

Jesus Christ

Atonement & Resurrection

Atonement: The word describes the setting “at one” of those who have been estranged and denotes the reconciliation of man to God. Sin is the cause of the estrangement, and therefore the purpose of atonement is to correct or overcome the consequences of sin.

Resurrection: The Resurrection consists in the uniting of a spirit body with a body of flesh and bones, never again to be divided. The Resurrection shall come to all, because of Christ’s victory over death.

- Bible Dictionary

There is someone who understands...

- I have friends, neighbors and family all around me, so why do I still feel so lonely?
- How can I overcome my addiction to pornography?
- I love my kids but I am so overwhelmed.
- Will I ever be free of this illness? I just want a healthy body.
- My teenager is driving me crazy!!!
- I don’t even know if the church is true anymore.
- How do I find peace in my life?
- Why can’t my wife and I see eye to eye? I feel like we just fight all the time.
- How do I balance everything? I feel like I’m being pulled in ten different directions.

Talks on the Savior

- “In the strength of the Lord” David A. Bednar, Oct. 2004
- “He is Risen!” Thomas S. Monson, Ensign, May 2010
- “The Resurrection of Jesus Christ,” D. Todd Christofferson, May 2014
- “Strengthened by the Atonement of Jesus Christ,” Dallin H. Oaks, Ensign, Nov 2015
- “The Atonement of Jesus Christ,” Tad R. Callister, April 2019
- “Drawing the power of Jesus Christ into our lives,” Russell M. Nelson, Apr. 2017
- “The Atonement, our greatest hope,” James E. Faust, Oct. 2001
- “The Purifying Power of Gethsemane,” Bruce R. McConkie
- “The Resurrection of Jesus,” Marion G. Romney, Apr. 1982

How do we draw upon the power of Jesus Christ?

1. **Invest time in learning about the Savior and His atoning sacrifice.** “The more we know about the Savior’s ministry and mission—the more we understand His doctrine and what He did for us—the more we know that He can provide the power that we need for our lives.”
2. **Choose to have faith in him and follow him.** “It is mentally rigorous to strive to look unto Him in every thought. But when we do, our doubts and fears flee. ... Faith that motivates us to action gives us more access to His power.”
3. **Make sacred covenants and keep those covenants with precision.** “Our covenants bind us to Him and give us godly power. Covenant-keeping men and women seek for ways to keep themselves unspotted from the world so there will be nothing blocking their access to the Savior’s power.”
4. **Reach up to him in faith.** “When you reach up for the Lord’s power in your life with the same intensity that a drowning person has when grasping and gasping for air, power from Jesus Christ will be yours. When you spiritually stretch beyond anything you have ever done before, then His power will flow into you.”

- Russell M. Nelson (Apr. 2017)

Four Obstacles the Savior helps us overcome

Sin	Death	Trials	Weaknesses
<ul style="list-style-type: none"> • Alma 42: 9-14 • D&C 76:41-42 • Alma 34:9 • Isaiah 53: 4-5 • Alma 11:40-41 • Moroni 7:41 • D&C 19:15-19 • 3 Nephi 9:21-22 • Article of Faith 1:3 • Isaiah 1:18 • Luke 22: 39-46 	<ul style="list-style-type: none"> • Isaiah 1:18 • 2 Nephi 9: 6-10 • John 10: 17-18 • Isaiah 25:8 • John 20: 1-17 • Alma 11: 42-45 • Romans 5: 12-17 • Helaman 14:15-18 • Mosiah 16: 6-8 • 1 Corinthians 15:20-22 	<ul style="list-style-type: none"> • Alma 7:11-12 • D&C 6:34,36 • 1 Nephi 21:13, 15-16 • 2 Nephi 9:21 • Jacob 3:1 • 1 Nephi 7:17 • Mosiah 9:17 • Mosiah 24:14-15 • Alma 14:26 • Matthew 11:28-30 	<ul style="list-style-type: none"> • Jacob 4: 6-7 • Alma 26:12 • Bible Dictionary: Grace • Mosiah 3:19 • 2 Nephi 2:8 • 2 Nephi 25:23 • Ether 12:27 • 2 Nephi 33:11 • D&C 50:16 • D&C 62:1