

The Atonement: RELIEF FROM SUFFERING



KENT RICHARDS : “During His mortal life Christ chose to experience pains and afflictions in order to understand us. Perhaps we also need to *experience the depths of mortality* in order to understand Him and our eternal purposes.”

DALLIN H. OAKS has taught: “Healing blessings come in many ways, each suited to our individual needs, as known to Him who loves us best. Sometimes a ‘healing’ cures our illness or lifts our burden. But sometimes we are ‘healed’ *by being given strength* or understanding or patience to bear the burdens placed upon us.”¹⁷ . . . Our mortal circumstances may not immediately change, but our pain, worry, suffering, and fear can be swallowed up in His *peace and healing balm*.” [17. Dallin H. Oaks, “He Heals the Heavy Laden,” Ensign, Nov. 2006, 7–8.]

[Kent Richards: April 2011 General Conference : The Atonement covers all Pain]



ORSON F. WHITNEY : “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.”

[<https://www.goodreads.com/quotes/218975>]



BRUCE HAFEN : We need the Atonement to help us grow to become like our Father, because we cannot be “with Him” forever in His celestial realm until we are “like Him.” As we grow ... we wrestle with afflictions – sin, misery, children – and that wrestling, paradoxically, teaches us what joy means.

The Atonement offers us three conditional blessings. We can be (a) forgiven, (b) *strengthened*, and (c) perfected--on the condition that we participate in those processes.

In terms that apply both to forgiveness and to the other conditional blessings of strengthening and perfecting, Nephi said, “It is by grace that we are saved, after all we can do.” Some people think this means the Lord won’t help us until we have totally exhausted ourselves. But the larger doctrinal context makes clear that “after” in this verse means “along with”—His *grace is with us before, during, and after, we do all we can*.

[“Fear Not, I am With Thee: Christ’s Atonement & our Personal Growth” : BYU Women’s Conf 2014]