

YOUR PATH WILL AT TIMES BE DIFFICULT. BUT I GIVE YOU THIS PROMISE: . . .

RISE UP



AND

Follow
IN THE FOOTSTEPS OF OUR
Redeemer
AND SAVIOR,

AND ONE DAY YOU WILL LOOK BACK
AND BE FILLED WITH ETERNAL
GRATITUDE THAT
YOU CHOSE
TO

TRUST THE ATONEMENT
and its power to



LIFT YOU UP.

President Dieter F. Uchtdorf, Second Counselor in the First Presidency,
"You Can Do It Now!" October 2013 general conference