

Dear Stake Leader:

The principles of Self Reliance are still fundamental necessities of the church and they apply to each and every member.

“Self-reliance is the ability, commitment, and effort to provide the spiritual and temporal necessities of life for self and family” ([Handbook 2: Administering the Church \[2010\], 6.1.1](#)).

(<https://www.lds.org/handbook/handbook-2-administering-the-church/welfare-principles-and-leadership?lang=eng#6.1.1>)

President Thomas S. Monson has counseled, “[Self-reliance] is an essential element in our spiritual as well as our temporal well-being.” (“[Guiding Principles of Personal and Family Welfare](#),” *Ensign*, Sept. 1986, 3)

(<https://www.lds.org/ensign/1986/09/guiding-principles-of-personal-and-family-welfare?lang=eng>)

The church focuses on 12 principles of employment self-reliance, as found in the newly developed booklet, [My Foundation: Principles, Skills, Habits](#). (<https://www.lds.org/topics/pef-self-reliance/manuals-and-videos?lang=eng#my-foundation>)

I am here to help you focus on the elements of Employment as it is fundamental to achieving most of the other elements. As a service, periodically, I will send information to stake leaders about one of the twelve principles.

Principle #1 is Exercise Faith in Jesus Christ ([D&C 104:15](#))

7 EXERCISE FAITH IN JESUS CHRIST

EXERCISE FAITH IN JESUS CHRIST

Ponder: How will my faith in Jesus Christ affect my self-reliance?

Watch: “Exercise Faith in Jesus Christ” (available at www.lds.org. If you do not have access to the video, read the script on the next page.)

Discuss: What can you do to exercise faith in Jesus Christ that would help you be more self-reliant?

Read: Read Doctrine and Covenants 104:15 (on the right).

Practice: Choose one statement below and read it to yourself. Think about how the scripture applies to you as you seek self-reliance. Share your thoughts with the group.

“And it is my purpose to provide for my saints.”
DOCTRINE AND COVENANTS 104:15

SCRIPTURES ABOUT FAITH IN ACTION

Because Daniel would not stop praying, he was thrown into a den of lions, but “God . . . sent his angel, and . . . shut the lions’ mouths, . . . and no manner of hurt was found upon him, because he believed in his God.” **Daniel 6:22–23** (See also verses 16–21)

“All things are possible to him that believeth. . . . He was as one dead. . . . But Jesus took him by the hand, and lifted him up; and he arose.” **Mark 9:23, 26–27** (See also verses 17–22, 24–25)

“Cry over the flocks of your fields, that they may increase.” **Alma 34:25**

The Lord gave Lahi the Lihona to guide his family, and “it did work for them according to their faith in God. . . . [When] they were slothful, and forgot to exercise their faith and diligence . . . they did not progress in their journey.” **Alma 37:40–41**

“Bring ye all the tithes into the storehouse . . . and prove me now herewith . . . if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.” **Malachi 3:10**

During a famine, Elijah asked a widow to give him her last meal. Elijah promised that because of her faith the Lord would provide food to her, and her food never ran out. **See 1 Kings 17**

“And he . . . fed thee with manna [for 40 years] . . . that he might make thee know that man doth not live by bread only, but by every word that proceedeth out of the mouth of the Lord.” **Deuteronomy 8:3**

Practice: Write two specific ways you can exercise faith in Jesus Christ:

Commit: During the week, ponder the rest of the statements and scriptures above, and commit to doing the following actions. Check the boxes when you complete each task:

- Practice exercising faith in Jesus Christ every day.
- Teach this principle to your family.

EXERCISE FAITH IN JESUS CHRIST

If you are unable to watch the video, read this script instead.



ELDER BEDNAR: Taking action is the exercise of faith. The children of Israel are carrying the ark of the covenant. They come to the River Jordan. The promise is they will cross over on dry land. When does the water part? When their feet are wet. They walk into the river—act. Power follows—the water parts.

We oftentimes believe, "Okay, I'm going to have this perfect understanding, and then I'm going to transform that in to what I do." I would suggest that we have enough to get started. We have a sense of the right direction. Faith is a principle—the principle—of action and of power. True faith is focused in and on the Lord Jesus Christ and always leads to action.

(David A. Bednar, "What Must I Do?" [Leadership Pattern video, 2014]; David A. Bednar, "Seek Learning by Faith" [address to Church Educational System religious educators, Feb. 3, 2006], [lds.org/media-library](https://www.lds.org/media-library))

"In the fourteenth chapter of Exodus the children of Israel [cursed] Moses for taking them—seemingly illogically—to the Red Sea [because there was no escape]. As they faced the Red Sea, with the Pharaoh's armies at their heels, they could not expect... to see a narrow path created such as had never been created before. But it happened!"

HEAL A. MAXWELL,
"On the Straight and Narrow Way," [New Era](https://www.lds.org/newspaper), Aug. 1971, 42

References:

Self Reliance Services

<https://www.srs.lds.org>

Celestial Nature of Self-Reliance

<https://www.lds.org/general-conference/1982/10/the-celestial-nature-of-self-reliance?lang=eng>

Sincerely,
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