Joshua 1:9 THE ENCOURAGEMENT THE LORD GAVE TO JOSHUA CAN STRENGTHEN US AS WELL.

STRONG In the scriptures we find ways we receive strength:

- Be humble (see D&C 1:28).
- Put on the armor of God (see Ephesians 6:10–18).
- Pray for strength (see Moses 1:20).
- Strengthen each other (see D&C 108:7).

GOOD COURAGE

"My earnest prayer is that you will have the courage required to refrain from judging others, the courage to be chaste and virtuous, and the courage to stand firm for truth and righteousness. As you do so, you will be 'an example of the believers,' and your life will be filled with love and peace and joy."

President Thomas S. Monson, "May You Have Courage," *Ensign*, May 2009, 127.

Editors' note: This page is not meant to be a comprehensive explanation of the selected scripture verse, only a starting point for your own study. Nereine for then thou shalt make the way prosperous, and then thou shalt have good success.

9 Have not 1 commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed; for the "LORD thy God is with thee whithersoever thou goest.

2a Gen. 13: 15 (14-17); 15: 18 (18-21). c Deut, 11 d TG Is no 7a TG Cox

BE NOT AFRAID The scriptures teach us some remedies for fear:

- Love: "There is no fear in love; but perfect love casteth out fear" (1 John 4:18).
- Faith: "Be not afraid, only believe" (Mark 5:36).
- Preparation: "If ye are prepared ye shall not fear" (D&C 38:30).

THE LORD THY GOD IS WITH THEE

"If we are patient in our afflictions, endure them well, and wait upon the Lord to learn the lessons of mortality, the Lord will be with us to strengthen us unto the end of our days."

Elder Robert D. Hales of the Quorum of the Twelve Apostles, "'Behold, We Count Them Happy Which Endure,'" Ensign, May 1998, 77. **DISMAYED** The Hebrew word means to be beaten down or discouraged.

