



By the Relief Society General Presidency

Be With and Strengthen One Another

We are all blessed when we minister or are ministered to.

At its best, ministering isn't a one-way street. When we minister to someone, everyone involved is blessed—ourselves, our companions, and those we minister to. We are blessed by each other's strengths. We are blessed as we support and help one another in our challenges. We are blessed by the relationships that are created.

When explaining what it means to minister to others, Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles taught us to “be with and strengthen them” (Doctrine and Covenants 20:53).¹ In this scripture, there are two essential elements that will help us minister to those we care about:

- First, to “be with” them suggests that it is important to get to know those to whom we minister well enough to build a meaningful relationship and create a bond of trust.
- Second, once they know that we

truly love and care about them, we can discuss ways we could support and “strengthen them.” In turn, we will also be strengthened.

People aren't projects; they're our brothers and sisters—fellow travelers in the journey of life. We want to be walking through life together, helping each other find the strength to overcome the obstacles and stumbling blocks along the way (see Hebrews 12:10–13).

The word “strengthen” expresses what we really desire—that our help provides assistance and tools so that each individual can have the resources and strength to move forward and overcome life's challenges.

Many of us feel inadequate to help our brothers and sisters with their unique concerns. Elder Holland gave this encouragement: “In spite of what we all feel are our limitations and inadequacies—and we all have challenges—nevertheless, may we



labor side by side with the Lord of the vineyard, giving the God and Father of us all a helping hand with His staggering task of answering prayers, providing comfort, drying tears, and strengthening feeble knees.”²

This year, these Ministering Principles articles will provide ideas and resources that can help you understand how to be with and strengthen others as they face life's challenges. ■

NOTES

1. Jeffrey R. Holland, “Be With and Strengthen Them,” *Ensign or Liahona*, May 2018, 102.
2. Jeffrey R. Holland, “Be With and Strengthen Them,” 103.



HELPFUL RESOURCES

These resources can help you in your efforts to build meaningful relationships.

- Learn more about building meaningful relationships in “Ministering Principles: Building Meaningful Relationships,” *Ensign* or *Liahona*, Aug. 2018.
- Read about coming to understand those who are different from you in “The Blessings of Diversity,” *Ensign*, July 2019.
- Improve your relationships by improving your listening skills. Read “Five Things Good Listeners Do,” *Ensign* or *Liahona*, June 2018.
- Becoming more empathetic can make you a better friend. Learn how in “Developing the Empathy to Minister,” *Ensign* or *Liahona*, Feb. 2019.
- To learn more about counseling together, read “Ministering Principles: Counsel about Their Needs,” *Ensign* or *Liahona*, Sept. 2018.

SUGGESTIONS FOR BEING WITH AND STRENGTHENING OTHERS

Work together on building a meaningful relationship. Mutual understanding comes from spending time and effort getting to know each other. Discuss how each of you would like to do that. Is there a hobby or interest you share? Would a regular chat be helpful? Can you support each other in Church callings or temple worship?

Counsel together about needs. No one has to do this alone. Counseling with them will help you understand together what their needs are, what they can do, and how you can help.

SHARE YOUR THOUGHTS

Send your experiences with ministering to liahona@ChurchofJesusChrist.org.