



Consider the Lord's uniquely individual invitation to "take my yoke upon you." Making and keeping sacred covenants yokes us to and with the Lord Jesus Christ. In essence, the Savior is beckoning us **to rely upon and pull together with Him, even though our best efforts are not equal to and cannot be compared with His.** As we trust in and pull our load with Him during the journey of mortality, truly His yoke is easy and His burden is light.



We are not and never need be alone. **We can press forward in our daily lives with heavenly help.** Through the Savior's Atonement we can receive capacity and "strength beyond [our] own" ("Lord, I Would Follow Thee," Hymns, no. 220). As the Lord declared, "Therefore, continue your journey and let your hearts rejoice; for behold, and lo, I am with you even unto the end" (D&C 100:12). (Elder Bednar, "Bear Up Their Burdens with Ease," April 2014 general conference)

Inspiration for today:



Essential:

Scripture study, prayer, exercise, shower
Family scripture study, prayer, FHE
Temple
Love my husband and children
VT
Calling

Necessary:

Review bank account balance/activity
Meals
Housekeeping
Help with practicing
Help with homework
Go to bed at 9:30 pm

Nice to do:

*When upon life's billows you are tempest-tossed...
Count your many blessings; name them one by one,
And it will surprise you what the Lord has done.
"Count Your Blessings," Hymns no.241*



"Agony in the Garden" by Frans Schwartz
(1850-1917)