“My son, peace be unto thy soul; thine adversity and thine afflictions shall be but a small moment. And then if thou endure it well, God shall exalt thee on high.”

President Henry B. Eyring taught: “It will comfort us when we must wait in distress for the Savior’s promised relief that He knows, from experience, how to heal and help us. … And faith in that power will give us patience as we pray and work and wait for help. He could have known how to succor us simply by revelation, but He chose to learn by His own personal experience.

**Bandages** - As Elder 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 All that will come may be “clasped in the arms of Jesus.”18 All souls can be healed by His power. All pain can be soothed. In Him, we can “find rest unto [our] souls.”19 Our mortal circumstances may not immediately change, but our pain, worry, suffering, and fear can be swallowed up in His peace and healing balm.

**Reese’s Pieces** - We all long for peace. Peace is not just safety or lack of war, violence, conflict, and contention. Peace comes from knowing that the Savior knows who we are and knows that we have faith in Him, love Him, and keep His commandments, even and especially amid life’s devastating trails and tragedies.

**Medicine** - As part of his Infinite atonement, He took upon Himself, “the pains and the sicknesses of his people.” He took upon Himself “their infirmities that his bowels may be filled with mercy, according to the flesh, that he may know according to the flesh how to succor his people according to their infirmities.” Because he has experienced your pain, He knows how to help you. If you look to Him in faith, He will strengthen you to withstand any trial you experience.

**Pillow** - Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

**Flashlight** - And now it came to pass that the burdens which were laid upon Alma and his brethren were made light; yea, the Lord did strengthen them that they could bear up their burdens with ease, and they did submit cheerfully and with patience to all the will of the Lord.