

Your value is not diminished by returning home early from your mission.

5 Truths to Remember as You Heal

#1: God loves you

All of us experience adversity at various times on our mortal journey. Faith in Jesus Christ is not an immunization against adversity—it's a principle that can help you through it. Because of His atoning sacrifice, Christ has the power to not only cleanse us from sin but also to provide solace, understanding, healing, and support. (See Elder Jeffrey R. Holland's general conference address, "[Like a Broken Vessel](#).")

#2: The scriptures tell of healing

God speaks through the Holy Ghost, accessed through, among other things, the sincere study and application of the scriptures. Read about Helaman's warriors and others who fell wounded in their journey through life, to find understanding. Look for other examples of how Heavenly Father ministered to and helped heal those who sought to follow Him in the past.

#3: Service helps you heal

God wants you to be "anxiously engaged" in good causes ([see Doctrine and Covenants 58:27](#)) because that is what will help you heal. Look outward and pray for opportunities to serve others.

#4: Prayer can open your eyes

Express gratitude to Heavenly Father. He wants to help you heal. Ask Him to strengthen you and open your eyes to things He is already doing to bless and heal you and also for strength to look outside yourself to bless others.

#5: Others might not understand

Not everyone will understand your situation, and they might say things out of ignorance. But don't let this get you down! Focus on expressing gratitude for those who strengthen you, and pray for help to forgive others if they don't understand your situation completely.

3 Ways to Handle Coming Home Early

#1: Come unto Christ

No matter what caused you to come home, Christ can help you solve it. His Atonement is not just for repentance; it's also for solace, understanding, and healing.

#2: Remember it can be a step forward

As long as you are living worthy of the Spirit and doing your best, seeming stumbling blocks can be platforms to progression.

#3: Keep busy

Transitioning from a regimented and busy missionary lifestyle to doing nothing might mean a lot of downtime to mope and feel inadequate and sad, which is what Satan wants. God wants you to be "anxiously engaged" in good causes ([see D&C 58:27](#)) because that is what will help you be happy.



ADDITIONAL RESOURCES

"Returning Home Early from My Mission"

Brittany Casco

"My Mission Was Cut Short"

Lisandra Brothers

"Missionaries Who Return Home Early"

on churchofjesuschrist.org