

In Times of Discouragement,  
Remember the Widow of Nain

Keith J. Wilson

12



Trust in the Savior's  
Deliverance

President Henry B. Eyring

18



Three Lessons on  
Love, Joy, and Peace

Brian K. Ashton

26



Making  
Ministering  
Joyful

8

# When You Are Discouraged

Life has its ups and downs. Sometimes when we're down, we wonder what God is doing—why is a loving Father allowing this to happen? This quandary can bottom out with us asking, “Does God even really care about me personally?”

In situations like this, I've found these scriptures to be helpful:

- **Psalm 8:4-5:** “What is man, that thou art mindful of him? . . . For thou hast made him a little lower than the angels, and hast crowned him with glory and honour.”
- **John 10:14:** During His life here upon the earth, Jesus described Himself as “the good shepherd” and added, “[I] know my sheep.”
- **Moses 1:39:** This is one of my favorite verses, where the Lord revealed His purpose to the Prophet Joseph Smith: “For behold, this is my work and my glory—to bring to pass the immortality and eternal life of man”—thus highlighting His interest in us as individuals.
- **Luke 7:11-16:** Of all of Jesus's miracles, few are as tender and compassionate as His ministering to the widow of Nain. For me, it represents the best example of His acute awareness of us individually. As I share in my article (see page 12), this account demonstrates the Savior's interest in and love for each of us.

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