

BE AT *Peace*

WHEN YOUR
LIFE IS IN PIECES

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When times are tough, here are ways to find peace.

Trials are hard. Sometimes, unbearably hard. So how can you find peace when you're going through something so difficult?

TAKE A BREAK.

It's OK to put some things on hold for a little while. Trials can cause big life changes, and they can take a lot of energy. "It is not requisite that a man should run faster than he has strength" (Mosiah 4:27).

TALK TO SOMEONE.

Sharing your thoughts and feelings is a great way to form a support system that will help you get through your trial. Whether that's a friend, parent, counselor, or all of the above, there are people who love and care about you and want to help you.

KEEP PRAYING, READING THE SCRIPTURES, AND GOING TO CHURCH.

These small steps of faith will add up to give you peace, even if they're hard right now. "By small and simple things are great things brought to pass; and small means in many instances doth confound the wise" (Alma 37:6).

One person who knows exactly what you're going through is Jesus Christ. He suffered pains and afflictions and temptations of every kind (see Alma 7:11). He did that so He could know exactly what you're feeling. You can rely on Him every step of the way because He understands everything you're going through.

KNOW YOU'RE NOT ALONE.

Everyone is going through trials. Sometimes we think that if we pray, go to church, keep the commandments, and live righteously, we won't have to go through trials. But that's not true. Sometimes the best people seem to go through the hardest trials. Think of Peter and the other Apostles. Think of Joseph Smith and the pioneers. And most of all, think of our Savior.

GET A BLESSING.

Blessings are a great way to feel peace. You may not get all the answers you're looking for immediately, but Heavenly Father will lead and direct you, and if you're open to it, you will feel His love.

RELY ON THE SAVIOR.

Don't try to bottle up your emotions. Let yourself feel sad or hurt, maybe even frustrated and confused. Letting these emotions process first will help you feel peace, love, and hope next.

PROCESS EMOTIONS.

Jesus Christ said, "Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid" (John 14:27). Finding peace while you go through trials will take time. It will take effort and faith. But peace will come. **NE**