

Be Gracious



Fight the Battle By Being Gracious

Alma 7:23

And now I would that ye should be humble, and be submissive and gentle; easy to be entreated; full of patience and long-suffering; being temperate in all things; being diligent in keeping the commandments of God at all times; asking for whatsoever things ye stand in need, both spiritual and temporal; always returning thanks unto God for whatsoever things ye do receive.

Being gracious is a powerful way to fight against sin and the devil. The power is within you to use your agency in self-control, choosing the kind of person that you want to be. As a gracious person, you will be able to keep the enemy out of your soul and help those around you feel loved and appreciated.

D&C 58:28

For the power is in them, wherein they are agents unto themselves. And inasmuch as men do good they shall in nowise lose their reward.

A Gracious Person is:

Friendly and Kind

We all want to feel liked and have friends. You can make a big difference in the lives of so many people just by being friendly. Everyone deserves to be treated with kindness. This is easy to do when we think of how we would like to be treated.

3 Nephi 14:12

Therefore, all things whatsoever ye would that men should do to you, do ye even so to them.

1 Peter 3:8

Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous:



Patient and Gentle

When you lose patience or allow yourself to be rough with others, you allow the enemy to join you. On the other hand, the Spirit of God will be with you as you remain patient and gentle.

Luke 21:19

In your patience possess ye your souls.

2 Timothy 2:24-25

And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient, In meekness...

Merciful and Forgiving

Showing mercy towards others is a very Christlike attribute which you can develop by having compassion, never being cruel, and offering relief when you see another person struggling. Holding a grudge towards another person harms you, it feels so much better to forgive quickly.

Proverbs 14:21

He that despiseth his neighbour sinneth: but he that hath mercy on the poor, happy is he.

Proverbs 11:17

The merciful man doeth good to his own soul: but he that is cruel troubleth his own flesh.

Matthew 6:14

For if ye forgive men their trespasses, your Heavenly Father will also forgive you:

Virtuous and Good

Living a virtuous life means being morally good. Let your conscience be your guide as you choose how to think and act.

Articles of Faith 13

We believe in being honest, true, chaste, benevolent, virtuous, and in doing good to all men;

D&C 4:6

Remember faith, virtue, knowledge, temperance, patience, brotherly kindness, godliness, charity, humility, diligence.

Teachable and Willing

If you are open to being taught and willing to do what is needed, you will learn and grow quickly in so many ways.

D&C 101:63

Again, verily I say unto you, I will show unto you wisdom in me concerning all the churches, inasmuch as they are willing to be guided in a right and proper way for their salvation—

Proverbs 12:1

Whoso loveth instruction loveth knowledge: but he that hateth reproof is brutish.

Meek and Humble

Meekness is great power under complete control. Humility is not thinking less of yourself, it's thinking of yourself less.

D&C 121:41

No power or influence can or ought to be maintained by virtue of the priesthood, only by persuasion, by long-suffering, by gentleness and meekness, and by love unfeigned;

Matthew 23:12

And whosoever shall exalt himself shall be abased; and he that shall humble himself shall be exalted.

Grateful and Generous

Recognizing all things as blessings, and being grateful for them can change your mood and your entire life. Being generous with those things that God has blessed you with is a habit of giving freely without expecting anything in return.

D&C 78:19

And he who receiveth all things with thankfulness shall be made glorious; and the things of this earth shall be added unto him, even an hundred fold, yea, more.

Psalm 37:21

The wicked borroweth, and payeth not again: but the righteous sheweth mercy, and giveth.

Live Graciously

Think and Speak Graciously

The words that come out of your mouth begin with the thoughts that you meditate on, and they have power for good or evil. Always be kind, virtuous, and good in the way you think and speak.

Ecclesiastes 10:12

The words of a wise man's mouth are gracious; but the lips of a fool will swallow up himself;

Psalm 19:14

Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer.

Give Instruction and Reproof Graciously

If you are in a position to give instruction, be sure you are kind about it. If you feel someone needs correction, let your reproof be guided by the Spirit, meek and patient, then be sure to show some extra love and kindness afterward so that they know your faithfulness towards them.

Colossians 3:16

Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

D&C 121:43-44

Reproving betimes with sharpness, when moved upon by the Holy Ghost; and then showing forth afterwards an increase of love toward him whom thou hast reproved, lest he esteem thee to be his enemy; That he may know that thy faithfulness is stronger than the cords of death.

Accept Instruction and Reproof Graciously

When you are given instruction, remember to be grateful and see it as an opportunity to grow. There are times each of us needs correction, remember to be humble and teachable.

Proverbs 13:18

Poverty and shame shall be to him that refuseth instruction: but he that regardeth reproof shall be honoured.

Proverbs 15:10

Correction is grievous unto him that forsaketh the way: and he that hateth reproof shall die.

Receive Criticism Graciously

Others may criticize you, and whether it be true or false, kind or unkind, you can meekly remain patient and virtuous.

D&C 31:9

Be patient in afflictions, revile not against those that revile. Govern your house in meekness, and be steadfast.

Accept Compliments and Praise Graciously

Allow others to compliment you, be grateful, smile, and say thank you.

Proverbs 27:2

Let another man praise thee, and not thine own mouth; a stranger, and not thine own lips.

Accept Victory and Defeat Graciously

Be kind regardless of whether you win or lose. Remember humility and gratitude.

Alma 38:11

See that ye are not lifted up unto pride; yea, see that ye do not boast in your own wisdom, nor of your much strength.

Graciousness is a Virtue

The Lord Jesus Christ is gracious. In striving to be like Him, remember that He is full of grace and you should be too.

Alma 9:26

And not many days hence the Son of God shall come in his glory; and his glory shall be the glory of the Only Begotten of the Father, full of grace, equity, and truth, full of patience, mercy, and long-suffering, quick to hear the cries of his people and to answer their prayers.

His Grace is Sufficient

It's true that being gracious doesn't come easy, we all have weaknesses that get in the way. The key is to see your weakness and turn to the Lord for help, trusting Him enough to let Him help you be gracious.

Ether 12:27

And if men come unto me I will show unto them their weakness. I give unto men weakness that they may be humble; and my grace is sufficient for all men that humble themselves before me; for if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them.

Be Gracious Hero Printable Posters

Corrie Ten Boom risked her life being merciful to Jewish people who were being persecuted, then endured the horrors of a Nazi prison camp. After being set free, she met one of the prison guards who had been viciously cruel, she clasped his hand and forgave him with all her heart.

The Apostle Paul was teachable and willing to do whatever the Lord asked. Though he thought what he had been doing was right, he was rebuked by the Lord for persecuting the Saints. He received the reproof and completely changed his life.

Mahatma Gandhi lived a humble life showing great meekness. As a leader he taught by example patience in suffering, showing others how to be kind and virtuous. Even today his words inspire others to be gracious.

Jesus Christ is the embodiment of graciousness. He was kind and patient in accepting criticism from those who hated Him. And though He was the God of all creation He lived in meekness as He willingly did His work of salvation. His mercy and forgiveness endure forever.

The Heroes on these posters have inspiring experiences being gracious under difficult circumstances. You too can be like this!