



What did Jesus Christ overcome through His Atonement?

1. Physical death (see 1 Corinthians 15:21–22; Alma 11:44). Because of the Savior’s Resurrection, all people who have ever lived will be resurrected.
2. Sin (see Doctrine and Covenants 19:16–17). Only Jesus Christ could pay for our sins. We must repent to accept His sacrifice.
3. Weakness and imperfection (see Moroni 10:32–33; Ether 12:27). If we come unto Jesus Christ, He can make us strong.
4. Sickness and other infirmities (see Alma 7:11–12). Jesus Christ is the Master Healer.

SADNESS IS NOT SIN

I HAD BEEN OUT in the mission field for a week when my mission president called and told me that my great-grandmother passed away. Most people don’t even get to meet their great-grandparents, let alone have them in their lives for 19 years, and I tried to be happy knowing that I would get to see her again. But all I could think about was that she was gone.

I’d heard stories about people being almost joyous at the passing of a loved one because that person was with family on the other side. And my great-grandmother was with her husband. He had

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 “Our Savior, the Good Shepherd, . . . knows and loves you.

“He knows when you are lost, and He knows where you are. He knows your grief. Your silent pleadings. Your fears. Your tears.”

President Dieter F. Uchtdorf, then-Second Counselor in the First Presidency, “He Will Place You on His Shoulders and Carry You Home,” Apr. 2016 general conference.

passed away over 20 years earlier. And I was a missionary! If anyone should be happily preaching about living again, it was me. For a while, I felt guilty for feeling sad.

Then I came across Doctrine and Covenants 42:45: “Thou shalt live together in love, insomuch that thou shalt weep for the loss of them that die.” Here were the words of the Lord telling me my feelings were OK, that loss naturally brings sadness. I didn’t need to feel guilty!

Since then, I have been able to go through the temple for my great-grandmother and participate in sealing her to my great-grandfather. It still hurts sometimes when I think about not seeing her in this life, but I know that because of Jesus Christ, one day I will be with her again.

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