

We  
**LIGHTEN**  
the **LOADS**  
of others best by  
**HELPING**  
the **LORD**  
strengthen them.

President Henry B. Eyring  
First Counselor in the First Presidency  
April 2015 general conference



"You are a covenant member of the Church of Jesus Christ. A great change began in your heart when you came into the Church. You made a covenant, and you received a promise that began changing your very nature..."

"That is why you have a feeling to want to help a person struggling to move forward under a load of grief and difficulty. You promised that you would help the Lord make their burdens light and be comforted. You were given the power to help lighten those loads when you received the gift of the Holy Ghost..."

"... We lighten the loads of others best by helping the Lord strengthen them. That is why the Lord included in our charge to comfort others the command to be His witnesses at all times and in all places."

**President Henry B. Eyring, First Counselor in the First Presidency, April 2015 general conference**

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