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## Learning to Learn

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Hello good friend,

What are you learning?

Today I'm asking that question as an alternative to 'How are you doing?'

Because the answer to 'how are you doing' seems to be about how you feel about the things that are happening in your life. We could be doing well, if good things are happening, or not so well if bad things are happening.

But if learning is good for us, and we can learn from bad situations that happen to us, then we can always experience something good, even if we are really struggling. So, by asking 'What are you learning' I'm trying to help you see the silver lining in whatever clouds of darkness you're experiencing.

I'm mostly asking this for myself, because I'm always trying to learn. But that's easier said than done.

Really, we are creatures of learning. We're constantly consuming information, some of it more relevant than others, and it all affects us in different ways, depending on how we perceive it. So, if we're looking for something to learn, then we'll find it in all kinds of scenarios. The Lord said, "Seek and ye shall find." What should we be seeking then?

"Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls." (Matt. 11:29)

We should be seeking 'rest unto our souls'.

We do that by learning of Him.

What is learning of Christ? It's really learning how to emulate him, how to see things the way He did, and have His perception of what is happening to us.

"Though he were a Son, yet learned he obedience by the things which he suffered;" (Hebrews 5:8)

He learned by obedience and suffering. He didn't complain about what was happening (and He had the biggest reason to complain) but He knew it was part of his learning plan. His plan to fulfill His purpose here on earth.

We can do that too. All kinds of things happen to us, both good and bad, and if our goal is to learn something from them, then we can fulfill our purpose too, and learn to live 'after the manner of happiness.'

Happiness doesn't mean all will be going well for you, it means you know how to learn from the things which you suffer.

I'm trying to learn. I hope you are too.

Take care.

Bishop Williams

P.S.

- I hope you'll be inspired to share your testimony during Fast and Testimony meeting on Sunday.
  - A worldwide Friend to Friend Children event will be broadcast on Feb 19th at 9:00am. See here for details: <https://newsroom.churchofjesuschrist.org/event/february-2022-friend-to-friend-for-children>
  - A new video for the 2022 Youth Theme, Trust in the Lord, is awesome and very artistic. Watch it more than once and you'll learn something new: <https://www.churchofjesuschrist.org/learn/youth-theme-2022?lang=eng>
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