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WOUNDED

We each understand that difficulties are part of life, but when they come to us personally, they can take our breath away. Without being alarmed, we need to be ready. The Apostle Peter said, "Think it not strange concerning the fiery trial which is to try you, as though some strange thing happened to you" [1 Peter 4:12]. Along with the bright colors of happiness and joy, the darker-colored threads of trial and tragedy are woven deeply into the fabric of our Father's plan. These struggles, although difficult, often become our greatest teachers. . . .

... Each one of us will be wounded in the battle of life, whether physically, spiritually, or both.

Never give up—however deep the wounds of your soul, whatever their source, wherever or whenever they happen, and however short or long they persist, you are not meant to perish spiritually. You are meant to survive spiritually and blossom in your faith and trust in God.

God did not create our spirits to be independent of Him. . . .

The Savior is our Good Samaritan....

... The Savior promised, "I will not leave you comfortless: I will come to you" [John 14:18].

The peace of the temple is a soothing balm to the wounded soul. . . .

... Your troubles and sorrows are very real, but they will not last forever. . . .

My brothers and sisters, it is my promise to you that increasing your faith in the Lord Jesus Christ will bring you added strength and greater hope. For you, the righteous, the Healer of our souls, in His time and His way, will heal all your wounds. No injustice, no persecution, no trial, no sadness, no heartache, no suffering, no wound—however deep, however wide, however painful—will be excluded from the comfort, peace, and lasting hope of Him whose open arms and whose wounded hands will welcome us back into His presence. At that day, the Apostle John testifies, the righteous "which [come] out of great tribulation" [Revelation 7:14] will stand "arrayed in white robes . . . before the throne of God." The Lamb will "dwell among [us] . . . and God shall wipe away all tears from [your] eyes" [see Revelation 7:13, 15, 17].

→ See the full address at conference.lds.org.