

Jesus Christ is Our Living Savior and Redeemer

1 Nephi 11:33

I, Nephi, saw that Jesus was lifted up upon the cross and slain for the sins of the world.

After Jesus suffered in Gethsemane while atoning for our sins by shedding His blood, Judas betrayed Him. Jesus was arrested and went on trial by wicked men. He was judged by the most wicked people in the world. False witnesses testified against Him, but their accusations contradicted each other.

Finally, Jesus was sentenced to death on the cross under Pilate's direction. After walking the Via Dolorosa, Jesus arrived at Calvary. He was stripped of His garments, given vinegar to drink (which He refused). Then the cross was laid upon the ground. Jesus lay on the cross with His arms outstretched with each hand laying on the patibulum of the cross. With His hands firmly on the cross, Roman soldiers placed a big nail in the palm of each hand, lifted up the roman mallet, and lowered the mallet so that the mallet hit the head of the nail driving the nail into Jesus' hands, then through His hands and into the wooden cross. Then the Roman soldiers drove nails through His two wrists to prevent His body weight from pulling down His body, ripping His hands apart, and bleeding furiously.

Then the Romans drove nails through His feet, attaching the lower part of His body to the pole of the cross. The nails could have cracked and crushed bones in His feet, tore muscles, deadened cells, killed nerves, and literally caused blood to gush forth from His special and sacred wounds. Later Jesus said, "I have graven thee upon the palms of my hands." "These are the wounds with which I was wounded in the house of my friends."

Jesus was sent by His Father to be lifted up upon the cross, that He might draw all men unto Him. Jesus was crucified, bore the sins of the world, ransomed our cause. The Jews were the most wicked people on planet earth. This is the reason Jesus was born in Bethlehem of Judea among the Jews. They were the only people on earth who were wicked enough to crucify Him, for no other group of cohorts on earth would crucify Christ, our Redeemer. While on the cross, Jesus never complained, murmured, or resisted evil. He actually ministered while on the cross. This is representative of His character-thinking of and doing for others.



“All of the kind, compassionate, loving things that Christ did, were done in the shadow of the cross.”

Jack Goasland

3 Nephi 19:19-36 Jesus offers three prayers with the Nephites / Lamanites

The Book of Mormon Intercessory Prayers (See also John 17)

19-24 Prayer 1

19 And it came to pass that Jesus departed out of the midst of them, and went a little way off from them and bowed himself to the earth, and he said:



20 Father, I thank thee that thou hast given the Holy Ghost unto these whom I have chosen; and it is because of their belief in me that I have chosen them out of the world.

21 Father, I pray thee that thou wilt give the Holy Ghost unto all them that shall believe in their words.

22 Father, thou hast given them the Holy Ghost because they believe in me; and thou seest that they believe in me because thou hearest them, and they pray unto

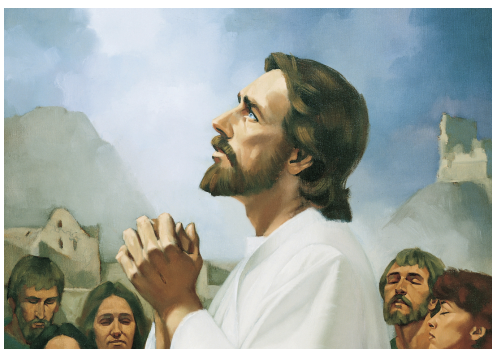
me; and they pray unto me because I am with them.

23 And now Father, I pray unto thee for them, and also for all those who shall believe on their words, that they may believe in me, that I may be in them as thou, Father, art in me, that we may be one.

24 And it came to pass that when Jesus had thus prayed unto the Father, he came unto his disciples, and behold, they did still continue, without ceasing, to pray unto him; and they did not multiply many words, for it was given unto them what they should pray, and they were filled with desire.

25-30 Prayer 2

25 And it came to pass that Jesus blessed them as they did pray unto him; and his countenance did smile upon them, and the light of his countenance did shine upon them, and behold they were as white as the countenance and also the garments of Jesus; and behold the whiteness thereof did exceed all the whiteness, yea, even there could be nothing upon earth so white as the whiteness thereof.



26 And Jesus said unto them: Pray on; nevertheless they did not cease to pray.

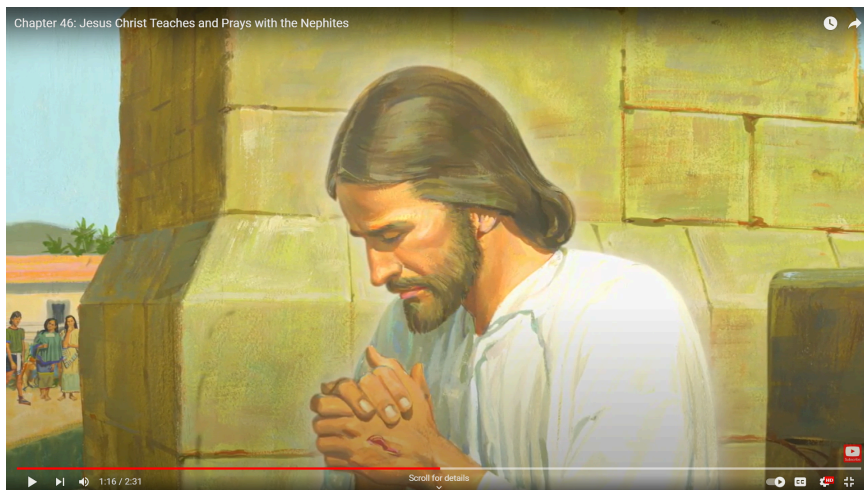
27 And he turned from them again, and went a little way off and bowed himself to the earth; and he prayed again unto the Father, saying:

28 Father, I thank thee that thou hast purified those whom I have chosen, because of their faith, and I pray for them, and also for them who shall believe on their words, that they may be purified in me, through faith on their words, even as they are purified in me.

29 Father, I pray not for the world, but for those whom thou hast given me out of the world, because of their faith, that they may be purified in me, that I may be in them as thou, Father, art in me, that we may be one, that I may be glorified in them.

30 And when Jesus had spoken these words he came again unto his disciples; and behold they did pray steadfastly, without ceasing, unto him; and he did smile upon them again; and behold they were white, even as Jesus.

31-34 Prayer 3 the words of this prayer could not be written or spoken by man



31 And it came to pass that he went again a little way off and prayed unto the Father;

32 And tongue cannot speak the words which he prayed, neither can be written by man the words which he prayed.

33 And the multitude did hear and do bear record; and their hearts were open and they did understand in their hearts the words which he prayed.

34 Nevertheless, so great and marvelous were the words which he

prayed that they cannot be written, neither can they be uttered by man.

35-36

35 And it came to pass that when Jesus had made an end of praying he came again to the disciples, and said unto them: So great faith have I never seen among all the Jews; wherefore I could not show unto them so great miracles, because of their unbelief.

36 Verily I say unto you, there are none of them that have seen so great things as ye have seen; neither have they heard so great things as ye have heard.

At this point and time, Jesus uttered three mighty prayers to His Father in behalf of these disciples and the multitude of people and all who would believe in the words of truth. Jesus prayed three times like He prayed three times in the Garden of Gethsemane during His infinite and perfect atoning sacrifice for the sins of the world and to satisfy the demands of the law of justice. Jesus prayed that the disciples, this multitude, and other

believers would be united as one as He and His Father are one. Jesus used proper respectful words such as Father, thou, thee, thy, and thine to show reverence to His Father. We should follow His example.

Every prayer that Jesus uttered during His mortal ministry and after His resurrection was a mighty prayer. He lived a prayer-filled life. He spent much of His time in Gethsemane praying to His Father. Jesus' prayers were always sincere, with real intent, with humility, with deep gratitude, with holiness to the Father, with perfect faith in the Father, with love for His Father and all people. Jesus is the Almighty God!

Pray like Jesus, and your prayers will be heard and answered accordingly to the Father's will.

While Jesus was dying on the cross, every movement of His body tore His hands and feet a little bit more with each movement, thus growing His unbearable pain and agony. Every movement was extremely painful. The weight of His body contributed to the tearing of His flesh. His six wounds continued to worsen. Death by Crucifixion included all that is horrible and terrible.

The Atonement of Jesus Christ

Jesus' Payment of His: body, blood, suffering, and life

His Atoning Self-Sacrifice

“Exaltation is the crowning aim of the Atonement of Jesus Christ”

Bruce R. McConkie

Exaltation is never-ending happiness

2 Nephi 9:20 Christ knows all things

Jesus is great and holy. He knows all things because all things are before his eyes at all times. He even knows and sees our thoughts and imaginations of our hearts and minds. He knows what we will do in the future because it is already before Him. There isn't anything save He knows it; thus, making Him the perfect counselor to go to for help. He can and will guide us in all our decisions and actions. His knowledge is infinite, never-ending. There is nothing that He doesn't know. He is all knowing and all powerful.

How did Jesus come to know all things? It was His righteous living that merited this blessing from the Father. His knowledge was revealed unto Him by the Father.

Jesus went about doing good for He was good. Jesus' heart was right with the Father, and so must we seek to make our hearts right with the Father. Having faith in Christ and choosing to follow Christ is the beginning of making our hearts right with God.

2 Nephi 9:42 The Proud

The proud, those who are puffed up because of worldly pleasures, worldly pursuits, riches, hard-heartedness, learning, will eventually be as stubble if they don't humble themselves, repent, and have a broken heart and contrite spirit. They think they are wise, but in reality, they are fools, but they just can't see it. The Lord hates a proud look and a lying tongue.

Proverbs 6:16–19

16 These six things doth the Lord hate: yea, seven are an abomination unto him:

17 **A proud look**, a lying tongue, and hands that shed innocent blood,

18 An heart that deviseth wicked imaginations, feet that be swift in running to mischief,

19 A false witness that speaketh lies, and he that soweth discord among brethren.

Proverbs 15:25 The Proud

The Lord will destroy the **house of the proud**

Philippians 2:5–11 Jesus Humbled Himself

5 Let this mind be in you, which was also in Christ Jesus:

6 Who, being in the form of God, thought it not robbery to be equal with God:

7 But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men:

8 And being found in fashion as a man, **he humbled himself**, and became obedient unto death, even the death of the cross.

9 Wherefore God also hath highly exalted him, and given him a name which is above every name:

10 That at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth;

11 And that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

<https://www.churchofjesuschrist.org/study/scriptures/nt/philip/2?id=p5-p11&lang=eng#p5>

2 Nephi 9:30

Wo unto the rich, who are rich as to the things of this world. For they have their hearts and desires set upon their worldly riches and this causes them to forget God and the poor, the needy. They are so caught up in worldly pursuits and worldly pleasures that they become greedy, selfish, and self-serving. Jesus said to sell all that you have and come and follow him. God and Jesus frown upon the selfish, greedy, and worldly people. They desire that we sacrifice, even that of a Broken Heart and a Contrite Spirit, in other words, they want us to be humble. It's terribly difficult for a worldly rich man to be humble. Jesus said, "It's easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God."

The worldly riches don't bring happiness anyway. Satan deceives people, blinds people, in making them think that worldly riches makes you happy-this is a deceitful tool of satan.

Jesus never sought worldly riches. He set the perfect example of being humble, lowly, submissive, and obedient. He didn't even have a house of His own to dwell in.

"Ye cannot serve God and mammon." (Matthew 6:24). We either love our worldly riches or God. It's either God or the world.

2 Nephi 9:30 "Remember the greatness of the Holy One of Israel"

Jesus is great, and He is the Holy One of Israel, but His Father is greater than He. For Jesus said, **"Ye have heard how I said unto you, I go away, and come again unto you. If ye loved me, ye would rejoice, because I said, I go unto the Father: for my Father is greater than I.** (John 14:28). Here Jesus demonstrates His deep humility in esteeming His Father greater than He is.

We know Jesus is great. "O how great the Holiness of our God, for He knoweth all things, and there is not anything save He knows it. (2 Nephi 9:20). His knowledge, power, and perfection make Him great, such that the Father is 'well pleased."

Jesus knows everything; therefore, we should counsel with Him and the Father in all we do. If we humbly remember the greatness of the Holy One of Israel, then we realize our own nothingness, our own foolishness. Moses said, "Man is nothing." Meaning that compared to God and Christ, we are as nothing, we are so far behind them and below them; however, the beautiful thing is that we CAN become as Christ and God are. We can become gods, like they are and receive a fulness as promised. We have been commanded to, "Be ye therefore perfect even as I or your Father who is in heaven is perfect" (3 Nephi 12:48).

3 Nephi 9:19-20 A broken heart and a contrite spirit

Upon Jesus' death, the Law of Moses ended. He was the giver of the law, and He finished the Law. From His death onward, sacrifices and burnt offerings were no longer required. He fulfilled the Law of Moses; however, the people were still required to sacrifice, not blood and animal sacrifices, but to sacrifice pride, haughtiness, vanity, to put these on the altar and do away with them. We do away with these sins by having a Broken Heart and a Contrite Spirit, the new sacrificial law.

A broken heart is a repentant heart, a humble heart, a submissive heart, a teachable heart, a warm heart, a gentle heart, a kind heart.

A contrite spirit is an obedient spirit, learning the commandments, laws, covenants, and ordinances of Christ in His church and obeying them.

We humble ourselves as we pray humbly, sincerely, honestly, and with real intent to Heavenly Father in the name of Jesus Christ. We acknowledge His hand in all things. We consider ourselves fools for our lack of knowledge and wisdom. We acknowledge our unworthiness to God everyday. We esteem others better than ourselves. We seek to glorify God and Jesus and not for our own vain glory and praise of man. Seek to uplift others and look at our own nothingness. Follow the prophet's words with exactness to the extent possible. Keep striving to do better at following the prophet. Be more kind and gentle. Don't let Satan puff you up, for he delights in puffing people so they will be prideful and turn away from God. Don't fall for this trap, this temptation, this snare of the devil. Be meek and lowly in

heart. Be patient and understanding. Never boast or brag about yourself. "I" is the center of pride. Look outwardly to others and help them.

Jesus is the perfect model of one having a broken heart and contrite spirit. He always did what pleased the Father. Jesus is now on the right hand of the Father.

"When we sin and desire forgiveness, a broken heart and a contrite spirit mean to experience **"godly sorrow [that] worketh repentance"** (2 Corinthians 7:10). This comes when our desire to be cleansed from sin is so consuming that our hearts ache with sorrow and we yearn to feel at peace with our Father in Heaven." (from church website.)

April 11, 2023

God and America

2 Nephi 10:12

God said, "I will fortify this land (America, United States) against all other nations."

2 Nephi 10:19

Wherefore, I will consecrate this land unto thy seed, and them who shall be numbered among thy seed, forever, for the land of their inheritance; **for it is a choice land, saith God unto me, above all other lands, wherefore I will have all men that dwell thereon that they shall worship me, saith God.**

America is the most choice land in the world. God will protect and preserve it IF Americans will worship Him. Otherwise we have no promise of His divine intervention except from the prayers of righteous people. This is God's land. It was established under His inspiration and direction and set up the way He wanted it. Wickedness has altered His design significantly. But God will still prevail in the long run. God will not be mocked.

Ether 2:12

Behold, this is a choice land, (America) and whatsoever nation shall possess it shall be free from bondage, and from captivity, and from all other nations under heaven, if they will but serve the God of the land, who is Jesus Christ, who hath been manifested by the things which we have written.

Americans must serve the "God of the land, who is Jesus Christ".

What's wrong with America today? Answer: Too many have drifted away from Christ and Christian Values, denied the Christ, and are selfish, greedy, and prideful. Too many are choosing idols to worship rather than the true and living God, who is Jesus Christ.

Two of the most essential things each person can do is to:

1. Pray humbly and sincerely several times daily
2. Study, read, and ponder the holy scriptures daily.

Herein is the sure daily foundation for happy, successful living and enjoying peace.

April 13, 2023

Exaltation-Eternal Life: The life that God now lives. He is a father, a husband, a creator, a God. If I gain eternal life, or become exalted, I will be a Heavenly Father and my wife a Heavenly Mother to our spiritual offspring. Our offspring will have their own pre-existence, they will be born into their mortality. They will pray to me. I can create worlds without number. I will possess all knowledge and power. "As God is man may become." Exaltation is living in a state of never-ending happiness.

God desires that we gain eternal life for His work and glory is to bring to pass the immortality and ETERNAL LIFE of man.

DC 131:1-4 The highest is Exaltation, Eternal Life

- 1 In the celestial glory there are three heavens or degrees;
- 2 And in order to obtain the highest, a man must enter into this order of the priesthood [meaning the new and everlasting covenant of marriage];
- 3 And if he does not, he cannot obtain it.
- 4 He may enter into the other, but that is the end of his kingdom; he cannot have an increase.

April 15, 2023

2 Nephi 11 Seeing Christ

People see Christ with their spiritual eyes. Isaiah, Nephi, and Jacob all saw Christ and testified of Him. Their spiritual eyes were open, and they beheld the Lord Jesus. We can see Satan with our natural eyes but we can't see the Lord unless our spiritual eyes are open and focus upon Him. With God all things are possible (Luke 1:37).

We can qualify to see Christ by following DC 93:1, like others have done. People like Moses, Jacob, Isaiah, Lehi, Nephi, Jacob, Moroni, Joseph Smith, Oliver Cowdery, Sidney Rigdon, Lorenzo Snow, Moroni Moriancumer, all had faith and righteousness sufficient to qualify to see Jesus Christ with their spiritual eyes. ASK and ye shall receive. When we obtain any blessing from God it is by obedience to the law upon which that blessing is predicated, in this case, complete faith and righteousness and desire qualify us.

April 16, 2023

3 Nephi 11:17 "...they did fall down at the feet of Jesus and did worship Him."

We are commanded to bow down and worship our Savior, Jesus Christ, with deep humility, no hypocrisy and with no guile. We need to humble ourselves before him and acknowledge unto Him our foolishness and unworthiness.

Spend more time with Jesus, our precious Savior. Meditate upon Him. Ponder upon Him and His word. Confide in Him. Be loyal to Him. Make Him your only model to look up to, for He is like the Father. Therefore, if you seek to become like Christ, you are becoming like, not only Christ, but also like the Father, for Jesus is like unto His Father.

Take Time to Be Holy

Take time to be holy the world rushes on.

Spend much time in secret with Jesus alone.

By looking to Jesus like Him thou shalt be,

Thy friends in thy conduct His likeness shall see.

Jesus is our Savior and Redeemer. Jesus commanded us to "Look unto me in every thought. Doubt not. Fear not." (DC 6:36-37). Salvation comes through Christ and His atoning blood and in no other way.

Worship Jesus with all our hearts, might, mind, strength, and our whole soul. Praise Him. Honor Him. Give all glory to Him, for He deserves it and much more.

April 18, 2023

2 Nephi 12:5

come ye and let us walk in the light of the Lord; yea, come, for ye have all gone astray, every one to his wicked ways.

The Lord is our light. We are following the Light or following darkness. Darkness is sin, pride, haughtiness, arrogance, selfishness, idols, and worldly pursuits that are our most important priorities. "Pride is the universal sin." (President Benson). The proud are living in sin every moment. Following Christ in humility and lowliness of heart and mind is the strait and narrow path of obedience. One can't be proud and humble at the same time. We can't serve God and mammon.

Look to God and live, even the abundant life. A humble person is more pleasing to God than the rich, famous, and haughty, those who push God aside and put worldly pursuits first ahead of Him. "Thou shalt have no other gods before me." The natural man is the worldly man. The saint is a humble, obedient follower of Christ.

Many choose pleasurable houses over the house of the Lord. People forget God when they focus and aim on worldly pleasures and pursuits, which is abomination in the sight of the Lord. "Blessed are the meek for they shall inherit the earth." The proud and wicked will be destroyed and burn as stubble, but the humble and meek and obedient shall eat the good of the land in the last days.

The proud and wicked will brought low. They may have joy for a season, but their joy will turn into sorrow, regret, and emptiness of soul.

April 19, 2023

Alma 22:16-18 Bow Down Before God in Humility

See also 2 Nephi 25:29

Bow Down before God, Heavenly Father	Bow Down before Jesus Christ
<p data-bbox="107 730 272 766">Pray to Him</p> <p data-bbox="107 835 305 867">Alma 22:16-18 Bow down before God, Heavenly Father, in mighty prayer</p> <p data-bbox="107 968 375 1003">King Lamoni's father</p> <p data-bbox="107 1104 786 1304">16 But Aaron said unto him: If thou desirest this thing, if thou wilt abow down before God, yea, if thou wilt repent of all thy sins, and will bow down before God, and call on his name in faith, believing that ye shall receive, then shalt thou receive the bhope which thou desirest.</p> <p data-bbox="107 1339 764 1472">17 And it came to pass that when Aaron had said these words, the king did bow down before the Lord, upon his knees; yea, even he did prostrate himself upon the earth, and cried bmightily, saying:</p> <p data-bbox="107 1507 786 1738">18 O God, Aaron hath told me that there is a God; and if there is a God, and if thou art God, wilt thou make thyself known unto me, and I will give away all my sins to know thee, and that I may be raised from the dead, and be saved at the last day. And now when the king had said these words, he was struck aas if he were dead</p> <p data-bbox="107 1839 256 1871">Enos 1:4-8 Bow down before Heavenly Father in Mighty Prayer</p> <p data-bbox="107 1976 773 2011">4 And my soul hungered; and I kneeled down</p>	<p data-bbox="821 730 1003 766">Worship Him</p> <p data-bbox="821 835 1013 867">2 Nephi 25:29 Nephi's instruction Bow down before Jesus</p> <p data-bbox="821 968 1516 1255">29 And now behold, I say unto you that the right way is to believe in Christ, and deny him not; and Christ is the Holy One of Israel; wherefore ye must bow down before him, and worship him with all your might, mind, and strength, and your whole soul; and if ye do this ye shall in nowise be cast</p> <p data-bbox="821 1381 1049 1413">Alma 36:17-20 Alma the Younger Bow down before Jesus</p> <p data-bbox="821 1549 1511 1829">17 And it came to pass that as I was thus racked with torment, while I was harrowed up by the memory of my many sins, behold, I remembered also to have heard my father prophesy unto the people concerning the coming of one Jesus Christ, a Son of God, to atone for the sins of the world.</p> <p data-bbox="821 1839 1516 1997">18 Now, as my mind caught hold upon this thought, I cried within my heart: O Jesus, thou Son of God, have mercy on me, who am in the gall of bitterness, and am encircled about</p>

before my Maker, and I cried unto him in mighty prayer and supplication for mine own soul; and all the day long did I cry unto him; yea, and when the night came I did still raise my voice high that it reached the heavens.

5 And there came a voice unto me, saying: Enos, thy sins are forgiven thee, and thou shalt be blessed.

6 And I, Enos, knew that God could not lie; wherefore, my guilt was swept away.

7 And I said: Lord, how is it done?

8 And he said unto me: Because of thy faith in Christ, whom thou hast never before heard nor seen. And many years pass away before he shall manifest himself in the flesh; wherefore, go to, thy faith hath made thee whole.

by the everlasting chains of death.

19 And now, behold, when I thought this, I could remember my pains no more; yea, I was harrowed up by the memory of my sins no more.

20 And oh, what joy, and what marvelous light I did behold; yea, my soul was filled with joy as exceeding as was my pain!

It is essential that we Bow Down before God, Heavenly Father, AND that we Bow Down before our Savior, Jesus Christ. We bow down and pray to Heavenly Father, and we bow down and worship Jesus.

When we bow down to each of these members of the Godhead, we pour out our hearts and souls to them. We pray humbly and sincerely to God, and we worship and praise Jesus Christ.

Bow Down to God, Heavenly Father:

- Pray to Him
- Thank Him
- Ask Him
- Confide in Him
- Acknowledge Him
- Talk with Him
- Acknowledge His hand in all things
- Ask for forgiveness
- Pour out our hearts and souls to Him
- Be humble like a little child
-

Bow Down to Jesus Christ, our Savior and Redeemer:

- Worship Him
- Praise Him
- Honor Him
- Glorify Him
- Sing to Him: Ex "I Need Thee Every Hour"
- Adore Him
- Magnify Him
- Magnify His name
- Cling to Him
- Rejoice in Him
- Reverence Him
- Ponder over Him
- Meditate over Him

- Exalt His name
- Confide in Him
- Believe Him
- Remember Him
- Acknowledge His greatness, long-suffering, and His shedded blood.
- Acknowledge my own nothingness
- Talk with Him
- Improve my relationship with Him
- Play piano for Him
- Play dulcimer for Him

April 20, 2023

2 Nephi 10:25

25 Wherefore, **may God raise you from death by the power of the resurrection**, and also **from everlasting death by the power of the atonement**, that ye may be received into the eternal kingdom of God, that ye may praise him through grace divine. Amen.

“For as in Adam, all die. Even so in Christ shall all be made alive.” (1 Cor. 15:21-22) Because of the Fall of Adam, all must experience a physical death, where the spirit separates from the physical body. This is a given for it must needs pass upon everyone, no exception, all those who have obtained a physical body. The sons of perdition, the third of the hosts of heaven, certainly will not be resurrected because they never had a physical body. All others will be resurrected because of Christ’s atonement and then His resurrection. His resurrection enables us to overcome physical death.

His atonement also makes it possible, provides a way for us to overcome Spiritual Death by giving us space to repent, mend our ways, be forgiven, and get back on the covenant, strait and narrow path taking us to eternal life, the life that God and Jesus and others now live. Everlasting Death is the spiritual death. We will forever suffer the spiritual death unless we access Christ’s atonement, repent, and obey His commandments to the end of our mortal lives.

Spiritual Death is the awful situation we live in when we depart from the ways of God, when we put worldly things ahead of Godly things, when we are proud rather than humble. Pride is the universal sin. Christ’s atonement gives us power to overcome the prideful worldly things and pleasures and put on the armour of God, the robe of righteousness.

Remember, to be carnally-minded is death, and to be spiritually-minded is peace and life eternal (See 2 Nephi 2:39)

Pride kills us spiritually. It hardens our hearts and makes us resist God and His powerful, spiritual influence. Pride cuts us off from the presence of God. It is the great stumbling block for humankind. Humility and meekness, having a broken heart and contrite spirit are solutions to this awful pride and hautiness, which are satanic in nature.

The Plan of Deliverance from Physical Death and Spiritual Death
We cannot merit anything by ourselves (Alma 22:14)

Jacob 4:11

be reconciled unto him (The Father) through the atonement of Christ, his Only Begotten Son,

Christ’s Atonement puts us on the path toward Eternal Life. If there had been no Atonement, all people would

be forever lost, having no purpose, no path in which to trod toward eternal progression and exaltation.

April 23, 2023

Alma 34:9

For it is expedient that an atonement should be made; for according to the great plan of the Eternal God **there must be an atonement made**, or else all mankind must unavoidably perish; yea, all are hardened; yea, all are fallen and are lost, and must perish except it be through the atonement which it is expedient should be made.

<p style="text-align: center;">God's Great and Eternal Plan</p> <p style="text-align: center;">For our opportunity to gain Exaltation / Eternal Life</p>	<p style="text-align: center;">Names for His Great and Eternal Plan</p> <ul style="list-style-type: none">● The Plan of Salvation● The Plan of Happiness● The Plan of Redemption● The Plan of Mercy - His plan allowed for Mercy, His divine assistance through Christ's atonement, to be extended to everyone.● The Great Plan of the Eternal God●
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Christ atoned for the sins of the world to bring about God's Great and Eternal Plan so that Mercy could be extended and Justice satisfied. **God is Just and Merciful.** God sent His Only Begotten Son, Jesus Christ, to atone for our sins and show us their infinite mercy extended to us, to provide a way for our escape from sin and death and misery. Christ's Atonement opens the door for God's mercy to come to us. Without Christ's Atonement, we would all be lost forever and would eventually become as Satan, because after the Fall, there would have been no way back, to rescue us from our fallen condition. Christ's atonement, the ladder, allows us a way to climb up out of the hole and return to the presence of God.

Christ's suffering, blood, and death atoned for our sins, even the blood that He shed in Gethsemane, His scourging, His crown of thorns, His crucifixion, and His pierced side.

God is the Father of us all. We are created in His image. Jesus was seen in the image of God, His Father. We all are children of God; hence, He being our Father, then we are like Him, since we are His children. God provided a plan, a way for us to have happiness during this earthly, mortal existence, and to eventually return to His presence, if we follow Christ and the Plan.

After all we can do, then God's great and eternal plan does the rest, extends to us mercy. His grace makes up for what we cannot do for ourselves. We can only do so much, then His grace compensates for our lack.

For "it is by grace that we are saved, after all we can do" (2 Nephi 25:23). Without grace, we would have no hope, no way nor means for eternal life.

April 22, 2023

Salvation

Mosiah 4:6-7 Who will gain salvation through Christ?

Salvation might come to him that should:

1. Put his trust in the Lord
2. Be diligent in keeping his commandments
3. Continue in the faith even unto the end of his life, I mean the life of the mortal body—

I say, that this is the man who receiveth salvation, through the atonement.

Harden hearts, proud hearts, rebellious hearts, cold hearts, ungrateful hearts are all synomous.

Christ's atonement is infinite and eternal.

Gaining salvation has two parts:

Part 1: Jesus did His part by atoning for our sins, paying for our sins.

Part 2: We must do our part through repentance and obedience to all His commandments.

Unless we do our part, we will never see the face of God, even the Father, and live with Him eternally in a state of never-ending happiness, gaining exaltation, eternal life.

April 24, 2023

2 Nephi 12:2

“And it shall come to pass in the last days, when the mountain of the Lord’s house shall be established in the top of the mountains, and shall be exalted above the hills, and all nations shall flow unto it.”

Mountain means a high place of God, a place of revelation. The Salt Lake Temple is the Lord’s house that is established in the tops of the rocky mountains. Isaiah actual saw in vision the Salt Lake Temple and wrote about it. Now many temples are in the tops of the mountains, with revelation pouring into each of these houses of the Lord.

Prophets see into the future, like Isaiah saw the last days. God reveals visions and dreams to His prophets, seers, and revelators to guide and direct us.

Jesus is the head of The Church of Jesus Christ of Latter-Day Saints. Heavenly Father, Jesus Christ, and the Holy direct the affairs of the church. They reveal their mind and will to chosen servants here on the earth and to parents and household heads for each home and family, and to individuals pertaining to individuals themselves and their particular lives.

The Lord’s house is a house of order, and the Godhead will direct and guide the affairs of

His kingdom on earth after His will and desires. God's presence and Spirit and Power are in all temples and meetinghouses and in the homes of the Latter-Day Saints and in the homes of all righteous people.

God knows what He is doing. He will do and reveal things in His own due time and way. "All things must come to pass in their time."

Jesus is the Master Teacher. Learn from Him and teach like Him. Follow Him and walk in His ways. Jesus said, "He that hath seen me hath seen the Father." Jesus is like His Father, and we are created in their image.

April 26, 2023

2 Nephi 12: Pride

God is very displeased with those of us who are filled with pride and egotism, those who are puffed up, unthankful, unholy. "Pride goeth before destruction, and a haughty spirit before a fall." (Proverbs 16:18).

A prideful heart is a hardened heart. We rely upon our own strength and abilities and forget God, that He is the source of our strength and freedom. Pride is a dark sin. President Benson said that "Pride is the universal sin."

Pride leads to destruction of the individual, the family, the church, the community, the state, the nation, the world. Pride is locked up in selfishness: the what's in it for me, mentality.

The cure for pride is humility-lowliness of heart, meekness, a broken heart and a contrite spirit which loves.

Jesus was humble, meek and lowly in heart. We must be like Him.

April 27, 2023

2 Nephi 2:7

7 Behold, he offereth himself a sacrifice for sin, to answer the ends of the law, unto all those who have **a broken heart and a contrite spirit**; and unto none else can the ends of the law be answered.

Jesus has a broken heart and a contrite spirit, and did for His entire pre-existent and mortal life and continues to have a broken heart and contrite spirit; for He was and is humble, meek, lowly, submissive, patient, obedient. He desires that we seek to be like Him. Jesus said, "What manner of man ought ye to be? Verily I say, EVEN AS I AM" (3 Nephi 27:27). He also said, "Be ye therefore perfect, even as I, or your Father who is in heaven, is perfect" (3 Nephi 12:48). One aspect of being perfect like Heavenly Father and Jesus Christ is to have a broken heart and contrite spirit as they do.

Having a broken heart and contrite spirit is to have the type of heart and spirit that God and Jesus have. Anything else is not being like them. “Keep thy heart with all diligence, for out of it are the issues of life” (Proverbs 4:23). “Out of the abundance of the heart the mouth speaketh” (Matthew 12:34).

Jesus taught in Matthew 12:34–37

34 O generation of vipers, how can ye, being evil, speak good things? **for out of the abundance of the heart the mouth speaketh.**

35 A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things.

36 But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment.

37 For by thy words thou shalt be justified, and by thy words thou shalt be condemned.

Note Ammon’s broken heart and contrite spirit:

Alma 26:12

12 Yea, I know that I am nothing; as to my strength I am weak; therefore I will not boast of myself, but I will boast of my God, for in his strength I can do all things;

Strip ourselves of pride and sacrifice unto the Lord a broken heart and contrite spirit (humility, submissiveness).

April 28, 2023

Alma 42:15 The Plan of Mercy

15 And now, the plan of mercy could not be brought about except an atonement should be made; therefore God himself atoneth for the sins of the world, to bring about the plan of mercy, to appease the demands of justice, that God might be a perfect, just God, and a merciful God also.

God is a just and a merciful God. He loves us and wants us to qualify to return to Him and live with Him and Jesus throughout eternity. He desires us to gain exaltation and eternal life, for herein is never-ending happiness. The Atonement of Jesus Christ opens the door to the Plan of Mercy, where God and Christ can extend their mercy to us by Christ’s atonement. His atonement consists of :

1. Jesus’ long suffering for us
2. Jesus’ shedding His blood for us
3. Jesus’ death on the cross for us

Christ’s resurrection crowned His atonement.

Without Christ's atonement, all would perish and be lost forever. With His atonement, all may live the abundant life here in mortality and have the opportunity to earn eternal life in the hereafter if we choose to do so. Eternal life is a choice. Eternal death is a choice. And it's up to each of us individually to make either choice and thus determine our eternal destiny.

Christ is our Savior and Redeemer, our Advocate with Father. Without Him, we are nothing. With Him, we can be, even as He is and as His Father is: perfect and exalted.

April 29, 2023

Alma 7:11

11 And he shall go forth, suffering pains and afflictions and temptations of every kind; and this that the word might be fulfilled which saith he will take upon him the pains and the sicknesses of his people.

In Gethsemane Jesus suffered our pains, afflictions, sicknesses, and temptations of every kind and type. In Gethsemane He descended below all things in that He suffered to the utmost bottom of all suffering. He suffered so that we might have joy. Besides Him there is no other Savior. The Law of Moses taught and disciplined the people, but salvation doesn't come by the Law of Moses alone; thus, there must be an infinite atonement made for the benefit of man, and Jesus was the only one qualified to perform such a divine and infinite work.

May 1, 2023

2 Nephi 13:1-7

Jesus is very sad and unhappy because of the wickedness of the Jews. Since we reap as we sow, the kingdom of the Jews will be destroyed because their evil and wickedness is rampant throughout the land. Leaders are evil and lead the people astray. The Lord needs righteous leadership and humble followers. Jesus would have us be a righteous people, humble, obedient, and having a broken heart and contrite spirit. For "When the wicked rule, the people mourn" (Proverbs 29:2).

Jesus always did "those things that please Him (the Father)" (John 8:29). We should follow His example and seek to always do that which is pleasing unto Jesus and the Father.

Proverbs 16:16-20

16 How much better *is it* to get wisdom than gold! and to get understanding rather to be chosen than silver!

17 The highway of the upright *is* to depart from evil: he that keepeth his way preserveth his soul.

18 Pride *goeth* before destruction, and an haughty spirit before a fall.

19 Better *it is to be* of an humble spirit with the lowly, than to divide the spoil with the proud.

20 He that handleth a matter wisely shall find good: and whoso trusteth in the LORD, happy *is* he.

Isaiah saw the wickedness of the last days also.

May 2, 2023

Alma 24:13

We can be “washed bright through the blood of the Son of our great God, which shall be shed for the atonement of our sins.”

Jesus shed His blood for the atonement of our sins, to atone for our sins, to pay for our sins, to suffer because of our sins, to take upon himself our sins. He suffered infinitely such that His suffering and anguish of soul caused Him to shed His blood from every pore during His infinite suffering. It was so severe, so intense, that only Christ could endure it and live.

Helaman 5:9

Remember, “there is no other way nor means whereby man can be saved, only through the ^batonement blood of Jesus Christ, who shall come; yea, remember that he cometh to ^credeem the ^dworld.”

Jesus is our Savior and Redeemer. Without Him and His infinite Atonement, we would be as nothing.

May 3, 2023

What is the difference between transgressions and sins? (Alma 34:8)

The Atonement of Jesus Christ brought about the resurrection and the Plan of Mercy. (Mercy-gentleness, kindness, forgiveness) (Alma 42:23).

Who can be saved? The answer is that “none but the truly penitent are saved” (Alma 42:24). God is merciful toward the repentant person and the sinner.

God is a just and a merciful God. He is fair to everyone. The righteous receive blessings, and the wicked receive punishments. God will not be mocked. Everyone receives according to his just and due rewards, whether they be good or evil. Christ’s atonement brought about the plan of Mercy.

The Law of Justice	The Law of Mercy

Jennifer and I completed our Class Piano Final Exam for the semester. The Lord really blessed us to do it. It has been an enjoyable semester. We are desirous to practice a lot during the summer and take Piano 3 in the Fall.

Jennifer, in her ceramics class, gave a classmate, Erik, a Book of Mormon. Hopefully he will read it and gain a testimony. Jennifer is a good missionary for Christ.

May 4, 2023

It is imperative that we always “remember that there is no other way nor means whereby man can be saved, only through the atoning blood of Jesus Christ” (Helaman 5:9).

May 5, 2023

2 Nephi 2

2 “the greatness of God”.

How great thou art.

The greatness of God and our own nothingness (Mosiah 4:

The Holy Messiah

The holiness which is in Him

The Holy One

A broken heart and a contrite spirit. (7)

God, Jesus, and the Holy Ghost know all things. There isn't anything save they know it.

May 6, 2023

“Wherefore, all mankind were in a lost and in a fallen state, and ever would be save they should **rely** on this Redeemer.” (1 Nephi 10:6)

To “rely” on is to depend on with full trust or confidence, to believe in, to be sure of, to have faith in, to cling to.

“The true knowledge of their Redeemer” (2 Nephi 10:2). There is no salvation for believing in false doctrine.

Where Are Your Waters of Mormon?

“And now it came to pass that all this was done in Mormon, yea, by the waters of Mormon, in the forest that was near the waters of Mormon; yea, the place of Mormon, the waters of Mormon, the forest of Mormon, how beautiful are they to the eyes of them who there came to the knowledge of their Redeemer; yea, and how blessed are they, for they shall sing to his praise forever.” (Mosiah

18:30)

Mount Airy, NC.

Mosiah 27:36-37

36 And thus they were instruments in the hands of God in bringing many to the knowledge of the truth, yea, to the knowledge of their Redeemer.

37 And how blessed are they! For they did ^apublish ^bpeace; they did publish good tidings of good; and they did declare unto the people that the Lord reigneth.

May 8, 2023

Where did you come to a knowledge of Christ and the true church and the Book of Mormon?
Where is your Waters of Mormon?

My Waters of Mormon is Mount Airy, NC, Mount Airy Ward.

Eternal Life is the crowning aim of Christ's Infinite Atonement. "For behold, this is my work and my glory to bring to pass the immortality and eternal life of man" (Moses 1:39). Jesus taught, "And this is life eternal, that they might know thee, the only true God and Jesus Christ whom thou hast sent" (John 17:3).

A hardened heart is a prideful heart. A humble heart is the opposite of a hardened heart.

Jesus bears testimony of himself, "I, the Lord, am thy Savior and thy Redeemer, the Mighty One of Jacob" (1 Nephi 21:26).

May 9, 2023

We have power and ability "to do all things by faith" (2 Nephi 1:10).

Jesus' life consists of "infinite goodness" (2 Nephi 1:10). Just imagine!

America is a "precious land of promise" (2 Nephi 1:10), and will be if we trust and follow God and Christ and keep their commandments.

We "have received so great blessings from the hand of the Lord" (2 Nephi 1:10). Our Savior's infinite Atonement is the most precious gift from God that can take us to "eternal life, which gift is the greatest of all the gifts of God" (DC 14:7). Without Christ's Atonement, there would be no such thing as eternal life. We owe our all to Heavenly Father and Jesus Christ and the Holy Ghost. We acknowledge "the greatness of God and (our) own nothingness" (Mosiah 4:11), "for his ways are righteousness forever" (2 Nephi 1:19).

Would you like to be “encircled about eternally in the arms of his love” (2 Nephi 1:15)? We can if we follow Christ and seek to be more like Him by obeying all His commandments. Jesus said, “What manner of men ought ye to be? Verily I say, even as I am” (3 Nephi 27:27). Jesus was perfectly obedient. He obeyed all the Father’s commandments with exactness.

May 10, 2023

The place of our rest is with Christ, our Redeemer. Jesus said, “Come unto me all ye that labor and are heavy laden, and I will give you rest” (Matthew 11:28-30). In Him we shall rest. Enos bore his testimony about Christ in his own words, “And I soon go to the place of my rest, which is with my Redeemer; for I know that in him I shall rest.” Christ’s Infinite Atonement makes this rest possible.

Jesus is my Savior and Redeemer and Advocate. He advocates my cause with His Father.

May 11, 2023

Singing is a great way to praise God and Jesus. Singing brings us closer to them and the Spirit. Singing to God and Jesus is a way to express gratitude to them. The promise is “how blessed are they, for they shall sing to his praise forever” (Mosiah 18:30).

Alma² tells what caused his downfall. He said, “I rejected my Redeemer, and denied that which had been spoken of by our fathers” (Mosiah 27:30). Rejecting Christ was the beginning of his downfall, his wicked and sinful ways. He became righteous when he turned to Jesus and turned his heart and soul to Jesus. Jesus is the way, the truth, and the life. Rejecting Jesus is the beginning of a person going inactive in the church.

Eventually Alma, the sons of Mosiah, and others “were instruments in the hands of God in bringing many to the knowledge of the truth, yea, to the knowledge of their Redeemer” (Mosiah 27:36).

Putting God and Christ first and foremost in our lives is the most important thing we can do. This is the starting point to all good things and for living the high quality life. No other priority will suffice for the spiritually abundant life. The way of Christ is the way of happiness now and forever.

God gives us gifts. Receive these gifts. If we reject these gifts, we bring upon ourselves condemnation.

Seek to be a peacemaker and not a rebel rouser.

Jesus came to redeem us from our sins. If we reject Jesus and His gospel, then we must suffer, as He suffered, for the Law of Justice will be in effect always. Don’t tinker with sacred things. Trifle not with sacred things. Take them seriously. All things bear witness of Jesus. God created all things by Jesus Christ.

May 12, 2023

Retroactive

Our Savior's Atonement was retroactive. Alma teaches that people can be cleansed through the blood of Christ many years before Christ coming to earth and atoning for our sins.

Approximately 100 years before Christ came, Alma spoke to the people, saying, "Have ye walked, keeping yourselves blameless before God? Could ye say, if ye were called to die at this time (83 B.C.), within yourselves, that ye have been sufficiently humble? **That your garments have been cleansed and made white through the blood of Christ, who WILL COME to redeem his people from their sins**" (Alma 5:27)? People could repent and be cleansed and forgiven for their sins even hundreds, and even a few thousand years before Christ came because of the nature and the power of His Atonement. His Atonement affected all people before His mortal reign on earth and afterwards. In other words, His Atonement affects eternity past, the present, and eternity future. There is no time period that His Atonement doesn't impact.

Prepared to Meet God: Humility and Pride

Alma taught and caused reflection in the hearts of the people when he said, "Could ye say, if ye were called to die at this time, within yourselves, that ye have been **sufficiently humble**" (Alma 5:27)?

Alma taught a major purpose of this life, "For behold, this life is the time for men to **prepare to meet God**.." (Alma 34:32).

Alma continued, "Behold, **are ye stripped of pride?** I say unto you, if ye are not **ye are not prepared to meet God**. Behold ye must prepare quickly; for the kingdom of heaven is soon at hand, and such an one hath not eternal life (Alma 5:28)?

Being humble and stripped of pride means to have a broken heart and contrite spirit. This is one of the temple covenants we make in the temple. This covenant is to teach us and inspire to be humble and strip ourselves of pride in order to prepare us to meet God. If we are prideful and hardhearted, then we are NOT prepared to meet God. The Boy Scout Motto is, "Be Prepared." Part of being prepared is being prepared to meet God, and being humble and stripping ourselves of pride are essential way to prepare ourselves to meet God.

May 13, 2023

"Keep thy heart with all diligence, for out of it are the issues of life" (Proverbs 4:23). Your heart must needs be a broken heart, in other words, a humble heart, and your spirit must needs be contrite, obedient and receptive of correction.

Christ's redemption, freedom from our sins, comes only to those who have a broken heart and contrite spirit. With all diligence, keep thy heart humble and broken.

2 Nephi 2:6-7

6 Wherefore, redemption cometh in and through the Holy Messiah; for he is full of grace and truth.
7 Behold, he offereth himself a sacrifice for sin, to answer the ends of the law, unto all those who have a broken heart and a contrite spirit; and unto none else can the ends of the law be answered.

“Isaiah,” “he verily saw my Redeemer, even as I (Nephi) have seen him” (2 Nephi 11:2).

Our heart is the core, the sum total of person we are. We must strive diligently to keep our hearts clean, pure, and humble, for happiness cannot be found in any other type of heart. Satan works through people to deceive them, to try to convince them that wickedness and pride bring happiness through worldly pleasures, appetites, and carnal things. But Satan is the big deceiver. He lulls people into carnal security to disconnect them from Christ and the Holy Spirit. “Be not deceived, God is not mocked” (Galations 6:7).

The Great and Spacious Building is alive and real. Many are living within the great and spacious building and don’t even know it. This is one way Satan deceives us. Pure faith in Christ is the way we can overcome any deception and temptations of the adversary. Again, we must **“keep our hearts with all diligence”** so that we don’t fall for Satan’s traps. Traps of pride, money, worldly riches and pleasures, violating the Sabbath Day, not being completely honest.

Jesus is the True Shepherd. He is the Gate. He is the Door.

May 14, 2023

The Book of Mormon 3 Nephi 11:7-17 Christ in America

A few months after Jesus’ resurrection, He visited people in America. Upon His first visit, God the Father spoke and the multitude heard the Father’s voice. The Father said,

7 Behold my Beloved Son, in whom I am well pleased, in whom I have glorified my name—hear ye him.

8 And it came to pass, as they understood they cast their eyes up again towards heaven; and behold, they saw a

Man descending out of heaven; and he was clothed in a white robe; and he came down and stood in the midst of them; and the eyes of the whole multitude were turned upon him, and they durst not open their mouths, even one to another, and wist not what it meant, for they thought it was an angel that had appeared unto them.

9 And it came to pass that he stretched forth his hand and spake unto the people, saying:

10 Behold, I am Jesus Christ, whom the prophets testified shall come into the world.

11 And behold, I am the light and the life of the world; and I have drunk out of that bitter cup which the Father hath given me, and have glorified the Father in taking upon me the sins of the world, in the which I have suffered the will of the Father in all things from the beginning.

12 And it came to pass that when Jesus had spoken these words the whole multitude fell to the earth; for they remembered that it had been prophesied among them that Christ should show himself unto them

after his ascension into heaven.

13 And it came to pass that the Lord spake unto them saying:

14 Arise and come forth unto me, that ye may thrust your hands into my side, and also that ye may feel the prints of the nails in my hands and in my feet, that ye may know that I am the God of Israel, and the God of the whole earth, and have been slain for the sins of the world.

15 And it came to pass that the multitude went forth, and thrust their hands into his side, and did feel the prints of the nails in his hands and in his feet; and this they did do, going forth one by one until they had all gone forth, and did see with their eyes and did feel with their hands, and did know of a surety and did bear record, that it was he, of whom it was written by the prophets, that should come.

16 And when they had all gone forth and had witnessed for themselves, they did cry out with one accord, saying:

17 Hosanna! Blessed be the name of the Most High God! And they did fall down at the feet of Jesus, and did worship him.

The multitude, one by one, went unto Jesus and saw and felt the prints of the nails in His hands, wrists, and feet. They also thrust their hands into His pierced side. They were very emotional and humbled that Jesus would appear unto them. Jesus came to them because of their faith.

Here are several points to ponder and reflect upon and pray concerning:

As each person went forth and thrust their hands into His side and did feel the prints of the nails in His hands and feet:

1. What did they say to Him?
2. What did they ask Him?
3. How much time did each one spend with Jesus when it was their turn
4. What did Jesus say to each one?
5. How did they feel?
6. What were their deepest, honest feelings?
7. What were their thoughts?
8. What were their emotions?
9. What was the depth of their gratitude?
10. Did they weep and cry over Him?
11. Did they look Him in the eyes?
12. Did they feel humble?
13. Did they feel unworthy?
14. What was their attitude toward Jesus?
- 15.

May 15, 2023

Mosiah 16:15 Redemption

I testify that “redemption cometh through Christ the Lord” (Mosiah 16:15). This includes Jesus’ power, suffering, blood, and death. Then Christ’s resurrection crowns or seals the atonement by locking it into place.

Your Forest of Mormon

Many came to a knowledge of the Redeemer in the forest of Mormon, at the waters of Mormon. Where are your Waters of Mormon? Your forest of Mormon? Where did you come to a knowledge of Christ and His true gospel? Where did you gain your testimony? For this is a beautiful place for you, one for which you need to be eternally grateful.

Knowing Christ is a requirement for eternal life, exaltation. Jesus said, “if they know me they shall come forth, and shall have a place eternally at my right hand” (Mosiah 26:24).

May 16, 2023

We Choose our Attitudes:

Alma2 rejected our Redeemer.

Alma2 now teaches and brings many souls to Christ. Showing the power of our choices and our freedom to choose.

Are we “sufficiently humble”? (Alma 5:27)

Jesus made choices. From the very beginning, He chose and committed to obey His Father at all times and in all things. He kept this commitment in every way. Through His total obedience He became perfect, having perfect Godly attributes. We can do the same. We make choices like Jesus did and like Alma2 did.

For example, Alma2 chose to reject Christ, and he did. He and some of his friends went about seeking to tear people down and destroy the church, for these were their choices.

Then after his conversion to Christ and the church, he chose to teach and bring souls to Christ, and this he did and became one of the greatest missionaries for Christ that the earth has ever known. This just shows the power and importance of making good choices and decisions.

Jesus chose to follow the Father, to obey Him, to do His will in everything always-no exceptions. Jesus said, “***For I came down from heaven, not to do mine own will, but the will of him that sent me***” (John 6:38). [from Jesus’ sermon on ‘The Bread of Life’]

May 17, 2023

Galations 6:7-8

7 Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.

8 For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.

To mock is to attack or treat with ridicule, to tease or laugh at in a scornful manner, to mimic. The Jews mocked Jesus furiously, but they reaped their rewards of punishment and many of them were crucified. "You reap as you sow." If anyone mocks at God or any aspect of His gospel, they will reap their due reward. Nobody mocks God and gets away with it. Sooner or later they will suffer the consequences of their mocking of God or His gospel. Because whatsoever a man sows, mocking in this case, that shall he also reap, mocking in return or unpleasant rewards for his mocking.

You Reap as You Sow:

1. Study hard for a test-reap a high score
2. Little to no study for a test-reap a failing score, a low score.
3. Plant watermelon seeds - reap watermelons
4. Plant sunflower seeds - reap sunflowers
5. Practice consistently, slowly, and carefully for many hours on a piano score - reap a beautiful piano number

Sow - Reap

Give - Get

Think - Become

If you plant worldly seeds, you will reap worldliness, carnality, devilishness. If you plant spiritual seeds, you will reap peace, happiness, serenity, for this is the law, The Law of Sowing-you reap as you sow.

May 18, 2023

2 Nephi 14, Isaiah 4 The Millennium

Conditions during the millennium will be great.

People will be nice, righteous, glorious, beautiful, and holy.

Earth will be peaceful, fruitful (pleasant to look at), cleansed, a place of refuge.

Church will consist of wards and stakes and will enjoy protection, and shelter.

Christ will reign personally.

During the millennium people will be blessed to have the presence of Jesus Christ. He will reign personally for 1000 years. Law and order will come under His direction, His righteous leadership. There will be no political parties. Temple work and missionary work will

continue. Schools will be needed to train and educate people. The church will still be here functioning and fulfilling its mission: to save souls in Celestial glory. Families will exist.

When Christ comes for His second coming, it will be a great and a dreadful day. Great for those prepared to meet Him and dreadful for those who are not prepared to meet Him. The wicked will burn as stubble.

The millennial “day cometh that shall burn as an oven; and all the **proud**, yea, and all that do **wickedly**, shall be stubble; and the day that cometh shall burn them up, saith the Lord of Hosts, that it shall leave them neither root nor branch” (3 Nephi 25:1).

If we aren't stripped of pride, then we are not prepared to meet God. For the prideful and haughty will burn as stubble. Be humble and not prideful. Pride kills and humility lives.

May 19, 2023

Ether 6:9 Sing praises to the Lord

To Sing Praises Is to say good things about someone or something often in a very enthusiastic way.

We can say good things about Heavenly Father and Christ often in an enthusiastic way.

And they did sing praises unto the Lord; yea, the brother of Jared did sing praises unto the Lord, and he did thank and praise the Lord all the day long; and when the night came, they did not cease to praise the Lord.

To sing praises to the Lord is to honor Him, to thank Him for the multitude of His tender mercies. We can't praise Him enough. “No matter how much we say of Him, it's still too little” (Spencer W. Kimball). We can praise Him by obeying Him and keeping His commandments, covenants, and ordinances. We show our love for Him by the way we treat others. When we are kind, nice, and polite and loving to others, this praises Him. When we are mean, rude, and contentious with others, this brings sadness upon Him. He is pleased when we are charitable to others.

Our thoughts, words, deeds, and actions can lift another or tear them down. “Let us oft speak kind words to each other, at home or wherever we may be.

The words we speak reveal our hearts. When we criticize others, we are having turmoil in our hearts, our hearts are not right with the Lord.

May 20, 2023

Helaman 5:11-12

11 And he hath power given unto him from the Father to redeem them from their sins **because of repentance**; therefore he hath sent his angels to declare the tidings of **the conditions of repentance**, which bringeth unto the power of the Redeemer, unto the salvation of their souls.

12 And now, my sons, remember, remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation... which is a sure foundation, a foundation whereon if men build they cannot fall.

Our **repentance** brings the Power of Christ into our lives. Without Christ, we would eventually perish and become as Satan, having no joy or happiness, no eternal life.

Repentance is the key to turn on the Power of Christ in our lives, to bless and sanctify us.

Repentance is sincere regret, remorse, sorrow, and a guilty conscience for our wrongs, pride, knowing that we can do better.

To repent is to express regret, remorse, sorrow, and the guilty conscience of our hearts.

As we humble ourselves before God and Jesus, we feel the spirit of repentance and then we desire to repent. Come unto Christ and be saved. Repent and become a better you, a happier person. Without God and Jesus, we can do nothing and are as nothing. With God and Jesus and the Holy Ghost, all things are possible. Jesus is displeased when we have little to no faith in Him. He wants to bless us and will if we believe in Him and turn to Him and REPENT.

Helaman 14:6

16 "... the first death—that spiritual death...being cut off from the presence of the Lord, are considered as dead..."

Spiritual Death: being cut off from the presence of the Lord.

Spiritual Life: being in the presence of the Lord, feeling His presence. Spirituality

May 21, 2023

3 Nephi 11:7-17

A few months following Jesus' resurrection, He visited, appeared to the people in America. He

invited them to come unto Him and feel the prints of the nails in His hands and wrists, and to thrust their hands into His side so that they would know for themselves that it was indeed Him, Jesus the Christ who was slain for the sins of the world.

The multitude did go forth and felt His special wounds, the wounds that paid for the sins of all people. Some watered their faces with tears of joy and adoration. They were humbled to be in the presence of Jesus Christ, the resurrected Savior of the world.

They shouted “Hosanna” in unison. They wanted Him to stay with them a long time and teach them. They felt loved in His presence, and they wanted to keep this feeling forever.

Jesus established His church. The purpose of the church then and now is to be the vehicle for people to come unto Christ and Christ-like living to take them to exaltation, eternal life, Celestial Glory.

May 22, 2023

“The past, present, and future, with Him, were and are, one eternal now” (Joseph Smith). Jesus is all-knowing. He sees all things in the present tense, NOW. He knows all things past, present, and future in the NOW, our thoughts, actions, what we will do, etc. He is this powerful. There isn't anything save He knows it.

May 23, 2023

During His mortal ministry, Christ manifested himself to the people. After His ascension, the Holy Ghost manifested Christ to the people. The Holy Ghost will manifest unto the people a testimony of Christ, the truth of Christ, that Jesus is the Christ. (Moroni 10:4-5)

Today, the Holy Ghost still manifests Christ to people, and we can manifest Christ by:

1. Our speaking of Him
2. Writing about Him
3. Podcasting of Him
4. Websites and posts about Him
5. Videos about Him
6. Drawings of Him
7. Poetry about Him
8. Ceramics and sculpture pertaining to Him
9. Bearing testimony of Him
10. Singing of Him
11. Music
12. Playing piano songs about Him
13. Playing Dulcimer about Him
14. Reading scriptures about Him
15. Reading scriptures to others of Him
16. The Bible, Book of Mormon, DC, P of GP
17. Sharing General Conferences with others about Him
18. Our righteous living so others can see Jesus in us
19. Sending text messages about Him

20. Seeing, showing, and telling about His creations, through flowers, plants, trees, etc.
21. Radio stations
22. TV stations
- 23.

Ether 2:12

12 Behold, this is a choice land, and whatsoever nation shall possess it shall be ^afree from bondage, and from captivity, and from all other nations under heaven, if they will but ^bserve the God of the land, who is **Jesus Christ, who hath been manifested by the things which we have written.**

May 24, 2023

1 Nephi 12:18 Large and spacious building

And the large and spacious building, which thy father saw, is **vain imaginations** and the **pride** of the children of men.

My thoughts today regarding Christ, the Messiah, is that we can look to the Tree of Life, Christ, and pursue that path or we can look to the great and spacious building, satan, and follow the worldly course of life.



Pride and worldly pursuits and pleasures attract too many people because their hearts are centered on self, their own instant gratification. They put materialism ahead of God and His kingdom.

The building is large and it will eventually fall, and great shall be the fall thereof.

Jesus was perfectly humble, and we need to live after His manner of humility by seeking Him and not the prideful, vain ways of the world.

May 25, 2023

“having power given them to do all things by faith” (2 Nephi 1:10).

“his infinite goodness” (2 Nephi 1:10).

The United States of America is “this precious land of promise” (2 Nephi 1:10).

We have received so many “great blessings from the hand of the Lord” (2 Nephi 1:10).

Jesus Christ, “the Holy Messiah, who layeth down his life according to the flesh, and taketh it again by the power of the Spirit, that he may bring to pass the resurrection of the dead” (2 Nephi 2:8), suffered, bled, died, and resurrected so that we might live. His suffering was infinite in depth.

Our Precious Savior:

1. He lived for us
2. He sacrificed for us
3. He suffered for us
4. He bled for us
5. He died for us
6. He resurrected for us

Our Precious Savior

1. He lived for us

2. He sacrificed for us

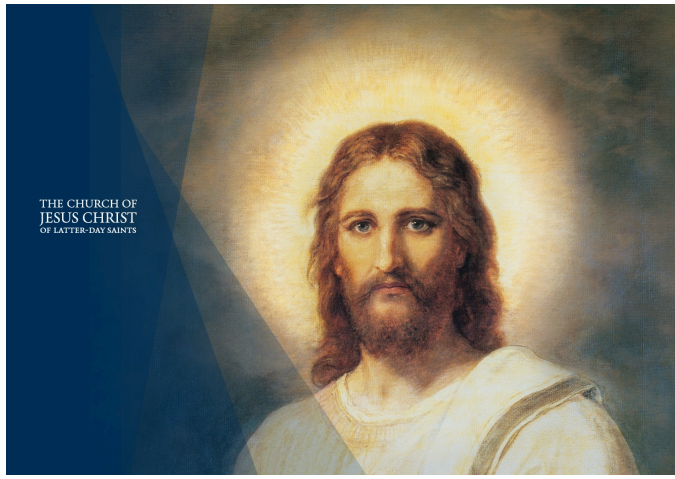
3. He suffered for us

4. He bled for us

5. He died for us

6. He resurrected for us



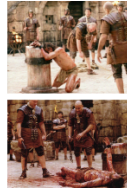


Episode 1
Jesus' Gethsemane
For Me



His Anguish:
that infinite physical, mental, and spiritual pain, agony, and suffering for all people

Episode 2
Jesus' Scourging
For Me



His Scourging:
that stripes-produced whipping, flogging

Episode 3
Jesus' Crown of Thorns
For Me



His Crown:
that green wreath of tortue like barbed wire

Episode 4
Jesus' Crucifixion
For Me



His Cross:
that brutal, inhuman instrument of torture, suffering, and death

Episode 5
Jesus' Pierced Side
For Me



His Pierced Side:
those deep spear wounds in the region of His heart

Precious Savior, Dear Redeemer

1. Precious Savior, dear Redeemer,
Thy sweet message now impart.
May thy Spirit, pure and fervid,
Enter ev'ry timid heart;
Carry there the swift conviction,
Turning back the sinful tide.
Precious Savior, dear Redeemer,
May each soul in thee abide.
2. Precious Savior, dear Redeemer,
We are weak but thou art strong;
In thy infinite compassion,
Stay the tide of sin and wrong.
Keep thy loving arms around us;
Keep us in the narrow way.
Precious Savior, dear Redeemer,
Let us never from thee stray.
3. Precious Savior, dear Redeemer,
Thou wilt bind the broken heart.
Let not sorrow overwhelm us;

**Dry the bitter tears that start.
Curb the winds and calm the billows;
Bid the angry tempest cease.
Precious Savior, dear Redeemer,
Grant us everlasting peace.**

Text and music: H. R. Palmer, 1834–1907

May 26, 2023

What are some gifts we can give to God?

Gifts we can give to God:

1. A broken heart and contrite spirit
2. Repentance
3. Obedience
4. Our Time by doing His work for His glory
5. Time in scripture study and prayer
6. Our Talents and skills for doing His work for His glory
7. Tithing
8. Fast Offerings
9. A CTR lifestyle
10. Love and service to others
11. Praise
12. Our best efforts of righteousness
13. Our listening ears to hear Him speaking to us
- 14.

2 Nephi 2:7

Behold, he offereth himself a sacrifice for sin, to answer the ends of the law, unto all those who have a broken heart and a contrite spirit; and unto none else can the ends of the law be answered.

May 27, 2023

A test of this life is “to see if we will repent and follow Christ” (Tad Calister), and live after the manner of Christ.

May 30, 2023

“feasting upon the word of Christ” (2 Nephi 31:20).

This is a must:

“ye ***must*** press forward with a steadfastness in Christ” (2 Nephi 31:20).

It is essential that we feast upon the word of Christ daily. What eating food daily does to our physical health, feasting on the word of Christ does to our spiritual health. We must feed our body AND our spirits on a daily basis or else we become unhealthy in body and spirit. We may even experience physical death or spiritual death. We must needs to look to God and live, even the abundant life.

Worldly people ignore their spiritual health and think mostly of their temporal welfare, their material possessions, money, houses, playing, and living a life of leisure.

Jesus even said, “I am the Bread of Life” (John 6:22-59). Physical food is temporary, but the Bread of Life lasts forever if we partake of it daily. Physical food is the bread of existence. We need it to actual exist here on earth. But Jesus is the Bread of Life, not just existence. Physical food feeds us for a day, but the Bread of Life is eternal food, food that nourishes our spirits, our souls. The bottom line is that we need both physical food and spiritual food. If we neglect the spiritual food, the Bread of Life on a daily basis, then we are not preparing ourselves to meet God, which is a main purpose of this life on earth. We need to improve our time while we can, and this time improvement is to grow spiritually, to feed ourselves spiritual food daily.

May 31, 2023

What is the Doctrine of Christ?

“the gospel, or the doctrine of Christ” (Jacob 7:6).

And Jesus said unto the children of men, ***“Follow Thou Me”***

How can we follow Christ?

Nephi taught us how to follow Christ: “And he said unto the children of men: ***‘Follow thou me.’*** Wherefore, my beloved brethren, can we follow Jesus save we shall be **willing** to keep the commandments of the Father? (2 Nephi 31:10). Thus, we follow Christ by keeping the commandments of God. Jesus obeyed all the commandments; therefore, we can follow Jesus’ example by doing likewise. We must be **WILLING** to keep all God’s commandments. It all starts with our **WILLINGNESS**.

The hymn, “Come, Follow Me”

1. "Come, follow me," the Savior said.

Then let us in his footsteps tread,
For thus alone can we be one
With God's own loved, begotten Son.

2. "Come, follow me," a simple phrase,

Yet truth's sublime, effulgent rays
Are in these simple words combined
To urge, inspire the human mind.

3. Is it enough alone to know

That we must follow him below,
While trav'ling thru this vale of tears?
No, this extends to holier spheres.

4. Not only shall we **emulate**

His course while in this earthly state,
But when we're freed from present cares,
If with our Lord we would be heirs.

5. We must the onward path pursue

As wider fields expand to view,
And follow him unceasingly,
Whate'er our lot or sphere may be.

6. For thrones, dominions, kingdoms, pow'rs,

And glory great and bliss are ours,
If we, throughout eternity,
Obey his words, "Come, follow me."

Text: John Nicholson, 1839–1909

Music: Samuel McBurney, 1847-1909

Feast upon the words of Christ

Nephi taught, "Feast upon the words of Christ; for behold, the words of Christ will tell you all things what ye should do (2 Nephi 32:3). Study, ponder, read, and pray over the words of Christ. His words will tell you how to follow Him.

Jesus is the Lawgiver, the light, and the life of the world and all worlds created by Him. "Without Him was not anything made that was made."

Peter said, “Lord, to whom shall we go? Thou hast the **words** of eternal life” (John 6:67-68).

Jesus said, “Learn of me, and **listen to my words**, walk in the meekness of my spirit, and you shall have peace in me” (DC 19:23). Only in Christ can we find lasting peace. His words bring peace.

June 1, 2023

The **words of Christ** “teach all men that they should do good” (2 Nephi 33:10).

Why did Jesus bleed from every pore of His body? “blood cometh from every pore, so great shall be his anguish for the wickedness and the abominations of his people” (Mosiah 3:7).

Jesus went about doing good but was despised for it. He taught that all should go about doing good as He did. His words and scriptures teach us to do good, to be good, and if we do, then we will feel good. Jesus was and is the epitome of goodness. Scriptures are to persuade us to do good.

Jesus suffered terrible anguish of soul, so much that He bled from every pore because people were NOT good. When we are bad, He and we suffer. When we are good, He is pleased and we feel good and happy.

June 2, 2023

Helaman 15:5

The Temptations of Jesus

[CR: Alma 7:11](#)

Jesus was had temptations of EVERY kind, but He never fell for the temptations. He overcame all of them. He chose not to heed them.

Jesus was tempted but never yielded to or heeded the temptations. Rather than falling for the temptations, He accepted being mocked, scourged, the crown of thorns, being cast out, disowned by His own people, being crucified, being derided, being ridiculed.

He didn't fall for the temptation:

1. To be prideful
2. To show off His power about who He really was just for His own glory and praise
3. To defend himself
4. To get revenge, to fight back
5. To speak evil of people, especially to those who treated him so cruelly: " he opened not His mouth"
6. To be impatient
7. To not to suffer the will of the Father
8. To get angry
9. To Be boastful

10. To take credit upon himself
11. To take the easier path of life
12. To choose the worldly life rather than the spiritual life
13. To criticize others
14. To impress others
15. To be lazy
16. To complain to His Father
17. To be self-centered and selfish
18. To feel sorry for himself
19. To do evil
20. To seek materialism ahead of the spiritual
21. To seek to become rich in the things of the world
22. To live in the great and spacious building
- 23.

June 3, 2023

Jesus is the Bread of Life. Physical food is the bread of existence. Jesus is the bread that gives life, now and eternally.

Growing rich in worldliness OR growing rich in godliness.

No man can serve two masters.....You cannot serve God and mammon (Matthew 6:24).

“Remember, to be carnally minded is death, and to be spiritually minded is peace and life eternal.”

Spiritual	Carnal
Being more concerned with the human spirit or soul or relationship with God than physical or material or secular things	Being more concerned with material or physical or secular things than the human spirit or soul or one’s relationship with God.
Relationship with God Putting the things of God above things of the world	Relationship with the world Putting things of the world above things of God
Concerned for one’s character, behavior	Concerned for one’s physical or secular things
Following God	Following the world
Putting God first	Putting the world first

We must recharge our spirit, our spiritual batteries, every single day through:

1. Prayer
2. Scripture study
3. Meditation, pondering, reflecting
4. Visualization: See christ with an eye of faith
- 5.

Since Jesus is “The Bread of Life” we must feast upon Him and His words DAILY to nurture and feed our spirits, to grow spiritually. Without “The Bread of Life,” we will starve our spirits and die spiritually and lose our chance for eternal life.

THE BREAD OF LIFE

Jesus said, "I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst." (John 6:35)

Jesus grew in these four areas and so must we: ALL require time and attention

Spiritual	Mental	Physical	Social/Emotional A town in Italy where people live to be healthy and happy over 100 years old because of their social interaction with lots of people.
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June 4, 2023

3 Nephi 11:14-15

14 Arise and come forth unto me, that ye may thrust your hands into my side, and also that ye may feel the prints of the nails in my hands and in my feet, that ye may know that I am the God of Israel, and the God of the whole earth, and have been slain for the sins of the world.

15 And it came to pass that the multitude went forth, and thrust their hands into his side, and did feel the prints of the nails in his hands and in his feet; and this they did do, going forth one by one until they had all gone forth, and did see with their eyes and did feel with their hands, and did know of a surety and did bear record, that it was he, of whom it was written by the prophets, that should come.

Jesus extended a personal invitation to the multitude. He invited them to come forth unto Him and thrust their hands into His pierced side. He wanted them to know that He really did have His side pierced, and that blood and water came out as He was pierced. He also invited them to come forth and feel the prints of the nails in His hands and feet. He wanted them to see, feel, and know that He really did sacrifice His life for them and for all people, that He really was indeed the Christ, the same person who had nails driven into His hands, wrists, and feet to suffer, bleed, and die for all people, to pay for all sins of all people from all worlds.

In order for the people to have these experiences with Jesus, they had to COME TO HIM. If they just sat back and did not go forward to Him then they would have never had the experience to accept His invitation. They had to take action and go toward Him. They had to make the move.

We are like the multitude. Jesus has extended to us the same invitation, to come unto Him, to see, feel, and know. We, too, must take action, and move toward Jesus before we can have this

experience, before we can feel and be in His presence. We are the ones who must turn the key and open the door and enter into His presence. We must cleanse and purify our lives to be in His presence, to feel His Spirit strongly. Jesus is no respecter to specific people or groups of people. He loves all and invites all to come unto Him and be blessed. Jesus is the master healer. Jesus' way is always the right way. "His way is the path that leads to happiness in this life and eternal life in the world to come" (The Living Christ).

June 5, 2023

We who have a knowledge of the truth and are "commanded to stand and testify" (Alma 5:44) of Christ and of the truthfulness of His gospel. Jesus said, "But with some I am not well pleased, for they will not open their mouths, but they hide the talent which I have given unto them because of the fear of man" (DC 60:2). If we open our mouths and testify of Christ and His gospel, and do this everywhere at all times, then we will experience happiness and "joy because of the light of Christ unto life" (Alma 28:14). As we testify we are feasting upon the Bread of Life, which is Jesus Christ.

To fulfill our divine destiny, diligently labor in the vineyards of the Lord and "lay hold upon every good thing, and condemn it not" (Moroni 7:19).

A prayer to God for ourselves personally, our families, and our friends is, "wilt thou comfort my soul in Christ...wilt thou comfort their souls in Christ" (Alma 31:31-32). The Holy Ghost is our first comforter, and Jesus is our second comforter. Turn to Him and He will comfort our souls because of His tender mercies, and He cares and loves.

Turn to Christ, His words, His doctrine, His leaders, and He will lead you to happiness now and eternal life in the world to come. Christ is the Holy One of Israel, the second comforter. If you want to experience happiness now, put your faith and trust in Him, for He is mighty so save. There is no other like Him. He knows you and loves you. Depend on Him and He will not let you down, but will only lift you up. "His way is the path that leads to happiness in this life and eternal life in the world to come" (The Living Christ). He is the utmost. Follow Him to the utmost.

While serving as a missionary zone leader for Zone Four in Arizona, we adopted the motto:
Four:

F ollow
O ur
U tmost
R edeemer

June 6, 2023

If we have faith in Christ, obey His commandments, and seek to live righteous lives, then we will be “swallowed up in the joy of Christ” (Alma 31:38).

Strive to be a “man of Christ” (Helaman 3:29).

A wise man builds his life's foundation upon Christ, the Rock of Christ, the ONLY true and sure foundation that will never fall.

The Natural Man OR a Saint

Satan traps and blinds us with the deceitfulness of riches and materialism and worldly pleasures and laziness and the easy lifestyle, in other words, with flaxen cords, until he binds us with his strong cords forever.

Satan puts pride into our hearts and minds, into our souls. He puffs us up with worldliness, materialism, and pride. He wants us to look at the riches of the world and seek after them, for he knows that materialism leads us away from God and toward him. If big, beautiful houses, cars, worldly games and pleasures and travels, the easy lifestyle, are more important to us than the things of God, then all these worldly pursuits are from Satan to deceive and blind us from the truths of Christ and His gospel. They are living in the Great and Spacious Building.

“It’s easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God” (Mark 10:25).

Matthew 7:24-27 Wise men and Foolish men

24 ¶ Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a **rock**: (THE Rock, which is the Rock of Christ, His gospel, His teachings, His church, His life's example of the perfect character)

25 And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock.

26 And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the **sand** (materialism, physical and worldly things)

27 And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it.

Make the Rock of Christ, His teachings and gospel, the foundation of your life.

June 7, 2023

3 Nephi 9:15 Jesus Christ

Jesus testifies of himself:

- Behold, I am Jesus Christ the Son of God.
- I created the heavens and the earth, and all things that in them are.
- I was with the Father from the beginning.
- I am in the Father, and the Father in me
- In me hath the Father glorified his name.

Consider “**all the marvelous works of Christ**” (3 Nephi 28:33). Look at some synonyms for marvelous’ because these describe the works of Christ:

synonyms: [amazing](#), [astounding](#), [astonishing](#), [awesome](#), [breathtaking](#), [sensational](#), [remarkable](#), [spectacular](#), [stupendous](#), [staggering](#), [stunning](#), [phenomenal](#), [prodigious](#), [miraculous](#), [extraordinary](#), [incredible](#), [unbelievable](#), [wondrous](#)

[Click to see a list of some of Christ’s Marvelous Works](#)

Search the scriptures and discover “all the marvelous works of Christ”

1. His miracles ([list each miracle](#))
2. Creations (worlds without number.”I created the heavens and the earth, and all things that in them are.” (3 Nephi 9:15).
3. Creation of the human family on all worlds
4. Creation of the human body
5. Atonement
6. Long Suffering
7. Crucifixion
8. Resurrection
9. Prophecies
10. The Restoration
11. The Book of Mormon
12. Bringing the Jaredites over the ocean
13. Bringing Lehi and family over the ocean
14. His perfect life
15. The 10 plagues on the Egyptians
16. Forgiving us
17. Pleading with His Father in our behalf
18. Making sinners into saints

I am awestruck as I attempt to think of “all the marvelous works of Christ.” My mind is almost blown away in making such an attempt because His works are so many and so incredible. Jesus being omniscient, omnipotent, and omnipresent, is it any wonder why He can do such marvelous works? And sometimes our pride hits us and we think we are something good. But in reality, we are nothing compared to the marvelous works Christ has done and continues to do. We should be humbled deeply as we think of all the marvelous works of Christ.

The bible is a divine well.

The Book of Mormon is a divine well.

The Doctrine and covenants is a divine well.

The Pearl of Great price is a divine well.

Jesus is the Divine Well of Living Water

June 8, 2023

Having faith in Christ leads to all good works; whereas, “wo unto him that shall deny the Christ and his works” (3 Nephi 25:9). How do we deny Christ and His works?

We deny Christ:

1. By choosing to not believe in Him
2. By choosing to not believe Him
3. By refusing to learn His gospel, His life, and His doctrine
4. By not testifying of Him, not bearing testimony of Him
5. By not attending the temple
6. By not helping the poor and needy
7. By not sharing the gospel with others
8. By not magnifying our church callings
9. By not living His commandments
10. By not acknowledging His hand in all things
11. By being prideful
12. By putting worldly things first ahead of Him and His church
13. By not seeking to diligently build His kingdom
14. By being lazy and playful all the time
15. By not receiving the gift of Christ himself
16. By thinking we have done enough for Him
17. By thinking we are doing enough for Him
18. By taking it easy in His work
- 19.

100 Ways we deny Christ, by John Dillard

“The Christian Messenger”

<https://www.christianmessenger.in/100-ways-we-deny-christ/>

1. We fail to regularly read our Bible
2. We do not accept Him as our Lord & Savior.
3. We do not live like we accepted Him as our Lord & Savior.
4. We have a job and do not start a weekly Bible study at our office.
5. We don't invite our neighbors to church.
6. We don't serve at church.
7. We don't pray for others.
8. Jesus was not a mime. We think the way we live is enough.
9. We are a chameleon Christian bending this way and that.
10. We believe there are shades of gray in our faith walk.
11. We believe some Bible stories to be “just stories.”
12. We look to hang out with the “in crowd.”
13. We don't study God's word.
14. We believe science's story of evolution.
15. We see a sunset and fail to know the truth.

16. We seek our own way.
17. We follow those who are not following Him.
18. We don't stand strong even when others fall away.
19. We walk by someone in need.
20. We fail to stop to help a stranded driver.
21. We fail to serve the poor.
22. We fail to bind up the broken hearted.
23. We fail to ask when someone is hurting.
24. We ask how someone is doing, when all we really want is to be on our way.
25. We believe we did something ourselves.
26. We fail to give all the glory to God.
27. We fail to consider others better than ourselves.
28. We fail to tithe.
29. We fail to go the extra mile for others.
30. We fail to see the world through others eyes.
31. We fail to act when God tells us to.
32. We fail to speak when we know our words will make a difference.

33. We fail to try to lead others to Christ.
34. We fail to disciple others.
35. We fail to seek to be Discipled by others.
36. We fail to seek Godly counsel.
37. We fail to listen to Godly counsel.
38. We fail to be obedient.
39. We fail to be a team player with other Christians.
40. We fail to see our place as part of the Body of Christ.
41. We fail to be the part of the Body of Christ God desires.
42. We serve the church while failing our spouses.
43. We serve the church while failing our children.
44. We fail to serve on Mission trips locally, in our neighborhoods, work, school and all aspects of our lives.
45. We fail to keep our commitments.
46. We fail to make commitments we should.
47. We talk more than we listen.
48. We are relentlessly committed to our being right.
49. We accept praise as an acknowledgment of our efforts.

50. We fail to pray.
51. We fail to fast.
52. We fail to be humble.
53. We believe ourselves to be a great leader.
54. We believe all our words are of God's authority.
55. We are prideful.
56. We believe in our own efforts.
57. We fail to rely solely on God's power.
58. We stopped reading this list at number 10 believing our lives "are good."
59. We believe we are mature in our faith.
60. We believe we understand the Bible.
61. We believe in ourselves.
62. We fail to know we have a cross.
63. We fail to pick up our cross.
64. We fail to pick up our cross daily.
65. We fail to recognize the power of the cross.
66. We fail to take our sins to the cross.

67. We fail to appreciate the power of grace.

68. We fail to forgive others.

69. We fail to forgive ourselves.

70. We believe in worldly power.

71. We let the sins of the past rule over our future.

72. We fail to live knowing we cannot be snatched out of His hand.

73. We fail to believe in our true value.

74. We fail to reach our true potential with Christ.

75. We fail to believe we are an overcomer.

76. We forget who God made us to be.

77. We react rather than respond.

78. We anger easily.

79. We hold grudges.

80. We let the sun go down on our anger.

81. We become indignant.

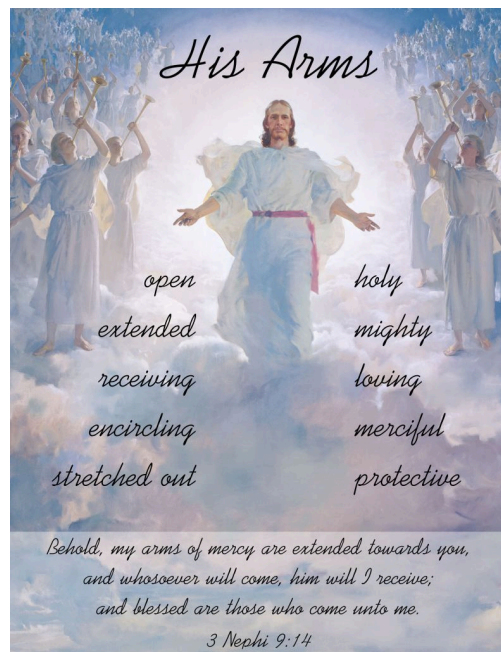
82. We are self righteous.

83. We speak first.

84. We listen last.
85. We listen thinking of what to say next.
86. We fail to truly hear.
87. We believe we know how someone feels.
88. We think we know the answer for someone else's life.
89. We fail to seek out others in misery.
90. We fail to walk alongside others who are suffering.
91. We struggle when we need to be strong.
92. We waiver when we need to push forward.
93. We befriend those that Christ knows you should not.
94. We do not witness to those Christ knows you should not befriend.
95. We seek friendships with those mainly like ourselves.
96. We fail to speak the light of Christ into a lost world.
97. We believe the job of witnessing is for others.
98. We believe the Great Commission was a great suggestion.
99. We fail to interpret the Bible under the grace of the two greatest commandments.
100. We believe there are only a 100 ways we can deny Christ.

The Church of Jesus Christ of Latter-Day Saints has the true gospel, even “the gospel of Jesus Christ” (Mormon 3:21). The wicked Jews didn’t realize it, but “Jesus, whom they slew, was the very Christ and the very God” (Mormon 3:21). Someday the Jews will ask Jesus what those wounds are in His hands, wrists, side, and feet, and He will tell them. Then they will know that He was and is THEIR very Christ.

Come unto Him and be “clasped in the arms of Jesus” (Mormon 5:11).



Be Ye Therefore Perfect

“The Christ-like mind, character, and life

The Christ-life”

(Drummond, “Natural Law in the Spiritual World”, quoted by Joseph Smith in “Teachings of the Prophet Joseph Smith, pg 346, footnote 3)

Perfect in love, wisdom, joy, beauty, power, immortality, sanctification, purity, etc.

“The grand object of our coming to this earth is that we may become like Christ.” (Joseph F. Smith)

An angel appeared unto Abraham with a message from Jehovah, “Walk before me, and **be thou perfect**” (Genesis 17:1).

Matthew 5:48

3 Nephi 12:48

John 17:22-23

Ephesians 4:12-13

John 10:34

Psalm 82:6

Acts 17:28

Romans 8:16-17

Revelation 21:7

DC 76:95

Philippians 3:14-15

Hebrews 6:1,3

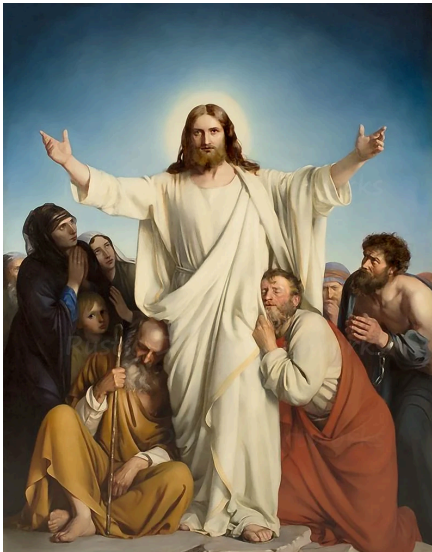
JST: Hebrews 6:1,3

2 Peter 1:4

3 Nephi 27:27

Philippians 2:5-6 be equal with God

June 9, 2023



(Painting by Carl Bloch)

Priorities: What Matters Most

Jesus stands “with open arms to receive you (us)” (Mormon 6:17)! He is forever with us. We just need to come unto Him. We must open the door and let Him in. We have the key and must turn the key. How can anyone depart from Jesus? How can anyone depart from the ways of Christ? Priorities. Choices. Pride. We let the things of the world speak louder than the still small voice. We let materialism cloud out the things of the Spirit. It’s God or mammon. Jesus said for us to seek first Him and His kingdom and all things would be added unto us. We don’t believe this because we put the world first, and as a result, lose everything instead of gaining everything. “Seek ye first the kingdom of God and His righteousness, and all these things shall be added unto you” (Matthew 6:33). Many returned missionaries go inactive because they change their priorities from scriptures to college text books, from the spiritual to the worldly, from God to mammon, from faith in Christ to faith in man, from seeking to save souls to seeking to save money. Satan uses the deceitfulness of riches to lure us into carnal security instead of security in Christ which never fails.

Spiritually Dressed

If you aren't spiritually dressed, then when you stand before God you will see "your nakedness before God" (Mormon 9:5), being spiritually naked. If you aren't spiritually dressed in your best spiritual selves, then you will someday regret it, for your spiritual nakedness "will kindle a flame of unquenchable fire upon you" (Mormon 9:5). We put on our spiritual clothes and become spiritually dressed through:

1. Honest, humble, sincere personal and family prayer daily
2. Personal and family scripture study daily
3. The daily Spiritual Tune-up
4. Obeying all God's commandments, covenants, and ordinances
5. Putting God, Christ, and the church first above the world
6. Humbling ourselves
7. Repenting
8. Being deeply grateful
9. Serving others
10. Temple attendance
11. Missionary work
12. Being perfectly honest
13. Being a full tithe payer
14. Overcoming the world
15. Magnifying our church callings
- 16.

Being spiritually dressed is the happy life. We will wear our spiritual clothes in the Celestial Kingdom. If we aren't spiritually dressed, we will never qualify for an inheritance in the highest heaven of the Celestial world.

June 10, 2023

The United States of America: A Choice Land

The United States is a choice land. God will protect America from bondage, captivity, and all other nations IF we Americans "serve the God of the land, who is Jesus Christ" (Ether 2:12). Preserving America is conditional. It's protection is predicated upon our righteousness and faithfulness to Jesus Christ and His gospel. Many people are departing from Christ by succumbing to Satan and his worldly influences. He lures people into carnal security through the easy life, the playful life, the prideful way of living. Satan makes the great and spacious building look more attractive than the scriptures, the church, the commandments, the temples, the covenant path. He makes the worldly lifestyle look more pleasant by blinding peoples' eyes to the truth.

Jesus is the God of this land. He commanded, “Thou shalt have no other gods before me” (Exodus 20:3).



Psalms 33:10-12

The Spirit of Christ

“The Spirit of Christ is given to every man, that he may know good from evil” (Moroni 7:16). All good flows from Jesus Christ. He is the fountain of all goodness and all righteousness. “For every thing which inviteth to do good, and to persuade to believe in Christ, is sent forth by the power and gift of Christ; wherefore ye may know with a perfect knowledge it is of God” (Moroni 7:16).

Satan is the author and fountain of all evil, that which is bad. Satan, his angels, and his followers are all around us persuading us to do evil, to seek after worldly things and not spiritual things. “But whatsoever thing persuadeth men to do evil, and believe not in Christ, and deny him, and serve not God, then ye may know with a perfect knowledge it is of the devil; for after this manner doth the devil work, for he persuadeth no man to do good, no, not one; neither do his angels; neither do they who subject themselves unto him” (Moroni 7:17).

June 11, 2023

June 12, 2023

Seek Jesus

We need to always “seek this Jesus of whom the prophets and apostles have written” (Ether 12:41). Seek to KNOW Him and worship Him, to love Him and to be more like Him. To seek is to attempt to find something. To seek His face continually is to attempt to find and see His face. As we seek Him, we will find grace, divine assistance, in our lives.

We follow either Christ or Satan. God or mammon.

A Child of Christ

How can we become a “child of Christ”? “If ye will lay hold upon every good thing, and condemn it not, ye certainly will be a child of Christ” (Moroni 7:19). Being a child of Christ is to be one of His sons or daughters, which means exaltation. How do we “Lay hold upon every good thing”? Follow the ways of Christ for all good comes from Him.

Don't vary to the right or left but stay on the strait and narrow path leading to exaltation and eternal life, and you will be laying hold onto every good thing. Every good thing is found on the covenant path, the CTR path. Make and keep covenants. Keeping covenants is living on the covenant path, the freedom path, the path leading to eternal life with God, Jesus, the Holy Ghost, family, and others. Satan deceives people making them think the worldly, carnal path is the path of happiness. He is wrong. People are choosing the wrong when they choose to seek worldly and carnal things instead of seeking God and Jesus' covenant path. Satan is the great deceiver. He lulls people into carnal security, blocking their progress of becoming a “child of Christ.” “Be not deceived, God is not mocked. For whatsoever a man soweth, that shall he also reap” (Galations 6:7).



Source: erhui1979/www.iStockphoto.com

June 13, 2023

In Moroni 7:44 we learn:

The Meek and lowly

We live in a world where pride dominates and possesses a majority of its people. We see little humility and meekness and lowliness of heart for these qualities are generally look upon as weaknesses, for they are not moncho enough. But what does God look at and accept? What type of person is acceptable before God? We learn that “none is acceptable before God, save the meek and lowly in heart,” the humble, submissive, teachable, those with a broken heart and a contrite spirit.

Jesus Christ

“Jesus is the Christ,” the Eternal God who manifests himself in all nations of this world and all worlds throughout the universe of His creation.

Charity

Man, “if he have not charity he is nothing; wherefore he must needs have charity.” Having charity and love are requirements for eternal life in the highest heaven of the Celestial World. “And except ye have charity ye can in nowise be saved in the kingdom of God; neither can ye be saved in the kingdom of God if ye have not faith; neither can ye if ye have no hope” (Moroni 10:21). The Apostle Paul taught the importance of charity, “And above all these things put on charity, which is the bond of perfectness” (Colossians 3:14).

What is charity? Moroni gives us the answer. He says, “charity is the pure love of Christ” (Moroni 7:47).

It’s the type of love Christ has for us.

It’s the type of love we should have for Christ

It means to love like Christ loves.



“Greater love hath no man than this, that a man lay down his life for his friends” (John 15:13).

“Seek those things which are above.... Set your affection on things above, not on things on the earth”
Colossians 3:1-2)

Teach with music

“Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms (a sacred song or hymn) and hymns and spiritual songs, singing with grace in your hearts to the Lord.” (Colossians 3:16)

June 14, 2023

Gifts

We must always “remember that every good gift cometh of Christ” (Moroni 10:18). He is the author and finisher of our gifts, including the gift of eternal life, which is the greatest gift of God. If there is a gift that you don’t now have and would like to have, “pray for that gift, and then act as though you already have that gift, and the gift will be yours” (Elder Richard G. Scott, paraphrased).

Our testimony is that God would raise up “a Messiah, or, in other words, a Savior of the world” (1 Nephi 10:4). And this actually happened. Christ, the Messiah, came and is our Savior and Redeemer. The coming of the Messiah was prophesied by many of the prophets, and their prophecies were fulfilled when Christ, the Messiah, truly did come.

Teach Ye Diligently

Wherefore, the prophets, and the priests, and the teachers, did labor diligently, exhorting with all long-suffering the people to diligence; teaching the law of Moses, and the intent for which it was given; persuading them to look forward unto the Messiah, and believe in him to come as though he already was. And after this manner did they teach them. (Jarom 1:11). “Teach ye diligently and my grace shall attend you” (DC 88:77). Teach diligently of Christ.

June 15, 2023

Faith in Christ gives us power

Lehi “spake by the power of the Holy Ghost, which power he received by faith on the Son of God” (1 Nephi 10:17). Believing in Christ gives us power to do marvelous things. Having faith in Christ brings to us ability to speak and teach by the power of the Holy Ghost.

Nephi wanted “to see, and hear, and know... by the power of the Holy Ghost, which is the gift of God unto all those who diligently seek him” (1 Nephi 10:17). Diligently seeking Christ gives us

power. Christ is omnipotent, having all power. So go to Him who is the source of all power in heaven and on earth. Seek Him diligently and find Him and receive His power.

June 16, 2023

We have power “to do all things by faith” (2 Nephi 1:10).

June 18, 2023

3 Nephi 11:10-15

Jesus is our Savior and Redeemer. He suffered, bled, died, and resurrected for us, to wipe away our sins as we repent, obey, and come unto Him with a broken heart and contrite spirit (3 Nephi 12:19). A broken heart and contrite spirit are the words of Jesus. He is saying to come unto Him with humility. Humility is the opposite of pride. Humility is a soft heart-pride a hard heart. Jesus can not enter a hard heart. He enters humble hearts. Pride keeps Jesus outside of our lives. Humility lets Him in.

As we come unto Christ with our hearts and feeling, we will automatically be more humble.

June 18, 2023

We'll sing all hail to Jesus' name,
And praise and honor give
To him who bled on Calvary's hill
And died that we might live.

June 19, 2023

3 Nephi 15:9

Jesus said, “Behold, I am the law and the light. Look unto me and endure to the end, and ye shall live. For unto him that endureth to the end will I give eternal life.”

Jesus fulfilled the Law of Moses, and He is now the new law, the Law of Christ which replaced the Law of Moses. Jesus is the center, the core of the new law, the law of righteousness. Jesus' atonement influences everyone at all times, automatically. His influence is everywhere, and we can't escape it. Jesus is the Holy One of Israel, the light and life of the world. He possess every perfect character trait. He is perfect. He has commanded us to, “Be ye therefore perfect, even as I or your Father who is in heaven is perfect” (3 Nephi 12:48).

Jesus tells us that we are not alone, for He will always be near us and aware of us. Our sins and iniquities prevent Him from entering into our hearts and enjoying peace and happiness, but He is still near us and is aware of the details of our lives, He just can't dwell inside unholy temples.

June 20, 2023

Jarom 1:11

The manner in which the prophets, priests, and teachers taught:

Wherefore, the prophets, and the priests, and the teachers:

1. did labor diligently
2. exhorting with all long-suffering the people to diligence
3. teaching the law of Moses, and the intent for which it was given
4. persuading them to look forward unto the Messiah
5. believe in him (Messiah) to come as though he already was
[the “as if” principle. “Eye of faith”]

And after this manner did they teach them.

The prophets, priests, and teachers taught by the standard “Teach ye diligently” and grace certainly attended them as they magnified their duty to teach.

June 21, 2023

“Moses spoke of the coming of the Messiah”

1 Nephi 10:6

“Wherefore, all mankind were in a **lost** and in a **fallen** state, and ever would be save they should **rely** on this Redeemer.”

We are lost and fallen and always will be unless we rely upon and turn to our Redeemer, Jesus Christ. Turn to Him with full faith, hope, and confidence. He is the way, the truth, the light, and the life.

Rely on Him
Depend on Him
Come unto Him
Trust Him
Turn to Him
Look to Him
Praise Him
Glorify Him

Mosiah 27:36

And thus they were **instruments in the hands of God** in bringing many to the knowledge of the truth, yea, to the knowledge of their Redeemer.

The Lord uses means, “and the Lord doth work by means”, to accomplish His purposes. We can be a means or instrument in the hands of God to bring to pass much righteousness to the salvation of His people.

Jesus is the “great and true shepherd”, and we are His sheep. We are in His pasture when we repent and obey His commandments. He is the only shepherd who has all the skills for being a perfect shepherd. His pasture is the strait and narrow way, and His pasture takes us to eternal life if we choose to stay on its course. The choice is ours.

June 22, 2023

“The Redeemer led Israel by day”

July 1, 2023

“Humble yourselves before God” (Mosiah 4:10).

We must needs pray humbly and sincerely to Heavenly Father, with faith in Jesus Christ, and He will hear us. We must turn to God and humble ourselves before Him. The more humble we are, the closer we get to Him and feel His Spirit and His presence, the more spiritual we become.

Humility is a Christ-like virtue. Christ is the epitome of humility. He never resisted evil. He was tempted in all temptations that Satan has to offer, but He never heeded those temptations. Temptations to do evil are from the world, and Satan is of the world. Jesus overcame the world and all worldliness.

July 3, 2023

“look up to God” (Alma 5:19)

We need to look six directions:

1. Look Forward
2. Look Backward
3. Look Inward
4. Look Outward
5. Look Downward

6. Look Upward

Look upward to God and live. We spend too much time as it is looking down, looking sideways, looking in front of us, or looking back too much, but we spend too little time looking upward to God and Christ. Jesus said, “look unto me in every thought” (DC 6:36). This means to look upward to Him and the Father all the time. This takes conscious effort.

Looking up to God is a choice, and we must make this choice every moment, to always Remember God and Jesus.

July 4, 2023

The Holy Ghost-not the still small voice

“the Spirit saith unto me, yea, crieth unto me with a mighty voice, saying: Go forth and say unto this people—Repent, for except ye repent ye can in nowise inherit the kingdom of heaven” (Alma 5:51)

The Holy Ghost can speak with a still, small voice, almost like a whisper. It can also speak with a mighty (great and impressive power or strength), voice, as in the example above with Alma².

July 6, 2023

Alma 7:11

And he shall go forth, suffering pains and afflictions and temptations of every kind; and this that the word might be fulfilled which saith he will take upon him the pains and the sicknesses of his people.

Jesus was a man of sorrow and acquainted with grief.

Jesus suffered pains of every kind, afflictions of every kind, temptations of every kind, sicknesses of every kind, sins of every kind, sorrows of every kind, diseases of every kind, heartache of every kind, grief of every kind, anguish of every kind, agony of every kind, rejection of every kind.

There isn't anything save He suffered it: All for our happiness, peace, forgiveness, and opportunity for Eternal Life if we choose it by following Him.

Jesus is our Savior and Redeemer. He has rescued us. We just need to reach out and grab hold of His atonement and apply it in our lives.

July 9, 2023

Worship Christ

Multitude at temple (3 Nephi 11:17)

“Hosanna! Blessed be the name of the most high God! And they did fall down at the feet of Jesus and did **worship Him.**”

Other Women (Matthew 28:9-10)

After His resurrection, He appeared to “other women”. “They held Him by the feet and **worshipped Him** (Matthew 28:9-10).

In Bountiful (3 Nephi 17:10)

“And they did all, both they who had been healed and they who were whole, bow down at his feet, and **did worship him**; and as many as could come for the multitude did kiss his feet, insomuch that they did bathe his feet with their tears” (3 Nephi 17:10).

A woman, a sinner (Luke 7:36-50)

36 ¶ And one of the Pharisees desired him that he would eat with him. And he went into the Pharisee’s house, and sat down to meat.

37 And, behold, a woman in the city, which was a sinner, when she knew that *Jesus* sat at meat in the Pharisee’s house, brought an alabaster box of ointment,

38 And stood at his feet behind *him* weeping, and began to wash his feet with tears, and did wipe *them* with the hairs of her head, and kissed his feet, and anointed *them* with the ointment.

39 Now when the Pharisee which had bidden him saw *it*, he spake within himself, saying, This man, if he were a prophet, would have known who and what manner of woman *this is* that toucheth him: for she is a sinner.

40 And Jesus answering said unto him, Simon, I have somewhat to say unto thee. And he saith, Master, say on.

41 There was a certain creditor which had two debtors: the one owed five hundred pence, and the other fifty.

42 And when they had nothing to pay, he frankly forgave them both. Tell me therefore, which of them will love him most?

43 Simon answered and said, I suppose that *he*, to whom he forgave most. And he said unto him, Thou hast rightly judged.

44 And he turned to the woman, and said unto Simon, **Seest thou this woman? I entered into thine house, thou gavest me no water for my feet: but she hath washed my feet with tears, and wiped *them* with the hairs of her head.**

45 Thou gavest me no kiss: but this woman since the time I came in hath not ceased to kiss my feet.

46 My head with oil thou didst not anoint: but this woman hath anointed my feet with ointment.

47 Wherefore I say unto thee, Her sins, which are many, are forgiven; for she loved much: but to whom little is forgiven, *the same* loveth little.

48 And he said unto her, Thy sins are forgiven.

49 And they that sat at meat with him began to say within themselves, Who is this that forgiveth sins also?

50 And he said to the woman, Thy faith hath saved thee; go in peace.

July 10, 2023

We will be rewarded for our faith.

Great faith in Christ-Great rewards.

Little faith in Christ-Little rewards.

Ether 12:7 Faith in Christ can reward us by Seeing Christ

For it was by faith that Christ showed himself unto our fathers, after he had risen from the dead; and he showed not himself unto them until after they had faith in him; wherefore, it must needs be that some had faith in him, for he showed himself not unto the world.

Jesus has made numerous appearances to individuals and groups of people. Anyone is entitled to His visitations if he/she qualifies for it through faith in Him, obedience, and righteousness. This takes great effort, but it is possible. “All things are possible to him that believeth” (Mark 9:23). Jesus will and can reveal himself to whomsoever He listeth.

July 11, 2023

1 Nephi 10:11

And after they had slain the Messiah, who should come, and after he had been slain he should rise from the dead, and should make himself

manifest, by the Holy Ghost, unto the Gentiles.

How did and does Jesus manifest himself by the Holy Ghost?

The Holy Ghost:

1. Testifies of Christ
2. Bears witness of Christ
3. Declares that Jesus is the Christ
4. Teaches people about Christ

Paul taught, "No man can say that Jesus is the Lord but by the Holy Ghost" (1 Corinthians 12:3). Thus we see that Jesus is manifested by the power of the Holy Ghost. The Holy Ghost bears record of Jesus Christ and the Father. Jesus is also manifest by the things which are written about Him.

July 12, 2023

Resurrection

The power of resurrection is in Jesus Christ. He received this power from His Father. Jesus rose from the dead and appeared unto many. Likewise, because of His resurrection, all will be resurrected; thus, death and the grave shall have no victory. Death is swallowed up in Christ. "For as in Adam, all die, even so in Christ shall all be made alive" (1 Corinthians 15:20-21).

Resurrection is when a person's spirit is reunited with his/her physical body, never to be separated again. The righteous, Celestial spirits, will come forth in the morning of the First Resurrection and will inherit eternal life, exaltation, in the highest heaven of the celestial world. This is where one experiences "a state of never-ending happiness" (Mosiah 2:41). Jesus said, "I am the resurrection and the life" (John 11:25). He was resurrected to give us life, even life after death.

Following Jesus' resurrection, He appeared to His apostles and others in the Upper Room. They thought He was a spirit, but He assured them that He wasn't just a spirit. In Luke 24:36-39 we learn:

36 And as they thus spake, Jesus himself stood in the midst of them, and saith unto them, Peace be unto you.

37 But they were terrified and affrighted, and supposed that they had seen a spirit.

38 And he said unto them, Why are ye troubled? and why do thoughts arise in your hearts?

39 Behold my hands and my feet, that it is I myself: handle me, and see; for a spirit hath not flesh and bones, as ye see me have.

Thus we see that Christ had a resurrected body of flesh and bones, and we likewise will have a body of flesh and bones when we are resurrected. Because of Christ's resurrection, all will be resurrected, a precious gift from God.

July 14, 2023

Alma 34:14 The Whole Meaning of the Law of Moses

“And behold, this is the whole meaning of the law, every whit pointing to that *great and last sacrifice*; and that great and last sacrifice will be the Son of God, yea, infinite and eternal.”

The Law of Moses was a schoolmaster:

“Wherefore the law was our schoolmaster *to bring us* unto Christ, that we might be justified by faith” (Galations 3:24). The Law of Moses pointed souls toward Christ and brought souls to Christ. This was the all inclusive purpose of this schoolmaster, to school the people in Christ.

A schoolmaster is anything or anybody that teaches or directs.

Were it not for “the atonement of His blood” (Mosiah 3:15), all humankind would remain lost and fallen and would soon perish. The shedded blood of Jesus saves and atones. For “there is no other way nor means whereby man can be saved, only in and through the atoning blood of Jesus Christ” (Mosiah 5:9), on condition of our faith, repentance, and obedience.

July 15, 2023

Having a meek and lowly heart VS. Having a hardened heart.

Meek and Lowly OR Hardened

A Meek and Lowly Heart	A Hardened Heart
<ul style="list-style-type: none"> ● Humble ● Prayerful ● Teachable ● Contrite ● Gentle ● Studying scriptures ● Heeding the words of prophets and other church leaders ● Hard-working ● Dependence upon God and Jesus ● Spiritually-minded ● Honest ● Looking to the serpent (brazen serpent) ● Looking to Christ ● Spiritual ● 	<ul style="list-style-type: none"> ● Prideful ● Know-it-all ● I’m better than you ● Unbelieving ● Coarse ● Worldly ● Ignoring scriptures and prophets ● Lazy ● Slothful ● Easy living ● Forgetting God and Jesus ● Carnally-minded ● Dishonest ● Refusing to look to the serpent (brass) ● Refusing to look to Christ ● Materialistic ●

Look to God and Live

Look to the Lord of Life and Live

July 16, 2023

July 17, 2023

2 Nephi 12:5 “Walk in the Light of the Lord”

Jesus is light, even the Light of the World. Satan is the dark of the world. Light is truth and peace and goodness and righteousness. Walk the paths that Jesus walked, and you will be walking the paths of righteousness, filled with light.

All good things are light and stem from Christ, for He is the author and finisher of our faith and good works. “If there is anything virtuous, lovely, or good report or praiseworthy, we seek after these things.” (Article of Faith 13).

In Jesus there is no darkness.

1. His atonement is light
2. His words are light
3. His life is light
4. His doctrine is light
5. His love is light
6. His patience is light
7. His long-suffering is light
8. His tolerance is light.
9. His mercy is light
10. His justice is light
11. His blood is light
12. His Gethsemane is light
13. His Crucifixion is light
14. His death is light
15. His resurrection is light
16. His scriptures are light
17. His gospel is light
18. His plan of salvation is light
19. His countenance is light
20. His scriptures are light
21. His birth is light
22. His smile is light

23. His parables are light
24. His miracles are light
25. His commandments are light
26. His prayers are light
27. His mediation is light
28. His character is light
29. His power is light
30. His knowledge is light
31. His presence is light
32. His Sabbath Day is light
33. HE IS LIGHT

There is no darkness in or about Christ. He is Light.

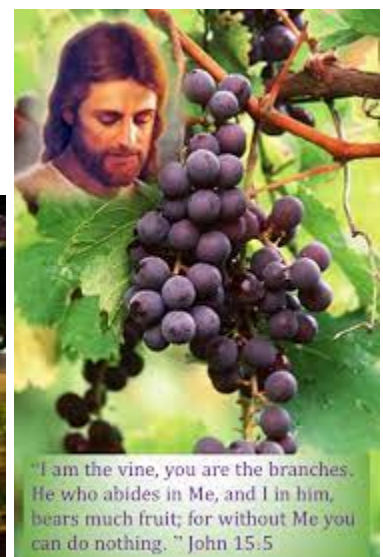
July 19, 2023

2 Nephi 15

Parable of the Lord's Vineyard.

The world is the Lord's vineyard. Good grapes are good people. Wild grapes are evil people. God and Jesus and others created this earth to house God's spirit children, to provide them with a probationary place in which to live. God wants us to all be good and obedient so that we can qualify to return to Him and Jesus and live with them again someday.

Our choices make us good grapes or bad grapes. We are all in the same vineyard, the same earth, and we are all here for the self same purposes. When we seek to do the Lord's will, then we are helping Him to fulfill His work and His purposes for us, namely, "to bring to pass the immortality and eternal life of man." He desires that we obtain eternal life, and this can be accomplished only by our repentance and obedience to His commandments.



Here we see a humble worker in the Lord's vineyard. God wants and needs humble and repentent people to labor for Him in His vineyard, to harvest souls.

"The earth is the Lords', and the fulness thereof; the world, and they that dwell therein" (Psalms 24:1)

Jesus said, "Abide in me." Jesus is the vine, we are the branches. If we abide in Him, then we can bring forth much fruit. Without Him we can do nothing.

July 20, 2023

Alma 37:40

And it (the Liahona) *did work for them according to their faith in God*; therefore, if they had faith to believe that God could cause that those spindles should point the way they should go, behold, it was done; therefore they had this miracle, and also many other miracles wrought by the power of God, day by day.

The Liahona is like the word of Christ. The words of Christ and His gospel direct the paths of our lives that we should trod to bring us the greatest happiness now and bring us closer to eternal life in the hereafter if we endure faithfully to the end and never stop following Christ and His gospel.

Scriptures are True Success Handbooks for life. If we want to have a truly successful life, then read and study and learn and follow the teachings of Christ as found in the scriptures and the words of prophets and apostles and other inspired people. These words are our Liahona, our compass, our guide. Each teaching is like a guidepost to lead us along life's journey to desirable destinations.



"Angels speak by the power of the Holy Ghost; wherefore, they speak the words of Christ. Wherefore, I said unto you, feast upon the words of Christ; for behold, the words of Christ will tell you all things what ye should do.(2 Nephi 32:3)

The Liahona worked for Lehi and his family according to their faith in God, according to their belief that God would point the pointers the direction Lehi and family should go.

The words of Christ will tell us the way we should go if we have faith in God, believing that they will guide us the way we should go. It requires faith in God. Jesus always has the correct answer. “What wilt thou have me to do?” (Acts 9)

2 Nephi 2:28 “look to the great Mediator”

July 21, 2023

1 Nephi 19:10

Jesus “yieldeth himself... as a man, into the hands of wicked men, to be lifted up... and to be crucified.”

1 Nephi 11:33

“And I, Nephi, saw that he was lifted up upon the cross and slain for the sins of the world.”

Jesus was so humble, that he yieldeth himself as a man into the auspices of wicked and evil men and let them torture, humiliate, and crucify Him. He let them drive nails through His hands, wrists, and feet while feeling the pain and torture of His crucifixion. He endured to His last breath when “He gave us the ghost” and commended His spirit to the Father.

He certainly had the power to resist these evil men and set himself free, but He did the Father’s will and let them crucify Him and be slain for the sins of the world. He was lifted up by the Romans, suffered, bled, and died on the cross. The Jewish nation crucified Jesus. They are responsible for His death on the cross.

Jesus didn’t fight or murmur to show forth His omnipotent power like He possessed and could have demonstrated, but instead, He humbly and meekly subjected himself to evil men and submitted to the Father’s will to complete the Infinite Atonement by suffering and shedding His precious blood. Jesus’ blood is the most precious of all blood. Every pore of His body is sacred because through every pore of His body came great drops of blood, falling onto the ground, to atone for our sins and for all of life.



Jesus demonstrated unconditional love, a love that surpasses all other love. “All of the kind, compassionate, and loving things that Christ did were done in the shadow of the cross” (Elder Jack Goasland). No doubt, “greater love

hath no man than this that a man lay down his life for his friends” (John 15:13).

3 Nephi 8:19-23 Darkness in America for Three Days

Upon Christ’ death on the cross, His body was buried in the new tomb of Joseph of Aramithia, and His spirit went to the world of spirits. During His three-day tenure in the spirit world, darkness covered the land of America following three hours of destruction, as follows:

19 And it came to pass that when the thunderings, and the lightnings, and the storm, and the tempest, and the quakings of the earth did cease—for behold, they did last for about the space of three hours; and it was said by some that the time was greater; nevertheless, all these great and terrible things were done in about the space of three hours—and then behold, there was darkness upon the face of the land.

20 And it came to pass that there was thick darkness upon all the face of the land, insomuch that the inhabitants thereof who had not fallen could feel the vapor of darkness;

21 And there could be no light, because of the darkness, neither candles, neither torches; neither could there be fire kindled with their fine and exceedingly dry wood, so that there could not be any light at all;

22 And there was not any light seen, neither fire, nor glimmer, neither the sun, nor the moon, nor the stars, for so great were the mists of darkness which were upon the face of the land.

23 And it came to pass that it did last for the space of three days that there was no light seen; and there was great mourning and howling and weeping among all the people continually; yea, great were the groanings of the people, because of the darkness and the great destruction which had come upon them.

Christ is a testimony that Jesus is the light of the world. Without Him, there is no light but darkness. When Jesus was in the tomb three days, there was darkness in America for those three days. When Christ was resurrected, the darkness dispersed, and light returned. Light from the sun, moon, and stars were visible. When Christ is absent from our personal lives, we are living in darkness, spiritual darkness “and how great is that darkness” (Matthew 6:23). Christ gives us light and life, even the fulfilled life, the abundant life.

During the three days of darkness, there wasn’t even a particle of light to be seen, teaching the people that Jesus is the Light that is in every human soul, that covers the whole earth. Take Christ away, we have neither abundance of life nor light. We are in our own world of darkness. Sin puts us

in darkness. We are either for Christ, on His side, or we are on Satan's side, who is the father of spiritual darkness.

If our lives are righteous, we can be filled with the light that comes from Christ. Jesus taught in the Sermon on the Mount in Matthew 5:14-16 that:

14 Ye are the light of the world. A city that is set on an hill cannot be hid.

15 Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house.

16 Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

3 Nephi 12:2 Depths of Humility

Jesus commanded that we “Come down into the depths of humility.” Jesus exemplified humility. He demonstrated the perfect example of being humble. He had absolutely no arrogance, pride, egotism, or conceit about Him. His heart was in the “depths of humility”. He even subjected himself unto man to be scourged and crucified without any resistance or counter-attacking. His humility was demonstrated. He was meek and lowly in heart, which means He was humble.

He was not caught up in materialism or secularism or praise or honor of man. He wanted to please His Father in all things at all time. His character was to think of and do for others. If we come unto Christ, believe in Him, and do His works, then we “shall have great joy and be exceedingly glad” (3 Nephi 12:12). The “depths of humility” is having a broken heart and contrite spirit.

To “come down into the depths of humility” is to be humble like Jesus. He is the epitome of being humble, and He has commanded us to be like Him. Jesus' command to us, “Be ye therefore perfect, even as I, or your Father who is in heaven, is perfect” (3 Nephi 12:48).

Shallowness is the opposite of depth. Having a shallowness of humility is not acceptable to God and Jesus. Pride is an enemy to God. Pride is poison. Pride is a deadly weapon; it brings about spiritual death and kills true happiness. Pride is deceiving. It tricks people into thinking that the prideful way is the best way, but it is far from it. It is NOT the best way.

2 Nephi 25:13 “Magnify His Holy Name”

Jesus was crucified because of peoples' priestcraft, iniquities, hard-heartedness, wickedness, pride, sins, they knew not God.

Jesus didn't resist evil against Him. He humbly received it. He was scourged, beaten, mocked, spit upon, ridiculed, and crucified, and He humbly bore it-neither complaining nor murmuring. The Jewish nation was the most wicked nation on earth. No other nation on earth would crucify Jesus.

We are all under the influence of Christ's Infinite Atonement. His atonement applies to our sins and all of life. Everyone is subject unto Him.

We can magnify His Holy Name by living righteously, by being humble. Jesus has commanded us to be like Him. He was patient, and so must we. He was holy, and so must we. He overcame the world and so must we. He fulfilled all righteousness, and so must we. He perfectly obeyed His Father and so must we. We magnify His Holy Name by emulating Jesus so that others can see Jesus in our lives, our conduct, our words, our behaviors, our character. Jesus is the Holy One of Israel.

Pray that we can and will magnify His Holy Name in all we do and say, wherever we may be.

2 Nephi 26:24 Jesus used and continues to use His Time Wisely

Jesus doesn't waste time. He lives by priorities, and His priorities are in perfect order of importance. He never doth vary from His top priorities. He is always doing that which is best for the children of God and our salvation. For "he doeth not anything save it be for the benefit of the world; for he loveth the world, even that he layeth down his own life that he may draw all men unto him" (2 Nephi 26:24). He was willing to suffer, bleed, and die "for the benefit of the world." During His mortal ministry, He always "went about doing good" (Acts 10:38), reflecting His character. All for our benefit, Jesus "was wounded for our transgressions, he was bruised for our iniquities; the chastisement of our peace was upon him; and with his stripes we are healed (Isaiah 53:5). For our benefit, "he has borne our griefs, and carried our sorrows" (Isaiah 53:4). For our benefit, "the Lord hath laid on him the iniquities of us all" (Isaiah 53:6). For our benefit, "he was afflicted, yet he opened not his mouth" (Isaiah 53:7). All He did was to "bring to pass the immortality and eternal life of man" (Moses 1:39).

We are reminded that "this day of life, which is given us to prepare for eternity, behold, if we do not improve our time while in this life, then cometh the night of darkness wherein there can be no labor performed" (Alma 34:32). For "behold the day of this life is the day for men to perform their labors" (Alma 34:32), not living the lazy, casual, pleasure-seeking life, but we should be diligent in going about "doing good", to bring souls to Christ and build the Kingdom of God, to make the world a better place.

Jesus has commanded us to "cease to be idle" (DC 88:124). Thus we see that He desires that we be like Him by using our time wisely.

Jesus serves with all diligence. We are amazed by “the zeal of the Lord of Hosts” (Isaiah 9:7). He was not idle. And He commands us to “be of good cheer” (John 16:33), in other words, to be enthusiastic and zealous toward that which is good and righteous.

Mosiah 14:9 Jesus always spoke the truth

Jesus was always perfectly honest. He always spoke the truth. There was never “any deceit in his mouth” (Mosiah 14:9). Jesus taught, “Thou shalt not bear false witness against thy neighbor” (Exodus 20:16), and He lived as He taught. Satan is the father and source of all lies. Jesus is the father and source of all truth. Jesus said, “I am the way, the truth, and the life” (John 14:6). Whenever Jesus said “verily”, He was saying “truly.” Meaning, He was speaking the truth.

We must needs to always speak the truth. Be perfectly honest when we pray. Don’t say something that isn’t true, because knows. Perfect honesty comes from the depth of your heart.

Jesus bore our sins. He suffered for all the untruths we have spoken and do speak. The sin of dishonest is included in His Infinite Atonement. He interceded with the Father for us.

Jesus suffered, bled, and died on the cross, His altar of sacrifice, for a remission of our sins. “We cannot know, we cannot tell, what pains He had to bear, but we believe it was for us He hung and suffered there” (Hymn, “There is a Greenhill Far Away”)

The Altar of Sacrifice

The children of Israel offered animal sacrifices on the altar of sacrifice.

The Cross was Jesus’ altar of sacrifice.

Our heart is our altar of sacrifice. We sacrifice a broken heart (repentance) and a contrite spirit (obedient spirit) [repentance and humility] within our hearts.

Altars of Sacrifice

Of the Children of Israel	Of Jesus Christ	Of Us, our Altar of Sacrifice
Altar of Sacrifice	The Cross	Our Heart
	He suffered, bled, died	Humility Repentance Godly sorrow Confession Gratitude Meekness Lowliness Gentle

The Proud

The proud and arrogant and haughty will be destroyed, for they are enemies unto God. One of the things the Lord hates is “a proud look” (Proverbs 6:17), which is a characteristic of the natural man, and natural man is an enemy to God. It hurts God and Jesus when people are proud and haughty, when they harden their hearts against Him and His teachings and His church. Pride is the universal sin. It kills the Holy Spirit of the Lord and prevents the Spirit from dwelling in the hearts of the children of men.

The original 12 apostles forsook the world and followed Jesus. We must be willing to “go and do thou likewise” (Luke 10:37).

The Via Dolorosa

The Roman soldiers will bind Jesus, and He “shall be led, crucified, and slain, the flesh becoming subject even unto death” (Mosiah 15:7). They will lead Him down the Via Dolorosa, the “Painful Path” to His crucifixion on the cross at Calvary.

Resurrection and Redemption

Resurrection and redemption of people is “brought to pass through the power, and sufferings, and death of Christ, and his resurrection and ascension into heaven” (Mosiah 18:2).

Resurrection and redemption of all people is made possible through Jesus’

- Power
- Sufferings
- Death
- Resurrection
- Ascension

Jesus' resurrection and redemption mean everything. All things are wrapped up with His resurrection and redemption resulting from His Infinite Eternal Atonement. Jesus is the Supreme God, for He knows all people and all things, and "there isn't anything save He knows it" (2 Nephi 9:20). He is omniscient. He has "all power both in heaven and in earth" (Jacob 4:9). He is omnipotent.

Atonement of Jesus Christ

Jesus' atonement has no limits to its influence and reach. It extends forward, backward, inward, outward, downward, and upward forever. "God be thanked for the matchless gift of His divine Son" (The Living Christ).

To the Lord we say, "Thy ways are just" (2 Nephi 26:7).

Pride

The proud and wicked will burn and be as stubble (stalks) 2 Nephi 26:4.

Pertaining to those who are proud, "for the reward of their pride and their foolishness they shall reap destruction" (2 Nephi 26:10).

"The Spirit of the Lord will not always strive with man" (2 Nephi 26:11). Pride is one of the main reasons why. Proudful people don't think they need God.

Pride leads to destruction of body and soul and happiness and peace and love. "Pride is the universal sin" (Ezra Taft Benson). Pride is the great "stumbling block" (2 Nephi 26:20).

Jesus Christ

"Jesus is the Christ, the Eternal God" (2 Nephi 26:12).

"Christ will manifest himself by the power of the Holy Ghost" (2 Nephi 26:13) and work "mighty miracles, signs, and wonders, among the children of men according to their faith" (2 Nephi 26:13). For "faith precedes the miracle" (President Spencer W. Kimball).

Fallen Man

"And since man had fallen he could not merit (justify, deserve, warrant) anything of himself; but the sufferings and death of Christ atone for their sins, through faith and repentance" (Alma 22:14)

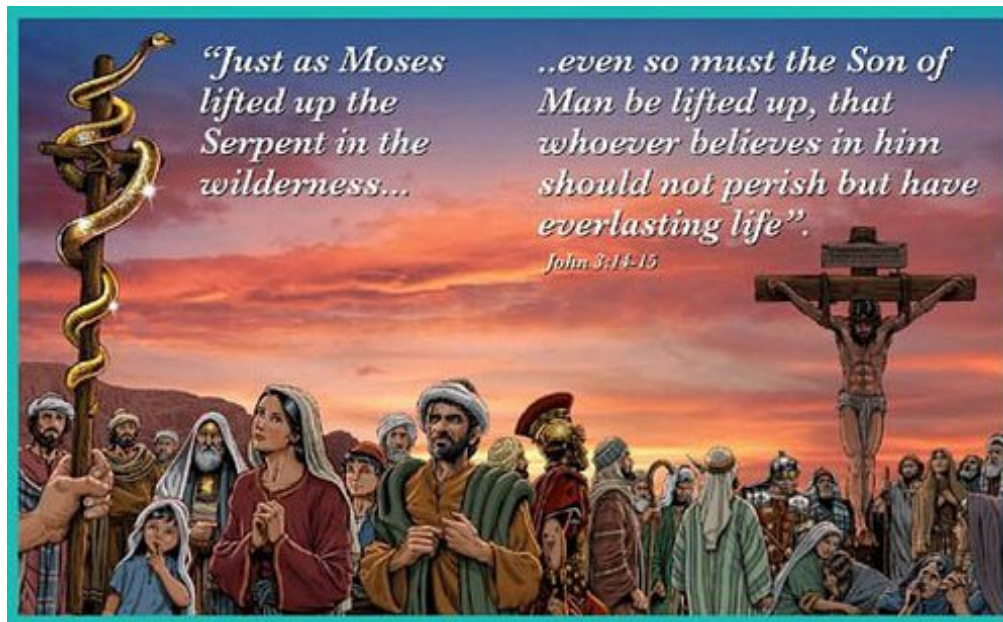
Flaxen Cord

Satan “leadeth them by the neck with a flaxen cord, until he bindeth them with his strong cords forever” (2 Nephi 26:22). Flaxen is a thin, fabric thread used to sew clothes etc. It is very soft and easy to break. Satan leads subtly people to destruction, so gradually that most of the time they don’t even know it until it’s too late, until he binds them forever.

“The own due time of the Lord” (2 Nephi 26:10).

Moses and the Brazen Serpent. Christ and the Cross

Look to the serpent and live. Look to Christ and live eternally.



14 Yea, did he not bear record that the Son of God should come? And as he lifted up the brazen serpent in the wilderness, even so shall he be lifted up who should come.

15 And as many as should look upon that serpent should live, even so as many as should look upon the Son of God with faith, having a contrite spirit, might live, even unto that life which is eternal. (Helaman 8:14-15).

Looking up to the serpent would save the people from death. Their looking would provide them with continued life on the earth.

Looking upward to Christ with faith and having a contrite spirit, opens the door for people to have the opportunity to live eternally in God’s presence, even gain Eternal Life in Exaltation. But we must do our part by looking up unto Christ and obeying Him.

Reading and studying scriptures daily is looking up to Christ. When we neglect to study scriptures, we are neglecting Christ. We are ignoring Him.

Neglecting scripture study brings upon us spiritual blindness, spiritual death, and if we continue on this spiritual darkness path, then we will eventually miss the target of eternal life.

The Book of Mormon and other scriptures help people see out of obscurity and darkness.

Jesus commanded, “Repent, and come unto me” (3 Nephi 9:22). Studying scriptures is coming unto Christ. Not studying scriptures is to go away from Christ, and this hurts Him. It displeases Him. Attending church is coming unto Him. Attending the temple is coming unto Christ. Praying to God the Father is coming unto Christ. Serving others is coming unto Christ, “for inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me” (Matthew 25:40). Meditating upon Christ, His life and Atonement and teachings is coming unto Christ.

John 3:14-17

14 ¶ And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up:

15 That whosoever believeth in him should not perish, but have eternal life.

16 ¶ For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

17 For God sent not his Son into the world to condemn the world; but that the world through him might be saved.

It was expedient that Jesus be lifted up on the cross and die so that He could be resurrected, and thus allowing everyone to be resurrected and hopefully live forever in the presence of God.

God reveals His word to His servants, the prophets, and to other inspired men and women and young people. Follow the Prophet. Revelation from heaven continues today. God is no respecter of persons; thus, anyone can receive revelation from God if they seek for it and qualify for the blessing of receiving revelation. It is earned by the individual.

Faith

Jesus said, “I work not among the children of men save it be according to their faith” (2 Nephi 27:23). According to our faith, so be it done unto us. The greater faith we possess, the greater and more miracles God can perform through us and for us.

Mouth and Lip Service

Pray from your heart-not from your mouth and lips only. Draw near unto Christ with a humble heart and not just your mouth and lips only.

25 Forasmuch as this people draw near unto me with their mouth, and with their lips do honor me, but have removed their hearts far from me, and their fear towards me is taught by the precepts of men—

26 Therefore, I will proceed to do a marvelous work among this people, yea, a marvelous work and a wonder, for the wisdom of their wise and learned shall perish, and the understanding of their prudent shall be hid. (**2 Nephi 27:25-26**)

Humble hearts bring us closer to God and Christ. Proud and hardened hearts distance us from God and Our Savior. Humility draws us inward to Christ, but pride and hardened hearts push God and Christ away from us. Come unto Christ through the path of humility of heart.

When we are humble, God and Jesus and the Holy Ghost can work through us and with us, but when we are proud, arrogant, unthankful, unholy, hardhearted, then the members of the Godhead cannot work through us. We are left unto ourselves and our own weak strength. Humility brings us to Christ, and in Christ we find joy, even a fulness of joy. Jesus taught, “in this world your joy is not full, but in me your joy is full” (DC 101:36). Jesus also said, “care for the soul and for the life of the soul” (DC 101:37).

Salt of the Earth

Who is the salt of the earth? Those who make and keep sacred covenants.

Doctrine and Covenants 101:39–40

39 When men are called unto mine everlasting gospel, and covenant with an everlasting covenant, they are accounted as the salt of the earth and the savor of men;

40 They are called to be the savor of men; therefore, if that salt of the earth lose its savor, behold, it is thenceforth good for nothing only to be cast out and trodden under the feet of men.

Christ’s Own Testimony of His Atonement

Jesus testifies of His death and resurrection: “I have laid down my life, and have taken it up again” (3 Nephi 9:22). Jesus had power to die the moment He wanted to, and He had power given unto Him from the Father to resurrect himself when He wanted to. He died for us, and He resurrected for us. To benefit from Christ’s Atonement, his death and resurrection, we must do our part. Jesus’ plea is “repent, and come unto me ye ends of the earth, and be saved” (3 Nephi 9:22).

God the Father sent Jesus, His Only Begotten Son in the flesh, to “be lifted up upon the cross...to draw all men unto” Him (3 Nephi 27:14), to point souls to Christ and His gospel, to learn and accept His infinite Atonement.

Jesus is the Son of God. Jesus’ divine sonship makes Him and His mission the ultimate in the Father’s Plan of Redemption. Jesus is the central figure in the Plan of Salvation. Without Christ, we would become as satan and would never return to the Father. We would never have the chance to gain eternal life or be exalted like God and Jesus are.

Jesus suffered, bled, and died for us. Now, it is up to us to do our part of the agreement. We must REPENT and keep all God's commandments with exactness and endure faithfully to the end. Jesus has done His part, and it's up to us to follow through by keeping our end of the bargain, our contract, or else the contract will be null and void, no use to us rather than being resurrected.

Jesus' blood is the most precious blood of all. No one could shed their blood for the sins of all people save Jesus only. He had the capacity to do it—we are not capable of doing such, not even close to it. Christ is supreme. Jesus said, "Come unto me...and I will give you rest" (Matthew 11:28-30).

Jesus is the master that builds and makes,
And He suffered, bled, and died for all peoples' sakes.

Jesus Rules in heaven and earth

Jesus rules "in the heavens above and in the earth beneath" (2 Nephi 29:7), not just this earth, but all earths and worlds of His creation, and they are without number.

2 Nephi 30:5 The Gospel of Jesus Christ

"The Lord God shall commence His work among all nations, kindreds, tongues, and people" (2 Nephi 30:8). The Gospel of Jesus Christ will go forth throughout the world. This means that the word of God and the work of God will be in every nation of the world, including The United States of America, Mexico, North Korea, Cuba, Russia

Godly sorrow is a death that brings about a newness of spiritual life.

The Jews Crucified Christ

The Jewish nation crucified Jesus. Jesus said, "I was lifted up by the Jews" (3 Nephi 28:6). This is one reason for many of the Jews later being crucified. They got back their just reward. The Jews as a whole were the most wicked people on earth at that time. They were the only people on earth wicked enough to crucify their Lord.

The redemption of man resulted from Jesus Christ's infinite Atonement. His Atonement brings man back into the presence of God.

All true and righteous Old Testament prophets and New Testament prophets prior to the coming of Christ all prophesied of Christ's Atonement, His suffering, crucifixion, death, and resurrection. The God of heaven reveals His doctrine and teachings to His servants the prophets. Many prophets had dreams, visions, audible voices speak to them, angels appearing unto them, all telling of the coming of Christ to redeem the world and to establish His church.

One prophet, Mormon, gave the admonition: “Be faithful in Christ” (Moroni 9:23). If we are faithful in Christ, all other things worthwhile in our lives will come into the picture and fall into place. We need not fear for Christ will take care of us IF we are faithful in Him.

Come, Follow Me

Jesus said, “Come, follow me.” We follow Jesus by being obedient like Jesus was, by keeping all the commandments like Jesus kept and still keeps them today.

The Name of Christ

When we are baptized into the true church, that is the moment that we take upon ourselves the name of Christ.

Shout Praises

“Shout praises unto the Holy One of Israel” (2 Nephi 31:13). This also means to sing praises to Christ.

Jesus was “crucified, died, and rose again the third day” (DC 20:23). He suffered, died, and was resurrected for the entire human family, worlds without end.

Jesus’ Testimony of Himself

Jesus testifies of himself. He said, “Then shall they know that I am the Lord; for I will say unto them: These wounds are the wounds with which I was wounded in the house of my friends. I am he who was lifted up. I am Jesus that was crucified. I am the Son of God (DC 45:52). His special and precious wounds are visible and can be seen in the palms of both of His hands, in both wrists, in both of His feet, and in His side, the region near the heart. Nobody could sacrifice his own life and soul to atone for the sins of all people save Jesus only. Besides Him there is no Savior.

Jesus also testified saying “I am the way, the truth, and the life. No man cometh unto the Father but by me’ (John 14:6). There is no other way for salvation to be gained, only by and through Christ, the Savior and Redeemer of the world.

Hardhearted is opposite of humility.

Hardened Heart Stoney Heart	Humble Heart
Hard Proud Worldly Arrogant Unthankful Don't appreciate	Soft Humble Spiritual Meek Thankful Do appreciate

Unholy Don't study scriptures daily Shallow prayers Don't pray Knows it all Materialism is more important than the spiritual Takes the easy life Lazy Cocky	Holy Study scriptures daily Humble, sincere prayers Pray always Is Teachable The spiritual is more important than materialism Works diligently Industrious "Jesus was crucified by sinful men for the sins of the world, yea, for the remission of sins unto the contrite heart " (DC 21:9).
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"Jesus was crucified by sinful men for the sins of the world, yea, for the remission of sins unto **the contrite heart**" (DC 21:9).

We must seek to overcome the world and put spiritual things before worldly things. Jesus gave us a strict commandment to overcome the world when he said, I "give unto you a **commandment** that *you shall forsake the world*" (DC 53:2).

Jesus bears testimony of himself (DC 45:52)

1. I am the Lord
2. These wounds are the wounds with which I was wounded in the house of my friends.
3. I am he who was lifted up.
4. I am Jesus that was crucified.
5. I am the Son of God.

Jesus continues to bear testimony of himself (DC 110:4)

1. I am the first and the last
2. I am he who liveth
3. I am he who was slain
4. I am your advocate with the Father.

Jesus came into the world: (DC 76:41)

1. To be crucified for the world
2. To bear the sins of the world
3. To sanctify the world
4. To cleanse it from all unrighteousness

Jesus is our Lord, our Savior, and our Redeemer. He is the only person who could unlock the gates of heaven and let the saints enter. He is my salvation.

Jesus sacrificed himself by laying down His life and then “redemption had been wrought through the sacrifice of the Son of God upon the cross” (DC 138:35). The cross was Jesus’ altar of sacrifice. Jesus started His atonement in the Garden of Gethsemane and finished it on the Cross, fulfilling His mission as appointed by Heavenly Father in the councils of heaven prior to the creation of the earth.

We apply the Savior’s Atonement in our lives as we obey His commandments, ordinances, and covenants. As we live righteously, the Atonement of Jesus is working in us and through us. His atonement takes affect as we repent and obey.

Enoch 7:55 Enoch sees Christ Crucified

Enoch had a vision wherein he saw Jesus lifted up upon the cross

Enoch prayed to see the things of the Lord. “**Enoch** cried unto the Lord, saying: ‘When the Son of Man cometh in the flesh, shall the earth rest? I pray thee, **show me these things**’ “ (Moses 7:54).

Enoch’s prayer was answered, for he saw. “And the Lord said unto Enoch: ‘Look, and he looked and beheld the **“Son of Man** lifted up on the **cross**, after the manner of men’ ” (Moses 7:55

Nephi wanted to see, hear, and know. He prayed and then he saw, heard, and knew.

Harden not your hearts. (Jacob 6:5)

If you want to “hear His voice,” then “harden not your hearts” (Jacob 6:6).

“Cleave unto God as He cleaveth unto you.” (Jacob 6:5).

The Kingdom of God is The Church of Jesus Christ of Latter-Day Saints.

“How merciful is our God unto us” (Jacob 6:4).

Nourish your body, mind and spirit with exercise, food, water, and “the good word of God” (Jacob 6:7).

<p style="text-align: center;">Nourish Your</p>
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Body	Mind	Spirit
<ul style="list-style-type: none">● Exercise● Food● Water● Smiling● Acting enthusiastically● Reading● Writing● Uplifting music● Positive thoughts● Positive Self-Talk● Helping and serving others● Prayer● The good word of God: Scriptures, Gen. Conference talks, other talks● Ponder● Meditation● Worshipping Heavenly Father and Jesus Christ		

“Keep thy heart (humble) with all diligence, for out of it are the issues of life” (Proverbs 4:23).

Self-Control, Self-Discipline, Self-Mastery, Will Power,

38 *And behold, it is written, an eye for an eye, and a tooth for a tooth;*

39 But I say unto you, that **ye shall not resist evil**, but whosoever shall smite thee on thy right cheek, turn to him the other also;

40 And if any man will sue thee at the law and take away thy coat, let him have thy cloak also;

41 And whosoever shall compel thee to go a mile, go with him twain.

42 Give to him that asketh thee, and from him that would borrow of thee turn thou not away.

43 And behold it is written also, that thou shalt love thy neighbor and hate thine enemy;

44 But behold I say unto you, love your enemies, bless them that curse you, do good to them that hate you, and pray for them who despitefully use you and persecute you;

45 That ye may be the children of your Father who is in heaven; for he maketh his sun to rise on the evil and on the good (3 Nephi 12:38-45).

Take control of your own emotions and behaviors and not try to control behaviors of others.

Act - Don't React

Don't underestimate Christ's mission and Atonement.

Apply His mission and His Atonement to their fullest extent.

Offer Your Whole Souls

26 And now, my beloved brethren, I would that ye should come unto Christ, who is the Holy One of Israel, and partake of his salvation, and the power of his redemption. Yea, come unto him, and **offer your whole souls as an offering unto him**, and continue in fasting and praying, and endure to the end; and as the Lord liveth ye will be saved.

<https://www.churchofjesuschrist.org/study/scriptures/bofm/omni/1?id=p26&lang=eng#p26>

Omni 1:26

How do we offer our whole souls as an offering unto Him, Christ? By being 100% committed to Him, His church, and in obeying His gospel with a broken heart and contrite spirit.

Mosiah 2:28 The Choirs Above

If we obey God's commandments, our enemies will have no power over us. (Mosiah 2:31)

Render to God

"Ye are eternally indebted to your heavenly Father, to render to him all that you have and are" (Mosiah 2:34). We render unto God a Broken heart and a contrite spirit. We render to God by rendering to others all that we have and are, for nothing is our's, it belongeth unto God.

We are eternally in debt to God and Jesus. How can we ever repay them?

Change your mind, your attitude, and you change your life

"Be ye transformed by the renewing of your mind" (Romans 12:2).

God dwells with the righteous

The Lord “dwelleth not in unholy temples.” (Mosiah 2:37).

“The Lord hath said he dwelleth not in unholy temples, but in the hearts of the righteous doth he dwell.” (Alma 34:36).

“The Spirit of the Lord doth not dwell in unholy temples” (Helaman 4:24).

Torment or Happiness

Our choices can lead to one or the other:

- **A never-ending torment**”, an “awful situation of those who have fallen into transgression” (Mosiah 2:40).

OR

- **A never-ending happiness**

The Book of Mormon King Benjamin said, “I would desire that ye should consider on the blessed and happy state of those that keep the commandments of God. For behold, they are blessed in all things, both temporal and spiritual; and if they hold out faithful to the end they are received into heaven, that thereby they may dwell with God in a state of never-ending happiness. O remember, remember that these things are true; for the Lord God hath spoken it.”

It depends on the spirit upon which we choose to obey.

Jesus’ Atoning Blood

Jesus suffered and bled in Gethsemane 3-4 hours.

Jesus suffered and bled on the Cross about 6 hours.

During these 10 hours while Jesus was shedding His blood, His blood was Atoning for our sins.

“For it is the blood that maketh an atonement for the soul” (Leviticus 17:11).

“The blood of Christ atoneth for their sins” (Mosiah 3:16).

“There is no other way nor means whereby man can be saved, only in and through the atoning blood of Jesus Christ” (Helaman 5:9).

While in Gethsemane, Jesus suffered in anguish of soul, and “His blood cometh from every pore” (Mosiah 3: 7) to atone for our sins.

“For “his blood atoneth for the sins” of all people (Mosiah 3:11)

“Salvation was, and is, and is to come, in and through the atoning blood of Christ, the Lord Omnipotent” (Mosiah 3:18).

Christ’s atoning blood is His blood that He shed in Gethsemane, while being scourged, while being tortured by the crown of thorns, while dying on the cross, His pierced **side**.

We become the sons and daughters of Christ when we are born again, born of Him by the Spirit.

Christ can seal us to Him. Satan can seal us to him. We are sealed to the one we choose to follow and obey. The sealing is up to us.

3 Nephi 17:14: Jesus groaned within himself.

We can pray at three levels:

1. Words
2. Feelings
3. Groanings

Believing in Christ and believing Him makes Jesus happy. Jesus said, “Blessed are ye because of your faith. And now behold, my joy is full.” Our faith toward Jesus made Him so happy and filled Him with joy that He shed tears of joy. And “he wept.” (3 Nephi 17:22). He is sad when we doubt Him and have doubts. He can bless us greatly as we believe in Him.

Jesus is the Prince of Peace. Satan, the devil, is the prince of darkness.

“Every battle is won before it’s ever fought” (Preparation)

Every piano quiz or exam is passed before it’s ever taken. (Preparation)

Abraham was asked to sacrifice his son Isaac, but the knife was spared. God the Father sacrificed Jesus, His only begotten son in the flesh, and the knife was not spared. The cross was Jesus’ altar of sacrifice.

Mosiah 14, Isaiah 53

Jesus was “a man of sorrows and acquainted with grief” (Mosiah 14:3). He took upon himself our sorrows and grief and suffered for these things for all people in the universe.

Many people despised Jesus and others thought very little of Him. While some believed He was the Christ, the Messiah, and others knew for a surety that He was indeed the Christ, the Savior of the world. Hardness of heart prevented people from gaining a sure testimony of Him.

Jesus wasn't physically attractive in the eyes of the world.

His body was bruised, broken, and torn for our iniquities.

He suffered chastisement for us to have peace.

He withstood shame, scorn, and spittal.

He was slapped and spit upon.

He was blindfolded and ridiculed and smitten.

He suffered for our wrongs

He bore our iniquities and sins.

His flesh was ground like being in a grinder.

He was oppressed and afflicted, but He didn't open His mouth to resist evil.

He never spoke guile or deceit, but He was punished and tortured for it.

He made intercession for the transgressors.

He was nailed to the cruel cross, that inhuman instrument of torture and suffering and death.

He gave His life unto death.

It hurt Jesus when people rejected Him. It hurts Him still as people reject Him today in modern times.

“With His stripes we are healed” (Mosiah 14:5) His stripes included:

1. His punishments
2. His bruises
3. His cuts and wounds
4. His lacerated flesh
5. His wounds:
 - A. Prints of nails in His hands
 - B. Prints of nails in His wrists
 - C. Prints of nails in His feet
 - D. His pierced side
 - E. His torn flesh from the scourging
 - F. Cuts in His head from the crown of thorns
 - G. Facial tears when they plucked hairs from His face and cheeks
- 6.

“Only in and through Christ ye can be saved” (Mosiah 16:13).

“Redemption cometh through Christ the Lord” (Mosiah 16:15).

Jesus is the only way and means whereby salvation can come unto us after all we can do.

to *crurifragium* would there be significant bony evidence of the practice.



Crosses at sunset. (Image via Pixabay, used under...

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In the first century BC, during the revolt of Spartacus, there were reports of over 6,000 crosses with crucified victims on the road from Capua to Rome, and in the

<https://www.forbes.com/sites/kristinakilgrove/2015/12/08/this-bone-provides-the-only-skeletal-evidence-for-crucifixion-in-the-ancient-world/>

Many Jews were crucified, getting back what they gave out. They said, “Crucify Him, Crucify Him. His blood be on us and on our children” and this definitely came to pass.

We must needs strive to serve God and live with “Holiness of heart” (Mosiah 18:12).

We must “observe the sabbath day and keep it holy” (Mosiah 18:23).

Mosiah 23:9-11 Alma1, a Good example of a sinful person who repents

9 But remember the iniquity of king Noah and his priests; and I myself was caught in a snare, and did many things which were abominable in the sight of the Lord, which caused me sore repentance;

10 Nevertheless, after much tribulation, the Lord did hear my cries, and did answer my prayers, and has made me an instrument in his hands in bringing so many of you to a knowledge of his truth.

11 Nevertheless, in this I do not glory, for I am unworthy to glory of myself.

Anyone can repent of their sins and wrongs and be forgiven and afterwards live good, clean, and happy lives because of Jesus’ Atonement and their personal repentance.

BORN AGAIN

Born Again - Born of God, of the Spirit. Our hearts are changed for the better. Coming to God and Christ.

Born Again:

1. Born of God
2. Changed from their carnal and fallen natural state, to a state of righteousness
3. Being redeemed of God
4. Becoming His sons and daughters
5. Become new creatures

Travail

Zeal

Perfectly Honest

*Alma 27: 27 And they were among the people of Nephi, and also numbered among the people who were of the church of God. And they were also distinguished for **their zeal towards God, and also towards men; for they were perfectly honest and upright in all things; and they were firm in the faith of Christ, even unto the end.***

(Alma 27:27)

The Nephites provided land and protection to a group of refugees fleeing religious persecution. The Nephites also benefited from this transaction, because the people they had welcomed into their land were spiritually strong and had a positive influence on their benefactors. Among other qualities, Mormon tells us that they were “perfectly honest and upright in all things.”

What does it mean to be perfectly honest? I think part of the meaning is to be as honest in seemingly small things as in seemingly significant things. As Howard W. Hunter taught:

There are some who will admit it is morally wrong to be dishonest in big things yet believe it is excusable if those things are of lesser importance. Is there really any difference between dishonesty involving a thousand dollars or that which involves only a dime? Is there any difference in principle between a little white lie and the perjury of a witness in a court of law or before a congressional investigation committee under oath? Are there really degrees of dishonesty, depending upon whether or not the subject is great or small? (“**Basic Concepts of Honesty**,” New Era, February 1978)

Always have a prayer in our hearts. Cease not to pray in our hearts.

Jesus’ Life Description:

10 And behold, he shall be born of Mary, at Jerusalem which is the land of our forefathers, she being a virgin, a precious and chosen vessel, who shall be overshadowed and conceive by the power of the Holy Ghost, and bring forth a son, yea, even the Son of God.

11 And he shall go forth, suffering pains and afflictions and temptations of every kind; and this that the word might be fulfilled which saith he will take upon him the pains and the sicknesses of his people.

12 And he will take upon him death, that he may loose the bands of death which bind his people; and he will take upon him their infirmities, that his bowels may be filled with mercy, according to the flesh, that he may know according to the flesh how to succor his people according to their infirmities.

13 Now the Spirit knoweth all things; nevertheless the Son of God suffereth according to the flesh that he might take upon him the sins of his people, that he might blot out their transgressions according to the power of his deliverance; and now behold, this is the testimony which is in me. (Book of Mormon Alma 7:10-13)

Jesus is the author of eternal salvation (New Testament→Hebrews 5:9)

Jesus sacrificed himself for the sins of all people.