

Hope

The word *hope* is sometimes misunderstood. In our everyday language, the word often has a hint of uncertainty. For example, we may say that we hope for a change in the weather or a visit from a friend. In the language of the gospel, however, the word *hope* is sure, unwavering, and active. Prophets speak of having a “firm hope” (Alma 34:41) and a “lively hope” (1 Peter 1:3). The prophet Moroni taught, “Whoso believeth in God might with surety hope for a better world, yea, even a place at the right hand of God, which hope cometh of faith, maketh an anchor to the souls of men, which would make them sure and steadfast, always abounding in good works, being led to glorify God” (Ether 12:4).

When we have hope, we trust God’s promises. We have a quiet assurance that if we do “the works of righteousness,” we “shall receive [our] reward, even peace in this world, and eternal life in the world to come” (D&C 59:23). Mormon taught that such hope comes only through the Atonement of Jesus Christ: “What is it that ye shall hope for? Behold I say unto you that ye shall have hope through the atonement of Christ and the power of his resurrection, to be raised unto life eternal, and this because of your faith in him according to the promise” (Moroni 7:41).

As you strive to live the gospel, you grow in your ability to “abound in hope, through the power of the Holy Ghost” (Romans 15:13). You increase in hope as you pray and seek God’s forgiveness. In the Book of Mormon, a missionary named Aaron assured a Lamanite king, “If thou wilt repent of all thy sins, and will bow down before God, and call on his name in faith, believing that ye shall receive, then shalt thou receive the hope which thou desirest” (Alma 22:16). You also gain hope as you study the scriptures and follow their teachings. The Apostle Paul taught, “Whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope” (Romans 15:4).

Hot Drinks

The principle of hope extends into the eternities, but it also can sustain you through the everyday challenges of life. “Happy is he,” said the Psalmist, “that hath the God of Jacob for his help, whose hope is in the Lord his God” (Psalm 146:5). With hope, you can find joy in life. You can “have patience, and bear with . . . afflictions, with a firm hope that ye shall one day rest from all your afflictions” (Alma 34:41). You can “press forward with a steadfastness in Christ, having a perfect brightness of hope, and a love of God and of all men. Wherefore, if ye shall press forward, feasting upon the word of Christ, and endure to the end, behold, thus saith the Father: Ye shall have eternal life” (2 Nephi 31:20).

Additional references: Lamentations 3:25–26; 1 Corinthians 15:19–22; 1 Peter 3:15; 1 John 3:2–3; Jacob 4:4–6; Alma 13:28–29; 27:28; Ether 12:32; Moroni 8:26; 9:25; 10:22

See also Adversity; Atonement of Jesus Christ; Charity; Faith

Hot Drinks (*See* Word of Wisdom)

Humility

To be humble is to recognize gratefully your dependence on the Lord—to understand that you have constant need for His support. Humility is an acknowledgment that your talents and abilities are gifts from God. It is not a sign of weakness, timidity, or fear; it is an indication that you know where your true strength lies. You can be both humble and fearless. You can be both humble and courageous.

Jesus Christ is our greatest example of humility. During His mortal ministry, He always acknowledged that His strength came because of His dependence on His Father. He said: “I can of mine own self do nothing. . . . I seek not mine own will, but the will of the Father which hath sent me” (John 5:30).

The Lord will strengthen you as you humble yourself before Him. James taught: “God resisteth the proud, but