

# “If I feel like I’m losing my faith, what can I do to regain it?”



“One of the purposes of the Church is to nurture and cultivate the seed of faith—even in the sometimes sandy soil of doubt and uncertainty. . .

“... Please, first doubt your doubts before you doubt your faith.”

President Dieter F. Uchtdorf, Second Counselor in the First Presidency, “Come, Join with Us,” Oct. 2013 general conference.



## Go to the Scriptures

If I am having a hard time feeling the Spirit, it helps me to go to the scriptures and see the

faith that everyone has. It gives me faith. Maybe your prayers have been really short. Try to make them more sincere and Heavenly Father will help you regain your faith.

Chris B., age 14, Oregon, USA



## Nourish the Seed of Faith

I know that I can pray to the Father and ask Him to help me maintain the

plant of faith that I have growing. I must do the necessary things to nourish it, like read the scriptures, seek out spiritual experiences, count my blessings, and ask for help from my family. That way, my faith can start growing again. It won't happen from one day to the next—it is a process that takes time. I have to have patience and trust in the Lord.

Elías B., age 18, Mendoza, Argentina



### Figure It Out Together

When I feel like I'm losing my faith, I talk to my mom and dad, and we

figure things out together. Sometimes we sing an uplifting song afterward so that we can feel the Spirit.

*Emmalie C., age 15, Colorado, USA*

### Ask Your Parents

In addition to praying directly to Heavenly Father, we can ask our parents how we can return to Him and recover our faith.

*Elías S., age 12, Paysandú, Uruguay*

### Pray, Reach Out, and Read

As a person who dwindled in faith, there are three things I did to recover. First, I prayed. Praying for strength and to know what I should do worked well. Second, I told close friends, and they helped me immensely when I needed it. Third, I read scriptures. Many of them relate to faith and can help us regain it.

*Jack J., age 14, Florida, USA*



## Why does God allow war?

War has been part of the story of mankind on this earth since almost the beginning. But the Lord, the Prince of Peace, does not want us to wage war with one another. He weeps when people choose not to love one another and “are without affection, and . . . hate their own blood” (Moses 7:33), corrupting the earth through violence (see Genesis 6:11–13). Those whose wickedness brings war to the earth will be judged for their actions.

The Lord has commanded His people to “renounce war and proclaim peace” (D&C 98:16). However, when nations do take up arms against each other, the Lord has also said that we are sometimes justified in defending our families, nations, and freedoms against destruction, tyranny, and oppression (see Alma 43:45–47; Alma 46:12–13; D&C 134:11). And Latter-day Saints who serve in their nations’ militaries are upholding the principle of “being subject to kings, presidents, rulers, and magistrates” (Articles of Faith 1:12).

*For more, see Gordon B. Hinckley, “War and Peace,” Apr. 2003 general conference; “War,” Gospel Topics, [topics.lds.org](https://www.lds.org/topics).*

*Responses are intended for help and perspective, not as official pronouncements of Church doctrine.*

### Tell Us What You Think

“How can my patriarchal blessing help me make decisions?”

Submit your answer and, if desired, a high-resolution photograph by May 15, 2018, at [liahona.lds.org](https://www.liahona.lds.org) (click “Submit an Article or Feedback”).

Responses may be edited for length or clarity.