***Step 2-   Come to believe that the power of God, through the Atonement, can heal “all our ills.”***

Through Step 1, we come learn we are ‘powerless’ over our weaknesses. Our life becomes ‘unmanageable’ when we try to live it ‘our way.’ Yet, the Lord intends for us to be filled with power—His power, from above.

The people of Alma, struggling under the load of bondage, prayed for help and deliverance. And while that deliverance did not come immediately, the Lord promised Alma that He would “ease the burdens which are put upon your shoulders…” In response to that promise, they soon found 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.” (Mosiah 24:14,15)

Those who appeared to be powerless over their bondage gained added strength until such time as the Lord removed it.

The Infinite Atonement blesses us in three powerful ways. First, it **Redeems**, washing away our sins in the Blood of the Lamb. Secondly, it **Empowers**, helping us submit patiently while our burdens are being removed. Finally, the Atonement **Transforms**, bringing about the “mighty change” of heart the Lord intends for each of us.

Our weaknesses cause us a great deal of pain. We also watch the effect they can have on others we love. We are then taught that the Savior came to earth, “suffering pains and afflictions and temptations of every kind.” One the prime reasons for His earthly experience was so that He could “take upon him the pains and the sicknesses of this people.” (Alma 7:11)

If we are to come to believe in the power of God, we need to see what He does for us, personally. As Stephen Robinson explained, “Now, to have faith in [Jesus Christ](http://mormon.org/jesus-christ) is not merely to believe that he is who he says he is, or to believe *in* Christ. Sometimes, to have faith in Christ is also to *believe* Christ.” (Believing Christ, Liahona, Apr. 1992, 14)

For many of us, our view of our weaknesses may have led us to believe that the Atonement is real for others but not for us. We may have convinced ourselves that our particular set of faults have so offended the Lord that He is unwilling to grant us forgiveness and empowerment He extends to others. We have become a special case.

How, then, do we come to believe in the power of God—for us? The prophet Alma taught that this knowledge would come to us if we could simply “arouse [our] faculties, even to an experiment…” This experiment begins with simply having a “desire to believe.”

If we have this desire, Alma explains that we can “give place, that a seed may be planted in [our] heart.” This seed, the Love of God (1 Nephi 11:16-22), begins in to grow within us. As it does, he promises it will ‘begin to swell within [our] breasts’, allowing us to feel its “swelling motions.”

This growth may then cause us to exclaim: “It must needs be that this is a good seed, or that the [Love of God] is good, for it beginneth to enlighten my understanding, yea, it beginneth to be delicious to me.” (Alma 32:28)

Allowing this Love to grow within us is critical to believing that the Power of God is intended for us, despite all our “ills.” In fact, we come to know that it is only by the power of the Atonement that these things will be removed from us.

As the Prophet Mormon noted, “…the preaching of the word, (the Love of God) had a great tendency to lead the people to do that which was just—yea, if had had more powerful effect upon the *minds of the people* than the sword, anything else, *which had happened unto them*.” (Alma 31:5)

Our hurts, habits and hang-ups were planted in us from a variety of sources. They took root within us, growing into noxious trees that torment and afflict us. Their fruit is bitter and discouraging. Our minds have seized hold upon the idea that these lies have defined who we are and what we deserve.

Yet, *each time we feel the Spirit, we directly feel His Love*. We feel that Love because we have given place—even for a moment—within our heart. In that very instant, we should ask ourselves, “as I am feeling His Love, what does that say about me? About who I really am?”

It is this true understanding that enlarges our soul, preparing us to have our false seeds “rooted out of our breast” (Alma 22:15). It helps us believe that His great power is real. And that it’s not just active in the lives of those around us, it is intended for us as well.

**Read and Ponder**

“…that they do always remember him, that they may have his spirit to be with them. Amen.” (D&C 20:79)

* Each week we hear this prayer during the Sacrament. How would remembering Him help nourish the seed of Love within us?

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“But behold, I, will show unto you that the tender mercies of the Lord are over all those whom he hath chosen, because of their faith, to make them mighty even unto the power of deliverance.” (1 Nephi 1:20)

* *The Lord’s tender mercies provide constant reminders that He is aware of us and our struggles. How has His tender mercies blessed your life?*

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In responding to Alma’s lesson on the seed, the Zoramites asked how they “…how they should plant the seed…or in what manner they should begin to exercise their faith.” (Alma 33:1)

* *How would you respond to them or anyone else who might ask how they should begin to move forward?*

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**NOTES**

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