

Worth of Souls

A Deep Dive into Living the
Gospel of Jesus Christ



We Are At War



”When we face such temptations in our time, we must declare, as young Nephi did in his, “[I will] give place no more for the enemy of my soul.” We can reject the evil one. If we want it dearly and deeply enough, that enemy can and will be rebuked by the redeeming power of the Lord Jesus Christ.”



Resources

Becoming Spiritually Centered By Brother
James Cox - www.nmiut.com

Becoming Christ Centered By Peter Samona
www.becomingchristcentered.com

Our Website - WorthOfSoulsPodcast.com

Follow Us On  &  - [@WorthOfSoulsPodcast](https://www.instagram.com/WorthOfSoulsPodcast)



Put Together Your Own Study Group!

Brent & Andrea Palmer



9 Months



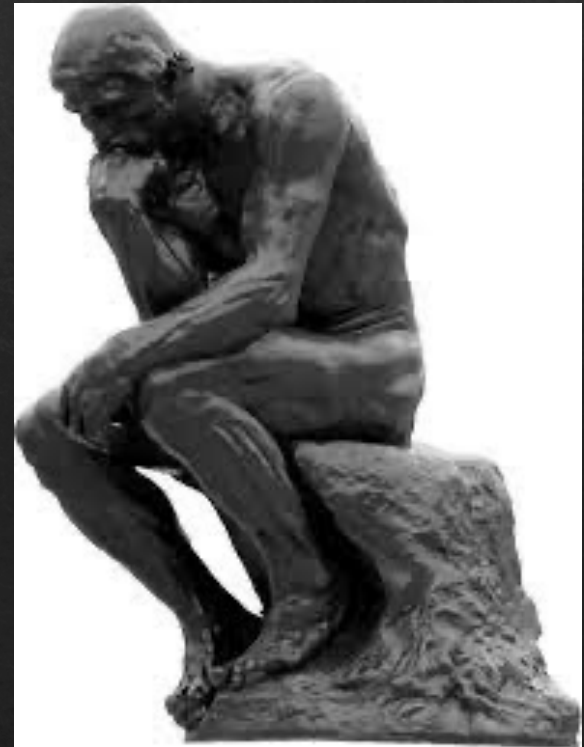
What is a Thought Habit?

Physical Habits



Thought Habit/Paradigm
How We Respond To The Events Of The Day

“A noble and God-like character is not a thing of favor or chance, but is the natural result of continued effort in right thinking, the effect of long-cherished association with God-like thoughts.” – *James Allen*



Worth of Souls

Lesson 1



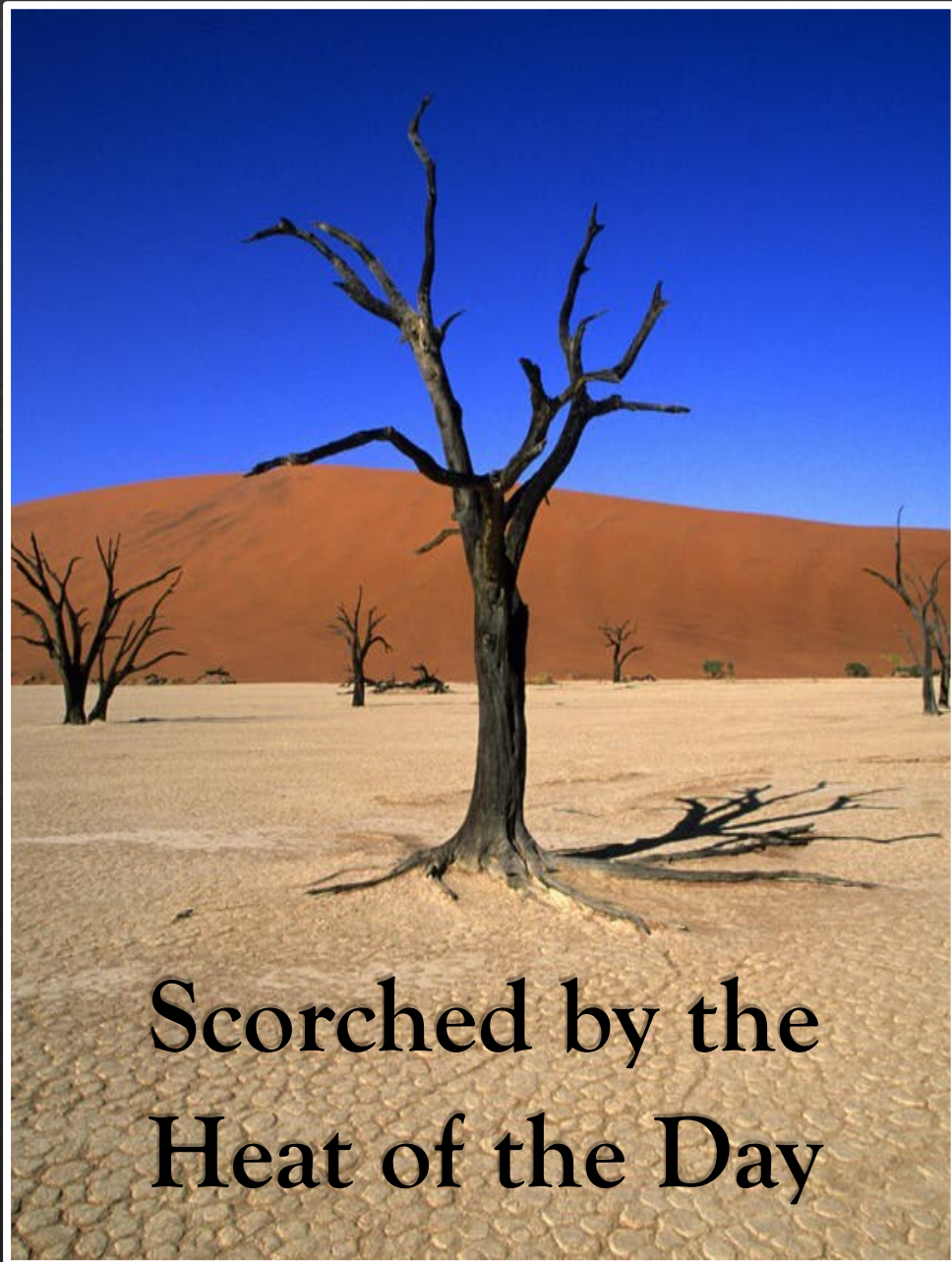
☪ Introduction pt.1 ☪
The Three Worlds

Sources of Truth

Scriptures

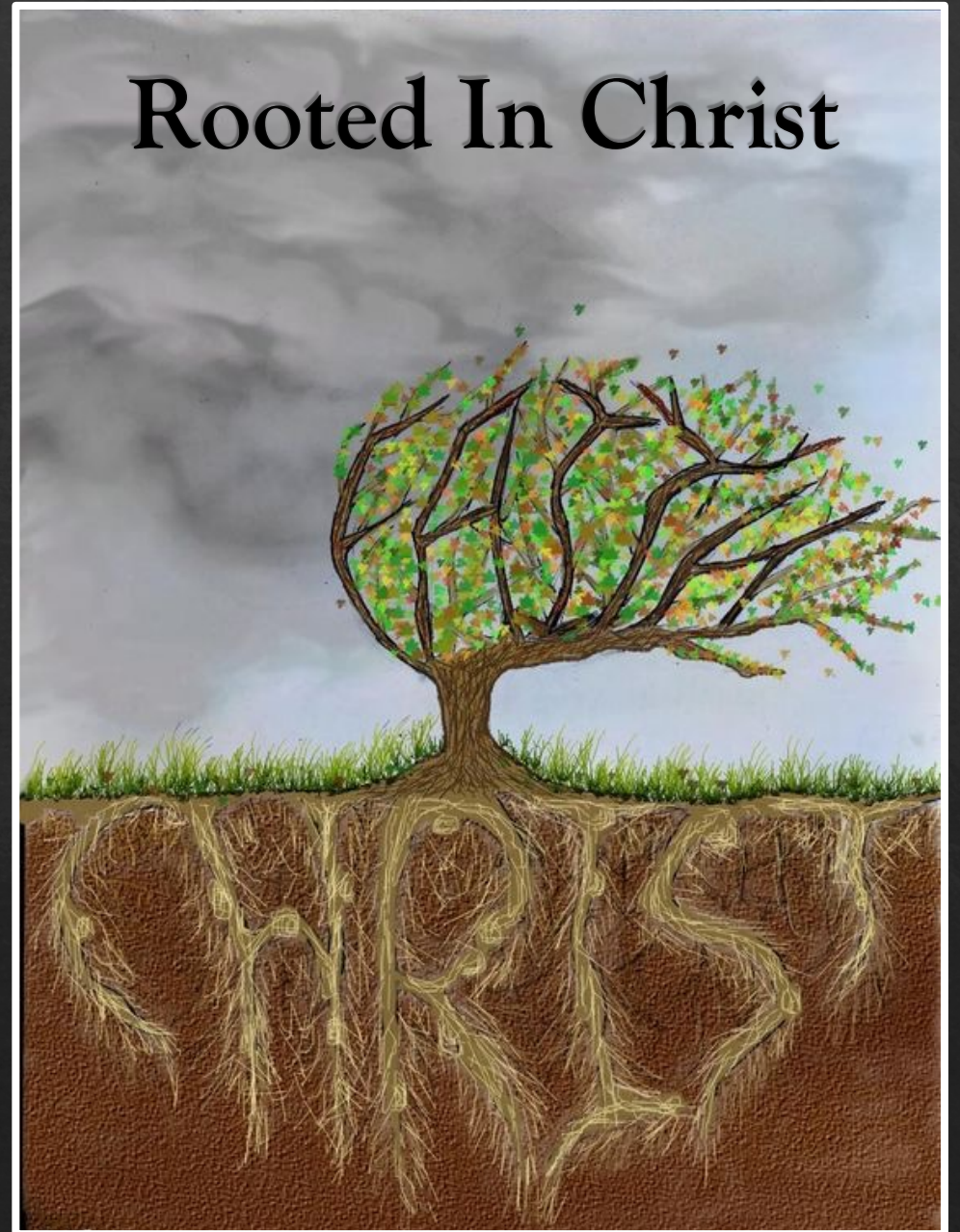
Prophets and Apostles

Personal Revelation



Scorched by the
Heat of the Day

OR



Rooted In Christ

How Do You Respond When...?

Your Son Calls
You From Jail

Teenage Son
Comes in 3
Hours Late

Your Mother
to Tell You S

The IRS Garnishes
Your Paycheck

You Hate Your Job
and/or Boss

You Are a Single
Parent Burning the
Candle at Both Ends

You Are Constantly
Fighting With Your
Family About Politics

Dispute With
Another Member of
Your Ward

Im

One of Your Young
Women Tells You
She's Transgender

Babies
Not Sleep

Why Are We Here?

“Adam fell that men might be; and men are, that they might have JOY.” – *2 Nephi 2:25*

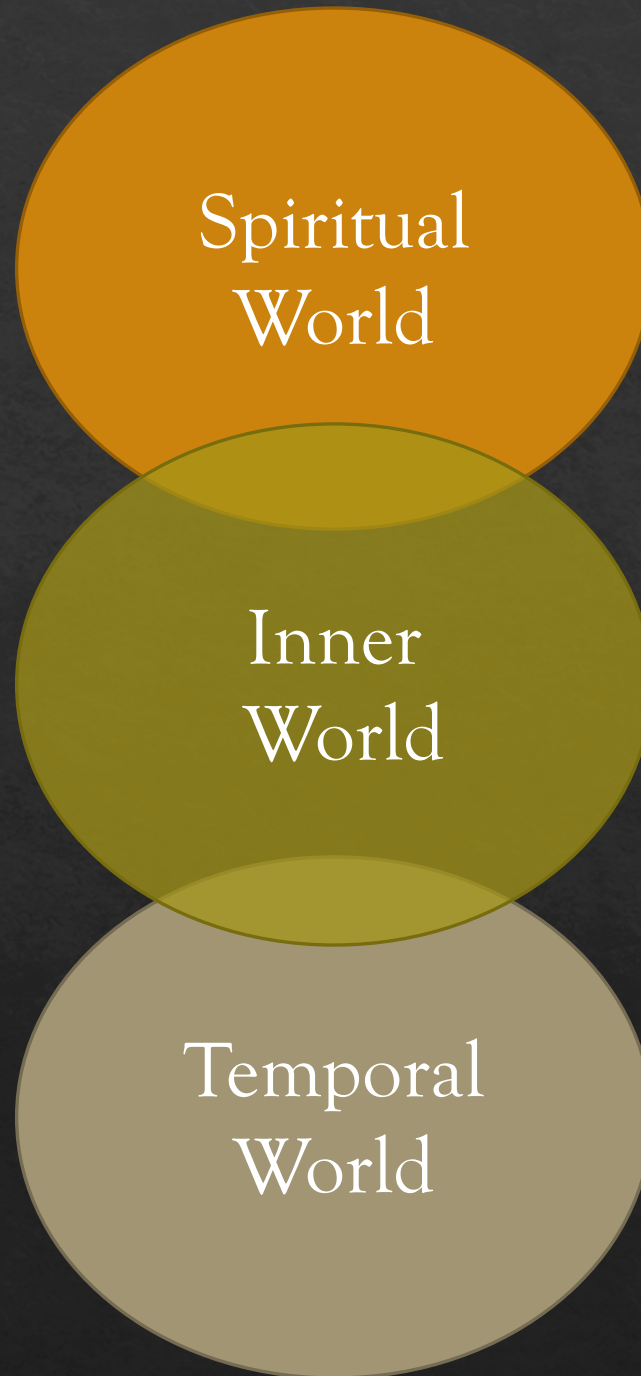


“Saints can be happy under every circumstance. We can feel joy even while having a bad day, a bad week, or even a bad year! My dear brothers and sisters, the joy we feel has little to do with the circumstances of our lives and everything to do with the focus of our lives.” – *Nelson, “Joy and Spiritual Survival,” Oct 2016*

Is Getting Onto the Path Enough?

“Wherefore, ye must press forward with a steadfastness in Christ, having a perfect brightness of hope, and a love of God and of all men. Wherefore, if ye shall press forward, feasting upon the word of Christ, and endure to the end, behold, thus saith the Father: Ye shall have eternal life.” – *2 Nephi 31:20*

The Three Worlds



- Heavenly Father/Mother, Christ
- Holy Ghost/Angels
- Power of the Priesthood, High Feelings of Self-Worth, Peace, Joy
- Solutions to ALL Problems

- Two Faculties – MIND & HEART (D&C 8)
- Temple President of Your Temple (1 Cor. 3)
- This is where you make the choice to be Spiritually Focused or Temporally Focused

- Eat, Sleep, Exercise, Watch TV
- Work, Pay Bills, School
- Physical Pain, Emotional Triggers
- ALL Problems Originate Here

What Does It Look Like To Be Temporally/Spiritually Focused?

Temporally Focused

- Only enjoy the weekend
- Get irritated when kids ask me simple questions
- Never have enough time
- Triggered by everyday tasks (laundry, dishes, work)
- Feeling pressure and anxiety most of the day
- Constantly turn to addictions (food, phone, etc.)
- Feeling overwhelmed/tired all the time
- Not sure if the Holy Ghost is with you
- Not sure if I'm on track for the Celestial Kingdom

Spiritually Focused

- Enjoy everyday
- Patient with kids most of the time
- Feel less stress, able to get everything done
- Happy to do everyday tasks for the Lord
- Feelings of self-worth increase
- Recognize the triggers that cause you to reach for your addiction
- Feel closer to Heavenly Father and Jesus Christ
- Know you are on track for exaltation
- Recognize the revelation that comes throughout your day

How Did Nephi Solve His Problem?

1 Nephi 18: 9-21

16 Nevertheless, I did look unto my God, and I did praise him all the day long; and I did not murmur against the Lord because of mine afflictions.



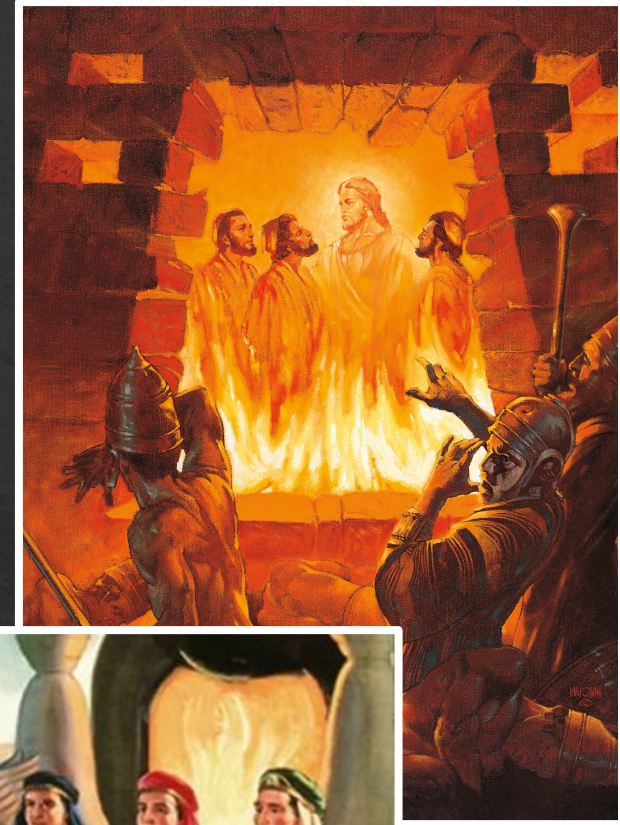
Nephi and His Family on the Ship



When you stay spiritually centered in the midst of an adversity, you release the power of Christ and miracles occur.

21 after I had prayed the winds did cease, and the storm did cease, and there was a great calm.

“But If Not”



How Would Nephi React When...?

Your Son Calls You From Jail

Teenage Son

Your Mother Tell You She Has Cancer

The IRS Garnishees Your Paycheck

You Hate Your Job and/or Boss

You Are a Single Parent Burning the Candle at Both Ends

Your Daughter

You Are Constantly Fighting With Your Family About Politics

Another Member of Your Ward

One of Your Young Women Tells You She's Transgender

Babies Not Sleep

The Three Worlds

Spiritual
World

Praise changes your focus

Inner
World

“It is mentally rigorous to strive to look unto Him in *every* thought. But, when we do, our doubts and fears flee.” Pres. Nelson
(Mind & Heart)

Temporal
World

How to Focus Spiritually

Pray Always

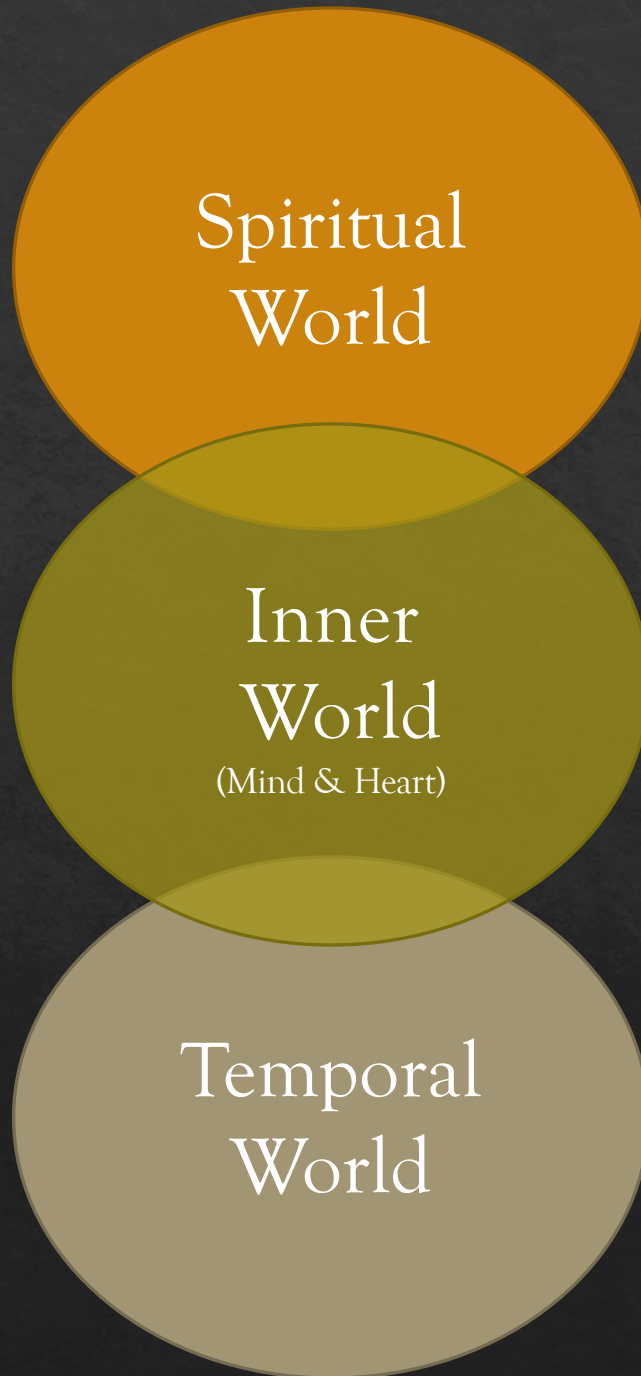
Alma 37: 36-37

36 Yea, and cry unto God for all thy support; yea, let all thy doings be unto the Lord, and whithersoever thou goest let it be in the Lord; yea, let all thy thoughts be directed unto the Lord; yea, let the affections of thy heart be placed upon the Lord forever.

37 Counsel with the Lord in all thy doings, and he will direct thee for good; yea, when thou liest down at night lie down unto the Lord, that he may watch over you in your sleep; and when thou risest in the morning let thy heart be full of thanks unto God; and if ye do these things, ye shall be lifted up at the last day.



Lesson 1 Challenges



Praise God

(remember Nephi's example)

Pray Always

**Praise God In ALL THINGS
Am I Focused Spiritually or
Temporally?**

**Listen to Guided Meditation
“The Three Worlds” at
WorthOfSoulsPodcast.Com**

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