

Noun: *Reliance on one's own powers and resources rather than those of others.*

Self-reliance is essential to care for our families and ourselves. As people become self-reliant, they are better prepared to endure adversities while they are better able to care for others in need.

The Heavenly Father has given us the talents, abilities, and material goods we need to be self sufficient. The bible says: "*But if any provide not for his own, and specially for those of his own house, he hath denied the faith, and is worse than an infidel* " (1 Timothy 5:8). In other words, a person who does not provide for his own has denied the faith.