Case Study

**Name**: Kelsey Berta

**Instructor name**: Jeremiah Martin

**Class**: REL 200, Section 72

# Instructions

The purpose of this assignment is to **apply your knowledge and deepen your learning** from *responding to real life examples that you or others may face in defending the Proclamation and the eternal family****.* You must answer the questions** in the case study (cut and paste them below for reference). *Be sure to connect the references to your thoughts and discuss why/how the reference helps to answer or strengthen your response****.* Responses must show thought, reflection, pondering and depth with college-level writing skills. You must provide at least four citations**from the talks discussed in this unit. Each citation must be from a different talk. **You must also use the Proclamation and at least one scripture**. The passages must be cited properly based on the following criteria:

Question or requirement 1: What gospel principles or doctrines are involved in the case study, and how do they help to clarify and give direction in addressing the situation?

Question or requirement 2: Drawing inspiration from the proclamation, scripture block, and talks, discuss what resources you would use to address the dilemma and how those resources would be helpful.

Question or requirement 3: Are there specific things you would suggest that could be done to help resolve the issue?

Question or requirement 4 (if required): A close friend tells you that they have experienced mental health concerns for many years and shares that their challenges have been negatively impacted in Church settings. Your friend loves the Lord and His Church but is nervous about navigating participation in Church and the ups and downs of a mental health diagnosis. What advice would you offer?

# Case Study Report

In 1-2 page(s), write a response that responds appropriately to the requirements and questions for the case study that you have chosen.

Going through mental health challenges is difficult for anyone. There are so many different types and how people are treated are based off personal need. There is not one way to fix it except to turn to Heavenly Father and ask for help. Mental health affects so many teens today and it is difficult to deal with. Elder Richard G. Scott says in his talk titled “To Heal the Shattering Consequences of Abuse” “Satan is the  author of all of the destructive outcomes of abuse. He has extraordinary capacity to lead an individual into blind alleys where the solution to extremely challenging problems cannot be found. His strategy is to separate the suffering soul from the healing attainable from a compassionate Heavenly Father and a loving Redeemer.” Whether mental disabilities come from abuse or not this still holds true. Satan is working against us always and will discourage us from looking to Christ when we need him. In the readings titled “What Is Abuse” it says, “Abuse tends to become more severe over time. The Lord condemns abusive behavior in any form—including neglect and physical, sexual, or verbal abuse. Most abuse violates the civil laws of society.” One thing I noticed from this was that neglect Is Included as abuse. The Lord would never neglect you and If you seek Him out He will help you. No matter what, He will be there when you need him. The talk given by Elder M Russell Ballard titled “What Matters Most Is What Lasts The Longest” and not a quote but the title of this is what I would draw to closely. You are on this Earth for a short amount of time going through trials. These trials are testing your faith and bringing you closer to Heavenly Father. Focus on the end goal and remember you will live In an eternal happiness one day where you are perfected. Doctrine and Covenants gives a comforting versed In 101:16 and It says, “Therefore, let your hearts be comforted concerning Zion; for all flesh is in mine hands; be still and know that I am God.” Be still and wait He will be there for you and your patience will be rewarded. Sister Bonnie L Oscarson always says In her talk titled “Defenders If the Family Proclamation”, “May I point out something obvious? Life rarely goes exactly according to plan for anyone, and we are very aware that not all women are experiencing what the proclamation describes.” Life may not turn out how we expected It but It Is part of His plan for us. It Is not perfect here on Earth but we will experience perfection eventually and for all eternity. In the beginning If the Family A Proclamation to the World It says, “In the premortal realm, spirit sons and daughters knew and worshipped God as their Eternal Father and accepted His plan by which His children could obtain a physical body and gain earthly experience to progress toward perfection and ultimately realize their divine destiny as heirs of eternal life.” This states that we are working here towards perfection. We would not know what perfection and happiness are without coming to this earth.

## References Used (All 6 required):

1. Scripture: D&C 101:16
2. Proclamation: The Family: A Proclamation to the World
3. Talk: Defenders of the Family Proclamation Oscarson
4. Talk: To Heal the Shattering Consequences of Abuse Scott
5. Talk: What Is Abuse?
6. Talk: What Matters Most is What Lasts Longest