

# Press Forward with Unwavering Faith

By Elder Ulisses Soares  
Of the Quorum of the Twelve Apostles

---

*From an April 2017 general conference address (Ensign or Liahona, May 2017, 33–35).*

Mortal life is a period of testing where we will be proven to see if we will do all things that the Lord our God shall command us (see Abraham 3:25). This will require unwavering faith in Christ even in times of great difficulty. It will require that we press forward with steadfast faith in Christ, being led by the Spirit and trusting that God will provide for our needs (see 1 Nephi 4:6–7; 2 Nephi 31:20).

At the conclusion of His earthly ministry, the Savior taught His disciples, “In the world ye shall have tribulation: but be of good cheer; I have overcome the world” (John 16:33).

Ponder with me for a moment—Jesus Christ, the Only Begotten Son of the Father, lived a sinless life and overcame all the temptations, pains, challenges, and afflictions of the world. He shed drops of blood in Gethsemane; He suffered terrible pain beyond any power of description. He took upon Himself all our pains and sicknesses. He stands ready to help—to help each of us—with every burden. Through His life, suffering, death, and Resurrection, He removed every impediment to our rejoicing and finding peace on this earth. The benefits of His atoning sacrifice are extended to all those who accept Him and deny themselves and to those who take up His cross and follow Him as His true disciples (see Luke 9:23). Therefore, as we exercise faith in Jesus Christ and in His Atonement, we will be strengthened, our burdens will be eased, and through Him we will overcome the world.

As we contemplate the strength and hope that we can receive from the Savior, we do have reason to lift up our heads, rejoice, and press forward in faith without wavering.

If we are steadfast and do not waver in our faith, the Lord will increase our capacity to raise ourselves above the challenges of life. We will be enabled to subdue negative impulses, and we will develop the capacity to overcome even what appear to be overwhelming obstacles. I testify that by the power of your unwavering faith in Christ, you will receive all of the promised blessings from our loving Heavenly Father. **NE**