



“I CAN DO HARD THINGS”

AKA “I CAN ACCOMPLISH
IMPOSSIBLE, I CAN
ACCOMPLISH GREAT
THINGS!”

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QUESTION: “SHOULD I HELP A CHICK TO HATCH?”

DID YOU KNOW? If you do decide to help a chick hatch, know that the chick **might not live**, or might “*survive*” but have “**other issues**” — which means you’ve possibly increased the work for yourself. (A friend once helped a chick from a shell that had completely misshapen legs. The chick struggled to walk and my friend did everything she could to help him get around. He required a *lot* of extra attention and work.)

[link](#)

*“In the world of nature, **HARD IS PART OF THE CIRCLE OF LIFE**. It is hard for a baby chick to hatch out of that tough eggshell. **But when someone tries to make it easier, the chick DOES NOT DEVELOP THE STRENGTH necessary to live**”.*

- [Video:](#)



WHAT DOES A CHICK HAVE TO DO WITH HARD THINGS AND THE GOSPEL?



“And we will prove them herewith, to see if they will do all things whatsoever the Lord their God shall command them;”

“HARD” – according Dictionary:

= done with a great deal of force or strength or requiring a great deal of endurance or effort

= (of a person) not showing any signs of weakness; tough.

Did you know that

“Hard Is Part Of The Gospel Plan?”

One of the purposes of this life is for us to be proven (see [Abraham 3:25](#)):



AVOID THE TRAP – A SHORTCUTTING IS A BAD ADVICE

Many people often take **the easy way out of**, well, everything. They take **short cuts** in life and often times they **end up living a life that is less than fulfilling.**

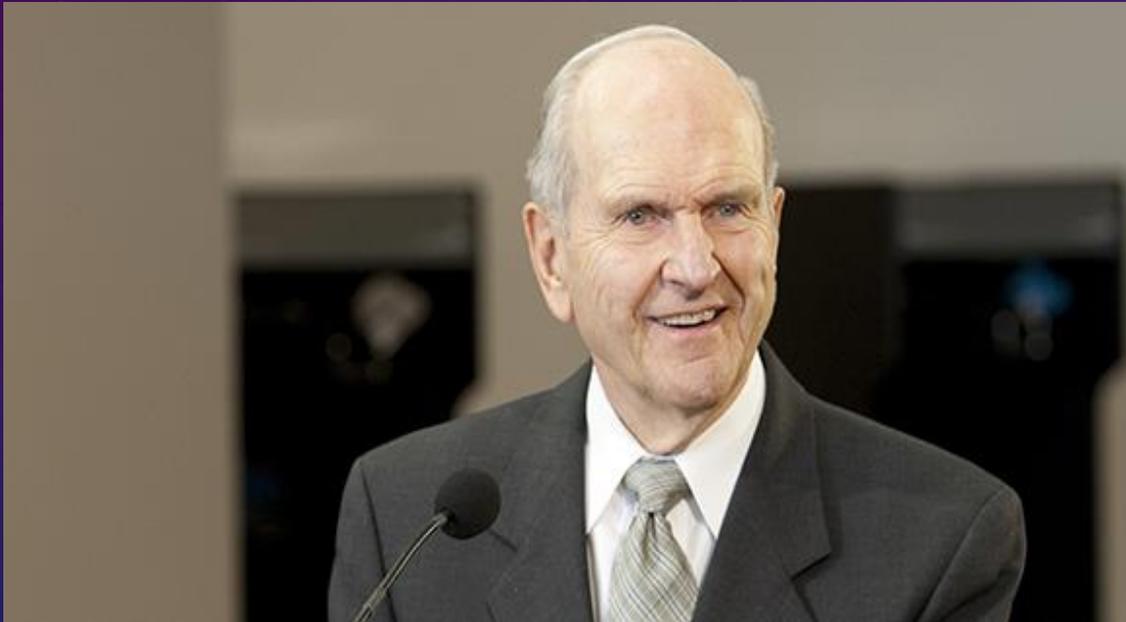
A new idea – probably **the best idea** – is to **do the hard things** in life instead. This means **MAKING DECISIONS TO DO THE THINGS THAT OTHER PEOPLE AREN'T WILLING TO DO, OR THE THINGS THAT YOU'VE ALWAYS AVOIDED DOING.**

Alexandra Franzen, the author of the book " *You Are Going to Survive*" says:

*"You know, as human beings, **we're so afraid of discomfort, even temporary discomfort. We're so afraid of challenges. We're so afraid of anything 'hard.'** But we can do hard things. Our bodies, our minds, our spirits...we are designed to do hard things."*



PRESIDENT NELSON'S CHARGE:
ACCOMPLISHING THE IMPOSSIBLE



“As you know and **apply** the teachings of the Lord in your lives and in your work, **you can change the world. You will become a precious part of His perennial pattern: the Lord uses the unlikely to accomplish the impossible!**” — President Russell M. Nelson

3 STEPS HOW TO ACCOMPLISH HARD THINGS

-PRESIDENT RUSSEL.M. NELSON:

1. KNOW YOUR **TRUE IDENTITY**
2. KNOW **PURPOSE OF YOUR LIFE**
3. KNOW THE MEANS **HOW TO GET THE HELP YOU NEED**



STEP #1: KNOW YOUR **TRUE IDENTITY**

President Nelson says, “You should remember that **you are literally and truly a son or daughter of Almighty God. You have been created in His very image.**”

Question: Why this knowledge would be important in accomplishing hard things in our lives?

The Family: A Proclamation to the World:

“We see **all** people as children of God in a full and complete sense; we consider every **person divine in origin, nature, and potential.**”

Just as a child can develop the attributes of his or her parents over time, **the divine nature that humans inherit can be developed to become like their Heavenly Father's.** (The Family: A Proclamation to the World, *Ensign or Liahona*, May 2017, inside front cover.



STEP#2: KNOW PURPOSE OF YOUR LIFE

- **We are that we might have joy.** “**Happiness is the object and design of our existence;** and will be the end thereof, if we pursue the path that leads to it; and this path is virtue, uprightness, faithfulness, holiness, and keeping all the commandments of God” (Joseph Smith, *Teachings of the Prophet Joseph Smith*, 255–56).
- **Mortality is our time of testing.**—“Is there not wisdom in his [God’s] giving us trials **that we might rise above them,** responsibilities that we might achieve, work to harden our muscles, sorrows to try our souls? **Are we not exposed to temptations to test our strength, sickness that we might learn patience, death that we might be immortalized and glorified?**” (Spencer W. Kimball, *Faith Precedes the Miracle*, 97).
- **The tests of mortality are for our good.** “**No pain that we suffer, no trial that we experience is wasted.** It ministers to our education, to the development of such qualities as patience, faith, fortitude and humility. All that we suffer and all that we endure, especially when we endure it patiently, builds up our characters, purifies our hearts, expands our souls, and makes us more tender and charitable, more worthy to be called the children of God ... and it is through sorrow and suffering, toil and tribulation, that we gain the education that we come here to acquire and which will make us more like our Father and Mother in heaven” (Orson F. Whitney, in Kimball, *Faith Precedes the Miracle*, 98).
- **Mortality provides us with the opportunity to develop the attributes of godliness.** “You are sent to this world with a very serious purpose. You are sent to school, for that matter, to **begin as a human infant and grow to unbelievable proportions in wisdom, judgment, knowledge, and power.** That is why you and I cannot be satisfied with saying merely ‘I like that or want that.’ That is why in our childhood and our youth and our young adulthood we must stretch and grow and remember and prepare for the later life when limitations will terminate so that we can go on and on and on” (Spencer W. Kimball, “... the Matter of Marriage” [address delivered at University of Utah Institute of Religion, 22 Oct. 1976], 2).

STEP#3: KNOW THE MEANS **HOW TO GET THE HELP YOU NEED**



HARD, HARDER, HARDEST -EXAMPLES:

- Going to a seminary class every single morning is hard but skipping all together makes life much harder.
- Planning dinners regularly is hard but trying to make dinners with no plan is even harder.
- Being happy around people who don't behave how we think they should is hard, but having the feelings of contempt toward them is no picnic either.
- Hearing bad news and then allowing yourself to feel sad or mad can be hard, resisting those feelings and carrying them around is even harder.
- Saving money, hard, running out of money harder.
- Saying no to sugar – so very hard, diabetes – a life time of very hard.

Did you know that you get to choose your hard?

Choose wisely.



DID YOU KNOW THAT “HARD IS PART OF THE GOSPEL PLAN”?

One of the purposes of this life is for us to **be proven** (see [Abraham 3:25](#)).

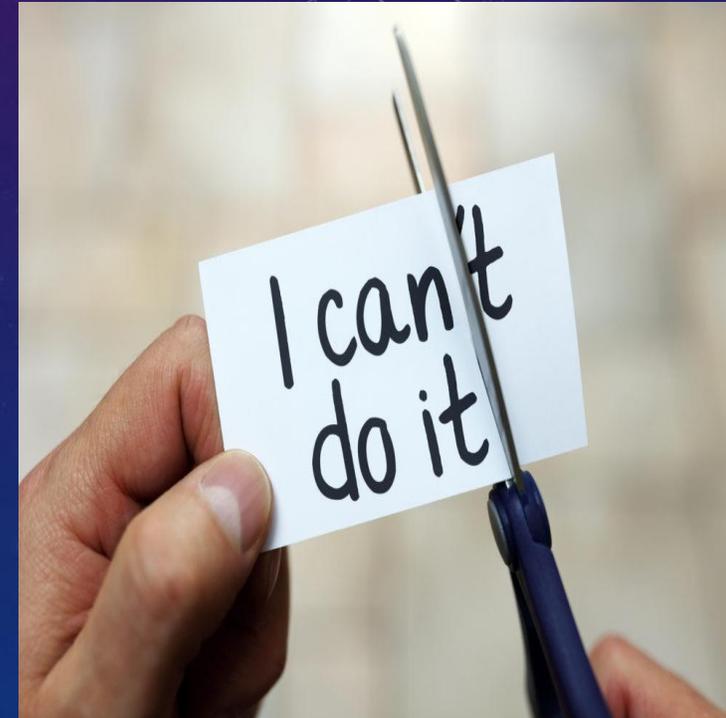
“And we will prove them herewith, to see if they will do all things whatsoever the Lord their God shall command them;”

Example from the scriptures:

Few have suffered more undeservedly than the people of Alma. They fled from wicked King Noah, only to become slaves to the Lamanites! Through those trials the Lord taught them that He chastens His people and tries “**their patience and their faith**” ([Mosiah 23:21](#)).

Joseph Smith’s experience:

During the terrible days in Liberty Jail, the Lord taught Joseph Smith to “**endure it well**” (D&C 121:8) and promised that if he did, “*all these things shall give thee experience, and shall be for thy good*” (D&C 122:7).





FEAR ~ A BIG PART OF TRYING SOMETHING NEW

There's a great acronym for FEAR: **False Evidence Appearing Real**. And when you start going after your goal, you are going to start experiencing lots of feelings of fear and your mind will come up with lots of false evidence (and it will seem really real).

Here are some of the fears that might start popping up:

What if I'm not able to do it? (Fear of failure)

What if I do it and it winds up being so much more work, or people resent me? (Fear of success)

What if they say no? (Fear of rejection)

Why do I even want to risk this? (Fear of being uncomfortable)

I've never met one person who hasn't had thoughts just like these. From CEOs to someone starting their first job out of college, we all have fears.

How to Overcome This Obstacle: Acknowledge your fears. Talk to someone you trust and ask them if they've ever felt the same way. Know that fears are just a part of the process and move past them.

“**FEAR NOT**” --- IN THE SCRIPTURES AND IN THE WORDS OF PROPHETS

“Fear Not” and “Fear ye Not”
Appear more than 100 times in the
scriptures

- **“Fear not: for they that be with us are more than they that be with them”** (2 Kings 6:16).
- **Don’t worry about things that are outside of your control. Fear Not!**

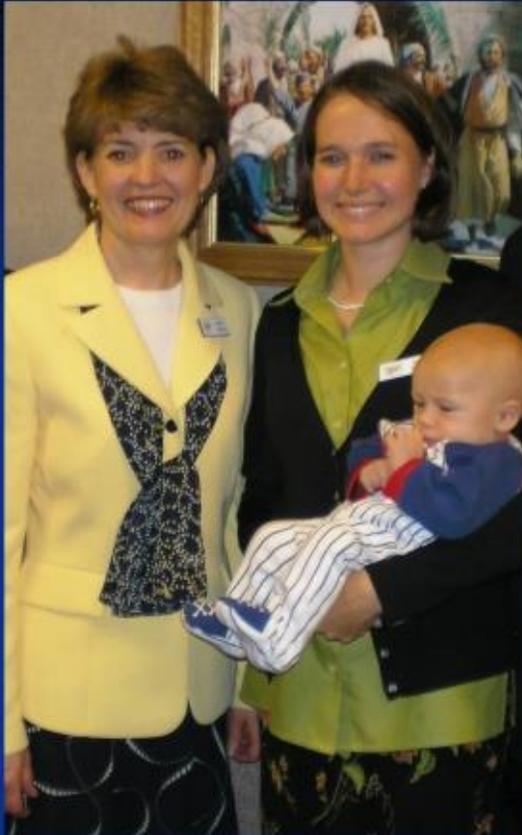


Elder David A.
Bednar,
“In the Strength of
the Lord”
speeches.byu.edu

I personally do not believe the bands with which Nephi was bound just magically fell from his hands and wrists. Rather, I suspect that he was blessed with both persistence and personal strength beyond his natural capacity, that he then "in the strength of the Lord" (Mosiah 9:17) worked and twisted and tugged on the cords and ultimately and literally was enabled to break the bands.

See 1 Nephi 7:17 and Mosiah24:14-15

THIS IS AMAZING!! I CAN DO ALL THINGS THROUGH CHRIST PHILIPPIANS 4:13



“I have developed a personal motto...It is...I can do hard things!”

“My real motto is, I can do all things through Christ which strengtheneth me (Philippians 4:13 p.1452.)

I CAN DO ALL THINGS
THROUGH CHRIST WHO
STRENGTHENS ME
PHILIPPIANS 4:13

JOSEPH SMITH WAS ASKED TO DO IMPOSSIBLE THINGS BY THE LORD:

- Suppose for a moment you are a member of a team. The coach beckons you from the bench and says: “You are to enter this contest. I not only want you to win; you shall win. But the going will be tough. The score at this moment is 1,143,000,000 to six, and you are to play on the team with the six points!”
- That large number was the approximate population of the earth in the year 1830 when the restored church of Jesus Christ was officially organized with six members (see James Avery Joyce, sel., *World Population Basic Documents*, 4 vols., Dobbs Ferry, New York: Oceana Publications, Inc., 1976, 4:2214). The setting was remote and rural. By standards of the world, its leaders were deemed to be unlearned. Their followers seemed so ordinary. But with them, the work was begun. Assignments had been revealed:
 - The gospel was to be preached to every kindred, nation, tongue, and people.
 - Ordinary folk were to become Saints.
 - Redemptive work was to be done for all who had ever lived.
 - The great dispensation of the latter days had commenced, and they were the ones to usher it forth!
- Furthermore, the Prophet Joseph Smith was unjustly held in the unspeakable isolation of a distant prison. In such obscurity, then and there, he was told by the Lord that “the ends of the earth shall inquire after thy name” ([D&C 122:1](#)).
- If any tasks ever deserved the label *impossible*, those would seem to qualify. But, in fact, our Lord had spoken: “With men this is impossible; but with God all things are possible” ([Matt. 19:26](#); see also [Mark 10:27](#); [Luke 18:27](#)). To teach His people, the Lord employs the unlikely.

GOD KNOWS US, LOVES US AND WILL NEVER LEAVE US! WHAT AN AMAZING PROMISE!

You CAN do Hard Things

- “I know thee by name” (Exodus 33:12)
- “I have loved thee with an everlasting love” (Jeremiah 31:3)
- “I will never leave thee, nor forsake thee” (Hebrews 13:5)



The Hard Thing About Hard Things

People who watch you judge you on what you do, not how you feel.

Ben Horowitz

getnugget.co

PERSONAL SACRIFICE AND HARD WORK

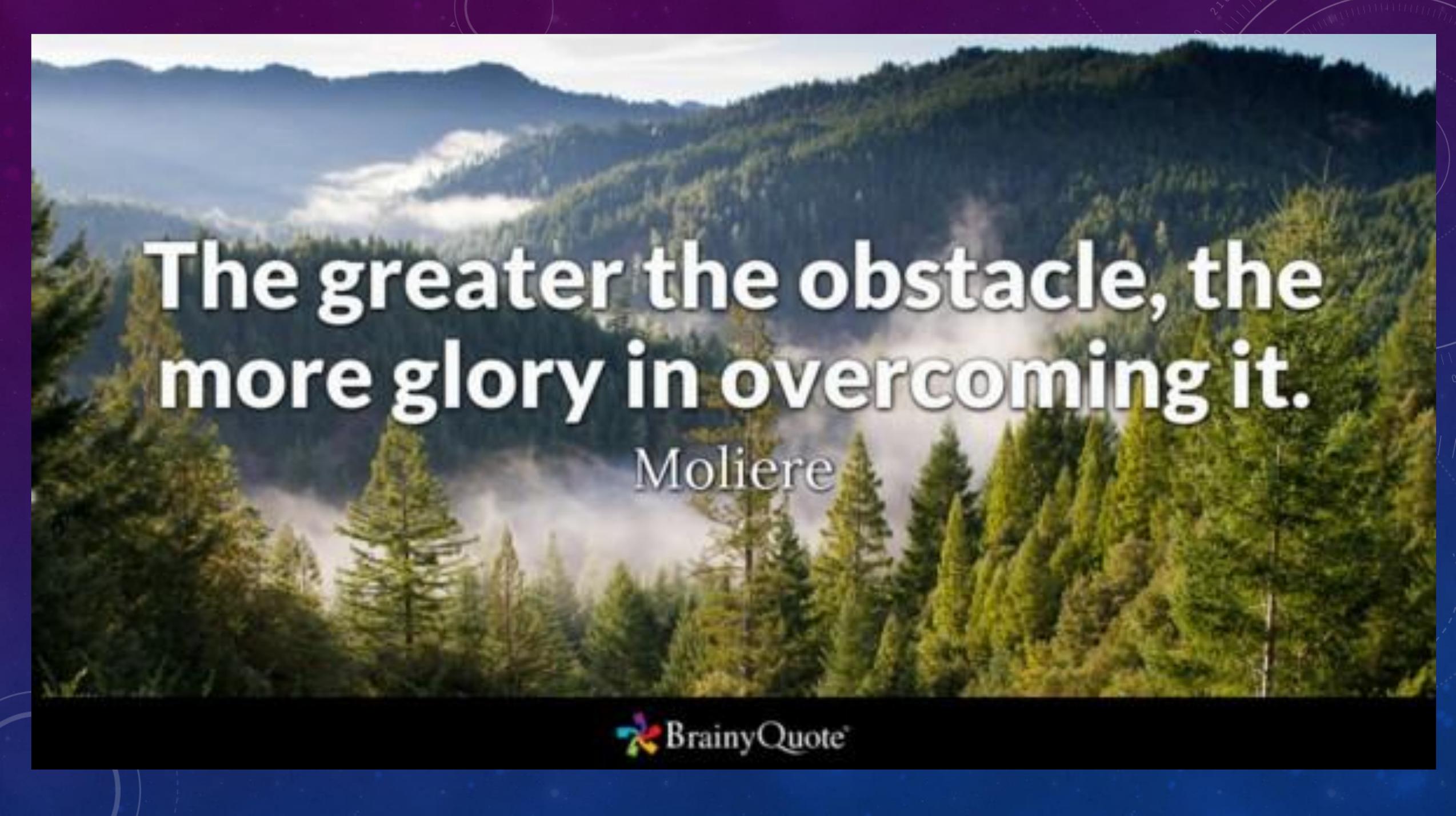
- “All God’s power is within you to **accomplish great things.**”
“You can actually **accomplish** all that you desire in life.”
“Accomplishment of your dreams demand personal sacrifice and hard work.”
“Nothing **great** was ever achieved without a personal sacrifice.



GOD'S VIEW AND YOUR VIEW-CONNECT THEM!

- Imagine, if you will, a pair of powerful binoculars. Two separate optical systems are joined together with a gear to focus two independent images into one three-dimensional view. To apply this analogy, let the scene on the left side of your binoculars represent *your perception* of your task. Let the picture on the right side represent the *Lord's* perspective of your task—the portion of His plan He has entrusted to you. Now, **connect your system to His**. By mental adjustment, fuse your focus. Something wonderful happens. Your vision and His are now the same. You have developed an “eye single to the glory of God” ([D&C 4:5](#); see also [Morm. 8:15](#)). With that perspective, look upward—above and beyond mundane things about you. The Lord said, “Look unto me in every thought” ([D&C 6:36](#)). That special vision will also help clarify your wishes when they may be a bit fuzzy and out of focus with God's hopes for your divine destiny. Indeed, the precise challenge you regard now as “impossible” may be the very refinement you need, in His eye. President Nelson~ <https://www.lds.org/general-conference/1988/04/with-god-nothing-shall-be-impossible?lang=eng>



A scenic view of a mountain range with dense evergreen forests and misty valleys. The mountains are covered in lush green trees, and the valleys are filled with a soft, white mist. The sky is a clear, pale blue.

**The greater the obstacle, the
more glory in overcoming it.**

Moliere

YOU ARE NOT A PAWN ON A CHESS BOARD!

- **“You are not a pawn on a chess board.”** And then he went on to say, **“You are a son or daughter of God, with moral agency, which is the power and capacity to act and not be acted upon. As you strive to live righteously and exercise your agency in accordance with truth, God does not move you, but He will guide you.”** Elder Ballard (Seminary and Institute 2010)



WHERE TO FIND THE REAL JOY OF LIFE?

- The only real joy and happiness we can know here upon this earth, as well as in the eternities, will come through obedience to the Lord's commandments. Alma's statement that "wickedness never was happiness" ([Alma 41:10](#)) is still valid. Again he has said, "If ye know these things, happy are ye **if ye do them.**" ([John 13:17.](#)) He did not say, but could have said, "**Unhappy are ye if you don't.**"
<https://www.lds.org/general-conference/1973/04/success-a-journey-or-a-destination?lang=eng>



