



# UNDER HIS WINGS

SEASON 4

EPISODE 58– Connection is the Cure

## SHOW NOTE HIGHLIGHTS

---

### Episode Show Notes

“The more I seek Jesus, the more I see Jesus.”

That DRAWING NEAR is something that we want to talk about today. Because we believe that it is by drawing near to each other, and to the Savior that is key in combating hopelessness.

Matthew 24 the apostles asked the Savior what would be the signs to look for to know that the Savior was coming again to the earth. He talked about wars, and turmoils and calamities, and then said that these would be only “the beginning of sorrows” (vs 8).

Elder Neil L Anderson address to college students at Brigham Young University:

<https://www.churchofjesuschrist.org/prophets-and-apostles/unto-all-the-world/a-compensatory-spiritual-power-for-the-righteous?lang=eng>

Connection is a sense of belonging, it is a sense that others understand you and your struggles so you feel supported as you face life’s battles..Experts have also found that Connection is a powerful preventive measure when it comes to battling mental health issues, suicide and addiction.

<https://apnews.com/article/teens-girls-mental-health-social-media-928d45094e94fccb81e1fa9aca30fcdf>

Reducing social media article:

<https://www.helpguide.org/articles/mental-health/social-media-and-mental-health.ht>

They will give you a list of signs to watch for. Things like:

- Spending more time on social media than with real world friends. (that is a red flag).
- comparing yourself unfavorably with others on social media.
- Being distracted at school or work.
- Suffering from sleep problems. And so many more. Those are all signs that it is time to cut back.

They say that even going out and eating in a park or public place alone is better than withdrawing into your room on social media.

Studies: <https://www.mcleanhospital.org/essential/it-or-not-social-medias-affecting-your-mental-health>

President Nelson admonishes each of us to learn more of the Atonement of Jesus Christ. Connection to Him will bring peace that we can find in no other way:

<https://www.churchofjesuschrist.org/study/general-conference/2022/10/47nelson?lang=eng>



# UNDER HIS WINGS

SEASON 4

EPISODE 58– Connection is the Cure

## SHOW NOTE HIGHLIGHTS

---

### Episode Show Notes

Matthew 11:28-30 ¶ Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; ... and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.”

Elder Gerald Lund’s yoking metaphor

[https://www2.byui.edu/Presentations/Transcripts/Devotionals/2008\\_09\\_23\\_Lund.htm](https://www2.byui.edu/Presentations/Transcripts/Devotionals/2008_09_23_Lund.htm)

### HUMAN YOKE



Sis Eubank: “one of the fundamental needs we have in order to grow is to stay connected to our source of light—Jesus Christ”

<https://www.churchofjesuschrist.org/study/general-conference/2019/04/42eubank?lang=eng>