



# A Special Message for Unsettling Times

*Supplement to the Ensign*

**W**e have all been affected by the recent pandemic and other challenging events around the world. It's understandable that these disruptions might prompt some feelings of frustration, anxiety, and fear. But God has not abandoned us. He can help us move forward with faith.

## **Prepared for Perilous Times**

“Wherefore, I the Lord, knowing the calamity which should come upon the inhabitants of the earth, called upon my servant Joseph Smith, Jun., and spake unto him from heaven, and gave him commandments” (Doctrine and Covenants 1:17).

That pattern of guiding revelation continues today. The Lord has been preparing us for events such as these through modern prophets, including our current leader, President Russell M. Nelson.

“We are living in a remarkable age when we constantly see the hand of the Lord in the

lives of His children,” the prophet recently testified in an online video. “Our Heavenly Father and His Son, Jesus Christ, know us, love us, and are watching over us.”

These challenges give us an opportunity to apply what we have learned about home-centered gospel worship. With a ministering heart, we can reach out in compassion to those around us.

## **Peace in Christ**

Through it all, the Lord offers us a peace more powerful than panic.

“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid” (John 14:27).

The following pages contain resources that we hope will help you navigate today's hardships. Know that you are loved. As children of God, we will get through this challenge together.

# Questions and Answers

1.

**Where can I find the latest guidelines about Church activities?**

The Church home page (ChurchofJesusChrist.org) will be regularly updated with information about Sunday meetings and other Church activities. For example, the First Presidency has asked bishops and stake presidents to determine together how to make the sacrament available to members at least once a month. The home page also features comforting messages that you might consider using to spread hope to those around you. Remember that your most valuable resource is the Holy Ghost, who can give you personal revelation about helping the people you lead.

*Turn to the last page of this insert for a list of articles about grief, accepting the Lord's will, helping children cope, and other comforting messages you could share.*

2.

**How can I minister to others safely during this time?**

For those who live with loved ones, some of the most valuable ministering can be done within the walls of our own homes. Suggestions for helping youth and children can be found on the last page of this insert. For connecting with those outside of the home, technology gives us many

*Since June 2018, each Ensign has included a "Ministering Principles" article that you might find helpful. For example, the December 2018 article shares ideas for different ways to communicate to others that you care. Remember that praying for people by name is powerful.*

options. Call, text, or find other ways to reach out to those you care about. In addition to checking on their physical needs, think about what you can do to help them feel more connected and less isolated.

Leaders should also consider how technology could help them make sure the needs of each member are being met. Messaging resources include the Member Tools app, Gospel Living app circles, and Leader and Clerk Resources.

3.

**What about general conference?**

The First Presidency and Quorum of the Twelve Apostles have invited all of us to prepare for and participate in general conference. Although Saints will not be physically gathering to the Conference Center or to meetinghouses on April 4–5, technology enables us to gather digitally and be united in

*For more information about preparing for and participating in conference, visit [gc.ChurchofJesusChrist.org](http://gc.ChurchofJesusChrist.org).*

As we think about  
during this Easter  
remember that He  
pains, grief, and  
loves us and is

*See Come, Follow Me: For Individuals and*

spirit as we read, watch, and listen together. This conference will help us remember and celebrate the First Vision, which happened 200 years ago, and the ongoing Restoration of the Gospel of Jesus Christ in these latter days.

## 4.

### How can I best worship outside of Church meetings?

Saints around the world are using the scriptures, gospel music, *Come, Follow Me*, Church magazines, Sabbath .ChurchofJesusChrist .org, and other Church resources to fill their Sabbath days with worship. Some families have said these home-centered meetings are among the most spiritual experiences they've had as a family! If you feel overwhelmed, don't give up. It's OK to keep things simple—a song, scripture story, and short testimony can be a wonderful worship experience.

*To learn about how Saints in Ghana worshipped from home during a religious "freeze," see "You Cannot Freeze What's in My Heart" (February 2018 Liahona).*



out Jesus Christ  
r season, may we  
e knows all of our  
weaknesses. He  
always with us.

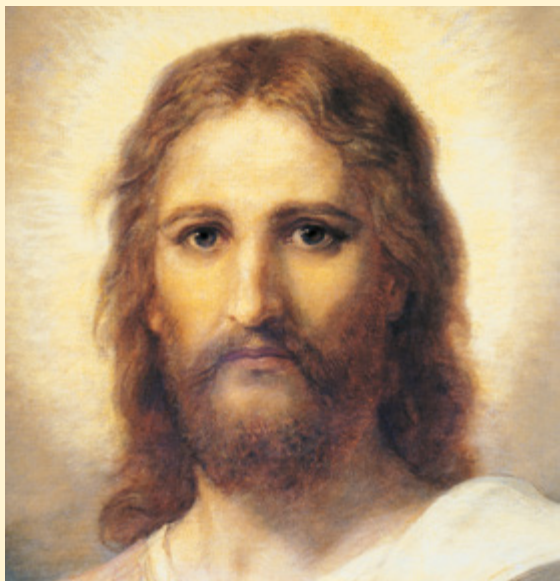
l Families—Book of Mormon 2020, 54–57

# Messages of Hope and Comfort

With sobering news reports swirling around us, we need to take time to step away from the stress and nourish our souls. The articles below can invite the Spirit and put challenges into perspective. Let's be especially mindful of what children and youth are experiencing today, and sensitive to the disruption and disappointments they are facing. As adults, it's our job to give them the answers and help they need.

## From Past Conferences

- Visit [gc.ChurchofJesusChrist.org](http://gc.ChurchofJesusChrist.org) and click on "Topics" to easily find past talks sorted by themes like healing, gratitude, and love.



“Peace I leave with you,  
my peace I give unto you: not as  
the world giveth, give I unto you.  
Let not your heart be troubled,  
neither let it be afraid”  
(John 14:27).

## About Finding Peace

- “Peace in This Life” (December 2016 *Liahona* and *Ensign*): President Eyring testifies of the sacrament and the peace of the Savior’s promises.
- “Sources of Peace and Power” (March 2019 *Liahona* and *Ensign*): Elder Godoy encourages us to give the Lord our best and trust His grace.
- “Finding Peace for Yourself and Others in Troubled Times” (April 2019 *Liahona*): Eight suggestions for finding and sharing peace.

## About Coping with Natural Disasters

- “Natural Disasters—We Don’t Have to Be Afraid” (August 2012 *Liahona* and *Ensign*): Elder Ellis shares suggestions for before, during, and after disaster strikes.

## About Accepting the Lord’s Will

- “Accepting the Lord’s Will and Timing” (August 2016 *Liahona* and *Ensign*): Elder Bednar shares stories of faithful Saints.
- “But If Not” (October 2002 general conference): Elder Wickman encourages us not to doubt the goodness of God, even when something tragic happens.

## About Grief

- “Sunday Will Come” (October 2006 general conference): Elder Wirthlin reminds us that we can look forward to healing.

## For Helping Children

- “Coping with Tragedy” (April 2019 *Liahona* and *Ensign*): Resources to help teens and children find stability and comfort.
- “I Will See Him Again” (April 2019 *Liahona* and *Friend*): Sister Aburto testifies of the Resurrection. The second page includes comforting quote cards.
- Visit [lessonhelps.ChurchofJesusChrist.org](http://lessonhelps.ChurchofJesusChrist.org) and click on topics like “Fear / Worry.”