

HE UNDERSTANDS

“There is no physical pain, no spiritual wound, no anguish of soul or heartache . . . that the Savior did not experience first. . . The Son of God perfectly knows and understands, for He has felt and borne our individual burdens.”

(Elder David A. Bednar of the Quorum of the Twelve Apostles,
“Bear Up Their Burdens with Ease,” *Ensign*, May 2014, 90.)