

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

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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