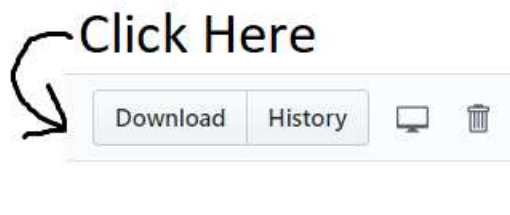


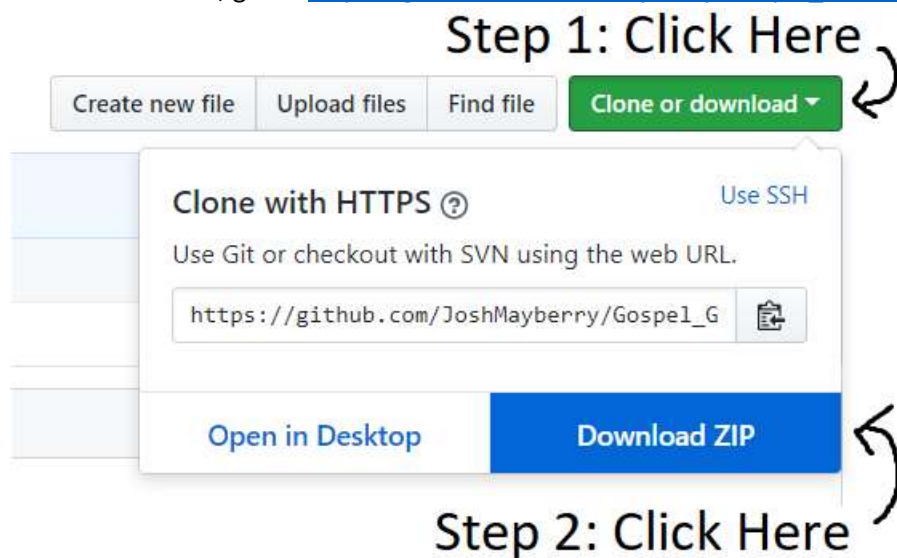
# Scripture Glue-Ins

Version 1.0.0

For the latest version, go to: [https://github.com/JoshMayberry/Gospel\\_Glueins/blob/master/printout.pdf](https://github.com/JoshMayberry/Gospel_Glueins/blob/master/printout.pdf)

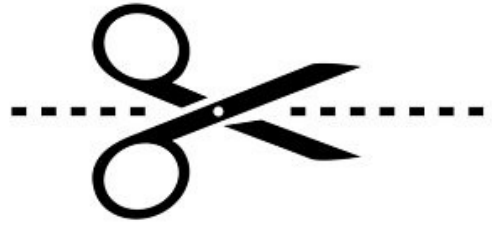


For the source files, go to: [https://github.com/JoshMayberry/Gospel\\_Glueins/](https://github.com/JoshMayberry/Gospel_Glueins/)



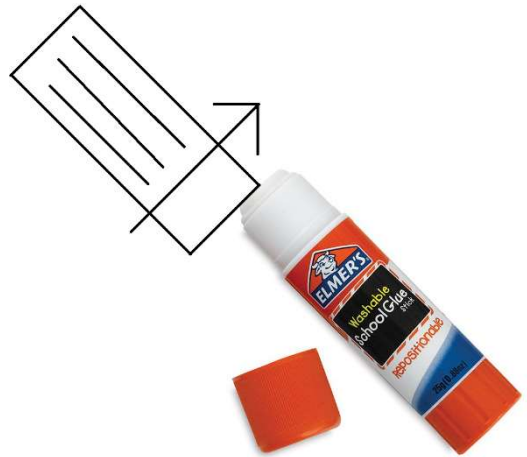
# How to Use Them

1. Cut them out along the dotted line



2. Find the scripture at the top of the Glue-In

3. Using a glue stick, place glue on the edge of the Glue-In with the margin. This can easily be done by sliding the edge across the glue stick.



4. Place the glued edge between the pages of your scriptures. It is recommended you try to put them near the bottom of the page so they don't get in the way of as much text.

5. Close your scriptures and press on the binding firmly, until the glue has dried.

#### Doctrine and Covenants 121:26-33 – Heaven is REAL

In the Millennium, “The Lord Jesus Christ will be here, a part of the time, to instruct us, and those ancient [translated] patriarchs, Adam included... [They will say], ‘I have something that you are not in possession of, knowledge you have not gained, because we have been up in yonder celestial world...’ Indeed, the Saints’ heaven is a redeemed, glorified, celestial material creation, inhabited by glorified material beings, male and female, organized into families, embracing all the relationships of husbands and wives, parents and children, where sorrow, crying, pain, and death will be known no more.

#### Isaiah 65:21-23 – Life in the Millennium

“The Millennium consists in this- every heart in the Church and Kingdom of God being united in one... overcoming of everything opposed to the economy of heaven, and Satan being bound... *All things else will be as they are now; we shall eat, drink, and wear clothing.*”

- Brigham Young, *Journal of Discourses*, 1:203

#### Revelation 20:1-3 – Agency in the Millennium

“Will it be possible for men to sin during the Millennium? Yes. Why? Because *they have not lost their agency*... if they who live do sin, it will not be because of the power of the devil to tempt them, [but] because they choose to do so.”

- Orson Pratt, *Journal of Discourses*, 16:319-320

#### Romans 14:11 – Telestial and Celestial in the Millennium

“The inhabitants if the *terrestrial* order will remain on the earth during the Millennium, and this class is without the gospel ordinances.”

- Joseph F. Smith, *Doctrines of Salvation*, 3:64

(See: “third part” in Revelation 8:7-12)

“In the Millennium men will have the privilege of being Presbyterians, Methodists, or Infidels, but they will not have privilege of treating the name and character of Deity as they have done heretofore.”

- Brigham Young, *Journal of Discourses*, 12:274

#### Doctrine and Covenants 121:26-33 – Technology in the Millennium

In the Millennium, “The Lord Jesus Christ will be here, a part of the time, to instruct us, and those ancient [translated] patriarchs, Adam included... [They will say], ‘I have something that you are not in possession of, knowledge you have not gained, because we have been up in yonder celestial world...’ They will tell you about the celestial kingdom, and the higher glory thereof... What is all this for? *It is to prepare their children during the Millennium that they may have this earth made celestial, like unto the more ancient one*... We [will] gain this knowledge and information by degrees.”

- Orson Pratt, *Journal of Discourses*, 221:203-204

#### Moses 5:39 - Cain is Dead

Q: Why was Cain punished so harshly for killing Abel?

A: Cain was a priesthood holder (D&C 84:16; See: Alma 39:5).

Lamech was also a priesthood holder (D&C 107:51).

Q: Is Cain still alive?

A: When Cain killed Abel, he became *Master Mahan* (Moses 5:31). He then lived with the threat of someone killing him (Moses 5:39-40). In Jasher 2:26-30, Lamech kills Cain. In Moses 5:47-48, Lamech talks about killing someone, then becomes *Master Mahan* (Moses 5:49). He also lives with the same fear as Cain (Moses 5:54). Cain is dead.

Why would God want an immortal murderer forever roaming the earth?

Or to speak still more definitely, this earth, when glorified, is the Saints' eternal heaven. On it they expect to live, with body parts, and holy passions: on it they expect to move and have their being; to eat, drink, converse, worship, sing, play on musical instruments, engage in joyful, innocent, social amusements, visit neighboring towns and neighboring worlds: indeed, matter and its qualities and properties are the only beings or things with which they expect to associate."

- Orson Pratt, *Millennial Star*, November 17, 1866, 28:722

"They will be drawn to Zion by the great wisdom displayed there, and will attribute it to the cunning and craftiness of men... They will ask, 'If I bow the knee and confess that he is... the Christ... will you let me go home and be a Presbyterian?' 'Yes.' 'And not persecute me?' 'Never. [But also let others] worship the sun, the moon, a white dog, or anything else they please.'"

- Brigham Young, *Journal of Discourses*, 2:316-317  
(See: Articles of Faith: 11)

"There has never been a step taken from that day (ancient times) to this, in discovery or invention, where the Spirit of the Lord... was not the prevailing force, resting upon the individual, which caused him to make the discovery or the invention... nor did the Lord always use those who have faith, nor does he always do so today... Now, do you think that these discoveries and inventions... have come just because these men have been sitting down and concentrating their minds on these matters and have discovered them through their thought or accidentally? Not in the least, but the Spirit of the Lord, the Light of Christ, has been the back of it... We are ready for these discoveries, these inventions, and *they all have a bearing upon the restoration of the gospel and preparation for the time which is yet in the future, but which is shortly to come, when Christ shall reign on the earth, and for a thousand years peace shall be established.*"

- Joseph F. Smith, *Doctrines of Salvation*, 178-181

Q: But what if Lamech didn't kill Cain? Jasher is an apocryphal book.

A: If that is the case, the flood in Noah's day would have killed him. (See: Genesis 7:13-16, 21-23; Moses 7:43).

Q: What if he was translated?

"For this notion of Cain being translated to be true, it would be the only example of a wicked person receiving this unparalleled blessing, when in every other instance, it is reserved for only the most righteous."

- *Does Cain Still Roam the Earth*, [www.fairmormon.org](http://www.fairmormon.org)

Q: How then are Canaanites descendants of Cain?

A: Ham, son of Noah, was married to Egyptus (Abraham 2:23). Through her that line was preserved (Abraham 2:21).

Genesis 11:4 – What the Tower of Babel Was For

"[Shem] descended from the mountains into the plains... and persuaded others [to come] *who were greatly afraid of the lower grounds on account of the floods...*

God also commanded them to send colonies abroad... but they did not obey God [because of] suspicion that they were therefore ordered to send out separate colonies, that being divided asunder, they might be more easily oppressed.

Doctrine and Covenants 91:1-6 – Why, How, & When to Study Apocrypha

"What makes the documents so exciting is that they follow familiar grooves to the end, and then continue onward into new territory, expanding the confines of the gospel."

- Hugh Nibley, *Temple and Cosmos*, 178-179

"To gain any real value from a study of Apocryphal writings, the student must first have an extended background of gospel knowledge, a

Abraham 1:5,7 – Abraham as a Child

"[Abraham] determined to renew and to change the opinion all men had concerning God... that there was but one God, the creator of the universe... This his opinion was derived from the irregular phenomena that were visible both at land and sea, as well as those that happen to the sun and moon."

- Titus Flavius Josephus, *Antiquities of the Jews*, 1:7:1

On the day I was guarding the gods of my father Terah... having entered their temple for the service, I found a god named Marumath (meaning: stone of deceit and corruption), carved from stone, fallen at the feet of the iron god Nakhin... But I went and told my father, and he came in with me. And when we both lifted it to put it in its place, its head fell off, even while I was holding it by its head. And it came to pass, when my father saw that the head of his god Marumath had fallen... He cut another [head from] stone [for it]...

father, and going out to inquire about the food, I put Barisat near the enkindling fire, saying to him threateningly, "Barisat, watch that the fire does not go out before I come back! If the fire goes out, blow on it so it flares up." I went out and I made my counsel. When I returned I found Barisat fallen on his back. His feet enveloped by fire and burning fiercely. And it came to pass when I saw it, I laughed (and) said to myself, "Barisat, truly you know how to light a fire and cook food!" And it came to pass while saying this in my laughter, I saw (that) he burned up slowly from the fire and became ashes. I carried the food to my father to eat. I gave him wine and milk, and he drank and he enjoyed himself and he blessed Marumath his god. And I said to him, "Father Terah, do not bless Marumath your god, do not praise him! Praise rather Barisat, your god, because, as though loving you, he threw himself into the fire in order to cook your food." And he said to me, "Then where is he now?" And I said, "He has burned in the fierceness of the fire and become dust." And he said, "Great is the power of Barisat! I will make another today, and tomorrow he will prepare my food."

The next glue-in is a continuation from this one.  
It is recommended you place this one on top and line them up.

This glue-in is a continuation from the previous one.  
It is recommended you place this one on bottom and line them up.

Now it was Nimrod who excited them to such an affront and contempt of God... He also said he would be revenged on God, *if he (God) should have a mind to drown the world again; for that [reason] he (Nimrod) would build a tower too high for the waters to reach...* to esteem it a piece of cowardice to submit to God.

It was built of burnt brick cemented together with mortar, made of bitumen, *that it might not be liable to admit water."*

- Titus Flavius Josephus, *Antiquities of the Jews*, 1.4.1 – 1.4.3  
(Josephus was a historian who lived from 37 AD to 100 AD)

comprehensive understanding of the standard works of the church, plus the guidance of the spirit."

- Bruce R. McConkie, *Mormon Doctrine*, 42

"A few ancient writings, unavailable to Joseph Smith or anyone else at that time, have sense appeared. Apocryphal writings may contain truths to be discerned."

- Neal A. Maxwell, *Premortality: A Glorious Reality*

[Later on], my heart was disturbed and my mind distracted. I said in my heart, "What is the inequality of activity which my father is doing? *Is it not he rather who is god for his gods, because they come into being from his sculpting, his planning, and his skill?* They ought to honor my father because they are his work... Behold, Marumath fell and could not stand up in his sanctuary... how then can my father's god Marumath, which has the head of another stone... save a man, hear a man's prayer, or give him any gift?" [I told this to my father] and when he heard my speech he became furiously angry with me, because I had spoken harsh words against his gods.

But having pondered my father's anger, I went out. And afterward when I had gone out, he called me saying... "Up, gather wood chips, for I was making gods from fir before you came, and prepare with them food for my midday meal." And it came to pass, when I was choosing the wooden chips, I found among them a small god which would fit in my left hand. And on its forehead was written: god Barisat (meaning: Son of the Fire). And it came to pass when I put the chips on the fire in order to prepare the food for my

When I, Abraham, heard words like this from my father, I laughed in my mind, and I groaned in the bitterness and anger of my soul... I answered and said, "Father Terah, whichever of these gods you extol, you err in your thought... Barisat, your god, when he was still not carved, rooted in the earth, being great and wondrous, with branches and flowers; and praise. *But you made him with an axe, and by your skill he was made a god. And behold he has already dried up and his fatness has perished. He fell from the height to the earth, he came from greatness to smallness,* and the appearance of his face wasted away. And, he himself was burned up by the fire and he became ashes and is no more... Listen, Terah my father, I shall seek before you the God who created all the gods supposed by us (to exist). For who is it, or which one is it who made the heavens crimson and the sun golden, who has given light to the moon and the stars with it, who has dried the earth in the midst of the many waters, who set you yourself among the things and who has sought me out in the perplexity of my thoughts? I (only) God will reveal himself by himself to us!"

- Apocalypse of Abraham 1, 3-7

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It is recommended you place this one on top and line them up.

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It is recommended you place this one on bottom and line them up.

### Facsimile 2 – Overview

"As our story began with the dismal scene of Facsimile 1, it ends in glory and triumph with Facsimile 3. Plainly *Facsimile 2 in some way expedites travel between the two.*"

- Hugh Nibley, *One Eternal Round*, 142

Facsimile 2 shows the Plan of Salvation; the bridge that brings us from our lowest point to our highest; a simple map of this all-important plan.

### Facsimile 2:18 – Outer Darkness

"God had materials to organize the world out of chaos- chaotic matter, which is element, and in which dwells all the glory."

- Joseph Smith Jr, *The King Follett Sermon*, Ensign, May 1971, 13

"The broad rim is... the Waters of Nun that surround the cosmos, from which all earthly things are born... The race [of gods and man] also came

### Facsimile 2:22, 23 – Snakes

There is a snake "both on the morning side and the evening side" of facsimile 2. "What the two opposing serpents most readily suggest are the coupling snakes of the caduceus." The two serpents symbolize "healing,

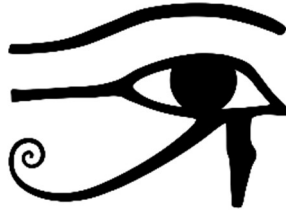


### Facsimile 2:7 - Wadjet Eye

"It is the eye that sees, knows, comprehends, teaches, and in fact creates... 'The grand Key-words of the Priesthood' and 'the sign of the Holy Ghost' go together, for the wadjet eye has an almost inexhaustible number of

meanings. It holds 'the key' to everything..."

- Hugh Nibley, *One Eternal Round*, 313



It symbolizes light, heat, knowledge, Divine Power, etc. In a biblical context it is the Bread of Life, Presence of God, Gifts of God and the Spirit, The Holy Ghost, Revelation, Quickening Power, Powerful Power (See: Mosiah 13:3; 1 Nephi 17:52-54), etc.

### Facsimile 2:2-7 – Delivering Wadjet

"By facing to the right [figure 3] preserves the direction of motion of [facsimile 2]. The most important figures at the top... are moving to the right, as are those in the bottom panels when the figure is reversed, *so that the disk itself seems to be revolving.*"

- Hugh Nibley, *One Eternal Round*, 271

### Facsimile 2:2 - Oliblish

The men in figures 1 and 2 have two faces: One facing left (which is looking into the past), and another facing right (which is looking into the future), symbolizing omnipotence.

(See: Abraham 2:8)

Oliblish is Egyptian for "The Joyous one who knows and has an expansion of heart because of such knowledge." It is a description of Jesus Christ and his Atonement.

(See: Mosiah 3:7; 14:3-5, 11)

There are lots of glue-ins for this page.

It is recommended that they all get placed on top of each other and positioned so they obstruct *as little of the text as possible* on the right page (ie: Joseph Smith's Explanations). After placing them in order, line up their bottom edges.

It is recommended this one go on top.

It is recommended the rest be ordered numerically according to the figure they refer to.

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Facsimile 2 is divided into two halves, one being right-side up (Land of the Living) and the other being upside down (Land of the Dead). Joseph Smith's explanations for figures 1, 2, 3, and 4 are all about Eternal Life, whereas his explanations for figures 5, 6, and 7 are about things in Mortality. Thus, the line dividing the two halves would be the veil separating the celestial worlds from our current home on earth.  
(See: One Eternal Round: 140)

forth from the Waters of Nun."  
- Hugh Nibley, *One Eternal Round*, 332

In facsimile 2, both the Land of the Living and the Land of the Dead are contained within figure 18; the unorganized matter. You can imagine all of creation as a collection of organized matter. This developed territory floats in the vast sea of unorganized mater.

rejuvenation, and resurrection. These ideas have often been traced to the snake's capacity to come out with a shining new skin every year."  
- Hugh Nibley, *One Eternal Round*, 245-246, 250; See: Numbers 21:5-9  
  
The snake on the right represents the moment death, and the one on the right represents the moment of resurrection.

It is all the Instant Ideas, Inspirations, 'Eureka's, etc. It is the Endowment of the Holy Temple, a sealing to the love of your life, a blessing by the power of the priesthood, a baptism, the sacrament, blessings received by obedience to the Lord's commands, etc. It is every divine gift and investment from heaven to us on earth. It stands for complete and perfect integration of the body and soul, self-renewing life, and everlasting love. This power can be used to sustain a star with a constant flow of energy, send light to an entire world, quicken the dead, transfigure or translate a mortal being, give life, maintain life, or advance life. The word itself means "The Unharmd one".  
*In short, it stands for any divine gift.*  
- See: D&C 88:7, 11-13; See Also: Hugh Nibley, *One Eternal Round*, 315-321

"Beginning on the extreme left we see something being transmitted between the odd-looking birdlike and serpentlike creature and the man on the throne. Next comes the standing woman, who has for a face the same object as that which is being transmitted [earlier]. The odd lady in turn is holding something over the cow, who addresses the four canopic figures... What is it that is being passed down?... The wadjet eye."  
- Hugh Nibley, *One Eternal Round*, 308-309

The man in figure 2 "is holding the key of power... the Wepwawet; the Opener of Ways, which lets us out of the underworld... It signifies specifically the power to move or progress. It is the standard of the dog, Wepwawet, whose image appears on it- the faithful dog who leads his majesty [from death to the afterlife]."  
- Hugh Nibley, *One Eternal Round*, 267;  
(See: John 14:6; 2 Nephi 9:41-42; Alma 5:7-10)



Facsimile 2 – Shows the Gospel of Jesus Christ



It is recommended you print this page in color.

It is recommended this goes on bottom.

It is recommended you print this page in color.

It is recommended this goes on bottom.

Facsimile 2 – Shows the Plan of Salvation



#### Facsimile 1:10; 2:2; 3:3 – Lotus

The lotus “blossoms forth when the beams of [the Light of Christ] reach the depths of the underworld. The lotus signifies the new creation, order out of chaos... The unusual frequency of the lotus in all three facsimiles is noteworthy.”

- Hugh Nibley, *One Eternal Round*, 285

#### Facsimile 1 - More Sources for Research

- The explanations that Joseph Smith gave for each facsimile
- Doctrine and Covenants 88
- One Eternal Round, by Hugh Nibley and Michael D. Rhodes
- The Message of the Joseph Smith Papyri: An Egyptian Endowment, by Hugh Nibley
- <http://valsederholm.blogspot.com/>
- Moroni 10:5

It is recommended this one goes above the colored picture.

#### Mark 16:6 - Easter Symbol: Egg

“An egg, regarded as dead, had the capability of releasing new life after having been shattered. Consequently, the egg early became associated with the theme of resurrection... The custom of early Christians in Europe and the Near East was to exchange Easter eggs... In Christian Europe, red [dyed] eggs became very popular, the color being derived from the blood of the

#### 1 Nephi 7:16-18 – Enabling Power

“I suspect that [we] are much more familiar with the nature of the redeeming power of the Atonement than we are with the enabling power of the Atonement... I frankly do not think many of us ‘get it’ concerning [the] enabling and strengthening aspect of the Atonement, and I wonder if we

#### Moses 1:39 - Immortality vs Eternal Life

“Immortality is about quantity. Eternal life is about quality. To use a metaphor, immortality is how long the dinner lasts. Eternal life is what is on the menu and who is with us at the table... immortality is God’s work, [and] eternal life is God’s glory”

- Joseph B. Wirthlin, *Timely Topics: What Is the Difference between Immortality and Eternal Life*, New Era, November 2006  
(See: Doctrine and Covenants 14:7)

#### Mosiah 14:4-5, 10 – Bore our Griefs

“The Savior has suffered not just for our iniquities but also for the inequality, the unfairness, the pain, the anguish, and the emotional distress that so frequently beset us... There is no physical pain, no anguish of soul, no suffering of spirit, no infirmity or weakness that you or I ever experience during our mortal journey that the Savior did not experience first. You and I in a moment of weakness may cry out, ‘No one understands. No one knows.’ No human being, perhaps, knows. But the Son of God perfectly

#### Mark 14:36 - Abba

אב (Ab) - Father

אבא (Abba) - The intimate, childlike form of אב meaning “Daddy”.

Another lotus is on facsimile 2 next to figure 6, accompanied by two other drawings. “They are the lotus leaf, the lion, and the ram... [which] suggests the food chain in which the ram eats the plant, the lion eats the ram, and the lion... in turn becomes the food base for new vegetation.”  
- Hugh Nibley, *One Eternal Round*, 303

One more lotus is on facsimile 2 next to figure 5. “The woman [between figures 5 and 7 is] holding... a stylized lotus with three petals over [figure 5].”  
- Hugh Nibley, *One Eternal Round*, 322

It is recommended this one goes above the colored picture.

Atonement. Celebrants would carry eggs in their pockets and give them to friends and relatives whom they visited.”  
Robert C. Patch, *Origins of our Secular Easter Traditions*, Ensign, April 1982

“It has been said that the coming forth of the bird from the tomb-like recess of the egg is an instance of the return of life from death.”  
- James E Talmage, *Conference Report*, April 1912, 124–126

mistakenly believe we must make the journey from good to better and become a saint all by ourselves through sheer grit, willpower, and discipline, and with our obviously limited capacities.”  
- David A Bednar, *In the Strength of the Lord*, BYU Devotional, Oct 23, 2001 (See: 2 Nephi 25:23)

“Immortality is to live forever as a resurrected being. Through the Atonement of Jesus Christ, everyone will receive this gift. Eternal life, or exaltation, is to live in God's presence and to continue as families.”  
- [www.lds.org/topics](http://www.lds.org/topics), Eternal Life (See: 2 Nephi 31:19-20)

knows and understands, for He felt and bore our burdens before we ever did.

And because He paid the ultimate price and bore that burden, He has perfect empathy and can extend to us His arm of mercy in so many phases of our life. He can reach out, touch, and succor—literally run to us—and strengthen us to be more than we could ever be and help us to do that which we could never do through relying only upon our own power.”  
- David A Bednar, *In the Strength of the Lord*, BYU Devotional, October 23, 2001

### Alma 34:32-34 – Unproductive Good

"Of course, we can [waste the time of our probation] through sin and transgression- but also through activities that seem interesting and fun but in the end are unproductive and time consuming.

Satan does not always need us to sin to keep us from achieving our potential. He can pacify us with things that are fun or interesting that take the place of things that we should be doing. So, in this short mortal life, we must learn the difference between pursuing things that are fun, interesting,

### Genesis 1:28 – Be Fruitful

פָּרָו (pə-rū) – The present tense of פָּרָה (parah) which means to bear fruit literally or figuratively, grow, increase (Strong's Exhaustive Concordance: 6509); to flourish (NAS Exhaustive Concordance: 6509).

Exodus 1:7 uses the same form of the word to show how the Israelites not only had children, not only became many, but also became mighty. Because of

### 2 Nephi 9:27 – Do not spend *time* for that which is of no worth

"Just because something is good is not a sufficient reason for doing it. The number of good things we can do far exceeds the time available to accomplish them. Some things are better than good, and these are the things that should command priority attention in our lives...

As we consider various choices, we should remember that *it is not enough that something is good. Other choices are better, and still others are best.*

Even though a particular choice is more costly, its far greater value may

### Genesis 25:30 – Edom

עֲדָם (ə-dō-wm) – Derived from אָדָם (Adom) which means to be red (Brown-Driver-Briggs: 119)

Esau was the father of the Edomites who later were renamed Idumeans. So, you can read 'Edom' and 'Idumea' to refer to the same thing. In D&C 1:36, Joseph Smith says that Idumea represents "the world". Therefore, we can apply this same meaning to Esau's name, Edom to mean 'worldly' because Esau was more concerned about worldly things than eternal ones.

### Exodus 3:14 – I AM

"Yahveh or Jahveh, [means] the Self-existent One, or The Eternal... Ehyeh, [meaning] I Am, is related in meaning and through derivation with the term Yahveh or Jehovah... the name is related to such other titles as Alpha and Omega, the first and the last, the beginning and the end."

- James E. Talmage, *Jesus the Christ*, 36-37; See: John 8:58

### John 8:58 – I AM

"This was an unequivocal and unambiguous declaration of our Lord's eternal Godship. By the awful title I AM He had made Himself known to Moses and thereafter was so known in Israel. As already shown, it is the equivalent of "Yahveh," or "Jahveh" now rendered "Jehovah," and signifies "The Self-existent One" "The Eternal" "The First and the Last." Jewish traditionalism forbade the utterance of the sacred Name; yet Jesus claimed it as His own...

His seniority to Abraham plainly referred to the status of each in the antemortal or preexistent state; Jesus was as literally the Firstborn in the

and even good- from doing that which is truly important...  
Time and Agency are two of our most valuable resources on this earth for this mortal probation. The better we understand who we are and why we are here on this earth, the easier it will be for us to set priorities and manage our own time."

- EFY Gospel Lessons DVD, *Using Time Wisely*, Volume 2  
(See: D&C 58:21; 46:8, 11; 2 Nephi 9:27, 51)

not only their numbers, but also their capabilities (See: Exodus 1:9), pharaoh made them slaves.

The first commandment from God to man could be alternatively translated as: "Be *Productive*, have lots of children, fill the earth, and take care of both the earth and all creatures on it".

make it the best choice of all...

Some uses of individual and family time are better, and others are best. We have to forego some good things in order to choose others that are better or best because they develop faith in the Lord Jesus Christ and strengthen our families."

- Dallin H. Oaks, *Good Better Best*, General Conference, October 2007  
(See: Luke 10:39-42)

By contrast, Jacob also received a new name; Israel (See: Genesis 35:10). With that name, God also gave him the blessings promised to Abraham (See: Genesis 35:11 – 12).

Growing up, Esau spent his time hunting (working for food) and Jacob studied the scriptures (Genesis 25:27; See: 1 Nephi 2:15). Esau married outside the covenant while Jacob did (Genesis 28:6-9). Jacob's descendants, the Israelites, worshiped the Lord while Esau's descendants, the Edomites, worshiped gods such as "Koze" (Josephus, *Antiquities of the Jews*, 15.7.9)

"The Hebrew phrase אֶהְיֶה אֲשֶׁר אֶהְיֶה, (I am that I am) can also be interpreted as 'I am who I am' or 'I will be what I will be' or even 'I create what(ever) I create'... and might be seen as a promise (I will be with you)... as statement of incomparability (I am without equal)... [or] a statement of the nature of Israel's God (I am he who is)."

- Wikipedia, *I Am that I Am*

spirit-world, as He was the Only Begotten in the flesh. Christ is as truly the Elder Brother of Abraham and Adam as of the last-born child of earth.

- James E. Talmage, *Jesus the Christ*, 411 - 412; See: Exodus 3:14

"Moses having now seen and heard these wonders... he entreated Him to grant him that power when he should be in Egypt [and] that He would also tell him His name... Whereupon God declared to him His holy name, which had never been discovered to men before; *concerning which it is not lawful for me to say any more.*"

- Flavius Josephus, *The Antiquities of the Jews*, 2.12.4

## Exodus 5:2 – Ten Commandments Plus

	Old Law		New Law (Old Law +)	
1	I am the Lord your God	Exodus 20:2	Follow me	Matthew 5:48
2	No idols	Exodus 20:3-6	Love God with all your heart	Matthew 22:37
3	Not take the name of God in vain	Exodus 20:7 (See: D&C 63:61-64)	Swear not at all	Matthew 5:33-37
4	Rest on the sabbath day	Exodus 20:8-11 (See: D&C 59:9-14)	Do good on the sabbath day	Mark 3:2-4
5	Honor your Father and Mother	Exodus 20:12	Honor your spouse	Matthew 19:3-9; Ephesians 5:22-33
6	Not kill	Exodus 20:13 (See: D&C 59:6)	Not be angry	Matthew 5:21-26
7	No adultery	Exodus 20:14	Not lust	Matthew 5:27-32
8	Not steal	Exodus 20:15	Make restitution	Ephesians 4:28
9	Not bear false witness	Exodus 20:16	Love one another	Matthew 5:43-45; John 13:34
10	Not covet	Exodus 20:17	Work for treasure in heaven	Matthew 6:19-23

Numbering based on Jewish Tradition

See: Matthew 5:17-18

## Exodus 20:1 – The Plagues Targeted Specific ‘gods’

	Scripture	Plague	Gods of Egypt	Duplicated By Egyptians	Suffered by Israel
1	Exodus 7:14-25	Water Turned to Blood	Khnum - Guardian of river's source Hapi - Spirit of the Nile Osiris - Nile was his bloodstream	Yes	Yes
2	Exodus 8:1-15	Frogs	Hapi & Heqt - Frog goddess to Egypt Both related to fertility	Yes	Yes
3	Exodus 8:16-19	Lice	Seb - The earth god of Egypt	No	Yes
4	Exodus 8:20-32	Flies	Uatchit - The fly god of Egypt	No	No
5	Exodus 9:1-7	Disease on Cattle	Ptah, Mnevis, Hathor, Amon - Egyptian gods associated bulls and cows	No	No
6	Exodus 9:8-12	Boils	Sekhmet - Egyptian goddess of Epidemics Serapis, Imhotep - Egyptian gods of healing	No	No
7	Exodus 9:13-35	Hail	Nut - Egyptian sky goddess Isis & Seth - Egyptian agriculture deities Shu - Egyptian god of the atmosphere	No	No
8	Exodus 10:1-20	Locusts	Serapia - Egyptian deity protector from Locusts	No	No
9	Exodus 10:21-29	Darkness	Re, Amon-re, Aten, Atum, Horus - Egyptian sun gods Thoth - Egyptian moon god	No	No
10	Exodus 12:29-36	Death of Firstborn	Pharoah	No	Conditional

Source: <http://www.biblecharts.org/oldtestament/thetenplagues.pdf>





### Doctrine and Covenants 90:9-10 - The Four Periods of Missionary Work

- 1) Mission to the Gentile Nations (Wars of Preparation)
  - Nations which have embraced Christianity
- 2) Mission to the House of Israel (Begin Wars of Desolation)
  - Less Active Members

### Doctrine and Covenants 45:25 – The Fulfilment Time of the Gentiles

“The Lord said they [the Jews] should remain scattered among the nations *until* the times of the Gentiles were fulfilled. Moroni said the times of the Gentiles were about to be fulfilled. *Today we are living in the transition period*; the day of the Gentiles has come in, and the day of Judah and the remnant of downtrodden Israel is now at hand.”

- Joseph Fielding Smith, *Doctrines of Salvation*, 285-259

Instead of trying to convert the Gentile nations, the missionaries would be instructed to “go unto the remnants of the house of Israel... and proclaim to

### Doctrine and Covenants 65:5 - Constitution of Zion

“The Prophet [Joseph Smith] gave a full and complete organization to this kingdom the spring before he was killed... The constitution was given by revelation. The day will come when it will be organized in strength and power.”

- Brigham Young, *Journal of Discourses*, 17:156-157

### Doctrine and Covenants 65:5 – Gentiles in Zion

“A flowing stream is one that runs continually, and *the Gentiles will, in that day, come to us as a flowing stream*, and we shall have to set our gates open continually... They will say, ‘Let us go up and put our riches in Zion, for there is no safety in our own nations’.”

- Orson Pratt, *Journal of Discourses*, 3:16

“That kingdom grows out of the Church of Jesus Christ of Latter-day Saints, *but it is not the church*; for a man may be a legislator in that body which will issue laws to sustain the inhabitants of the earth in their individual rights

### Doctrine and Covenants 45:66 –

#### Zion in the Mountains; New Jerusalem in Missouri

After the times of the Gentiles has been fulfilled, the saints will all gather to Zion in the Rocky Mountains. Later, some will move to Jackson County.

“We are blessed in these mountains; this is the best place on earth for the Latter-day Saints. Search for the history of all nations and every geographical position on the face of the earth, *and you cannot find another situation so well adapted for the Saints as are these mountains*. Here is the place I which the Lord designed to hide His people... It has been designed, for many generations, to hide up the Saints in the last days, until the indignation of the Almighty be over.”

- Brigham Young, *Deseret News*, 11:9, May 1, 1861

“The hand of the Lord will be over us to sustain us, and we will spread forth. He will multiply us in the land; He will make us a great people, and

### Revelation 7:1-8 - 144,000 Missionaries

Sealing means that the Lord “will purify not only [their] minds... but he will purify their bodies until they shall be quickened and renewed and strengthened and they will be partially changed, not to immortality, but changed in part that they can be filled with the power of God... It will prepare them to go forth in the days of tribulation and vengeance upon the nations of the wicked, when God shall smite them with pestilence, plague,

- 3) Mission to the Heathen (After the Battle of Armageddon)  
- Nations which have not embraced Christianity  
4) Mission to All Mankind (Immediately preceding and during the Millennium)  
- Prophecy Key to the Future:18-33

them that the times of their dispersion are accomplished.”

- Orson Pratt, *Journal of Discourses*, 18:64

“Will the Gentiles be entirely cut off? Oh no, there will be a great many, even when Israel is gathering, who will come along and say “Let us be numbered with Israel”... But you will have to come of your own accord, there will be no message sent to you, no ministrations of the servants of God expressly directed to you.”

- Orson Pratt, *Journal of Discourses*, 14:64

The Kingdom of God “differs but little in form from our National, State, and Territorial governments... The Constitution and laws of the United States resemble a theocracy more closely than any government now on the earth.”

- Brigham Young, *Journal of Discourses*, 6:342

*and still not belong to the Church of Jesus Christ at all.”*

- Brigham Young, *History of the Church*, 7:381-82

The Kingdom of God “will throw their protecting arms around the whole human family, protecting them in their rights. If they wish to worship a white dog... the sun... a man... [or] the ‘Unknown God’ they will have the privilege. This kingdom will circumscribe them all and will issue laws and ordinances to protect them in their rights.”

- Brigham Young, *Journal of Discourses*, 17:156

(See: Article of Faith 11)

strengthen our borders, and send forth missionaries to this people to the four quarters of the earth to publish peace and glad tidings of great joy and *proclaim that there is still a place left in the heart of the American continent where there are peace and safety and refuge from the storms, desolations and tribulations coming upon the wicked.*”

- Orson Pratt, *Journal of Discourses*, 12:345

Wilford Woodruff had a vision about traveling to Jackson County from Zion. “As I passed along upon my way east [to the New Jerusalem], I saw the road full of people, mostly women, with just what they could carry in bundles on their backs traveling to the mountains [Zion] on foot. I wondered how they could get through with such a small pack on their back. It was remarkable to me that there were so few men among them. *It did not seem to me as though the cars were running. The rails looked dusty and abandoned.*”

- Wilford Woodruff,

Quoted in Robert W. and Elizabeth A. Smith, *The Last Days*, 78

and earthquake such as former generations never knew... *that they can stand forth in the midst of these desolations and plagues and not be overcome by them...* Then they will be prepared to stand before the nations of the earth and preach glad tidings of salvation in the midst of judgments that are to come like a whirlwind upon the wicked.

- Orson Pratt, *Journal of Discourses*, 15:365-366

(See: Doctrine and Covenants 77:7-11; 128:24)

Alma 5:14-19 - Final Judgment: What have you become

"The Final Judgment is not just an evaluation of a sum total of good and evil acts—what we have done. *It is an acknowledgment of the final effect of our acts and thoughts—what we have become.* It is not enough for anyone just to go through the motions.

Alma 36:12-21 – So Exquisite and So Bitter

"You might think that no one's been through what you're going through, and you might think that nobody's made the same mistakes as you. You are feeling the weight of the world on your shoulders; Turn it over.

Just have the courage to take one step. Someone's gonna be there to help with the rest.

To start is the hardest, but it's something that only you can do. Don't carry

Genesis 50:15-21 – Joseph's Journey from Revenge to Forgiveness

Joseph fought with himself to forgive his brothers. He moved between helping and revenge (See: Genesis 42:7, 16, 25; 43:21-22, 34; 44:2, 14). All the while, there was turmoil inside of him (See: Genesis 42:24; 43:30-31; 45:2, 15). When he ultimately forgave, the feelings of revenge were replaced with peace (See: Genesis 50:20-21, 24).

"It is safe to assume that nothing Jesus did brought him more joy than to forgive his fellow men. He gave his very life that [we] might be forgiven... The destructive feelings of smallness, pettiness, and hate, or longing for revenge, are crowded out by the attitude to forgive. Forgiveness is better than revenge; for forgiveness is the sign of a gentle nature, but revenge is the sign of a savage nature...

Matthew 7:3-5 - Mote-Beam Sickness

"Don't you sometimes feel that if such and such a person would change, things would surely work out better for you?... If only others would change, or if the circumstance would change, then I'd improve. I'd change. Things would go well again...

But the Savior taught a hard doctrine, perhaps the hardest doctrine of all. It is the doctrine of repentance. It is the doctrine that says that *I must change in order to help change the world...* It is the doctrine of accepting responsibility for one's own life and situation and for our attitude toward whatever happens to us...

The commandments, ordinances, and covenants of the gospel are not a list of deposits required to be made in some heavenly account. The gospel of Jesus Christ is a plan that shows us how to become what our Heavenly Father desires us to become.”

- Dallin H. Oaks, *The Challenge to Become*,  
General Conference, October 2000

the burden as the years go by. You don't need that crushing weight in your life. Have faith to pray for the strength to finally see this through. There's One who knows you perfectly. He can take the hurt away. The healing starts within- just let Him in, and let it begin.

You've tried hard to hide from the past and to bury it deep. You're overwhelmed by all of the things that you know you should be. Just believe mistakes of the past don't define you. They refine you.”

- Julie Yardley, *Let It Begin*, EFY 2010, Courage to Stand Strong, Music CD

Revenge is a response of the carnal man, not the spiritual one. It enters into one's life when he allows it to through misunderstandings and injuries...

Does that mean I must forgive even if my antagonist remains cold and indifferent and mean? There is no mistaking it... Some men get satisfaction from seeing the other party on his knees and groveling in the dust, but that is not the gospel way...

Forgiveness cannot be a one-time program... Hard to do? Of course. The Lord never promised an easy road, nor a simple gospel, nor low standards, nor a low norm. The price is high, but the goods attained are worth all the cost... It can be done. Man can conquer self. Man can overcome. Man can forgive all who have trespassed against him and go on to receive peace in this life and eternal life in the world to come.”

- Spencer W. Kimball, *The Miracle of Forgiveness*, 277, 280 282, 298-300  
(See: Luke 23:34; Acts 7:58-60; Matthew 18:21-22)

This is not to say that we should altogether ignore the faults and weaknesses of others or that we should be blind to injustices in a situation. But it is to say that the very first step we take in improving any situation is to work on the injustice or fault in our own personal life, which helps remove the beam from our eye. 'And then shalt thou see clearly to cast the mote out of thy brother's eye'. We then become a light, not a judge... The highest form of influence is to be a model, not a critic; a light, not a judge.”

- Stephen R. Covey, *Spiritual Roots of Human Relations*, 133-135

#### Exodus 16:4 - Manna: Spiritual Needs

"I think it's not by chance God has created us in a way that we have to have daily physical sustenance. The Children of Israel coming out of Egypt lived for forty years, approximately, on something called manna... and I think at least one of His purposes was to *teach them to remember Him, to think of Him, to look to Him, to have faith in Him, that He was the source of their life*. He did in the way of making it a *daily thing*; they couldn't gather up manna and store it, it would only be good for one day...

We all recognize the need for physical sustenance; hunger and thirst remind us very strongly if we forget. But the spiritual need for sustenance is equally strong, that comes not in drinking water and eating food but in our constant daily efforts of communion with God."

to this moment, this day, and *while deliverance isn't immediate and you may not see the end, still you've got enough for today*.

When this began happening in my life my prayer was 'Give me a miracle' you know, 'Solve this problem', and it took a while to finally come to the point of saying, 'I'm content to get a daily help, and let it take what time it takes', knowing that I can rely upon God."

- Elder D. Todd Christofferson, Daily Bread: Experience, Mormon Channel (See: Numbers 11:4-6, 18-20, 31-34)

#### Exodus 16:35 - Change happens 'As the Dews from Heaven'

"The bread of eternal life, the core substance that we need to become what we aspire to become, is in the person of Jesus Christ.... I don't think everyone realizes that when we do sin, when we turn away from God, it

The next glue-in is a continuation from this one.  
It is recommended you place this one on top and line them up.

This glue-in is a continuation from the previous one.  
It is recommended you place this one on bottom and line them up.

#### Exodus 16:15 – Manna: Clever Word Choice

The translators of the King James Bible rendered the 8<sup>th</sup> and 9<sup>th</sup> Hebrew words (Man hu) in Exodus 16:15 as "It is Manna". The actual words are a play on the words 'Mah', 'Man', and 'Manah'.

- 'Mah' (מַה) means "what, how" (Brown-Driver-Briggs: 4100).
- 'Man' (מַן) is a sweet, sticky, honey-like juice that comes from a tree (the tamarix gallica mannifera) in the West Sinai Peninsula (Brown-Driver-Briggs: 4478). A
- 'Manah' (מַנָּה) means "part, portion" (Brown-Driver-Briggs: 4490).
- 'hu' (הוּ) means "he, she, it, they" (Brown-Driver-Briggs: 1931).

The words "Man hu" are conveying (1) uncertainty as to what it is, (2) the similarity of it to a known sap, and (3) that everyone gets some of it every day (See: Exodus 16:16-18; 2 Corinthians 8:14-15; Josephus, *Antiquities of the Jews*, 3.1.6, Note 4).

The next glue-in is a continuation from this one.  
It is recommended you place this one on top and line them up.

- Elder D. Todd Christofferson, *Daily Bread: Pattern*, Mormon Channel  
(See: John 6:32, 35, 51, 58)

Exodus 16:8 - From 'Deliver Us' to 'Give us this Day Our Daily Bread'

"To a large extent, I believe our faith in God is a consequence, or fruit, of experience... I remember having to go before the Lord with nowhere else to turn... And in those circumstances, one truly learns how to pray and how to receive the answers that come. Sometimes it was *nothing more than a feeling* that things would work out somehow; no indication of how or when but it would be alright. Sometimes it was an idea that would make a difference. And so, it became during portions of this experience, a matter of getting the manna for that day...

*Give us this day our daily bread...* We're not anticipating the hardship or suffering that might be entailed, we sometimes just have to break it down

This glue-in is a continuation from the previous one.  
It is recommended you place this one on bottom and line them up.

does something in us, and when we repent and turn to Him, that affect in us is taken away...

*Just as I learned not to expect immediate deliverance from a problem, He's also saying 'I'm patient with your progress, I'll just help you along day by day'* and all of that truly does add up to dramatic change, an eternal difference.

When the Israelites finally did cross the Jordan into their promised land, they were expected by God to remember Him, think of Him, look to Him, [and] have faith in Him."

- Elder D. Todd Christofferson, *Daily Bread: Change*, Mormon Channel  
(See: Doctrine and Covenants 121:45)

The Hebrew word is also similar to the Egyptian word for food, 'mannu' (𓆎𓅓𓏏𓏂).

- George Ebers, *Durch Gosen zum Sinai*, p. 236

"As Moses was lifting up his hands in prayer, a dew fell down; and Moses, when he found it stick to his hands, supposed this was also come for food from God to them: *he tasted it; and perceiving that the people knew not what it was, and thought it snowed*; and that it was what usually fell at that time of the year, he informed them, that this dew did not fall from heaven after the manner they imagined; but came for their preservation and sustenance... Now the Hebrews call this food manna. For the particle 'man' in our language is the asking of a question, what is this?"

- Titus Flavius Josephus, *Antiquities of the Jews*, 3.1.6

### 2 Kings 18:4 – Nehushtan Meaning

King Hezekiah calls the brass serpent “Nehushtan” (נְהוּשְׁטָן) which is a form of the word “nechosheth” (נְחֹשֶׁת) (Strong's Exhaustive Concordance: 5180) which means “Copper”, “Filthiness”, and “as less in value than gold but more than wood” (Brown-Driver-Briggs: 5178).

### Numbers 21:5-6 – Rabbi Interpretations

“One of the complaints in this case was dissatisfaction with the manna. Whereas the manna is believed to have had any taste desired by the person eating it, to the serpent all things had the taste of dust, in accordance with the words: "And dust shalt thou eat all the days of thy life" (Genesis 3:14).

### Numbers 21:6 – Poisonous Serpents

The Hebrew word for ‘firey’ is ‘saraph’ (שָׂרָף) which means “burning, poisonous” and is connected to copper colored snakes (Brown-Driver-Briggs: 8314). (See: 2 Nephi 25:20)

### Genesis 1:1, 6, 9, 14, 20, 24 – Process of Growth and Development

“The Lord took six days to create the world. *Each day was important- each in its own time.* A child learns to turn over, to sit up, to crawl, then to walk and run. Each step is important. No step can be skipped... In all of life there are stages, or processes, or growth and development... We sometimes look for a shortcut, preferring to skip some of these vital steps in order to save time and effort and still reap the reward desired... Let us use the idea of the six days of creation to represent this process of growth and development.

What happens... if you are only an average tennis player at, say, day three, but decide to play today at day six in order to make a better impression, what will result? What would happen if you were to lead your friends to believe you could play piano at day six, while your actual present skill was at day two?... The answer is obvious. It is simply impossible to violate, ignore, or shortcut this development process...

He calls it this because of what the Israelites were doing to it.  
(See: Helaman 8:14-15; Alma 33:19-22)

The word is also similar to the Hebrew word for serpent, “nachash” (נָחָשׁ)  
(Brown-Driver-Briggs: 5175)

It was very appropriate, therefore, that they who loathed the food which  
had given any taste desired, should be punished by means of that creature  
to which everything has the same taste.

- Jewish Encyclopedia: 3660; citing: Midrash Tanḥuma Buber: Chukat 45:2

This is a special word that is used for the feeling produced by the venom of  
pit vipers such as the copperhead (*Agkistrodon contortrix mokasen*),  
cottonmouth (*Agkistrodon piscivorus leucostoma*), and timber rattlesnake  
(*Crotalus horridus*).

- Snake list from: [https://en.wikipedia.org/wiki/List\\_of\\_snakes\\_of\\_Indiana](https://en.wikipedia.org/wiki/List_of_snakes_of_Indiana)

Now, instead of skill or knowledge growth, let us consider the internal  
growth (emotional and spiritual) of an individual... We can pose [and]  
pretend. And ‘for a while’ we can get by with it- at least in public... We might  
even deceive ourselves... It is easier to operate from our day two emotional  
level and to give day six advice...

Many of us simply don’t know where to start. We don’t always know what  
things come before other things. Someone else’s pattern and process may  
differ from ours. What is someone else’s ‘day five’ may be our ‘day two’...  
Moreover, we may find ourselves bogged down in a circular habit pattern of  
making resolutions, then breaking them, remaking them, then breaking  
them again. Where then is the light through our confusion? What is the  
answer? It lies with the Lord... He understands *exactly* where we are and  
what we need to do (See: Ether 12:27).

- Stephen R. Covey, *Spiritual Roots of Human Relations*, 5-17



#### Joshua 1:5, 9 – Inner Courage

"We live in a world where moral values have, in great measure, been tossed aside, where sin is flagrantly on display, and where temptations to stray from the strait and narrow path surround us. We are faced with persistent pressures and insidious influences tearing down what is decent and attempting to substitute the shallow philosophies and practices of a secular society.

Because of these and other challenges, decisions are constantly before us which can determine our destiny. In order for us to make the correct decisions, courage is needed—the courage to say no when we should, the courage to say yes when that is appropriate, the courage to do the right

#### Doctrine and Covenants 122: 4, 9 – Courage to Stand Tall

"The Court of Inquiry now commenced, before Judge Austin A. King. This continued from the 11th to 28th of November, during which we were kept most of the time in chains, and our brethren, some fifty in number, were penned up in the cold, dreary court house. It was a very severe time of snow and winter weather, and we suffered much...

[The] guards were composed generally of the most noisy, foul-mouthed, vulgar, disgraceful rabble that ever defiled the earth... We had lain as if in sleep till the hour of midnight had passed, and our ears and hearts had been pained, while we had listened for hours to the obscene jests, the horrid oaths, the dreadful blasphemies and filthy language of our guards... I had listened till I became so disgusted, shocked, horrified, and so filled with the spirit of indignant justice that I could scarcely refrain from rising upon my feet and rebuking the guards; but [I] had said nothing to Joseph, or anyone else, although I lay next to him and knew he was awake.

#### Joshua 24:15 – Someday

"There is a danger in the word someday when what it means is 'not this day.'... This day is a precious gift of God. The thought 'Someday I will' can be a thief of the opportunities of time and the blessings of eternity...

On many days, doing what matters most will not be easy. It is not supposed to be. God's purpose in creation was to let us prove ourselves. The plan was explained to us in the spirit world before we were born. We were valiant enough there to qualify for the opportunity to choose against temptation here to prepare for eternal life, the greatest of all the gifts of God. We rejoiced to know the test would be one of faithful obedience even when it would not be easy (Abraham 3:25) ...

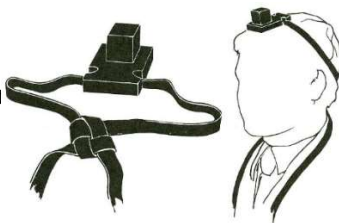
#### Matthew 23:5 – What are Phylacteries

"The Lord commanded Israel to take his words and bind them on their hands and between their eyes. The Jewish interpretation was to copy the Lord's word on small scrolls and place the scrolls in leather cases. They wore the cases on their foreheads and arms when they prayed. These leather cases were called phylacteries.

The Lord also commanded Israel to put a fringe on the border of their

#### Deuteronomy 6:4-9 - Frontlets

"The [frontlets] consist of two small black boxes, containing small scrolls of parchment upon which are written four Biblical passages [Exodus 13:1-10; 13:11-16; Deut. 6:4-9; and 11:13-21] ...



thing because it is right... Everyday courage has few witnesses. But yours is no less noble because no drum beats for you and no crowds shout your name...

He who stands steadfastly for that which is right must risk becoming at times disapproved and unpopular... Are you the same person wherever you are and whatever you are doing—the person our Heavenly Father wants you to be and the person you know you should be?... It is impossible to stand upright when one plants his roots in the shifting sands of popular opinion and approval.”

- President Thomas S. Monson, *Be Strong and of a Good Courage*, General Conference, April 2014

On a sudden he arose to his feet, and spoke in a voice of thunder, or as the roaring lion, uttering, as near as I can recollect, the following words: ‘SILENCE... In the name of Jesus Christ, I rebuke you and command you to be still; I will not live another minute and hear such language. Cease such talk, or you or I die THIS INSTANT!’

He ceased to speak. He stood erect in terrible majesty. Chained, and without a weapon. Calm, unruffled, and dignified as an angel. He looked upon the quailing guards, whose weapons were lowered or dropped to the ground; whose knees smote together, and who, shrinking into a corner, or crouching at his feet, begged his pardon, and remained quiet till a change of guards...

I have tried to conceive of kings, of royal courts, of thrones and crowns; and of emperors assembled to decide the fate of kingdoms; but dignity and majesty have I seen but once, as it stood in chains, at midnight, in a dungeon in an obscure village of Missouri.”

- Parley P. Pratt, *Autobiography of Parley P. Pratt* (1888), 228-230

For most of us the temptation to delay will come from one or both of two feelings. They are polar opposites: one is to be complacent about what we have already done, and the other is to feel overwhelmed by the need to do more...

For those who are discouraged by their circumstances and are therefore tempted to feel they cannot serve the Lord this day, I make you two promises: (1) Hard as things seem today, they will be better in the next day if you choose to serve the Lord this day with your whole heart... [And] (2) By choosing to serve Him this day, you will feel His love and grow to love Him more.”

- Henry B. Eyring, *This Day*, General Conference, April 2007  
(See: John 9:4–5; Alma 34:33–34; Proverbs 8:17)

garment as a reminder to keep the commandments. On this fringe, they were to put a blue ribbon, the color being symbolic of heaven, to remind them of the source of their commandments.

*By making their fringes longer and their phylacteries is bigger, the Pharisees wanted to show that they were more righteous than others.* This show of self-righteousness was condemned by the Lord.”

- Transcript from: New Testament Video Presentations (1992),  
*New Testament Customs*, Video 4, Section 2

Each of the black boxes comes with leather straps so designed as to enable one to be bound upon the hand and for the other to be worn above the forehead.”

- Rabbi Hayim Halevy Donin, *To Be a Jew*, 145  
(See: Exodus 13:9, 16; Deuteronomy 11:18)

#### Judges 16: 28-30 - Tragic Potential

"Samson could have been one of the greatest leaders in Israel since Joshua if he had been true to his Nazarite vows and to his Lord. If Samson, foreordained and chosen by the Lord, had been able to master himself, he could have set an example of spiritual and physical courage that would rank with the finest in history.

#### Judges 7:2 - Faith Obedience

"Latter-day Saints are not obedient because they are compelled to be obedient. They are obedient because they know certain spiritual truths and have decided, as an expression of their own individual agency, to obey the commandments of God... *We are not obedient because we are blind, we are obedient because we can see.*"

- Boyd K. Packer, *Agency and Control*, General Conference, April 1983

"One of the sneaky ploys of the adversary is to have us believe that unquestioning obedience to the principles and commandments of God is blind obedience... That 'blindly' following the prophets and obeying the

#### 1 Nephi 3:7 - Standards

"Why do they call it a basketball standard... The reason why is because the rim is 10 feet high no matter where you go... We don't call them basketball variables... If I missed, imagine how silly it would be if I went like this and said '*Oh that's so stupid lower the standard.*' ... That's not the way it works- it's a basketball standard.

So, if you keep that in your mind that that's the standard, not a variable, it will help you understand the same thing goes with the Scriptures. What do we call these? The *standard* works. We don't say... 'Oh I don't like that- rip that out. Tithing makes me feel poor- rip that out. Fasting that makes me hungry- rip that out.' We don't say that; we say 'Oh is that the standard? Then I have to adjust myself to the standard...

What's the purpose of standards? Well, the purpose is to limit your freedom- I think you all know that. Your parents came up with these ideas to irritate you. No, that's not what it is. The idea is to *protect you from consequences* [and] to

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#### NOT JUST FOR YOUTH

"Now some might say '*well those standards; those were just for the youth.*' But you know, in my ward basketball program, the Deacons have to shoot at the same standard that the elders do in *their* ward basketball games. *If it's different, then it's a double standard.* Elder J Richard Clarke said 'For those who bear the priesthood, young men or adults, there is only one standard of moral decency. Any film, television show, music, or printed material unfit for youth is also unfit for parents. Those who rationalize acceptance of immoral material on grounds of maturity or sophistication are deceived' (*Ensign*, May 1991, 42; See: Mathew 24:24)."

#### IMPORTANCE OF DOCTRINE

"If I were to stop here... I'd be doing you a disservice, because all I did was explain the rule... Leaves [on a tree] don't just float out there in the air... they are supported by branches, and underneath that by a trunk. [Now], rules don't just float out there. They are supported by what we might call branches, or principles, or precepts. And [the rules] are supported underneath that by

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#### Exodus 20:1 – Breaking Commandments

"We cannot break the ten commandments. We can only break ourselves against them."

- Cecil B. Demille, BYU Commencement Address, May 31, 1957  
(He was the Producer of the movie 'The Ten Commandments')

But we can learn from Samson's failure to avoid self-justification and uncontrolled passion so that we might join modern Israel in becoming a mighty and pure people before the second coming of the Lord."  
- Old Testament Student Manual Genesis – 2 Samuel (1980), 258

commandments is not thinking for ourselves. He teaches that it is not intelligent to do something just because we are told to do so by a living prophet or by prophets who speak to us from the scriptures.

Our unquestioning obedience to the Lord's commandments is not blind obedience, [but rather] 'faith obedience'. With faith, Abraham was obedient in preparing Isaac for sacrifice; with faith, Nephi was obedient in obtaining the brass plates; with faith, a little child obediently jumps from a height into the strong arms of his father. 'Faith obedience' is a matter of trust. The question is simple: Do we trust our Heavenly Father? Do we trust our prophets?"

- R. Conrad Schultz, *Faith Obedience*, General Conference, April 2002

help us become more like God; to choose like he would choose... We cannot really break the law- the laws just fine- but we can break *ourselves* against the law (if we want to use it that way), but really the law is something to help us and protect us from consequences."

#### ATTITUDES ABOUT STANDARDS

(1) How bad can I be? "If there's a line separating what's good and what's bad, show me where the line is because I want to live my life right next to it... This is supposed to be church, you're not supposed to tell me how to live."

(2) How good do I have to be? "Well, I want to be good, but I don't want to be *that* good." (See: 1 Nephi 3:5)

(3) I want to be valiant. "Is it high class? Is it above average? Is it above Normal? Show me what that is. I'm going to heaven, and I'm taking my family with me." (See: 1 Nephi 3:7; 4:6; D&C 29:7)

"It's not about your ears, it's about your attitude. It's not about your hem line, it's about your heart. It's not about your dress, it's about your disposition."

what we might call doctrines, or the trunk... *When we understand the doctrines, we will have no problem with the rules* (See: Alma 12:14; Matthew 12:36)."

#### LIVE LIKE GOD

"The standard isn't if it offends you or if it offends me, but if it offends the spirit of the Lord (See: 1 Nephi 10:21; D&C 63:16) ... The plan of salvation is *not* just to help us live with God. [It] also contains teachings to help us live *like* God, and to choose like he would choose... [The standards] always come down to keeping the that sword you were given (See: Ephesians 6:17)."

- John Bytheway, Standards Night Live (DVD)

Seriously, go and watch this talk. What follows after these points are insights about sections in the Strength for Youth pamphlet. It will be VERY worth your time. It is about 1.5 hours long, and this was just the first 30 minutes.

"We cannot really break the law- the laws just fine- but we can break ourselves against the law (if we want to use it that way), but really the law is something to help us and protect us from consequences."

- John Bytheway, Standards Night Live (DVD)

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Alma 39:5, 9 - Why be morally clean

(1) DOCTRINE OF THE SOUL

"Sexual transgression is second only to murder in the Lord's list of life's most serious sins.... Clearly God's greatest concerns regarding mortality are how one gets into this world and how one gets out of it (See: Alma 39:5) ... We do not have to be a herd of demonically possessed swine charging down the Gadarene slopes toward the sea to understand that a body is the great prize of mortal life (See: D&C 88:15; D&C 93:34) ... So partly in answer to why such seriousness, we answer that one toying with the God-given—and satanically coveted—body of another, toys with the very soul of that individual... In trivializing the soul of another, we trivialize the Atonement that saved that soul and guaranteed its continued existence (See Hebrews 6:6; 1 Corinthians 6:13–20) ...

(2) A SYMBOL OF TOTAL UNION

Such an act of love between a man and a woman is—or certainly was ordained to be—a symbol of total union: union of their hearts, their hopes, their lives, their love, their family, their future, their everything. It is a symbol that we try to suggest in the temple with a word like seal (See: D&C 128:18) ... They work together, they cry together, they enjoy Brahms and Beethoven and breakfast together, they sacrifice and save and live together for all the abundance that such a totally intimate life provides such a couple. And the external symbol of

*the overall relationship. Two people may marry for physical gratification and then discover that the illusion of union collapses under the weight of intellectual, social, and spiritual incompatibilities. (Dr Victor L. Brown Jr, Human Intimacy: Illusion and Reality (1981), 5–6) ...*

Don't be deceived and don't be destroyed. Unless such fire is controlled, your clothes and your future will be burned. And your world, short of painful and perfect repentance, will go up in flames. I give that to you on good word—I give it to you on God's word.

(3) A HOLY SACRAMENT

For our purpose here today, a sacrament could be any one of a number of gestures or acts or ordinances that unite us with God and his limitless powers... These are moments when we quite literally unite our will with God's will, our spirit with his spirit, where communion through the veil becomes very real. At such moments we not only acknowledge his divinity, but we quite literally take something of that divinity to ourselves. Such are the holy sacraments...

Sexual union is also, in its own profound way, a very real sacrament of the highest order... If our definition of sacrament is that act of claiming and sharing and exercising God's own inestimable power, then I know of virtually

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that union, the physical manifestation of what is a far deeper spiritual and metaphysical bonding, is the physical blending that is part of... that larger, more complete union of eternal purpose and promise (See: Genesis 2:24) ...

That symbolism of 'one flesh' cannot be preserved, if we hastily and guiltily and surreptitiously share intimacy in a darkened corner of a darkened hour, then just as hastily and guiltily and surreptitiously retreat to our separate worlds—not to eat or live or cry or laugh together, not to do the laundry and the dishes and the homework, not to manage a budget and pay the bills and tend the children and plan together for the future. No, we cannot do that until we are truly one—united, bound, linked, tied, welded, sealed, married.

*Can you see then the moral schizophrenia that comes from pretending we are one, sharing the physical symbols and physical intimacy of our union, but then fleeing, retreating, severing all such other aspects—and symbols—of what was meant to be a total obligation...*

'Fragmentation enables its users to counterfeit intimacy... If we relate to each other in fragments, at best we miss full relationships. At worst, we manipulate and exploit others for our gratification. Sexual fragmentation can be particularly harmful because *it gives powerful physiological rewards which, though illusory, can temporarily persuade us to overlook the serious deficits in*

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no other divine privilege so routinely given to us all... than the miraculous and majestic power of transmitting life... that wonder of all wonders, a genetically and spiritually unique being; never seen before in the history of the world and never to be duplicated again in all the ages of eternity—a child, your child—with eyes and ears and fingers and toes and a future of unspeakable grandeur...

Of all the titles he has chosen for himself, Father is the one he declares, and Creation is his watchword—especially human creation, creation in his image. His glory isn't a mountain, as stunning as mountains are. It isn't in sea or sky or snow or sunrise, as beautiful as they all are. It isn't in art or technology, be that a concerto or computer. No, his glory—and his grief—is in his children...

Human life—that is the greatest of God's powers... and you and I have been given it, but under the most serious and sacred of restrictions. You and I who can make neither mountain nor moonlight, not one raindrop nor a single rose—yet we have this greater gift in an absolutely unlimited way. And the only control placed on us is self-control—self-control born of respect for the divine sacramental power it is... We carry this procreative power that makes us very much like God in at least one grand and majestic way."

- Jeffrey R. Holland, *Souls Symbols and Sacraments*,  
BYU Devotional, January 12, 1988

#### Mosiah 2:22 – Commandments are not Restrictions

'Twas a dangerous cliff, as they freely confessed, Though to walk near its crest was so pleasant; But over its terrible edge there had slipped A duke and full many a peasant. So the people said something would have to be done, But their projects did not at all tally; Some said, "Put a fence 'round the edge of the cliff," Some, "An ambulance down in the valley."

But the cry for the ambulance carried the day, For it spread through the neighboring city; A fence may be useful or not, it is true, But each heart became full of pity For those who slipped over the dangerous cliff; And the dwellers in highway and alley Gave pounds and gave pence, not to put up a fence, But an ambulance down in the valley.

"For the cliff is all right, if you're careful," they said, "And, if folks even slip and are dropping, It isn't the slipping that hurts them so much As the shock down below when they're stopping." So day after day, as these mishaps occurred, Quick forth would those rescuers sally To pick up the victims who fell off the cliff, With their ambulance down in the valley.

Then an old sage remarked: "It's a marvel to me That people give far more attention To repairing results than to stopping the cause, When they'd much better aim at prevention. Let us stop at its source all this mischief," cried he,

#### Mosiah 4:30 – Beliefs -> Thoughts -> Words -> Deeds

"We take in all the data from the world outside us. This data has no real meaning until we sort and sift through it, *interpreting it in terms of our past experience and the beliefs we already hold*. And so, within seconds of our receiving the data, meaning is attached, resulting in an emotional response, which is followed by action of some sort. This is a road we travel countless times each day...

Should we try to stop all this at the *data input* point? Probably not. We can't usually do much about the data coming in... So, what about *Emotions*? Unfortunately, they seem to have a life of their own... I am going to postulate that the *Beliefs/Thoughts/Interpretations/Expectations* segment in this ongoing cycle is the most profoundly important. *It is the driver of emotions and actions...* [and] is fairly consistent over time. [Although] others

#### John 15:12-15 - Definition: Friend

"A friend is someone who makes it easier to live the Gospel of Jesus Christ."  
- Elder Robert D. Hales

"I love that [definition of friend, because] it is mathematical in its precision. In fact, I've made a little equation there, like Algebra."

#### Isaiah 33:14 – Celestial Fire

"Here then is eternal life... you attain to the resurrection of the dead, *and are able to dwell in everlasting burnings* and to sit in glory, as do those who sit enthroned in everlasting power... [The dead] shall rise again, *to dwell in everlasting burnings* in immortal glory, not to sorrow, suffer, or die anymore... Some shall rise to *the everlasting burnings of God; for God dwells in everlasting burnings*; and some shall rise to the damnation of their own filthiness, which is as exquisite a torment as the lake of fire and brimstone."

- Joseph Smith, *King Follett Discourse*

(See: Doctrine and Covenants 137:2; 130:7; 1 Nephi 15:30)

"Come, neighbors and friends, let us rally; If the cliff we will fence, we might almost dispense With the ambulance down in the valley."

"Oh he's a fanatic," the others rejoined, "Dispense with the ambulance? Never! He'd dispense with all charities, too, if he could; No! No! We'll support them forever. Aren't we picking up folks just as fast as they fall? And shall this man dictate to us? Shall he? Why should people of sense stop to put up a fence, While the ambulance works in the valley?" ...

Better guide well the young than reclaim them when old, For the voice of true wisdom is calling. "To rescue the fallen is good, but 'tis best To prevent other people from falling." Better close up the source of temptation and crime Than deliver from dungeon or galley; Better put a strong fence 'round the top of the cliff Than an ambulance down in the valley.

- Joseph Malins, *The Ambulance Down in the Valley* (1895)

cannot see what beliefs we are operating out of- and often we don't either."

- Virginia H. Pearce, *Through His Eyes*, 8-11

"Look beyond your past behaviors and examine the thoughts, feelings, and beliefs that *led* to your behavior. *Your thoughts, feelings, and beliefs are actually the roots of your addictive behaviors.* Unless you examine all your tendencies toward fear, pride, resentment, anger, self-will, and self-pity; your abstinence will be shaky at best... Your addiction is a symptom of other causes and conditions."

- LDS Family Services, *Addiction Recovery Program*, 21

"Each of us is largely the product of his or her beliefs. Our behavior is governed by these. They become our standards of conduct."

- Gordon B. Hinckley, *I Believe*, 2

\_\_\_\_\_ = makes it easier to live the gospel

"You can stick stuff in there and test it... What I like about that is it makes grey things become clear."

- John Bytheway, *Standards Night Live* (DVD); (See: Proverbs 12:26; 17:17; 18:24; 22:24-25; 1 Corinthians 15:33; James 4:4)

The righteous spirits "are exalted to a greater and more glorious work; hence they are blessed in their departure to the world of spirits. *Enveloped in flaming fire*, they are not far from us."

- Joseph Smith, *Teachings of the Prophet Joseph Smith*, 326

(Daniel 3:22-25; Exodus 3:2-3; Helaman 5:23-24; 43-44; 1 Nephi 15:34)

"The Spirit of God like a fire is burning!"

- *The Spirit of God*, Hymnal, 2

(See: See: Ezekiel 8:2; 2 Nephi 20:17)



### 1 Kings 19:11-13 – A Lesson in Parenting

Elijah met God on Horeb. God asked Elijah his purpose in coming. Elijah poured out his tale of woe again: “After the marvelous show of power, the people still don’t get it. I’ve had it. Let me die.” A lesser father might have lost patience. But our Perfect Father said, “Elijah, come and sit with me at the entrance to the cave. Let’s talk.”

They sat there together, and Father caused a strong wind to tear up the mountains. Such a strong wind must have left Elijah feeling helpless and frightened. And then God let the question hang in the air: “Elijah, am I that amazing wind?” The answer was clear. He was not... After the three amazing shows of power, the scriptural account reports, “And after the fire, a still small voice.” *God is not essentially a violent manifestation [or] frightening power, [but] the quiet message in our souls!* That is where we are to find God’s message. On the fleshy tablets of our hearts.

### Doctrine and Covenants 9:8 – Stop me if I’m wrong

“Start moving in some direction. Start doing something—take a course, go on a date, choose a major. Start somewhere, in some area about which you at least do not feel negative. If you feel negative about everything, start in the area about which you feel least negative. In other words, do not just sit and wait for a big revelation. Do not wait for a change, or a transfer, or a move, or a different situation. Start where you are, now...

A lot of our people... have great amounts of faith but sometimes tend to distort that faith a little by saying, ‘I am not going to move until I receive a positive assurance’—a burning in the bosom, as it were—‘that that is the right thing to do.’ ...

Too often we want to be positive about everything. We feel that we need to have this burning all the time. Often people say, ‘I am confused. I don’t know what to do’—and so they end up treading water and not doing anything, not making any real progress—and that, in and of itself, is a great sin. We should not do things wrong—and, as I said before, the Lord will let you know when things are wrong—but, for heaven’s sake, we should do something! ...

I do not say that we will not get that burning in our bosom, for we will when it is the right thing... but generally it has worked the other way—that is by eliminating the wrong directions to reveal the right direction, especially concerning our opportunities for progress in life...

If it is wrong, he will let us know—we will feel it for sure. I am positive of that. So rather than saying, ‘I will not move until I have this burning in my heart,’ let us turn it around and say, ‘I will move unless I feel it is wrong; and if it is wrong, then I will not do it’.”

- John H. Groberg, *What is Your Mission*, BYU Devotional, May 1, 1979  
(He was the man who the movie ‘The Other Side of Heaven’ was about)

### Doctrine and Covenants 50:17-25 - The Spirit and Emotions

“Let me offer a word of caution. ... I think if we are not careful... we may begin to try to counterfeit the true influence of the Spirit of the Lord by unworthy and manipulative means. I get concerned when it appears that strong emotion or free-flowing tears are equated with the presence of the

### Genesis 3:1-6 –Satan’s Lies

“[Satan’s] voice often sounds so reasonable and his message so easy to justify. It is an appealing, intriguing voice with dulcet tones. It is neither hard nor discordant. No one would listen to Satan’s voice if it sounded harsh or mean.”

- James E. Faust, *The Forces That Will Save Us*, Ensign, January 2007, 6  
(See: 2 Nephi 28:9; Jacob 7:4; Mosiah 11:5-7;  
Alma 30:17-18; 46:10; Helaman 2:4)

“When the world presents us with an idea, philosophy, or opinion that seems to appeal solely to our vanity or pride or that simply sounds too good to be true, that ought to be a warning to us immediately. Treat those ideas as

Again, God asked Elijah why he had come. Again, Elijah gave his plaintive reply, though it must now have seemed hollow. Again, *God did not remonstrate*. Having humbled and taught His prophet... he now re-directed him. "Elijah, I have precious children still among Israel who have not worshiped Baal. They need a leader. A leader who knows. Please go back and teach and bless them." ...

In the struggles of life, the people of Israel did not get it. Elijah did not get it. Do we? Do we look for dramatic answers, when the answers are in our hearts? ... Do we resort to threats and commands when we deal with our children, when quiet teaching and inviting would be more helpful?

In all of the process with Elijah, *God did not cajole, complain, coax, or wheedle. He invited [and] taught.*

- H. Wallace Goddard (PHD), *Finding Joy in Family Life*, 101-102

Speaking about deciding to date the woman who would become his wife: "I said... 'Heavenly Father, I'm going for it. Stop me if I'm wrong.' ... Nephi said, 'I will go and do', not 'I will sit and stew'. You don't stand in front of your fire place and say, 'Give me heat, *then* I'll give you wood'... [The quote above by Elder Groberg] is responsible for the ring on my left hand."

- John Bytheway, Standards Night Live (DVD)

(See: Doctrine and Covenants 50:23-25; Moroni 7:5-19)

#### Led in All Things

"[A person may have] a strong desire to be led by the Spirit of the Lord but... *unwisely extends that desire to the point of wanting to be led in all things*. A desire to be led by the Lord is a strength, but it needs to be accompanied by an understanding that our Heavenly Father leaves many decisions for our personal choices. Personal decision making is one of the sources of the growth we are meant to experience in mortality. *Persons who try to shift all decision making to the Lord and plead for revelation in every choice will soon find circumstances in which they pray for guidance and don't receive it*. For example, this is likely to occur in those numerous circumstances in which the choices are trivial or either choice is acceptable.

We should study things out in our minds, using the reasoning powers our Creator has placed within us. Then we should pray for guidance and act upon it if we receive it. If we do not receive guidance, we should act upon our best judgment. Persons who persist in seeking revelatory guidance on subjects on which the Lord has not chosen to direct us may concoct an answer out of their own fantasy or bias, or they may even receive an answer through the medium of false revelation."

- Dallin H. Oaks, *Our Strengths Can Become Our Downfall*, Ensign, October 1994, 13-14; Quoted in *Preach My Gospel* (2004), 101

(See: Doctrine and Covenants 60:5; 61:22; 62:5)

*Spirit. Certainly, the Spirit of the Lord can bring strong emotional feelings, including tears, but that outward manifestation ought not to be confused with the presence of the Spirit itself."*

- Howard W. Hunter, *The Teachings of Howard W. Hunter*, 184

Quoted in *Preach My Gospel* (2004), 99

(See: Moroni 7:5-19)

counterfeit. Compare them against the truths taught by the Lord's prophets. Look for differences, not similarities, and the counterfeit ideas will become obvious."

- Dennis C. Gaunt, *Recognizing Satan's Counterfeits*, Ensign, April 2016

(See: Moroni 7:15; Doctrine and Covenants 50:23-25)

"Sometimes when we learn things in the gospel, we call it 'line upon line, precept on precept'. I think Satan has a counterfeit of that, and I like to call it 'lie upon lie, deceit on deceit.' I believe Satan will tell ten Truths if he can fit in one lie."

- John Bytheway, Standards Night Live (DVD)

### Matthew 4:1-11 – Temptations of Body, Spirit, and Intelligence

The adversary targeted a different part of Christ's soul when tempting him the desert.

(1) Turn Stones to Bread: (Body) "It is the temptation of appetite, of bodily longings."

(2) Cast Thyself Down: (Spirit) "Appearances vs. Reality... Pretending to Be vs. Being... To fulfil [others] wants, their expectations... The desire to prove Himself."

(3) All These Things I will Give Thee: (Intelligence) "Aspiration vs. Consecration. By aspiration I mean the seeking for one's own glory, the

### Jeremiah 1:5 - All Knowing Father

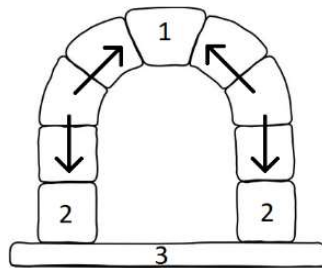
"Our Heavenly Father has a *full knowledge* of the nature and disposition of each of his children, a knowledge gained by long observation and experience in the past eternity of our primeval childhood... He knows what each will do under given conditions, and sees the end from the beginning.

### Introduction 1:6 – Keystone of Your Testimony

"An arch is a strong architectural structure made from wedge-shaped pieces that lean against each other. The middle piece, or keystone, *is usually larger than the other wedges and locks the other stones into place*. When Joseph Smith called the Book of Mormon 'the keystone of our religion,' he taught that the Book of Mormon holds our religion together."

- *Preach My Gospel* (2004), 103-104

**Fig 1: The Keystone.** If you remove it, the arch falls- if you remove *any* stone it falls. What makes this stone special is that it is stronger than the other stones, because it must support the force of the other stones leaning on it. If it is weaker, it will be crushed.



### Isaiah 58:13-14 - Sabbath Dos and Don'ts

"I learned from the scriptures that my conduct and my attitude on the Sabbath constituted a sign between me and my Heavenly Father. *With that understanding, I no longer needed lists of dos and don'ts*. When I had to make a decision whether or not an activity was appropriate for the Sabbath, I simply asked myself, 'What sign do I want to give to God?' That question made my choices about the Sabbath day crystal clear."

- Russell M. Nelson, *The Sabbath Is a Delight*,  
General Conference, April 2015

### 2 Nephi 9:22 - What is Hell

"In latter-day revelation, Hell is spoken of in at least two senses. One, is the *temporary abode* in the spirit world of those who were disobedient in this life... Hell, as thus defined, will have an end. When all the captive spirits have paid the price of their sins."

- Bible Dictionary, *Hell*; (See: Doctrine and Covenants 19:15-17)

Hell is not Spirit Prison; it is a location/state *in* Spirit Prison.

"Also in the spirit prison are those who rejected the gospel *after* it was preached to them... These spirits suffer in a condition known as hell. They have removed themselves from the mercy of Jesus Christ... After suffering for their sins, they will be allowed, through the Atonement of Jesus Christ, to inherit the lowest degree of glory, which is the telestial kingdom."

- *Gospel Principles* (1978), 244

"As to the duration of such punishment, we may take assurance that it will be graded according to the sin... The false doctrine that the punishment to

‘what’s in it for me’ attitude. By consecration, I mean seeking for God’s glory, the attitude of ‘how can I best serve’?

- Stephen R. Covey, *Spiritual Roots of Human Relations*, 19-26

“Nearly every temptation that comes to you and me comes in one of those forms... (1) a temptation of appetite; (2) a yielding to the pride and fashion and vanity of those alienated from the things of God; or (3) a gratifying of the passion or a desire for the riches of the world or power among men.”

- David O. McKay, *Instructor*, September 1962, 290

(See: Moses 6:59; 1 John 5:6-8)

His foreknowledge is based on intelligence and reason. *He foresees the future as a state which naturally and surely will be; not as one which it must be* because He has arbitrarily willed that it shall be.”

- James E. Talmage, *Jesus the Christ*, 29

**Fig 2: The Corner Stone.** This also supports the entire weight of the arch, and must be *very* strong. If it is not sturdy, the arch will sink and collapse. (See: Ephesians 2:19-20; 3 Nephi 18:12-13)

**Fig 3: The Foundation.** (See: 3 Nephi 27:8)

“When we know the Book of Mormon is true, then it follows that Joseph Smith was indeed a prophet and that he saw God the Eternal Father and His Son, Jesus Christ. It also follows that the gospel was restored in these latter days through Joseph Smith—including the restoration of both the Aaronic and Melchizedek Priesthoods.”

- Thomas S. Monson, *Dare to Stand Alone*, General Conference, Oct. 2011

“Take away the Book of Mormon and the revelations, and where is our religion (or testimony)? We have none.”

- Joseph Smith, *History of the Church*, 2:52

“The word sabbath is derived from the Hebrew shabbath, meaning “to break off” or “to desist,” and in this can be seen the idea of rest. But *in the best sense, rest does not mean idleness; it signifies rather a change of emphasis.* In plain terms, “keeping the Sabbath day holy” means to cease or to rest from the secular labors of the week and to use the specified day in worshipping God and doing good to our fellow beings.”

- Robert J. Matthews, *Why do we Observe the Sabbath*, Ensign, January 1978

Any Sunday activity should satisfy at least one (preferably both) of these statements: (1) *Does this bring me closer to God*, and (2) *Does this bring me closer to my Family?*

be visited upon the erring souls is endless, that every sentence for sin is of interminable duration, must be regarded as... a dogma of unauthorized and erring churches... In no instance is there justification for the inference that the individual sinner will have to suffer the wrath of offended justice forever and ever. *The punishment in any case is sufficiently severe without the added and supreme horror of unending continuation.*”

- James E. Talmage, *Articles of Faith*, 63-64

(See: 3 Nephi 12:26)

#### What is Damnation

“Satan does not have a body, and his eternal progress has been halted. *Just as water flowing in a riverbed is stopped by a dam*, so the adversary’s eternal progress is thwarted... One of the potent scriptural meanings of the word damned is illustrated in his *inability to continue developing* and becoming like our Heavenly Father.”

- David A. Bednar, *Things as they Really Are*, Ensign, June 2010

## 2 Nephi 2:27 – Like unto Himself

“The Father’s plan is designed to provide direction for His children, to help them become happy, and to bring them safely home to Him with resurrected, exalted bodies. Lucifer labors... to distort the elements of the Father’s plan he hates the most...

Because a physical body is so central to the Father’s plan of happiness and our spiritual development, we should not be surprised that Lucifer seeks to frustrate our progression by tempting us to use our bodies improperly. *One of the ultimate ironies of eternity is that the adversary, who is miserable precisely because he has no physical body, invites and entices us to share in his misery through the improper use of our bodies.* The very tool he does not have and cannot use is thus the primary target of his attempts to lure us to physical and spiritual destruction...

If the adversary cannot entice us to misuse our physical bodies, then one of his most potent tactics is to beguile you and me as embodied spirits to

## Doctrine and Covenants 93:33-34 - Importance of Body

“Please note the primary importance of obtaining a physical body in the process of progressing toward our divine destiny...

Our physical bodies make possible a breadth, a depth, and an intensity of experience that simply could not be obtained in our premortal estate... In the classroom of mortality, we experience tenderness, love, kindness, happiness, sorrow, disappointment, pain, and even the challenges of physical limitations in ways that prepare us for eternity.

## Helaman 2:11 - Anonymous Works

“Satan often offers an alluring illusion of anonymity. Lucifer always has sought to accomplish his work in secret. Remember, however, that apostasy *is not anonymous simply because it occurs in a blog or through a fabricated identity in a chat room or virtual world.* Immoral thoughts, words, and deeds always are immoral, even in cyberspace.

*Deceitful acts supposedly veiled in secrecy, such as illegally downloading music from the Internet or copying CDs or DVDs for distribution to friends and families, are nonetheless deceitful.*

## Jacob 4:13 - Video Games

We live at a time when technology can be used to replicate reality, to augment reality, and to create virtual reality... A high degree of fidelity (realism) in the simulation or model contributes to the effectiveness of the experience... Such a simulation can be constructive if the fidelity is high and the purposes are good—for example, providing experience that saves lives or improves the quality of life.

However, a simulation or model can lead to spiritual impairment and danger if the fidelity is high and the purposes are bad—*such as experimenting with actions contrary to God’s commandments or enticing us to think or do things we would not otherwise think or do ‘because it is only a game’...* The concerns I raise are not new; *they apply equally to other types of media, such as television, movies, and music...*

Important opportunities are missed for developing and improving interpersonal skills, for laughing and crying together, and for creating a rich and enduring bond of emotional intimacy. Progressively, seemingly innocent entertainment can become a form of pernicious enslavement... All of these things experienced *as they really are* through the instrument of our physical body—could be sacrificed for a high-fidelity fantasy that has no lasting value. If you and I are not vigilant, we can become ‘past feeling’ (1 Nephi 17:45), as did Laman and Lemuel long ago...

disconnect gradually and physically from things as they really are. In essence, *he encourages us to think and act as if we were in our premortal, unembodied state*. And, if we let him, he can cunningly employ some aspects of modern technology to accomplish his purposes.

Please be careful of becoming so immersed and engrossed in pixels, texting, earbuds, twittering, online social networking, and potentially addictive uses of media and the Internet that you fail to recognize the importance of your physical body and miss the richness of person-to-person communication. Beware of digital displays and data in many forms of computer-mediated interaction that can displace the full range of physical capacity and experience...

Neither technology nor rapid change in or of itself is good or evil; the real challenge is to understand both within the context of the eternal plan of happiness."

- David A. Bednar, *Things as they Really Are*, Ensign, June 2010

Simply stated, there are lessons we must learn and experiences we must have, as the scriptures describe, *according to the flesh*.

- David A. Bednar, *Things as they Really Are*, Ensign, June 2010

(See: 1 Nephi 19:6; Alma 7:12–13)

"Our spirit and our body are combined in such a way that our body becomes an instrument of our mind and the foundation of our character."

- Boyd K. Packer, *The Instrument of Your Mind and the Foundation of Your Character*, BYU Speech, February 2, 2003

(See: D&C 88:15)

We are all accountable to God, and ultimately, we will be judged of Him according to our deeds and the desires of our hearts...

The Lord knows who we really are, what we really think, what we really do, and who we really are becoming.

- David A. Bednar, *Things as they Really Are*, Ensign, June 2010

(See: D&C 1:3; Proverbs 23:7; Alma 41:3; Moses 5:30).

Brothers and sisters, please understand. *I am not suggesting all technology is inherently bad; it is not. Nor am I saying we should not use its many capabilities in appropriate ways to learn, to communicate, to lift and brighten lives, and to build and strengthen the Church; of course we should. But I am raising a warning voice that we should not squander and damage authentic relationships by obsessing over contrived ones...*

Let me say again: neither technology nor rapid change in or of itself is good or evil; the real challenge is to understand both within the context of the eternal plan of happiness.

For your happiness and protection, I invite you to study more diligently the doctrine of the plan of salvation—and to prayerfully ponder the truths we have reviewed. I offer two questions for consideration in your personal pondering and prayerful studying:

1. Does the use of various technologies and media invite or impede the constant companionship of the Holy Ghost in your life?

2. Does the time you spend using various technologies and media enlarge or restrict your capacity to live, to love, and to serve in meaningful ways?"

- David A. Bednar, *Things as they Really Are*, Ensign, June 2010

(See: D&C 60:13; 93:24; Mormon 9:27-28; 1 Nephi 17:45; Alma 32:35)