

Worth of Souls

A Deep Dive into Living the
Gospel of Jesus Christ



A Brendrea Production

Worth of Souls

Lesson 5



Thought Habit #3

Using Daily
Performance For
Spiritual Growth

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

Review: How Can You Create High Feelings of Self—Worth Regardless of What is Going on in the Temporal World Around You?

Step #1

Identify That
You Are Not
Here To Prove
Your Worth

Step #2

See Your
Worth As
Christ Sees It

Step #3

Learn To Separate
Your Worth From
Your Performance

“After several stressful days of not getting enough done at work I decided to reframe my thoughts and try focusing spiritually on my worth, instead of how frustrated my boss was with me. First thing in the morning I got up and held the thought that “My Savior values me beyond any measure no matter what I do or don’t do this day. I wasn’t sent here to prove my worth to anyone, including my boss. Everything I get finished today I dedicate to the Lord”. After starting my day with this determination in my heart and mind I went to work. I was AMAZED at the difference. I didn’t feel so stressed out. I knew everything I was completing I was doing it for the Lord. My boss still demanded more from me, but anytime that happened I said in my mind by prayer, “Heavenly Father I know my worth doesn’t vary just because my boss is feeling so stressed.” I didn’t transfer my bosses feelings over to my value! It was a miracle! I knew I was doing everything I could and the Lord was helping me. The rest of the week I kept spiritually focusing at work and by the end of the month I completed everything that was required of me. Doing this changed my relationship with my boss. It is a much better way to live knowing that my worth is not based on what I do!” - Heather

#WorthOfSoulsPodcast



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

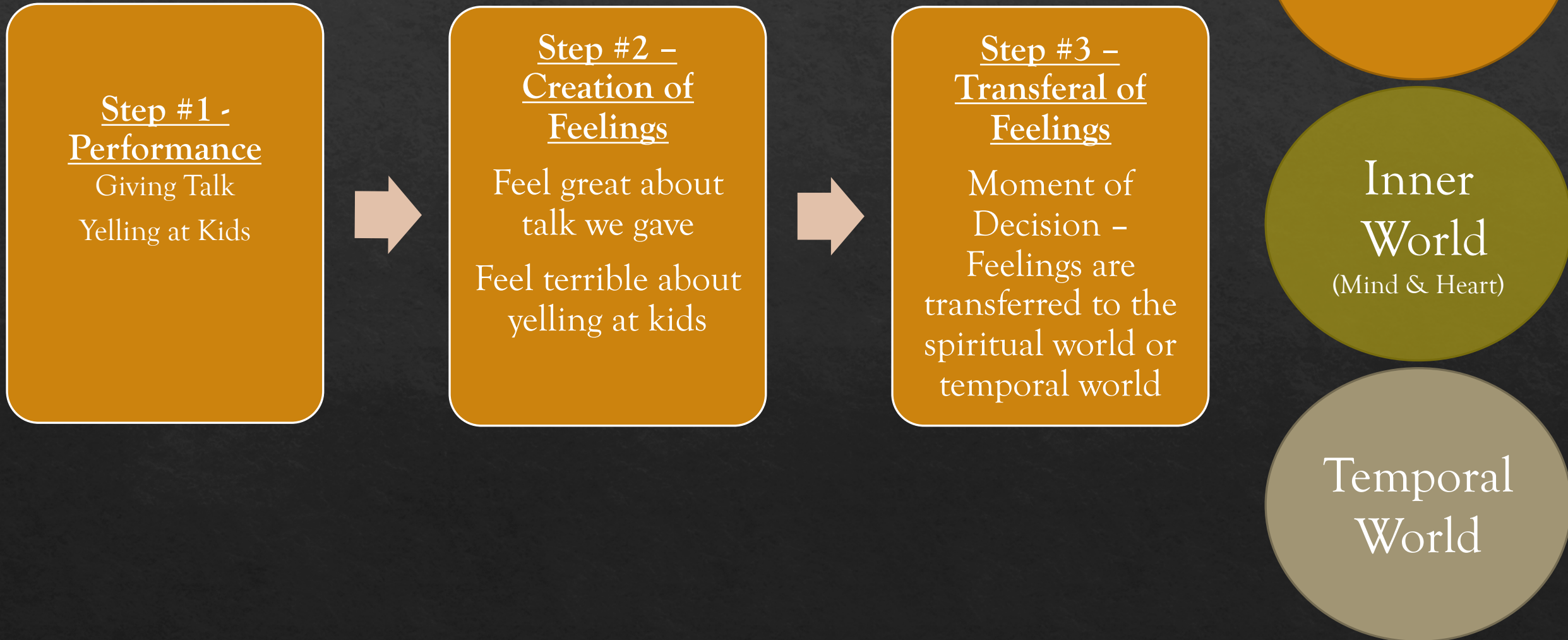
10. Choosing Godly
Sorrow Keeps Me
Spiritually Focused

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

12. Forgiving &
Judging Righteously
Help Me Progress

Be Prepared To Meet Him!

Performance Cycle



Spiritual
World

Inner
World
Temporal
World

Temporal Focus

Step #4
Using
Performance to
Determine Your
Worth

Step #5
Seeking
Temporal
Validation/Feed
back

Step #6
Use Temporal
Feedback To
Determine
Worth

Step #7
Coming to
Conclusions
About Ourselves

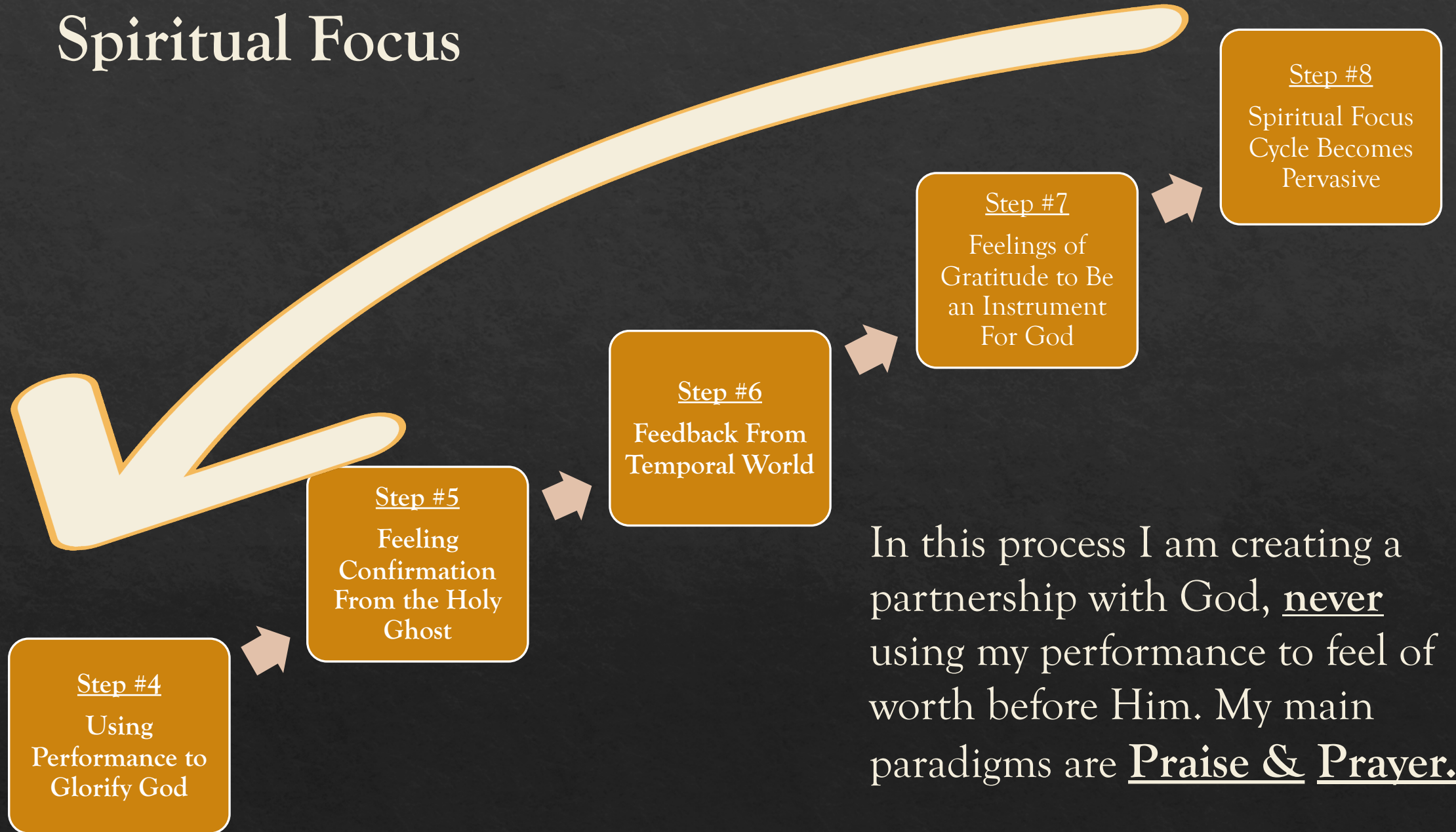
Step #8
Temporal Focus
Cycle Becomes
Pervasive

In this process I am creating a dependency on the temporal world to feel my worth. My main paradigm is Self-Talk.

Spiritual
World
Inner
World

Temporal
World

Spiritual Focus



The Purpose of My Performance Is ...

To Glorify God

Matt 5:16 – “Let your light so shine before men, that they may see your good works, and glorify your father which is in heaven.”





Oh hey! whats up?
Been way too long!!!!
Just thinking about you..
I 🙄 that u r in town.. :)
Hey there :) I'd love to 💡 from u
Hello! how've you been?
💋 to me! I miss you :(
Hello how've you been?
Heyy, whats up!?
Long time :) Hiii !



The Purpose of My Performance Is ...

To Become Like Jesus Christ

Matt 5:48 – “Be ye therefore perfect (*complete, finished, fully developed*), even as your Father which is in heaven is perfect.”

~ There are many Latter Day Saints striving for **Sanctification** (Calling and Election Made Sure, 2nd Comforter Experience, “Being Perfect”, Etc.) **that they do an overwhelm and lose the Holy Ghost.**

~ “He that receiveth of God, let him account it of God; and let him rejoice that he is accounted of God worthy to receive.” - D&C 50:34

~ “If ye keep my commandments, ye shall abide in my love; even as I have kept my Father’s commandments, and abide in his love.” - John 15:10



The Purpose of My Performance Is ...

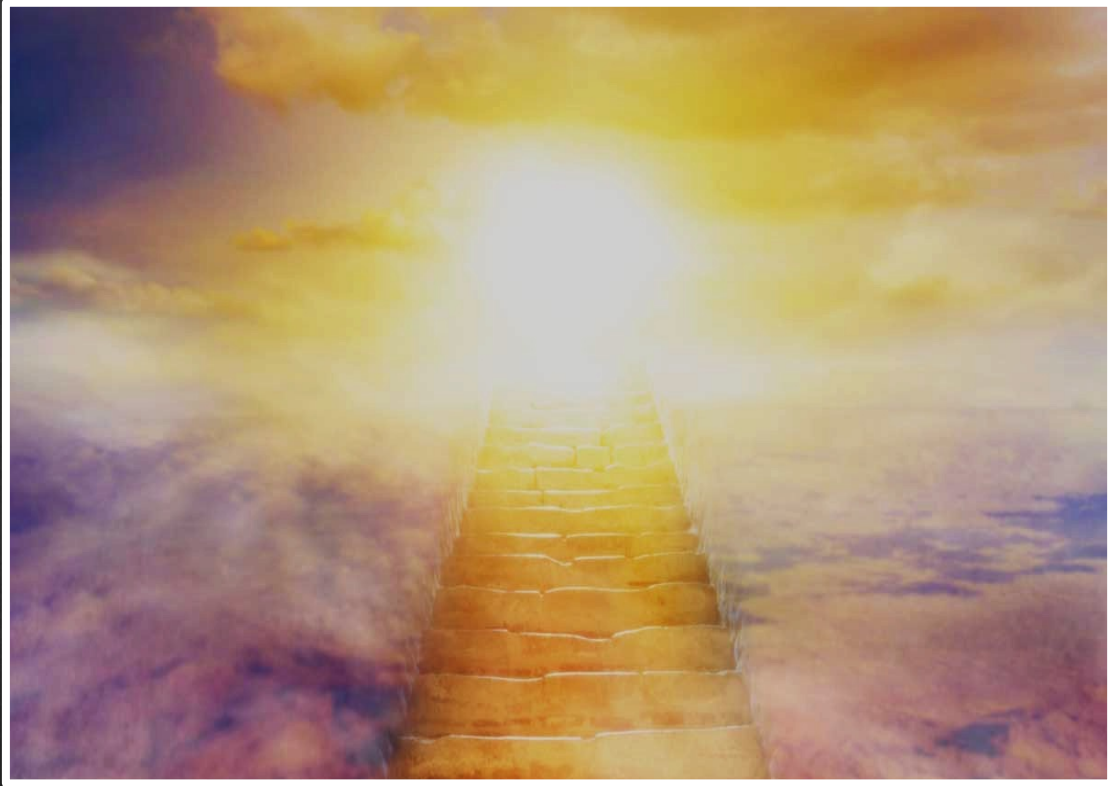
To Qualify For The Grace Of Christ

Eph 2:4-5, 8-10 ... “For by grace are ye saved, through faith... not of works, lest any man should boast...”



“Salvation cannot be bought with the currency of obedience; it is purchased by the blood of the Son of God. Thinking that we can trade our good works for salvation is like buying a plane ticket and then supposing we own the airline. Or thinking that after paying rent for our home, we now hold title to the entire planet earth... Grace is a gift of God, and our desire to be obedient to each of God’s commandments is the reaching out of our mortal hand to receive this sacred gift from our Heavenly Father.” – *Uchtdorf, April 2015*

The Purpose of My Performance Is ...



To Qualify For The Riches of Eternity

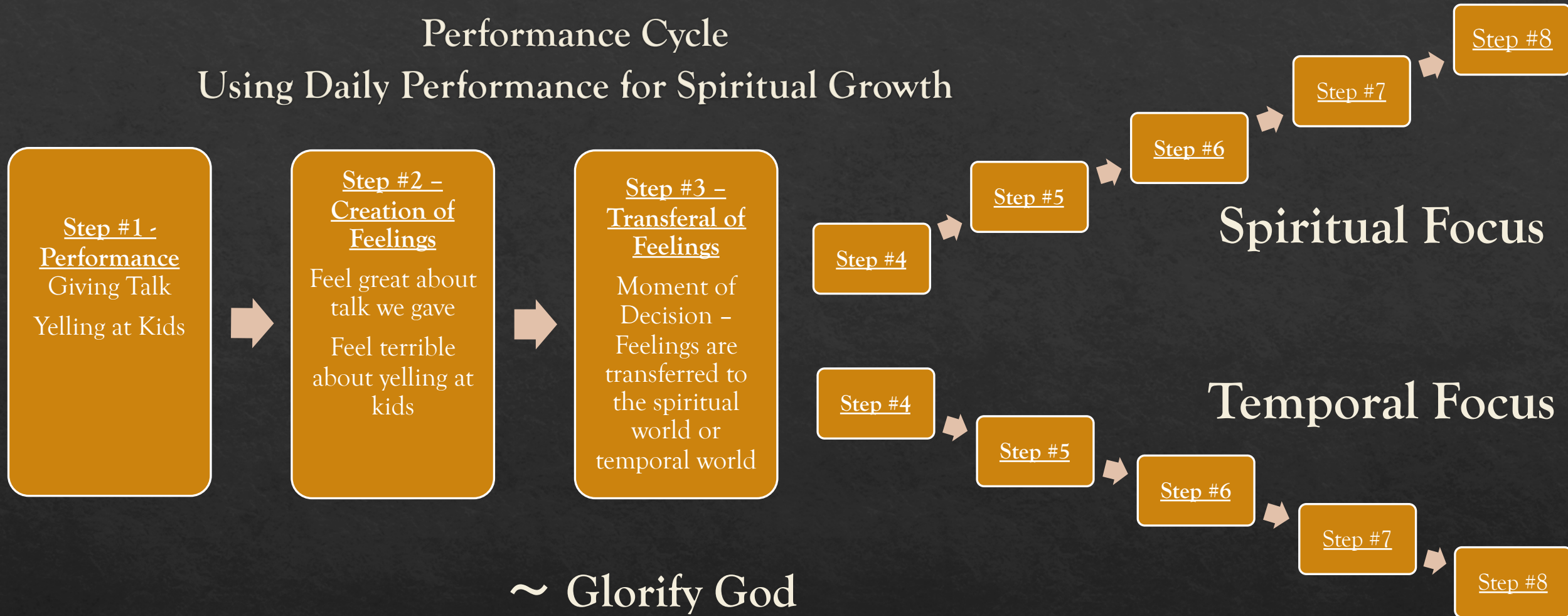
D&C 78:17-19 “... be of good cheer
... The kingdom is yours and the
blessings thereof are yours, and the
riches of eternity are yours.

“Dear brothers and sisters, living the gospel faithfully is not a burden. It is a joyful rehearsal—a preparation for inheriting the grand glory of the eternities.” – *Uchtdorf, April 2015*



Performance Cycle

Using Daily Performance for Spiritual Growth



We Perform To:

- ~ Glorify God
- ~ Become Like Christ
- ~ Qualify For Grace
- ~ Qualify For the Riches of Eternity

Can Your Daily Actions Provide Spiritual Growth?

“...that ye must not perform any thing unto the Lord save in the first place ye shall pray unto the Father in the name of Christ, that he will consecrate thy performance unto thee, that thy performance may be for the welfare of thy soul.” - *2Nephi 32:9*



Can Your Daily Actions Provide Spiritual Growth?

Daily activities can be spiritual growth experiences if
we do them for the Lord

- Change Diapers
- Mow the Lawn
- Make Dinner
- Clean the Toilet
- Work Out
- Wash the Windows
- Take Your Vitamins
- Do the Laundry
- Walk the Dog
- Help with Homework
- Make the Bed
- Turn Off the Lights



When we perform daily activities for the Lord we have the shield of faith up
and are able to withstand the fiery darts of the adversary

We Are Here To Enjoy Each Day



“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.”



We Are Here To Enjoy Each Day

Romans 14:5-6

"One man esteemeth one day above another:
another esteemeth every day *alike*. Let every man be
fully persuaded in his own mind."

"He that regardeth the day, regardeth *it* unto the
Lord; and he that regardeth not the day, to the
Lord he doth not regard *it*..."



Every Day is a GREAT DAY!

When My Performance Makes Me Feel Like I Can't Pray

“... for the evil spirit teacheth not a man to pray, but teacheth him that he must not pray.” - *D&C 32: 8-9*

~ When we have committed serious sin we don't feel worthy to pray, talk to Heavenly Father.



“But behold, I say unto you that ye must pray always, and not faint; that ye must not perform any thing unto the Lord save in the first place ye shall pray unto the Father in the name of Christ, that he will consecrate thy performance unto thee, that thy performance may be for the welfare of thy soul.” - *2nd Nephi 32:9*

~ When we start talking to Heavenly Father again our performance will increase



The Book Of Life



“In a real though figurative sense, the book of life is the record of the acts of men as such record is written in their own bodies. It is the record engraven on the very bones, sinews and flesh of the mortal body. That is every thought word and deed has an effect on the human body, all these leave their marks, marks

which can be read by Him who is eternal as easily as the words in a book can be read. When the book of life is opened in the day of judgment, men's bodies will show what law they have lived. The great judge will then read the record of the book of their lives, the account of their obedience or disobedience will be written in their bodies.” - *Mormon Doctrine* pg 97

Lesson 5 Review & Challenge

Awake and
Arouse Your
Faculties



Exercise a
Particle of
Faith



Desire to
Believe &
Let the
Desire Work
in You



Give Place
For a
Portion of
My Words



Don't Cast
it Out By
Unbelief

“See”

“Think”

“Feel”

“Do”

Matt 5:16 Rom 14:5-6
Matt 5:48 D&C 32:8-9
D&C 50:34 2Ne. 32:9
John 15:10 Rev 20:12
Eph 2:4-5, 8-10
D&C 78:17-19

Set a timer to go
off each hour.
Identify if you are
doing a
performance for
the Lord or not.

Receive a witness
by the Spirit about
the purpose of
performance:

- To glorify God
- To become like Christ
- Qualify for grace
- Qualify for the riches of eternity

Search
~
Ponder
~
Pray

Don't let the
routine of your
daily habits rule
your day. Use the
same effort for
spiritual growth.

Post reminders
throughout your
home/work space to do
all things for the Lord.

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