what to share. How will understanding the purpose of Relief Society prepare daughters of God for the blessings of eternal life?*

“And the Lord called his people Zion, because they were of one heart and one mind, and dwelt in righteousness; and there was no poor among them” (Moses 7:18). How can we become one?

Elder M. Russell Ballard of the Quorum of the Twelve Apostles said: “At the heart of the English word *atonement* is the word *one*. If all mankind understood this, there would never be anyone with whom we would not be concerned, regardless of age, race, gender, religion, or social or economic standing. We would strive to emulate the Savior and would never be unkind, indifferent, disrespectful, or insensitive to others.”<sup>1</sup>

President Henry B. Eyring, First Counselor in the First Presidency, taught: “Where people have [the] Spirit with them, [they] may expect harmony. . . . The Spirit of God never generates contention (see 3 Nephi 11:29). . . . It leads to personal peace and a feeling of union with others.”<sup>2</sup>



Faith  
Family  
Relief

Speaking of family challenges, Carole M. Stephens, who served as First Counselor in the Relief Society General Presidency, said: “I’ve never had to live through divorce, the pain and insecurity that comes from abandonment, or the responsibility associated with being a single mother. I haven’t experienced the death of a child, infertility, or same-gender attraction. I haven’t had to endure abuse, chronic illness, or addiction. These have not been my stretching opportunities.

“ . . . But through *my* personal tests and trials . . . I have become well acquainted with the One who does understand. . . . And in addition, I have experienced all of the mortal tests that I just

mentioned through the lens of a daughter, mother, grandmother, sister, aunt, and friend.

“Our opportunity as covenant-keeping daughters of God is not just to learn from our own challenges; it is to unite in empathy and compassion as we support other members of the family of God in their struggles.”<sup>3</sup>

#### Additional Scriptures and Information

John 17:20–23; Ephesians 4:15; Mosiah 18:21–22; 4 Nephi 1:15  
[reliefsociety.lds.org](http://reliefsociety.lds.org)

#### NOTES

1. M. Russell Ballard, “The Atonement and the Value of One Soul,” *Ensign*, May 2004, 86.
2. Henry B. Eyring, “That We May Be One,” *Ensign*, May 1998, 67.
3. Carole M. Stephens, “The Family Is of God,” *Ensign*, May 2015, 11–12.



#### Consider This

How does unity with one another help us become one with God?