

You Can Find Freedom

Are you or is someone you love caught in the cycle of messing up, repenting, recommitting, and messing up again? Many wonderful young adults I worked with while serving as a young single adult ward bishop were trapped in the same cycle. **But many also found freedom through the Atonement of Jesus Christ.** The messages about addiction in this month's section offer helpful insight to finding freedom—for yourself and others.

The most important thing we should remember is that **we are all beloved children of Heavenly Father.** Elder Dieter F. Uchtdorf taught, “[God] is not waiting to love you until you have overcome your weaknesses and bad habits. He loves you today with a full understanding of your struggles. . . . He knows of your remorse for the times you have fallen short or failed. **And still He loves you**” (“Living the Gospel Joyful,” *Ensign* or *Liahona*, Nov. 2014, 123; emphasis added).

On the other hand, Satan will try to convince you that you are beyond and excluded from Heavenly Father's love and the Savior's power to transform and cleanse you. Satan will try to keep you in a whirlpool of shame and self-loathing, but don't believe his lies.

Instead, turn to Heavenly Father. **Don't be afraid** to open up to your bishop or branch president and others who love you. As you read the stories of hope from other young adults who have been affected by addiction, act on the impressions you receive. **Be patient with yourself, remember your divine nature, take one day at a time, and believe in the healing power of Jesus Christ.** He and so many resources will help us succeed in finding the freedom we desire. Don't ever give up.

Your friend,
Richard Ostler

