



FROM THE FIRST PRESIDENCY

# Grateful No Matter What

**By President Dieter F. Uchtdorf**

Second Counselor in the First Presidency

Everyone’s life is different, but all of us experience hard times. Sometimes we may feel sad or lonely. Sometimes we may be sick or confused. But there is one thing we can always do to make life sweeter and more joyful. We can be grateful!

It’s easy to count our blessings when life is going well. But the Lord also expects us to be thankful during hard times. Instead of being thankful *for* things, we can be thankful *in* our **circumstances**—whatever they may be.

We can choose to be like the Mormon pioneers. During their slow and painful trek toward the Great Salt Lake, they sang and danced and praised God instead of complaining about how hard the journey was.

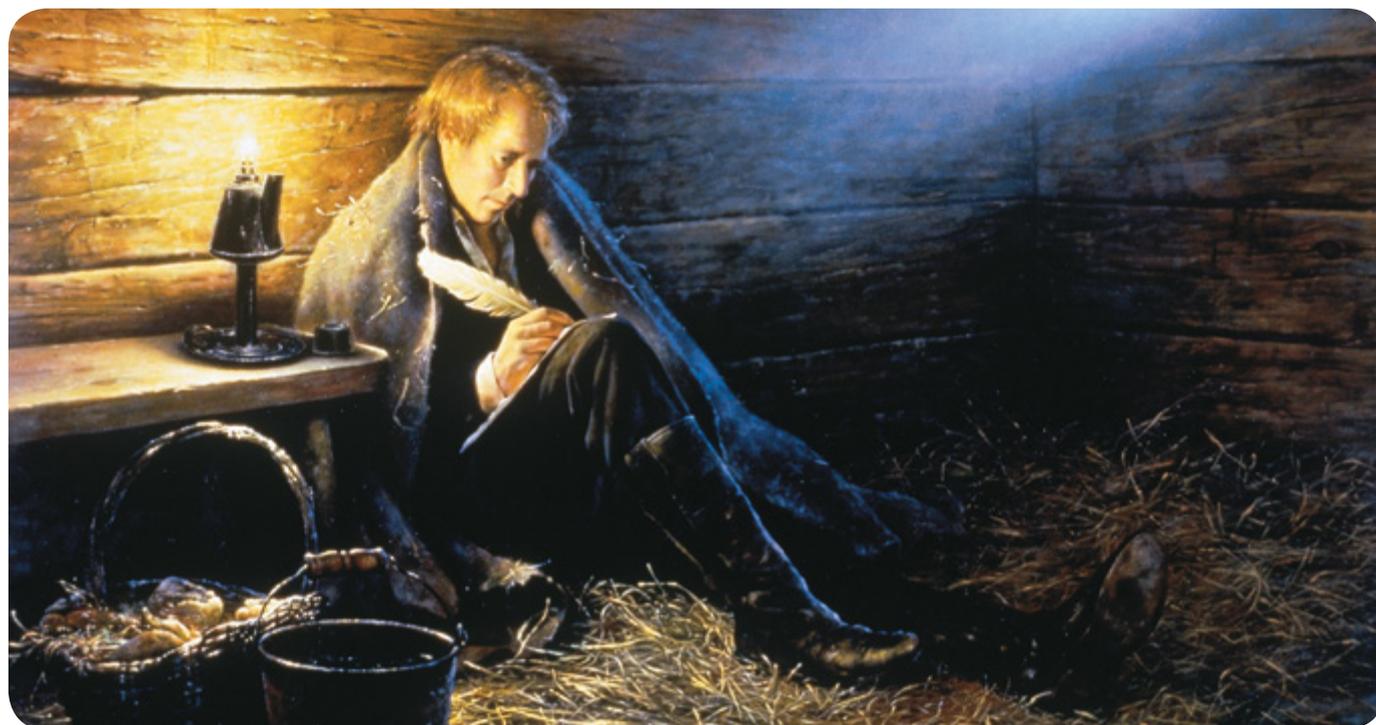
your situation or what your life is like

We can choose to be like the Prophet Joseph Smith, who was a prisoner in Liberty Jail. While there, he wrote a letter encouraging the Saints to “cheerfully” do good things and have faith in God (D&C 123:17).

Being grateful during hard times does not mean that we are happy with our circumstances. It does mean that we have faith to look beyond our challenges. When we are grateful, we trust God and hope for things we may not see but which are true. By being grateful, we follow the example of our beloved Savior, who said, “Not my will, but thine, be done” (Luke 22:42).

May we “live in thanksgiving daily” (Alma 34:38). May we always show by word and deed our gratitude to our Father in Heaven and to His Beloved Son, Jesus Christ. ◆

*Adapted from “Grateful in Any Circumstances,” Ensign, May 2014, 70–77.*



# LIGHTS, CAMERA, ATTITUDE!

Many scripture heroes had good attitudes even during hard times. Read the scriptures about the people below. How did they act during their trials? How can you be more like them? Act out their story and send us a picture!

- Ruth and Naomi (Ruth 2:2, 17-18, 20)
- Paul and Silas (Acts 16:19, 23-25)
- Nephi (1 Nephi 18:11, 15-16)
- Joseph Smith (D&C 123:17 and [section heading](#))



## MANY WAYS TO SAY THANK YOU



Match the different ways of saying thank you with the countries where those languages are spoken. Some of these languages are spoken in lots of countries! Check answers on page 48.



1. gracias (Spanish) \_\_\_\_\_
2. malo (Tongan) \_\_\_\_\_
3. thank you (English) \_\_\_\_\_
4. shukriyaa (Hindi) \_\_\_\_\_
5. spasiba (Russian) \_\_\_\_\_
6. arigatō (Japanese) \_\_\_\_\_
7. asante (Swahili) \_\_\_\_\_
8. merci (French) \_\_\_\_\_

