



17 Tools to Overcoming Opposition

Opposition and sorrow are necessary for us to progress. We should not be afraid of such experiences nor become discouraged by them. By staying close to our Father in Heaven, we will have the strength to overcome these afflictions, and they will be consecrated for our gain. These ideas can help us overcome sorrow, disappointment, despair, or discouragement. Some of our challenges may only need one of two of these ideas to help us through them. But try to remember all of them... and use them throughout life when things get you a little down.

Scriptures to Remember Why:

D&C 29:39 And it must needs be that the devil should tempt the children of men, or they could not be ^cagents unto themselves; for if they never should have bitter they could not know the sweet—

2Ne2:11 For it must needs be, that there is an opposition in all things. If not so, my first-born in the wilderness, righteousness could not be brought to pass, neither wickedness, neither holiness nor misery, neither good nor bad. Wherefore, all things must needs be a compound in one; wherefore, if it should be one body it must needs remain as dead, having no life neither death, nor corruption nor incorruption, happiness nor misery, neither sense nor insensibility.

“Noble characters do not alone bear trouble; they use it.” Hugh B. Brown

Just like athletes use the weights for resistance so they can build muscles and grow strong, you too can use your trials to become strong... use the resistance in your life to strengthen your spirit.