* Wed June 11,2014
* You cant blame a person for the wrongs that were done to you through them. The wrong were inspired by the adversary. It is him who caused these ills to come upon you. Sadly he employed a human being to carry them out. Of us it is required to forgive all men.
* Today I learned about physical intimacy in marriage. It is a beautiful subject. I love the way Packer teaches in his talk called "The fountain of life" I learned that marriage is about giving ones whole self to their spouse. Everything includes spiritual, emotional, mental, and spiritual. All means all, and when that kid of love is given, the powers of heaven are unlocked. Repentance is as simple as confessing and forsaking your sins. Each sin has a consequential healing lime associated with the sin. Wait till this has taken its course and you are innocent again.
* Pray in the name of Jesus.
* Make prayers meaningful/ pray with real intent, sincerity/ avoid vain reptitions.
* Prayerful language
* Express thanks
* Council with God continuously
* Pray for others
* Allow the Holy Ghost to guide your prayers
* Prayer and Action
* Pray in secret
* Pray vocally every morning and night
* Take time to listen while praying
* Pray in your heart all day long
* Pray as a family
* Pray in public
* Ask and ye shall receive.
* Knock and it shall be opened unto you
* Seek and ye shall find
* God answers prayers in his own way, his own time, according to his will
* Answers to prayers come through, the Holy Ghost, circumstances of our lives, kind ness of those around us.
* David A. Bednar Ask in Faith
* Meaningful prayer
* dual obligation: plead and perform, communicate and to act
* Pray focused on action
* "Understanding that faith is a principle of action and of power inspires us to exercise our moral agency in compliance with gospel truth, invites the redeeming and strengthening *powers* of the Savior’s Atonement into our lives, and enlarges the *power* within us whereby we are agents unto ourselves"
* " Asking in faith requires honesty, effort, commitment, and persistence."
* " pray with the expectation to act and not just to express"
* dispute not because [we] see not, for [we] receive no witness until after the trial of [our] faith”
* "Discerning and accepting the will of God in our lives are fundamental elements of asking in faith in meaningful prayer."
* " The object of our prayers should not be to present a wish list or a series of requests but to secure for ourselves and for others blessings that God is eager to bestow, according to His will and timing. Every sincere prayer is heard and answered by our Heavenly Father, but the answers we receive may not be what we expect or come to us when we want or in the way we anticipate. "
* **RGS - Using the Supernal Gift of Prayer**
* Prayer is a gift to all mankind no matter their condition.
* **How Should You Pray?**
* "Prayer is most effective when we strive to be clean and obedient, with worthy motives, and are willing to do what He asks. Humble, trusting prayer brings direction and peace."
* "As you pray, recognize that Father in Heaven is near and He is listening."
* "A key to improved prayer is to learn to ask the right questions. Consider changing from asking for the things you want to honestly seeking what He wants for you. Then as you learn His will, pray that you will be led to have the strength to fulfill it."
* "Pray even when you have no desire to pray."
* "Never feel you are too unworthy to pray."
* "I wonder if we can ever really fathom the immense power of prayer until we encounter an overpowering, urgent problem and realize that we are powerless to resolve it. Then we will turn to our Father in humble recognition of our total dependence on Him. It helps to find a secluded place where our feelings can be vocally expressed as long and as intensely as necessary."
* "He prayed from his heart"
* Pray as a humble. trusting son who knows well his beloved Father in Heaven
* "He confides in the certainty that His answer will come when most needed."
* "Each prayer is tailored to its purpose, with a clear statement of what needs resolution, as well as ample expression of gratitude for specific, recognized blessings."
* **How are prayers answered?**
* "Father will give us gentle promptings that require us to think, exercise faith, work, at times struggle, then act. It is a step-by-step process that enables us to discern inspired answers."
* "what sometimes seems an impenetrable barrier to communication is a giant step to be taken in trust. "
* "Seldom will you receive a complete response all at once. It will come a piece at a time, in packets, so that you will grow in capacity."
* "As each piece is followed in faith, you will be led to other portions until you have the whole answer. That pattern requires you to exercise faith in our Father’s capacity to respond. While sometimes it’s very hard, it results in significant personal growth."
* "He will prompt you in quiet moments when the Spirit can most effectively touch your mind and heart. Hence, you should find periods of quiet time to recognize when you are being instructed and strengthened."
* President David O. McKay testified, “It is true that the answers to our prayers may not always come as direct and at the time, nor in the manner, we anticipate; but they do come, and at a time and in a manner best for the interests of him who offers the supplication.”
* "Be thankful that sometimes God lets you struggle for a long time before that answer comes. Your character will grow; your faith will increase. There is a relationship between those two: the greater your faith, the stronger your character; and increased character enhances your ability to exercise even greater faith."
* "On occasion, the Lord will give you an answer before you ask. This can occur when you are unaware of a danger or may be doing the wrong thing, mistakenly trusting that it is correct.
* Study Journal
* **2 Nephi 9**
* For the atonement satisfieth the demands of his justice upon all those who have not the law given to them,
* that they are delivered from that awful monster, death and hell, and the devil, and the lake of fire and brimstone, which is endless torment;
* and they are restored to that God who gave them breath, which is the Holy One of Israel.
* But to be learned is good if they hearken unto the counsels of God.
* But **wo unto the rich**, who are rich as to the things of the world. For because they are rich they despise the poor, and they persecute the meek, and their hearts are upon their treasures; wherefore, their treasure is their god. And behold, their treasure shall perish with them also.
* And wo unto the deaf that will not hear; for they shall perish.
* Wo unto the blind that will not see; for they shall perish also.
* Wo unto the uncircumcised of heart, for a knowledge of their iniquities shall smite them at the last day.
* Wo unto the liar, for he shall be thrust down to hell.
* Wo unto the murderer who deliberately killeth, for he shall die.
* Wo unto them who commit whoredoms, for they shall be thrust down to hell.
* wo unto those that worship idols, for the devil of all devils delighteth in them.
* wo unto all those who die in their sins; for they shall return to God, and behold his face, and remain in their sins.
* to be carnally-minded is death, and to be spiritually-minded is life eternal.
* the words of truth are hard against all uncleanness; but the righteous fear them not, for they love the truth and are not shaken.
* **2 Nephi 10**  
  24 Wherefore, my beloved brethren, reconcile yourselves to the will of God, and not to the will of the devil and the flesh; and remember, after ye are reconciled unto God, that it is only in and through the grace of God that ye are saved.
* 2 Nephi 11
* 2 Nephi 12
* 2 Nephi 13
* **Jeffry R Holland - Of Souls, Symbols, and Sacraments**
* Human Intimacy is a subject that should not be treated lightly.
* " one toying with the God-given--and satanically coveted--body of another, toys with the very soul of that individual, toys with the central purpose and product of life, "the very key" to life, as Elder Boyd K. Packer once called it."
* " that human intimacy, that sacred, physical union ordained of God for a married couple, deals with a *symbol* that demands special sanctity. 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.* The Prophet Joseph Smith once said we perhaps ought to render such a sacred bond as "welding"--that those united in matrimony and eternal families are "welded" together, inseparable if you will, to withstand the temptations of the adversary and the afflictions of mortality. (See D&C 128:18.)"
* " the union of *all* that they possess--their very hearts and minds, all their days and all their dreams."
* "As delicate as it is to mention in such a setting, I nevertheless trust your maturity to understand that physiologically we are created as men and women to fit together in such a union. In this ultimate physical expression of one man and one woman they are as nearly and as literally "one" as two separate physical bodies can ever be. It is in that act of ultimate physical intimacy we most nearly fulfill the commandment of the Lord given to Adam and Eve, living symbols for all married couples, when he invited them to cleave unto one another only, and thus become "one flesh" (Genesis 2:24)."
* " You may come to that moment of *real* love, of *total* union, only to discover to your horror that what you should have saved has been spent, and--mark my words--only God's grace can recover that piecemeal dissipation of your virtue."
* " *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 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. . . .  
  Sexual fragmentation is particularly harmful because it is particularly deceptive. The intense human intimacy that should be enjoyed in and symbolized by sexual union is counterfeited by sensual episodes which suggest--but cannot deliver--acceptance, understanding, and love. Such encounters mistake the end for the means as lonely, desperate people seek a common denominator which will permit the easiest, quickest gratification."*
* *"* *Sexual intimacy is not only a symbolic union between a man and a woman--the uniting of their very souls--but it is also symbolic of a union between mortals and deity, between otherwise ordinary and fallible humans uniting for a rare and special moment with God himself and all the powers by which he gives life in this wide universe of ours."*
* *"* *I submit to you that no power, priesthood or otherwise, is given by God so universally to so many with virtually no control over its use except self-control. And I submit to you that you will never be more like God at any other time in this life than when you are expressing that particular power."*
* *"* *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."*
* **Richard G Scott- Making the right choices**
* Serious mistakes come when you compromise your standards to impress others.
* Thoughts are fed by what you read, look at and watch.
* The mind only thinks about one thing at a time.
* A marriage is all bout committing the best of ones self to be absolutely loyal to their spouse and to invite children to be nurtured and taught.
* **Elder Boyd K. Packer "The Fountain of Life"**
* " The power of procreation is not an incidental part of the plan of happiness; it is the key—the very key."
* " Our happiness in mortal life, our joy and exaltation, are dependent upon how we respond to these persistent, compelling physical desires."
* " As the procreative power matures in early manhood and womanhood there occurs, in a natural way, very personal feelings unlike any other physical experience."
* " mature love enjoys a bliss not even imagined by newlyweds."
* " Children of God can willfully surrender to their carnal nature and, seemingly without remorse, defy the laws of morality and degrade themselves even below the beasts."
* " When the theory that man is the offspring of animals is planted in young minds, it should be accompanied by careful instruction to set it in isolation in the garden of the mind until faith is well rooted. Otherwise, seeds of doubt may spring up and choke out the seedling of faith, and the harvest will be bitter fruit and the giver will have served the wrong master."
* " In the universal battle for human souls, the adversary takes enormous numbers of prisoners. Many, knowing of no way to escape, are pressed into his service. Every soul confined in a concentration camp of sin and guilt has a key to the gate. The key is labeled Repentance. The adversary cannot hold them, if they know how to use it. The twin principles of repentance and forgiveness exceed in strength the awesome power of the tempter."
* The formula is stated in forty words: “Behold, he who has repented of his sins, the same is forgiven, and I, the Lord, remember them no more. By this ye may know if a man repenteth of his sins—behold, he will confess them and forsake them.” ( [D&C 58:42–43](http://scriptures.lds.org/dc/58/42-43" \l "42).) I know of no more beautiful words in all of revelation than these. “The same is forgiven, and I, the Lord, remember them no more.”
* If our transgression includes tampering with the procreative capacities of another of either gender, then there is a necessary confession beyond prayer. From His priesthood the Lord has designated the bishop to be the common judge. If your transgression is serious, and your conscience will tell you whether it is or not, seek out the bishop.
* The bishop represents the Lord in extending forgiveness for the Church. At times he must administer bitter medicine. Alma told Corianton, “Now, repentance could not come unto men except there were a punishment” ( [Alma 42:16](http://scriptures.lds.org/alma/42/16" \l "16)). I would not want to live in a world where there was no repentance, and if punishment is a condition of that, I will willingly accept that. There is the idea abroad that one can send a postcard of prayer and receive in return full forgiveness and be ready at once for a mission or for marriage in the temple. Not so. There are payments to be made. If a bishop offers comfort only and, in misguided kindness, seeks to relieve you of the painful but healing process in connection with repentance, he will not serve you well.
* Forgiveness from the Lord is earned through great personal effort. It takes courage to face the reality of your transgression, accept whatever penalty is required, and allow sufficient time for the process to work. When that is done, you will be *innocent*again. The Lord said: “I, even I, am he that blotteth out thy transgressions for mine own sake, and will not remember thy sins” ([Isaiah 43:25](http://scriptures.lds.org/isa/43/25#25)).
* **Kenneth w matheson "fidelity in marriage: It's more than you think"**
* President Ezra Taft Benson (1899–1994) said, “What does it mean to love someone with all your heart? It means to love with all your emotional feelings and with all your devotion.”
* There are those married people who permit their eyes to wander and their hearts to become vagrant, who think it is not improper to flirt a little, to share their hearts and have desire for someone other than the wife or the husband. The Lord says in no uncertain terms: “Thou shalt love thy wife with all thy heart, and shalt cleave unto her and none else” ([D&C 42:22](https://www.lds.org/scriptures/dc-testament/dc/42.22?lang=eng#21)).
* And, when the Lord says all thy heart, it allows for no sharing nor dividing nor depriving. And, to the woman it is paraphrased: “Thou shalt love thy husband with all thy heart and shalt cleave unto him and none else.”
* The words none else eliminate everyone and everything. The spouse then becomes preeminent in the life of the husband or wife, and neither social life nor occupational life nor political life nor any other interest nor person nor thing shall ever take precedence over the companion spouse.
* "Statements on intimacy in marriage" institute manual
* [**1 Corinthians 7:2–5**](https://www.lds.org/scriptures/nt/1-cor/7.2-5?lang=eng#1)
* “Nevertheless, to avoid fornication, let every man have his own wife, and let every woman have her own husband.
* “Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband.
* “The wife hath not power of her own body, but the husband: and likewise also the husband hath not power of his own body, but the wife.
* “Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.”