

Worth of Souls

A Deep Dive into Living the
Gospel of Jesus Christ



Worth of Souls

Lesson 14



Thought Habit #12

Forgiving & Judging
Righteously Help Me
Progress

Review 1st & 2nd Great Commandments

“Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment.” – *Matt 22:37-38*

“And the second is like unto it, Thou shalt love they neighbor as thyself.” – *Matt 22:39*



What Did You Put On The Altar This Week?

- ~ Time for Study
- ~ Time for Prayer
- ~ Time/Effort to Change Thought Habits
- ~ Time to Carry Out Stewardship Assignments
- ~ “Some TV” – *Hinckley*
- ~ My Belief
- ~ Pride/My Will

“My wife was struggling with her testimony, neither of us can say how it started, but it went on for a couple of years. She wouldn’t reject family scripture study and family prayer, but she wasn’t invested in them. She looked for opportunities not go to church and we never made it to the temple together anymore, something ALWAYS got in the way. Her brother and his wife had left the church a few years earlier. She would mention how carefree their lifestyle seemed and that she was jealous of when they would go partying. Not only could I feel she was losing her testimony, but our relationship was falling apart also.

I prayed and fasted for her to have whatever experience was necessary to find her testimony again. One day the spirit whispered to me, “I’ll work on her. What sacrifices can YOU make?” I hadn’t ever thought about my sacrifices being able to have impact on her. But as I gave myself some space to think about that over the next few days, I came up with specific things I could put on the altar and made a commitment to the Lord that I would follow through out of my love for HIM. I committed to go to the temple every week. I committed to do a specific service for her every day. I committed to find five things everyday she was doing right. I committed to find JOY every day, and “doubt not, fear not”.

As the weeks passed, I started to see small improvements. She started singing the hymns casually around the house again. She started sharing thoughts in our family scripture discussions again. Then the big one came – one day she told me she wanted to go with me to the temple. My heart leapt with joy. I can’t point to any specific, “Alma the Younger type”, experience that caused her to turn a corner, but I can testify that the light of the gospel is back in her eyes again. Obviously, she used her agency to choose to get back into the light, but the spirit also witnesses to me that my love for her and the sacrifices I chose to make were a contributing factor. The Lord brought HIS PURE LOVE back into our home.” - Marc

12 Thought Habits Of Christ

1. Holy Ghost
Confirming Daily I
Am On The Path

2. Separating My
Worth from My
Performance

3. Using Daily
Performance For
Spiritual Growth

4. Viewing
Everything in this
World as a
Stewardship

5. Using
Enticements For
Spiritual Growth

6. Being Truly
Grateful During
Adversity

7. I Have Power
Over What I Think,
Feel, & Do

8. I Have No Power
Over What Others
Think, Feel, & Do

9. Daily
Repentance: Turn
Back To God &
Live

10. Choosing Godly
Sorrow Keeps Me
Spiritually Focused

11. Love God With
All My Heart, Mind
& Soul

12. Forgiving &
Judging Righteously
Help Me Progress



Be Prepared To Meet Him!

Forgive

“For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.” – *Matt. 6:14-15*

“I repeat my call to end the conflicts in *your* life. Exercise the humility, courage, and strength required both to forgive and to seek forgiveness.... As you do so, I promise personal peace and a burst of spiritual momentum.” – *Nelson, Apr. 2022*

The Atonement Can't Be Released On My Behalf If I Don't Live This Law



“When the Lord requires that we forgive all men, that includes forgiving ourselves. Sometimes, of all the people in the world, the one who is the hardest to forgive – as well as perhaps the one who is most in need of our forgiveness – is the person looking back at us in the mirror.” – *Uchtdorf, Apr. 2012*

Sisters-in-Law – Forgiveness In Real Life



Natural Man Way

- Get Even With Them
- Make Them Feel The Same Pain
- Confront Them In Front Of The Family
- Confess Their Faults To Their Husbands & Children

God's Way

- Recognize That They Have a Problem, But So Do I
- Recognize That I Must Transcend The Hurt Feelings And Betrayal In Order To Find Forgiveness For My Sins
- Pray For Them, Get The Beam Out Of My Eye



“But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust. For if ye love them which love you, what reward have ye? do not even the publicans the same?” - *Matt. 5:44-46*

Pray For Your Enemies

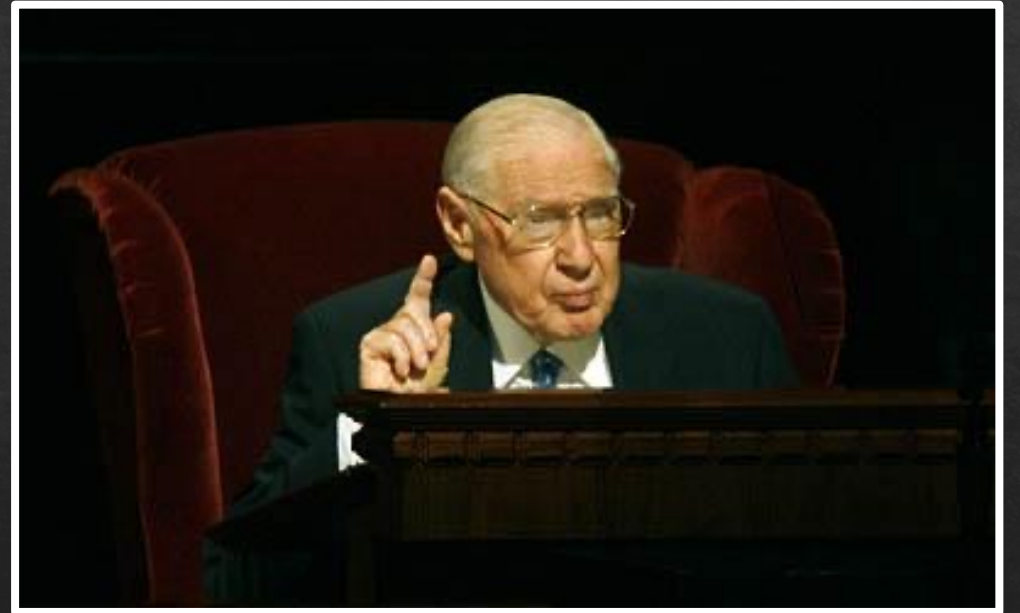


“Have You
Prayed For
Her?”

Forgive All Men

“How could the whole Amish group manifest such an expression of forgiveness? It was because of their faith in God and trust in His word, which is part of their inner beings. They see themselves as disciples of Christ and want to follow His example.

Hearing of this tragedy, many people sent money to the Amish to pay for the health care of the five surviving girls and for the burial expenses of the five who were killed. As a further demonstration of their discipleship, the Amish decided to share some of the money with the widow of the gunman and her three children because they too were victims of this terrible tragedy.”



Faust, "The Healing Power of Forgiveness"

Evolution Of Forgiveness

Understanding

Come to an understanding that the person that hurt me can't see themselves the way God sees them, and because of that, they aren't seeing me for who I am either.

Empathy

Gaining the "understanding" causes me to feel sorry for the hurt they are feeling (empathy) inside of their temple and I begin to desire to pray for them. I pray for them that they will come to know the truth about themselves, and as I do the beam is removed from my own eye.

Love

Because of the feeling of empathy I have for the other person I now begin to see them as Christ sees them. Now that I am spiritually focused, through forgiveness, I can feel Christ's perfect love for me.



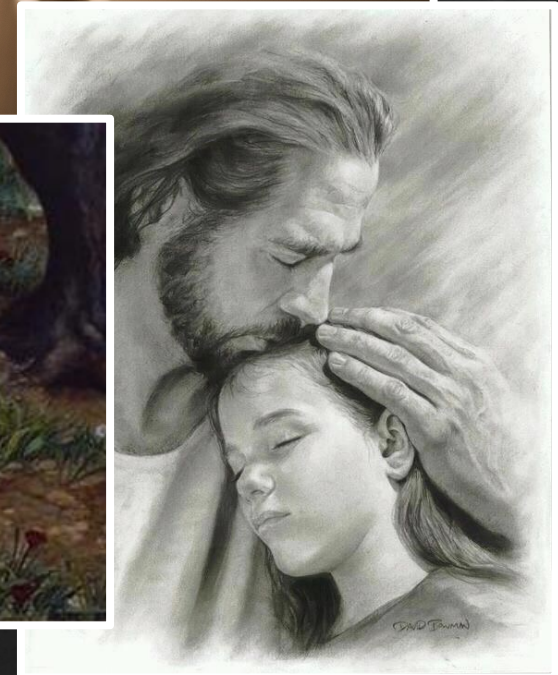
Being Unforgiving Makes You A Slave

When we hold onto hurt feelings or betrayal we allow the person who has hurt us to become our god, our feelings and emotions become dependent on their actions and feelings toward us. We give away our power and become their slave.



“However, it ultimately is impossible for another person to offend you or to offend me. Indeed, believing that another person offended us is fundamentally false. To be offended is a *choice* we make; it is not a *condition* inflicted or imposed upon us by someone or something else... Through the strengthening power of the Atonement of Jesus Christ, you and I can be blessed to avoid and triumph over offense. ‘Great peace have they which love thy law: and nothing shall offend them’ (Psalm 119:165).” – Oct 2006, Bednar

Forgiving Major Abuse



Forgiving Major Abuse

“‘Forgive, and ye shall be forgiven,’ Christ taught in New Testament times. And in our day: ‘I, the Lord, will forgive whom I will forgive, but of you it is required to forgive all men.’ It is, however, important for some of you living in real anguish to note what He did *not* say. He did *not* say, ‘You are not allowed to feel true pain or real sorrow from the shattering experiences you have had at the hand of another.’ *Nor* did He say, ‘In order to forgive fully, you have to reenter a toxic relationship or return to an abusive, destructive circumstance.’ But notwithstanding even the most terrible offenses that might come to us, we can rise above our pain only when we put our feet onto the path of true healing. That path is the forgiving one walked by Jesus of Nazareth, who calls out to each of us, ‘Come, follow me.’” – *Holland, Oct 2018*

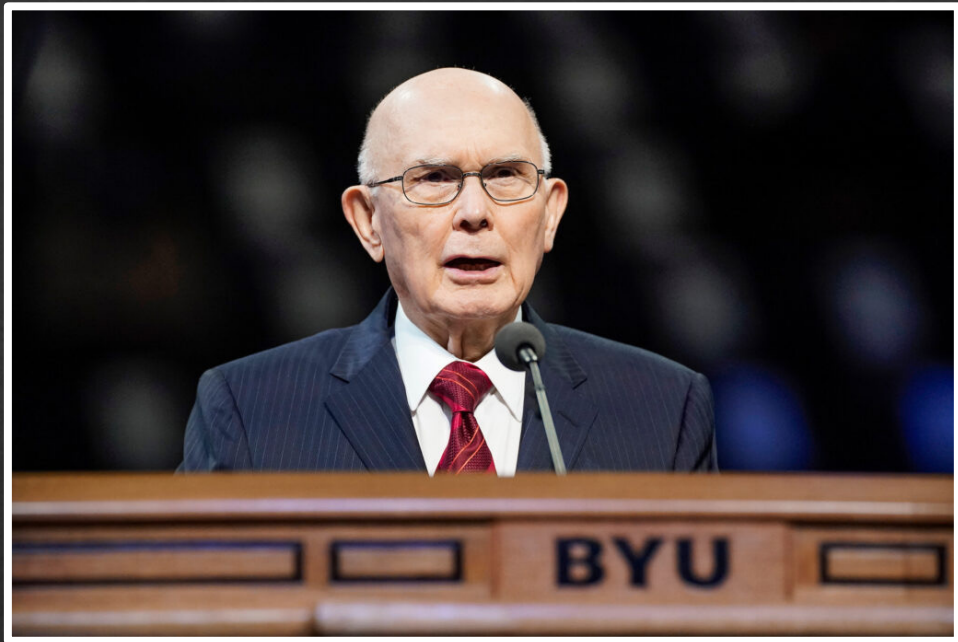


Judge Righteously



“And now, verily, verily I say unto thee, put your trust in that Spirit which leadeth to do good, yea, to do justly, to walk humbly, to judge righteously, and this is my Spirit.” -D&C 11:12





“In contrast to forbidding mortals to make final judgments, the scriptures require mortals to make what I will call “intermediate judgments.” ... Let us consider some principles or ingredients that lead to a “righteous judgment.”

First of all, a righteous judgment must, by definition, be intermediate. It will refrain from declaring that a person has been assured of exaltation or from

dismissing a person as being irrevocably bound for hellfire...Second, a righteous judgment will be guided by the Spirit of the Lord, not by anger, revenge, jealousy, or self-interest...

Third, to be righteous, an intermediate judgment must be within our stewardship. We should not presume to exercise and act upon judgments that are outside our personal responsibilities... A fourth principle of a righteous intermediate judgment of a person is that we should, if possible, refrain from judging until we have adequate knowledge of the facts... A fifth principle of a righteous intermediate judgment is that whenever possible we will refrain from judging people and only judge situations.” - Oaks, *“Judge Not and Judging”*

Judge My Past Righteously



As I evaluate my past mistakes or others past mistakes, I must judge by the light I had at the time, or that they had at the time, **NOT** by the light I/They currently have



“Satan will try to make us believe that our sins are not forgiven because WE can remember them. Satan is a liar; he tries to blur our vision and lead us away from the path of repentance and forgiveness. God did not promise that WE would not remember our sins. Remembering will help us avoid making the same mistakes again. But if we stay true and faithful, the memory of our sins will be softened over time. - Uchtdorf Apr 2007



“Finally I fell asleep and began to dream, which I seldom do. I dreamed Matt and I were packing two cars for a move. For some reason his mother and baby sister were not present. As we finished I turned to him and said, “Okay, Matt, you drive one car and I’ll drive the other.”

This five-year-old very obediently crawled up on the seat and tried to grasp the massive steering wheel. I walked over to the other car and started the motor. As I began to pull away, I looked to see how my son was doing. He was trying—oh, how he was trying. He tried to reach the pedals, but he couldn’t. He was also turning knobs and pushing buttons, trying to start the motor. He could scarcely be seen over the dashboard, but there staring out at me again were those same immense, tear-filled, beautiful brown eyes. As I pulled away, he cried out, “Daddy, don’t leave me. I don’t know how to do it. I am too little.” And I drove away.

A short time later, driving down that desert road in my dream, I suddenly realized in one stark, horrifying moment what I had done. I slammed my car to a stop, threw open the door, and started to run as fast as I could. I left car, keys, belongings, and all—and I ran. The pavement was so hot it burned my feet, and tears blinded my straining effort to see this child somewhere on the horizon. I kept running, praying, pleading to be forgiven and to find my boy safe and secure...



“Within the Clasp of Your Arms” - Holland



As I rounded a curve nearly ready to drop from physical and emotional exhaustion, I saw the unfamiliar car I had left Matt to drive. It was pulled carefully off to the side of the road, and he was laughing and playing nearby. An older man was with him, playing and responding to his games. Matt saw me and cried out something like, “Hi, Dad. We’re having fun.” Obviously he had already forgiven and forgotten my terrible transgression against him.

But I dreaded the older man’s gaze, which followed my every move. I tried to say “Thank you,” but his eyes were filled with sorrow and disappointment. I muttered an awkward apology and the stranger said simply, “You should not have left him alone to do this difficult thing. It would not have been asked of you. With that, the dream ended. I threw off the covers and ran to the little metal camp cot that was my son’s bed. There on my knees and through my tears I cradled him in my arms and spoke to him while he slept. I told him that every dad makes mistakes but that they don’t mean to. I told him it wasn’t his fault I had had a bad day. I told him that when boys are five or fifteen, dads sometimes forget and think they are fifty. I told him that I wanted him to be a small boy for a long, long time, because all too soon he would grow up and be a man and wouldn’t be playing on the floor with his toys when I came home. I told him that I loved him and his mother and his sister more than anything in the world and that whatever challenges we had in life we would face them together.”

Judge My Child Righteously



It is easy to judge our children by the light WE currently have and forget that our light has come from years of making mistakes and the experience that results from those mistakes

It takes a spiritual focus and spiritual maturity to judge any situation with the light your child currently has, rather than your own



Seed: *(what seed do you feel you need to plant?)*

Awake and
Arouse Your
Faculties

“See”

Exercise a
Particle of
Faith

“Think”

Desire to
Believe &
Let the
Desire Work
in You

“Feel”

Give Place
For a
Portion of
My Words

“Do”

Don't Cast
it Out By
Unbelief

Review

Matt 6:14-15

D&C 11:12

Matt 5:44-46

Rom 8:35-39

1Cor 4:3-5

Alma 42:29

“The Power of Spiritual Momentum” -
Nelson

“The Merciful Obtain Mercy” - Uchtdorf

“Point of Safe Return” - Uchtdorf

“Within the Clasp of Your Arms” -

Holland

“The Ministry of Reconciliation” -

Holland

“He is Risen With Healing In His
Wings” - Kearon

“And Nothing Shall Offend Them” -

Bednar

Imagine yourself in the prayer circle in the temple, is there anyone in your life that you have ought with that would cause you to have to leave the circle? And if so, ask the Lord what needs to be done with your relationship with that person

Pray for confirmation of what Christ said about forgiveness and righteous judgement in Matthew chapters 5-6.

Search

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Ponder

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Pray

One of Satan's favorite tools against us is to remind us of all of our past mistakes, as well as those of others. This is not the Lord's way, He would have us forgive and let go

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!

12 Thought Habits Of Christ



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10. Choosing Godly
Sorrow Keeps Me
Spiritually Focused

11. Love God With
All My Heart, Mind
& Soul

12. Forgiving &
Judging Righteously
Help Me Progress

Be Prepared To Meet Him!

We Are At War – The Victory Has Already Been Won



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