



Study Guide, Episode 106–How to Use Agency to Overcome Opposition

2 Nephi 1-2

00:00-10:50	“QOTW: What is agency & how do I use it to overcome opposition in all things?”
10:51-24:06	“Agency and balance: It’s about choices, responsibility & accountability”
24:07-28:03	“‘To act or to be acted upon’--Which are you choosing?”
28:04-36:55	“‘There is an opposition in all things’; The rubberband principle”
36:56-46:52	“How to use agency to live your story; Dealing with abuse & shame”
46:53-END	“‘Awake & arise’--Use agency to Come Unto Christ; Creation, Fall, Atonement”

- 1) What does “agency” mean to you? What does it mean to you that you are “free to choose” in this life? What choices are you making to bring you closer to Jesus Christ? Which choices might be leading you away? Ponder and write about this.
- 2) Have you ever had a “thorn in the flesh” that you've asked the Lord to remove? Was it removed? Or not? If so, remember & write about that experience. If not, ponder why the Lord might not remove it and what that might mean for His plan for you. Write about and/or discuss this with someone you love.
- 3) Ponder the concept of “to act or be acted upon” discussed in 24:07-28:04. In what ways are you currently being “acted upon”? What are you doing to more fully “act” or take action, in your life? Discuss this with your family or a friend this week.
- 4) Listen to 28:04-36:55 about the “rubberband principle”. What habits might be pulling you back and forth, over and over? What choices might you make instead, to help you stay your ground in the “middle,” healthier, more balanced-feeling place? Use this article to help you:
Create the Life You Desire–What’s Keeping You Stuck & How to get Unstuck
<https://www.drchristinahibbert.com/create-the-life-you-desire-part-1-whats-keeping-you-stuck-how-to-get-unstuck/>
- 5) What does it mean to you to “awake and arise” and to “be men (or women)”? How do you feel as you hear the quote by Russell M. Nelson in 46:33-END from “A Plea to My Sisters”? Do you feel your potential? Do you desire to arise and fulfill it? Sit with how you feel, pondering God’s plan for you. Consider in what ways the Lord asks you to “awake and arise” & serve Him, and then write about it in your journal.

Resources

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