

Worth of Souls

A Deep Dive into Living the
Gospel of Jesus Christ



Worth of Souls

Lesson 2



Introduction pt. 2

See, Think, Feel &
Do as Christ

Review of the Three Worlds

Spiritual Practice

Praise God

(remember Nephi's example)

Spiritual
World

Inner
World

(Mind & Heart)

Pray Always

Temporal
World

#WorthOfSoulsPodcast



Review: How to Be Temporally or Spiritually Centered

Temporally Focused

Spiritually Focused

Are You Spending Most of Your Day

- Only enjoy the weekend

- Enjoy everyday

- Get irritated when kids ask me simple questions
- Never have enough time

- Patient with kids most of the time
- Feel less stress, able to get everything done

- Triggered by everyday tasks (laundry, dishes, work)

- Happy to do everyday tasks for the Lord

“Two nights ago I was up with the twins at 2am and we were all exhausted. My nerves were shot because I

- Feeling pressure and anxiety most of the day

- Feelings of self-worth increase

hadn't slept forever! But in that moment, I reminded myself that I waited for years to have babies to comfort. Then I said to the Lord, “I am so grateful for these babies of mine that I get to comfort. I praise you they are

- Constantly turn to addictions (food, phone, etc.)
- Feeling overwhelmed/tired all the time

- Recognize the triggers that cause you to reach for your addiction
- Going into praise lifts my energy and it helps my babies

with me. I praise you I have babies that can cry.” Going into praise lifts my energy and it helps my babies because they can feel my energy calming down. I feel it genuinely. **The power of praise is a freeing, liberating**

- Not sure if the Holy Ghost is with you

- Feel closer to Heavenly Father and Jesus Christ

energy that is able to save us in those really difficult everyday moments. When you come to a place of being grateful IN THE MOMENT it is power.” *Jonathan*

- Know you are on track for exaltation

“When I get out of the habit it changes everything. And when I get back in the habit it CHANGES

EVERYTHING. From finding a parking spot to, mental health struggles, and parenting disappointments. PRAISE HAS POWER TO PERSEVERE” - *Ganel*

- Recognize the revelation that comes throughout your day

See – Think – Feel – Do

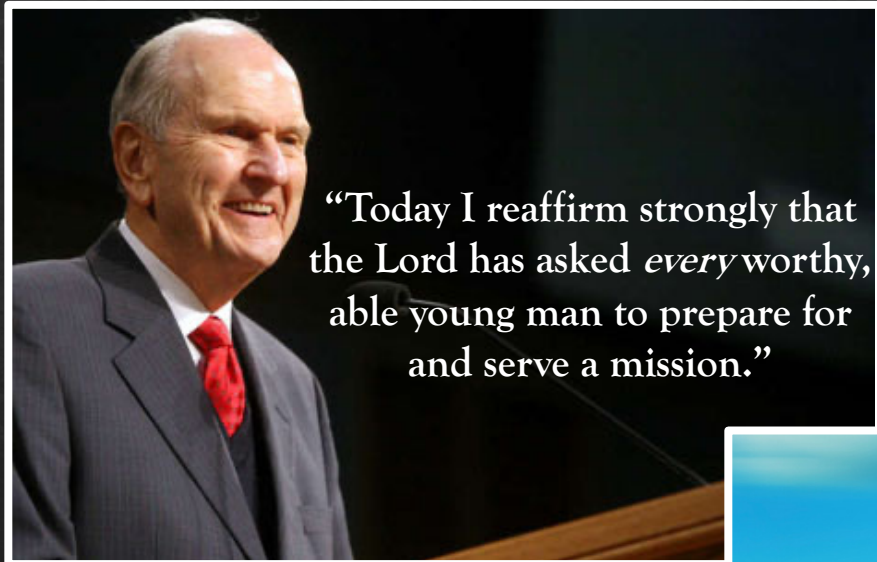
“To be valiant in the testimony of Jesus is to take the Lord’s side on every issue. It is to vote as he would vote. It is to think what he thinks, to believe what he believes, to say what he would say and do what he would do in the same situation. It is to have the mind of Christ and be one with him as he is one with his Father.”

Bruce R. McConkie “Be Valiant In The Fight Of Faith”



Alma's Process For Change

“But behold, if ye will awake and arouse your faculties, even to an experiment upon my words, and exercise a particle of faith, yea, even if ye can no more than desire to believe, let this desire work in you, even until ye believe in a manner that ye can give place for a portion of my words.” - Alma 32:27



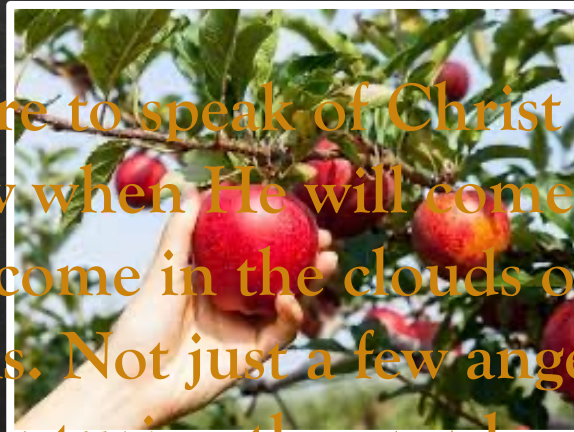
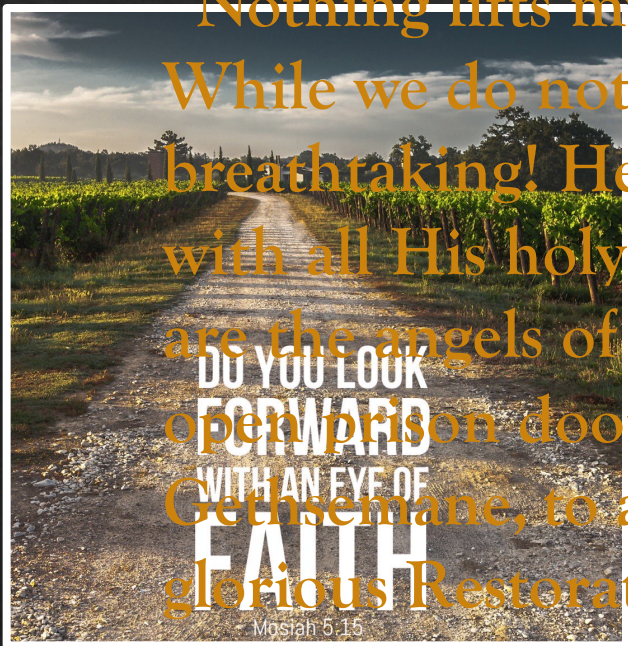
“And behold, as the tree beginneth to grow, ye will say: Let us nourish it with great care, that it may get root, that it may grow up, and bring forth fruit unto us.” - Alma 32:37



Eye of Faith - Fruit - Rooted

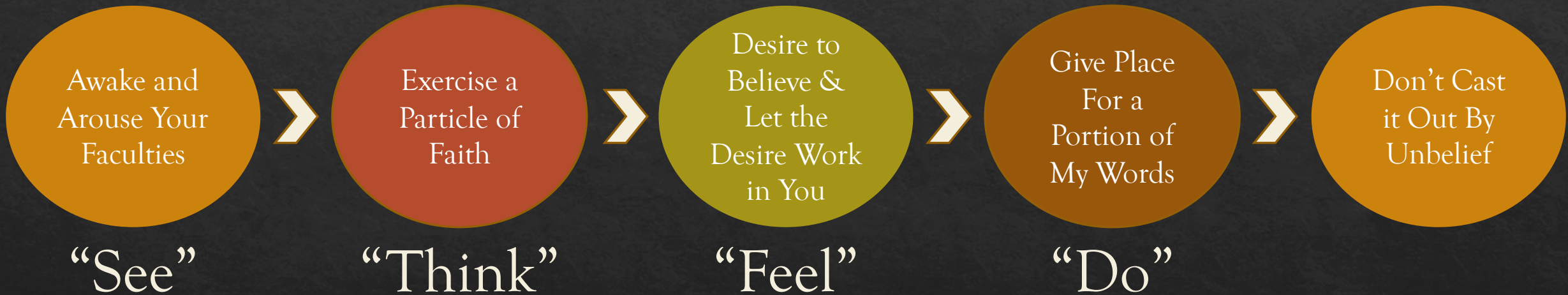
“But if ye will nourish the word, yea, nourish the tree as it beginneth to grow, by your faith with great diligence, and with patience, looking forward to the fruit thereof, it shall take root; and behold it shall be a tree springing up unto everlasting life.” - *Alma 32:41*

“Nothing lifts my desire to speak of Christ more than visualizing His return. While we do not know when He will come, the events of His return will be breathtaking! He will come in the clouds of heaven in majesty and glory with all His holy angels. Not just a few angels but *all* His holy angels... These are the angels of the centuries, the angels sent to shut the mouths of lions, to open prison doors, to announce His long-awaited birth, to comfort Him in Gethsemane, to assure His disciples at His Ascension, and to open the glorious Restoration of the gospel.” - *Neal L. Andersen (Oct 2020)*



Alma's Process for Change

Alma 32: 27-43



“But behold, if ye will awake and arouse your faculties, even to an experiment upon my words, and exercise a particle of faith, yea, even if ye can no more than desire to believe, let this desire work in you, even until ye believe in a manner that ye can give place for a portion of my words.” – Alma 32:27

See as He Sees

Awake &
Arouse Your
Faculties



Make Time
For Holiness/
“Svilupo
Personale”



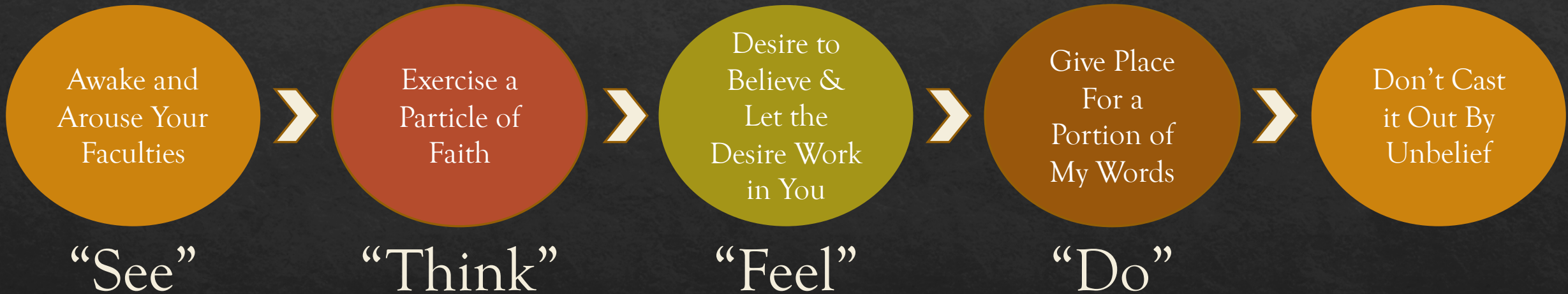
Change
Paradigm to
Match
Christ’s

- How Do I See My Spouse?
- How Do I See My Kids?
- How Do I See My Co-Workers?
- ...My Neighbor?
- ...Person Arguing on Social Media
- ...The Driver Who Cut Me Off?

“One of the great tragedies we witness almost daily is the tragedy of men of high aim and low achievement. Their motives are noble. Their proclaimed ambition is praiseworthy. Their capacity is great. But their discipline is weak. They succumb to indolence. Appetite robs them of will.” - Gordon B Hinckley

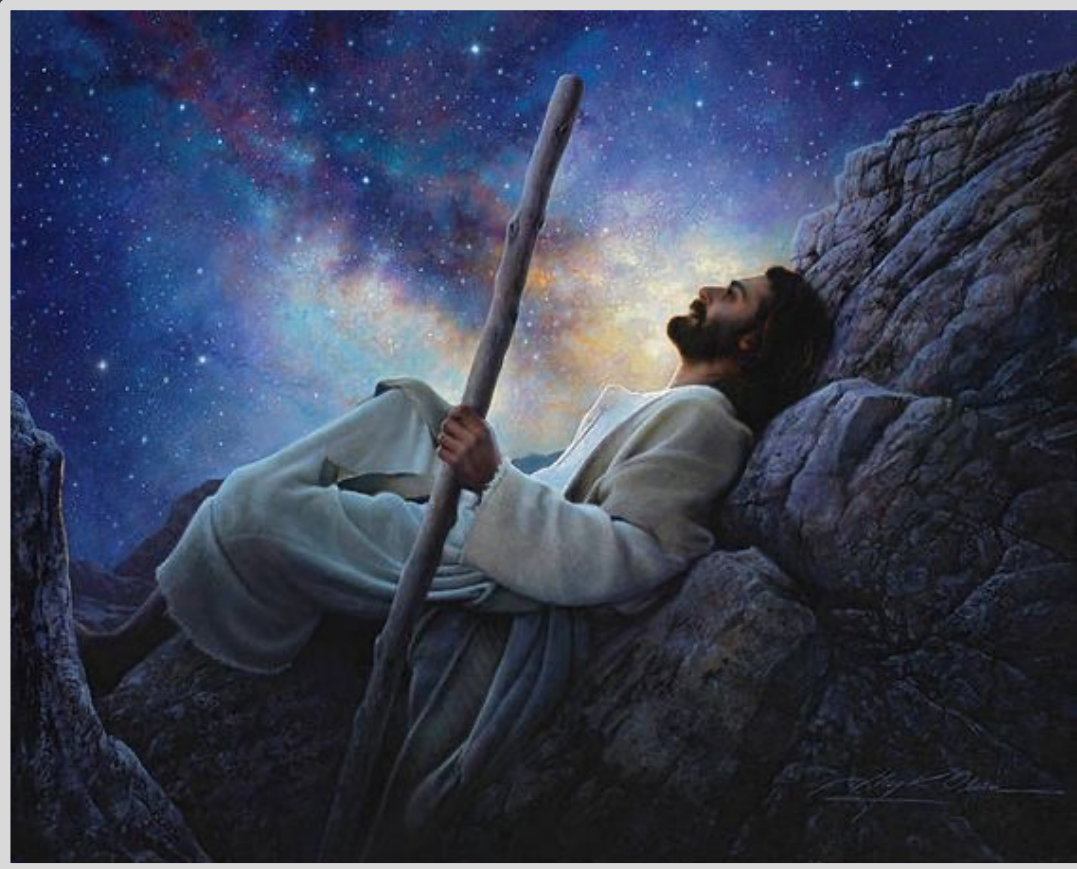
Alma's Process for Change

Alma 32: 27-43



“But behold, if ye will awake and arouse your faculties, even to an experiment upon my words, and exercise a particle of faith, yea, even if ye can no more than desire to believe, let this desire work in you, even until ye believe in a manner that ye can give place for a portion of my words.” – Alma 32:27

Think As He Thinks

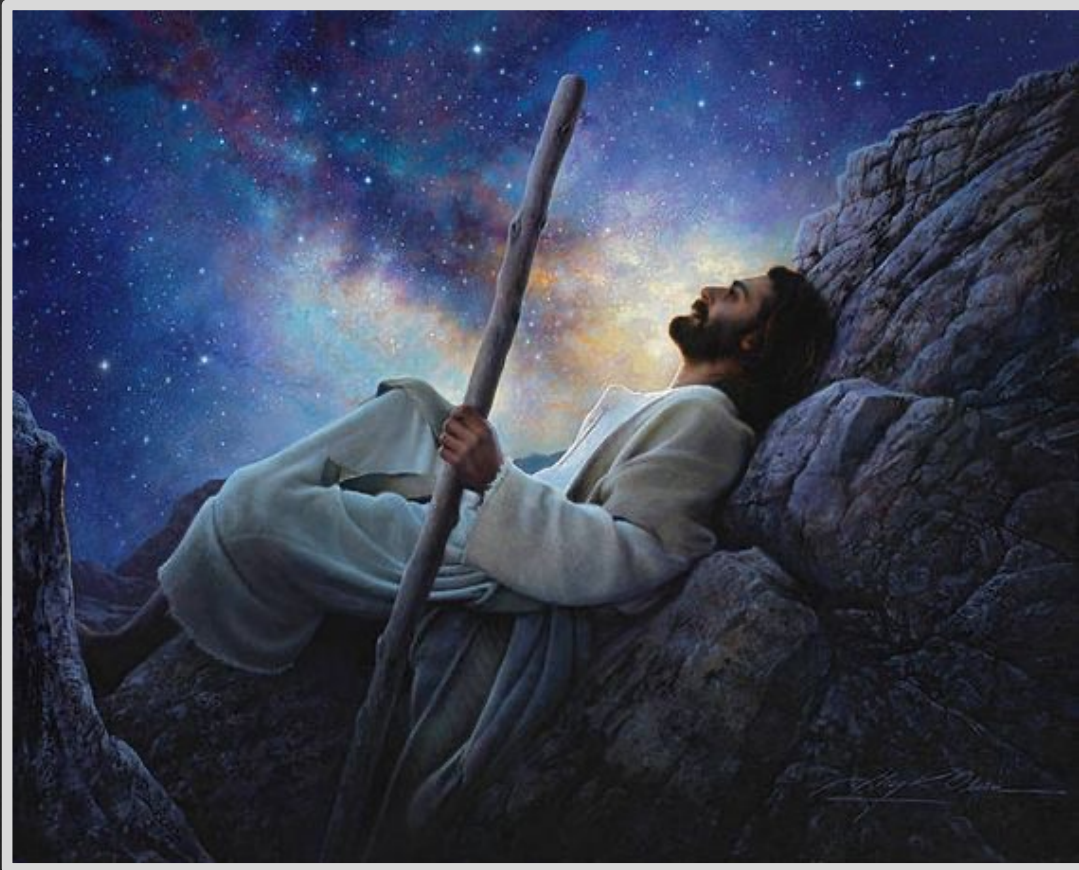


**“Christ Is Risen; Faith In Him Will
Move Mountains”** - Nelson, Apr 2021

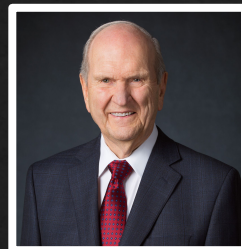
- **What you hold in your mind and heart is what develops faith.**
- **Faith works BY WORDS.**
- **Every word is a creation.**

“When a man works by faith he works by mental exertion, instead of physical force. It is by words, instead of exerting his physical powers, with which every being works when he works by faith.” - Joseph Smith (*Lectures on Faith*)

Think As He Thinks



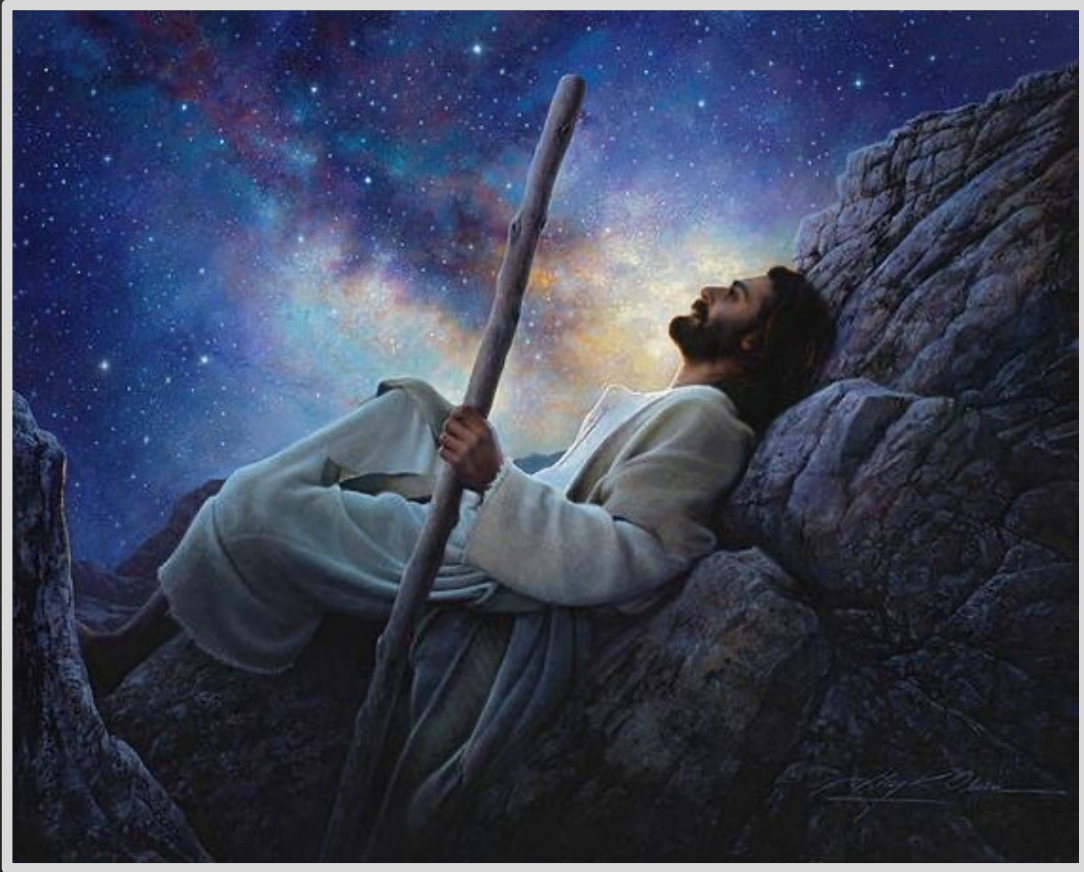
**“Christ Is Risen; Faith In
Him Will Move
Mountains”** – Nelson, Apr 2021



“To do anything well requires effort. Becoming a true disciple of Jesus Christ is no exception. Increasing your faith and trust in Him takes effort... Faith takes work. Receiving revelation takes work. But “every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.” God knows what will help your faith grow. Ask, and then ask again.”

“The Lord does not require perfect faith for us to have access to His perfect power. But He does ask us to believe. My dear brothers and sisters, my call to you is to start today to increase your faith. Through your faith, Jesus Christ will increase your ability to move the mountains in your life, even though your personal challenges may loom as large as Mount Everest.”

Think As He Thinks

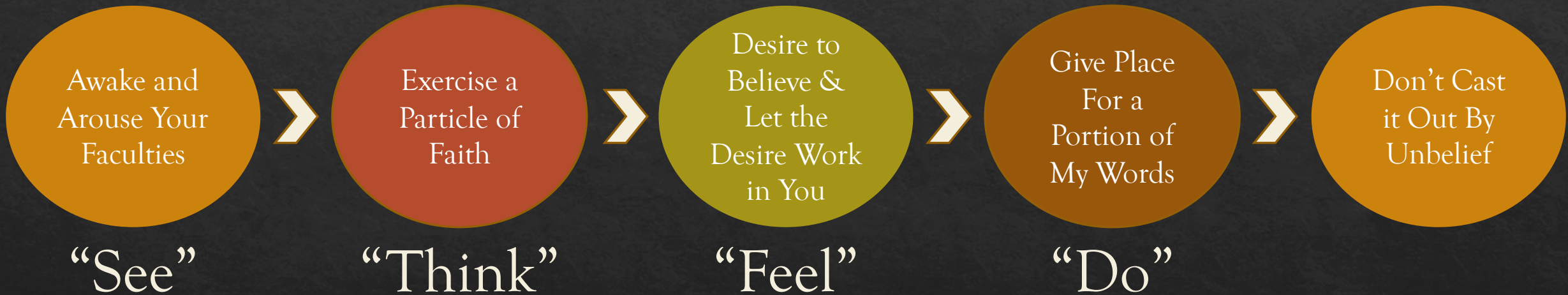


"As a Man Thinketh"
James Allen

“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.”

Alma's Process for Change

Alma 32: 27-43



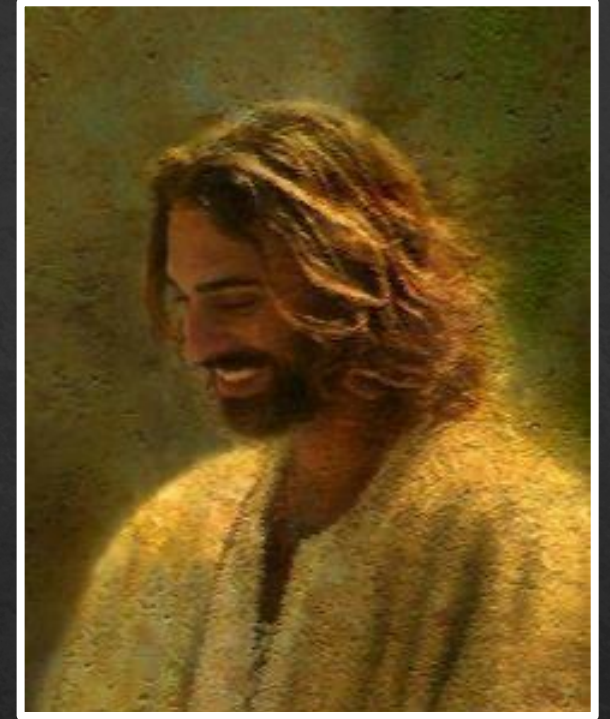
“But behold, if ye will awake and arouse your faculties, even to an experiment upon my words, and exercise a particle of faith, yea, even if ye can no more than desire to believe, let this desire work in you, even until ye believe in a manner that ye can give place for a portion of my words.” – Alma 32:27

Feel as He Feels

Who is in control of your emotions?

- The world would have us believe that we are victims of what we feel
- The scriptures tell us “we are agents unto ourselves” (D&C 58:28)

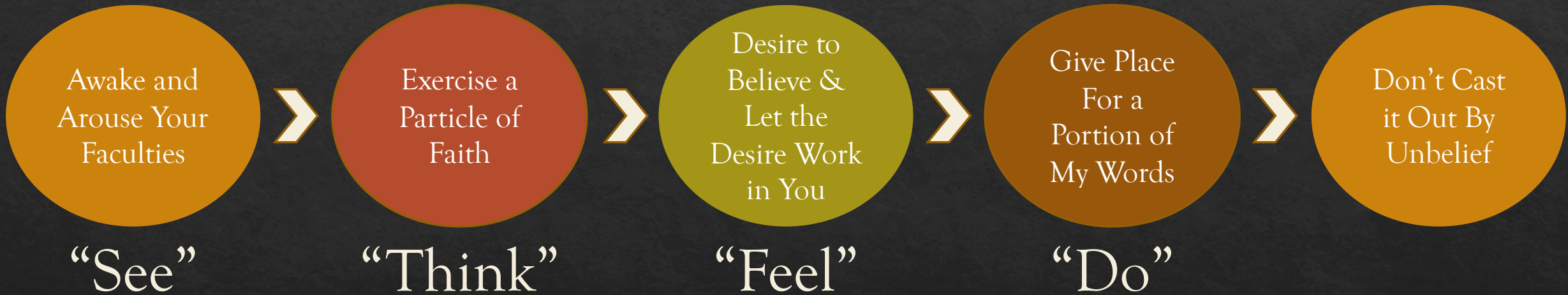
When we feel as Christ feels we will feel the Holy Ghost testify of any truth we are holding in our
MIND (thoughts) or **HEART** (feelings)



“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.” Pres. Nelson (Oct 2016)

Alma's Process for Change

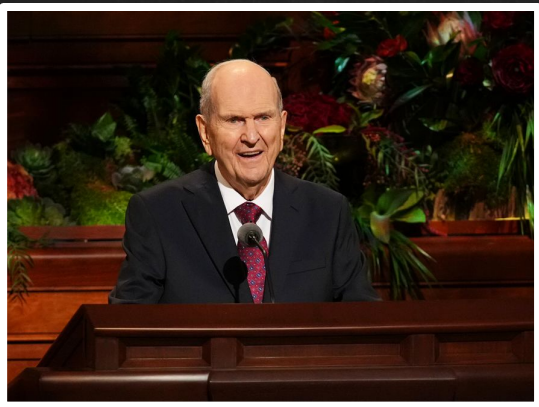
Alma 32: 27-43



“But behold, if ye will awake and arouse your faculties, even to an experiment upon my words, and exercise a particle of faith, yea, even if ye can no more than desire to believe, let this desire work in you, even until ye believe in a manner that ye can give place for a portion of my words.” – Alma 32:27

Do As He Does

- "Give Place" = "Give Priority"
- The spirit will direct our actions to DO like Christ.
- Increase space between stimulus and response



“When your greatest desire is to let God prevail, to be part of Israel, so many decisions become easier. So many issues become nonissues! You know how best to groom yourself. You know what to watch and read, where to spend your time, and with whom to associate. You know what you want to accomplish. You know the kind of person you really want to become... It takes persistent, rigorous spiritual work to repent and to put off the natural man through the Atonement of Jesus Christ. It takes consistent, daily effort to develop personal habits to study the gospel, to learn more about Heavenly Father and Jesus Christ, and to seek and respond to personal revelation.” – Pres Nelson (Oct 2020)

Evolution of Confirmation

Alma 32: 28-33

Enlarging My Soul

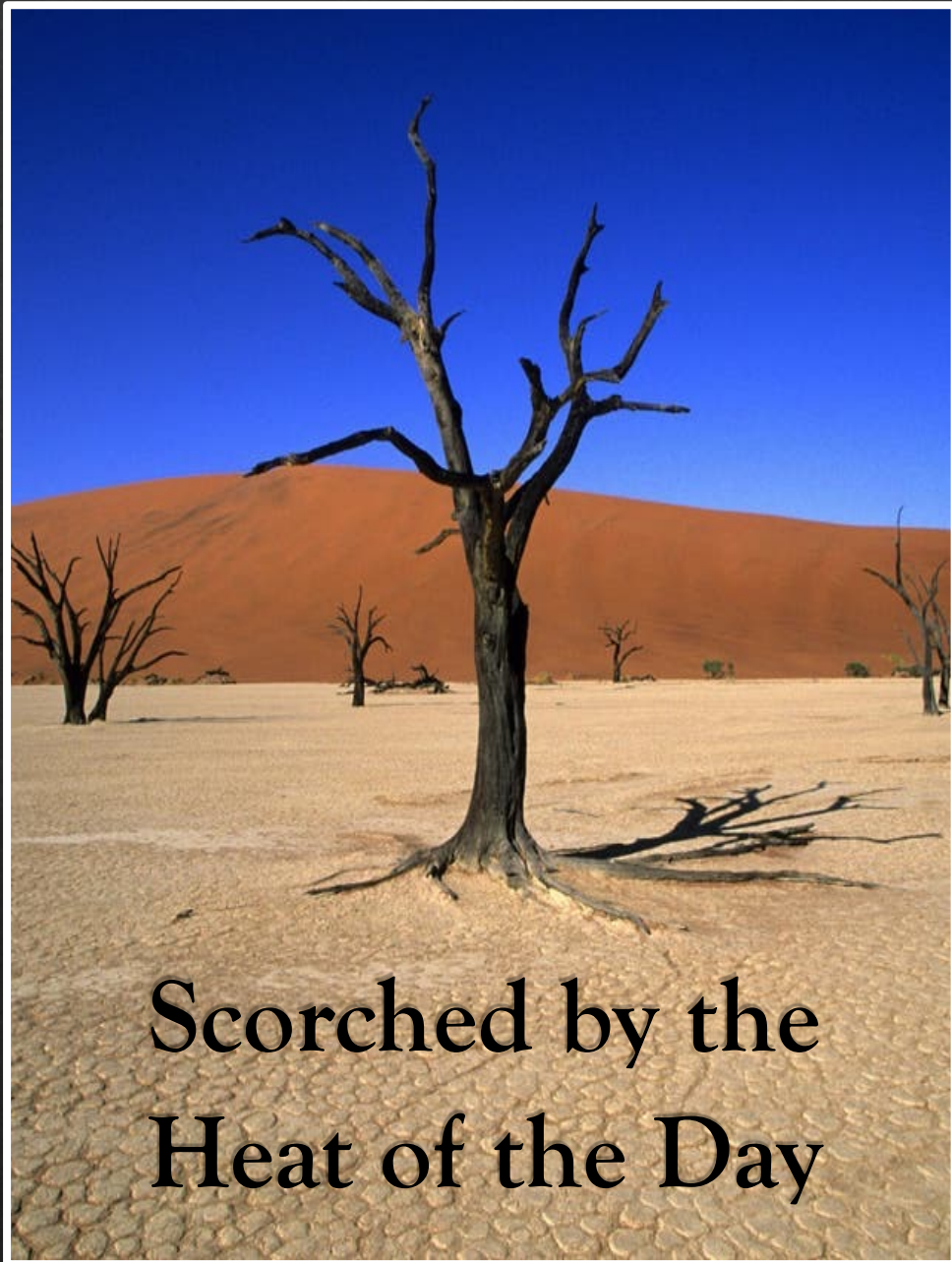


Enlightening My
Understanding



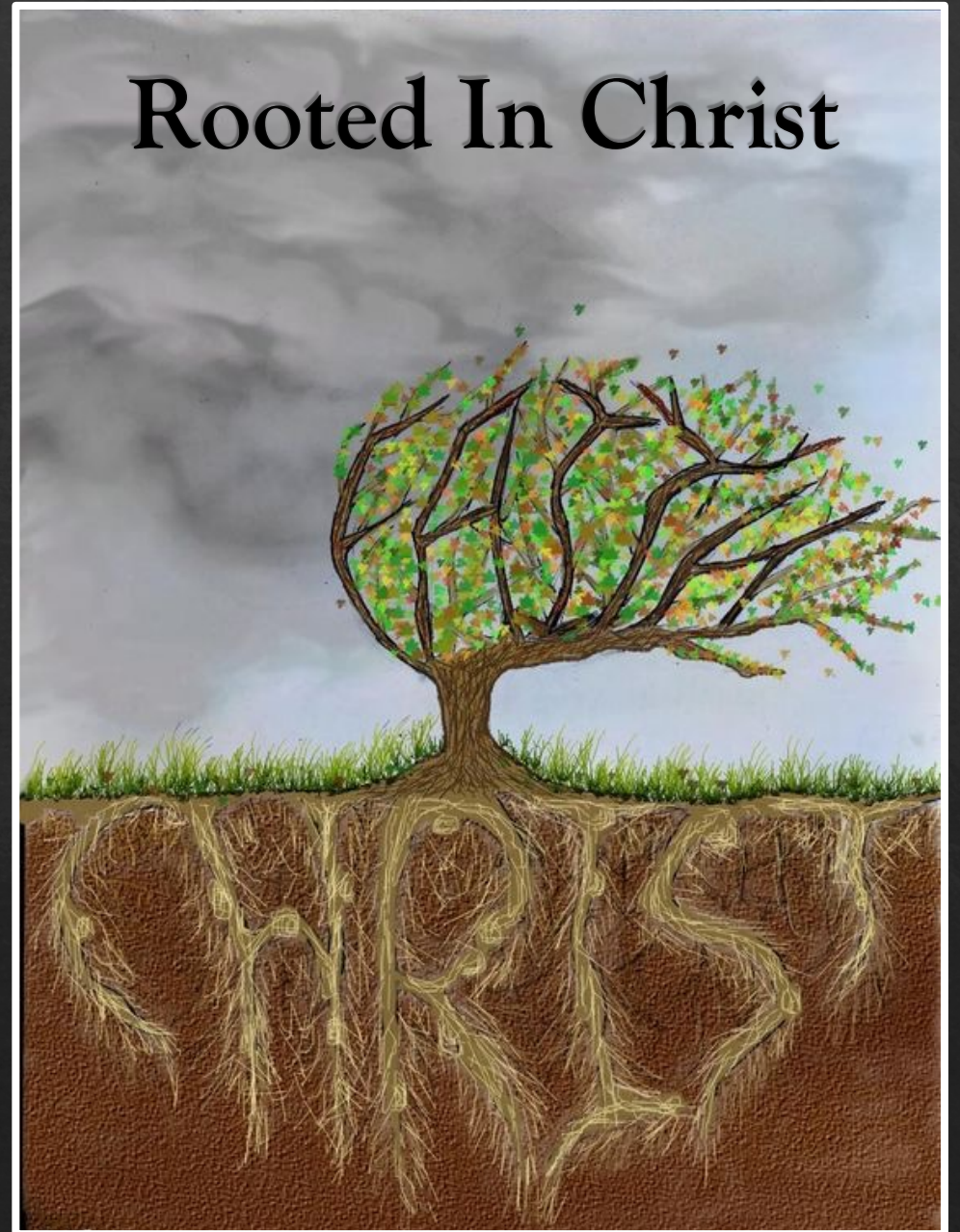
Begins to Be Delicious
to Me





Scorched by the
Heat of the Day

OR



Rooted In Christ

Enjoy Each Day

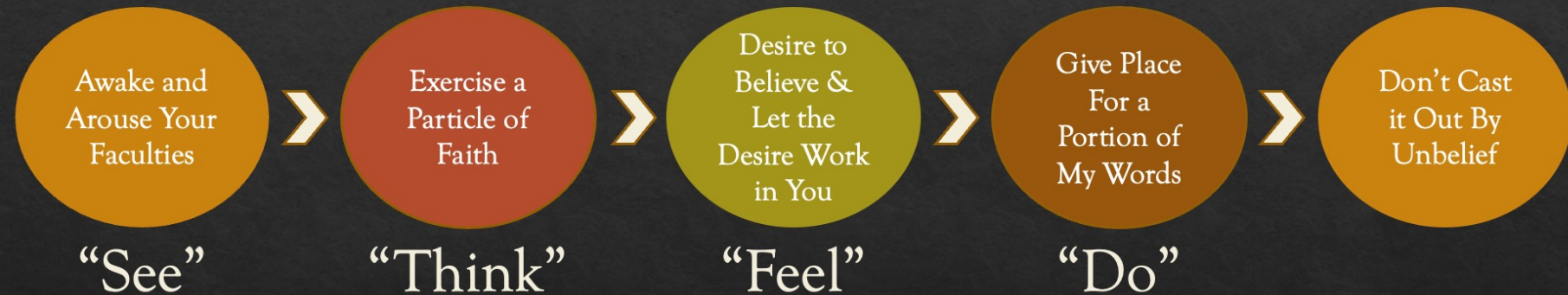
Alma's Process for Change

Alma 32: 27-43

Spiritual
World

Inner
World
(Mind & Heart)

Temporal
World



Praise God & Pray Always

Tools For Daily Application

Search



Ponder



Pray

Conference Talks

Guided Meditation

Sample Prayer

Scriptures

🔗 Find the tools that work best for you 🔗

"I think we pay too little attention to the value of meditation, a principle of devotion. In our worship there are two elements: One is spiritual communion arising from our own meditation; the other, instruction from others, particularly from those who have authority to guide and instruct us. Of the two, the more profitable introspection is the meditation. Meditation is the language of the soul... Meditation is a form of prayer... Meditation is one of the most secret, most sacred doors through which we pass into the presence of the Lord" - David O. McKay - "Consciousness of God: Supreme Goal of Life"

Challenge

See, Think, Feel,
& Do as Christ



Alma's Process
for Change

Search ↻ Ponder ↻ Pray

- What is the Worth of Your Soul in the Eyes of God?
- Visualize Him Coming to YOU (see guided meditation)
- Notice How You See, Think, Feel, Act

Worth of Souls

A Brendrea Production



This is not an official publication of the Church of Jesus Christ of Latter Day Saints