God sent His Son Jesus Christ to help us. You can have power from Jesus Christ when you do these things:

Study “The Living Christ.”
It is a testimony about Jesus Christ from the prophets and apostles.

Learn about the Savior.
Several years ago I read and underlined every verse in the scriptures about Jesus Christ. When I finished, I told my wife, “I am a different man!”

Try to look to Jesus in every thought (see Doctrine and Covenants 6:36). When you do, your doubts and fears will flee.

Be willing to stand out, speak up, and be different from the people of the world.

Make sacred covenants and keep them.

Jesus is the Christ! His power is available to each one of you.