

## **Section Two**

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#### **49. Becoming a Disciple of Our Lord Jesus Christ**

Mormon declared in 3 Nephi 5:13, "Behold, I am a disciple of Jesus Christ, the Son of God. I have been called of him to declare his word among his people that they might have everlasting life". Elder Robert D. Hales taught, "The attributes of the Savior, as we perceive them, are not a script to be followed or a list to be checked off. They are interwoven characteristics, added one to another, which develop in us in interactive ways. We cannot obtain one Christlike attribute without also obtaining and influencing others. As one characteristic becomes strong, so do many more. The pathway of discipleship is much like an apprentice, learning from observing, assisting and eventually learning and mastering the characteristics of the master teacher." In 2 Peter 1:4-7, He encouraged us to be partakers of the divine nature, giving all diligence to develop faith, virtue, knowledge, temperance, patience, godliness, brotherly kindness, and charity. **Our Lord and Savior Jesus Christ demonstrated infinite Christlike characteristics, and we develop them through His grace and enabling power of the atonement.** It is our obligation to do all that we can and then stand still to see His mighty hand perform the simple and mighty miracles that will help us to carry on His work here upon the earth.

#### **50. Faith, Hope, and Love**

**Faith, hope, and charity or love establish the foundation for a life of joy, peace, and progression toward eternal life.** Faith allows us to take the first step in obedience to the will of God. Hope gives the courage to follow through in the difficult hours as we persevere onward in the earnest expectation that we will achieve what we desire and long for. Charity or Christlike love is the greatest power in the universe as God first loved us and we have the opportunity to love and serve Him and our fellow man. This song reflects the message that Faith, Hope, and Love will lead us along the pathway home to God.

##### Faith, Hope, and Love

Faith in our Savior gives strength to obey,  
Leading us onward and lighting the way.  
Faith gives us courage, casting out fear.  
Faith helps us follow our Savior so dear.

Hope has a power to beam as the sun.  
Hope helps us follow the Anointed One.  
Hope gives us vision, helping us to see  
On through our trials to eternity.

Love is the gift from our Father above,  
Filling our hearts and our lives with that Love.  
Love fills us with peace and joy from above.  
Love helps us feel of our dear Savior's love.

Chorus:

Faith, hope, and love; faith, hope, and love.  
Precious are gifts from our Father above.  
Gifts of the spirit guide us each day,  
Lifting us upward, for them we pray. RTS.

### 51. Love Begets Love

“It is a time-honored adage that **love begets love**. Let us pour forth love- show forth our kindness unto all mankind.” (Joseph Smith). In the world today it appears that hate begets hate with all of the violence that we see all around us. Cycles of hate must be broken and cycles of love must be initiated for us to live in peace among our fellow man. President Russell M. Nelson invited us to: “Expand our circle of love to embrace the whole human family.” When we realize that we are a part of the family of all mankind, it should help us to put into a proper perspective our relationship with everyone around us. We do make a difference, for good or for evil. We either initiate and perpetuate circles of love and kindness, or we perpetuate circles of mistrust and ill will toward those around us. **Let us choose love in all that we do, in all that we say, in our words as well as actions each and every day of our lives.**

### 52. Joy and Sorrow

It has been said that, “**The only way to take the sorrow out of death is to take the joy out of life.**” The Book of Mormon teaches a great lesson in 2 Nephi chapter 2 as it explains that opposition is necessary in all things. There are polar opposites of wickedness and happiness, holiness and misery, life and death, or good and evil. It must have caused incomprehensible sorrow for our Heavenly Father to lose one third of His children in the war in heaven but it gave us the eternal principle of agency that was necessary for our progression. Through agency we are free to choose liberty and eternal life through the great mediator and His atonement, or to choose captivity and death according to the power of the devil. When we understand this great lesson in life we come to understand choices and consequences. We can choose our actions but we cannot choose the consequences of those actions, for they are set according to eternal law. In our lives let us learn the lessons that come through obedience, righteousness, following the Savior and shunning the temptations of the devil, that we may truly experience the great joy of living and the incomprehensible joy of eternal life that Heavenly Father has prepared for those who love Him.

### 53. The Leap of Faith

#### The Leap of Faith

When the storm clouds gather, and you feel alone,  
Search and pray, then listen, you are not alone.  
When the night seems darkest, do not lose your faith,  
Gather all your courage, take the leap of faith.

When your dreams seem shattered, when all hope seems lost,  
Know that you are rescued, He has paid the cost.  
Know that there's a Light there, showing you the way,  
In your darkest hours, He'll turn night to day.

Faith is then the secret, faith is why we're here,  
Faith leads to the Shepherd, He's our Savior dear.  
Faith can move our mountains, He will show the way,  
Faith leads to our Shepherd, He'll turn night to day.

Chorus:

Take the leap of faith, don't let fear o'ercome you.  
Take the leap of faith, choose faith, hope and love.  
Take the leap of faith, His light will surround you.  
Take the leap of faith, strength will come from above. December 2022. RTS

There are times in each of our lives when we know that alone we cannot handle the situation before us. It is in those times that our faith is tested and we must take the step of faith into the unknown. Know that in those moments and hours, our Savior is there, to strengthen us, guide us and show us the way. In this life we are to walk by faith and not by sight. Let us walk the path of faith throughout our lives until our faith does become sight through the merits, mercy and infinite love of our Elder Brother, Jesus the Christ. This song invites us to **Take the Leap of Faith** that we may pass through our darkest hours into the light of day.

#### 54. Be Still

“Be still, and know that I am God.” (Isa. 46:10). What a promise is found in these simple words. We live in a world of chaos and commotion. It is wonderful to know that amidst all the turmoil we can find peace. Where can peace be found? It is found in the quiet whisperings of the spirit as we step away from all worldly cares and focus on hearing the voice of the Father. Just as the Lord was not found in the earthquake or the mighty wind, if we will but be quiet and listen, then we can hear Him and eventually come to see Him and dwell with Him. These simple words give a guide to help us be still and **HEAR HIM!**

##### Be Still

Be still, and know that I am God.  
Be still, hear answers to your prayers.  
Be still, and you shall see my pow’r.  
Be still, and walk with Me each hour.

Be still, and you shall hear My voice.  
Be still, and find in Me your choice.  
Be still, though waves and thunder roll.  
Be still, My peace I will bestow.

Be still, and you shall feel My love.  
Be still, find mercy from above.  
Be still and you My face shall see,  
And dwell with Me eternally. RTS

#### 55. Thou Shalt Thank the Lord Thy God

“Thou shalt thank the Lord thy God in all things.” (D&C 59:7). Thankfulness and Gratitude are two twin qualities that help us find joy in our lives. It has been said that thankfulness is the beginning of gratitude. We need to recognize that all we have comes from God: the air we breathe, the food we eat, the clothes that we wear, the roof over our head and even our bodies themselves come from a loving Heavenly Father who desires to bestow the richest blessings on his beloved children. We live in a day of plenty and it is easy to take for granted all that we have. We sit in air conditioned cars and can fly around the world. We talk to and even see images of those that we are talking with. We have the miracles of modern medicine, yet at times we are not satisfied. Talk sometime with those who grew up and experienced depression or have suffered chronic illness throughout their lives. Talk with those who live in third world countries and see people dying all around them because of starvation or disease. Talk with those who have seen the ravages of war and the loneliness of despair. President Hinckley counseled us to have “An attitude of gratitude.” It will enrich our lives and increase our joy. It will fill our hearts and turn them to our Father in Heaven to thank Him daily and even hourly for all that He has given to us. **Even in difficult times we have so much to be grateful for. Let us indeed thank our Father in Heaven daily for all that He has given us, all that He gives us now, and all that He will continue to give us through eternity.**

## 56. Charity Never Faileth

### Charity Never Faileth

Charity never faileth, all other things may fail.  
It abideth forever in the hearts of those who dwell  
In peace and love in all they do among their fellow man;  
Who reach out arms to lift and serve in every way they can.

Following the Savior throughout His life we see  
The perfect example of love and charity.  
He gave His all in all He did in service and in love.  
He lifted up each troubled heart with mercy from above

1st chorus:

Yes, loving all people whoever they were  
Yes, loving all people wherever they'd been.  
Yes, loving all people as Jesus loved them  
Yes, loving each person with unconditional love.

May we then always serve Him in every act we do  
By asking this question: Lord, what wilt thou have me do?  
I'll go dear Lord where thou would ask and spread Thy love to all  
Of Thy dear children here on earth, to all both great and small.

2nd chorus:

Yes, loving all people whoever they are,  
Yes, loving all people wherever they've been.  
Yes, loving all people all people as Jesus loved them  
Yes, loving each person with unconditional love. RTS

**Of all the qualities one can develop here on the earth, charity, or the pure love of Christ should be our deepest desire. The ability to see as He would see, to love as He would love, and to do as He would do is the perfect example for us to follow.** May we pray to the Father that we may receive the gift of charity, which He bestows upon all who are true followers of His Son; that we may become the sons and daughters of God. (See Moroni 7:48).

### **57. My Life Is My Message**

**“My life is my message.”** What a powerful statement by Mahatma Gandhi! When you think about it, your life truly is the message that you leave with others. Your life reflects your priorities, your attitudes, your devotion to cause and is the greatest example of who you are. There is a message, “What you are doing speaks so loudly in my ears that I cannot hear what you say.” During our lives our characters are formed and become an automatic reflection of our thoughts, our actions, and the desires of our hearts. During our lives we have the opportunity to show our “true colors” through the trials, joys and experiences of life. Our lives become an imprint that affects the lives of others around us. We can use words to tell others we love them, but our actions of the heart speak volumes more and have a more lasting effect. What message do you want to leave with those you care about in this life? That message will be left by the life you live, by the service you render, and the example that you set by the pattern of choices that you make throughout your life. May we all be able to say, as George Albert Smith when asked by his deceased grandfather in a dream, “I would like to know what have you done with my name?” May we be able to respond as he did with a smile, “I have never done anything with your name of which you need to be ashamed.”

### **58. Make Weak Things Become Strong**

As Moroni was compiling and condensing the record of the Jaredites in the Book of Ether in the Book of Mormon he sensed his inadequacies. He noted that their words were powerful and strong but he noted that they stumbled in the placing of their words in writing. He feared that the gentiles would mock his words. The Lord counseled him in these words: Ether 12:27: “And if men come unto me I will show unto them their weakness, I give unto men weakness that they may be humble; and my grace is sufficient for all men that humble themselves before me; for if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them.” There are two qualifications to make our weaknesses become strengths: One is to be humble or teachable, and the second qualification is faith in Jesus Christ. If we have sufficient faith we can do all things that are needful. Enoch is a great example of weak things becoming strengths. When the Lord called Enoch, the humble Enoch declared that all the people hated him because he was slow of speech. The Lord told Enoch, “Open thy mouth and it shall be filled, and I will give thee utterance.” (Moses 6:32). So great was the faith of Enoch that mountains moved and the rivers fled out of their course. **As we are humble and put our faith and trust in the Lord, He will indeed make us strong to accomplish whatever His will may be.**

## **59. Love the Children**

It has been said that it takes a community to raise a child. Of course we have our own children, but what of all those children that we see grow up through the years? The ripples of life affect so many and the impressions on the minds of young children during the formative years makes an indelible imprint on their minds that will affect their lives forever. May we always remember the importance of children, seeing them not only for who they are now but who they will someday become. This song is entitled "Love the Children," pointing to children all around us and the importance of showing them love and teaching them who they really are.

### Love the Children

Love the children every one, as a daughter or a son.  
Teach them how to love the Lord and obey His every word.  
Teach them who they really are, help them find out why they're here.  
Help them drink the water clear, water from the Savior dear.

Pray for them each day and night, keep your candle shining bright.  
Take the spirit as your guide, become humble without pride.  
Find the joy true service gives, teach those spirits that God lives.  
Give your strength, yes, give your all, show your love to one and all.

Now be faithful in your call, for it matters to us all.  
Father's helpers we must be, walking toward eternity.  
Father's plan is full of love and He watches from above.  
Love the children as your own, help them find their way back home. RTS.

## **60. Love First, Love Last, Love Always**

Where do we begin and where do we end? We seek to understand to love God but we know that He loved us first. His love continues to the end because it is from everlasting to everlasting. God loves us always, at all times and in all places and in all circumstances that we may be in because His love for us is unconditional. He is in all things and through all things and the light of all things. The first and second great commandments are: "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbor as thyself. On these two commandments hang all the law and the prophets." (Matt. 22:37-40).



Love First, Love Last, Love Always

What is the most important thing of all?  
How will we be rescued from the fall?  
Why were we sent here to the earth?  
How great a miracle is each birth?  
How can we know of God above?  
How can we feel of His great love?

Love is the reason we are here.  
Love has the power to save this sphere.  
Love is the greatest force of all.  
Love has the power to save us all.  
Love gives us hope in darkest days.  
Love first, love last, love always. RTS

### **61. Remember, Remember**

One of the most important words in the English language is *Remember*. To remember helps us to learn lessons from the past and to be more wise in the future. Another of the most important words is *Covenants*, for covenants bind us to God and provide the avenue to return to His presence. In the sacrament prayers the word *remembrance and remember* are mentioned in the prayers on both the bread and the water. If we will remember Christ and turn our eyes and hearts to Him we will be on the path leading to eternal life. We need to also remember who we are and the heritage that has been given to each of us. This song reflects on the importance of remembering and the guide it will be to us.

Remember, Remember

Remember, remember, remember who you are.  
Remember those who came before, who came from near and far.  
Remember those who gave their all, that we may now be free.  
Remember those whose names you bear, whose seed you came to be.

Remember your lineage, your heritage so dear.  
Remember now their sacrifice, their joy and trials and tears.  
Remember those who served their God, their work, their toil, their love.  
Remember now your Father dear, your Father up above.

Remember your Savior, His blood once shed for you.  
Remember now your covenants, to stand in all things true.  
Remember now your loved ones dear, those of your family tree.  
Remember that in Father's eyes, we're one great family.

Conclusion:

Remember, remember, remember why we're here.  
Remember where we came from, the circle of life's sphere.  
With hearts now knit together, let's journey not alone.  
Let's walk the path together, to our eternal home. RTS.

## **62. The Foundation for Happiness**

Elder Quentin L. Cook provided some excellent counsel on achieving the pathway to happiness. He said: “We inevitably must make choices; if we know the doctrines and principles of the gospel, we will make wise choices. If our lives are pure, the Spirit will guide us.” He then offered these six principles of achieving happiness in our lives.

1. ‘Be humble and grateful for all your blessings.’
2. ‘Be valiant in your own testimony as a foundation for all the choices you make.’
3. ‘Commit to the eternal institution of the family as the foundation for happiness.’
4. ‘Be involved in the world in a positive way.’
5. ‘Live and communicate your standards to those with whom you work.’
6. ‘You will need to be a light to the people where you live.’

If we will follow these principles in making decisions throughout our lives, we need not fear, but will find the fountain of happiness that flows in, and through and around us in all that we do.

## **63. Spread Love Everywhere**

**“Spread love everywhere you go. Let no one ever come to you without leaving happier.” (Mother Teresa).** Mother Teresa understood the first and second great commandments: “Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy might. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbor as thyself. On these two commandments hang all the law and the prophets.” (Matt. 22:37-40). When it comes down to it, love is everything. God is love, and we should strive to become love in all that we say and all that we do, in all that we become. The invitation to spread love everywhere means that we spread love with everyone we meet at all times and in all places that we may be in, even until death. That is the pathway of discipleship and the path that leads to heaven.

## **64. Love's Found in Giving**

### Love's Found in Giving

Love's found in giving, giving our all.  
Love's found in serving, both the great and small.  
Love's found in doing, in answering the call.  
Love's found in being, as God showed us all.

Love is a feeling to brighten the day.  
Love's found in sunshine, to show us the way.  
Love is a beacon that turns night to day.  
Love lasts forever when with God we stay.

Love's filled with beauty when truly I see,  
The world all around me, all given to me.  
Love is a heart filled with eyes now to see.  
What Father wants now, yes, for you and for me. RTS.

Love is truly found when we give of ourselves in serving, seeing, and being what God would have us to be. Love is found in the beauty all around us in the world we live in and in His children here upon the earth.

## **65. God is Love**

During our university studies we had a classmate and friend named Steve. He was impressed with members of the church and wanted to know more. He was most interested in the nature of God. We spoke of our beliefs and answered his questions. When we finished our conversation I had not communicated what he was looking for. He was looking for the message that God is love, as found in First John 3:8. I had failed to communicate the most basic truth about God, for truly He is love. I have reflected on that conversation many times and have resolved to always share that message; "He that loveth not, knoweth not God, for God is love." Often we learn more from our failures than our successes. The love of God is all around us and is manifested clearly in providing a Savior for us, even Jesus Christ, to enable us to someday return to His presence through the atonement. **As we come to know God we are also filled with a portion of the love that He possesses. It has been said that maybe we cannot do great things, but we can do small things with great love.**

## 66. Ye Shall Not Fear

It has been said that faith and fear cannot coexist at the same time in our lives. We have been taught that perfect faith casts out fear. As we put our lives in the hands of the Lord, we start to gain the eternal and not the mortal perspective. The Savior taught us not to fear that which can kill the body, but rather to avoid those things that will destroy our souls or make us unworthy to return to His presence. We have also been taught: "If ye are prepared ye shall not fear." (D&C 38:30). As we place our faith in Jesus Christ we are able to accomplish all things that are needed with His help. The Lord has said that "Where two or three are gathered together in my name, there I am in the midst of them." (Matt. 18:20). The following verses help us understand how to have faith not fear in our lives.

### Ye Shall Not Fear

Ye shall not fear (ye shall not fear) if ye are prepared.

Ye shall not fear (ye shall not fear) if you're filled with love.

Ye shall not fear (ye shall not fear) if your heart is pure.

Ye shall not fear, for the Lord is near.

Ye shall not fear (ye shall not fear) nor shall ye fall.

If ye have followed (if ye have followed) the Lord in all.

Fear not what man (fear not what man) nor the world can do.

The Lord is there and will stand by you

Lift up your heart (lift up your heart) and be of good cheer.

Go take the hand (go take the hand) of the Savior dear.

Go forth in love, (go forth in love) yes perfect love.

There's one who loves you in heav'n above.

### Chorus

Ye shall not fear, no ye shall not fear.

Ye shall not fear, for the Lord is near. RTS

## 67. Be Happy Now

The poet Robert Green Ingersoll penned these timely words:

The time to be happy is now.

The place to be happy is here.

The way to be happy is to make others so.

Happiness can be so fleeting, or it can become our companion if we follow the formula that leads to it. Too many people say, "I will be happy when..." when I graduate, when I get married, when I have a good job, when I am out of debt, etc, etc. The message of the simple verse related above shares a wonderful, yet simple lesson about life. **Choose to be happy now, choose to find happiness in whatever circumstances you may be in, and choose to lift the lives and burdens of others.**

## **68. What Shall We Hope For?**

In a powerful chapter of the Book of Mormon, Moroni relates the words of his father Mormon as he teaches about faith, hope and charity. Mormon asks the question: **“And what is it that ye shall hope for?”** He then goes on to answer his own question: **“Behold I say unto you that ye shall hope through the atonement of Christ and the power of his resurrection, to be raised unto life eternal, and this because of your faith in him according to the promise.”** (Moroni 7:41). Our hope is to attain eternal life through the atonement and resurrection of the Savior. The opposite of hope is despair and giving up. When we face those monumental trials in life we must **never give up and never give in!** Have you ever seen a spring of water flow forth from a mountain glen? It is a beautiful manifestation of God’s handiwork. Let us fill our lives with hope, for **hope springs eternal.**

## **69. Charity, the Pure Love of Christ**

Moroni taught that: **“Charity is the pure love of Christ and it endureth forever; and whoso is found possessed of it at the last day it shall be well with him. Wherefore my beloved brethren, pray unto the Father with all the energy of heart, that ye may be filled with this love which he bestowed upon all who are true followers of his Son, Jesus Christ.”** (Moroni 7:47-48). Charity is a gift from God as we strive to see others as Christ sees them and to do for them what He would do for them. The apostle Paul taught the Corinthians that, **“Though I have the gift of prophecy and understand all mysteries, and all knowledge, and though I have all faith, so that I could remove mountains, and have not charity, I am nothing.”**(1 Cor. 13). We need to pray for charity and then live so that charity can be manifested through us. Charity is the full expression of love which is something that we cannot achieve without the additional blessing and gift from our Heavenly Father. It is something we can strive to develop by asking, **“What would Jesus do?”** and then doing what He would do. Charity overcomes hatred and hard feelings. It brings us closer to God and will bring us great joy as we return to His presence.

## **70. Thankfulness Expands All Virtues**

As the Savior performed His earthly ministry there was one occasion when **“there met Him ten men that were lepers, which stood afar off: And they lifted up their voices, and said, Jesus, Master, have mercy on us. And when he saw them, he said unto them, Go shew yourselves unto the priests. And it came to pass that, as they went, they were cleansed. And one of them, when he saw that he was healed, turned back, and with a loud voice glorified God, And fell down on his face at his feet, giving him thanks: and he was a Samaritan.”** (Luke 17:12-16). John Henry Jowett wrote an insightful poem, putting into perspective the importance of Thanksgiving as relates to other positive virtues. He said:

**Life without thankfulness is devoid of love and passion.**

**Hope without thankfulness is lacking in fine perception.**

**Faith without thankfulness lacks strength and fortitude.**

**Every virtue divorced from thankfulness is maimed**

**And limps along the spiritual road.      (John Henry Jowett)**

## 71. Whoever is Happy

**“Whoever is happy will make others happy too.” (Anne Frank).** Anne Frank was a young German-Dutch diarist of Jewish descent who recorded her thoughts in her diary that has become a classic in reflection on the Jewish Holocaust. Her insightful perspective shares the thought that we can be positive and find happiness regardless of the circumstances around us. Of course we can't make another person happy, but when we express happiness through our spoken and unspoken words and actions it becomes a beacon of light to those around us. Happiness is contagious as it helps us begin to count our blessings and not our trials. Happiness is expressed through a smile or a kindly word that lifts others and helps them see the world through another lens. **If Anne Frank could be happy in her set of circumstances, we should be able to find happiness in our set of circumstances, whatever they may be.** Choose to be happy, choose to smile, and choose to see the rainbow and not only the rain as you walk through the pathway of life.

## 72. A Song of Thanksgiving

**We have been blessed with life, health and strength; freedom to move as we desire and to choose which path we will follow. We have a wonderful earth filled with everything we need to not only survive, but to thrive. When you think about it, we have so many blessings that it is impossible to count all of them.** Truly our hearts should overflow with gratitude to our great God for all that he has given us, and all that he continues to give us each moment and each hour of every day that we live here upon the earth. This song attempts to express a small portion of gratitude and thanks for all we enjoy here on the earth.

### A Song of Thanksgiving

A song of Thanksgiving and praises I'll sing,  
Give thanks for my blessings to my Lord and King;  
I'll give honor and glory for His love divine.  
I'll thank Him for beauty and all that is mine.

I'm grateful for freedom to choose who I'd be.  
I'm grateful for light, health, and vision to see.  
I give thanks for a Savior who bled once for me,  
Whose sacrifice opened the door to be free.

I'm grateful for life, breath, and strength to go on.  
I'm grateful for fam-ilies, a place to belong.  
I give thanks for a gospel of service and love.  
May we now live worthy to join God above.

Conclusion

A song of Thanksgiving, may we now rejoice;  
Give thanks for each other and freedom of choice.  
May we treasure our blessings and help from above,  
And return to His presence, to His arms of love. RTS

### **73. The Thirteenth Article of Faith**

Have you ever considered the wonderful counsel contained in the 13th Article of Faith? It has been said that we should repeat and reflect on the counsel of the 13th Article of Faith regularly, even daily. Sometimes we gloss over the words contained in that Article of Faith, but they are indeed beautiful and full of direction for our lives. Have you thought about what it means to be benevolent? To be benevolent is to live a kind, big hearted, good natured, compassionate and unselfish life. It is to live as the Savior did in a positive and uplifting way. These qualities along with being honest, true, chaste, virtuous, and in doing good to all men lift the character of our lives to new levels. Another question is, **“Where do we find the admonition of Paul?” The answer is found in Philippians 4:8: “Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.”**

### **74. Be Ye Clean**

When Heavenly Father sent us here to the earth, **He gave us a precious gift that He wanted us to guard throughout our lives. This gift is so precious that we should fight and lay down our lives before surrendering the precious gift of chastity.** Our body is a temple, a marvelous miracle that records all the events of our lives. When we return home one question will be, “What have you done with your body? Have you kept it pure and clean?” May we always treat our body as a temple and we will be entitled to the great peace and joy that comes through the spirit. This song expresses the blessings and responsibility to be clean in all that we do.

#### Be Ye Clean

Be ye clean that bear the vessels of the Lord,  
Be ye clean in every thought and deed and word.  
Be ye clean that ye may be as leaven,  
Ye must be clean to enter into heaven.

By the grace of God ye may be purified,  
Trust the Lord, lean on His arm when you are tried.  
Gather strength to overcome temptation;  
Go share the joy and message of salvation.

Serve the Lord with all your heart, might, mind, and strength;  
Take His spirit with you by the prayer of faith.  
He will guide you and his arms surround you  
If you are faithful, He will come to you. RTS

## 75. Truly Penitent

The word penitent in a gospel sense denotes sorrow and a genuine regret for sins, a commitment to receive the gospel and comply fully with the law of repentance. Alma, in teaching his wayward son Corianton, taught plainly of the need for a penitent heart and the results of that penitence. He taught: "Mercy claimeth the penitent, and mercy cometh because of the atonement; and the atonement bringeth to pass the resurrection of the dead; and the resurrection of the dead bringeth men back into the presence of God; and thus they are restored in his presence, to be judged according to their works, according to the law and justice. For behold, justice exerciseth all his demands, and also mercy claimeth all which is her own; and thus, none but the truly penitent are saved." (Alma 42:23-24). **If we want to be saved in the kingdom of heaven we must become penitent, that the mercy of God through the atonement of the Savior will cleanse us from all sin and make us clean and worthy to enter into the brilliant light of the Father.**

## 76. Listen

(A children's song)

Listen to the voice within that speaks from God above.  
He'll listen and He'll guide you and bless with His love.  
He loves us as His children, each and every one.  
He wants us to come back to Him to see his face again.

So He sent His spirit to fill our lives with peace.  
He's filled this world with beauty and sent His Son with love.  
Oh, may we ever listen, faithful to the end,  
That to His presence we'll return through He who is our friend.

I know if I'm faithful I'll live with Him someday,  
If I'll but learn to listen, and how to watch and pray.  
So listen to the Spirit, yes, listen and obey.  
Hold on the rod that leads along the straight and narrow way.  
Conclusion:

I may not know about everything, but this much I do know:  
God lives and hears us when we pray  
And He'll walk with us day by day  
As throughout this life we now go  
Because He loves us so. RTS.

Isn't it interesting that the words listen and silent contain the same letters? If we are truly listening, we are not talking, we are carefully considering the message we are receiving. **If we are a true friend we will take the time to listen, reflect on, and then respond in a kind and loving way to those who share with us the deepest thoughts of their hearts.** In a marvelous way a loving Father has prepared a way for a member of the Godhead to be with us always through His Spirit, even the comforter, the Holy Ghost to guide and be with us always? God speaks, and it is up to us to learn to listen and then obey those marvelous promptings that will align our will with God and make us instruments in His hands to accomplish His great work that will lead us home to Him.



## **77. Follow The Light**

A Group on an overnight campout went on a night hike to spend some time in observation and meditation. They climbed out of a deep ravine and each took their place along the path to spend some time alone. On that night there was one object which shone far above the rest, a beacon light which radiated light to the entire area. During that time of reflection hearts were turned to the Savior. He truly is the light and life of the world, and the light that we should follow throughout our lives. As we live in His light we also can become a beacon to others in a dark and troubled world. This song speaks of following the light of the Savior.

### Follow the Light

Follow the light of the Savior. Follow the light of His love.

Drink of His living water, as sent from the Father above.

Drink of the cup of His mercy. Bask in the light of His love.

Follow the shepherd that calls you, into the arms of His love.

;

Follow the light, flee the darkness, Let your light shine before men.

See now the light that will guide you, that light which gives hope once again.

Keep your eyes turned ever upward, up to the beacon of life.

Follow the light of the gospel, leading to eternal life.

Let that light shine now within you, glowing yet stronger each day.

Walk to the edge of the darkness, then into the light of the day.

Open your hearts to the Savior, as He said, "Come follow me."

Follow the light everlasting, throughout all eternity.

Chorus:

Follow the light, follow the light, feel now His light within you.

Follow His light by choosing the right and the Lord will be ever with you. RTS

## 78. Finding Joy

In explaining the purpose for life, Nephi declared, "Men are that they might have joy." (2 Nephi 2:25). Christ's birth brought a declaration of "Joy to the World, the Lord is Come." That joy and light is the pursuit of each of us in our lives. Joy is a feeling of peace and contentment that comes through righteous living; joy that we come to understand as we also experience sorrow in our lives. There is joy in the journey that comes through working toward our salvation and walking along the path that leads back to the Father. There is great joy in families. The apostle John wrote, "**I have no greater joy than to hear that my children walk in truth.**" Ammon and his brethren experienced great joy through missionary work, the joy that comes through seeing spiritual rebirth and an awakening of our true purpose here on the earth. We all shouted with joy at the prospect of coming to the earth and our object is to find that peace and joy here on the earth. The great results of gospel obedience are righteousness, peace and joy in the Holy Ghost. Joy is indeed a gift of the spirit. Obtaining ultimate joy is attaining exaltation and entering into the joy of the Lord. Our joy is proportionate to our obedience and service in building Heavenly Father's kingdom here on the earth. As D&C 18:15 declares, "And if it so be that you should labor all your days in crying repentance unto this people, and bring, save it be one soul unto me, how great shall be your joy with him in the kingdom of my Father." That declaration indicates that if another soul is with the Father, then so are we. Let us start with our families and loved ones to truly experience that joy found among the faithful.

## 79. Give Thanks

We have so much to be thankful for. We owe thanks and praise to God but also to our fellow men that help us along the way. The simple words "Thank You" are powerful words that communicate appreciation for the efforts of others on our behalf. Not only at the time of Thanksgiving should we count our blessings, but each and every day as the Father bestows all of the blessings upon us that He possibly can. Often we recognize ways in which others have helped us but too often the words "Thank You" are taken for granted and not spoken. **The simple words "Thank You" are a positive affirmation that bless both the giver and the receiver. It builds bonds of communication and happiness as we recognize the good things we enjoy in life. Giving thanks in a way is like saying "I love you or care about you."** Some people think if they have told people that they love them once that will be sufficient forever. It is better to say, "Thank You" too often instead of not often enough. When we say thanks, others will recognize that we have paid attention to their efforts on our behalf. There are many in this life who perform many acts of kindness on behalf of others but only hear when complaints are expressed. Most of us have far more positives than negatives in our lives and an expression of thanks for those positives helps to keep us on the positive side of the ledger of life. Be sure to thank someone every day, including your teachers and parents for their efforts on your behalf. It will make the world a better and happier place to live in.

## 80. Compassion

We find no better example of compassion than the example of our Lord and Savior Jesus Christ. Compassion consists of sorrow for another's sufferings, in having pity and sympathy for them and in exhibiting mercy, tenderness and kindness toward them. To the multitudes who had been with Him three days without food He showed compassion in providing needed food; to the lepers He showed compassion by providing needed cleansing; to the woman with the issue of blood and the woman taken in adultery He showed perfect compassion. He wept at the grave of Lazarus and had compassion for those who mourned. **He exhibited perfect compassion in carrying out the infinite atonement through His grace and even in His sufferings on the cross when He said, "Father forgive them for they know not what they do."** May we grow in our ability to mourn with those that mourn and comfort those that stand in need of comfort; to show mercy, tenderness and compassion in all that we do.

## 81. Kindness

Kindness is a virtue that brings so many other good qualities with it. Kindness builds relationships and understanding. Kindness builds character and invites the spirit into our lives. Acts of kindness make the world a better place to live in and heals the scars of abuse. Kindness tips the balance in a relationship to a positive tone and creates a feeling of security and warmth. Gentleness and kindness go hand to hand to creating an environment of peace and tranquility. In a world filled with acts of aggression, anger and belittling, kindness is the healing balm that brings harmony and trust once again to each who will accept that great gift. Of all the qualities you strive to develop to emulate the Savior, kindness is a wonderful place to start and to continue your pathway of discipleship. **Start today to practice random acts of kindness and your life will be doubly blessed.**

## 82. Humility

President Spencer W. Kimball represents a wonderful quality of humility. He faced a hard life losing his mother when he was eleven years old. He suffered from typhoid fever, boils, Bell's Palsy, cancer of the throat and heart problems which ailed him throughout his life. He was very gentle and soft spoken. When he was called to the apostleship he felt unworthy and unable to fulfill the call. He said that every morning between the time of his call in July and October when he was sustained found him on his knees pleading with his Heavenly Father to help him. He went to the mountains and to the deserts to ponder and meditate to receive strength. He only wanted to do God's will and he did it in such a humble way. Humility is the opposite of pride that is so prevalent in the world today. King Benjamin counseled his people to "Humble yourselves in the depths of humility, calling on the name of the Lord daily and standing steadfast in the faith." (Mosiah 4:11). **Without humility no one can gain entrance into the kingdom of God.** (2 Nephi 9:42). Of course the Savior represented the perfection of all Christlike qualities, always giving the glory to the Father and humbly obeying the Fathers will throughout His premortal as well as mortal life.

### 83. Gentleness

A Christlike quality that stands out is gentleness. We see gentleness most easily in the care of a newborn baby. These spirits, fresh from heaven, are totally dependent and vulnerable for even their skulls are not fully closed. The Savior was gentle, even in his final hours when he asked his beloved apostle John to care for his mother. He taught that we need to humble ourselves as children to prepare ourselves to enter into heaven. There are times in life when those around us are devastated by loss or tragedy. At all times we need to extend a gentle hand of love and support, provide a kindly word and try to say and do the things that the Savior would do. In the early days of this country Nitroglycerin was used as an explosive and had to be handled very gently with great care. As we affect the souls of those around us we should also do so with great care to provide love, gentleness and support. **There are times in life when some feel that they cannot go on. Those are the times when a gentle expression of love and reassurance can make the difference to help those who are floundering find firm footing to help them go forward in their hour of need.**

### 84. Meekness

**Meekness is not weakness. Moses was noted as the meekest man in all the earth.** The Savior declared that, "I am meek and lowly in heart." Meekness consists of submitting our will to that of our Heavenly Father and doing what He would have us to do. It was a strong Moses that parted the Red Sea, and the Savior was strong as He calmly braided a whip to chase the money changers from the temple. Being meek one does not seek the limelight, but seeks to do what needs to be done. It is living in humility daily and not doing things for the glory and honor of men. Meekness seeks not her own but the benefit and progress of those who stand in need. As the Apostle Paul learned how to abound, he also learned how to be abased. He knew how to be full and how to be hungry; how to abound and suffer need. Through that realization he stated the great truth found in Philippians 4:13: "I can do all things through Christ which strengtheneth me." Meekness is a fruit of the spirit and it is the meek who shall inherit the earth. The meek are the Godfearing and the righteous. Meekness opens the door to strength, even the strength of the Savior to accomplish all things the Lord asks of us.

### 85. Patience

Patience is the ability to persevere in the times of trial, suffering or pain and to remain faithful to the Lord. We learn patience through our trials and challenges and patience is the fruit of passing through the crucible of lifes' trying experiences. The Savior taught "In your patience possess ye your souls." (Luke 21:19). Patience ties together with all other Christlike virtues to make us true children of God, submitting our will to His in all things. In the world today many people want things "NOW" with instant gratification. **Patience is the ability for us to accept the Lord's will and the Lord's timetable. Patience softens our souls and helps us recognize our total dependence on God for all that we have.** Patience is refined through times of illness, suffering or need or witnessing those trials in the lives of those dear to us. Patience does not give way to anger or frustration in difficult times, rather patience strengthens us to pass gracefully through the trials and storms of life.

## 86. Diligence

Diligence is another Christlike quality that each of us should strive to emulate. Some meanings of the word diligence are: constant and earnest effort to accomplish what is undertaken; persistent exertion of body or mind; thoroughness; careful, determined, steady and energetic effort. The Liahona worked according to the diligence of the people to keep the commandments. The sons of Mosiah waxed strong in the knowledge of truth, for they searched the scriptures diligently. In D&C 4:6 diligence is listed as a requirement for serving God in missionary work and in D&C 18:8 we learn that, “he who is diligent in keeping commandments will be blessed unto eternal life.” In D&C 84:43 it teaches to give diligent heed to the words of eternal life. In D&C 107:99 Priesthood holders are exhorted to learn their duty and to act in the office in which he or (she) is appointed in all diligence. **Diligence is a quality that helps us find success in whatever task we are pursuing. Diligence is the pathway we should follow to become true disciples and followers of our Lord, Jesus the Christ, and the type of effort we must put forth to become more like Him.**

## 87. Virtue

**Virtue and Chastity are two of the most ennobling traits of a disciple of Jesus Christ.** It is also an area where Satan tries to tempt us the most. We are counseled in the Doctrine and Covenants to “let virtue garnish thy thoughts unceasingly, then shall thy confidence wax strong in the presence of God.” (D&C 121:45). If we want to feel good about our relationship with our Father in Heaven we need to live with virtue and chastity in our lives. There is a time in everyone’s life when they are tempted, but if one has decided in advance what his/her actions will be it will be much easier to make the right choice. The apostle Paul taught that our bodies are temples of God and we need to keep them pure and holy to allow the Holy Ghost to be with us and strengthen us. We must never give in to viewing pornography or anything like it. Tennyson wrote, speaking of Sir Gallahad, “My strength is as the strength of ten because my heart is pure.” Virtue and chastity prepare us for marriage in the temple, for missions, for happiness and self- esteem and to make us worthy vessels to accomplish whatever the Lord may ask us to do. **Just because some of your friends choose another path does not make it a good path for you to follow. Stand by your principles and you will find blessings beyond measure.**

## 88. Holiness

**The word holiness means to be set apart for a particular purpose. On the entrances to the temples are found the words, “Holiness to the Lord, The House of the Lord.”** One of the titles of the Lord is Man of Holiness. We are invited in the Doctrine and Covenants to practice virtue and holiness before the Lord continually. We are indeed chosen vessels of the Lord and have been set apart to be His saints here upon the earth, to be a light unto the world; and each of us has a particular mission to fulfill in building His kingdom. We are invited to esteem each brother as ourselves and again to practise virtue and holiness before the Lord. We practice holiness when we live worthily to have the Holy Ghost to be with us and when our thoughts are directed first to the Lord, and to seek to find out His will and then to do His will. We practice holiness when our thoughts and words and actions are filled with purity and cleanliness. We practice holiness when we are able to answer all of the temple questions worthily to be able to make and keep those sacred temple covenants. We practice holiness when we choose to follow the Savior and be witnesses of Him at all times and in all places that we may be in, even to the end of our lives. (See Mosiah 18:9).

## 89. Meditation

President Gordon B. Hinckley observed that while he was young he frequently observed his father sitting along a stone fence in their backyard where he would stay quietly for periods of time. He would then return to his regular activities at peace and ready to proceed forward with the task at hand. Meditation and pondering reflect deeper thinking and invite revelation. The young Joseph Smith reflected on the message of James 1:5, "If any of you lack wisdom, let him ask of God, that giveth to all men liberally and upbraideth not, and it shall be given him." He reflected on that passage again and again, knowing that if any person needed wisdom from God he did. It led him to pray in the sacred grove ushering in the restoration of the gospel. The prophet Joseph F. Smith records that in 1918 he, "sat pondering in my room over the scriptures, and reflecting upon the great atoning sacrifice that was made by the Son of God, for the redemption of the world"...He records that his mind then reverted to the teachings of the apostle Peter and later as he pondered over (those) things which are written, the eyes of (his) understanding were opened and the Spirit of the Lord rested upon (him) D&C 138: 1,2,5, 11. He then received the great revelation regarding the redemption of the dead. Meditation, pondering and reverence invite revelation and is a key open to each of us to come to a greater understanding of our Father in Heaven and our beloved elder Brother, Jesus the Christ. **May we take time in addition to our prayers to open our hearts in meditation, to come to know the will of our Father for each of us.**

## 90. Pure Knowledge

The prophet Joseph Smith taught that a man can be saved no faster than he gains knowledge. "And if a person gains more knowledge and intelligence in this life through his diligence and obedience than another, he will have so much the advantage in the world to come." (D&C 130:19). Secular knowledge is desirable but gospel knowledge and obedience to principles and ordinances of the gospel is absolutely essential. Pure knowledge is that knowledge given by inspiration which uplifts and draws us closer to God. In D&C 121:42 it speaks of "**Kindness and pure knowledge, which shall greatly enlarge the soul.**" Saints are instructed to gain knowledge of countries and kingdoms, and we can find hidden treasures of knowledge through obedience to the word of wisdom. The Lord's university is the temple, where we gain knowledge through the unspeakable gift of the Holy Ghost. All thrones, dominions, principalities and powers shall be revealed to those who have endured valiantly for the gospel of Jesus Christ. Our Heavenly Father has all knowledge and all power and He desires that we should experience that same knowledge and joy which He has.