

The Atonement: RELIEF FROM SUFFERING



SHARED BY DALLIN H. OAKS : The people who followed Alma were in bondage to wicked oppressors. When they prayed for relief, the Lord told them He would deliver them eventually, but in the meantime He would ease their burdens *“that even you cannot feel them upon your backs, even while you are in bondage; and this will I do that ye may stand as witnesses ... that I, the Lord God, do visit my people in their afflictions”* (MOSIAH 24:14). In that case the people did not have their burdens removed, but the Lord strengthened them so that *“they could bear up their burdens with ease, and they did submit cheerfully and with patience to all the will of the Lord”* (v. 15).

To all of us whatever our burden. *“Come unto Christ, and be perfected in him”* (Moroni 10:32).

At times we may despair that our burdens are too great. When it seems that a tempest is raging in our lives, we may feel abandoned and cry out like the disciples in the storm, *“Master, carest thou not that we perish?”* (MARK 4:38). At such times we should remember His reply: *“Why are ye so fearful? how is it that ye have no faith?”* (v. 40).

The healing power of the Lord Jesus Christ—whether it removes our burdens or strengthens us to endure and live with them like the Apostle Paul—is available for every affliction in mortality.

The Atonement gives us the strength to endure *“pains and afflictions and temptations of every kind,”* because our Savior also took upon Him *“the pains and the sicknesses of his people”* (ALMA 7:11).

[Dallin H. Oaks, “He Heals the Heavy Laden,” Ensign, Nov. 2006, 7–8.]



“MAY CHRIST LIFT THEE UP,
AND MAY HIS SUFFERINGS AND DEATH, ...
AND HIS MERCY AND LONG-SUFFERING,
AND THE HOPE OF HIS GLORY AND OF ETERNAL LIFE,
REST IN YOUR MIND FOREVER”
(Moroni 9:25).