



in the sometimes sandy soil of doubt and uncertainty. . . .

“ . . . Please, first doubt your doubts before you doubt your faith. We must never allow doubt to hold us prisoner and keep us from the divine love, peace, and gifts that come through faith in the Lord Jesus Christ. . . .

“ . . . Regardless of your circumstances, your personal history, or the strength of your testimony, there is room for you in this Church. Come, join with us!”

### Stand Up

“Our destiny is not determined by the number of times we stumble but by the number of times we rise up, dust ourselves off, and move forward. . . .

“ . . . True repentance is about transformation, not torture or torment. Yes, heartfelt regret and true remorse for disobedience are often painful and very important steps in the sacred process of repentance. But when guilt leads to self-loathing or prevents us from rising up again, it is impeding rather than promoting our repentance. . . .

“When we make mistakes, when we sin and fall, let us think of what it means to truly repent. It means a turning of the heart and will to God and giving up sin. . . .

“We acknowledge that your path will at times be difficult. But I give you this promise in the name of the Lord: rise up and follow in the footsteps of our Redeemer and Savior, and one day you will look back and be filled with eternal gratitude that you chose to trust the Atonement and its power to lift you up and give you strength.

“ . . . No matter how many times you have slipped or fallen, rise up! Your destiny is a glorious one! Stand tall and walk in the light of the restored gospel of Jesus Christ! You are stronger than you realize. You are more capable than you can imagine. You can do it now!”

## COME AND FIND PEACE

### To Those Who Doubt

“I suppose the Church would be perfect only if it were run by perfect beings. God is perfect, and His doctrine is pure. But He works through us—His imperfect children—and imperfect people make mistakes. . . .

“It is unfortunate that some have stumbled because of mistakes made by men. But in spite of this, the eternal truth of the restored gospel found in The Church of Jesus Christ of Latter-day Saints is not tarnished, diminished, or destroyed. . . .

“It’s natural to have questions. . . . One of the purposes of the Church is to nurture and cultivate the seed of faith—even



**President  
Dieter F. Uchtdorf**

Second Counselor in  
the First Presidency

### VIDEOS AND QUOTES

Share designed quotes and short video highlights from President Uchtdorf’s conference addresses at [lds.org/go/1138](https://lds.org/go/1138) and [lds.org/go/1139](https://lds.org/go/1139).