

Hot Drinks

The principle of hope extends into the eternities, but it also can sustain you through the everyday challenges of life. “Happy is he,” said the Psalmist, “that hath the God of Jacob for his help, whose hope is in the Lord his God” (Psalm 146:5). With hope, you can find joy in life. You can “have patience, and bear with . . . afflictions, with a firm hope that ye shall one day rest from all your afflictions” (Alma 34:41). You can “press forward with a steadfastness in Christ, having a perfect brightness of hope, and a love of God and of all men. Wherefore, if ye shall press forward, feasting upon the word of Christ, and endure to the end, behold, thus saith the Father: Ye shall have eternal life” (2 Nephi 31:20).

Additional references: Lamentations 3:25–26; 1 Corinthians 15:19–22; 1 Peter 3:15; 1 John 3:2–3; Jacob 4:4–6; Alma 13:28–29; 27:28; Ether 12:32; Moroni 8:26; 9:25; 10:22

See also Adversity; Atonement of Jesus Christ; Charity; Faith

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Humility

To be humble is to recognize gratefully your dependence on the Lord—to understand that you have constant need for His support. Humility is an acknowledgment that your talents and abilities are gifts from God. It is not a sign of weakness, timidity, or fear; it is an indication that you know where your true strength lies. You can be both humble and fearless. You can be both humble and courageous.

Jesus Christ is our greatest example of humility. During His mortal ministry, He always acknowledged that His strength came because of His dependence on His Father. He said: “I can of mine own self do nothing. . . . I seek not mine own will, but the will of the Father which hath sent me” (John 5:30).

The Lord will strengthen you as you humble yourself before Him. James taught: “God resisteth the proud, but

giveth grace unto the humble. . . . Humble yourselves in the sight of the Lord, and he shall lift you up” (James 4:6, 10).

Additional references: Matthew 18:4; 23:12; 26:39; Luke 22:42; 1 Peter 5:5–6; Mosiah 4:11–12; 15:6–7; Alma 5:27–28; Helaman 3:33–35; Ether 12:27; D&C 12:8; 67:10; 112:10; 136:32–33

Jesus Christ

On January 1, 2000, the First Presidency and Quorum of the Twelve Apostles issued the following declaration. Titled “The Living Christ,” this declaration bears witness of the Lord Jesus Christ and summarizes His identity and divine mission:

“As we commemorate the birth of Jesus Christ two millennia ago, we offer our testimony of the reality of His matchless life and the infinite virtue of His great atoning sacrifice. None other has had so profound an influence upon all who have lived and will yet live upon the earth.

“He was the Great Jehovah of the Old Testament, the Messiah of the New. Under the direction of His Father, He was the creator of the earth. ‘All things were made by him; and without him was not any thing made that was made’ (John 1:3). Though sinless, He was baptized to fulfill all righteousness. He ‘went about doing good’ (Acts 10:38), yet was despised for it. His gospel was a message of peace and goodwill. He entreated all to follow His example. He walked the roads of Palestine, healing the sick, causing the blind to see, and raising the dead. He taught the truths of eternity, the reality of our premortal existence, the purpose of our life on earth, and the potential for the sons and daughters of God in the life to come.

“He instituted the sacrament as a reminder of His great atoning sacrifice. He was arrested and condemned on spurious charges, convicted to satisfy a mob, and sentenced to die on Calvary’s cross. He gave His life to atone for the sins of all mankind. His was a great vicarious gift in behalf of all who would ever live upon the earth.