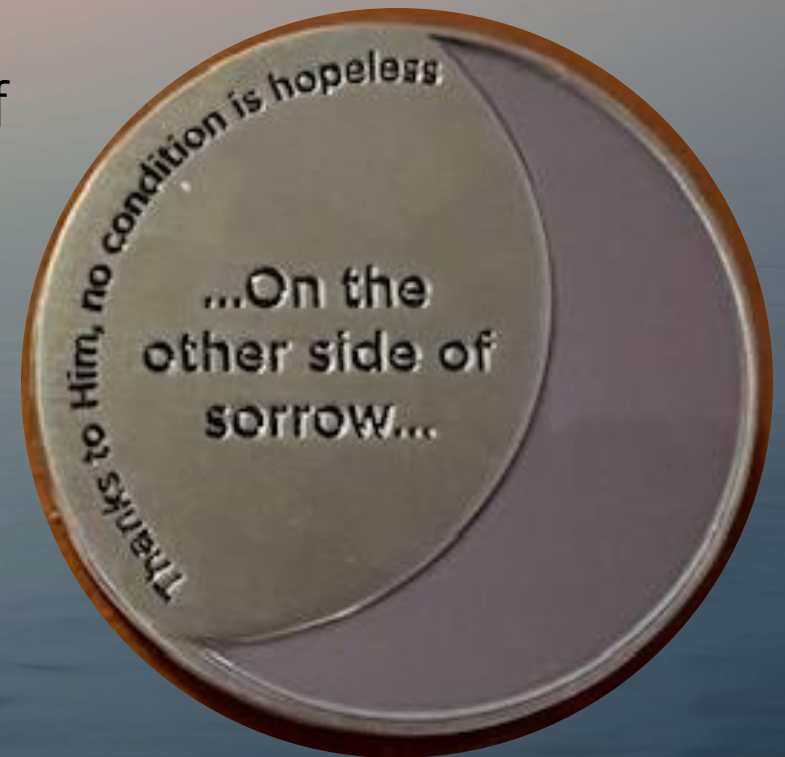




Farmington Utah South Stake Youth
Conference 2025
"Look Unto Christ: A Journey with Jesus"

Experience:
Christ Teaches Principles of
Hope and Healing
during His Visit to the
Americas



In Mosiah 3:4-9,
King Benjamin
prophesied of
Christ and His
Mission



Notice, that even
then, it was known
that sorrow and
suffering were part
of the plan that
would lead to hope,
joy, and salvation.

Sorrow and suffering were always part of the plan that would lead to hope, joy, and salvation:

Mosiah 3:4-9

4 For the Lord hath heard thy prayers, and hath judged of thy righteousness, and hath sent me to declare unto thee that thou mayest rejoice; and that thou mayest declare unto thy people, that they may also be filled with joy.

5 For behold, the time cometh, and is not far distant, that with power, the Lord Omnipotent who reigneth, who was, and is from all eternity to all eternity, shall come down from heaven among the children of men, and shall dwell in a tabernacle of clay, and shall go forth amongst men, working mighty miracles, such as healing the sick, raising the dead, causing the lame to walk, the blind to receive their sight, and the deaf to hear, and curing all manner of diseases.

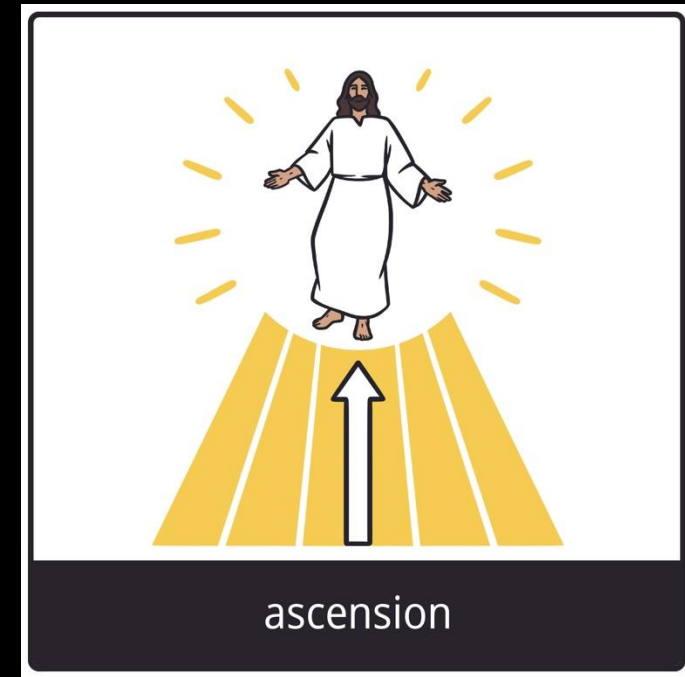
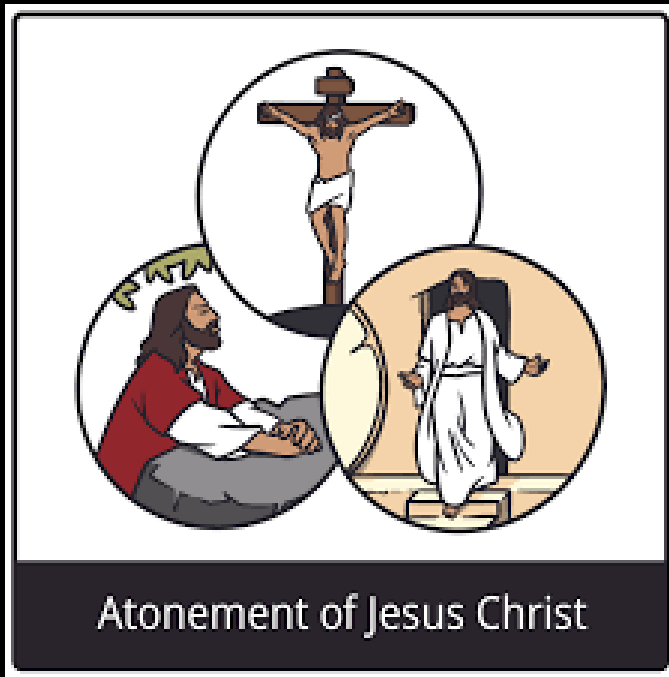
6 And he shall cast out devils, or the evil spirits which dwell in the hearts of the children of men.

7 And lo, he shall suffer temptations, and pain of body, hunger, thirst, and fatigue, even more than man can suffer, except it be unto death; for behold, blood cometh from every pore, so great shall be his anguish for the wickedness and the abominations of his people.

8 And he shall be called Jesus Christ, the Son of God, the Father of heaven and earth, the Creator of all things from the beginning; and his mother shall be called Mary.

9 And lo, he cometh unto his own, that salvation might come unto the children of men even through faith on his name; and even after all this they shall consider him a man, and say that he hath a devil, and shall scourge him, and shall crucify him.

After Christ suffered and died, was
resurrected, and ascended into heaven, the
story of Christ's visit to the Americas begins...



Sometimes Heavenly Father and Jesus Christ ask us to BEHOLD something or someone, asking us to really pay attention and be fully engaged. This word was used to announce Christ's arrival in the Americas.

Behold my
Beloved Son



3 Nephi 11:7

Behold my Beloved Son, in whom I am well pleased, in whom I have glorified my name—hear ye him.

Behold, I am
Jesus Christ



3 Nephi 11:10-11

10 Behold, I am Jesus Christ, whom the prophets testified shall come into the world.

11 And behold, I am the light and the life of the world



Click here to listen to what
happened at the time Christ
came to visit the Nephites

What does Christ want
you to learn from His
visit?



What is
something you
beheld during
our time together
at Youth
Conference?

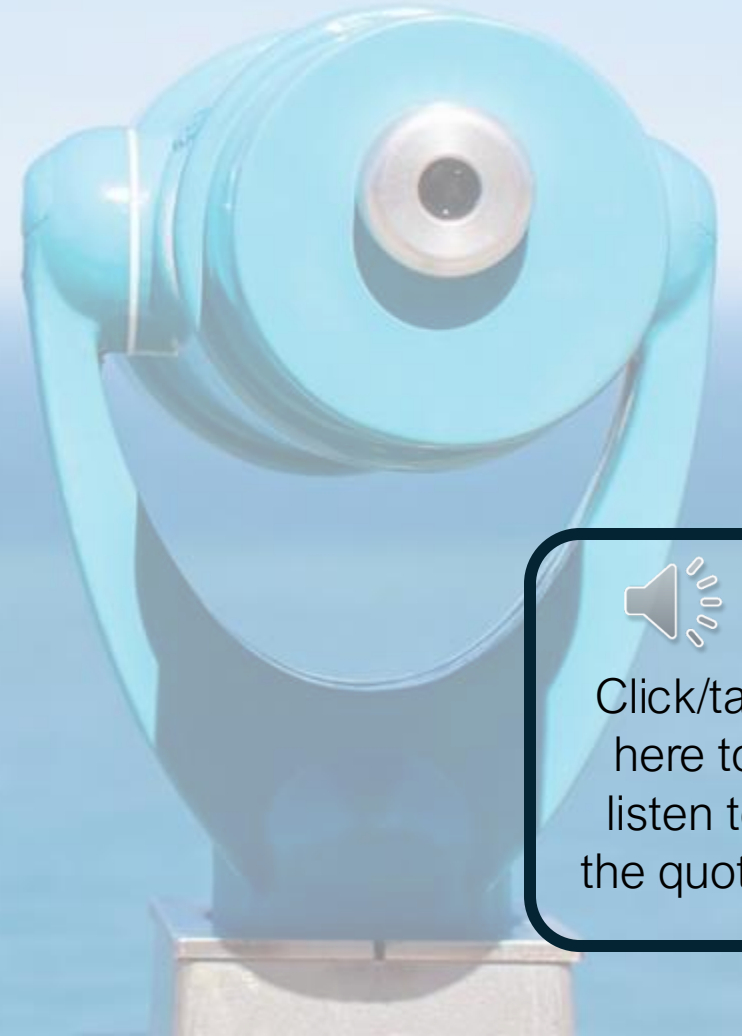
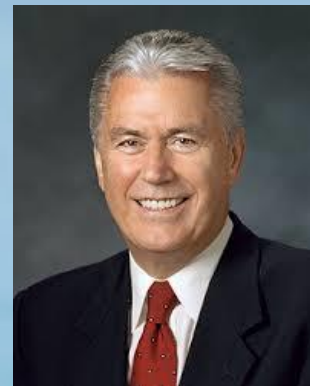
Christ is the Light
through dark times

Christ heals not only our physical problems and redeems us from sin, but also our feelings of inadequacy, self-doubt, concern.



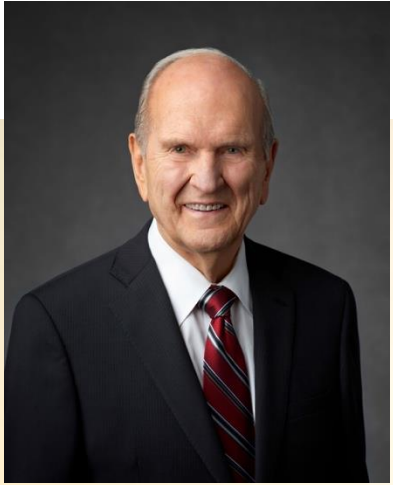
A Higher Joy, Elder Dieter F Uchtdorf, April 2024 General Conference

Jesus taught, “Seek, and ye shall find.”
I believe this simple phrase is not only a spiritual promise; it is a statement of fact.
If we seek reasons to be angry, to doubt, to be bitter or alone, we will find them.
However, if we seek joy—if we look for reasons to rejoice and to happily follow the Savior, we will find them too.
We rarely find something we are not looking for.
Are you looking for joy?
Seek, and ye shall find.



Click/tap
here to
listen to
the quote!

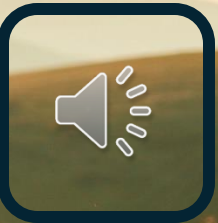
Joy and Spiritual Survival, President Nelson, October 2016 General Conference (part 1)



Clearly, Lehi knew opposition, anxiety, heartache, pain, disappointment, and sorrow. Yet he declared boldly and without reservation a principle as revealed by the Lord: “Men are, that they might have joy.” Imagine! Of all the words he could have used to describe the nature and purpose of our lives here in mortality, he chose the word *joy*!

Life is filled with detours and dead ends, trials and challenges of every kind. Each of us has likely had times when distress, anguish, and despair almost consumed us. Yet we are here to have joy?

Yes! The answer is a resounding yes!



A Higher Joy, Elder Dieter F Uchtdorf, April 2024 General Conference

Life is not an endless sequence of emotional highs. “For it must needs be, that there is an opposition in all things.” And if God Himself weeps, as the scriptures affirm He does, then of course you and I will weep as well. Feeling sad is not a sign of failure. In this life, at least, joy and sorrow are inseparable companions. Like all of you, I have felt my share of disappointment, sorrow, sadness, and remorse.

However, I have also experienced for myself the glorious dawn that fills the soul with joy so profound that it can scarcely be kept in. I have discovered for myself that this peaceful confidence comes from following the Savior and walking in His Way.



Joy and Spiritual Survival, President
Nelson, October 2016 General
Conference

My dear brothers and sisters, the joy we feel has little to do with the circumstances of our lives and everything to do with the focus of our lives.

When the focus of our lives is on God's plan of salvation... and Jesus Christ and His gospel, we can feel joy regardless of what is happening—or not happening—in our lives. Joy comes from and because of Him. He is the source of all joy.





Opposition in All Things, Elder Mathias Held, April 2024 General Conference Lehi said that there “must needs be ... an opposition *in all things*.” This means that opposites don’t exist apart from each other. They can even complement each other. We would not be able to identify joy unless we had also experienced sorrow at some point. Feeling hungry at times helps us to be especially grateful when we do have enough to eat again. We would not be able to identify truth unless we had also seen lies here and there.

These opposites are all like the

two sides of one same coin.

Both sides are always present. Charles Dickens provided an example of this idea when he wrote that “it was the best of times, it was the worst of times.”



[Joyfully Receive the
Unexpected Messiah,
Elder Dieter F Uchtdorf,
April 15 2025 BYU
Devotional](#)

... So what do we do when the beautiful, universal, eternal ideals of the gospel clash with the painful, individual, mortal realities of life?

There are at least two things you should remember:

Never give up on the *ideal*.

Don't disregard the *real*.

Accept both.

What if joy and sorrow can coexist?

What if they *have* to coexist?

... In other words, if you wait for sorrow to end before you experience joy, you might miss joy completely. To experience a measure of sorrow may enable your heart and mind to receive pure heavenly joy!





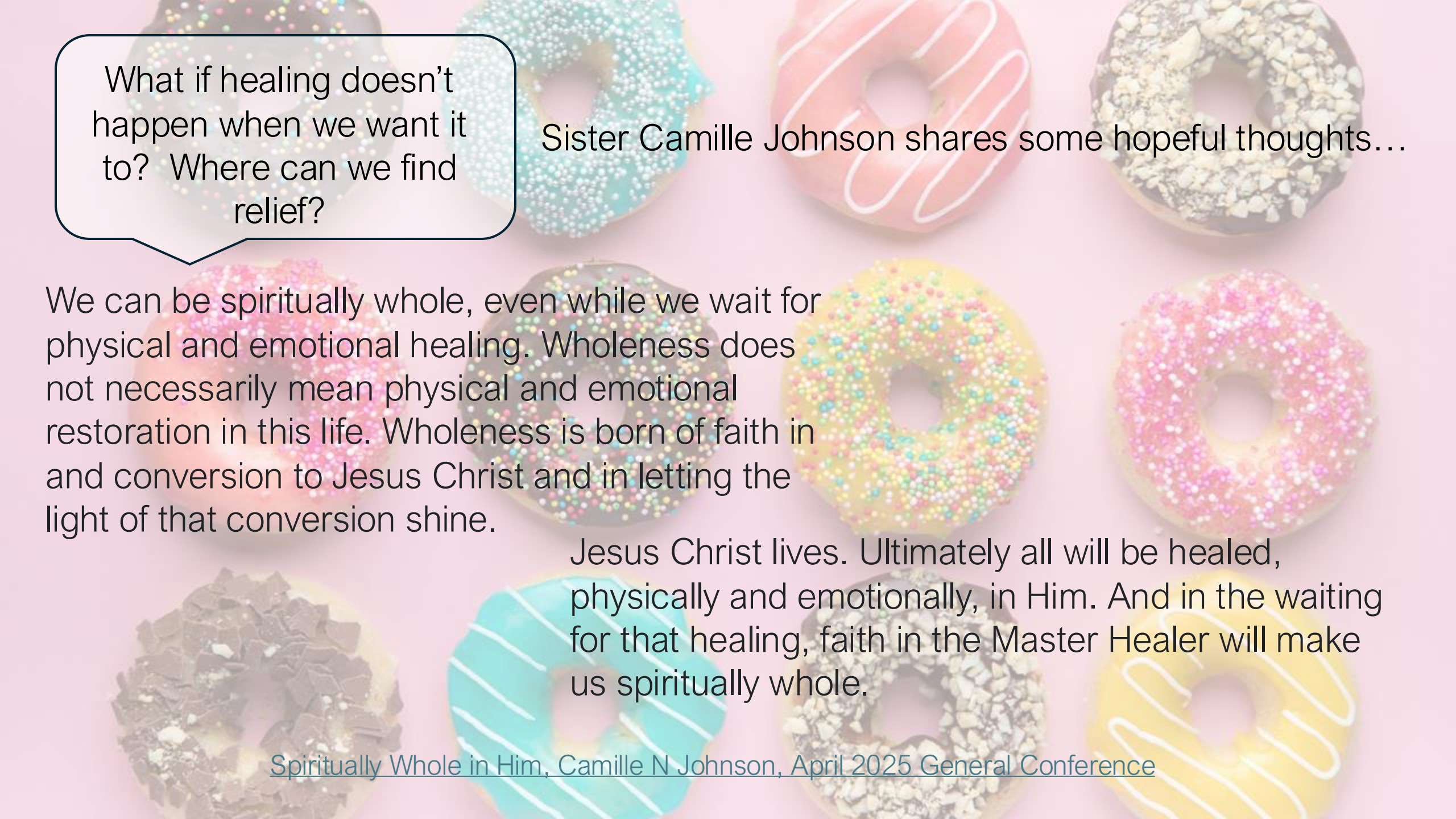
Joy and Spiritual Survival, President Nelson, October 2016 General Conference

How, then, can we claim that joy? We can start by “looking unto Jesus the author and finisher of our faith” “in every thought.” We can give thanks for Him in our prayers and by keeping covenants we’ve made with Him and our Heavenly Father. As our Savior becomes more and more real to us and as we plead for His joy to be given to us, our joy will increase.

Joy is powerful, and focusing on joy brings God’s power into our lives. As in all things, Jesus Christ is our ultimate exemplar, “who for the joy that was set before him endured the cross.” Think of that! In order for Him to endure the most excruciating experience ever endured on earth, our Savior focused on *joy*!

... If we focus on the joy that will come to us, or to those we love, what can we endure that presently seems overwhelming, painful, scary, unfair, or simply impossible?





What if healing doesn't happen when we want it to? Where can we find relief?

Sister Camille Johnson shares some hopeful thoughts...

We can be spiritually whole, even while we wait for physical and emotional healing. Wholeness does not necessarily mean physical and emotional restoration in this life. Wholeness is born of faith in and conversion to Jesus Christ and in letting the light of that conversion shine.

Jesus Christ lives. Ultimately all will be healed, physically and emotionally, in Him. And in the waiting for that healing, faith in the Master Healer will make us spiritually whole.

[Spiritually Whole in Him, Camille N Johnson, April 2025 General Conference](#)



“When we share our light, we bring the relief of Jesus Christ to others, our conversion to Him is deepened, and we can be whole even while we wait for healing. And as we let our light shine brightly, we can be joyful even while we wait.”

Spiritually Whole in Him, Camille N Johnson,
April 2025 General Conference

How might
becoming
spiritually whole
affect how we see
things?



How might being aware
of both sides of the coin
help you to heal?



I struggle with...

A large, empty rounded rectangle for writing.



Nevertheless...

A large, empty rounded rectangle for writing.



Thanks to Him...

A large, empty rounded rectangle for writing.

In your Youth Conference Notebooks you'll find a page like this. We invite you to fill it out, recognizing the things that are difficult for you and identifying blessings as well. Think how Christ could provide hope in your life.

What does
“Nevertheless”
mean?

A word that is used in the scriptures that often describes the existence of opposing emotions is “Nevertheless.” One example is in [2 Nephi 4:16-19](#) when Nephi is real with us:

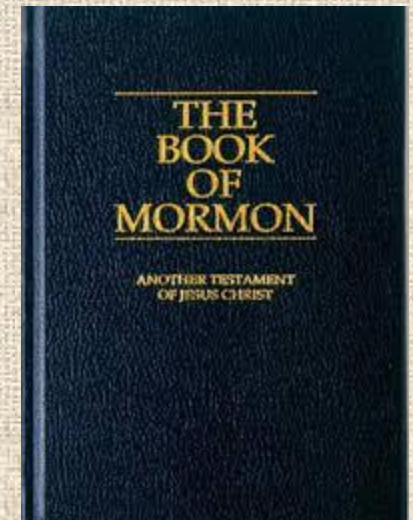


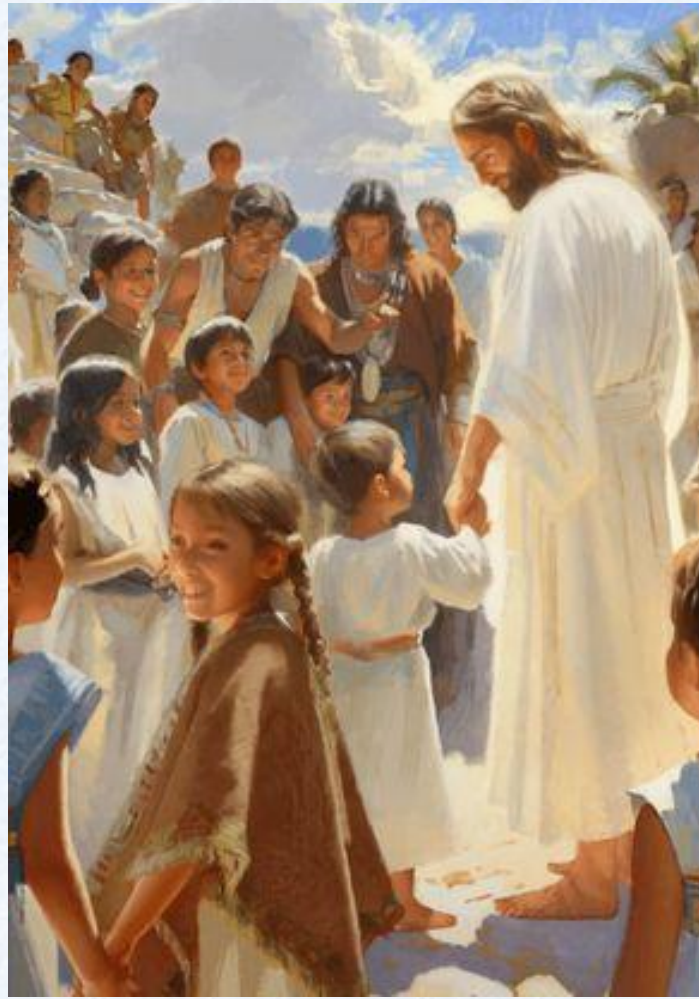
16 Behold, my soul delighteth in the things of the Lord; and my heart pondereth continually upon the things which I have seen and heard.

17 Nevertheless, notwithstanding the great goodness of the Lord, in showing me his great and marvelous works, my heart exclaimeth: O wretched man that I am! Yea, my heart sorroweth because of my flesh; my soul grieveth because of mine iniquities.

18 I am encompassed about, because of the temptations and the sins which do so easily beset me.

19 And when I desire to rejoice, my heart groaneth because of my sins; nevertheless, I know in whom I have trusted.





Christ acknowledges sorrow and offers joy and healing: Christ didn't shy away from the pain He endured; He kept the scars of His suffering as a reminder of what He overcame for us. Yet, He also experienced deep joy with the Nephites, showing us that despite our trials, healing and joy are still within our reach.

We can see the principle of “Nevertheless” when Christ teaches the Nephites



Christ's teachings, known as the Beatitudes, mirror the Sermon on the Mount, each beginning with “Blessed are.” They reveal that joy and hardship can coexist—life's struggles don't mean blessings are absent. Instead, they remind us that even in difficulties, joy and grace remain within reach. Examples from [3 Nephi 12](#):



3 Yea, blessed are
the poor in spirit
who come unto
me, for theirs is the
kingdom of heaven

4 And again, blessed are all
they that mourn, for they
shall be comforted.

10 And blessed are all
they who are persecuted
for my name's sake, for
theirs is the kingdom of
heaven.

11 And blessed are ye when men shall revile you and
persecute, and shall say all manner of evil against you falsely, for
my sake;

12 For ye shall have great joy and be exceedingly glad, for great
shall be your reward in heaven; for so persecuted they the
prophets who were before you.

Examples from [3 Nephi 12](#):

Broken Bones

Death of a Loved One

Difficult Relationships

Anxiety

Disappointment

Loneliness

Depression

Betrayal

Headaches

Etc.....

Sometimes during our difficult experiences, we gain skills and perspectives that might help others. What are some challenges you have faced that might enable you to empathize and lift others? What is something you wouldn't have chosen to become an expert on that is building your "empathy resume"?

The Lord Jesus Christ Will Come Again, President Nelson,
October 2024 General Conference

Jesus Christ took upon Himself your sins, your pains, your heartaches, and your infirmities. You do not have to bear them alone! He will forgive you as you repent. He will bless you with what you need. He will heal your wounded soul.

As you yoke yourself to Him, your burdens will feel lighter. If you will make and keep covenants to follow Jesus Christ, you will find that the painful moments of your life are temporary. Your afflictions will be “swallowed up in the joy of Christ.”



Jesus Christ - the Master Healer, Russell M
Nelson, October 2005 General Conference



The gift of resurrection is the Lord's consummate act of healing. Thanks to Him, each body will be restored to its proper and perfect frame.

Thanks to Him, no condition is hopeless. Thanks to Him, brighter days are ahead, both here and hereafter. Real joy awaits each of us—on the other side of sorrow.



I express special gratitude to the Lord Jesus Christ. I am thankful for His loving-kindness and for His open invitation to come unto Him. I marvel at His matchless power to heal. I testify that God lives, that Jesus is the Christ—the Master Healer—in the sacred name of Jesus Christ, amen.





