

## Self Reliance Principle 2 for stake Leaders

Dear Stake Leader:

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

Remember the word HERSHEY:

H - home production and storage

E - employment

R - resource management

S - social/emotional strength

H - physical health

E - education

Y - You Can Do IT!

Self-reliance is the ability, commitment, and effort to provide for the spiritual and temporal well-being of ourselves and of our families. As we learn and apply the principles of self-reliance in our homes and communities, we have opportunities to care for the poor and needy and to help others become self-reliant so they can endure times of adversity.

We have the privilege and duty to use our agency to become self-reliant spiritually and temporally. Speaking of spiritual self-reliance and our dependence on Heavenly Father, Elder Robert D. Hales of the Quorum of the Twelve Apostles has taught: "We become converted and spiritually self-reliant as we prayerfully live our covenants--through worthily partaking of the sacrament, being worthy of a temple recommend, and sacrificing to serve others."

Elder Hales counseled us to become self-reliant temporally, "which includes getting a post secondary education or vocational training, learning to work, and living within our means. By avoiding debt and saving money now, we are prepared for full-time Church service in the years to come. The purpose of both temporal and spiritual self-reliance is to get ourselves on higher ground so that we can lift others in need."

<https://africawest.lds.org/new-self-reliance-centers-in-accra-ghana>

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>

See **Preach My Gospel Chapter 8** for additional information.

<https://www.lds.org/manual/preach-my-gospel-a-guide-to-missionary-service?lang=eng>

Other Booklets available:

Leader Guide

<https://www.lds.org/bc/content/ldsorg/topics/self-reliance/leader-guide-eng.pdf>

My Path

<https://www.lds.org/topics/pef-self-reliance/manuals-and-videos?lang=eng#my-path-to-sr>

Starting and Growing My Business

<https://www.lds.org/topics/pef-self-reliance/manuals-and-videos?lang=eng#starting-and-growing-my-business>

My Job Search

<https://www.lds.org/topics/pef-self-reliance/manuals-and-videos?lang=eng#my-job-search>

Education for Better Work

<https://www.lds.org/topics/pef-self-reliance/manuals-and-videos?lang=eng#education-for-better-work>

I wish 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 #2 is Use Time Wisely

# 2 USE TIME WISELY

## USE TIME WISELY

**Ponder:** Why is time one of God's greatest gifts?

**Watch:** "The Gift of Time" (No video? Read the next page.)

**Discuss:** What did you learn from Sister Benkosi?

**Practice:** Here are five steps you can take each day to use your time well. Read each one. Did Sister Benkosi do these things?

1

### List Tasks

Each morning, make a list of tasks to do. Add names of people to serve.

2

### Pray

Pray for guidance. Listen. Commit to do your best.

3

### Set Priorities

Number your top priorities. Put a "1" by the most important task, put a "2" by the next one, and so on.

4

### Set Goals, Act

Listen to the Spirit. Set goals. Work hard. Start with the most important task and work down the list.

5

### Report

Each night, report to Heavenly Father in prayer. Ask questions. Listen. Feel His love. Repent.

**Get started now.** Write in this workbook or on a separate piece of paper. Do step 1: List your tasks for tomorrow. These should be important tasks for your work, for your studies, or for church or family service—not just daily chores.

Do steps 2 and 3.

Tomorrow, do steps 4 and 5.

**Commit:** Commit to doing the following actions during the week. Check the boxes when you complete each task:

- Practice these steps every day to use your time more wisely.
- Teach this principle to your family.
- Continue to practice the previous foundation principle.

*"For behold, this life is the time for man to prepare to meet God; yea, behold the day of this life is the day for man to perform their labors."*

**ALMA 34:32**

### Facilitator Tip

*When group members have questions, help them find answers for themselves.*

## THE GIFT OF TIME

If you are unable to watch the video, choose roles and read this script.

**KOFI:** Hello, Sister Benkosi. How are you?

**SISTER BENKOSI:** Are you okay, Kofi?

**KOFI:** Oh, Sister Benkosi. I'm so busy. I have to work and serve and help my family ... and then my football, too. I have no time!

**SISTER B.:** Kofi, you have all the time there is.

**KOFI:** What?

**SISTER B.:** My boy, God has given us a great gift—our time. We must do with it what matters most.

**KOFI:** But how, Sister Benkosi? You have always done so much. You have succeeded with your family, with your business. You have served and blessed many, like me. I don't know how you do it.

**SISTER B.:** Do you really want to know? If you will sit still and listen, I will tell you my secret.

Every morning I rise before the sun. I dress and wash my face and hands.

I read the scriptures. Then I make a list of what I should do that day.

I think of who I might serve. I pray to know God's will. And I listen.

Sometimes the names or faces of people come to mind. I add them to my list.

**KOFI:** Is that how you always know just who needs your service?

**SISTER B.:** Yes, Kofi. And I pray for strength and wisdom. I pray that God will "consecrate [my] performance." It says that in 2 Nephi 32.

I thank Him. I promise to do my best. I ask that He will do what I cannot.

Then I look at my list. I put a "1" by the most important thing, then a "2."

**KOFI:** How do you know the priorities?

**SISTER B.:** I listen when I pray! Then I go to work. I look at number 1 and try to do it first, then number 2.

Sometimes things change. The Holy Ghost tells me to do something else. That is good.

I work very hard, but I have peace. I know God will help me.

So, with my list and the Spirit, I do what matters, Kofi.

**KOFI:** That sounds simple and hard at the same time.

**SISTER B.:** You are right! When I finally prepare for bed, I pray. I report to Heavenly Father. I tell Him how the day went. I ask questions. I ask what I can do better. I listen. I often feel His love. I know He magnifies what I try to do. Then I have peace, Kofi, and I sleep.

**KOFI:** That is good, Mamma Benkosi. I want this peace. I want to use my time. I want to work and serve better.

**SISTER B.:** You will give up things that do not matter, Kofi. You will use your time to do what does matter. And God will be with you if your heart is right.

**KOFI:** Thank you.

**SISTER B.:** Now go, dear boy. You have much to do!

"Time is all the capital stock there is on the earth ... If properly used, it brings that which will add to your comfort, convenience, and satisfaction. Let us consider this and no longer sit with hands folded, wasting time"

**BRIAN YOUNG**, in *Discourses of Brigham Young*, ed. John A. Widsoe (1950), 214

References:  
Self Reliance Services  
<http://www.srs.lds.org>

Preach My Gospel

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