This week I haven't been able to shake feeling disheartened by a lot of things around me. I have pondered a lot about how I am feeling and what is the cause of my feelings.

I believe in Christ. If ever I don't feel very well or feel disheartened I know that I need to turn it all over to the Lord. Over the years I have learned HOW to turn things over to the Lord. I kneel down and pray. I express all the feelings I have and what I think I need to fix them. Usually things are beyond our control when we feel disheartened. After I pray, I get up and start. I start on anything. It could be the dishes, cleaning a room, making dinner or working on anything else... Our Heavenly Father just wants us to start on what we can. I have found that turning things over to the Lord and just starting anywhere brings such a feeling of peace.

I haven't felt excitement for Christmas. I see a lot of suffering around me. I see it in people's eyes or feel their sadness in short conversations. As I have been struggling with how to manage it all, Ray played a beautiful video for me which helped me feel that our Heavenly Father loves us. He is watching over us. At this time of year we get the privilege of focusing on the birth of our Savior. He has brought joy to the world. He is the light of the world.

https://youtu.be/INse1lhgZGA?si=p9Of

## **New Testament**

John 8:12

12 Then spake Jesus again unto them, saying, I am the light of the world: He that followeth me shall not walk in darkness, but shall have the light of life.

In John 6 it says that many of Jesus' disciples walked no more with him. Christ asks the twelve apostles if they are leaving as well.

## **New Testament**

John 6:67

67 Then said Jesus unto the twelve, Will ye also go away?

68 Then Simon Peter answered him, Lord, to whom shall we go? Thou hast the words of eternal life.

The children put on a wonderful program for the family this week. It was beautiful. They acted out the nativity and sang Christmas songs. They are so precious to me.











I love the gospel of Jesus Christ. I love light and truth. I think about Simon Peter in answering the Lord. "Where would I possible go? Thou hast the words of eternal life." I love my Savior.

With Love, Leslie