

Coming home is hard, but with effort you can make your early return an honorable and helpful step forward.



ADDITIONAL RESOURCES

For Returned Missionaries: 6 Ways to Handle Coming Home Early

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.

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.

Keep up scripture habits. God speaks through the Holy Ghost, accessed through, among other things, the sincere study and application of the scriptures. You might find that God has whole chapters written just to bring you comfort.

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.

Pray for help. Heavenly Father is waiting with blessings of comfort and guidance. All you have to do is ask. Overcoming any trial requires the Lord's help.

Give people the benefit of the doubt. It will be easy to find reasons to be offended by people who may really care about you but might not know how to react to your situation. Focus on the people who are rooting for you and be forgiving of those who pass judgment.

For Loved Ones: 5 Ways to Help Missionaries Who Come Home Early

Don't judge. People who come home early are in the process of healing or fixing something, whether it's their body, mind, spirit, or even family. Be kind to those who are striving and struggling.

Stop asking questions. While it's genuinely nice to have people care, probing questions can be harmful. Even if you have kind intentions, don't interrogate an early-returned missionary. Show your love through other kinds of support.

Help them stay busy. It's difficult to adjust from the order and activity of a mission to the downtime and new choices at home. Help them find productive, fun, and wholesome things to do.

Let them receive their own revelation. Whether or not missionaries choose to go back into the mission field is between them and Heavenly Father. Encourage them to seek heavenly counsel and trust them to receive their own answers.

Be a friend. Most likely, this will be one of the most difficult trials in an early-returned missionary's life. Many have their faith severely challenged. That doesn't mean that they cannot be happy or progress, but they need a friend who is willing to love them unconditionally.

Jenny Rollins, "Dealing with Coming Home Early," *Ensign*, July 2016

"Returning Home Early from My Mission," by Brittany Romanello Casco.

"My Mission Was Cut Short," By Lisandra Brothers

"What if I am not able to serve a full-time mission due to health concerns?" www.lds.org/callings/missionary/-faqs?lang=eng#what-if-i-am-not

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