

Worth of Souls

A Deep Dive into Living the
Gospel of Jesus Christ



Worth of Souls

Lesson 9



Thought Habit #7

I Have Power Over What

I Think, Feel & Do

Review: Thought Habit #5

Using Enticements For Spiritual Growth

“When I went to the lesson on Enticements I was a little frustrated because I didn’t feel like I could identify where I was getting hooked by the enticements in the lesson. After going through the lesson on Enticements I was a little frustrated because I didn’t feel like I could identify where I was getting hooked by the enticements in the lesson. Over the next couple of days, as I was out working in my garden, I realized I was really getting annoyed by my neighbor’s kids. They are always throwing balls and toys over my fence and are extremely noisy jumping on their trampoline, so much so that I have always LOVED working in my garden, it provides such tranquility for me. I love talking to God while I’m working with Him to grow things. When I realized I have been letting my emotions get the best of me every time the kids next door are playing outside I started using those enticements to talk to God about it and very quickly I started to see those kids in a different light. I started to realize that I missed the joyous sounds of my own kids, long-gone from my home, and I am starting to enjoy my gardening more when they are outside playing. God took a weak thing and made it a strength for me.” - Miriam

Enticements are designed to force us to chose dozens of times each day if we will focus spiritually or temporally

Review: Adversities Are *Super-Sized* Enticements

“I will be eternally grateful that I learned the concept of using enticements to help me focus on my Savior more and received the inspiration on which enticements were my main weaknesses. I could have never known what the Lord had in store for me and the unmountainous challenge that would come into my life just a few short months after learning these concepts. I can now see how the Lord was preparing me for this exact tragedy, to help me endure it with my eye single to His glory. The pains I am experiencing are very real, but I am willing to pass through them because I know they are all worthwhile and help me to remember what my Savior went through for me.” - Matthew

Your Son Calls
You From Jail

Teen

You Are a Single
Parent Burning the

The IRS Checks
Your Paycheck

Candle at Both Ends

You Back Over
Neighbor's Child

With Your Car

Family Member
His Friend

Thoughts
es S

Having an Abusive
Spouse & Working

Through Learning

Your Bishop Has
an Affair With

Passes Away

One of Your

Another Member
of Your Ward

Young Women
Tells You She's

Transgender

Abusive
Home

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

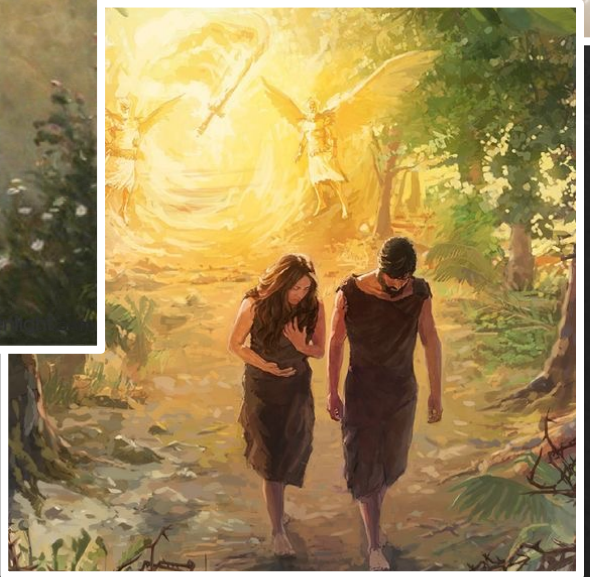
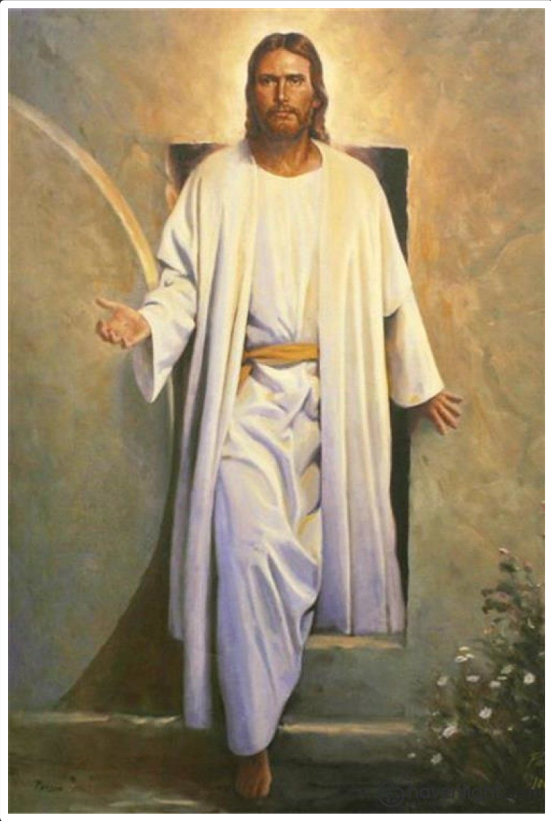
11. Love God With
All My Heart, Mind
& Soul

12. Forgiving &
Judging Righteously
Help Me Progress



Be Prepared To Meet Him!

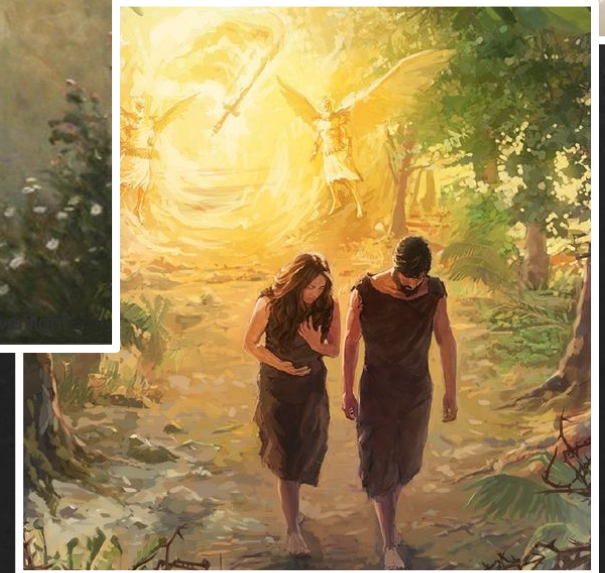
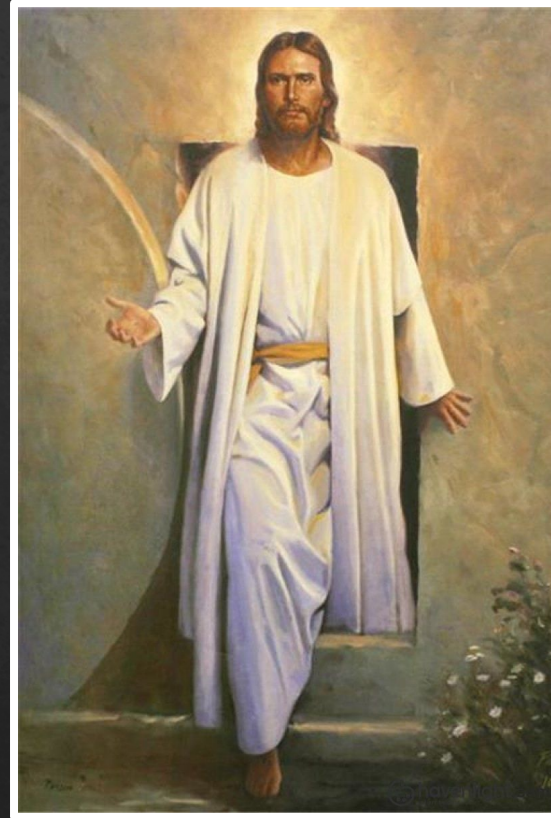
What is Freedom?



What is Freedom?

“... And because that they are redeemed from the fall they have become free forever...” 2Ne. 2:26-29

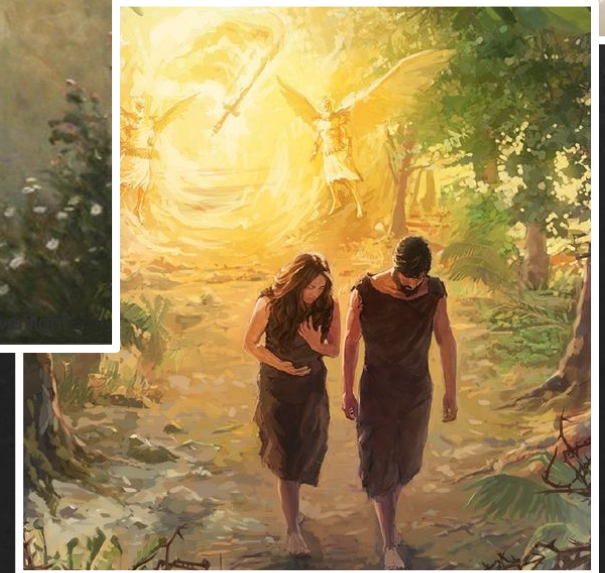
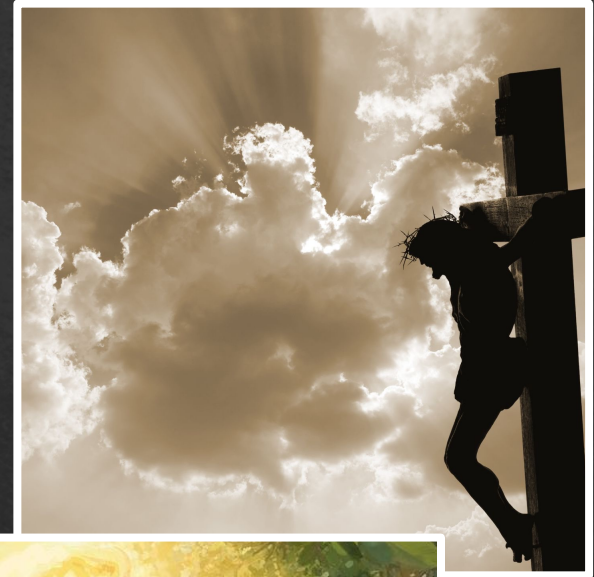
“... whosoever perisheth, perisheth unto himself; and whosoever doeth iniquity, doeth it unto himself; for behold, ye are free; ye are permitted to act for yourselves; for behold, God hath given unto you a knowledge and he hath made you free.” Hel. 14:30



What is Freedom?

“For behold, it is not meet that I should command in all things; for he that is compelled in all things, the same is a slothful and not a wise servant; wherefore he receiveth no reward.

Verily I say, men should be anxiously engaged in a good cause, and do many things of their own free will, and bring to pass much righteousness; For the power is in them, wherein they are agents unto themselves. And inasmuch as men do good they shall in nowise lose their reward.” D&C 58: 26-28



“The Power is in Them”

Am I Keeping My Power of Agency or Am I Giving it Away?

Daughter Calls Her Mom From Jail

Mother #1

”Oh Great! Now I have to suffer this embarrassment...”

”Now I have to waste my time to go bail her out...”

”I don’t deserve this...”

”Just wait until I get her in the car, she’s going to get it.”

Mother #2

”I guess it’s all my fault...”

”If her father were home more...”

”I guess we’d better take some of the blame...”

”This proves that I was not a good enough mother.”

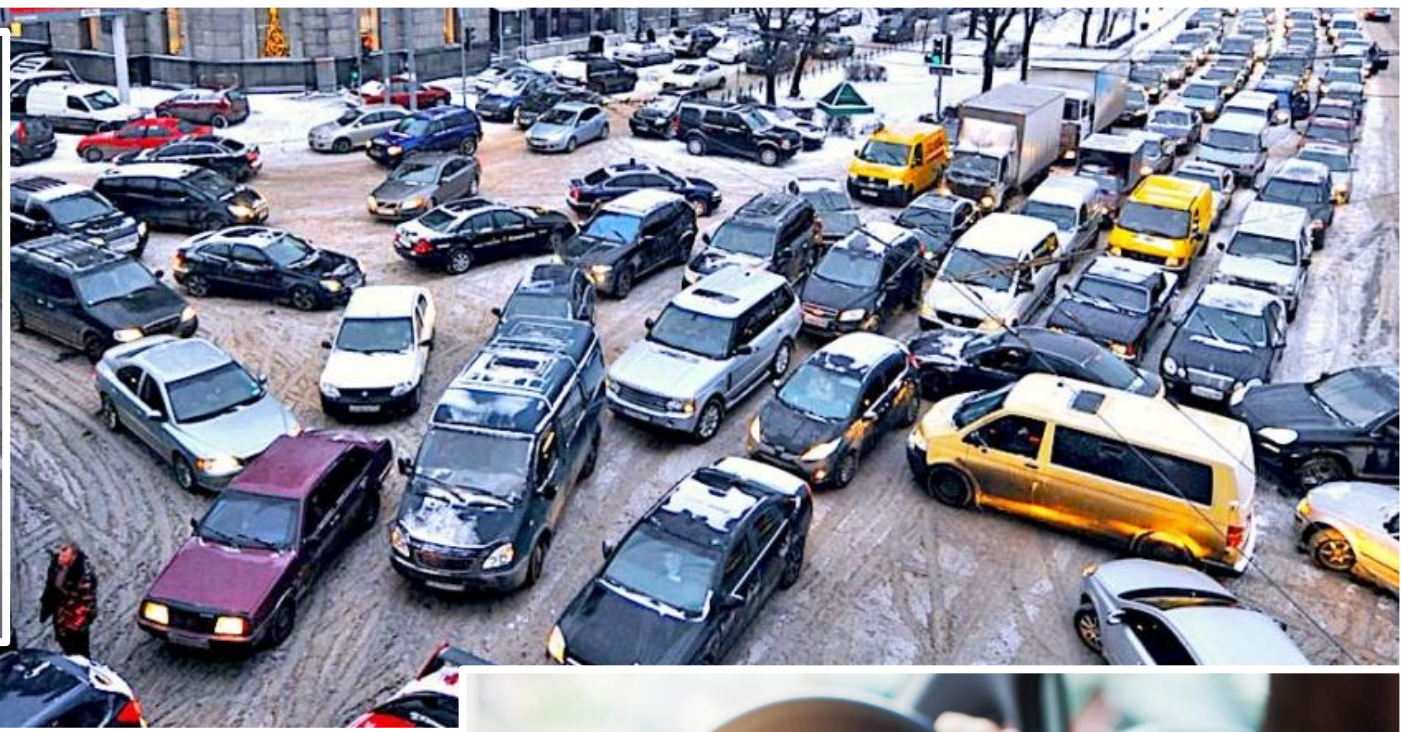
Mother #3

”Thank you Father for this opportunity...”

”Thou knowest this is hard for me...”

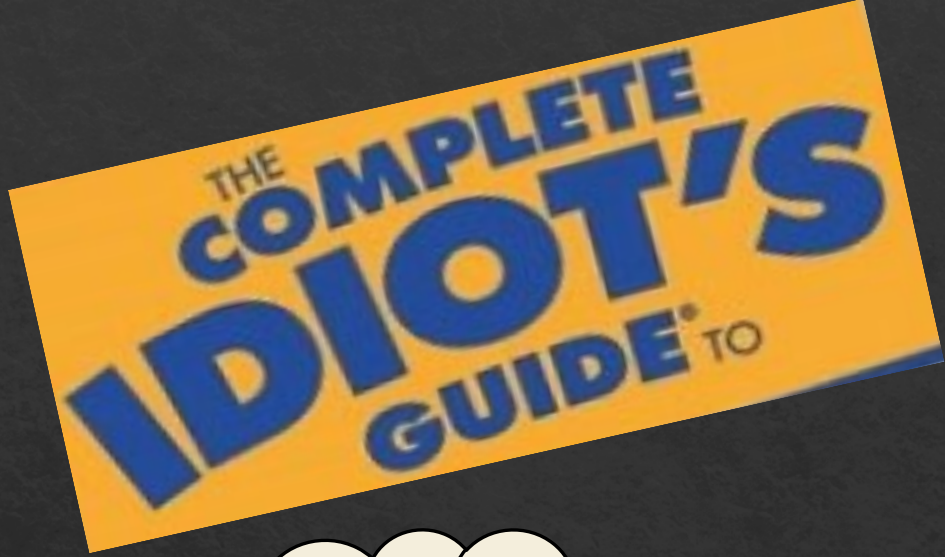
”My daughter has made a serious mistake...”

”Thank you for the opportunity to be an instrument in Thy hands...”



Stupid Drivers





Being A Victim



It's Not
My Fault

Why is DISOWNING so destructive?

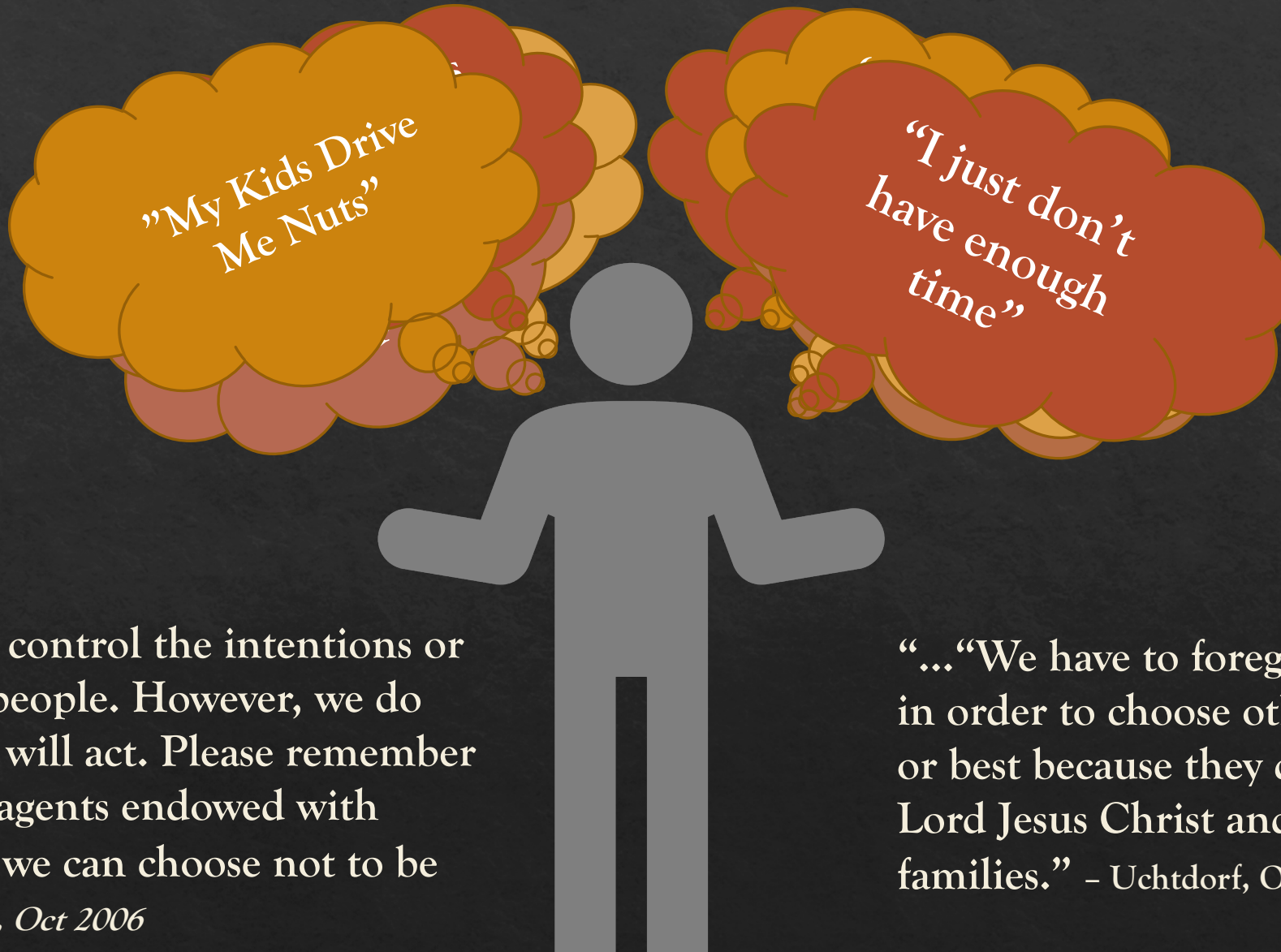
- Disowning puts others in charge of my temple
- Disowning puts others in charge of my happiness
- Disowning creates co-dependency
- Disowning creates bitterness inside me
- Disowning creates low self-esteem

“Dr. Viktor Frankl stated: “We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of ... human freedoms—to choose one’s attitude in any given set of circumstances, [and] to choose one’s own way [of life].”

- James E. Faust, “Spiritual Healing”



Disowning & Victim Statements



“You and I cannot control the intentions or behavior of other people. However, we do determine how we will act. Please remember that you and I are agents endowed with moral agency, and we can choose not to be offended.” - *Bednar, Oct 2006*

“...“We have to forego some good things in order to choose others that are better or best because they develop faith in the Lord Jesus Christ and strengthen our families.” - *Uchtdorf, Oct. 2010*

What is the Cost?

- Become co-dependent
- Feeling powerless
- Lack confidence in self
- Feel upset most of the time
- Feel helpless
- Constantly tossed to and fro
- Always seeking approval from others
- Unsure of self

What are the Benefits?

- Feel close to Heavenly Father & Christ
- Feeling great hope for Eternal Life
- Growing Spiritually
- Feel companionship of the Holy Ghost
- Able to help others
- Able to love yourself
- Able to laugh more
- Feel at peace

“...for he seeketh that all men might be miserable like unto himself.” – 2Ne 2:27

“In the grand division of all of God’s creations, there are things to act and things to be acted upon (see 2 Nephi 2:13–14). As sons and daughters of our Heavenly Father, we have been blessed with the gift of moral agency, the capacity for independent action and choice. Endowed with agency, you and I are agents, and we primarily are to act and not just be acted upon. To believe that someone or something can *make* us feel offended, angry, hurt, or bitter diminishes our moral agency and transforms us into objects to be acted upon. As agents, however, you and I have the power to act and to choose how we will respond to an offensive or hurtful situation.” – *Bednar, Oct 2006*



How Do I Keep My Power Of Agency?

”And why beholdest thou the mote that is in thy brother’s eye, but considerest not the beam that is in thine own eye? Or how wilt thou say to thy brother, let me pull out the mote out of thine eye; and, behold, a beam is in thine own eye? Thou hypocrite, first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother’s eye.” – *Matt 7:3-5*

“ ... ‘they were exceeding sorrowful, and began every one of them to say unto him, Lord, is it I?’ ... would we, like those disciples of old, look inward and ask that penetrating question: “Is it I?” In these simple words, “Lord, is it I?” lies the beginning of wisdom and the pathway to personal conversion and lasting change.” – *Uchtdorf, Oct 2014*



Who is complaining?

Who has the problem?

“I Have A Problem”



The Person
Complaining Also
Has The Solution

1st Step - I Have A Beam In My Eye

2nd Step - Move To The Spiritual Dimension

How Do I Keep My Power Of Agency?

”Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.” – Eph 6:16



“My child will not make any mistakes today”

“The lesson I prepared will go perfectly”

“No drivers will be stupid during my commute today”

“This dinner will turn out delicious, and my family will love it and praise me for it”

How Do I Change My Expectations?

#1 Recognize your false expectations
("my son will obey me perfectly today") and where
you are giving your power away

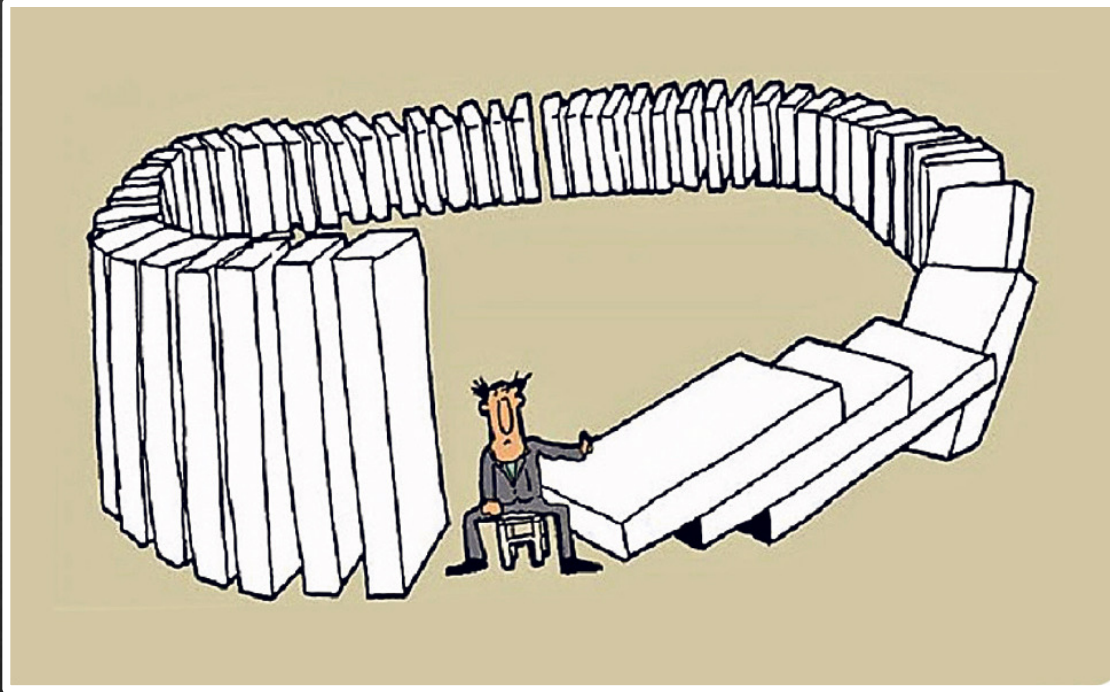
#2 Realize the change needs to
happen within your temple, ask the
Lord to help you change

#3 Use Praise & Prayer to create
new blueprints/paradigms about
daily events

"My beloved associates, far more of us need to awake and arouse our faculties to an awareness of the great everlasting truths of the gospel of Jesus Christ. Each of us can do a little better than we have been doing. We can be a little more kind. We can be a little more merciful. We can be a little more forgiving. We can put behind us our weaknesses of the past, and go forth with new energy and increased resolution to improve the world about us, in our homes, in our places of employment, in our social activities." - *Hinckley "We Have A Work To Do"*



What Goes Around Comes Around



Each person will be
judged by what they send
out, not by what others
do to them

“Therefore, my son, see that you are merciful unto your brethren; deal justly, judge righteously, and do good continually; and if ye do all these things then shall ye receive your reward; yea, ye shall have mercy restored unto you again; ye shall have justice restored unto you again; ye shall have a righteous judgment restored unto you again; and ye shall have good rewarded unto you again.

For that which ye do send out shall return unto you again, and be restored...” - *Alma 41:14-15*

Seed: “I am the temple president over my temple and I am in charge of what I think, feel and do, no one else”

Awake and
Arouse Your
Faculties

“See”

Review

Hel 14:30 Matt 7:3-5
D&C 58:26-28 Eph 6:16
1 Cor. 3:16-17 Alma 41:14-15
2Ne 2:26-29 3Ne 12:44

“Spiritual Healing” - Faust
“And Nothing Shall Offend Them”
- Bednar
“We Have A Work To Do” -
Hinckley
”Lord, Is It I” - Uchtdorf
“Of Things That Matter Most” -
Uchtdorf

Exercise a
Particle of
Faith

“Think”

First thing in the morning reset expectations on recurring events. Many times each day take a few minutes to put the shield of faith back up, identify where you can reset your expectations

Desire to
Believe &
Let the
Desire Work
in You

“Feel”

Pray to gain a confirmation of the truth that you are an agent for change in your own life. You are in charge of what you think, feel & do.

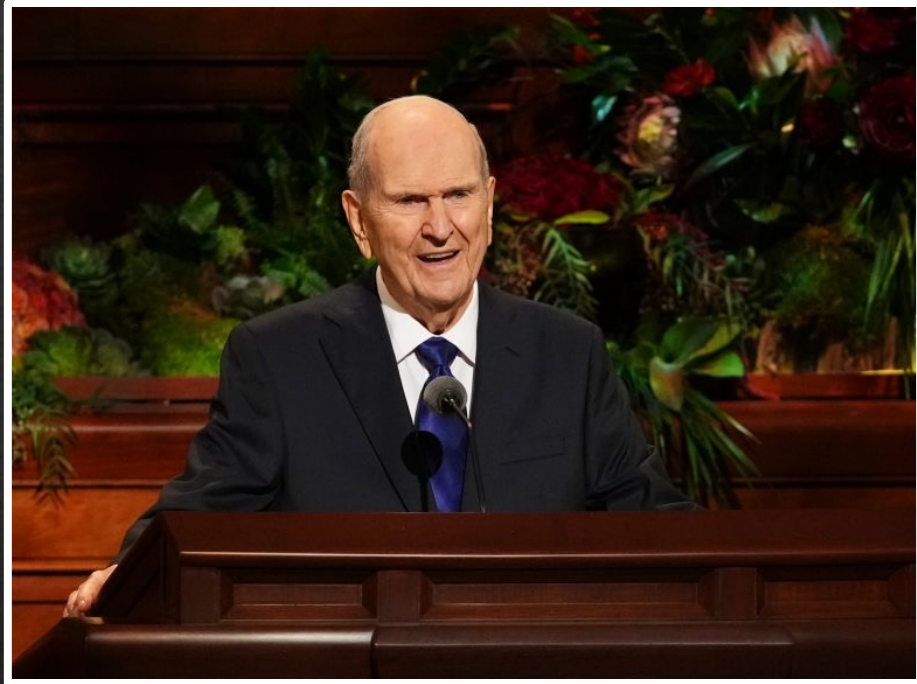
Give Place
For a
Portion of
My Words

“Do”

Search
~
Ponder
~
Pray

Don't Cast
it Out By
Unbelief

Satan's favorite tool in our world is disowning. Remember that it will take time to improve, focus on progress, not perfection.



“...let us do the best we can and try to improve each day. When our imperfections appear, we can keep trying to correct them. We can be more forgiving of flaws in ourselves and among those we love. We can be comforted and forbearing. The Lord taught, “Ye are not able to abide the presence of God now ... ; wherefore, continue in patience until ye are perfected.” - *“Perfection Pending” Pres. Nelson*

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