

ADDITONAL CONSIDERATIONS IN CONJUNCTION WITH
“PRINCIPLES AND TECHNIQUES TO ASSIST A MISSIONARY IN RECOVERY” PROVIDED BY LDS FAMILY SERVICES

1. **Immortality and eternal life.** Remember that Heavenly Father is most excited about providing these for you. It is as though it is His most exciting hobby and work. “This is my work and my glory to bring to pass the immortality and eternal life of man.” (Moses 1:39) He will never stop doing his greatest work in you.
2. **Gift of time.** Be confident that time coupled with faith can heal all things. Give yourself time to settle into this unexpected experience.
3. **Attend Church that first Sunday.** Unless there is a significant reason not to do so, stress the importance of attending Church the very first Sunday back home. A current Stake President who returned early after serving three months in his assigned mission said that his mother told him there was no option but to attend church the next day. He has born testimony that this was a most significant expectation that helped him move forward. In the same meeting, during a panel discussion, a young sister said that she did not go that first Sunday and spent one year out of the church before coming back.
4. **Responses from others.** Prepare to expect surprise from others -- surprise much like you and your family. Surprise does not necessarily mean judgement. Prepare some statement when asked “Why are you home early?” or “What happened?” Know that what most family and others want to know is if you still have a testimony. If you do, however so small it may feel at this point, tell them of your testimony and express some of the positive experiences you had as a missionary. If asked if you are going back, you may say that you and the Lord are deciding together. You may let them know, no matter what happens, that you plan doing what you must do to make it back to our Father in Heaven.
5. **Tell others that you served.** Elder Jeffrey R. Holland has said, “I want you to take the dignity and the strength and the faith that came from your four months [or whatever time it was] and cherish that forever, I don’t want you to apologize for coming home. When someone asks you if you have served a mission, you say yes. You do not need to follow that up with, ‘But it was only four months.’ Just forget that part and say yes you served a mission, and be proud of the time that you spent.”
6. **Remember your sacrifice.** There are many ways in which you sacrificed to go on your mission. The decision may have taken a long time. There may have been many fears. You may have left behind people and things that were near and dear to you. You went through much preparation. The Lord never forgets our sacrifices for Him and His work. You did that, for no matter how long that lasted! Your sacrifice will be more sacred to the Lord than your increase (D&C 117:13) as Oliver Granger came to know.*
7. **Read the Book of Mormon Every day.** An assignment may be made to search for all the scriptures that refer to a hope in Jesus Christ.
8. **Significant prayers.** It may be very possible to grow up in the Church and learn to pray, but saying prayers and honestly talking to God our Father, can be very different. President Henry B. Eyring has counseled, “If you pray, if you talk to God, and if you plead for the help you need, and if you thank him not only for help but for the patience and gentleness that come from not receiving all you desire right away or perhaps ever, then I promise you that you will draw closer to him. And then you will become diligent and longsuffering.” *Henry B. Eyring was the first counselor in the Presiding Bishopric of The Church of Jesus Christ of Latter-day Saints when this fireside address was given at Brigham Young University on 30 September 1990.*
9. **Church attendance.** Remember that LDS Church Buildings are the only places on earth that are available to anyone and dedicated by the priesthood of God to be places of worship.
10. **Sacrament.** Recognize this as a time where you may punish yourself and quickly change your thinking to accepting the Love Jesus offers you. Do not worry about tomorrow as Christ is already there.
11. **Family History work is missionary work.** Join hands with the missionaries on the other side of the veil as your companions to do missionary work with those that are waiting to receive your offering.

12. **Goals.** Not too many and too large at first. Forward looking focus and incremental success assists healing. Spiritual healing will come with the achievement of meaningful goals that move into the growth producing future the Lord wants for you. Be specific. Set a time frame. Begin, or continue, to be successful.
13. **Education.** Continue formal education in some way, once you feel you are ready. Anything will do, from reading a book, going to a lecture, taking an online course, or preparing to enter or reenter school.
14. **Serve.** Remember, the major goal of the mission was to serve others. That opportunity will always be available in so many ways. Some will be most exciting. We were designed by our Father to serve. We can serve out of fear, duty or love. Love is the highest form of service. Service makes us feel whole because we are living within the fashion of our design fashion. (Go to justserve.org and www.theReturnedMissionary.com/onlineMissionarywork.)
15. **Share your mission inspiration.** You received a measure of full-time missionary experiences that may bless the lives of others. In fact, these may be some of the reasons you were called on a mission, to where you were called and to what you experienced. Please don't let the early return rob others of knowing of these spiritual blessings.
16. **MTC.** When you are ready, you may want to revisit the MTC. If close enough, you may want to visit in person. If not close enough, you may want to go online and view the MTC. It would be nice to do this with parents, siblings, grandparents, close friends, other returned missionaries, and so forth. Talk about that experience.

*"Verily, verily, I say unto you, that when I give a commandment to any of the sons of men to do a work unto my name, and those sons of men go with all their might and with all they have to perform that work, and cease not their diligence, and **their enemies come upon them and hinder them from performing that work**, [physical ailments, mental/emotional trials, powerful negative influences from others -- as some possibilities we may have not considered as "their enemies"] behold, it behooveth me to require that work no more at the hands of those sons of men, but to accept of their offerings." (Doctrine and Covenants 124:49)*

*Give the story of Oliver Granger, agent to the Prophet Joseph Smith. *"And again, I say unto you, I remember my servant Oliver Granger; behold, verily I say unto him that his name shall be had in sacred remembrance from generation to generation, forever and ever, saith the Lord.*

*Therefore, let him contend earnestly for the redemption of the First Presidency of my Church, saith the Lord; and **when he falls he shall rise again, for his sacrifice shall be more sacred unto me than his increase, saith the Lord.**"*

(Doctrine and Covenants 1117:12-13) The only thing we really can truly give, that no one else can give, is our will to Him. He can always get his work accomplished. If we think we failed by not accomplishing His work, we did not fail if we gave, or will give, Him our sacrifices.

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