

Reflection and Synthesis Report

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Week #: 02

# Instructions

In the table provided below, you will complete your reflection and synthesis responses for this week. Be sure to complete each Response section. When referencing scripture or other materials, only include a brief or abbreviated summary along with the citation as these cannot be included in the required word count. When you have completed the document, save it to your computer and follow the instructions in your course to submit the assignment to your instructor.

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| **Article of Faith** | Please list the Article(s) of Faith covered this week |
| Response: Article of Faith 1 | |
| **Explanation of Key Events and Scriptures** | Demonstrate your comprehension of fundamental truths of the restored gospel of Jesus Christ, and your ability to use the scriptures to teach them. Be sure to include specific scripture references, focusing especially on restoration scriptures (Book of Mormon, Doctrine & Covenants, Pearl of Great Price).  Scenario: Imagine you have been asked by a family member or friend to share what you believe about the truths and events you studied this week. Share in your own words several insights as though you are really trying to teach someone. Include at least three references to support the truths you teach (you may reference them, but there is no need to quote them). Share your testimony as you would when teaching someone.  Your response will be evaluated by the following criteria:   1. 200–300 words in length (please include your word count at the bottom of the section). 2. Include at least 3 references. |
| Response: Hey Jeff! Thanks for asking a bit about what my faith believes! I think some of the most important things that we believe is that truths were lost throughout time from when Christ was on the Earth to the present day (1 Nephi 13: 24-29). We believe that these truths eventually had to be restored because they were distorted from Christ’s original teachings. One of the things that I love is that we believe in a personal God who listens to us and cares for us (2 Nephi 28:30). I think one of the things that I find to be most encouraging is that God wants us to become better by ding good things and following the commandments. He is also there as a Father figure for us to feel comforted when down. I think it is important for us to realize that we can ask for help when we need it, and that is one of the massive truths that some people do not understand or realize. I think it is important to foster a relationship with God because that relationship can get a person through super difficult times. I know that has certainly been the case for me. There have been times when I have needed a helping hand in my life. (2 Nephi 20:27) It was good talking to you!    **Word Count:** | |
| **Synthesis, Personal Relevance and Application to the Real World** | There are many serious challenges people encounter on a daily basis that are consequences of living in a fallen world. The gospel truths taught in the Articles of Faith have tremendous power to help people find answers, rise above problems, or simply feel God's love and concern for them again.  Each week you will choose an issue (below) and think deeply about how the truths in that week’s Article of Faith can offer hope to those who are experiencing the problem. If you have another issue that particularly interests you, then choose your own:  abortion  abuse/bullying  addiction  depression  divorce  domestic violence  energy/environmental issues  violence  gambling  genocide  homosexuality  international terrorism  materialism  natural disasters  pornography  unemployment  poverty  racial strife/hatred  religious intolerance/persecution  threats to religious liberty  same-gender marriage  suicide  Scenario: Imagine you are speaking to someone who has experienced, or has concerns about the issue you have chosen. What would you share from the doctrine and fundamental truths that you have studied this past week to help that person? Include why you think these truths and doctrine are helpful and what they have meant to you. Be encouraging with the truths you know.  **Write a response in at least 300-450 words** **and list your word count at the end of your response.** |
| **The world problem/issue I chose this week is:** Addiction  Response: In my last response, I talked about the fact that both God and Christ want us to succeed in life. I think this is something that people don’t necessarily consider. I know while serving my mission in parts of DC and Baltimore, I met a lot of people who struggled with addiction. Something that is important to realize is that addiction does not happen because you are a bad person, it is a health problem. One thing though is that with God and Christ you can conquer that! I have seen people that have been able to do it, but they did not do it alone. One of the most important things to realize is that you have people around you that support you no matter what and you have a Heavenly Father who is there to help guide you through your adversity. In 2 Nephi 20: 27, it talks about how our burdens can be made light with God’s help. It is also good to remember that God helps us and sometimes lets us make decisions more autonomously. This is because he wants us to learn to make good decisions on our own instead of just being told what to always do. Just like a good Father or coach, God lets us learn by doing. In your case, you have a nicotine addiction that you are struggling to overcome. I think one of the best things to do is to do what you can and work through it but also to continuously ask God for help. I am also here to offer you support and love while you work through this, and I know you have friends and family who are also there to help you out. I care about you so much, and I know that God cares about you even more. Love you man!    **Word Count: 307** | |