

WE ARE His Hands

"As we emulate His perfect example, our hands can become His hands; our eyes, His eyes; our heart, His heart." **From the April 2010 General Conference talk "You Are My Hands" by Dieter F. Uchtdorf**

We Are the Hands of Christ

QUOTE 1: "When I think of the Savior, I often picture Him with hands outstretched, reaching out to comfort, heal, bless, and love. ... He loved the humble and the meek and walked among them, ministering to them and offering hope and salvation."

Our Hands Can Embrace

QUOTE 2: "I hope that we welcome and love all of God's children, including those who might dress, look, speak, or just do things differently. It is not good to make others feel as though they are deficient. Let us lift those around us. Let us extend a welcoming hand. Let us bestow upon our brothers and sisters in the Church a special measure of humanity, compassion, and charity so that they feel, at long last, they have finally found home."

QUOTE 3: "It seems only right and proper that we extend to others that which we so earnestly desire for ourselves. ...We cannot gauge the worth of another soul any more than we can measure the span of the universe. Every person we meet is a VIP to our Heavenly Father. Once we understand that, we can begin to understand how we should treat our fellowmen."

Our Hands Can Comfort

We are commanded "to mourn with those that mourn" and "comfort those that stand in need of comfort." (Mosiah 18:9.)

Our Hands Can Serve

QUOTE 4: "This is the spirit of compassion: that we love others as ourselves, seek their happiness, and do unto them as we hope they would do unto us."

True Love Requires Action

QUOTE 5: "Christ did not just speak about love; He showed it each day of His life. He did not remove Himself from the crowd. Being amidst the people, Jesus reached out to the one. He rescued the lost. He didn't just teach a class about reaching out in love and then delegate the actual work to others. He not only taught but also showed us how to "succor the weak, lift up the hands which hang down, and strengthen the feeble knees."

We Can Love as He Does

QUOTE 6: "As we extend our hands and hearts toward others in Christlike love, something wonderful happens to us. Our own spirits become healed, more refined, and stronger. We become happier, more peaceful, and more receptive to the whisperings of the Holy Spirit."

