



THE ENABLING POWER OF JESUS CHRIST AND HIS ATONEMENT



*"I can do all things
through Christ
which strengtheneth me"*

Philippians 4:13

*'O Lord, according to my faith which
is in thee, wilt thou deliver me from
the hands of my brethren; yea, even give me
strength that I may burst these bands with which
I am bound' ~1 Nephi 7:17*

*"I do not think the bands with which Nephi was bound just magically
fell from his hands and wrists. Rather, I suspect he was blessed with both
persistence and personal strength beyond his natural capacity, that he then
'in the strength of the Lord' ~ Mosiah 9:17 worked and twisted and tugged
on the cords, and ultimately and literally was enabled to break the bands."*²

Elder David A. Bednar

*"... Nephi did not pray
to have his circumstances changed. Rather,
he prayed for the strength
to change
his circumstances."*

I am Bound

*My hands burn
of these bonds
I have placed
there
myself.*

*My heart aches
from the chords
of unforgiveness
I allow
to continue
squeezing it.*

*My life struggles
from the
self-inflicted
chains
of my fear.*

*My soul twists
against the
circumstances
I neither wanted
or created.*

*But for you Lord
my burning
my aching
my struggle
my fight
is vain.*

*but with you
it is balm, peace,
strength and love.*

*Take my bonds
give me strength
hold me in thy
care.*

I am Unbound.

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