

# INSIGHTS

from YOUNG ADULTS

*on overcoming adversity*



“I have to **trust that Christ knows exactly how I feel.** And trust turning to Him each time I feel like I’m alone. He knows exactly how to succor me.”

—Zariah Inniss, Saint Michael, Barbados

“I try to remember that there’s always some way **I can grow and improve thanks to the trial.**”

—Wendi Gratzl, Missouri, USA

“I remember ‘unto whom much is given much is required’ (Doctrine and Covenants 82:3) and try to **practice gratitude.**”

—Kieren Cranfield, New South Wales, Australia

“I **let positivity sink in** on me and keep in mind that thinking negative things won’t even help.”

—Charmaine Ortiza, Cavite, Philippines

from CHURCH LEADERS

“Adversity teaches us things we cannot learn otherwise. Adversity helps to develop a depth of character that comes in no other way. Our loving Heavenly Father has set us in a world filled with challenges and trials so that we, through opposition, can learn wisdom, become stronger, and experience joy.”

Elder Dieter F. Uchtdorf of the Quorum of the Twelve Apostles, “Your Happily Ever After,” *Ensign*, May 2010, 125.

“Pray, pray, pray, pray. **Then trust God with the answer.**”

—Shane Dunlop, Western Australia, Australia

## SHARE YOUR INSIGHTS

What insights do you have about **making big decisions** as a young adult? Send us your response at [ensign.ChurchofJesusChrist.org](http://ensign.ChurchofJesusChrist.org) by February 29, 2020.