

THE SAVIOR: THE PERFECT PHYSICIAN

As a physician, I once had a patient come to me after a routine blood test was out of normal range. In the days between her test and our visit, she had consulted the internet about what the results could mean. When we met, she was upset and worried. I tried to explain the results, but she was still distraught.

“Don’t worry about what could go wrong,” I told her. “That’s my job! This is what I’m here for. I studied hard to know what to do about this. We’ll get through this together, and if you’ll follow my instructions, you’ll know how to be whole again. Trust me and let me take the burden of medical worries. Then you can focus all your energy on getting better.”

This helped to calm her fears. We

made plans to run more tests, and I promised we would move forward on this together.

Months later, I was experiencing turmoil in my own life. Pressures at work, a baby on the way, and an upcoming move overwhelmed me. I found myself frustrated, anxious, and afraid.

I prayed earnestly about my worries, sins, and frustrations. As I prayed, the Spirit testified of the Savior’s importance in my life. It was as if He said to me:

“Don’t worry about all the things that could happen. That’s my job! It’s what I’m here for. I suffered all things to know what to do about this. Have faith in me, and we’ll get through this together. If you’ll follow my instructions, you can again be whole. Trust

me and let me take those spiritual burdens. Then you can focus all your efforts on becoming your best self.”

With this realization, my worry, guilt, and frustration were lifted. Faith in Him removed unproductive feelings that blocked my progress. I could focus on the things in my control. I could live the gospel and turn to the Savior in my challenges.

In the same way that a physician might lead us to physical wholeness, the Savior, who is the perfect Physician, can take away the burden of shame, worry, guilt, and even feelings of frustration and anxiety and show us the way to be spiritually whole again. That’s His job, and He performs it perfectly. ■

Matt Lindsey, Hawaii, USA

“Don’t worry about all the things that could happen. That’s my job! That’s what I’m here for.”

