



Scale of the earth and the sun

- Speed of a jetliner/bullet, it would take 40 hours to circumnavigate the earth
- It takes light, under a second.
- The earth is 150 million kilometers from the sun, or 1 astronomical unit (AU)
- It takes 8.5 minutes for light to get from the sun to the earth.
- It would take us 17 years to get to the sun at the speed of a jetliner/bullet

Scale of our solar system

- A light year is about 63,000 astronomical unit
- Voyager 1 is right now traveling at 61,000 kilometers per hour. That's about 17 kilometers per second. The size of a city every second. (Or 38,000 miles per hour.)
- It's been going since 1977.
- It's traveled about 153 AUs
- The closest star, Proximus Centauri, is 4.2 light-years away.
- It would take Voyager 1 80,000 years to reach it.

Scale of the Universe

- The visible universe is 93 billion light years (1 LY is 5.88 trillion miles)
- If we scaled the visible universe to the size of a football stadium, our galaxy would be the size of a grain of sand.
- If we scaled the galaxy to the size of a football stadium, the solar system would be 5 times smaller than a grain of sand (silt)
- If we scaled the solar system to the size of football stadium, the earth would be the size of a pea. The sun would be a beach ball



God created this universe for you?

- Do you know what it takes to create an environment where we can have a body?
- Where we can make choices and move and do according to our own will?
- It takes a universe.

If God created this universe for us, what can we possibly give back to Him?

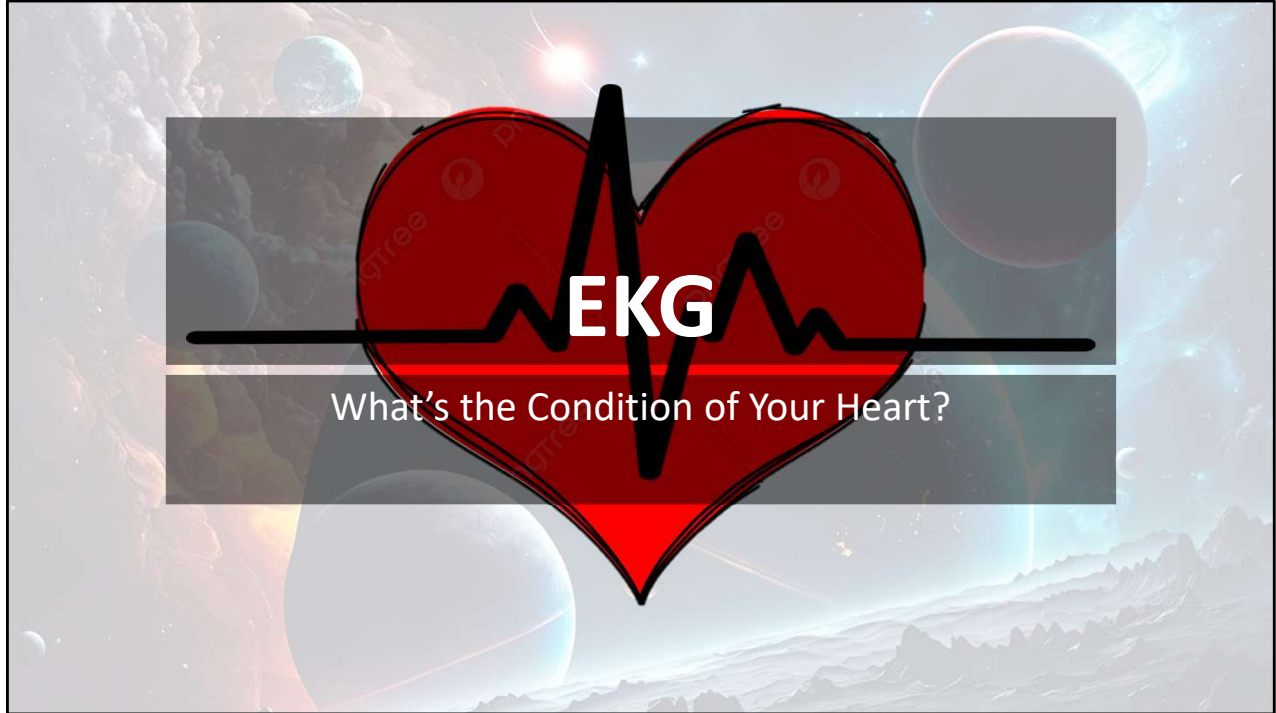
- Does God need your money?
- Does He need your house?
- God has only ever desired one thing from us... our heart

God doesn't need anything, but He wants...

- Your heart
- That's what this life is all about.

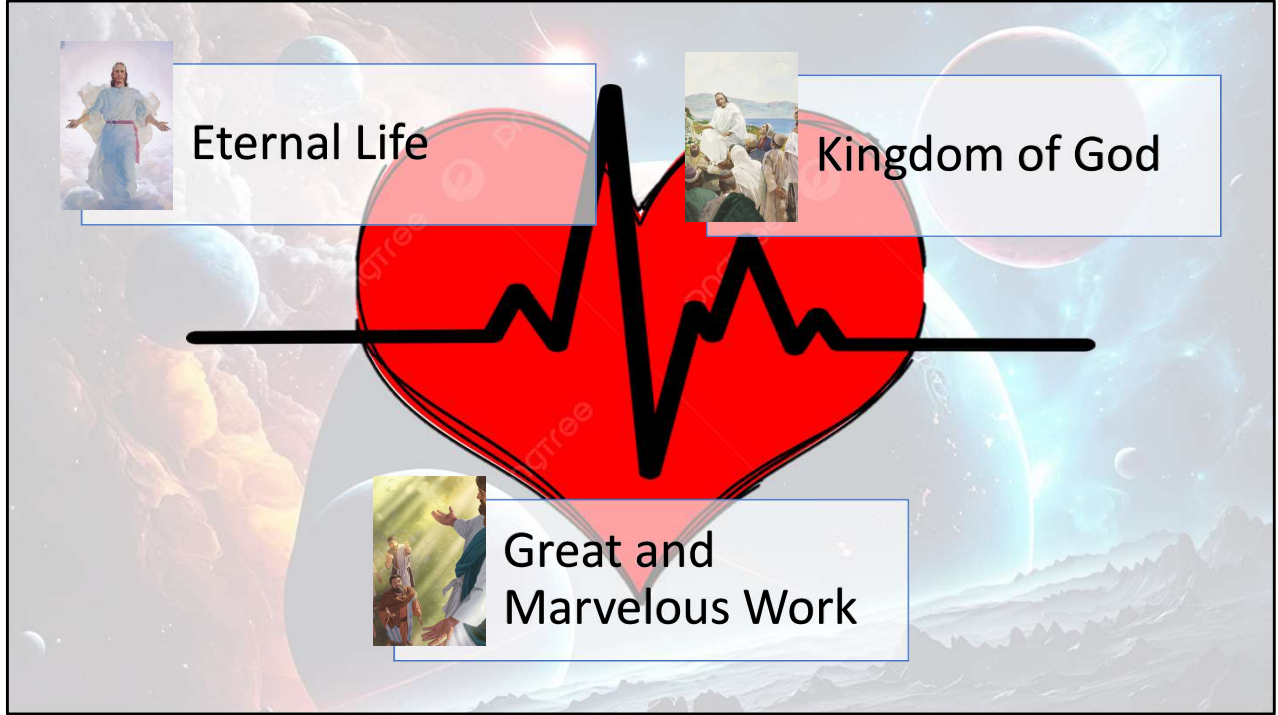
Who will you give your heart to?

- Only you can make that decision
- God wants to help you in that decision, by inviting you on a journey

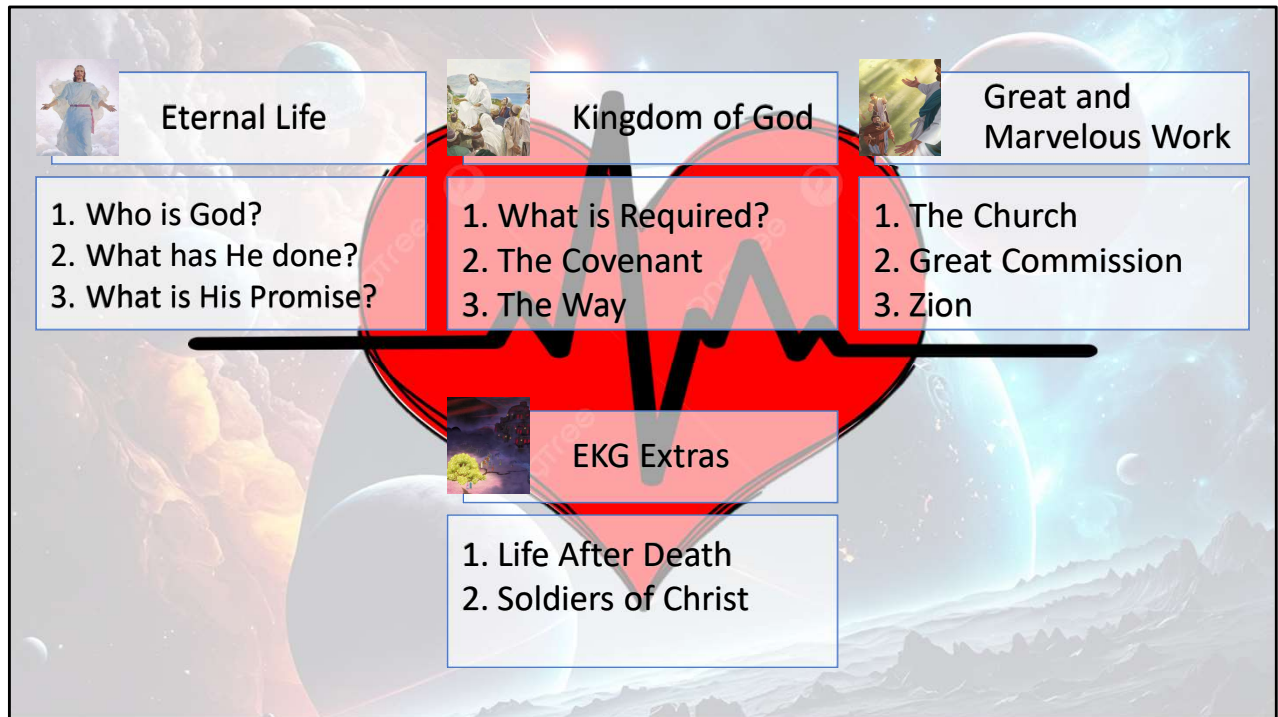


An electrocardiogram (ECG or EKG) records the electrical signal from the heart to check for different heart conditions.

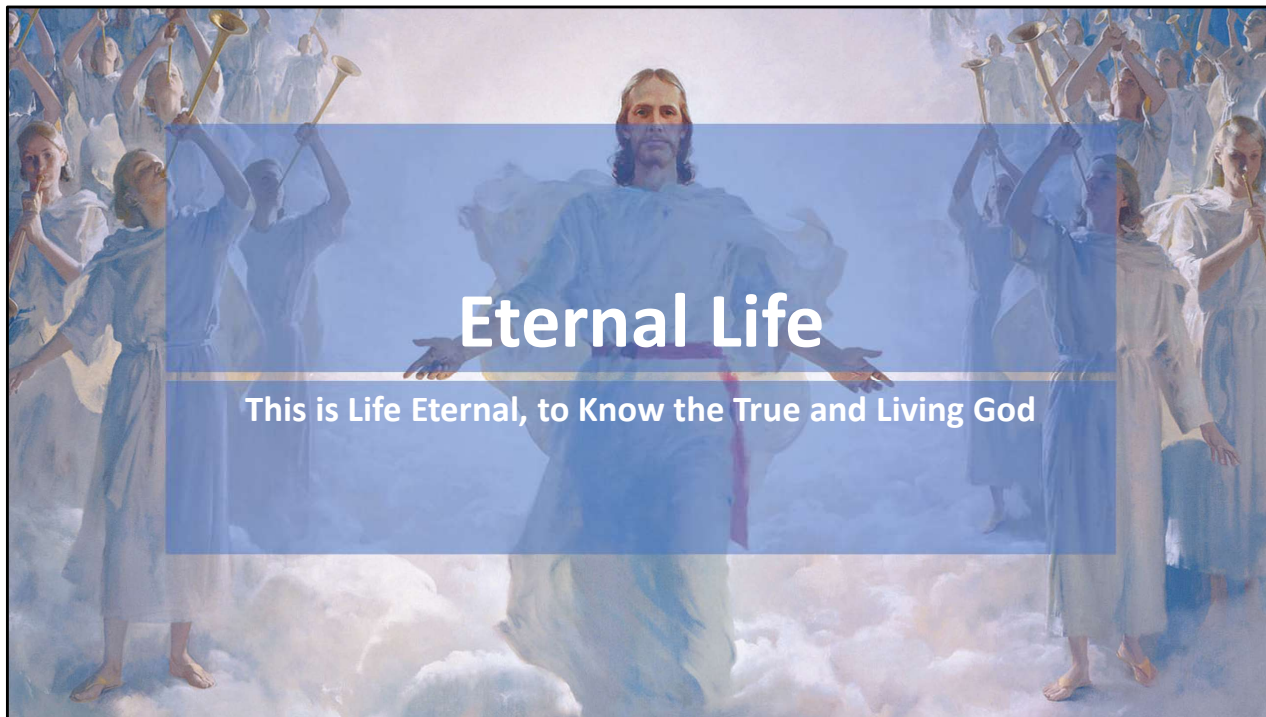
- Electrodes are placed on the chest to record the heart's electrical signals,
- which cause the heart to beat.



E – stands for Eternal life
K – stands for Kingdom of God
G – stands for Great and Marvelous Work



In this class, we are going to look at each of these topics, and if we have time, we'll get to EKG extras



Eternal Life

This is Life Eternal, to Know the True and Living God



If I go to a house that is filled with Lego creations, what would that tell me about who made them or even why they made them?

- It would be cool.
- I would be impressed, but I wouldn't really know the person.
- I don't even know their name.

But it might cause me to go looking a little further.



Let's take a look at creation, what does this tell us about God?



On the first day,

- God separated light from dark.
- He called the light day and the darkness night.



On the second day,

- He divided the waters between the clouds in the sky and the oceans on the earth.
- He called the sky heaven.



On the third day,

- the Lord formed great oceans and dry land.
- He named the waters *sea* and the dry land *earth*.
- He made the land beautiful with flowers, fruits, plants, and trees.



On the fourth day,

- He created the sun to shine during the day.
- Then He created the moon and stars to shine at night.



Who is God?

On the fifth day,

- He made the fish in the sea and the birds in the sky.
- He blessed the creatures to multiply.



On the sixth day,

- He created the animals on the land, some that walked and some that crawled.
- God also created man, male and female.
- God said all things He made were very good after the sixth day.
- On the seventh day, God rested from all His work.

But Who is He?



If I go to a house that is filled with Lego creations, what would that tell me about who made them or even why they made them?

- It would be cool.
- I would be impressed, but I wouldn't really know the person.
- I don't even know their name.
- **But** it might cause me to go looking a little further.

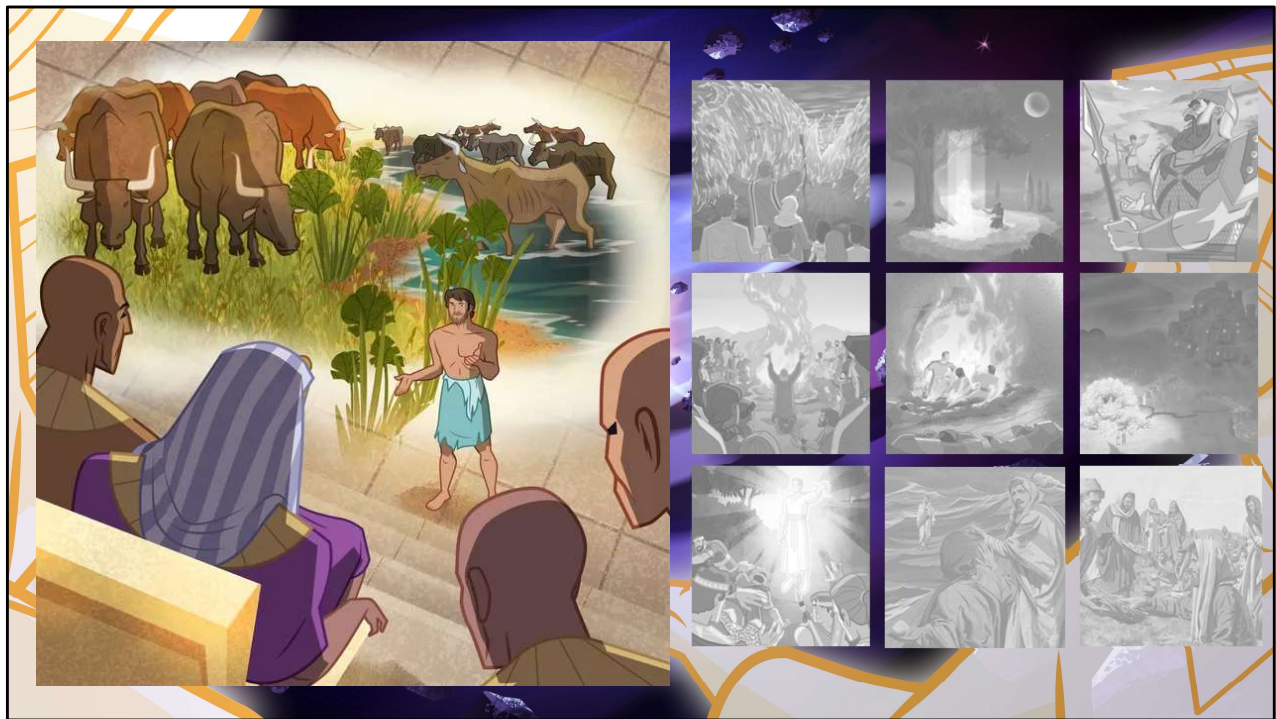
Perhaps the best way to know who God is by listing things that He has done.



Can you list some things that God has done?

- What are your favorite stories from scripture?
- Can you tell me things God has done in your life?

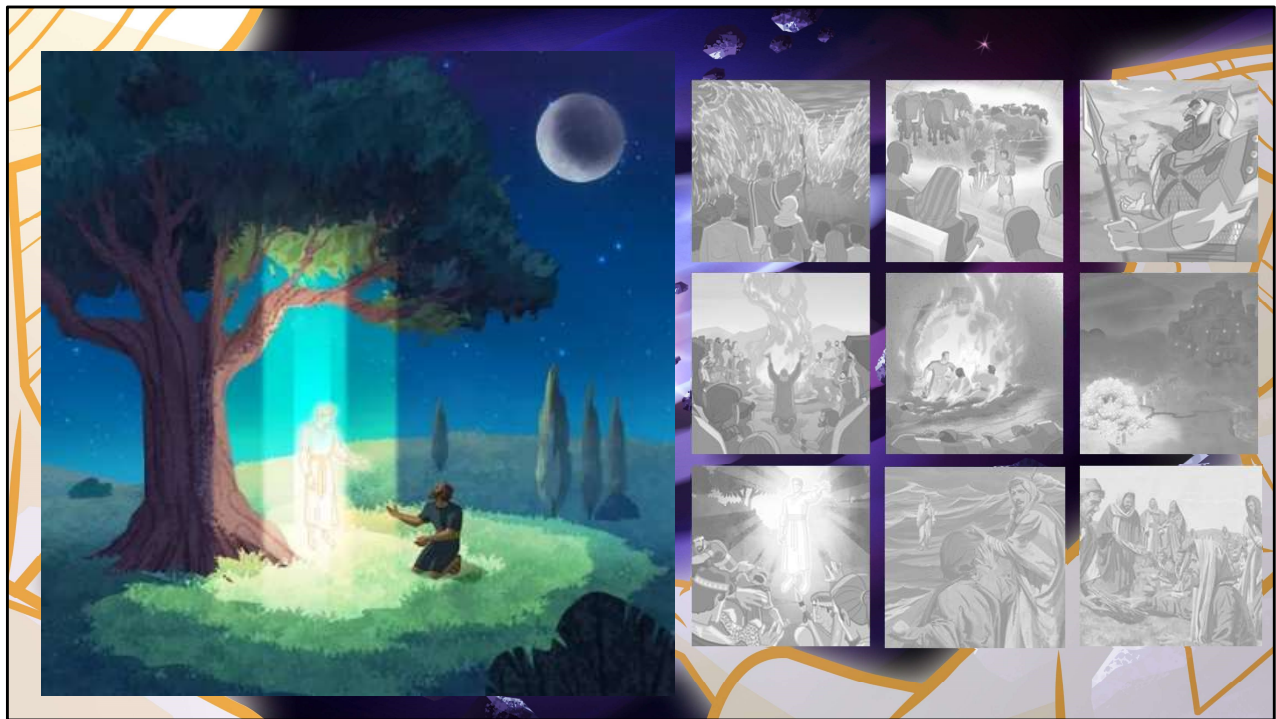
What do these things tell us about Him?



God used Joseph, a slave to save not only his family, but all of Egypt.



God used Moses to part the waters and make a way for the salvation of Israel



God used Gideon, the least of his house, to defeat a vast army with only 300 men.



God protected David and gave him power to defeat the giant, Goliath



God heard Elijah's prayers when he battled with the priests of Baal. God consumed Elijah's offering so that the people would know that He was God.

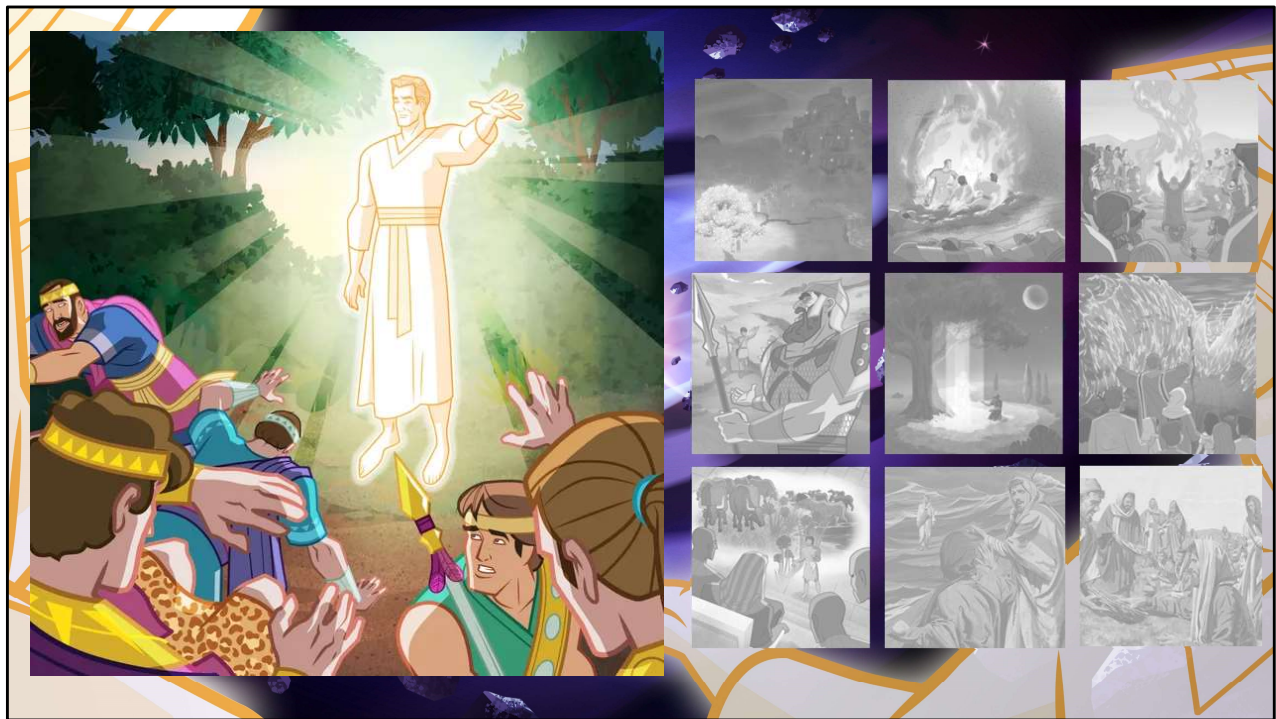


God protected Shadrach, Meshach, and Abednego in the fiery furnace when they refused to worship other gods.

- By the way, their Hebrew names are Hananiah, Mishael, and Azariah.
- Those other names are their Babylonian names.



God granted Lehi and Nephi the vision of the Tree of life, which we will talk more about shortly.



God sent an angel to stop Alma and the sons of Mosiah from going down a destructive path.

- Instead, Alma and the sons of Mosiah repented and became instruments in God's hands
- They would ultimately bring thousands of people to Jesus Christ.

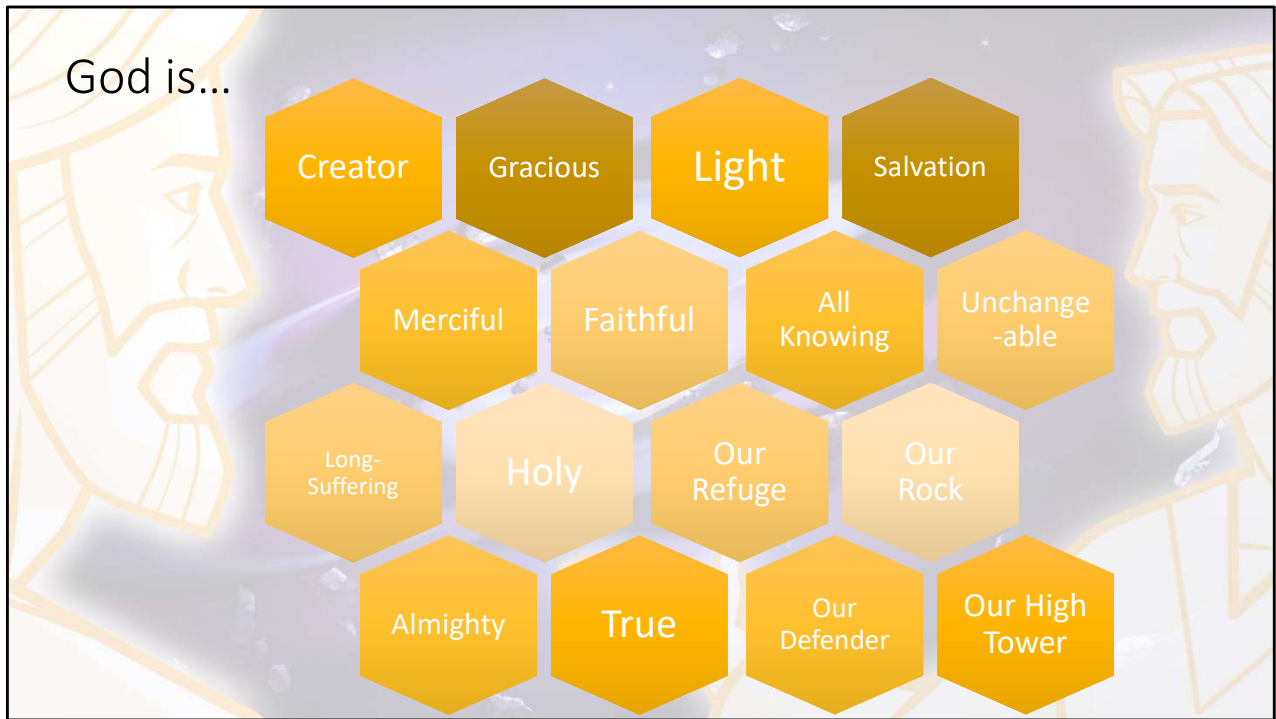


Jesus walking on the water in Matthew 14:20-28



Jesus fed the 5,000 with five loaves and two fishes [Matthew 14:14-18]

Jesus fed the 4,000 with seven loaves and a few little fishes [Matthew 15:32-36]



These stories in the scriptures give us glimpses into who God is.

1 John 4:7-10

⁷)Beloved, let us love one another; for love is of God; and everyone that loveth is born of God, and knoweth God. ⁸)He that loveth not, knoweth not God; for **God is love**. ¹⁰)Herein is love, not that we loved God, but that he loved us, and sent his son to be the propitiation for our sins.

John 3:16-17

¹⁶)For God so loved the world, that he gave his Only Begotten Son, that whosoever believeth on 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.

These two scriptures help us to see that God is Love, and that His ultimate desire for us is to have eternal life with Him.

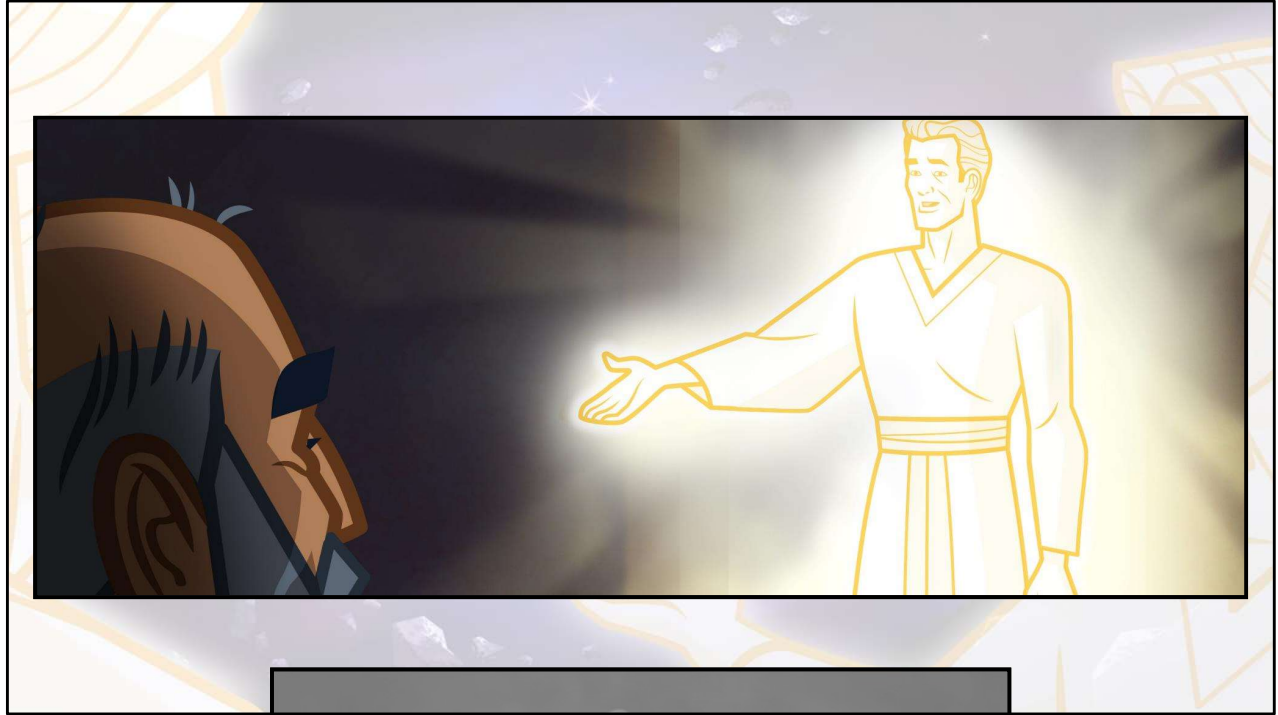
- How does God prove His love? How do we know He loves us and that He does all of this for us?
- Jesus!

Eternal life

- In His Kingdom, He has a table, with a chair just for you...
- But His promise requires us to follow the Way just like your parents

Your parents love you, they have proven that to you over the years by the way they care for you.

- But they do have rules?
- You might not always appreciate those rules, but ultimately, the rules are for your good.
- God's Way is the same for us.
- Ultimately, they are for our good...



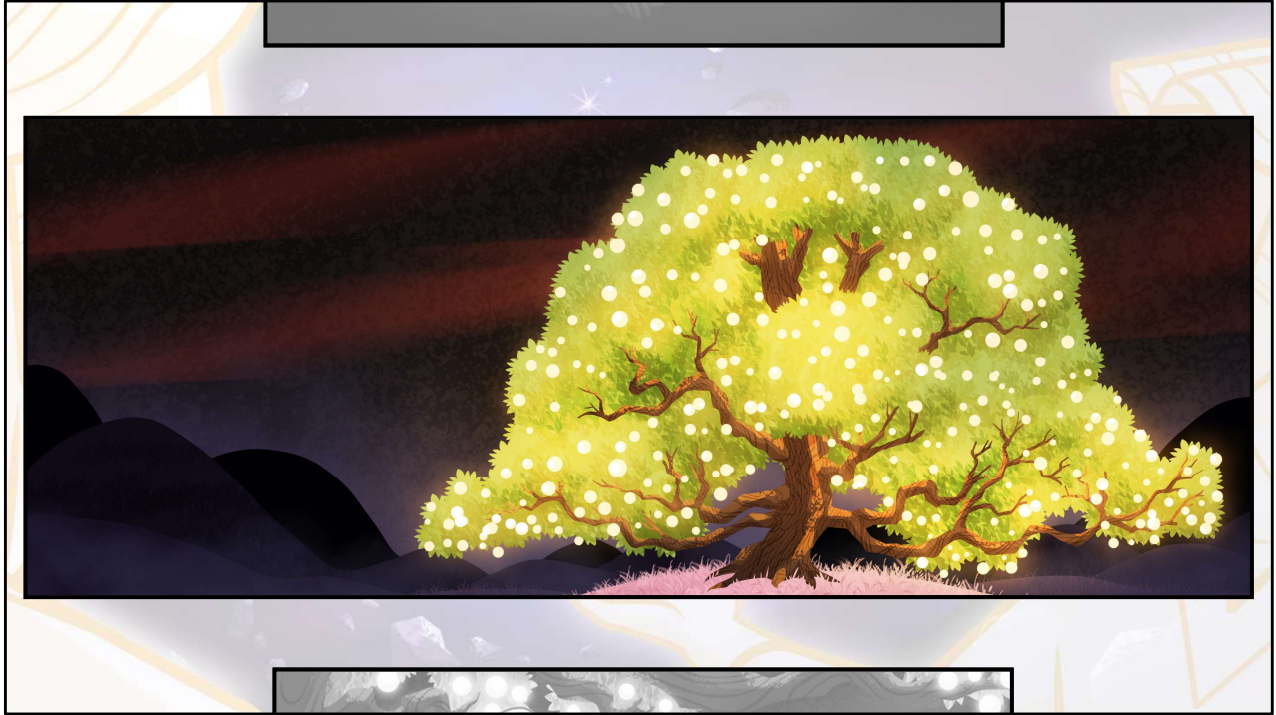
Tell the story of Lehi's vision [1 Ne 2:41-85]

- Lehi receives heavenly messenger, a man dressed in a white robe
- The messenger asks Lehi to follow him, and Lehi agrees



After many hours of traveling in a dark and dreary waste, Lehi stops and prays

- He asks God to have mercy on him
- Then God shows Lehi a tree.
- The light of the tree lit up everything around so Lehi could see



Lehi sees a tree whose fruit was desirable to make one happy.

- Lehi partakes of the fruit and it is exceeding sweet.
- It's the greatest thing he has ever experienced.

What does the tree represent?

- It represents the love of God
- It also represents Jesus and Eternal life



Lehi is so full of joy, that his first thought is to share this with his family

- Sariah, Sam, and Nephi all respond and come to partake of the fruit

[Side question: have you ever experienced something so good, perhaps a food, a game, a movie, and you just had to share it with someone? That is what Lehi felt like, except magnify it by 100]



Lehi's oldest sons, Laman and Lemuel, choose not to come and partake of the fruit.



God is inviting you on a journey just like He did with Lehi

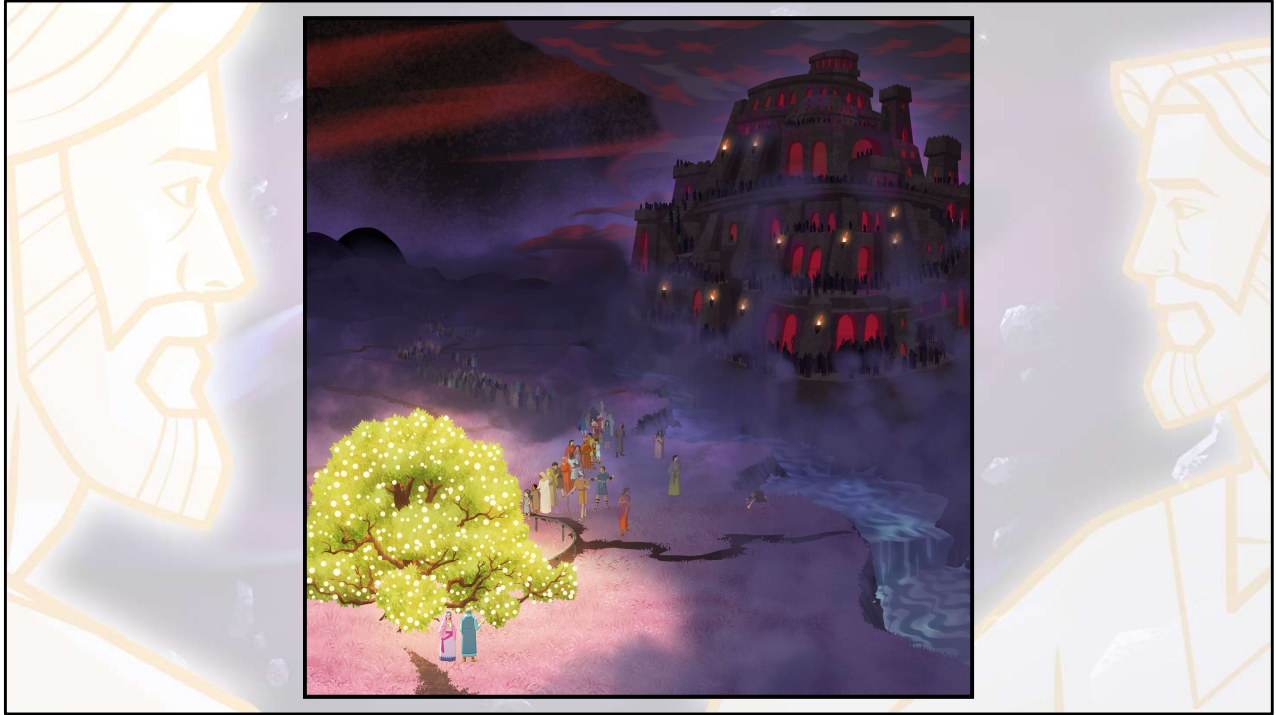
- In God’s Eternal Kingdom, He has a table, with a chair just for you...
- Do you want to take your place at His table?
- But His promise requires us to follow “the Way”, which we’ll discuss more later, just like your parents have a way for you.

Your parents love you, they have proven that to you over the years by the way they care for you.

- But do they have rules?
- You might not always appreciate those rules, but ultimately, the rules are for your good.
- What are some rules your parents have for you? Why do you think that is?

God’s Way is the same for us.

- Ultimately, they are for our good...

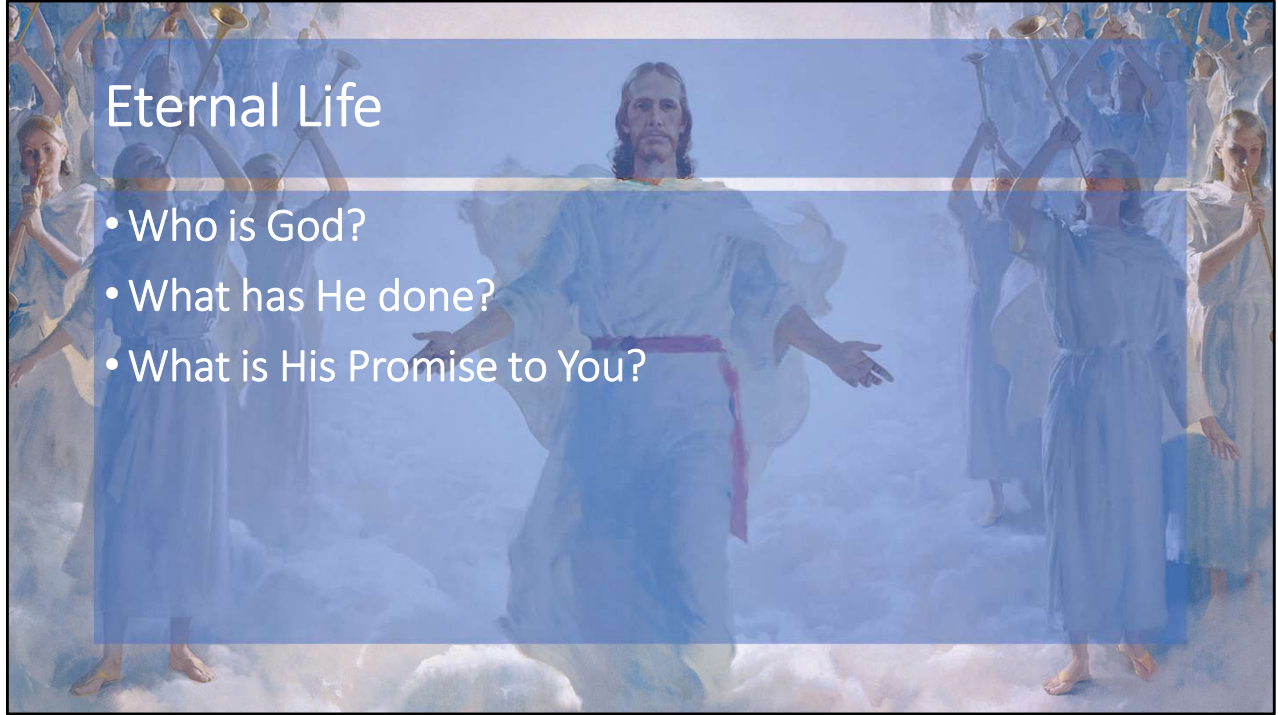


We have all fallen off the path. We have all made mistakes... Think of...

- Pilgrim's progress (or even The Hobbit, Mirkwood Forest, The Lord of the Rings, the Marches, etc.)
- There are times when we lose sight of the end goal
- There are times when we step off the path
- However, God gives us an opportunity to come back through Jesus Christ.

Satan tries to trip us up and to use pride, shame, fear, accusations, lies, etc.

- But always remember that God has provided us a way to come back to the path.
- God wants you.
- God is inviting you to be with Him. Do you want to take His hand?
- That is eternal life.



- God is Love.
- God has shown us His love through Jesus Christ. He's saved us from sin and death.
- God promises you eternal life with Him.



Luke 12:34-35 (KJV 31-32)

- 34 But rather seek ye the kingdom of God; and all these things shall be added unto you.
- 35 Fear not, little flock; for it is your Father's good pleasure to give you the kingdom.

Do you want this Kingdom? Do you want to take your place at the table?

The Kingdom of God



1. What is Required



2. The Covenant



3. The Way

In this section, we will discuss:

1. What is required?
2. The Covenant
3. The Way



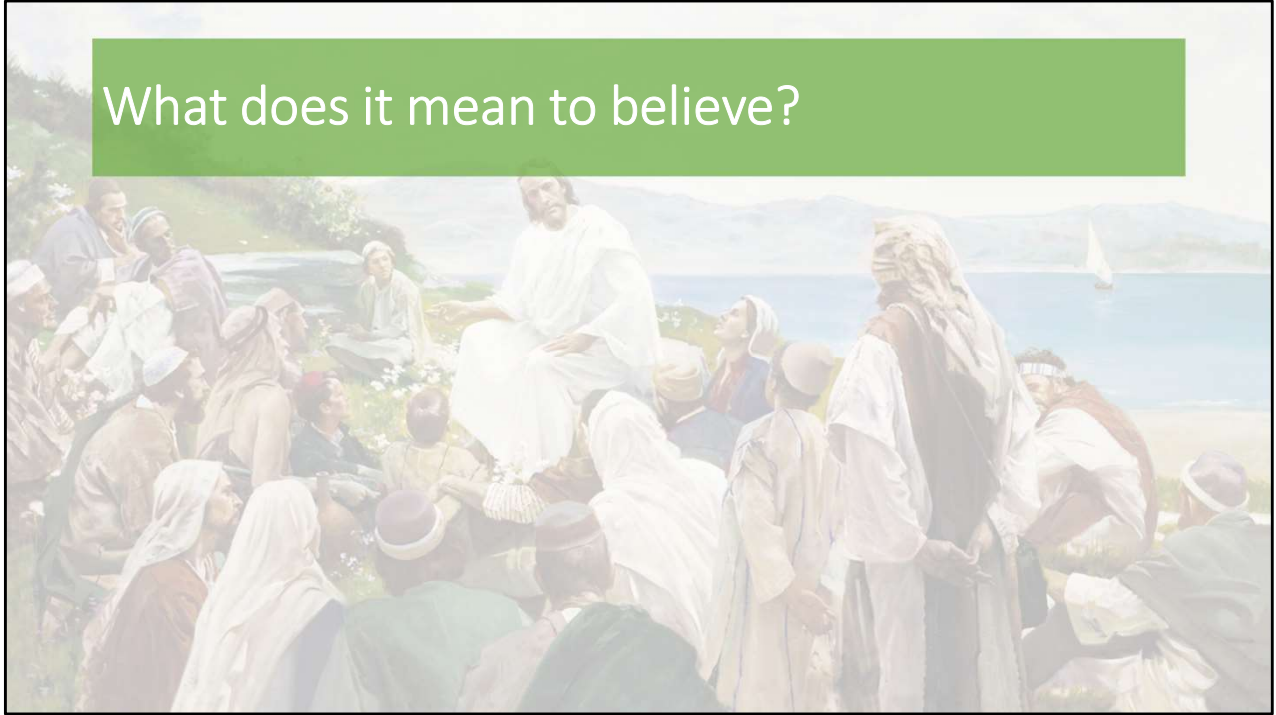
What is Required?

3 Nephi 5:66 And behold I have given you the law and the commandments of my Father, that ye shall ***believe in me***, and that ye shall ***repent of your sins***, and ***come unto me*** with a broken heart and a contrite spirit.

Let's break these three things down from this verse:

1. Believe
2. Repent
3. Come to Christ with a broken heart and contrite spirit.

What does it mean to believe?



When I was think about believing, I think about Abraham and how God accounted his faith/belief as righteousness.

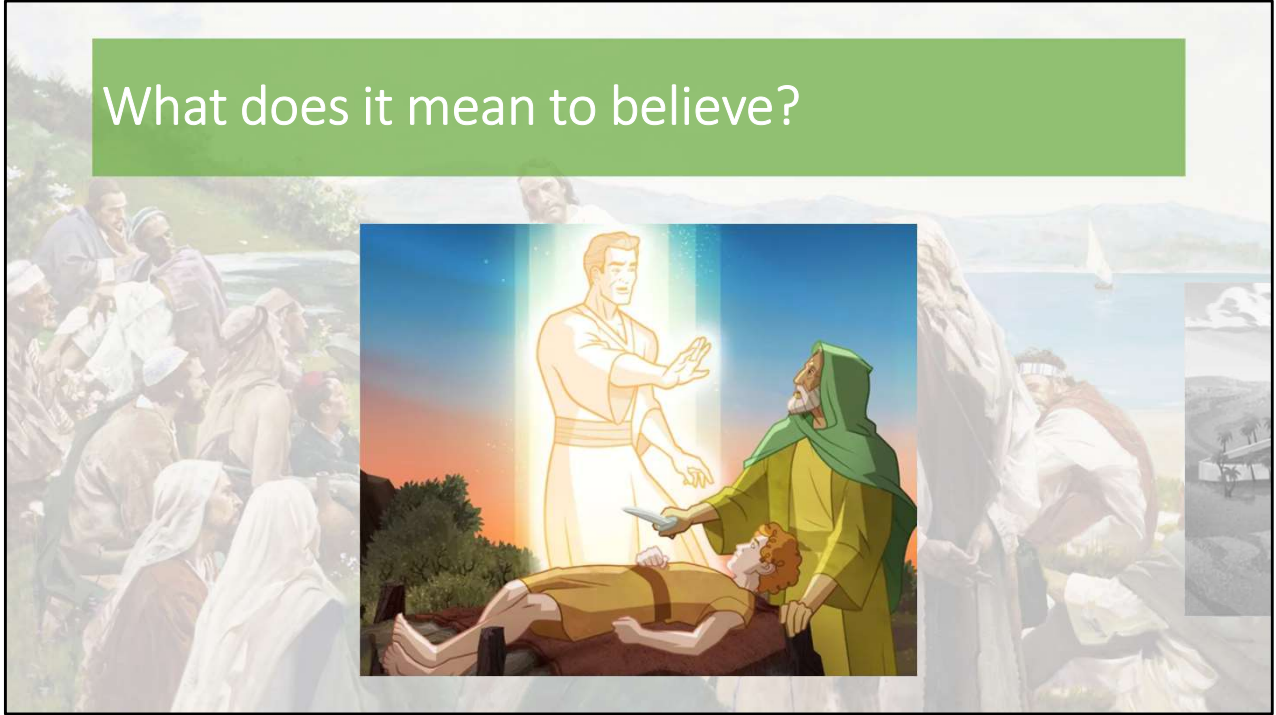
What does it mean to believe?



God called Abram to leave everything behind in Haran and travel to the promised land

- Abram was 75 years old at the time.
- Gen 12:1-2

What does it mean to believe?



God commanded Abraham to sacrifice his only son, Isaac, whom he loved.

- Abraham trusted God, that He would provide a way
- Isaac too, trusted in God, for he allowed his father to put him on the altar
- God sends an angel in the very moment of the sacrifice, and blesses Abraham
- Abraham believed so much in God that he withheld nothing from the Lord

1 John 5:10-13

¹⁰)He that believeth on the son of God hath the witness in himself; he that believeth not God hath made him a liar; because he believeth not the record that God gave of his Son. ¹¹)And this is the record, that God hath given to us eternal life, and this life is in his Son. ¹²)He that hath the Son hath life; and he that hath not the Son of God hath not life. ¹³)These things have I written unto you that believe on the name of the Son of God; that ye may know that ye have eternal life, and that ye may continue to believe on the name of the Son of God.

We must not only believe in Christ, but believe that we need Him.

- Belief is born within us when we humble ourselves enough to see the goodness of God and what He has done in our life, not just this life but especially in the life to come.
- For all of us have sinned and fallen short of God's glory. All of us have broken His law.
- And because of this, not only would we be destined for hell, but we would deserve to go to hell if it were not for God's goodness toward us.

Thus, because of Jesus Christ we can proclaim the Good News even as Lehi did, saying,

- "But behold, the Lord hath redeemed my soul from hell;
- I have beheld His glory, and I am encircled about eternally in the arms of His love." [2 Nephi 1:29]

If we have the Son, it will show in the way that we live.

- So how do we have the Son?

What does it mean to repent?



Repentance is a gift [Alma 14:29-32].

- To repent means to literally turn around...

Repentance requires three things

1. Confession
2. Forsake
3. Forgive others



Repentance is a gift [Alma 14:29-32].

- The Anti-Nephi-Lehi's were warriors, murderers
- They considered themselves the most lost of all men
- But when the Sons of Mosiah came to share the gospel of Jesus Christ,
- They believed and their lives were changed!
- Their guilt was swept away, they were made new.



Repentance is a gift [Alma 14:29-32].

- The Anti-Nephi-Lehi's were warriors, murderers
- They considered themselves the most lost of all men
- But when the Sons of Mosiah came to share the gospel of Jesus Christ,
- They believed and their lives were changed!
- Their guilt was swept away, they were made new.



Repentance is a gift [Alma 14:29-32].

- The other Lamanites were angry with the Anti-Nephi-Lehi's
- They were stirred up to go to war with those who had converted to Christ



Repentance is a gift [Alma 14:29-32].

- The Anti-Nephi-Lehi's knew that they could not be free of their sin if they killed again.
- They decided to make a covenant with the Lord to bury their weapons in the earth.
- When their enemies came, they knelt down and prayed. They allowed themselves to be killed
- However, more people were converted that day, than those who lost their lives



What does it mean to repent?

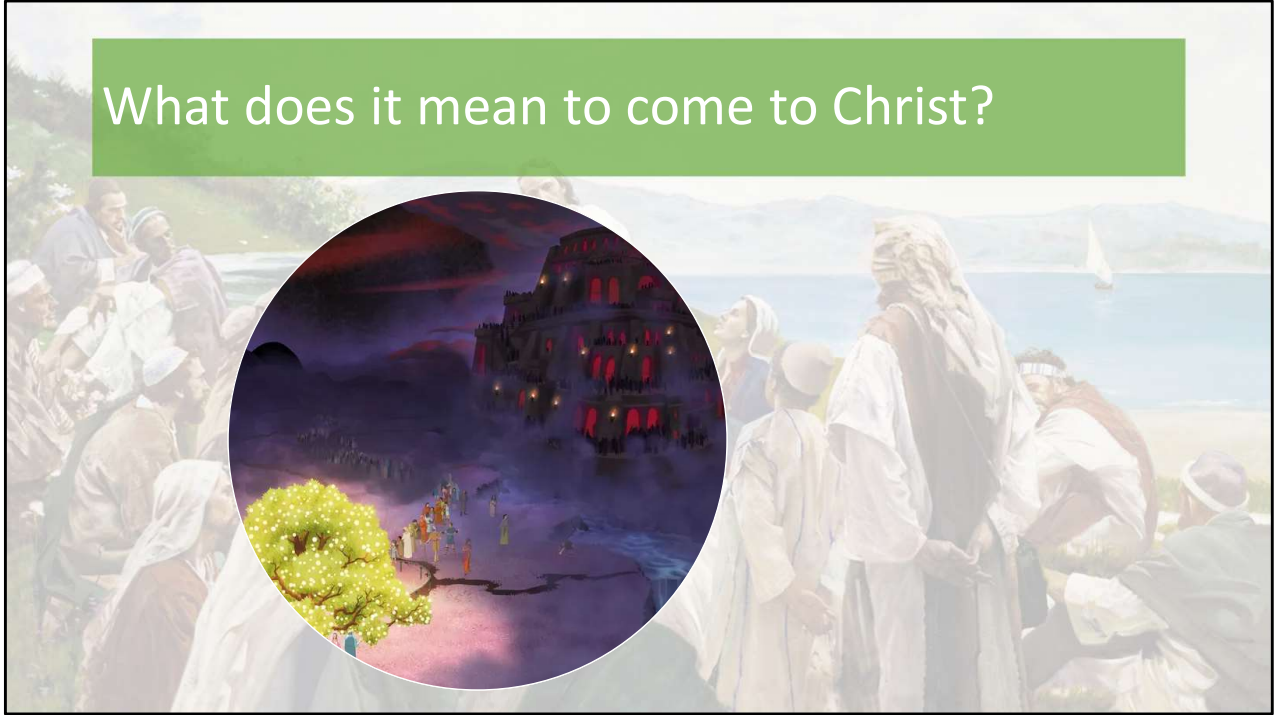
Repentance requires three things:

1. Confess
2. Forsake
3. Forgive others

Repentance requires us to:

- confess and forsake [Pro 28:13, Sec 58:9c],
- as well as to forgive others [Mat 5:25-26; Sec 64:2b-e]

What does it mean to come to Christ?



What does it mean when your parent's call you and you choose not to come? (answer: Rebellion)

For example, say your parents were at the tree of life.

What does it mean to come to Christ?



What does it mean when your parent's call you and you choose not to come? Rebellion
For example, say your parents were at the tree of life.

- Would you choose to come?
- Or would you choose to go a different direction?
- Laman and Lemuel chose to go a different way.

What does it mean to come to Christ?



If you are to come, that means you are going to abide by their rules

- To come to Christ means that we are going to follow His example.

2 Nephi 13:7-12

⁷)And now, if the Lamb of God, he being holy, should have need to be baptized by water to fulfill all righteousness, O then, how much more need have we, being unholy, to be baptized, yea, even by water. ⁸)And now, I would ask of you, my beloved brethren, wherein the Lamb of God did fulfill all righteousness in being baptized by water? Know ye not that he was holy? ⁹)But notwithstanding he being holy, he sheweth unto the children of men, that according to the flesh, he humbleth himself before the Father, and witnesseth unto the Father that he would be obedient unto him in keeping his commandments; ¹⁰)Wherefore, after he was baptized with water, the Holy Ghost descended upon him in the form of a dove. ¹¹)And again: It sheweth unto the children of men the straightness of the path, and the narrowness of the gate, by which they should enter, he having set the example before them. ¹²)And he said unto the children of men, Follow thou me.

The way to come to Christ is simple.

- We come unto Him in baptism, which causes us to be born again [John 3:1-8].
- Baptism is a witness of our submission to God, just as it was for Christ [2 Ne 13:7-12].
- He showed us the way to come unto Him.

Alma 5:24-28

²⁴)Now I say unto you, that ye must repent, and be born again: for the Spirit saith, If ye are not born again, ye can not inherit the kingdom of heaven; ²⁵)Therefore come and be ***baptized unto repentance***, that ye may be washed from your sins, that ye may have faith on the Lamb of God, who taketh away the sins of the world, who is mighty to save and to cleanse from all unrighteousness; ²⁶)Yea, I say unto you, Come and fear not, and lay aside every sin, which easily doth beset you, which doth bind you down to destruction; ²⁷)Yea, come and go forth, and shew unto your God that ye are willing to repent of your sins, ***and enter into a covenant with him*** to keep his commandments, and witness it unto him this day, by going into the waters of baptism; ²⁸)And whosoever doeth this, and keepeth the commandments of God from thenceforth, the same...***shall have eternal life...***

The way to come to Christ is simple.

- It is through baptism of the water and the Spirit that we make a covenant with God [Alma 5:24-28].
- In this way, we take upon us His name [2 Ne 13:16, Mos 3:8-12].
- We are baptized into Christ.
- This name protects us.

What is required?

- What does it mean to believe?
- What does it mean to repent?
- What does it mean to come to Christ?

Believing requires us to: (Think of Abraham)

- Have witness in ourselves that we have Jesus
- To act, to respond
- To change our heart

Repentance requires us to:

- confess and forsake [Pro 28:13, Sec 58:9c],
- as well as to forgive others [Mat 5:25-26; Sec 64:2b-e]

Coming to Christ requires us to:

- Follow Him [2 Ne 13:7-12]
- To make a covenant with Him in baptism [Al 5:24-28]



The Covenant

Exodus 19:5-6: Now therefore, if ye will obey my voice indeed, and keep my covenant, then ye shall be a peculiar treasure unto me above all people; for all the earth is mine; And ye shall be unto me a kingdom of priests, and a holy nation...

A covenant is a promise that binds us to something.

- Both parties agree to do and/or to forbear, or exclude, some act or thing
- God promises us eternal life
- We promise Him that we will follow His Son
- To seal it, God gives us His Spirit and exchanges names with us

Leviticus 26 speaks to the covenant. [Lev 26:9-13]

- ⁹)For I will have respect unto you...and establish my covenant with you... ¹¹)And I will set my tabernacle among you;.. ¹²)And I will walk among you, and will be your God, and ye shall be my people. ¹³)I am the Lord your God, which brought you forth out of the land of Egypt...; and I have broken the bands of your yoke, and made you go upright.

In this covenant, God promises to redeem us, protect us, save us, etc. and we promise to believe in Jesus Christ and follow Him.

- Let's use an example to show how this works

God of...?



In the Old Testament, God is frequently called the God of what?

- Abraham, Isaac, and Jacob
- God exchanged names with them just like He does with us

God promised them:

- that through them all the families of the earth would be blest
- That they would be a great nation
- A promised land



Let's show you how the covenant worked for Israel:

- Israel was in bondage to Egypt for 400 years
- They could not set themselves free, they needed a Savior
- They call upon God, and God remembers His covenant
- He sends Moses



Let's show you how the covenant worked for Israel:

- Moses and Aaron administer the 10 plagues
- Only 1 plague required Israel to do anything, that was the last one
- The passover...



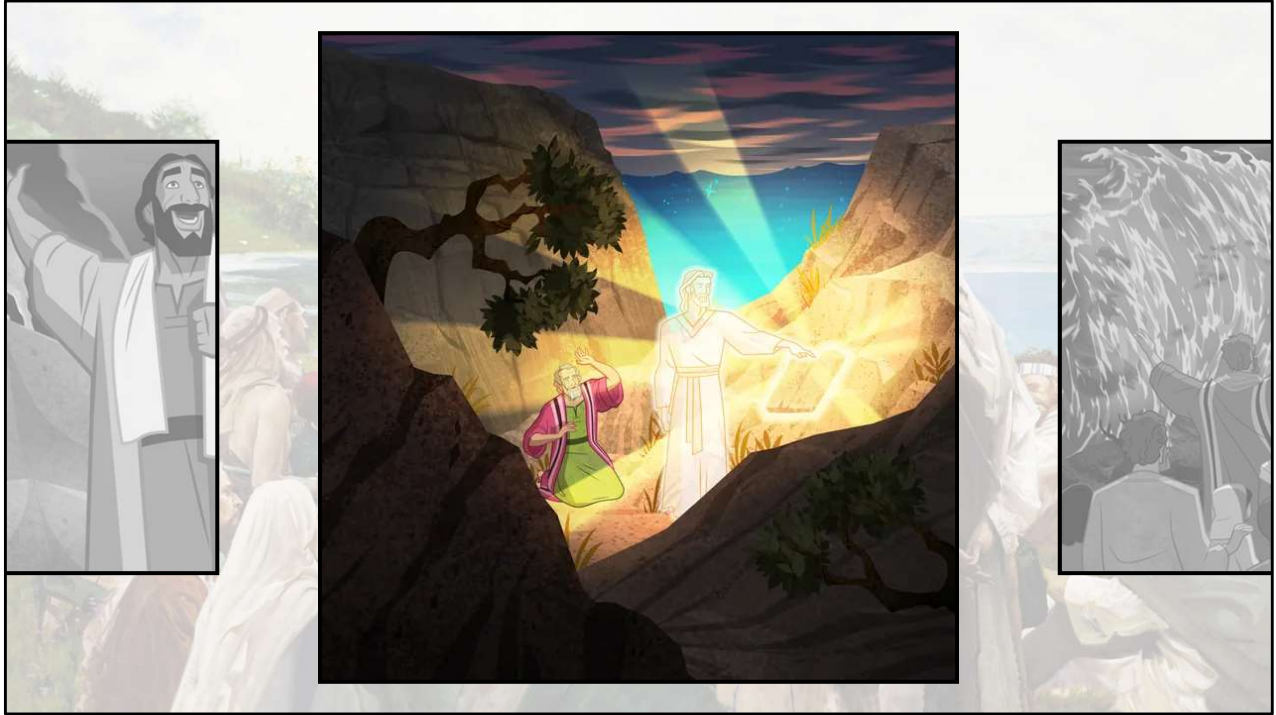
Let's show you how the covenant worked for Israel:

- Pharaoh let Israel go, but only for a moment
- He decided he would gather his armies to destroy Israel or bring them back
- He pins them against the red sea, they have no where to go



Let's show you how the covenant worked for Israel:

- Moses tells the people to not be afraid
- Today they will see the salvation of their God



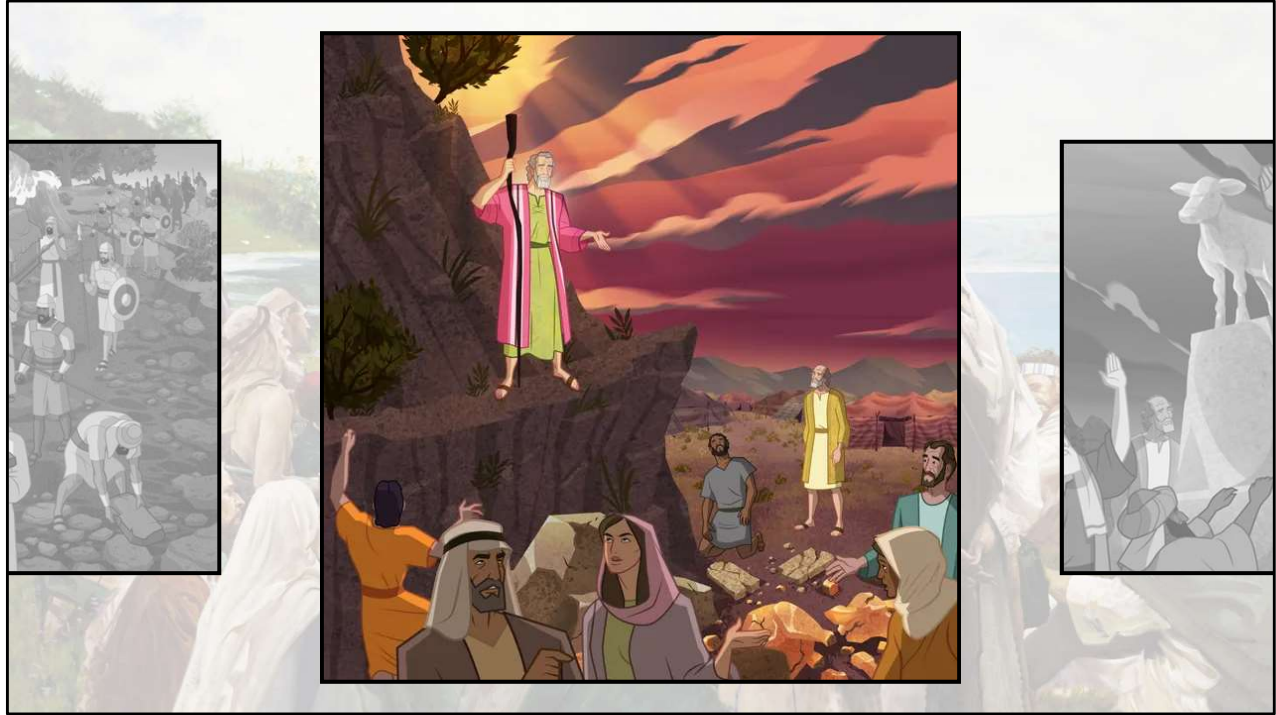
Let's show you how the covenant worked for Israel:

- The people have won a great victory and they promise to follow God's commandments
- God calls Moses up the mountain to receive the law
- Moses puts Aaron and Hur in charge



Let's show you how the covenant worked for Israel:

- The people forget Moses and their promise
- They ask Aaron to make them a god to worship
- Aaron makes a calf and says, "This is the god that brought you out of Egypt"



Let's show you how the covenant worked for Israel:

- Moses intervenes and tells God that the people will repent of this evil
- Moses asks God to remember the covenant, saying, "You can't destroy them. They have your name."
- God promises not to destroy them if they will repent
- Moses pleads for the people just as Christ pleads for us



Let's show you how the covenant worked for Israel:

- This protected them for a season, but ultimately God gave them time (40 years) to make their choice.
- Those who followed God crossed the Jordan, while those who didn't were kept out.

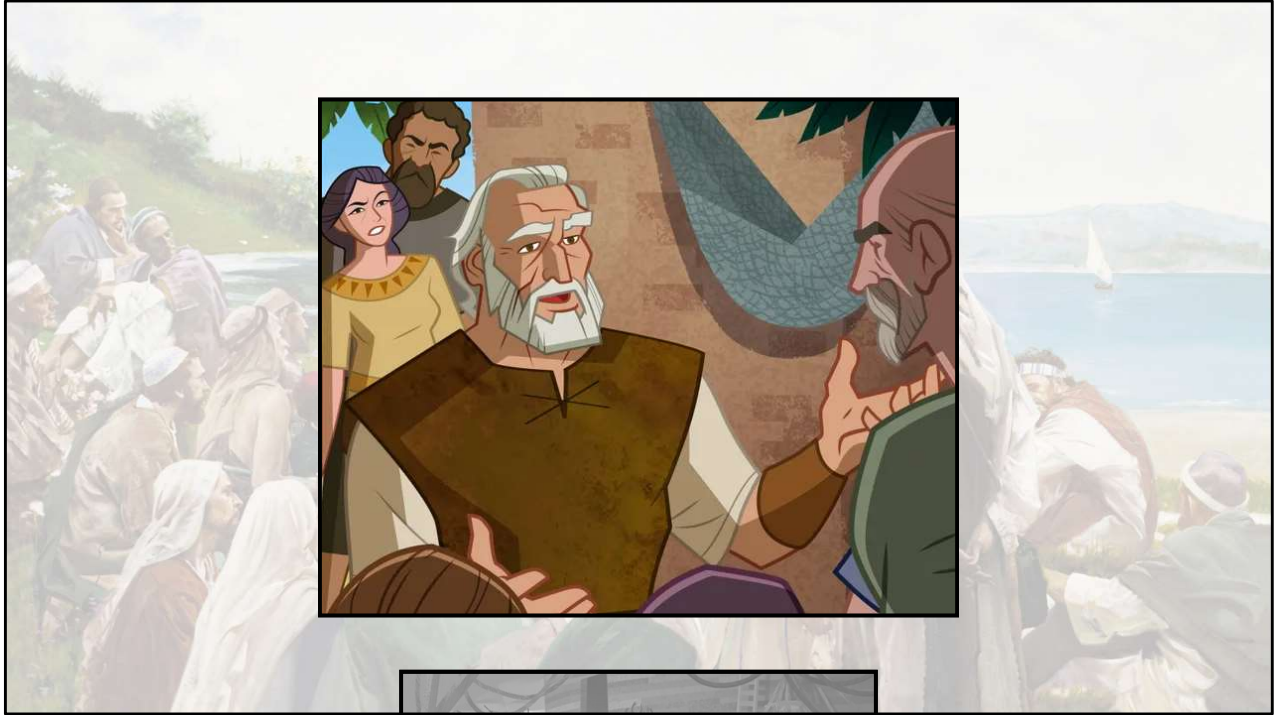


The same is true for us. Think of Noah's Arc.

- Everyone in the arc was saved. They had God's protection.
- The same is true for us if we abide in His covenant.

So how do we abide in His covenant? We know that baptism is not the end [2 Ne 13:27-28].

- God has provide a way through Jesus Christ.

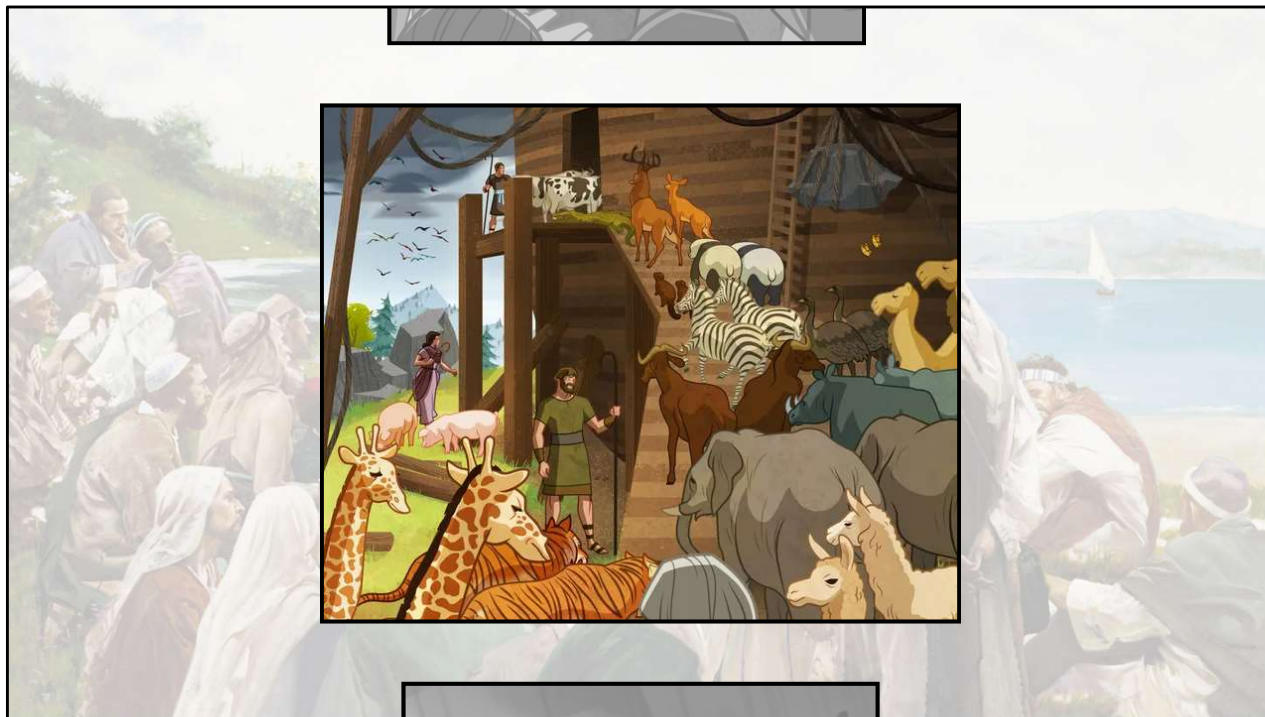


The same is true for us. Think of Noah's Arc.

- Everyone in the arc was saved. They had God's protection.
- The same is true for us if we abide in His covenant.

So how do we abide in His covenant? We know that baptism is not the end [2 Ne 13:27-28].

- God has provide a way through Jesus Christ.



The same is true for us. Think of Noah's Arc.

- Everyone in the arc was saved. They had God's protection.
- The same is true for us if we abide in His covenant.

So how do we abide in His covenant? We know that baptism is not the end [2 Ne 13:27-28].

- God has provide a way through Jesus Christ.

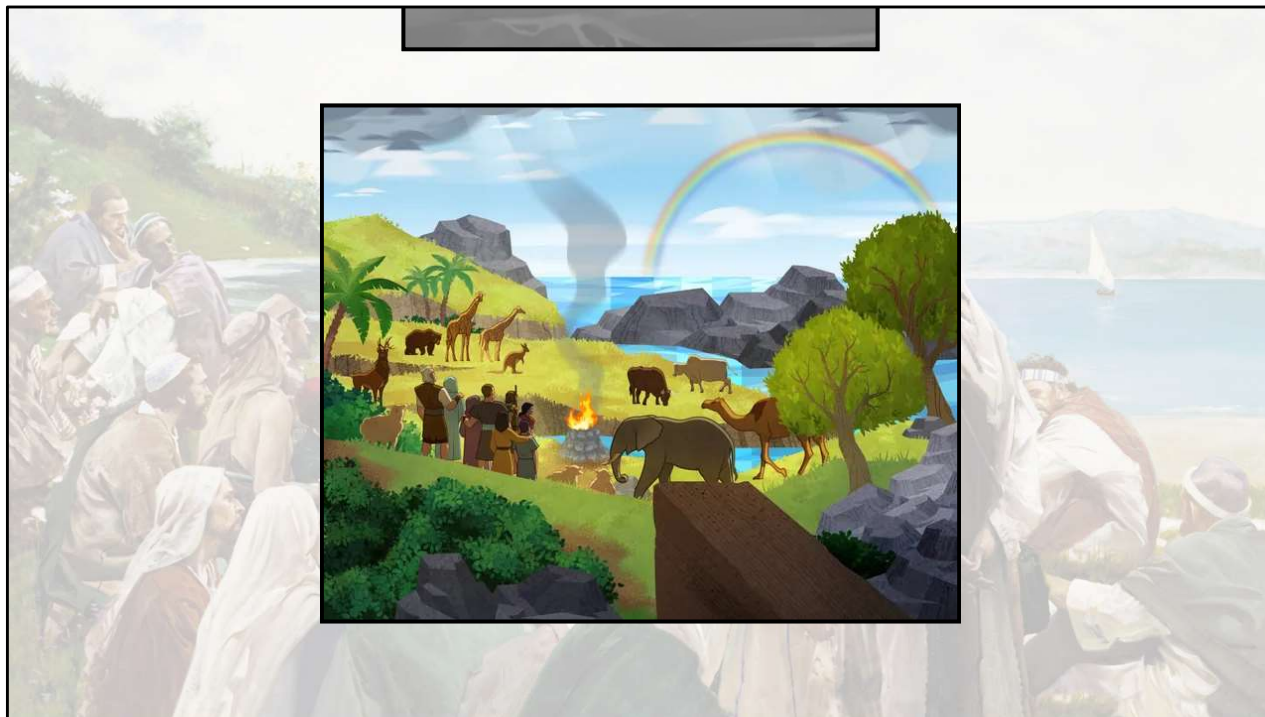


The same is true for us. Think of Noah's Arc.

- Everyone in the arc was saved. They had God's protection.
- The same is true for us if we abide in His covenant.

So how do we abide in His covenant? We know that baptism is not the end [2 Ne 13:27-28].

- God has provide a way through Jesus Christ.



The same is true for us. Think of Noah's Arc.

- Everyone in the arc was saved. They had God's protection.
- The same is true for us if we abide in His covenant.

So how do we abide in His covenant? We know that baptism is not the end [2 Ne 13:27-28].

- God has provide a way through Jesus Christ.

The Covenant

- What is a covenant? What's involved?
- What does the covenant do for us?
- What does God ask us to do in return?

A covenant is a promise that binds us to something.

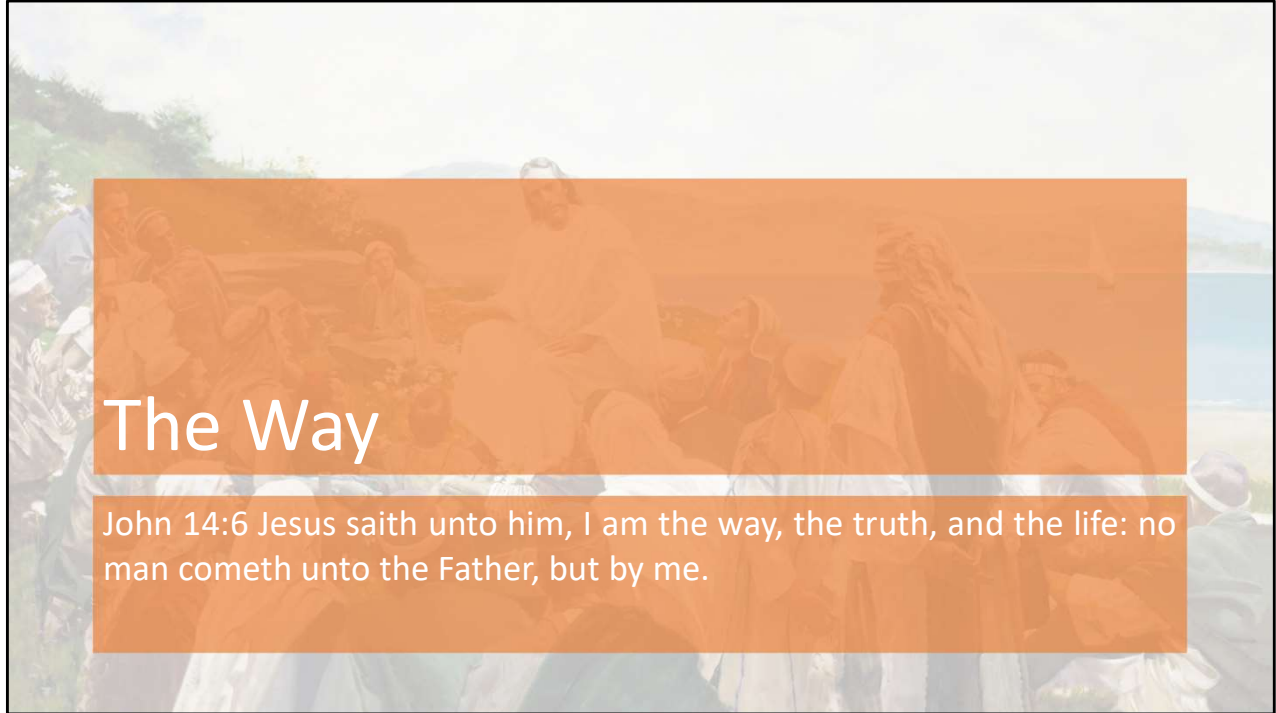
- Both parties agree to do and/or to forbear, or exclude, some act or thing
- God promises us eternal life
- We promise Him that we will follow His Son
- To seal it, God gives us His Spirit and exchanges names with us

Leviticus 26 speaks to the covenant. [Lev 26:9-13]

- ⁹)For I will have respect unto you...and establish my covenant with you... ¹¹)And I will set my tabernacle among you;.. ¹²)And I will walk among you, and will be your God, and ye shall be my people. ¹³)I am the Lord your God, which brought you forth out of the land of Egypt...; and I have broken the bands of your yoke, and made you go upright.

In this covenant, God promises to redeem us, protect us, save us, etc. and we promise to believe in Jesus Christ and follow Him.

- Let's use an example to show how this works



The Way

John 14:6 Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

We call it the way, but it also could be called stewardship.

- You've been given the testimony of Jesus Christ
- You have His name, His covenant
- You will have His Spirit

Think of it like a board game

- What's your favorite game?
- Does that game have rules?
- What happens when you try to act outside those rules?
- The same is true with God

God calls us to steward this gift of eternal life by stewarding our

- Soul
- Time/labor
- Tithe/resources
- Gifts and talents



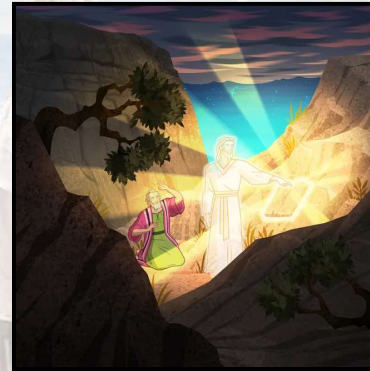
The Way

1. Pray, Fast, Study
2. Faith, Hope, Charity
3. Keeping the Lord's Day holy
4. Tithing
5. Word of Wisdom

Love is obviously the name of the path, but how do we stay in the path?

- All of these things are meant to condition our heart to love God and others as Christ loves us.
- All of these things allow us to court the Spirit and endure unto the end

1. Study, Prayer, Fasting



Study, prayer, and fasting are essential in our walk with Jesus Christ, as well as for our life in His Kingdom.

- Through study we learn about God,
- through prayer we commune with God, and
- through fasting we come to know God.

These three principles are not merely good habits of behavior, but they are the keys to the Spirit of Revelation and the Spirit of Prophecy [Alma 12:1-5].

1. Study, Prayer, Fasting



⁴)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.* ⁵)Wherefore, now after I have spoken these words, if ye can not understand them, it will be because ye ask not, *neither do ye knock;* wherefore, ye are not brought into the light, but must perish in the dark. [2 Ne 14:4-5]

Imagine if your teacher gave you a test, and this test decided your whole grade

- What if they never gave you lesson
- What if there wasn't even a book to review ahead time
- What's your likelihood of passing that test?
- Do you think God would do that to you?

Have you ever played a hot and cold game?

- What if no one ever told you if you were getting warmer or colder?
- How fair would that be?

Notes on Studying

1. How are you going to study? (for example, Entirety vs. subject)
2. What are you going to study? (for example, which book, what subject)
3. When and where are you going to study? (Establish a routine)
 - a. You will lose the knowledge if you're not consistent [Alma 9:15-20, Matthew 13:8-14]
4. Study habits
 - a. Highlighting (create a plan first)
 - b. Summarize what you read
 - c. Take notes, write questions (be organized)

1. Study, Prayer, Fasting



Therefore, after this manner shall ye pray saying... [Mat 6:9-15]

- Begin with praise to God
- Pray for the Kingdom
- Pray for daily sustenance
- Pray for forgiveness
- Pray not to enter into temptation, but be delivered from evil
- Close with praise to God

Who is your best friend?

- What if you never talked to that person?
- How good would your friendship be?

Prayer is the medium, or avenue, for our communion with God. In the old testament, the Lord promised to meet the children of Israel at the mercy seat, above the ark of the testimony, in order that He might commune with them [Exo 25:22]. We have the same access to God today [Heb 9:24; 10:19-20]. While we are commanded to pray [Gen 4:6, 8; 5:3; DC 18:4a], and there are many things to pray for, prayer often does more to us than it does for others. Prayer:

- softens our heart [1 Ne 1:47-48]
- brings the Spirit [DC 18:6a, DC 63:16a]
- brings peace [Phs 4:6-7]
- gives us strength to overcome [1 Ne 2:28, Mat 6:14, DC 3:1e, DC 61:6e]
- enlightens our understanding [1 Ne 4:8-13, Al 12:4-5, Al 14:103]
- brings a remission of sins [Mos 2:20-23]

1. Study, Prayer, Fasting



[Isaiah 58:1-14]...

- loose the bands wickedness
- to undo the heavy burdens
- to let the oppressed go free
- to break every yoke

Have you ever had to prepare for a test, or get ready for an event (like a birthday party or sleepover)?

- What happens when you have absolutely no time to prepare?
- You're so busy doing this and doing that.
- What does that feel like?
- The same is true with God. There are times when He calls us up the mountain to be still with Him

The 1828 Webster's Dictionary also defines fast as to "literally, set, stopped, fixed, or pressed close. Hence, close; tight; as, make fast the door; *take fast hold*; firm; immovable; close; strong; *firmly fixed*; *closely adhering*."

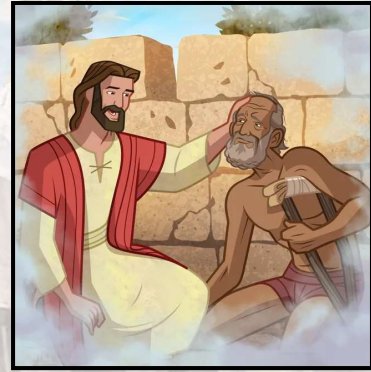
- **Fasting is not** about punishing ourselves by simply going without something, but instead it is about holding fast to God [Mat 4:1-2].
- We do not fast from something [Col 2:20-22] as much as we fast to something [2 Chr 20:1-4, 14-17; Al 16:112-120].
- Thus, while we refrain from food, it is critical to ask ourselves, "What am I fasting toward and for what reason?"

The bottom line: Fasting is not a trade or a bargain basement, that we can exchange an

empty stomach for a blessing from God, or that God finds pleasure in human discomfort and suffering. Rather it is a way to humble and sanctify ourselves so that we can:

- loose the bands wickedness, [Are there sins in our lives that bind us?]
- to undo the heavy burdens, [Are there lies about yourself, or about God, that hold you down?]
- to let the oppressed go free, [Are there those whom you have struggled to forgive?]
- to break every yoke, [Do we yoke ourselves with the things and concerns of this world?]

2. Faith, Hope, and Charity



Ether 5:29 Behold, I will shew unto the Gentiles their weakness, and I will shew unto them that faith, hope, and charity, bringeth unto me the fountain of all righteousness. This is how we court the Spirit and endure unto the end.

2. Faith, Hope, and Charity



⁴⁷)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.⁴⁸)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 3:47-48]

Hebrews 11:1-2

- ¹)Now faith is the assurance of things hoped for, the evidence of things not seen.
- ²)For by it the elders obtained a good report.

Faith requires us to:

- Believe
- Act/obey

If God didn't ask us to have faith, would we ever try to live like Jesus?

- Would we repent?
- Would we covenant with Him?
- God knows the greatest gift is eternal life. He's designed a way to get us there, and it requires faith.

John 3:13-15

2. Faith, Hope, and Charity



⁴⁶)How is it that ye can attain unto faith, save ye shall have hope? ***And what is it that ye shall hope for?*** ⁴⁷)Behold I say unto you, that ye shall have hope through the atonement of Christ and the power of his resurrection, to be raised unto life eternal; and this because of your faith in him according to the promise; [Moroni 7:46-47]

Hebrews 11:6

⁶)But without faith it is impossible to please him; for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.

Have you ever done something that was really hard?

- Did you follow through, or did you stop short? Why?
- If you never had hope that you could reach it, would you try?
- God wants us to have hope in eternal life.

2. Faith, Hope, and Charity



- suffers long
- is kind
- envies not
- not puffed up
- seeks not her own
- not easily provoked
- thinks no evil
- rejoices not in iniquity
- rejoices in truth
- bears all things
- believes all things
- hopes all things
- endures all things
- pure love of Christ

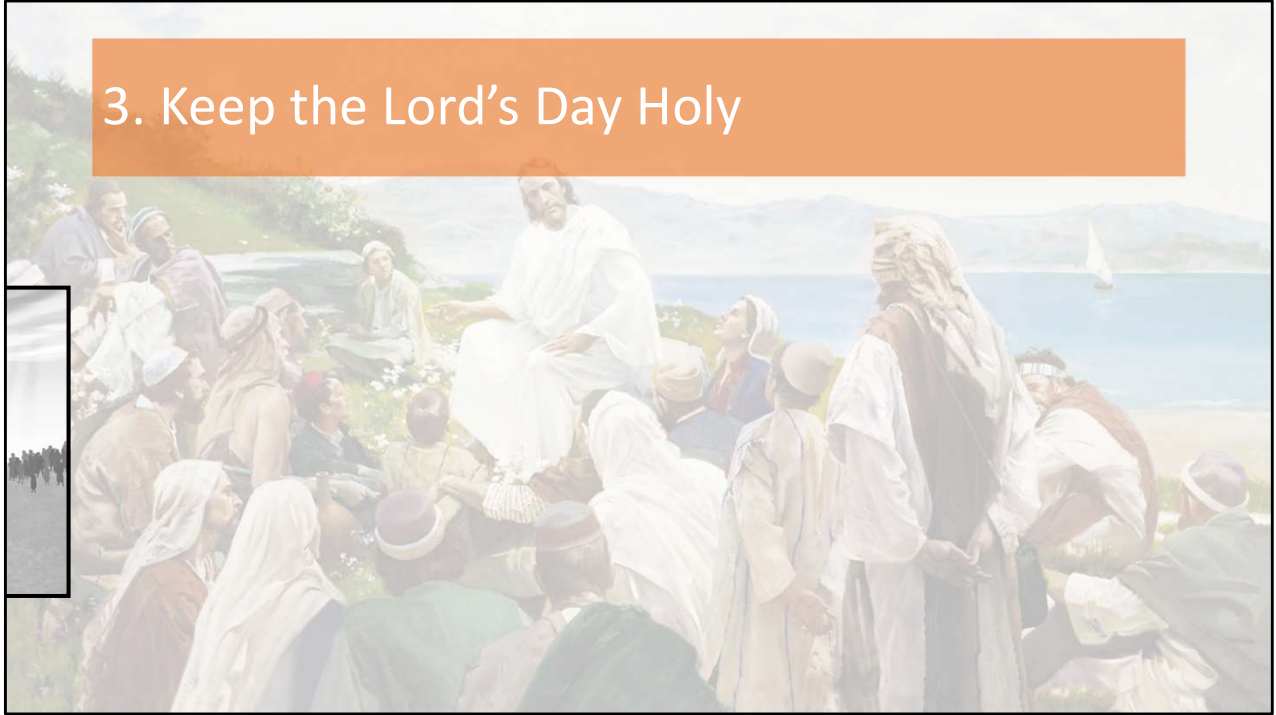
If God is love, and He wants me to be like Him, what do you think He wants me to be?

- He wants me to love too. Not just any sort of love, but a love like His.
- That's pretty hard for me to do, because I'm not naturally like Him.

What happens when your parent's ask you to do something?

- Do you always answer, "YES! I would love to do that for you."
- Why not? It's because it goes against our nature.
- To love like God does [Mat 5:40-50] goes against our nature.
- That means we need to learn how to love

3. Keep the Lord's Day Holy



Exodus 16:1-5, 14-31

- The people murmured against the Lord
- God rained bread from heaven and commanded them to gather a certain rate every day
- God gave double on the 6th day
- they were not to gather anything on the 7th day
- God did this to prove whether they would walk in His law or not

Sec 119:7

- The Lord's day is a day of rest and worship
- refrain from unnecessary work
- be not harsh in judgment, but merciful

Sec 59:2e-3

- to keep yourself unspotted, go and offer your sacraments upon my holy day
- offer a broken heart and a contrite spirit
- rest from your labors, pay your devotions to God
- we are to have a broken heart on all days at all times

3. Keep the Lord's Day Holy



God blessed the people abundantly when He brought them out of Egypt

- Exo 15 is a dance/song to God for His greatness

3. Keep the Lord's Day Holy



Exodus 16:1-5, 14-31

- The people murmured against the Lord
- God rained bread from heaven and commanded them to gather a certain rate every day
- God gave double on the 6th day
- they were not to gather anything on the 7th day
- God did this to prove whether they would walk in His law or not

3. Keep the Lord's Day Holy



Exodus 16:1-5, 14-31

- The people murmured against the Lord
- God rained bread from heaven and commanded them to gather a certain rate every day
- God gave double on the 6th day
- they were not to gather anything on the 7th day
- God did this to prove whether they would walk in His law or not

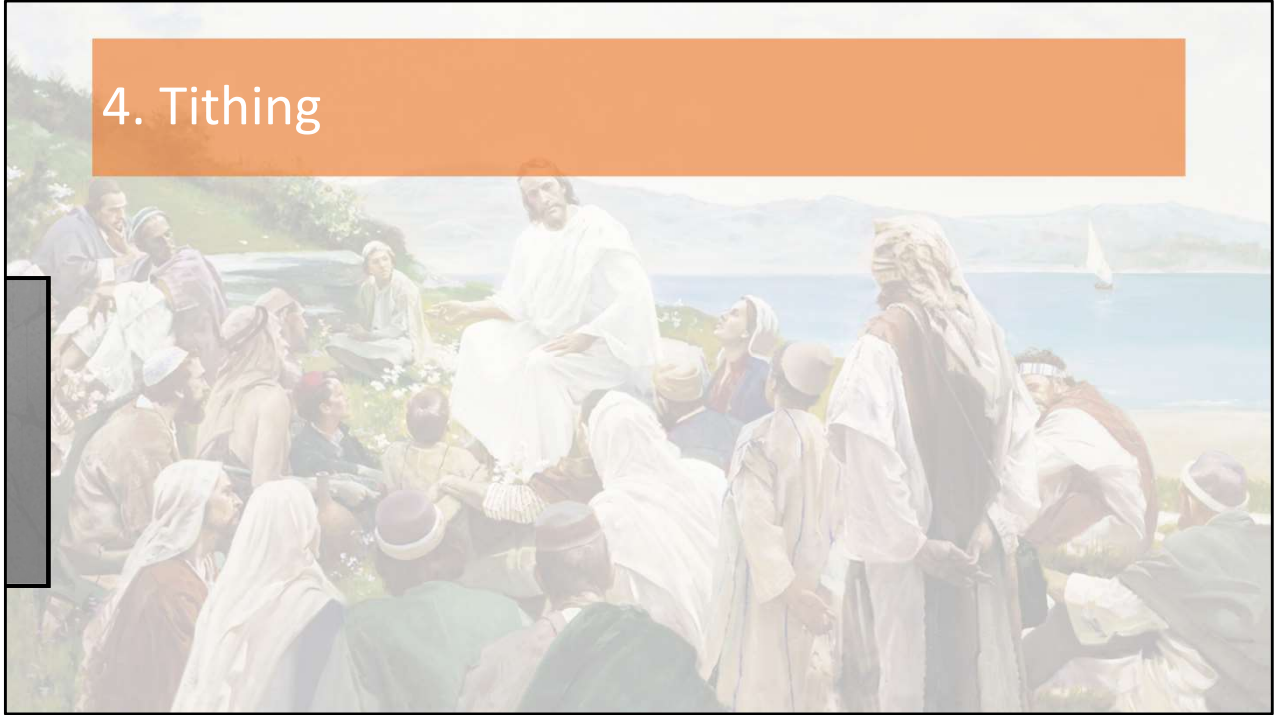
Sec 119:7

- The Lord's day is a day of rest and worship
- refrain from unnecessary work
- be not harsh in judgment, but merciful

Sec 59:2e-3

- to keep yourself unspotted, go and offer your sacraments upon my holy day
- offer a broken heart and a contrite spirit
- rest from your labors, pay your devotions to God
- we are to have a broken heart on all days at all times

4. Tithing



Genesis 14:17-24

- There is a war between nine kings, five on one side and four on the other
- During this war, Abraham's nephew, Lot, is taken captive

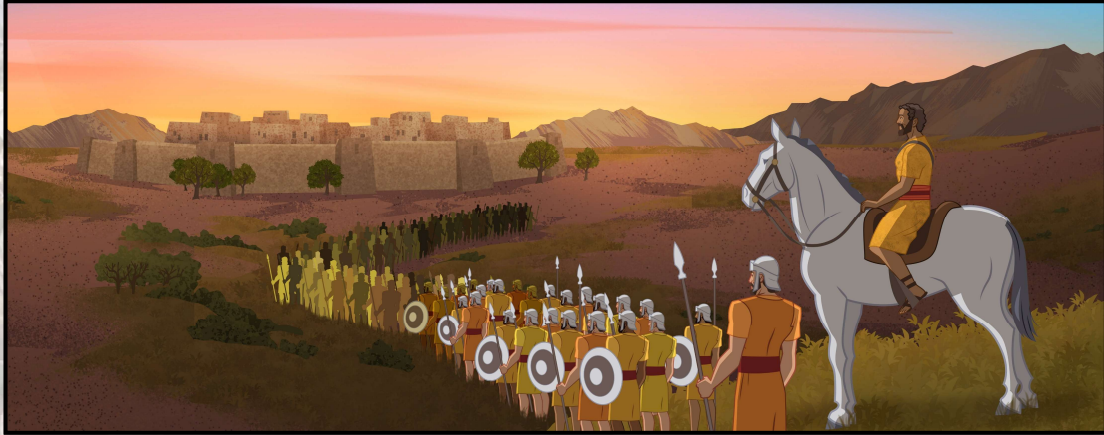
4. Tithing



Genesis 14:17-24

- There is a war between nine kings, five on one side and four on the other
- During this war, Abraham's nephew, Lot, is taken captive

4. Tithing



Genesis 14:17-24

- Abraham took the spoils of war and returned to Canaan after defeating four kings.
- During his return, he and his companions and their servants, lived off of the spoils.
- When they arrived at the valley of Shaveh, Melchisedec, king of Salem, went out to meet them.

4. Tithing



Genesis 14:17-24

The bottom line: Abraham paid tithing to him of ten percent of all the spoils that remained to him after having lived from the spoils during their return,

- including that portion which he had given to his companions.
- This means that today, we should pay tithing to God after having paid for our necessary living expenses.

According to Sec 106:1-2, tithing is to be paid to the bishop for the purpose of:

1. The building of mine house
2. Laying the foundation of Zion
3. The priesthood
4. Debt of the Church

Ultimately: Tithing is to be paid annually and if we do not abide by this law, then Zion cannot be sanctified.

Sadly, in the broken state of the Church, we are somewhat limited in what we are able to do as we do not have a bishop over the Church.

- Today, many use the offertory as a means to pay their tithe,
- but this was originally meant to be a time to accept free will offerings.

- Free will offerings are simply offerings outside and beyond of our tithe.

The Law of Consecration and the Storehouse

God gave the law of total consecration to the Church on February 9, 1831, in the presence of twelve elders who had assembled at Kirtland, Ohio, in harmony with the Lord's instruction that they gather together that they might receive the law which was to govern the Church [Sec 41:1b].

Members were to consecrate all their properties by laying them down before the bishop in a covenant or deed with the Church. The bishop, with the help of counselors, would then give back that portion of the member's property which was needful for their family. The remainder would go to the storehouse. The storehouse was for:

- The poor and needy, including widows and orphans [Sec 82:2]
- Purchasing lands
- Building up of New Jerusalem
- To support the families of the priesthood while they are out on mission

References

Gen 41; Sec 42:8-11, 19-20; 51; 58:7; 70:2-3; 72:3; 82:2

4. Tithing



There are two views regarding tithing:

1. Pay 10% of everything, or
2. Pay 10% of surplus

Let's look at the first view

4. Tithing



In the first view,

- If I gave you 10 coins and each individual coin represented \$10,
- You would pay me \$10 dollars or one coin
- $\$100 \times 10\% = \10

4. Tithing



In the second view,

- Again, lets say each of these coins equal 10,
- So we have \$100 worth of coins here

4. Tithing



Increase or Surplus

In the second view,

- If you spent 2 coins, or \$20
- The remaining 8 coins, or \$80, would be your surplus
- You would then pay 10% on the \$80
- Which would be \$8

5. Word of Wisdom



The kingdom of Babylon conquered Jerusalem.

- They took some of the smartest and strongest young men away from their families in Jerusalem and brought them back to Babylon to serve the king.
- Daniel and his friends were some of these young men.
- They were chosen to serve in the king's court and become his wise men.



The kingdom of Babylon conquered Jerusalem.

- They took some of the smartest and strongest young men away from their families in Jerusalem and brought them back to Babylon to serve the king.
- Daniel and his friends were some of these young men.
- They were chosen to serve in the king's court and become his wise men.



The kingdom of Babylon conquered Jerusalem.

- The king gave Daniel and his friends food and wine.
- But they would not eat the king's food or drink the wine. It was against God's commandments.
- This made the king's servant afraid for his life.
- But Daniel trusted God and wanted to obey His commandments.
- Daniel asked the servant to give them water and grains for 10 days and then compare their health with the health of the other young men.
- The servant agreed.



The kingdom of Babylon conquered Jerusalem.

- After 10 days, Daniel and his friends were healthier than all the other young men.
- Daniel and his friends followed God's commandments, and God made them the wisest men in the king's court.

5. Word of Wisdom

Section 86:1a Behold, verily thus saith the Lord unto you, In consequence of evils and designs which do and will exist in the hearts of conspiring men in the last days, I have warned you, and forewarn you, by giving unto you this word of wisdom by revelation...

- no wine or strong drink
- no tobacco save for bruises
- no hot drinks
- wholesome herbs and fruits in their seasons
- eat meat sparingly

The Promise:

^{3c)}And all Saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel, and marrow to their bones, ***and shall find wisdom and great treasures of knowledge***, even hidden treasures; ^{3d)}and shall run and not be weary, and shall walk and not faint; and I, the Lord, give unto them a promise that the destroying angel shall pass by them, as the children of Israel, and not slay them. Amen.



The Way

1. What does it mean to Pray, Fast, Study?
2. What does it mean to have Faith, Hope, Charity?
3. How do we keep the Lord's Day holy?
4. What is Tithing for?
5. What is the reason for the Word of Wisdom?

All of these things are meant to condition our heart to love God and others as Christ loves us.

- All of these things allow us to court the Spirit and endure unto the end

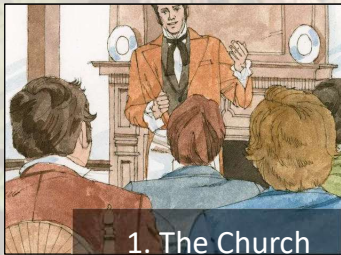


Matthew 24:14 (KJV) [Matthew 24:32 (IV)]

Once we enter into a covenant with God, into the family of God, we agree to take on two missions:

1. Great commission
2. Zion

Great and Marvelous Work



1. The Church



2. Great Commission



3. Zion

Once we enter into a covenant with God, into the family of God, we agree to take on two missions:

1. Great commission
2. Zion

God gave us the Church, to accomplish these two missions.

The Church



What is the Church?

- The word Church, means a call to assemble.
- The church is not the building,
- it's the people, the authority and the ordinances.

The three aspects of the Church that we must discuss:

1. Authority
2. Ordinances
3. Reconciliation

1. What is Authority?



What is authority?

- Do your parents have authority over you?
- Do your parents have authority to represent you?

Say someone asks a question about your favorite game, who has more authority to answer that question:

- A stranger
- Me
- Or your dad

Authority from 1828 Websters Dictionary

1. Legal power, or a right to command or to act; as the *authority* of a prince over subjects, and of parents over children. Power; rule; sway.
2. The power derived from opinion, respect or esteem; influence of character or office; credit; as the *authority* of age or example, which is submitted to or respected, in some measure, as a law, or rule of action. That which is claimed in justification or support of opinions and measures.
6. Warrant; order; permission.

By what *authority* dost thou these things. [Matthew 21:23](#). [Acts 9:14](#).



Authority

- Jesus receives authority from the Father, He didn't just claim it
- Even though He helped the Father create all things,
- Jesus didn't go around saying, "Hey, I'm God's Son."
- Only the Father had the authority to say, "This is mine Only Begotten Son."

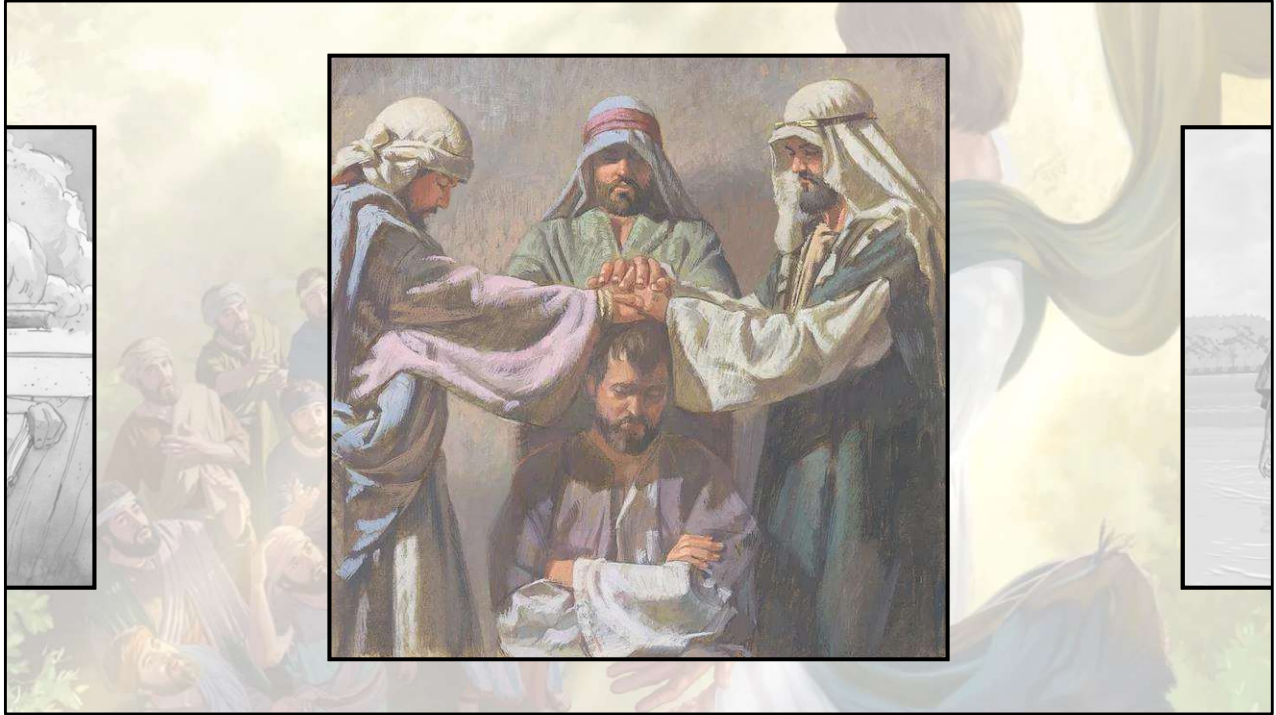
Hebrews 5:4-5

⁴)And no man taketh this honor unto himself, but he that is called of God, as was Aaron.

⁵)So also Christ *glorified not himself* to be made a high priest; but he that said unto him, Thou art my Son, today have I begotten thee.

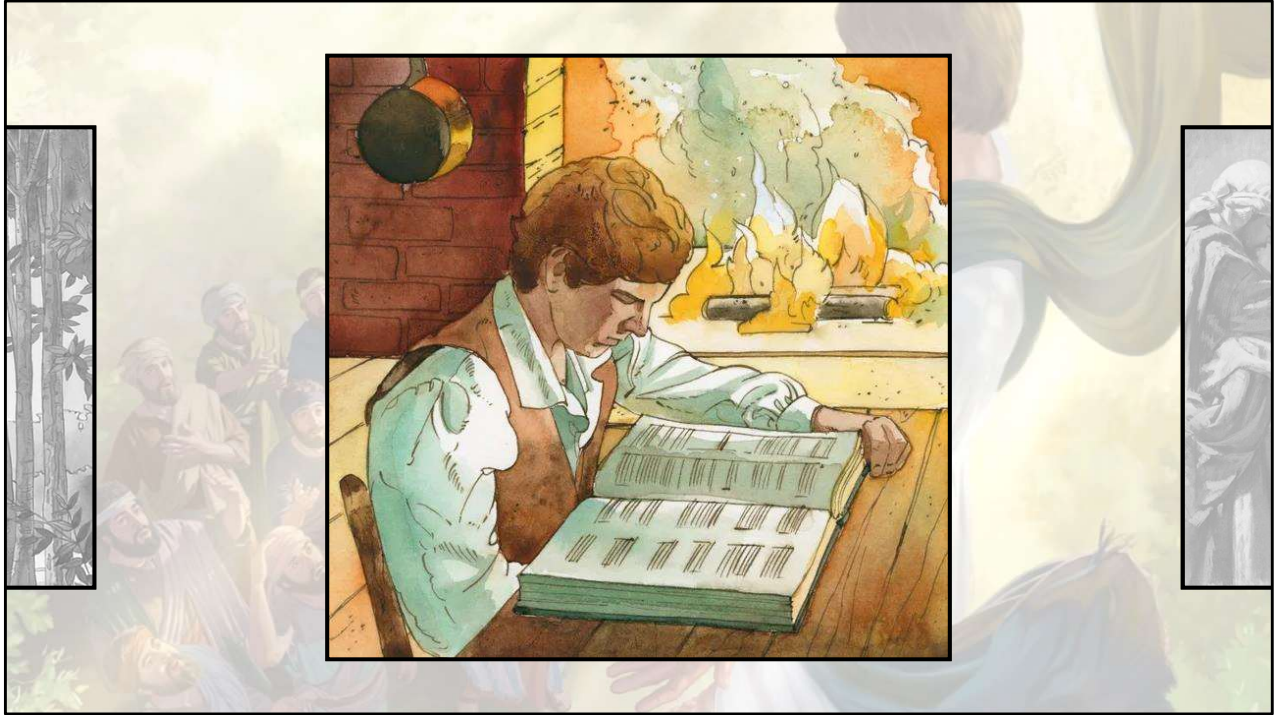
Exodus 4:14-16, 27-30; 40:1, 12

1. Called by Revelation
2. Public Ordination
3. Baptized
4. Clothed in Righteousness
5. Ordained by the Laying on of Hands



Authority

- Jesus gave authority to the apostles
- Jesus puts the apostles in charge of the Church
- The Church is born with authority and the Gospel
- The Church eventually changed and fell away, waiting for the day when God would restore it again on the earth.



God restored the Church again by giving Joseph authority and the Gospel.



Joseph Smith, Jr.[1805-1844]

- In his 15th year there was a great religious revival in western New York, [Methodists, Presbyterians, and Baptists]
- He and his family (11 in all) attended these services in **Manchester, NY**. Four joined the Presbyterian faith [Mother, Lucy, brothers, Hyrum and Samuel, sister Sophronia]
- But the good feeling that had prevailed among the denominations during the joint revival turned into a rivalry for members

The Presbyterians . . . Baptists and Methodists . . . **used all their powers of either reason or sophistry. . . to make the people think [others] were in error** . . . In the midst of this war of words and tumult of opinions, I often said to myself, What is to be done? Who of all these parties are right?"



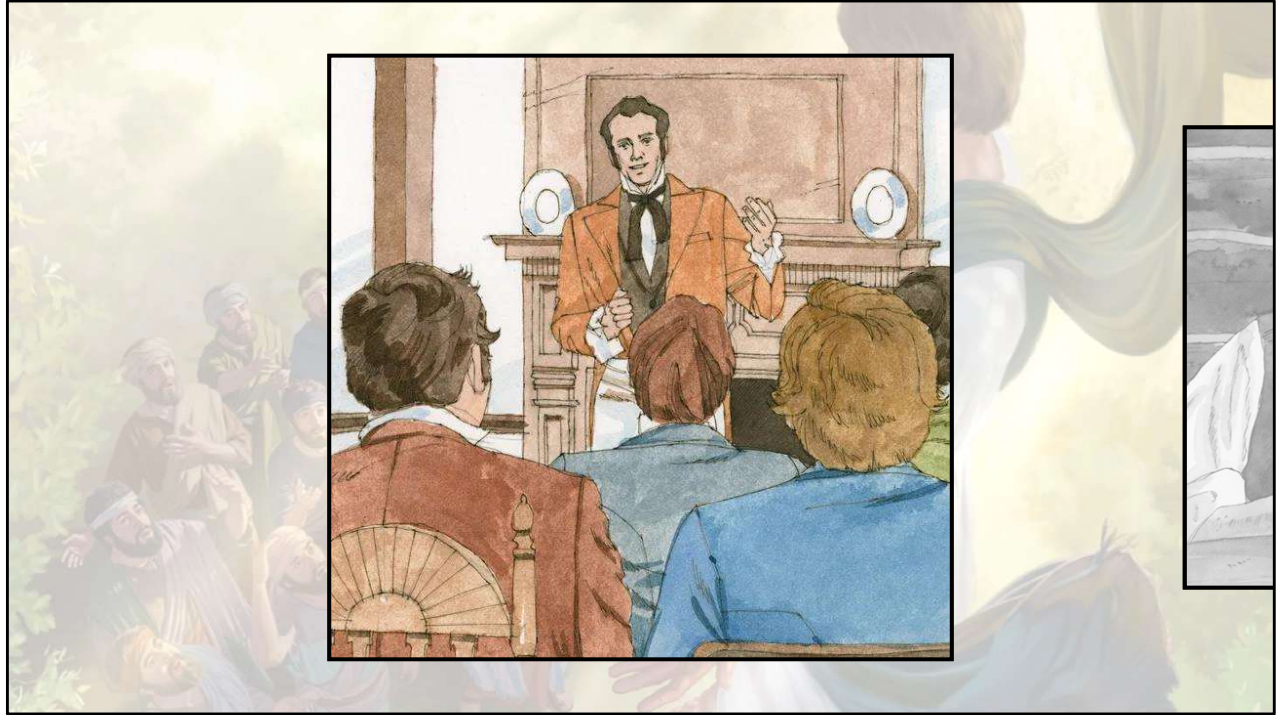
Moroni Appears [1820-1823]

- For the next three years, Joseph went about his regular work, all the time suffering severe persecution because he continued to affirm that he had seen a vision.
- This was a very difficult time in his life
- He was scorned and rejected by those who should have been his friends
- It says he was led into divers temptations which he felt were displeasing to God
- Feeling condemned, feeling the need for forgiveness, and desiring to know of his standing before God, he says...



The Book of Mormon [September 1827-August 1829]

- “. . . having went as usual at the end of another year to the place where [the plates] were deposited, the same heavenly messenger delivered them up to me . . .
- In Harmony, PA, **Martin Harris** served as scribe for the translation process from April to June of 1828, but the first 116 pages were lost. Translation ceased for ten months.
- On **April 7, 1829**, the work of translating resumed with **Oliver Cowdery** acting as Joseph’s scribe
- In early **June 1829**, David Whitmer brought Joseph, Oliver and Emma to his father’s home in Fayette, NY. They stayed with Peter Whitmer until the translation was completed in **August 1829**.
- The Book of Mormon covers a period of over **2,600 years**, and was finished in approximately **eighty days** (less than three months).



The Church [April 6, 1830]

- They spent time in witnessing and feeling for themselves the power and blessings of the spirit which God so graciously bestowed on them
- Dismissed with knowledge that they were now members and acknowledged of God
- Organized in accordance with the commandments and revelations given by God, not by man, as well as according to the order of the Church as recorded in the New Testament
- Once more the Church of Jesus Christ was complete, founded on revelation, having the same ordinances, doctrines and officers, and once again lighted by the power of the Holy Spirit.



Jesus ***gave*** priesthood...

1. For the perfecting of the saints,
2. for the work of the ministry,
3. for the edifying of the body of Christ;

Until we all come to a perfect knowledge of Christ [Ephesians 4:11-15]

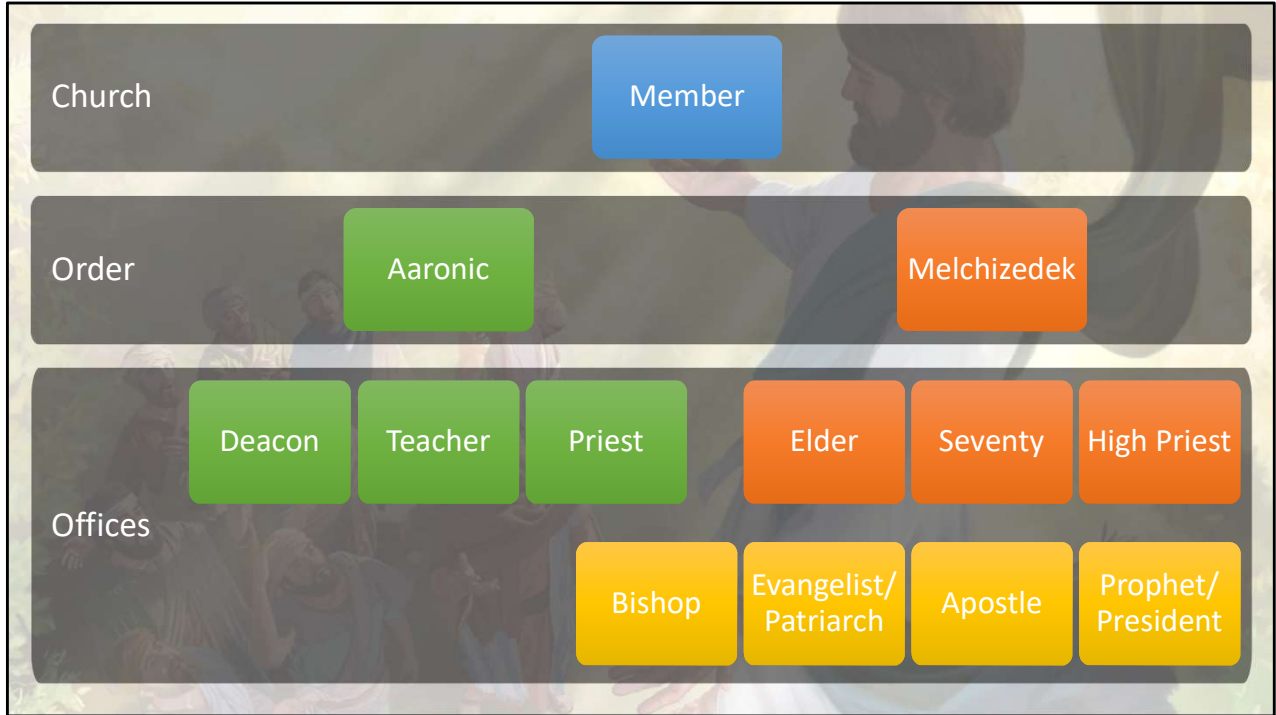
...¹⁴)That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive; ¹⁵)But speaking the truth in love, may grow up into him in all things, which is the head, even Christ;

1 Corinthians 12:27-29

12:27 Now ye are the body of Christ, and members in particular. **12:28** And **God** hath set some in the church, first **apostles**, secondarily **prophets**, thirdly **teachers**, after that miracles, then gifts of healings, helps, governments, diversities of tongues. **12:29** Are all apostles? are all prophets? are all teachers? are all workers of miracles? **12:30** Have all the gifts of healing? do all speak with tongues? do all interpret? **12:31** But covet earnestly the best gifts: and yet shew I unto you a **more excellent way**.

Examples Calling and Ordaining

- Jesus said...“I have chosen you, and ordained you...” [John 15:16; Luke 6:12-13]
- Seven men were set aside for daily ministrations and sacrament [Acts 6:1-6]
- Paul and Barnabas set aside by the laying of hands [Acts 13:1-3; 14:14]
- To confirm souls and watch over the church [Acts 14:21-23, Acts 20:28]
- Paul set aside to minister of Jesus Christ and the Gospel [Romans 15:15-16]
- A number of men set aside for apostleship [Acts 1:25-26; 2:42-43; Rom 16:7; 1 Cor 4:6, 9; Gal 1:19, 1 Ths 1:1, 2:6]
- Alma ordained priests and elders by the laying on hands to preside and watch over the Church [Alma 4:1]
- Jesus ordained Nephites and taught them how to ordain others [Moroni 3:1-3]



1. What is Authority?

The right or power to act



A gift that can't be earned



[John 15:16]

¹⁶Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit

2. What is an Ordinance?



Think of the Passover and how this was meant to help Israel remember God

2. What is an Ordinance?



Ordinances help us:

- Remember God
- Consecrate our life
- Worship Him

They involve:

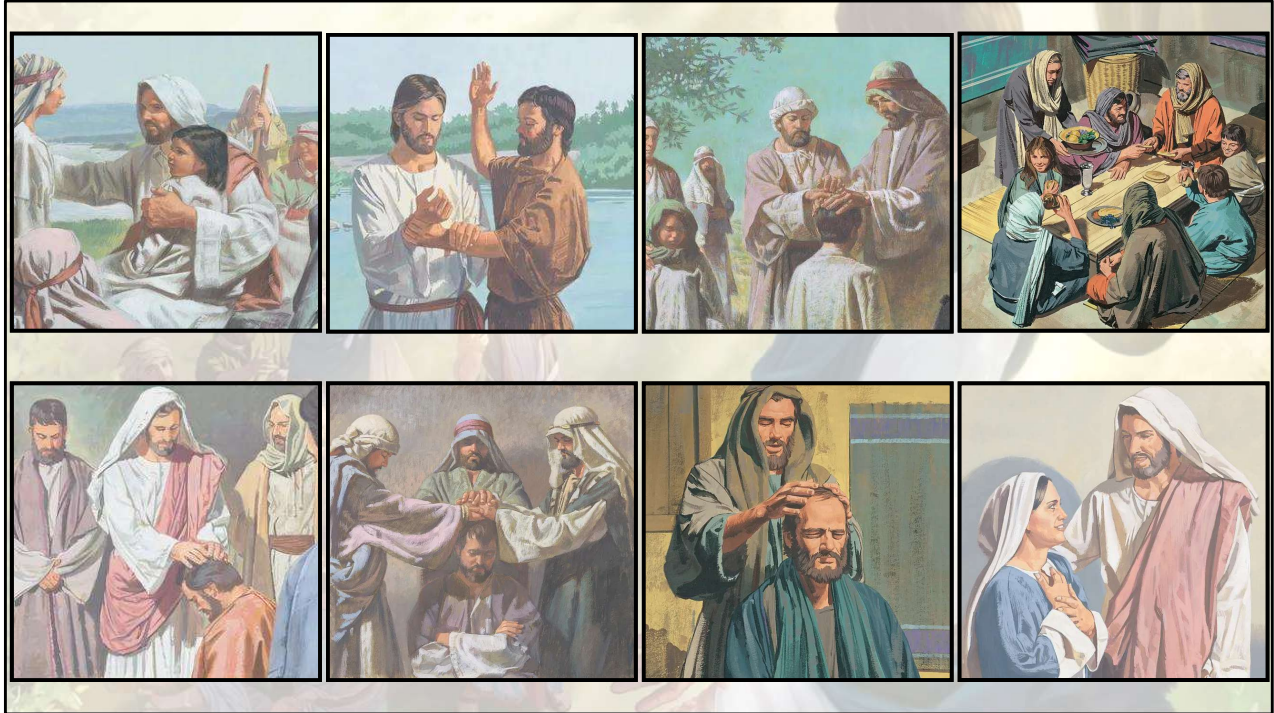
1. Sacrifice
2. Authority
3. Symbols

Ordinances are means for us to remember God and His sacrifice and to consecrate our life to Him

- Ordinances show us what kind of life we are to live, namely to become a living sacrifice
- They are our highest forms of worship
- “They shall therefore keep mine ordinance, lest they bear sin for it, and die; therefore, **if** they profane not mine ordinances, I the Lord **will** sanctify them.”
Leviticus 22:9

Sec 83:3c: ^{3c)}Therefore, in the ordinances thereof the power of godliness is manifest;

- and without the ordinances thereof, and the authority of the priesthood,
- the power of godliness is not manifest unto men in the flesh;
- for without this, no man can see the face of God, even the Father, and live.



1. Baby blessing
2. Baptism
3. Confirmation
4. The Lord's Supper
5. Ordination
6. Administration
7. Patriarchal blessing
8. Marriage

3. What is Reconciliation?



The process of reconciliation is an important part of being a member. It is as follows:

1. Before we partake of the sacrament, we must first examine ourselves to see if we have angst with a brother or sister. [Matthew 5:25-26]
2. If a member has trespassed against another, or if they know someone has trespassed against them, then they must go to that individual alone in order to reconcile. [Matthew 18:15]
3. If there is no reconciliation, then they must bring a witness with them. [Matthew 18:16; Sec 42:23a]. However, this witness ought to be a teacher, and if they cannot find a teacher, then a deacon. [Rules of Order, Sec.158:3]. It's imperative that the witness only hear the grievance in the presence of the other party and not before then.
4. If there is no reconciliation, then that individual can go before the presiding officer [Matthew 18:17] who will then direct the teacher or teachers to labor diligently with the offending party in effort to bring reconciliation. The teacher specifically has this responsibility as described in Sec 17:11.
5. If there is no reconciliation, then that individual can call an Elders' Court [Sec 42:23]. However, no Court should act unless the proper labor has been performed as outlined above and in General Conference Resolution No. 608. To learn more about the Elders' Court, study pages 108-124 in Gomer T. Griffith's *The Interpreter*.

It should be noted that some branches will handle this process differently as some will not allow for an Elders' Court.

- Moreover, once the Church is fully organized, the processes of reconciliation may also include a Bishop's Court [Sec 104:32-33] and a High Council [Sec 99, 104:35].
- Go deeper by studying pages 108-134 in *The Interpreter*.

What is the Church?



What is the Church?

- The word Church, means a call to assemble.
- The church is not the building,
- it's the people, the authority and the ordinances.

There three aspects of the Church that we must discuss:

1. Authority – right and power to act, a gift that cannot be earned
2. Ordinances – help us remember God, give our life to Him, and worship Him
3. Reconciliation – come back into unity with our brothers and sisters.



The Great Commission

Matthew 24:32 And again, this gospel of the kingdom shall be preached in all the world, for a witness unto all nations, and then shall the end come, or the destruction of the wicked.



Mat 28:17-19

¹⁷)And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth.¹⁸)Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost;¹⁹)Teaching them to observe all things whatsoever I have commanded you; and lo, *I am with you always*, unto the end of the world. Amen.

Mar 16:14-21

¹⁴)And he said unto them, Go ye into all the world, and preach the gospel to every creature.

¹⁵)He that believeth and is baptized, shall be saved; but he that believeth not, shall be damned.

¹⁶)And these signs shall follow them that believe;

¹⁷)In my name shall they cast out devils; they shall speak with new tongues;

¹⁸)They shall take up serpents; and if they drink any deadly thing, it shall not hurt them;

¹⁹)They shall lay hands on the sick, and they shall recover.

²⁰)So then, after the Lord had spoken unto them, he was received up into heaven, and sat on the right hand of God.

²¹)And they went forth and preached everywhere, the Lord working with them, and confirming the word with signs following. Amen.

Who shall be His Children?

Those who believed



Looked for a remission



Those who share the Gospel



Mos 8:39-53 tells us who Christ's children are

- Those who believed the Lord would redeem His people
- Those who have looked forward for a remission of their sins
- Those who share the gospel

Extra notes from Mos 8:39-53 – Sharing the Gospel

1. **Proclaim peace!** God sent His Son to die for our sins. To show us He's not at war with us.
2. **Bring good tidings of good!** God raised His Son from the dead so that we too can have victory over the grave.
3. **Proclaim salvation!** Because Jesus died for our sins and rose again, the way of salvation has been prepared. He is the way.
4. **Say God reigns in Zion!** Jesus will come again, and this time He will reign as King. Until then, we're in enemy territory. Our job is sabotage.

How do we do this?



How do we do this?

1. By the way that we live [Daniel is without occasion or fault | Brother Carmichael's testimony and how he picked apples.]
2. By lifting up our voice [King Benjamin | Nancy's sister and the Book of Mormon].

Remember this life is all about relationships.

- Start with people you know like friends and family.
- Find ways to share by building friendships with others.



Zion

Genesis 7:23 And the Lord called his people, Zion, because they were of one heart and of one mind, and dwelt in righteousness; and there were no poor among them.

Zion is a refuge from the storm. It is a place of gathering. Of righteousness, peace, and joy.



Enoch was a young man, and in his day, the world was growing dark with sin

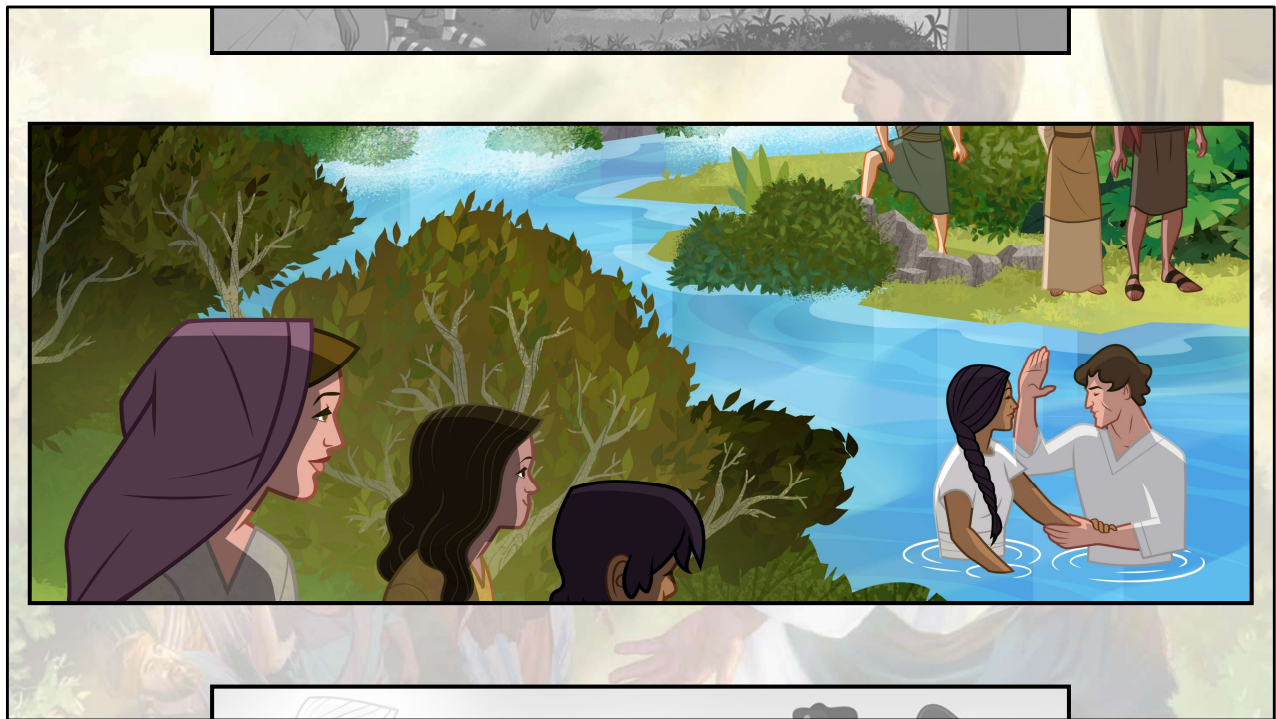
- Their hearts waxed hard (unloving)
- Their ears were dull of hearing (proud)
- Their eyes couldn't see (selfish)

God appeared to Enoch and called Him to preach the gospel of Christ



Enoch had a stuttering problem, but after the Lord called Him, Enoch was able to speak in mighty power.

- People would come from all over just to hear him talk



The people became righteous.

- They started to live with one heart and one mind in Christ
- Not just collectively, but individually within themselves
- There wasn't any poor because they took care of each other



The people decided to gather and build a city.

- The Lord then called them Zion, because of their righteousness
- Jesus walked with them daily
- Finally, after 365 years, God took Zion from the earth to dwell with Him.
- This same city will return once we are finally ready for it.



Isaiah and other prophesized of it's return before Jesus returns.

- We're sort of like Israel.
- God delivered us from the world, He has provided us the way to conquer death through Christ,
- Now He wants to make us a great nation.
- But will we allow Him to do so?

The world is filled with sin, hatred, pain, and brokenness.

- However, God promised us a physical Kingdom of God, a city called Zion [Isa 60:1-2, 14],
- which would be a place of refuge, safety, and healing [Isaiah 2:2-4, Isaiah 11:6-9].

Genesis 7:70-72

⁷⁰)And righteousness and truth will I cause to sweep the earth as with a flood, to gather out mine own elect from the four quarters of the earth, unto a place which ***I shall prepare***; an holy city, that my people may gird up their loins, and be ***looking forth*** for the time of my coming; for there shall be my tabernacle, and it shall be called Zion; a New Jerusalem. ⁷¹)And the Lord said unto Enoch, Then shalt thou and all thy city meet them there; and we will receive them into our bosom; and they shall see us, and we will fall upon their necks, and they shall fall upon our necks, and we will kiss each other; ⁷²)And there shall be mine abode, and it shall be Zion...



When God delivered Israel out of Egypt,

- He presented before them a glorious future because He knew that they would always desire to turn backward to world they had just left.
- In particular, He promised them a land, a nation, and a blessing that through them would all the families of the earth be blessed.

God has done the same for us today.



God promised Israel:

1. A Land
2. A Nation
3. A Blessing

When God delivered Israel out of Egypt,

- He presented before them a glorious future because He knew that they would always desire to turn backward to world they had just left.
- In particular, He promised them a land, a nation, and a blessing that through them would all the families of the earth be blessed.

God has done the same for us today.

God promised Israel:

1. A Land
2. A Nation
3. A Blessing

God has promised us:

1. Eternal life [a land]
2. Zion [a nation]
3. The Gospel [a blessing]



God has done the same for us today.

- He has delivered us from death and from sin, and promised us
 - eternal life with Him [a land],
 - Zion [a nation], and
 - that through the testimony of His people, all the earth will know of the life and immortality that God has for them through the Gospel [a blessing].
- In particular, that the world might see that there is a better way to live, one that is centered upon the Lord Jesus Christ.



When God delivered Israel out of Egypt,

- He presented before them a glorious future because He knew that they would always desire to turn backward to world they had just left.
- In particular, He promised them a land, a nation, and a blessing that through them would all the families of the earth be blessed.

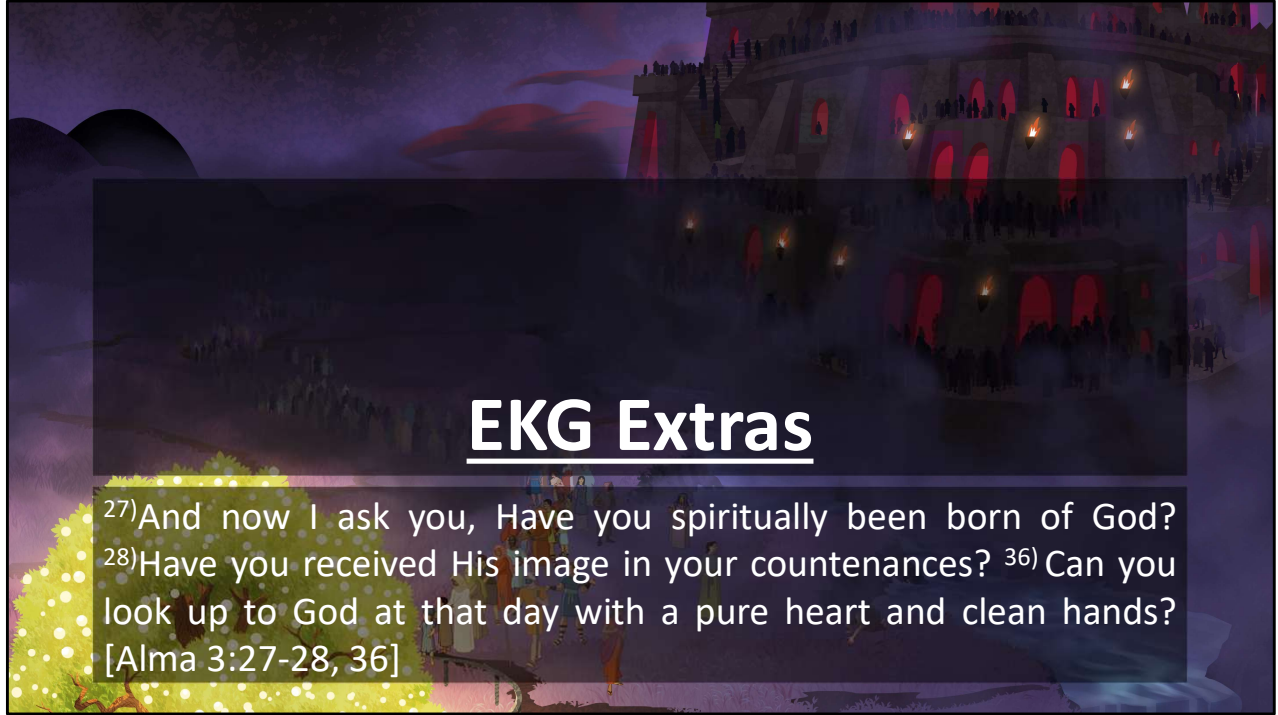
God has done the same for us today.

- He has delivered us from death and from sin, and promised us
 - eternal life with Him [a land],
 - Zion [a nation], and
 - that through the testimony of His people, all the earth will know of the life and immortality that God has for them through the Gospel [a blessing].
- In particular, that the world might see that there is a better way to live, one that is centered upon the Lord Jesus Christ.



Five steps to Creating Zion conditions

1. Do not try to dominate the Church or use the Church for your own purposes.
2. Acquire and cultivate the power to put yourself in the other person's place.
3. Don't look for perfection in people. Look on others, not as they are, but as they can be. Determine to hold no secret criticism. Stop looking for slights. Expect the best from others not the worst.
4. Determine to settle differences as they arise, do not let them get cold. Don't just counsel patience, but right the injustice.
5. Be willing to decide with the group against yourself. Remember we are organs for one another. Don't allow yourself to become petty, be bigger than that.



EKG Extras

²⁷⁾And now I ask you, Have you spiritually been born of God?
²⁸⁾Have you received His image in your countenances? ³⁶⁾Can you
look up to God at that day with a pure heart and clean hands?
[Alma 3:27-28, 36]

A time to prepare to meet God [Alma 9:40-41]

⁴⁰⁾And we see that death comes upon mankind...nevertheless there was a space granted unto man, in which he might repent;

⁴¹⁾Therefore this life became a probationary state; a time to prepare to meet God; a time to prepare for that endless state, which has been spoken of by us, which is after the resurrection of the dead.

EKG Extras



1. Eternal Life



2. Soldier of Christ

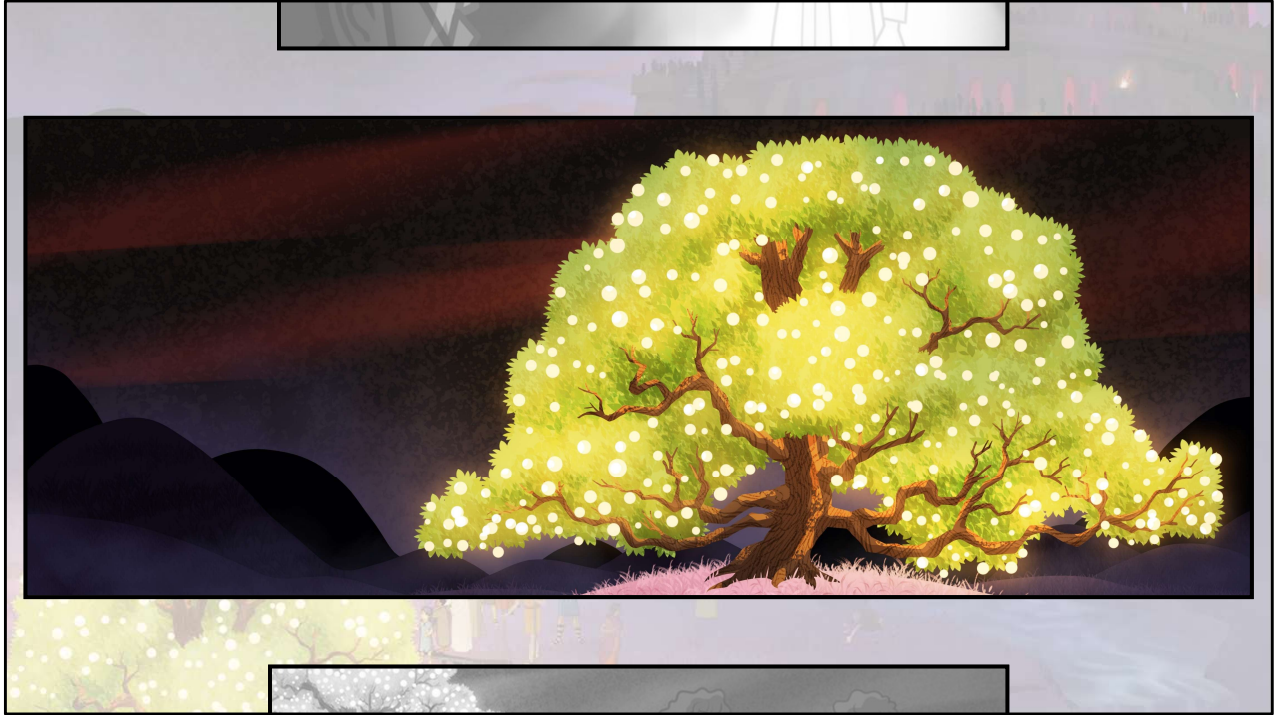


Eternal life is both complex and simple. This is the simple version.

- To tell the story of eternal life, I would like to revisit the tree of life
- This story aligns perfectly with the parable of the sower in Matt 13, Mark 4, & Luke 8
- Think of sowing grass seed...



The Lord has invited you to on a journey, just as He did with Lehi.



The final destination, is the tree of life, or eternal life with Him.

- Now the choice is yours
- And there are four different ways that we can respond



The Wayside [Matthew 13:17-18]

17 Hear ye therefore the parable of the sower. **18** When any one heareth the word of the kingdom, and ***understandeth not***, then cometh the wicked one, and catcheth away that which was sown in his heart; this is he who ***received seed by the wayside***.

Revelation 20:10, 14-15

10 And ***the devil*** that deceived them was cast into ***the lake of fire and brimstone***, where the beast and the false prophet are, and shall be tormented day and night forever and ever... **14** And death and hell were cast into the lake of fire. This is the ***second death***. **15** And whosoever was not found written in the book of life was cast into the lake of fire.

Rev 21:8

8 But the fearful, and unbelieving, and abominable, and murderers, and whoremongers, and sorcerers and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone; which is the second death.

Rev 19:20

20 And the beast was taken, and with him the false prophet that wrought miracles before him, with which he deceived them that had received the mark of the beast, and them that worshiped his image. These both were cast alive into a lake of fire burning with brimstone.

DC 76:4



Stony Ground [Matthew 13:19]

¹⁹)But he that received the seed into stony places, the same is he that heareth the word and readily with joy receiveth it, yet he hath not root in himself, and endureth but for a while; for when tribulation or persecution ariseth because of the word, by and by he is offended.

1 Corinthians 15:40-42

40 Also ***celestial*** bodies, and bodies terrestrial, and bodies telestial; but the glory of the celestial, one; and the terrestrial, another; and the telestial, another. **41** There is ***one glory of the sun*** [Celestial], and another glory of the moon [Terrestrial], and another glory of the stars [Telestial]; for one star differeth from another star in glory. **42** So also is the resurrection of the dead. It is sown in corruption, it is raised in incorruption;

DC 76:7



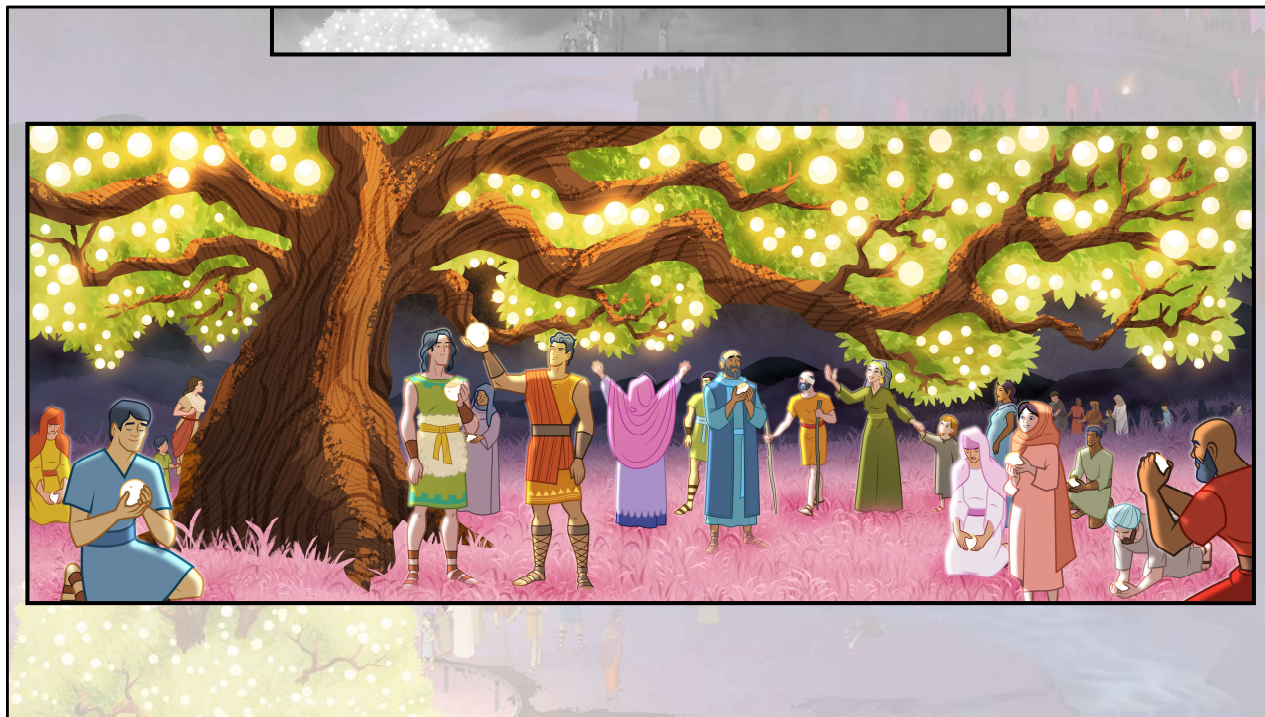
Thorny Ground [Matthew 13:20]

20 He also who received seed among the thorns, is he that ***heareth the word*** and the care of this world, and the deceitfulness of riches, ***choke*** the word, and he becometh ***unfruitful***.

1 Corinthians 15:40-42

40 Also ***celestial*** bodies, and bodies terrestrial, and bodies telectual; but the glory of the celestial, one; and the terrestrial, another; and the telectual, another. **41** There is ***one glory of the sun*** [Celestial], and another glory of the moon [Terrestrial], and another glory of the stars [Telectual]; for one star differeth from another star in glory. **42** So also is the resurrection of the dead. It is sown in corruption, it is raised in incorruption;

DC 76:6



Good Ground [Matthew 13:21]

21 But he that received seed into the ***good ground***, is he that heareth the word and understandeth and endureth; which also beareth fruit, and bringeth forth, some an hundred-fold, some sixty, and some thirty.

1 Corinthians 15:40-42

40 Also ***celestial*** bodies, and bodies terrestrial, and bodies telectual; but the glory of the celestial, one; and the terrestrial, another; and the telectual, another. 41 There is ***one glory of the sun*** [Celestial], and another glory of the moon [Terrestrial], and another glory of the stars [Telectual]; for one star differeth from another star in glory. 42 So also is the resurrection of the dead. It is sown in corruption, it is raised in incorruption;

DC 76:5

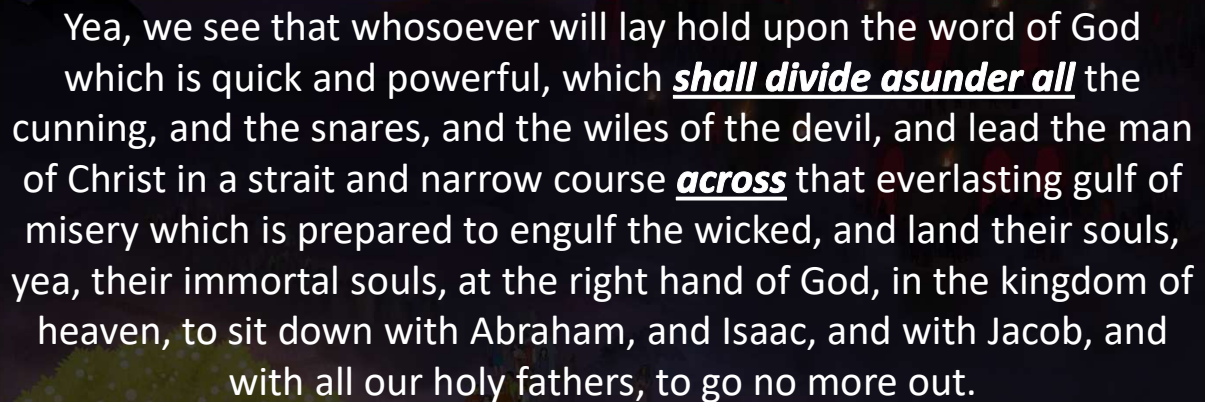


The vision of the tree of life is in perfect harmony with the parable of the Sower:

- Those who chose the great and spacious building were like the seed that fell on the wayside
- Those who started on the path but left it once darkness came are like the seed that fell on stony ground
- Those who reached the tree but were ashamed are like the seed that fell on thorny ground (the world choked their fruit)
- Those who knelt at the tree are like the seed who fell on good ground.

The ground is really just the condition of our heart.

- I have been all of these different grounds at one point or another
- What is the condition of your heart (EKG)



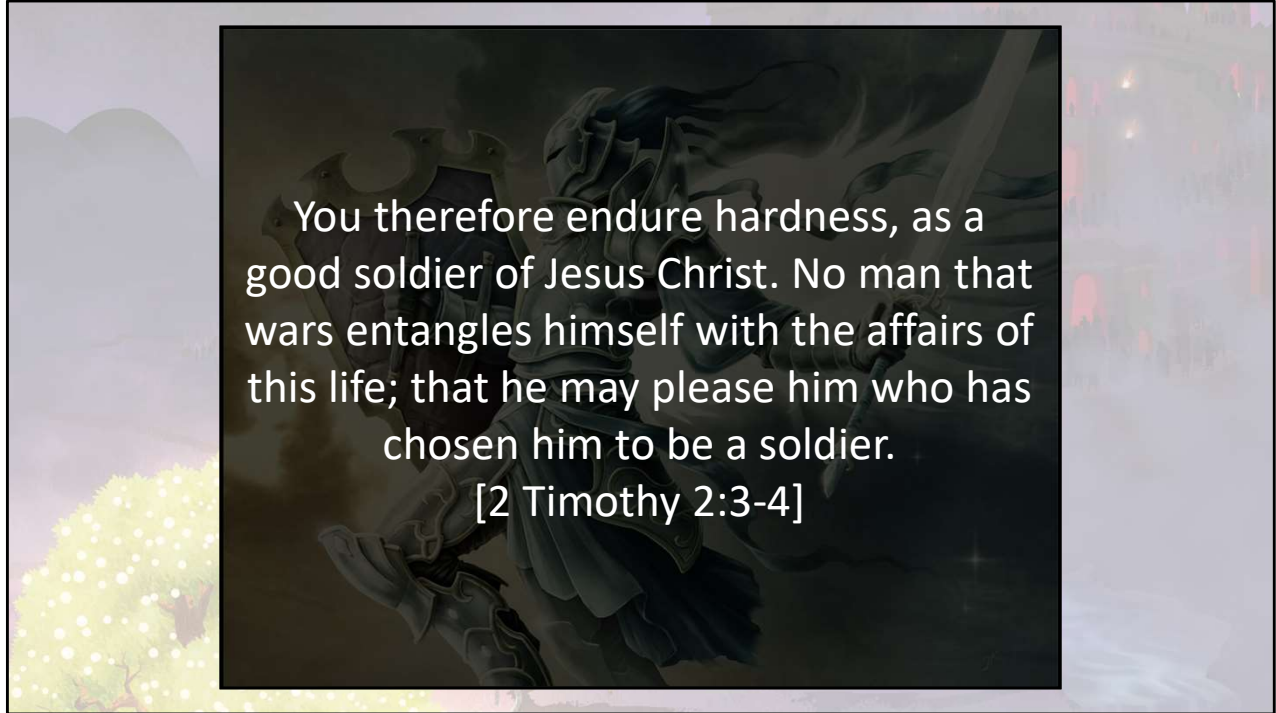
Yea, we see that whosoever will lay hold upon the word of God which is quick and powerful, which ***shall divide asunder all*** the cunning, and the snares, and the wiles of the devil, and lead the man of Christ in a strait and narrow course ***across*** that everlasting gulf of misery which is prepared to engulf the wicked, and land their souls, yea, their immortal souls, at the right hand of God, in the kingdom of heaven, to sit down with Abraham, and Isaac, and with Jacob, and with all our holy fathers, to go no more out.

[Helaman 2:26]

There are times when Michael is enticed by an object that is across the room, or even on the other end of the house. He will immediately take off in pursuit of this object, but before he gets there, other items around the room will pull his attention away from his end goal, until he forgets about that initial object completely.

We are like this as well. God has laid before us the ultimate gift of eternal life with Him. He promises us through His Spirit, His Word, His Voice, etc. joy, peace, majesty, glory, honor, etc. He does this just as He did with Lehi and the tree of life. However, we don't truly know the height, width, and depth of this amazing gift until we actually experience it for ourselves. Thus, we are reliant upon our vision, our faith, our hope. This is where Satan comes in for he desires to distort our vision, shake our faith, and destroy our hope. However, he doesn't often do this in a way that we expect. Instead, he will lay things before our path to pull us away from our end goal, just like what happens to Michael. He will put harmless things before us, books, video games, movies, sports, status, career, love, etc. If we are not careful, we will lose our vision, faith, and hope. This is not because we are necessarily bad or desperately wicked, but rather because we have lost sight of God and His love for us.

We see this dynamic clearly in Helaman 2:26. We also see how to make it through.



You therefore endure hardness, as a good soldier of Jesus Christ. No man that wars entangles himself with the affairs of this life; that he may please him who has chosen him to be a soldier.

[2 Timothy 2:3-4]

When you enter into a covenant with God in the waters of baptism, you are enlisting in His army.

- You are now a soldier of Christ.
- When you become a soldier, you start to stand out in comparison to the world
- The enemy, Satan, is now going to try to keep you from the fight.



Satan wants to keep you out of the fight. He wants to either...

1. make you think you're not in a war [endless fantasy],
2. demoralize so that you're ineffective [FADS],
3. cause you to go off course and miss the true battle [Pride]

Spiritual warfare [2 Corinthians 10:3-5]

Though we live in this temporal world, the war we are in is a spiritual one. The tactics are different, and the stakes are so much higher. These temptations follow the same ones that Jesus faced in the wilderness [Mat 4:1-10]

1. The slow poison of an endless fantasy (temptation of bread)
2. Fear, accusation, doubt, shame (FADS) (if you be the son of God...)
3. Pride, deception, temptation (I will give you all these kingdoms)

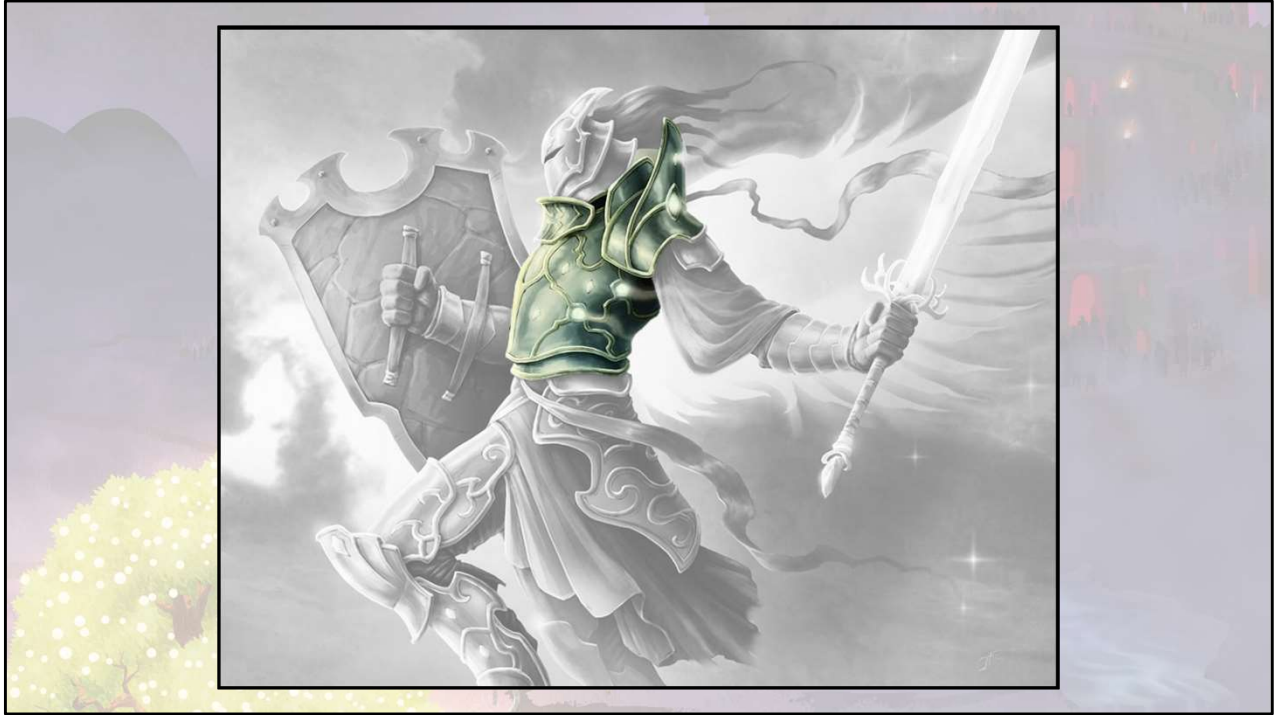
Satan wants to distract us from the end goal... He wants to

1. Distort our vision
2. Shake our faith
3. Destroy our hope



Belt of truth [John 8:32, John 14:6]. Truth puts things in perspective

1. Time matters, don't waste it
2. Your identity and your value is in Christ
3. Unworthy not worthless



Breastplate of righteousness [Rom 14:17] What does a breastplate protect?

1. Protect your heart
 2. Protect against accusation (i.e., Satan can't accuse you of something you've never done)
 3. Keep you pure and unspotted
- Right living with God guards our heart



Feet shod with the Gospel of peace [Mos 8:47-54, D&C 85:20] What do shoes protect?

- Our feet are essential, they carry us everywhere, including into battle.
 - It's important that we watch the places that we go and the things that we say
1. Don't go where God cannot reach you
 2. Be like Joseph of Egypt and flee temptations
 3. What do we leave in our wake or path? Do we leave it in a better place than when we found it?

Peace helps guide our decisions and impacts others



Shield of faith [Hel 2:74-75] What does a shield protect? Our body

- The shield of faith is our first line of defense against Satan's attacks
- Faith in Christ will allow us to overcome all the temptations that Satan can throw at us

Faith empowers what we believe about God's truths



Helmet of salvation [Phs 4:6-9, Eth 5:4] What does a helmet protect? Your head/mind

- As a man thinks so is he. Our thoughts will eventually become our actions and destiny.
- We can control our thoughts by sending out the bad ones, and keeping the good ones.

Salvation gives us hope to endure

We are to think on whatever is:

- True
- Honest
- Just
- Pure
- Lovely
- Of good report
- Virtuous
- Praise



Sword of the Spirit [Hel 2:26] What does a sword do? This is our only weapon of attack.

- The sword of the Spirit is the Word of God. It's the testimony of Jesus. It's the scriptures
- When Satan tempted Jesus in the wilderness, Jesus fought back with the scriptures.
- The scriptures teach us all things that we should do, this will give you power to overcome.

The word gives us a weapon to fight back.



Satan wants to distract us from the end goal... He wants to

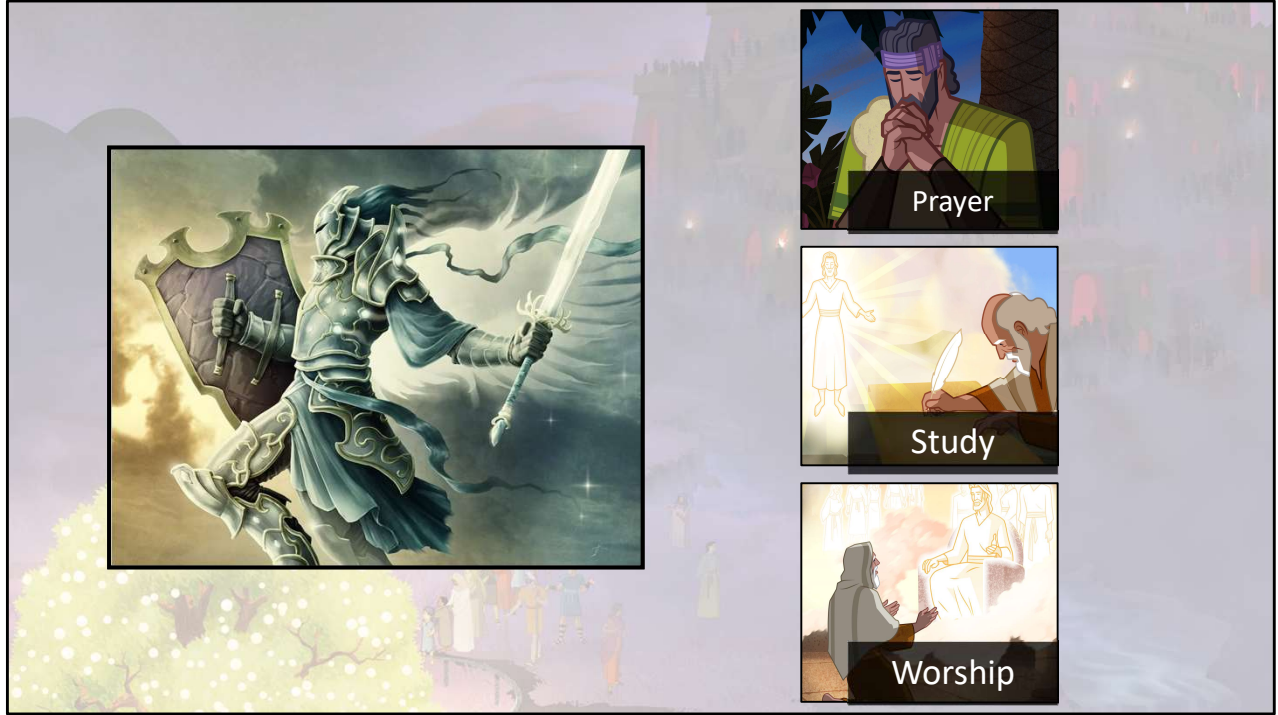
1. Distort our vision with endless fantasy
2. Shake our faith with FADS
3. Destroy our hope with pride, deception, and temptation

For example... I struggled with video games, books, sports.

1. Belt of Truth – tells me that I am precious
2. Breastplate – protects me from giving my heart to these things
3. Feet shod with Peace – keeps me from spending time in these things above serving the Lord
4. Shield – protects me against the temptation to fall back
5. Helmet – protects me from thinking that this is too hard and that Christ isn't worth it
6. Sword – allows me to fight back, to prove that God is good and that He is worth it



If you want to put on the Armor of God, and keep it on then practice the Transformative Twelve:



The Transformative Twelve:

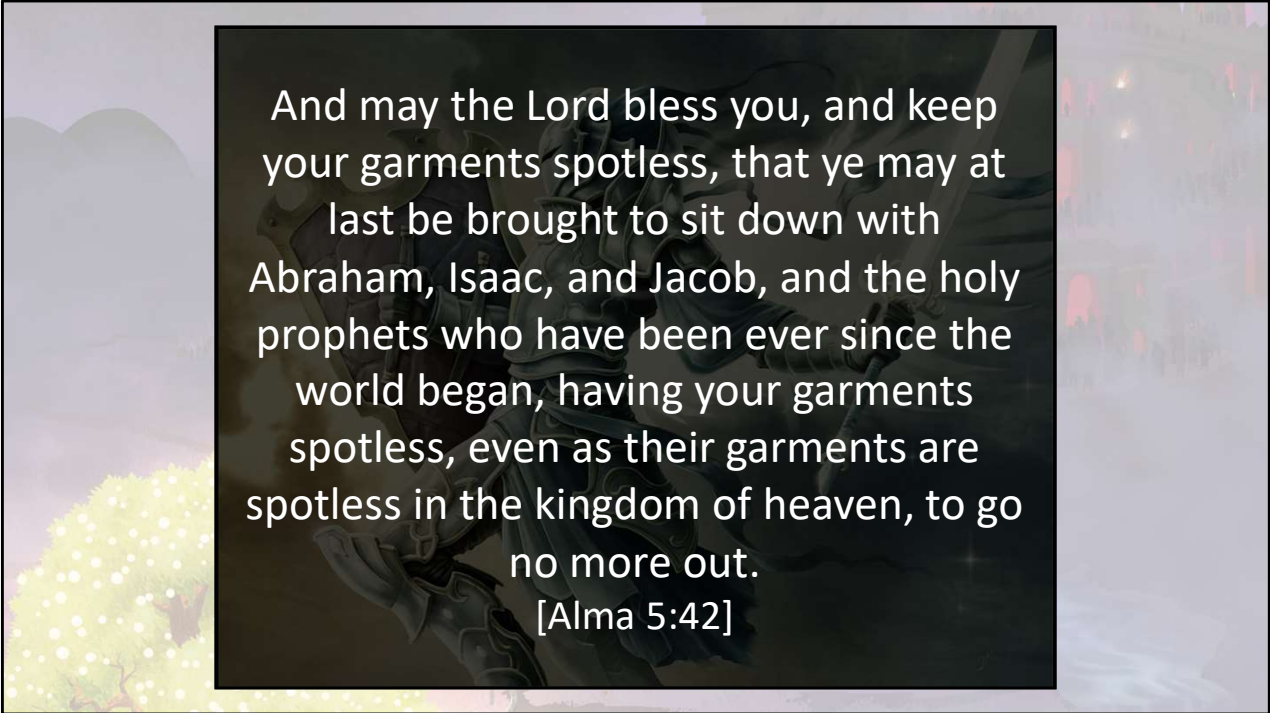
1. Four minutes of Prayer
2. Four minutes of Study
3. Four minutes of Worship

These 12 minutes total ($4 + 4 + 4 = 12$) per day will transform you life



Remind them of the tuning fork example.

- A tuning fork will resonate with a second tuning fork if it is close, still, and in tune (of the same frequency).
- Similarly, we can resonate with the power of God if:
 1. We come close to God
 2. We are still
 3. We are in tune with God



And may the Lord bless you, and keep
your garments spotless, that ye may at
last be brought to sit down with
Abraham, Isaac, and Jacob, and the holy
prophets who have been ever since the
world began, having your garments
spotless, even as their garments are
spotless in the kingdom of heaven, to go
no more out.

[Alma 5:42]