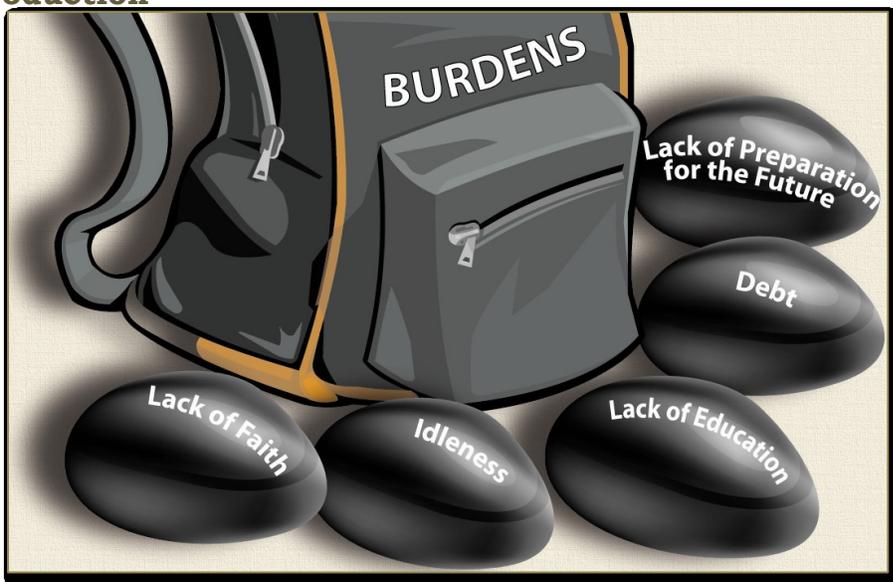




**Lesson 38: "In Mine Own Way," D&C 38:30; 42:30-31, 42; 58:26-28; 104:13-18; Our Heritage, pp. 108-9, 111-14.**

**Introduction**



Many of us needlessly carry heavy burdens throughout life. Lack of faith, idleness, lack of education, debt, and lack of preparation for the future can all be burdens. Each of these burdens, represented as rocks, weigh us down. As we take responsibility for ridding ourselves of some of these burdens, our lives will be better.

Latter-day prophets have always taught the importance of being self-reliant and helping those in need. This lesson discusses these principles as well as the welfare program of the Church, which encourages members to apply these principles.

**Developing spiritual self-reliance**

**D&C 38:30** teaches that we should be self-reliant and that—if we prepare as instructed—we will have no need to fear.

The goal of spiritual self-reliance is to have the strength to resolve difficult problems in our own lives and strengthen others in their times of spiritual need.

**Elder Boyd K. Packer** said: *"We have been taught to store a year's supply of food, clothing, and, if possible, fuel—at*

*home... Can we not see that the same principle applies to inspiration and revelation, the solving of problems, to counsel, and to guidance? We need to have a source of it stored in every home... If we lose our emotional and spiritual independence, our self-reliance, we can be weakened quite as much, perhaps even more, than when we become dependent materially"* (Ensign, May 1978, 91-92).

- Lesson Highlights**
- Developing spiritual self-reliance
  - Developing temporal self-reliance
  - Caring for the needy
  - The Church welfare program

**A study of this lesson will help us understand the principles of spiritual and temporal welfare and commit ourselves to greater self-reliance and service to the poor and needy.**

**Next Week**  
#39 "The Hearts of the Children Shall Turn to Their Fathers" (D&C 2; 110:13-16; 138; JSH 1:37-39; Our Heritage, pp. 98-99, 101-2, 105-7)

## Developing temporal self-reliance

To be temporally self-reliant, we must assure that we can use the temporal blessings the Lord has given us to provide for ourselves and our families. When we are capable of doing this for ourselves, we should not shift the burden of our care to others in or outside our family.

Developing temporal self-reliance includes learning to work effectively, storing food and other essential supplies for a time of need, managing our finances carefully and prudently, and gaining a good education.

### Work

Soon after arriving in the Salt Lake Valley, President Brigham Young named the region *Deseret*, which is a word from the Book of Mormon meaning “a honey bee” (Ether 2:3). President Young wanted the Saints to be industrious in their new home and to work together for the common good, similar to honeybees. We should have this same attitude toward work in our lives.

**D&C 42:42, D&C 56:17.** The Lord warns about not being idle. Consider the value of work and how it blesses our lives.

*“To become self-reliant, a person must work. Work is physical, mental, or spiritual effort. It is a basic source of happiness, self-worth, and prosperity. Through work, people accomplish many good things in their lives”* (Church Handbook of Instructions, Book 2: Priesthood and Auxiliary Leaders [1998], 257).

**Elder Neal A. Maxwell** of the Quorum of the Twelve said, *“Work is always a spiritual necessity even if, for some, work is not an economic necessity”* (Ensign, May 1998, 38). Ponder how work is important to us spiritually as well as temporally.

### Storage of food and other necessities

For many years, latter-day prophets have told us to store a year’s supply of food and other necessities where possible. When we follow this counsel, we become more self-reliant because we are able to care for ourselves in times of need.

## Caring for the needy

In the Doctrine and Covenants, the Lord repeatedly emphasizes the importance of caring for the needy. Read the following verses with class members. Identify what each passage teaches about our responsibility to care for those in need.

- **D&C 42:30–31.** When we give our substance to the poor, we are doing it unto the Lord.
- **D&C 44:6.** We *“must visit the poor and needy and administer to their relief.”*

The **Church Handbook of Instructions** explains:

*“Church leaders have not given an exact formula for what to store. Rather, they suggest that Church members begin by storing what would be required to keep them alive if they did not have anything else to eat....*

*“Through careful planning, most Church members can store a year’s supply of the basic items needed to sustain life. However, some members do not have the money or space for such storage, and some are prohibited by law from storing a year’s supply of food. These members should store as much as they can according to their circumstances. All members can provide themselves with added security by learning to produce and prepare basic food items”* (Book 2, 258).

### Financial security

To be self-reliant, it is important that we know how to manage our money. Poor money management can lead to many problems in our individual and family lives.

The **Church Handbook of Instructions** explains: *“To become self-reliant in resource management, Church members should pay tithes and offerings, avoid unnecessary debt, save for the future, and satisfy all of their promised obligations. Members also should use their resources, including their time, frugally and avoid wasting them”* (Book 2, 258).

**President Gordon B. Hinckley** warned against the dangers of debt:

*“I urge you to be modest in your expenditures; discipline yourselves in your purchases to avoid debt to the extent possible. Pay off debt as quickly as you can, and free yourselves from bondage....*

*... If you have paid your debts, if you have a reserve, even though it be small, then should storms howl about your head, you will have shelter for your wives and children and peace in your hearts”* (in Conference Report, Oct. 1998, 72; or Ensign, Nov. 1998, 54).

- **D&C 52:40.** If we do not remember the poor, the needy, the sick, and the afflicted, we are not the Savior’s disciples.
- **D&C 56:16.** If we are rich and do not share with the poor, our riches will canker our souls.
- **D&C 88:123.** We should love one another and give to each other as the gospel requires.

## Elder Joseph B. Wirthlin:

*“Although nearly 2,000 years have passed since the mortal ministry of the Son of God, His loving example and His teachings remain an integral part of who we are as a people and who we are as a church. Today, through its inspired welfare program, The Church of Jesus Christ of Latter-day Saints and its members strive to emulate His example as we seek to relieve suffering and foster self-reliance.”*

(April 1999 General Conference)



- **D&C 104:13–18**, the Lord explains His way of providing for the temporal needs of His children. (See also Jacob 2:17–19.)

Providing for the poor and needy in the Lord's "own way" means helping those who are in need by giving according to what we have received from God. It means giving freely and lovingly, recognizing that Heavenly Father is the source of all blessings and that we are responsible to use them in the service of others. Those who receive this help should accept it with gratitude. They should use it to release themselves from the limitations of their need and to become more able to rise to their full potential. They should then reach out to help others.

There are many ways we can help those in need. The Church provides organized ways in which we can give help, and we can also care for those around us in quiet, individual ways.

One way we can help provide for the needy is by contributing fast offerings. The bishop uses them to provide food, shelter, clothing, and other relief to those in need.

*"The Church designates one Sunday each month as a fast day. On this day Church members go without food and drink for two consecutive meals. They ... give to the Church a fast offering at least equal to the value of the food they would have eaten. If possible, members should be very generous and give much more than the value of two meals"* (Church Handbook of Instructions, Book 2, 256).

Another way the Church helps us provide for the needy is through organized humanitarian assistance. For many years the Church has been involved in humanitarian relief and self-reliance efforts

### **The Church welfare program**

In 1936, as a result of inspiration from the Lord, the First Presidency established the Church welfare program as an organized way to encourage self-reliance and help those in need. (See *Our Heritage*, pages 108–9.)

The First Presidency said this regarding the purposes of the Church welfare program:

*"Our primary purpose was to set up, in so far as it might be possible, a system under which the curse of idleness would be done away with, the evils of a dole abolished, and independence, industry, thrift and self respect be once more established amongst our people. The aim of the Church is to help the people to help themselves. Work is to be re-enthroned as the ruling principle of the lives of our Church membership"* (in Conference Report, Oct. 1936, 3).

throughout the world. This assistance is given to members and nonmembers alike to help alleviate the devastating effects of poverty, war, and natural disasters.

Individual members make donations to the Church's humanitarian aid fund by filling out the appropriate portion of the tithing donation slip.

**President Thomas S. Monson** told about some results of the Church's humanitarian aid:

*"In 1992 a devastating hurricane ... struck the east coast of Florida, leaving a path of ruin behind it, with homes battered, roofs gone, people hungry. Our members were there to help. Home after home was cleaned and repaired without charge. It mattered not the faith or color of the person who occupied the home. ...*

*"Far away in the foothills on the western slopes of Mount Kenya, along the fringe of the colossal Rift Valley, pure water is now coming to the thirsty people. A potable water project has changed the lives of more than 1,100 families. When we originally became aware of the need for pure water, we were able to help fund a project in cooperation with TechnoServe, a private voluntary organization. With villagers providing the labor, drinkable water now flows through 25 miles of pipes to waiting homes in a 15-village area. The simple blessing of safe drinking water recalls the words of the Lord, 'I was thirsty, and ye gave me drink' [Matthew 25:35]"* ("Our Brothers' Keepers," *Ensign*, June 1998, 37).

**D&C 58:26–28.** In addition to opportunities provided by the Church, we should seek other ways to bless those in need around us. Read with class members. How can we apply this scripture to our efforts to serve the poor and needy?

The Church's aid to the people in Europe after World War II is an inspiring example of how the Church welfare program can bless many people. (See the last paragraph on page 111 of *Our Heritage* and continuing through the middle of page 114.)

### **Gospel Doctrine Notebook**

Record your thoughts on the teachings discussed in this lesson.

- How does being self-reliant in your life relate to caring for the needy?
- How have you been able to make caring for the needy a priority in your life?

