

Reflection and Synthesis Report

Name: Gage Strong

Week #: 10

# 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.

1. **Did you complete all the assigned reading for the week? [Yes x or No ⃝]**

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| 1. **Article of Faith** | Please identify the Article of Faith studied this week |
| Response:  Article of faith 9 | |
| 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 from the assigned readings  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 scripture 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 scripture references**. |
| Response: As a member of The Church of Jesus Christ of Latter-day Saints, I firmly believe in the ongoing nature of revelation from our father in heaven. Our faith is built upon the understanding that God has communicated with His children in the past, continues to do so in the present, and will reveal many more important truths in the future.  Throughout history, God has spoken to His prophets, guiding them to lead His people according to His will. Just as ancient prophets received divine guidance, we believe that modern prophets, like those in The Church of Jesus Christ of Latter-day Saints, continue to receive revelation for the Church and its members. This ongoing communication ensures that we can navigate the complexities of our time and remain aligned with God's plan.  One scripture that reinforces this belief is found in the Bible, in Amos 3:7, which states, "Surely the Lord God will do nothing, but he revealeth his secret unto his servants the prophets." This verse highlights the principle that God reveals His will to His chosen servants, the prophets, ensuring that His people are not left in darkness.  Furthermore, personal revelation is also essential in our spiritual journey. God speaks to us individually through the whisperings of the Holy Ghost, providing guidance, comfort, and answers to our prayers. As stated in Doctrine and Covenants 8:2, "Yea, behold, I will tell you in your mind and in your heart, by the Holy Ghost, which shall come upon you, and which shall dwell in your heart."  Through the combination of prophetic revelation and personal revelation, we can navigate our lives with confidence, knowing that God is actively involved in our journey and that He will continue to reveal His will to His children.    **Word Count: 222** | |
| 1. **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-sex 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.** |
| 1. **The world problem/issue I chose this week is:** Depression   Response: Depression is a deeply challenging experience that can affect individuals in profound ways, often leaving them feeling alone, hopeless, and disconnected from the love of God. However, the gospel truths taught in the Articles of Faith offer powerful messages of hope and healing to those who are struggling with depression.  First and foremost, the doctrine of ongoing revelation brings comfort to those battling depression. Knowing that God continues to reveal His will and provide guidance through modern prophets and personal revelation reminds individuals that they are not abandoned or forgotten. Despite the darkness that depression may bring, there is a light of divine love and guidance that shines through, offering hope and direction.  Furthermore, the principle of personal revelation is especially relevant for those dealing with depression. Understanding that God speaks to us individually through the Holy Ghost can provide solace and reassurance during times of despair. Even in the depths of depression, individuals can seek divine guidance and comfort through prayer and seeking the Spirit.  One scripture that has been particularly comforting to me in times of struggle is found in Isaiah 41:10, which states, "Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness." This verse reminds us that even in our darkest moments, God is with us, offering His strength and support to help us overcome.  The knowledge that we are beloved children of a Heavenly Father who understands our pain and suffering brings immense comfort to those battling depression. The gospel teaches that our worth is infinite and eternal, regardless of our current struggles. This truth reminds individuals that they are never alone in their journey and that there is always hope for healing and recovery.  In my own experience, the gospel truths have been a source of profound comfort and strength during periods of depression. Knowing that God loves me unconditionally and that He is intimately aware of my struggles has given me the courage to keep moving forward, even when the darkness feels overwhelming.  To anyone battling depression, I would offer these truths with love and encouragement, reminding them that they are never alone and that there is always hope for a brighter tomorrow.    **Word Count: 326** | |