

WEIGHED DOWN, LIFTED UP

By D. Lowell Brown

*When I felt overwhelmed,
I found help through prayer
and the scriptures.*

Graduation day was approaching. There were finals to prepare for, college applications to finish, and homework assignments to complete. Life was crazy! Then there was the church stuff: read my scriptures, pray, go to seminary, and serve in the priests quorum. I felt like the weight of the world was on my shoulders. Lastly, many of my friends relied on me for support. They were having problems and needed someone to talk to. I couldn't keep up with everything, and unfortunately, the first thing to go was scripture reading.

One day I felt especially overwhelmed. Everything happening in my life just seemed to take over. I felt like I had no control. I went to my bedroom to escape. I sat on my bed and tried to forget about everything for a few minutes.

While I was sitting there, I had the impression to pray. I got on my knees, bowed my head, and prayed to Heavenly Father. I explained that I needed help, that I could not do everything by myself.

After closing my prayer, I looked across my bedroom. I could see the corner of my scripture case underneath a pile of schoolbooks. I felt ashamed that I had neglected the scriptures so much. As I looked at them, I felt the peace of the Spirit. I knew I could find an answer in the scriptures.

As I thumbed through my scriptures, I read Helaman 12:1, which states, "And thus we can behold how false, and also the unsteadiness of the hearts of the children of men; yea, we can see that the Lord in his great infinite goodness doth bless and prosper those who put their trust in him."

This verse spoke to me strongly. I had been trying to do everything myself. If I would really put my trust in the Lord, He would bless and prosper me. I needed to prioritize my life and make sure that I made time for the important things, like reading my scriptures.

I have remembered this verse throughout my life. It has helped me to remember the Lord and that He is mindful of us and will help us if we put our trust in Him. **NE**

FEAST ON THE WORD

"[A] simple thing to do, which allows God to give us strength, is to feast on the word of God: read and ponder the standard works of the Church and the words of living prophets. There is a promise of help from God that comes with that daily practice."

President Henry B. Eyring, First Counselor in the First Presidency, "In the Strength of the Lord," *Ensign*, May 2004, 18.

