



## Study Guide, Episode 117–How to Trust the Lord & Rejoice

*Mosiah 7-10*

00:00-07:13	"QOTW: How can I truly trust the Lord, & rejoice?"
07:14-16:56	"Don't be 'overzealous'"
16:57-34:06	"How are you in bondage? Your afflictions are great, mourn"
34:07-48:08	"Be humble. Do His will & not your own. Look up! Rejoice!"
48:09-END	"'Build and repair'; He will (eventually) deliver us"

- 1) What does your relationship with God the Father, His Son, Jesus Christ, & The Holy Ghost look, feel, sound like? How are these relationships going right now for you? What is one thing you might do to focus more upon & improve these relationships?
- 2) Read 2 Nephi 4:34, and ponder its meaning to you. What does it mean to you to "trust in the Lord"? How have you trusted Him in the past? What does it feel, sound and look like? How might you better trust Him? Write about this in your journal.
- 3) Have you ever been "overzealous"? Too "determined" to do what you want, and forgetting to listen to what the *Lord* wants and needs? Ponder/write about how "zealous" or "overzealous" you currently feel, and how you might want to improve.
- 4) Write your own "bio," outlining the good and great things you have done, the qualities you possess, the traits that are Christlike, and then read it as if you were about to be a speaker at a big event. If you find it too difficult, partner up with someone you love and write a "bio" for each other. Then share with each other.
- 5) Ponder what the *Lord* wants you to do today, vs. what you want to do. Are these in alignment? Why or why not? How might you better ask for, receive, and align your will with God's will this week? Discuss this with a trusted friend or family member.
- 6) What does it mean to you to "rejoice"? What would that feel like, look like, sound like? How do you "rejoice in the Lord" as you "trust in Him"? What is one way you might more fully rejoice in Him? Set a goal, and work on it this week.

### Resources

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