



Elder
**ULISSES
SOARES**

OF THE QUORUM OF THE TWELVE APOSTLES

TAKE UP OUR CROSS

The Savior emphasized that all those who are willing to follow Him need to deny themselves and control their desires, appetites, and passions, sacrificing everything, even life itself if necessary, being entirely submissive to the will of the Father—just as He did. This is, in fact, the price to be paid for the salvation of a soul. . . .

. . . We learn through the scriptures that those who wish to take their cross upon themselves love Jesus Christ in such a way that they deny themselves of all ungodliness and of every worldly lust and keep His commandments. . . .

. . . As we continually strive to overcome our challenges, God will bless us with the gifts of faith to be healed and of the working of miracles. He will do for us what we are not capable of doing for ourselves. . . .

. . . Taking upon us our cross and following the Savior requires us to follow His example and strive to become like Him, patiently facing the circumstances of life, denying and despising the appetites of the natural man, and waiting on the Lord. . . .

. . . Following our Master's footsteps and waiting on Him who is the ultimate healer of our lives will provide rest to our souls and make our burdens easy and light.

→ See the full address at conference.ChurchofJesusChrist.org.

4

Ways We Take Up
**OUR OWN
CROSSES**



1 *Follow His example
and strive to **BECOME**
LIKE HIM.*



2 ***PATIENTLY**
FACE *the*
circumstances
of life.*



3 **×** **DENY**
*and despise
the appetites of the
natural man.*

4  *Wait **ON**
THE LORD.*