



Life: There's more to love than to fear

Jennie Handy

Are you afraid of new things?

You're normal! (and in the right class)

**Someone else who was scared of
something new...**





What an experience that 10 year old girl had!
She was scared, but she did the daunting feat
before her.

Sometimes
trying
something new
can be
unpleasant or
hard



Baby Trying A Lemon
For The 1st Time!! :)



... or it can be
the best thing
ever!!





Fear thou not; for I am with thee; be not
dismayed; for I am thy God: I will strengthen thee,
yea, I will uphold thee with the right hand of my
righteousness.

Isaiah 51:7

My background...



- “Volleyball?? No way!”
- “I don’t want to make my own order...”
- “Me? The Beehive president?!”

Attending my first LDSHE

- So nervous!
- Got dragged to opening keynote, but felt the spirit of it
- Found I was free to be myself
- Crazy like a puppy on sugar





Applying for my first job

- A friend working at Chick-fil-a encouraged me
- Found myself scheduled for interviews
- Kept my commitments and focused on being polite and “righteous bragging”
- It turns out I’m a hard worker who likes to do my job correctly!
- Met great people and had many missionary moments

Going to my first semester of college

- I had way too much time to freak out beforehand!
- Eventually found myself in Rexburg, Idaho enjoying freshmen activities
- I focused on the workload a day at a time, keeping my goals in mind



What connects all of these experiences?

Prayer.



Relying on the Lord got me through many doors,
and comforted my while on my knees.

Our loving Heavenly Father makes all of the
difference.



Two kinds of shy...

Physiologically shy; born with the natural inclination to stressful reactions, and slow to calm down. Their nervous system is wired this way.

Self-consciously shy; absorbed with how others perceive them, or what people may think of them. This leads to a higher stress response.

(Dr. Larry Nelson, associate professor of human development at BYU)



Wherever you are on the “shy scale,” you can choose today to make progress.

It does take practice. Keep at it!

Get outside your head; realise that most people are really just thinking about how others are viewing them as well.



D&C 19:23

“Learn of me, and listen to my words; walk in the meekness of my Spirit, and you shall have peace in me.”

The final instruction, “walk,” is an invitation to act.

**What's a challenge that has
blessed or strengthened you?**



Write about a challenge you went through that has blessed you. It may be in the lessons you've learned, it may be how you reacted, or how things may or may not have worked out. There is always more than just the superficial view of something.

Scriptural examples



-Adam and Eve (Genesis 3)

“Notably, one of the first effects of the Fall was for Adam and Eve to experience fear. This potent emotion is an important element of our mortal experience.” (Elder Bednar, “Therefore They Hushed Their Fears,” General Conference April 2015)

-Enoch (Moses 6)

Enoch asked the Lord if He was really sure that he was the man for the job, doubting his abilities to speak, and if the people would accept and listen to him.

(more) Scriptural examples



-Moses (Exodus 3 & 4)

Moses first saw all that could go wrong in his mission to free the Israelites. He also struggled with public speaking.

-Jonah (Jonah 1 & 2)

Jonah literally ran away from his mission to Nineveh, afraid of the physical dangers and persecutions he might face.

**“Life is not meant to be
appreciated only in
retrospect.”**

**(Elder Uchtdorf, General Conference, Oct
2012)**

“The Lord goes before your face whenever you are on His errand. Sometimes you will be the angel the Lord sends to bear others up. Sometimes you will be the one surrounded by angels who bear you up. But always you will have His Spirit to be in your heart, as you have been promised in every sacrament service. You have only to keep His commandments.”

(President Eyring, “Fear Not to do Good,” General Conference Oct 2017)

243 Let Us All Press On v.3

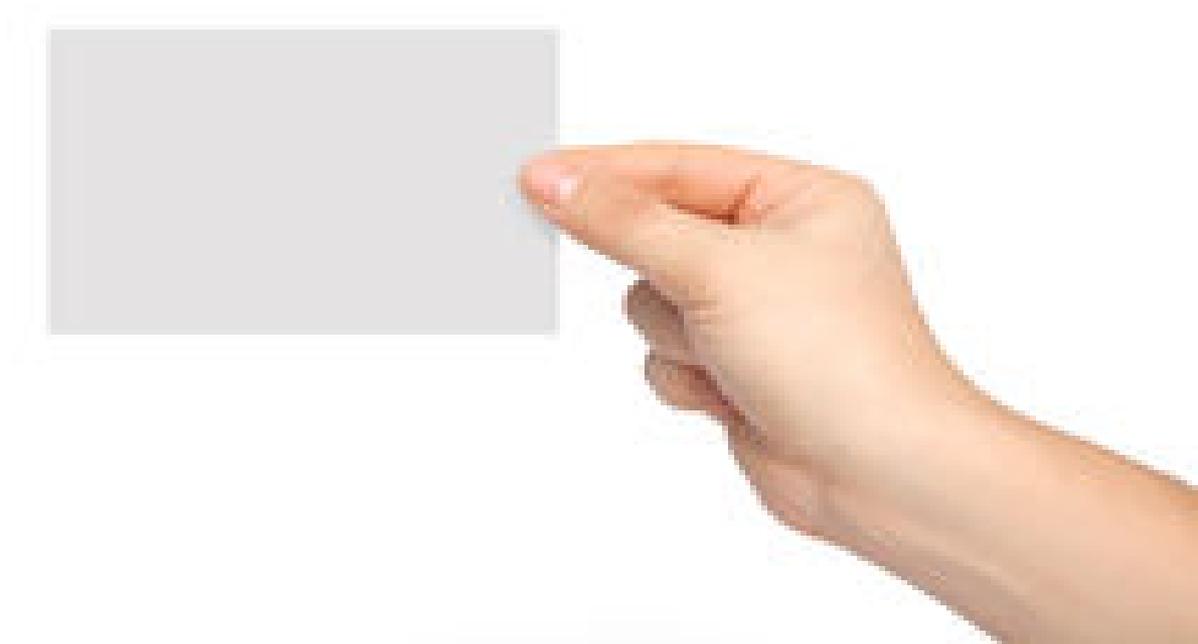


If we do what's right we have no need to fear,
For the Lord, our helper, will ever be near;
In the days of trial his Saints he will cheer,
And prosper the cause of truth

This can hold up to 60 lbs!



Trust in the Lord's plan for us. He sees our potential much better than we ever could. He knows how to reshape and mold us.



“We’re just like the paper. When we allow ourselves to be shaped by a Master Builder’s plan, we become so much greater than we would have been on our own.”





YOUR ENTIRE LIFE IS A MISSION AND EACH NEW PHASE OF IT CAN
BE RICHLY REWARDING AS YOU MAGNIFY YOUR TALENTS AND
TAKE ADVANTAGE OF YOUR OPPORTUNITIES.

Ezra Taft Benson
Conference Report

“He wants us to reach out and take firm hold of the iron rod, confront our fears, and bravely step forward and upward along the strait and narrow path. He want this for us because He loves us and because this is the way to happiness.”

“God is on our side. He loves us and when we stumble, He wants us to rise up, try again, and become stronger. He is our mentor. He is our great and cherished hope. He desires to stimulate us with faith. He trusts us to learn from our missteps and make correct choices. This is the better way!”

“As His covenant people, we need not be paralyzed by fear because bad things might happen. Instead, we can move forward with faith, courage, determination, and trust in God as we approach the challenges and opportunities ahead.”(Elder Uchtdorf, “Perfect Love Casteth out Fear,” General Conference, April 2017)