

Lessons on
"The Joy of
a
Steadfast
Faith"

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March, 2007

"The Joy of a Steadfast Faith"

Introduction

The class is divided into 3 sections, each having titles taken from the Women's Council theme scripture for 2007; *Heb. 12:1-2*. Section...

1) So Great a Cloud of Witnesses – brief descriptions of people who kept a steadfast faith, and the joy they received in doing so – they are our witnesses

2) Run the Race Set Before Us – contains instructions & conditions required of us to receive Joy; the master plan for living with a Steadfast Faith. We will concentrate on the scriptures from our 'cloud of witness'

3) Looking Unto Jesus – contains some 'Helps' for looking to Jesus in building & maintaining our 'steadfast faith' so as to receive Joy

BEFORE WE BEGIN, LET'S DEFINE A FEW WORDS – we'll look at Webster's New World Dictionary of the American Language, College Edition, Copyright 1953 [Webster], and The Nelson's Illustrated Bible Dictionary [Bible]

- **joy** – [Webster] 1. a very glad feeling; happiness; great pleasure; delight. 3. the expression of this feeling. *v.i.* (*verb intransitive* = not used with an object to complete its meaning) to be full of joy; rejoice.

The **Bible Dictionary** more closely describes the kind of 'joy' we are here to talk about

[Bible] – a positive attitude or pleasant emotion; delight. Many kinds of joy are reported in the Bible...But the joy which the people of God should have is holy and pure. This joy rises above circumstances and focuses on the very character of God...The joy *experienced by a righteous person* is produced by the Spirit of God. This kind of joy looks beyond the present to our future salvation and to our sovereign God, who works all things for our ultimate good, which is Christlikeness.

- **steadfast** – [Webster] 1. firm, fixed, settled, or established. 2. constant; not changing, fickle, or wavering. Also spelled stedfast
- **faith** – again from the same dictionary: 1. unquestioning belief. 2. unquestioning belief in God, religion, etc. 3. a religion or a system of religious beliefs: as, the Catholic *faith*. 4. anything believed. 5. complete trust, confidence, or reliance: as, children usually have *faith* in their parents. 6. loyalty; allegiance to some person or thing.
 - bad faith**, insincerity; dishonesty; duplicity.
 - break faith**, 1. to be disloyal to one's belief, principles, etc. 2. to break a promise.
 - good faith**, sincerity; honest.
 - in faith**, indeed; really.
 - keep faith**, 1. to be loyal to one's beliefs, principles, etc. 2. to keep a promise.

[Bible] simply describes the word "**Faith** – a belief in or confident attitude toward God, involving commitment to His will for one's life."

How do these three words affect our lives? – If we consider, for this class at least,

that *a steadfast faith* would be exhibited in one having...

a firm, fixed, settled & established belief & complete trust, confidence & reliance upon God;
determined moment by moment to commit to His will for ones life.

With this attitude carried out daily in our lives that we will receive the 'joy' that is promised to those in Christ. [2 *Ne 1:115*]

Section One

So Great a Cloud of Witnesses

*Wherefore, seeing we also are compassed about with
so great a cloud of witnesses...*

Hebrews 12:1

A Brief Description of People who Lived a Steadfast Faith and the Joy
They Received

So Great a Cloud of Witnesses

A Brief Description of People who Lived a Steadfast Faith and the Joy They Received – [References added]

Eve: – The story of Adam & Eve are recorded in the first 6 chapters of Genesis.

- Her name means: ¹“the mother of all living” [3:26]
- Her Character: ¹She came into the world perfectly at peace with her God and with her husband, **until** she listened to her enemy and began to doubt God. [2:27-3:31]
- Her Sorrow: ¹ [Gen.3:7-31; 5:17; 4:2,13]
- Her Joy: ¹That she had once tasted Paradise, and that God had promised that her offspring would eventually destroy her enemy [Gen. 4:9,11]
- Her Steadfast Faith – Her Witness: She Blessed the name of the Lord, she learned obedience & she taught her sons & daughters what she heard [Gen 6:57-59]

[¹Adapted from WOMEN of the BIBLE, a One-Year Devotional Study of Women in Scripture, pp.17-23]

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Enoch & The City of Enoch: – because of Adam & Eve’s steadfast faithfulness in teaching their children the ways of the Lord, within 6 generations...*Jared taught Enoch in all the ways of God.* [Gen 6:22,22]

- Enoch’s Character: [Gen 6:24; 7:14] He was obedient to God. Great was his faith [Gen 7:15]
- His Sorrow: [Gen 7:26].
- His Joy: People did respond to his words – they repented and gathered together – *the Lord called his people, Zion – Enoch and all his people walked with God, and he [God] dwelt in the midst of Zion.* [Gen 7:20-23,76]
- The People’s Steadfast Faith – Their Witness: Through their obedience, the City of Enoch became Zion for 365 years and then *God received it up into his own bosom.* [Gen 7:76-78]

Truly, the ultimate joy of a steadfast faith would be to have the Lord God dwell in your midst and to be received into His bosom!

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Abish: *Alma 12:148-173*; [background of the story is in verses 1-147]

- Her Character: young Lamine woman who was converted unto the Lord for many years...When she saw that all ...had fallen to the earth... she knew that it was the power of God. Supposing that this opportunity...she ran forth from house to house, making it known [150-155]
- Her Sorrow: ...there was much anger and contention among them as they beheld this scene [156-168]
- Her Joy: she touched the Queen’s hand, she arose and sang praises unto Jesus for saving her from an awful hell, and prayed God’s mercy upon the people... she took King Lamoni by the hand, he arose ... Many were converted unto the Lord. [168-173]
- Her Steadfast Faith – Her Witness: by her knowing this God of Ammon’s was a real God gave her an opportunity to testify for him. Because of her willingness to respond to her faith, she became a witness for Christ.

Esther: She is another example of one who concealed her faith for a time but when she needed to stand fast, she showed forth her obedience to God in humbleness as she approached the situation. *Esther chapters 1-10*

- **Her Character:** ¹An orphan in a foreign land, she displayed great courage in the midst of a crisis. Prior to risking her life for her people, she humbled herself by fasting, and then put her considerable beauty, social grace, and wisdom in the service of God's plan.
- **Her Sorrow:** ¹To learn that her husband, the king, had unwittingly placed her life and the life of her people in jeopardy.
- **Her Joy:** ¹To watch mourning turn to celebration once the Jews enjoyed relief from their enemies.
- **Her Steadfast Faith – Her Witness:** ²We can tell Esther was a woman of faith and virtue. When called upon to save her people, she was obedient even though it could have cost her her life. She moved out in faith and sought the Lord in prayer and fasting.

[¹Adapted from WOMEN of the BIBLE, a One-Year Devotional Study of Women in Scripture, p.256 and from ²VIRTUOUS WOMEN OF THE SCRIPTURES by Pat Chadwick]

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No Happier Time or People: Often 'joy' & 'happiness' will have different implications. In these references, I believe that the 'happiness' the people received is the same as the 'joy' we defined in the introduction.

**IN ALMA 22:1-26** ...*there never was a happier time among the people of Nephi...than in the days of Moroni [24].*

Verses 1-18: *And they did prosper exceedingly, and they became exceeding rich... and they did multiply, and wax strong in the land.*

In verses 19-23 Mormon continues his commentary, speaking of the mercies of God unto those who keep His commandments and the awful state of the wicked.

Then Mormon sums up the state of the people in verse 24 ... *there never was a happier time among the people of Nephi, since the days of Nephi, than in the days of Moroni;*

- **Their Character:** the people were willing to follow Moroni, their righteous leader, in building strongholds for protection and laying the foundations for cities
- **Their Sorrow:** that their wicked brethren were consigned to bondage, perish by the sword and dwindle in unbelief
- **Their Joy:** the Lord blessed them, they multiplied & prospered ...were delivered at all times and they were a happy people
- **Their Steadfast Faith – Their Witness:** they were faithful in keeping the commandments of the Lord

**AND THE SECOND GROUP IN 4 NEPHI 1:1-21** ...*there could not be a happier people among all the people who had been created by the hand of God...*

- **The Character & Condition of the People:**  
<sup>1</sup>The Nephites, having been ministered to by Jesus, having imbibed of his Spirit, and having been taught by him, set about their work at once, sharing their experiences with others.  
Within two years after Christ's personal ministry to the Nephites, everyone in the land (Nephites and Lamanites) had been converted [4Nephi 1:3].

- **Their Sorrow:** no record of sorrow
- **Their Joy:**  
<sup>1</sup>Because of compliance with God's laws, he was able to bless them with great prosperity,

... insomuch that they did build cities again where there had been cities burned... the people of Nephi did wax strong, and did multiply exceeding fast, and became an exceeding fair and delightsome people. -4 Ne 1:9-11

• **Their Steadfast Faith – Their Witness:**

<sup>1</sup>They “did walk after the commandments which they had received from their Lord...and there was no contention... in all the land, but there were mighty miracles wrought among the disciples of Jesus.”

<sup>1</sup>The Nephites said of themselves,

*surely there could not be a happier people among all the people who had been created by the hand of God:...but they were in one, the children of Christ, and heirs to the kingdom of God;...until an hundred and ten years had passed away; and the first generation from Christ had passed away, and there was no contention in all the land.* -4 Ne 1:19-21

[<sup>1</sup>A SUMMARY OF THE BOOK OF MORMON BOOK BY BOOK, by Thelona D. Stevens, pp.29,30. Italics added]

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The Mothers of Helaman’s 2,000 Sons: Alma 24:63-78; 26:3-12,56-67

You remember that...

¹The people of Ammon promised God they would not fight wars again...The people of Ammon did have many sons...who had not made *the same promise as their fathers*. So *they determined* to help the Nephite soldiers... Helaman marched at the head of his two thousand stripling (thin) soldiers.

Their bravery, being true at all times to God and keeping the commandments of God were character traits that were taught to them by their mothers, probably by example as well as by word...the tremendous joy that the mothers must have felt when they received word concerning the fate of their sons.

- **Their Joy:** Helaman writes [26:66] *... there had not one soul of them fallen to the earth; yea, and they had fought as if with the strength of God; yea, never were men known to have fought with such miraculous strength;*
- **Their Steadfast Faith – Their Witness:** It must have been that from their very young age the mothers began to teach their sons how to live with a steadfast faith, and especially that of not doubting God

[¹2HOUR BOOK OF MORMON, by Larry Anderson Ph.D, p.113, Alma 53; *italic words* added for clarification]

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Emma Smith: In the latter days, the Lord sought out Emma Hale to be His servant – His witness.

- **Her Character:** <sup>2</sup>...was capable of doing an amazing amount of work in a little period of time. Her faith was deep and she knew the Bible well...was self-sufficient during Joseph’s absence. Her love, affection and loyalty helped sustain him when they were apart...compassion and sense of others’ needs ...was frugal with home necessities. She was steadfast in her beliefs.
- **Her Sorrow:** her family disassociated themselves from her and her husband’s religion...she buried 5 of her children. They were <sup>1</sup>Driven with her church from Missouri...her husband was brutally murdered and she was left with her family of young children to face hostility from within the church as well as from without. She visited her husband...in chains, in the dark dungeon of the Liberty jail. ... her eldest son forced away from his father with flat of soldier’s sword...she saw her husband’s body after it had been riddled with the bullets of assassins.
- **Her Joy:** That God spoke to her through her husband concerning her work; it’s recorded in Section 24 of the Doctrine & Covenants. The preface to it says “...The selection of hymns that she was directed to make were used at the dedication of Kirtland Temple.” <sup>1</sup>She lived to see the son ...take his place as leader of the Reorganized Church of Jesus Christ of Latter Day Saints in 1860.
- **Her Steadfast Faith – Her Witness:** <sup>1</sup>The ...years were a constant struggle with hardship and poverty, yet through them all she stayed true to *the Lord and* the teachings of her husband, Joseph Smith, and of

the church in its early years. <sup>2</sup>Emma Smith was a pioneer and stood the trials of such. Joseph's mother, Lucy Mack Smith, said, "I never saw a woman who could and did endure affliction as Emma has done."

[Excerpts from: <sup>1</sup>Preface of Emma Smith, The Elect Lady, by Margaret Wilson Gibson; <sup>2</sup>Emma Smith – "Portrait of a lady" by Carol E. Starks; *italic words* added for clarification]

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Etta Kpui Nasser: - is a present day witness, who I have not met, but have heard that she has exhibited a steadfast faith in the face of loosing much. She is a native Liberian and her husband is a Lebanese businessman. I know many of you have already heard about her.

- **Her Character**: She is kind and generous in sharing her blessings. She donated land on which she started, financed and established an orphanage called "Future Hope" in Liberia, to provide a home for some 70 children. She provides money for uniforms for the children & health care as needed and also secured assistance for 1 meager meal a day for the orphanage from the 'Christian Aid' organization. And then she received a testimony of the Gospel of Jesus Christ and was baptized in November of 2006.
- **Her Sorrow**: Shortly after her baptism she received a letter from 'Christian Aid' that demanded she renounce her association with the restored gospel or loose her food that supported the orphanage. She refused to do that and 'Christian Aid' withdrew their support.
- **Her Joy**: Through the blessing of caring saints here, she will receive a generous donation of nutritional meals that will feed her children 2-3 healthy meals a day as well as thousands of needy children throughout their country.
- **Her Steadfast Faith – Her Witness**: Without hesitation, sister Etta stood firm in the Lord, and would not be intimidated into denying the gospel.

Through her steadfast faith in resisted temptation to deny her faith for reason of providing food for those who were entrusted to her care, she was blessed beyond her imagination and, no doubt, received an abundance of joy.

Christ said: *Blessed are all they that are persecuted for my name's sake; for theirs is the kingdom of heaven.*
[Matthew 5:12]

[Excerpts from JCRB Newsletter, Volume 2, Number 1, article "Blessed Are They That Are Persecuted For My Name's Sake" by Elder Jim McKay]

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There are so many others of the scriptures, the latter days & present day that has kept the faith and bear testimony of the joy they have received. It would be good for us to reflect on such people and learn from their experiences those qualities that can equip us to better live with a steadfast faith.

Our last witness is...

Jesus Christ: Our perfect example or witness of one Who has received joy in His Steadfast Faith

- **His Character**: *Genesis 1; 3:3; Luke 1&2; John 1:16; 2Corinthians 5:15; 1John 2:1; John 14:6*
- **His Sorrow**: That mankind rejects Him and with that rejection they loose the promise of living with God forever. *Matthew 23:37, 26:76; Luke 19:40; John 6:65; Alma 19:13*
- **His Joy**: To do the will of the Father who sent Him, so that all may be redeemed. *Genesis 3:3; John 5:31*
- **His Steadfast Faith – His Witness**: *who for the joy that was set before him endured the cross, [Heb.12:2] He provided another witness to remain with us – the Holy Ghost – our Comforter, to teach us all things. John 14:16,26*

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## **A GREAT CHECK:**

As we continue in Section Two we'll realize there are instructions & conditions to receiving that **joy** spoken of from the witnesses we just reviewed. As we have seen, God's love is not unconditional; He blesses and prospers only those who are faithful unto Him, while those who are not faithful receive no blessing. [*Gen. 7; Alma 22:19-23; 4Nephi 1:1-21*]

In the next section, you will notice check marks placed before each of the instructions or conditions. This is meant for a self evaluation, an opportunity to check ourselves to see if we are living by the standards listed in the scriptures so that we may receive the blessing of this *joy* we so desire.

I have taken this suggestion from the writing of Alma's dealings with the church in Sidom. We should ask our self if we are willing to be checked: checked by the Spirit and by those who are appointed to be Christ' servants, His priesthood. We must be willing to abide by the laws of the Celestial Kingdom to receive this joy spoken of – that is our steadfast faith.

- We will also see there are warnings listed that I will note with an arrow head – may we take heed of the warning

### **From Alma 10:108-111:**

*Therefore, after Alma having established the church at Sidom, seeing a great check, yea, seeing that the people were checked*

- ✓ *pride of their hearts*
- ✓ *humble themselves before God*
- ✓ *assemble themselves together at their sanctuaries*
- ✓ *to worship God before the altar,*
- ✓ *watching and praying continually,*

The purpose of this great check - *that they might be delivered from Satan, and from death, and from destruction* [111]

- ✓ May we allow the great check so to strengthen our steadfast faith as we 'run the race set before us' & receive His joy.

## Section Two

# Run the Race Set Before Us

*Wherefore, seeing we also are compassed about with  
so great a cloud of witnesses...  
let us run with patience the race that is set before us...  
Hebrews 12:1*

Instructions & Conditions to Receive Joy as We Run the Race Set  
Before Us

## Run the Race Set Before Us

Instructions &/or Conditions to Receiving Joy as We Run the Race Set Before Us [References added]

Eve: – Her joy came at a great price. She received a “great check” and it was directly from God.

**THE CONDITIONS OR INSTRUCTIONS WHICH LEAD TO RECEIVING JOY** *Gen. 4:5,6,8,11,12; 6:57,59*

He [God] gave unto them commandments that they

- ✓ should worship the Lord their God; and
- ✓ should offer the firstlings of their flocks for an offering unto the Lord.

Adam [I assume Eve too] was

- ✓ obedient unto the commandments of the Lord

And after many days, an angel of the Lord appeared unto Adam, saying

- ✓ thou shalt do all that thou doest, in the name of the Son.
- ✓ And thou shalt repent, and
- ✓ call upon God, in the name of the Son for evermore.

**Adam blessed God, and was filled**

- ✓ And Adam and Eve blessed the name of God; and
- ✓ they made all things known unto their sons and their daughters

And the Lord spake unto Adam, saying... I have given unto you another law and commandment;

- ✓ teach it unto your children,
- ✓ that all men, everywhere, must repent,
- or they can in no wise inherit the kingdom of God.

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The City of Enoch: – the description of the City of Enoch, which God called Zion, is brief but all encompassing.

THESE ARE THE CONDITIONS the people lived under for some time before they were taken to God’s bosom:

Genesis 7:23 *And the Lord called his people, Zion, because they* **-everyone**

- ✓ *were of one heart and of one mind, -common consent with God & therefore with each other*
- ✓ *dwelt in righteousness; -always doing right before man & God and*
- ✓ *there were no poor among them. -they thought more highly of one another & provided for everyone so none lacked in anything-*

Remember ...*Enoch and all his people walked with God, and he dwelt in the midst of Zion. [Genesis 7:76,77]*

Is this not the standard which we should set before ourselves, and the prize for which we *run the race*? If we do, then we too will receive joy in our steadfast faith.

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Abish: – ...*she having been converted unto the Lord for many years...never had made it known;[Alma 12:151]* ...she must have maintained a relationship with her Heavenly Father to recognize when Ammon spoke of God, it was the same God she was converted to & worshiped. The joy of her steadfast faith in God must have been brought to fruit when she saw the conversion of many unto the Lord. Are we willing to witness at every opportunity? Do we do as she did as it is described in verse 152 & 153.

- ✓ *supposing that this opportunity* **-expect opportunities to witness**
- ✓ *by making known unto the people what had happened among them, -be willing to bear witness*
- ✓ *that by beholding this scene, it would cause them to believe in the power of God, -give others opportunity to believe*
- ✓ *Therefore she ran forth from house to house, -go where the people are*
- ✓ *making it known unto the people - proclaim the Good News*

Esther: – So often God uses the most unlikely characters to fulfill his purposes. He elevates a Jewish orphan to queen of a great empire. Esther begins as a nobody and becomes a somebody, a woman who risks her life to make a stand.

✓ She did not back down or run away from the opportunity God had placed in her path.

When her cousin Mordecai sent word to Esther of the severity of the situation for the Jews, for her and her family, he posed to her the question

✓ ***and who knoweth whether thou art come to the kingdom for such a time as this?***[4:14]

It was then that she sent word to Mordecai that requested

✓ a 3 day **fast** to be called among all the Jews.

Her closing words to her cousin were

✓ ***and so will I go in unto the king, which is not according to the law;***

✓ ***and if I perish, I perish.***

[Adapted from WOMEN of the BIBLE, a One-Year Devotional Study of Women in Scripture, p.263]

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No Happier Time or People: Alma 22:1-24 & 4Nephi 1:15-21

In both instances, it was the Godly leadership of those so appointed to *prepare strongholds against the coming of their enemies*, and the steadfast faith of the people *who were faithful in keeping the commandments of the Lord* that brought about the conditions of ‘happiness,’ where *even they were blessed and prospered...because of the love of God which did dwell in the hearts of the people* [Alma 22:6,23; 4Nephi 1:21,17].

IN ALMA 22: *never was a happier time among the people of Nephi*

THE CONDITIONS OR INSTRUCTIONS FOR RECEIVING HAPPINESS ARE in *verses:20 & 23*:

[20] ***Blessed art thou and thy children; and they shall be blessed;... they shall prosper in the land***

✓ ***inasmuch as they shall keep my commandments,***

[23] ***And those who were***

✓ ***faithful in keeping the commandments of the Lord, were delivered at all times, whilst thousands of their wicked brethren have been consigned to bondage, or to perish by the sword, or to dwindle in unbelief, and mingle with the Lamanites.***

THE CONDITIONS FOR BEING CUT OFF FROM THE PRESENCE OF THE LORD is in verses 21-23:

➤ **Warning**: [21] ***But remember, inasmuch as they will not keep my commandments, they shall be cut off from the presence of the Lord.***

➤ [22] ***And we see that these promises have been verified to the people of Nephi; for it has been their quarrelings and their contentions, yea, their murderings, and their plunderings, their idolatry, their whoredoms, and their abominations, which were among themselves, which brought upon them their wars and their destructions.***

➤ **Reward of Wickedness**: [23]... ***thousands...have been consigned to bondage, or to perish by the sword, or to dwindle in unbelief, and mingle with the Lamanites***

THE CONDITION FOR BEING BLESSED WITH JOY & HAPPINESS IS KEEPING THE COMMANDMENTS OF THE LORD- in other words: **TO LIVE WITHOUT**

- ✓ quarrelings
- ✓ contentions
- ✓ murderings
- ✓ plunderings
- ✓ idolatry
- ✓ whoredoms
- ✓ abominations

Because of the people’s ‘steadfast faith’ in ‘keeping the commandments of the Lord’ they received ‘happiness’ or joy to such a degree that it is recorded that [24] *there never was a happier time among the people of Nephi, since the days of Nephi, than in the days of Moroni;*

AND IN 4NEPHI 1:1-2; verse 19 says surely there could not be a happier people among all the people who had been created by the hand of God:

THE CONDITIONS OR INSTRUCTIONS GIVEN FOR THIS HAPPINESS: [13-14,17,18,20]

- ✓ they did not walk any more after the performances and ordinances of the Law of Moses, but they did walk after the commandments which they had received from their Lord and their God,
- ✓ continuing in fasting and prayer, and in
- ✓ meeting together oft, both to pray and to hear the word of the Lord.
- ✓ because of the love of God which did dwell in the hearts of the people **there was NO**
 - ✓ contention among all the people,
 - ✓ contention in the land,.
 - ✓ envyings,
 - ✓ strifes,
 - ✓ tumults,
 - ✓ whoredoms,
 - ✓ lyings,
 - ✓ murders,
 - ✓ or any manner of lasciviousness;
 - ✓ robbers,
 - ✓ murderers,
 - ✓ neither were there Lamanites, nor any manner of *ites*

The love of God does not dwell in our heart when there is contention among the people! i.e. no joy

The ‘joy of their steadfast faith’ was evident in *verse 20*, for *they were in one, the children of Christ, and heirs to the kingdom of God.*

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The Mothers of Helaman’s 2,000 Sons: ALMA 24:76,77; 26:56,57

Considering the testimony of Helaman in his letter to Moroni, we could assume that the mothers were faithful in teaching their sons to be:

- ✓ exceedingly valiant for courage, and also for strength and activity;
- ✓ men who were true at all times in whatsoever thing they were entrusted;
- ✓ men of truth and soberness,
- ✓ keeping the commandments of God,
- ✓ walking uprightly before God
- ✓ not fearful of death
- ✓ thinking more upon the liberty of their fathers, than they did upon their lives;
- ✓ not doubting, that God would deliver them.

When it came time for battle, [26:57] *...they rehearsed unto me [Helaman] the words of their mothers, saying, We do not doubt our mothers knew.*

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Emma Smith:

When God spoke to Emma through Joseph as recorded in Doctrine & Covenants 24, there was specific direction given to her. However, God begins with “*All those who receive my gospel are sons and daughters in my kingdom [1a]*” and then He ends this revelation with “*And verily, verily I say unto you, that this is my voice unto all [4c].*” Look at His instructions that apply to us also as His daughters.

- ✓ *...if thou art faithful and walk in the paths of virtue before me, I will preserve thy life, and thou shalt receive an inheritance in Zion. [1b]*
- ✓ *Murmur not because of the things which thou hast not seen, for they are withheld from thee, and from the world, which is wisdom in me in a time to come. [1d]*
- ✓ *And the office of thy calling shall be for a comfort unto my servant ...thy husband, in his afflictions, with consoling words, in the spirit of meekness. [2a]*
- ✓ *And verily I say unto thee, that thou shalt lay aside the things of this world, and seek for the things of a better. [3a]*
- ✓ *...lift up thy heart and rejoice, [3c]*

- ✓ *and cleave unto the covenants which thou hast made. [3c]*
- ✓ *Continue in the spirit of meekness, [4a]*
- ✓ *and beware of pride. [4a]*
- ✓ *Let thy soul delight in thy husband, and the glory which shall come upon him. [4a]*
- ✓ *Keep my commandments continually, and a crown of righteousness thou shalt receive. [4b]*
- *And except thou do this, where I am thou canst not come. [4b]*

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Etta Kpui Nasser: - continuing in Elder Jim McKay's article in the JCRB NEWS AND UPDATES:

Her "story is not meant to over emphasize or draw unhealthy attention to our sister, it is meant to demonstrate that faithful saints are being persecuted in our day and time, and most importantly, that the promises of our Lord are sure. *Blessed are all they that are persecuted for my name's sake; for theirs is the kingdom of heaven [Mat 5:12].* The word of the Lord is full of his promises for those who love and serve Him."

*Matthew 5:13,14* *And blessed are ye when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. **For ye shall have great joy, and be exceeding glad; for great shall be your reward in heaven; for so persecuted they the prophets which were before you.***

[JCRB NEWS AND UPDATES, Volume 2, Number 1, article "Blessed Are They That Are Persecuted For My Name's Sake" by Elder Jim McKay]

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Jesus Christ: Our perfect example or witness of one Who has received joy in His Steadfast Faith

HIS DESIGN & DESIRE BECOMES OUR INSTRUCTIONS & CONDITIONS TO LIVE BY: *[John 5:31]*

- ✓ For I can of mine own self do nothing;
- ✓ because I seek not mine own will,
- ✓ but the will of the Father who hath sent me.

RECEIVE HIS COMFORTER, THE HOLY GHOST: *[John 14:16,26; Luke 12:14 1Nephi 3:30; 2N14:6]*

- ✓ that he may abide with you forever;
- ✓ it shall teach you all things, and
- ✓ bring all things to your remembrance, whatsoever I have said unto you.
- ✓ shall teach you in the same hour what ye ought to say.
- ✓ the mysteries of God shall be unfolded unto them by the power of the Holy Ghost, as well in this time as in times of old;
- ✓ it will shew unto you all things what ye should do.

The Key to 'running the race set before us' is to do it with Christ, His Comforter & the Holy Ghost

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Section Three contains a few 'helps' or exercises designed to aid us in examining our live in light of Christ' standard to draw us closer to Him so that our life may be lived out with a joyful steadfast faith. I encourage you to consider these 'helps' to be beneficial for this purpose.

My closing remarks are from *Philippians 1:2-7,9-11* which were the desires of Paul...to all the saints in Christ Jesus [which were at Philippi...] I offer it for a blessing unto you.

Grace be unto you, and peace, from God our Father and from the Lord Jesus Christ.

I thank my God upon every remembrance of you, Always in every prayer of mine, for the steadfastness of you all, making request with joy, For your fellowship in the gospel from the first day until now;

Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ; Even as it is meet for me to think this of you all, because I have you in my heart;

And this I pray, that your love may abound yet more and more in knowledge and in all judgment; That ye may approve things that are excellent; that ye may be sincere and without offense till the day of Christ; Being filled with the fruits of righteousness, which are by Jesus Christ, unto the glory and praise of God.

God be with you till we meet again.

## Section Three

# Looking Unto Jesus

*Wherefore, seeing we also are compassed about with  
so great a cloud of witnesses...  
let us run with patience the race that is set before us,  
looking unto Jesus the author and finisher of our faith...  
Hebrews 12:1,2*

'Helps' for Looking to Jesus in Building & Maintaining a 'Steadfast Faith'

## INTRODUCTIONS FOR SECTION THREE

In this section are several of what I call ‘helps’ that are for personal consideration in study, worship, preparation for service and in examination of our heart; all are for the benefit of looking unto Jesus for building and maintaining a ‘steadfast faith.’ I have included a few suggestions below for the pages that follow to assist in this endeavor.

- On the back of this page is **ACTS of Prayer**; my testimony followed by the explanation of ACTS of Prayer and a prayer of sanctification.
- The second page is a large heart that is divided into 24 sections which is representing one day. The purpose of this exercise is to make us aware of the time we waste in not consecrating it unto the Lord. When we are aware of this, we will be ready to make changes to allow more time, even each complete day, to be wholly given unto God and his purposes.
- The next set of pages deal with our **Talents and Abilities** – Identifying what our strengths are and examining them in light of how we can use them for God. We will want to refer to these pages often. We will not only realize our capabilities but we’ll also start to develop new strengths, becoming aware of more areas in which God desires to use what he has so generously blessed us with.
- The page “**What is your Heart’s Desire**” was designed by Seventy George Knotts for the purpose of encouraging us to establish regular patterns of **Prayer, Fasting, Reading** the scriptures, **Applying** the scriptures to our life and **Writing** down our testimonies. As we exercise each of these areas we are to examine our *Heart’s Desires* in light of our understanding of the scriptures along with what the Spirit confirms. The important thing is that **we do** pray, fast, read the scriptures and attempt to apply them to our life. Also, writing down our testimonies makes us more aware of God working in our life and it can provide opportunity to share them with others through publication in Christian reading materials. You can find more of Brother Knotts’ ministries of ‘art for goodness sake’ when you go to Google and type in George (cartoon) Knotts and then hit enter.
- The last set of pages is set up for twelve months of **daily scripture reading**. This is the work of Sister Betty Tripp [her address is noted on each page if you desire more of her projects]. I hope this will help you set a regular pattern of reading the scriptures. You will notice that each month’s study is arranged by topic and some pages will have specific instructions on particular subjects. Below I have listed some general instructions to apply to each month’s reading and other suggested exercises; most of these are from Sister Tripp. **Each of these suggestions should be considered in light of the truth in the scriptures and the leading of the Holy Spirit.**
  - Use a notebook for Daily Scripture Reading: chose a topic & on each notebook page allow areas to:
    - note the date for reading each scripture
    - write out the scripture
    - write down what you think the scripture means
    - ask yourself how that scripture applies to your life and make note of that
    - ask yourself how that scripture applies to your **Prayer List & Heart’s Desire List** [see below]
    - write down any other comments, reflections or results of the scripture when applied to your life – note such dates
  - Use another notebook to write down your **Prayer List & Heart’s Desires List**; prayers, desires & concerns you have for yourself, your family, friends, church family, work, etc. Pray over each asking God to enlighten your mind what to pray for & what to do – be sure to note each entry with a date
  - Use a different notebook to write down your **Testimonies** and **Good Happenings** that occur each day; blessing from the Lord – this will help you to be ready to share the m

## A C T S of Prayer

While attending prayer service in May of 2000, the elder presiding brought some remarks that I wrote down on a small note pad of paper and then I tucked it into my Book of Mormon. Through the last 5 years I have seen it from time to time when I would flip to that area of my book.

In the last few months I have experienced difficulty in keeping focused in my prayers. Being reminded of a format for prayer I had heard, I started putting it into practice during my formal prayer time, morning & evening. I knew this format sounded familiar and thought that perhaps I had written it down sometime. Recently I searched through my scriptures where I stick important notes confident I would find the source of it, and there it was tucked in my Book of Mormon in the 16<sup>th</sup> chapter of the book of Alma.

I bring this up now because of our Women's Dept. theme & scripture theme for this year is asking us to 'think of the beautiful' – the true, the honest, the just, the pure, the lovely, that of good report, that of virtue & praise worthy. The task of 'loving God with all of our minds' requires our whole being to be focused on Him, to be thinking His thoughts. In my struggle of keeping focused in my prayers, I had to bring some training or discipline to my prayers so that they could be pleasing unto God. My effort in using this format has been very beneficial for my prayer life, so I want to make the suggestion to each of you to consider it for yourself.

We know the elements of prayer are praise, thanksgiving, adoration, confession & supplication, and there is much that can be said about each. This suggested format for our prayers is summed up in the word A C T S. Perhaps you were at the same service or you also heard this sometime, but let me refresh our memory. Each letter in the word stands for a part of our prayer and when offered in this order, I believe, it will open our minds to the Spirit and the mind of God and our prayers will become pleasing to Him, our expression of 'loving God with all our mind.' I hope this explanation will help us draw our thoughts toward The Beautiful. This is not to be thought of as the only way to pray, but as one of many. The important thing is that we do pray. If you want to use this format I would suggest that you write it down and place it where you regularly have your prayer time as a reminder, at least until it becomes a habit.

After ACTS of Prayer is a prayer of sanctification and it comes from Elisabeth Elliot Gren - Gateway to Joy Broadcast. I hope meditating on this prayer will stir your heart to desire to be a living sacrifice for Him.

May God bless us as we come before Him and seek His face.

*Debbie Newman - Zion's Outpost Women's Dept. Leader 2006*

## A C T S of Prayer

- A – Adoration:** adoring God; confessing God's beauty and confessing Christ as our mediator, and through whom we offer our prayers
- C – Confession:** identifying our self in relationship to God; confessing & repentant of our sins
- T – Testament with Thanksgiving:** reviewing & reminding God of His promises, commitment & His testament to us He has performed & will perform, and doing it with a thankful heart
- S – Supplication:** request & desires of our heart, and for our family, friends, church, world; our dearest hopes; praying 'Thy will' -transforming our desires & actions into His alter & His desires

*Loving Lord and Heavenly Father,*

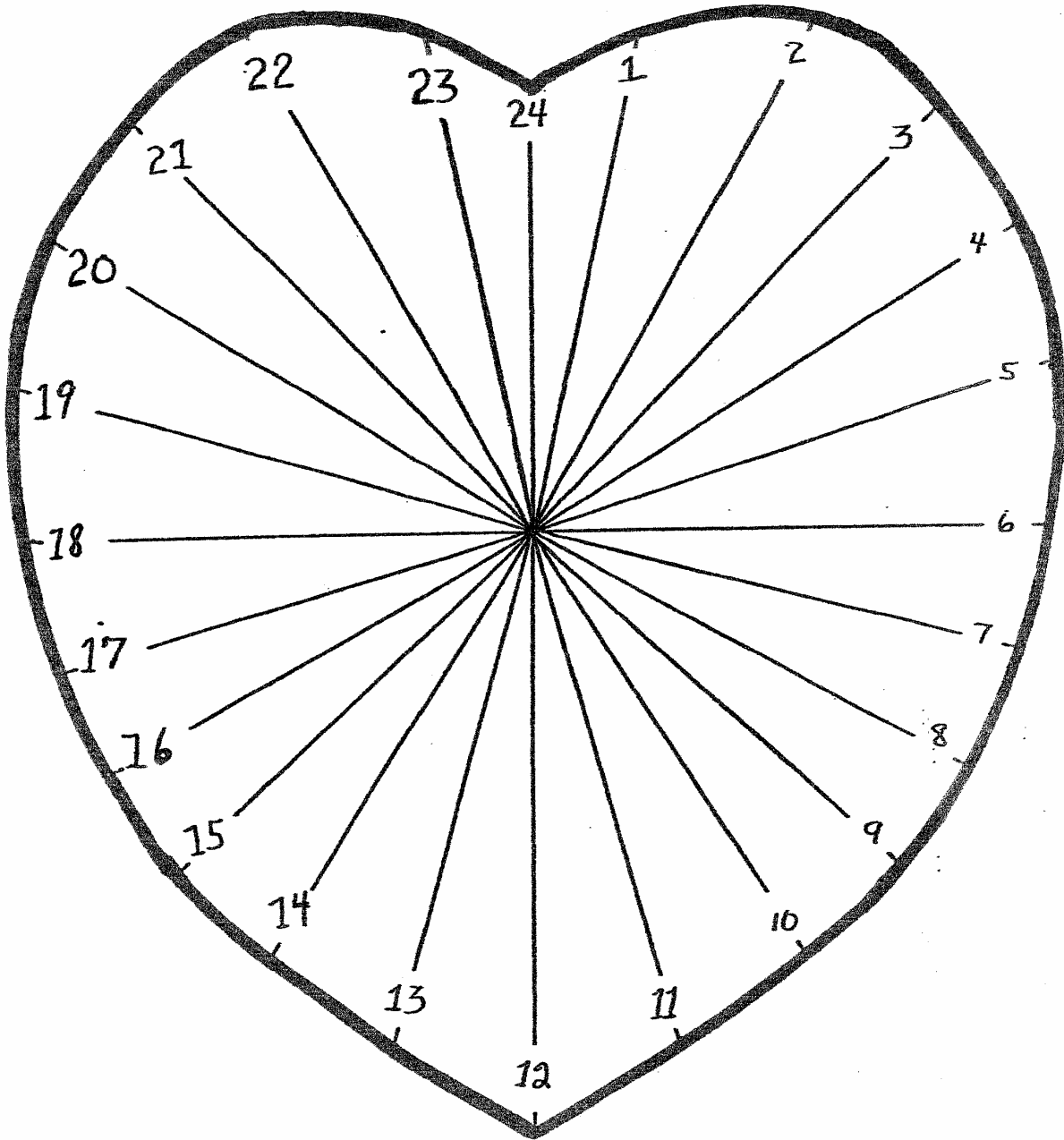
*I offer up today all that I am, all that I have, all that I do, and all that I suffer, to be Yours today and Yours forever.*

*Give me grace, Lord, to do all that I know of Your holy will. Purify my heart, sanctify my thinking, correct my desires.*

*Teach me, in all of today's work and trouble and joy, to respond with honest praise, simple trust, and instant obedience, that my life may be in truth a living sacrifice, by the power of your Holy Spirit and in the name of Your Son Jesus Christ, my*

*Master and my all. Amen.*  
*Elisabeth Elliot Gren*

Consider that this heart represents your daily activities. It is divided into 24 sections for each hour of a day. Everybody's day is full of activities. In each section [each hour], write what you are usually doing: i.e. sleep, work, meals, read, study, family time, etc. Now, use a light red or pink colored pencil and fill in the activities that you feel is God entered in action, thought and motive, in preparation before & after the activity [i.e. what you do before sleep & when awake, etc]; all your hours that are given to the Lord. This will give you a vivid evaluation of where you need to change your activities to include God & Christ. The idea is to eventually have the whole heart colored, which would indicate your heart is consecrated unto the Lord in all your activities.



# TALENTS AND ABILITIES

## What are my Strengths? How can I use them for God?

In the 'parable of the talents' in Matthew 24:13-31 the lord gave each of his servants talents [money], not all the same amount but each received. The faithful servants traded [invested] their talents they received, and when their lord returned they gave back to him the talents he had given them plus the talents they had gained from investment. The lord said unto them "**Well done, good and faithful servant; thou hast been faithful over a few things, I will make thee ruler over many things; enter thou into the joy of thy lord.**" He was well pleased with their response to what they had been given.

But the slothful servant had "dugged in the earth and hid his lord's money." When the lord came he said [verse 26-31] **O wicked and slothful servant, thou knewest that I reap where I sowed not, and gather where I have not scattered. Having known this, therefore, thou oughtest to have put my money to the exchangers, and at my coming I should have received mine own with usury. I will take, therefore, the talent from you, and give it unto him who hath ten talents. For unto every one who hath obtained other talents, shall be given, and he shall have an abundance. But from him that hath not obtained other talents, shall be taken away even that which he hath received. And his lord shall say unto his servants, Cast ye the unprofitable servant into outer darkness; there shall be weeping and gnashing of teeth.**

The talents in this parable were not for the benefit or profit of the one they were given to, but for the lord who gave them. The investment of those talents was rewarded multipliable. As Christ spoke in parables, there was also a spiritual message implied. The gift given was in the form of money, but it still was a gift. In Doctrine & Covenants section 46:4a-5b, the gifts we are instructed to *seek earnestly* for are spiritual gifts, and *always remembering for what they are given; why? They are given for the benefit of those who love me and keep all my commandments, and him that seeketh so to do, that all may be benefited, that seeketh or that asketh of me, that asketh and not for a sign that he may consume it upon his lusts...I would that ye should always remember, and always retain in your minds what those gifts are, that are given unto the church, for all have not every gift given unto them; for there are many gifts, and to every man is given a gift by the Spirit of God:*

Later in the Doctrine & Covenants there is instruction given for our gifts, talents and abilities God have intrusted to us: [119:6d] *Let the young men and the maidens cultivate the gifts of music and of song;* [119:8b] *All are called according to the gifts of God unto them; and to the intent that all may labor together, let him that laboreth in the ministry and him that toileth in the affairs of the men of business and of work labor together with God for the accomplishment of the work intrusted to all.*

Ether 1 is the record of the Brother of Jared and his people. When the Brother of Jared did as the Lord had commanded him in building the barges, he then realized the problem of no light inside them. He cried to the Lord for help and the Lord said "**...what will ye that I should prepare for you...?**" The Brother of Jared took inventory of the resources he had: his own abilities and what nature provided. He went up on an exceeding high mountain and molten out of a rock 16 small stones. He carried them to the top of the mountain and again cried to the Lord and said "**...O Lord, and do not be angry with thy servant because of his weakness before thee...O Lord, thou hast given us a commandment that we must call upon thee, that from thee we may receive according to our desires...O Lord, look upon me in pity, and turn away thine anger from this thy people...O Lord, that thou hast all power, and can do whatsoever thou wilt for the benefit of man; therefore touch these stones, O Lord, with thy finger, and prepare them that they may shine forth in darkness:**[62-66]

The Brother of Jared asked the Lord what to do, and he asked himself what he could do. He reviewed his possibilities and acted upon the one he felt was best. He prepared his offering; you might say he polished that which he had to offer – being the stones. The Lord must have been pleased with his preparation, for God did as the Brother of Jared requested. EXPECT ANSWERS!

Read through the list of talents, strengths and abilities making note of what you can do right now and consider what you would like to develop; all to be prepared and given in the service of your Lord, for the benefit of all. Ask yourself – **How can I use my abilities for God? – and then move out in faith.**

As you examine your own talents, strengths and abilities, take heed from the scriptures as you present your self to God in service. Consider the following suggestions:

- ❖ Be wise and invest your resources – don't hid them but share them
- ❖ Cultivate your gifts – temporal and spiritual – polish them
- ❖ Present them to God for his blessing and direction

❖ Do what you can with your abilities and the resources around you and then leave the rest to God's care

Intellectual Strengths:

1. Ability to apply reason to problem solving
2. Ability to do original, creative thinking
3. Being able to accept new ideas
4. Working on broadening one's mind through reading, discussions, and sharing of ideas
5. Having intellectual curiosity; wanting to know the "why and wherefore of things"
6. Ability to enjoy learning
7. Self motivation learner
8. Ability to retain information for later use
- 9.
- 10.
- 11.

HOW CAN I USE THEM FOR GOD?

Aesthetic Strengths: Beauty in all things

1. Recognizing and enjoying beauty in nature, art or ordinary things
2. Enjoying the physical beauty of people
3. Ability to use a sense of beauty to enhance home and physical environment
4. Capacity to recognize and enjoy the beauty expressed through the personality of people
5. Seeing beauty in areas that others don't see it
6. Ability to use wise stewardship over things of God's creation
- 7.

HOW CAN I USE THEM FOR GOD?

Art Strengths:

1. Interest in a participation in dramatic productions
2. Interest in participating in sketching, painting, sculpting, making pottery or other art objects
3. Ability to express ideas in writing
4. Rhythmic ability
5. Can improvise, arrange or compose music
6. Plays music instrument(s)
7. Sense of music appreciation, enjoys listening to or learning about music
8. Any interest or desire to participate in any of the expressive arts
9. Ability to sing
- 10.
- 11.
- 12.

HOW CAN I USE THEM FOR GOD?

Sports and Other Physical Activities:

1. Active participation in team sports or games (volleyball, baseball, etc. - school or elsewhere)
2. Active participation ;in individual sports (gymnastics, ice skating, etc.)
3. Enjoyment of regular physical activities (walking, running jogging)
4. Enjoyment of outdoor activities (camping, hunting, fishing, hiking, picnicking)
5. Coaching & teaching sports
6. Possess physical strengths
- 7.
- 8.
- 9.

HOW CAN I USE THEM FOR GOD?

Hobbies, Crafts, etc.:

1. Participation in any hobby or craft-type activity  
(candle making, leather craft, needlework, etc.)
2. Ability to teach hobbies or crafts
- 3.
- 4.
- 5.

**HOW CAN I USE THEM FOR GOD?**

Imaginative and Creative Strengths:

1. Using creativity to think up new and different activities  
(things to do, fun; projects, etc.)
2. Use of imagination and inventiveness
3. Ability to see things as they should be
4. Ability to perceive the finished picture
- 5.
- 6.
- 7.

**HOW CAN I USE THEM FOR GOD?**

Relationship Strengths:

1. Ability to meet people and make them feel comfortable
2. Ability to talk freely with strangers
3. Capacity to enjoy being with people most of the time
4. Being able to "really listen" to what others have to say
5. Capacity to have real patience with adults and children
6. Being aware of the needs and feelings of others
7. helping others to become aware of their strengths and abilities as well as their shortcomings or problems
8. Ability to pray for one another
9. Ability to accept people for who they are
10. Ability to see both side of a situation
- 11.
- 12.
- 13.

HOW CAN I USE THEM FOR GOD?

Spiritual Strengths:

1. Religious faith or love of God
2. Membership in church
3. Participation in church and church activities
4. Capacity to express moral and religious values i living (i.e., "living what one believes")
5. Having the ability to "put yourself in the other fellow's shoes", to feel what he feels
6. Ability to bear testimony & pray verbally
7. To know & develop your Spiritual gifts - discernment of Spirits
8. Read scriptures everyday
9. Fasting
10. Having a positive, praising attitude
11. To know the Lord is with you
12. Knowing your limits
- 13.
- 14.
- 15.

HOW CAN I USE THEM FOR GOD?

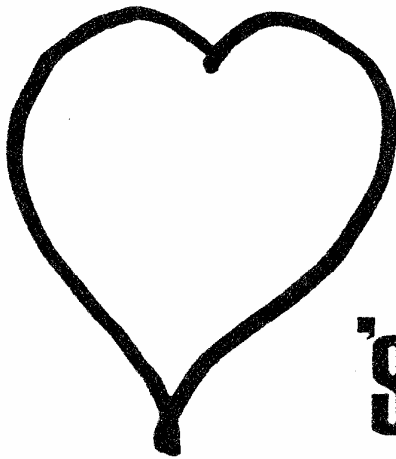
Other Strengths:

1. Ability to use humor
2. Capacity of being able to "laugh at oneself" and "take kidding"
3. Like to adventure or pioneer
4. Ability to encounter defeat or crisis positively, and turn them to advantages
5. Having perseverance or "stick-to-itness"
6. Having a strong desire to get things done
7. Having leadership ability
8. Ability to organize
9. Ability to help - assisting
10. Having ability or capacity to receive help
11. Ability to be a follower - not demand to be the leader
- 12.
- 13.
- 14.

HOW CAN I USE THEM FOR GOD?

Your prayers answered?  
Your hope restored?  
Your faith strengthened?

# what's your



# 's desire ?

**PRAY** - regularly, consistently, optimistically.  
Keep record.



**FAST** - once a week (or more often).



**READ** - the selected scripture each day. What does it say to me personally?



**APPLY**- the scripture each day to my heart's desire list or to someone on my prayer list. Be willing to DO HIS WILL when I find it!!



**WRITE**- down the "good things" that happen to me each day and the "testimonies" I have. PRAISE HIM!!!

# Daily Scripture Reading

- Use a Notebook for **Daily Scripture Reading**
- Chose A Topic & On Each Notebook Page Allow Areas To:
  - note the date for reading each scripture
  - write out the scripture
  - write down what you think the scripture means
  - ask yourself how that scripture applies to your life and make note of that
  - ask yourself how that scripture applies to your **Prayer List & Heart's Desire List**  
[see Section Three Instruction sheet]
  - write down any other comments, reflections or results of the scripture when applied to your life –  
note such dates

## FAITH

1. Enter your prayer list and your hearts desire list in your notebook
2. Read the assigned scripture for each day
3. Examine your own faith as you go along
4. Pray at least twice a day and exercise your faith on behalf of your hearts desire list
5. Fast at least once a week
6. Thank God each day for small/large blessings. Record them in your notebook
7. Be aware, as you study, of the many promises that are given to those who, in faith, believe.

♥  
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### Assigned Scriptures

(all scriptures in parenthesis are from the King James version of the Bible. All others, not in parenthesis, can be used with either translation)

- |                                  |                                                |
|----------------------------------|------------------------------------------------|
| 1. Mark 11:24-26 (22-23)         | 16. Jacob 2:49,50 (Isaiah 30:15)               |
| 2. James 1:2-8                   | 17. Hebrews 6:11,12                            |
| 3. Romans 4:20-21                | 18. Moroni 10:16,17 (Gal 5:22)                 |
| 4. Hebrews 10:38                 | 19. James 2:25 (2:26)                          |
| 5. Ether 5:6,7 (John 3:16)       | 20. Mark 9:45 (I Tim 4:12)                     |
| 6. Alma 16:119,120 (I Cor 16:13) | 21. D&C 34:3bc (Luke 8:47,48)                  |
| 7. I Timothy 6:11,12             | 22. Moroni 7:35 (Luke 17:5)                    |
| 8. D&C 12:4a (Col 2:5-7)         | 23. Mosiah 11:23,24 (Mathew 21:22)             |
| 9. I Nephi 2:18 (Eph 3:17-19)    | 24. Ephesians 6:16                             |
| 10. Hebrews 11:6                 | 25. Romans 1:16,17                             |
| 11. Romans 5:1,2                 | 26. I Peter 1:6-9                              |
| 12. Alma 13:51 (Prov 28:20a)     | 27. Luke 22:32                                 |
| 13. Hebrews 11:1                 | 28. Mark 9:20 (9:23)                           |
| 14. D&C 42:13a (James 5:14,15)   | 29. Hebrews 10:35                              |
| 15. Isaiah 29:25 (Romans 10:17)  | 30. Ether 1:101 (IJohn 5:14,15)<br>Ether 1:116 |

If you would like more projects, write to: Betty Tripp RR2 Box 152  
West Point, Iowa 52656

## WALK IN THE LORD

"Walk in the Lord; and thou shalt find Thy heart made truly His, Who dwells in cloudless light enshrined, In whom no darkness is.

Walk in the Lord, and thine shall be A path, though thorny, bright. For God, by grace shall dwell in thee, And God Himself is light."

The scriptures are full of admonitions to us, to walk in the Lord; As you study the assigned scriptures this month...meditate upon your own personal "walk" with Him.. What do you talk about when you are with Him? What do you ask Him? What do you share with Him? What does He ask of you?

Continue with your notebooks...write down your thoughts and impressions; Revise your hearts' desire lists, if necessary..and "Walk with Him" more closely this month.

### Assigned scriptures

- |                               |                                     |
|-------------------------------|-------------------------------------|
| 1. Colossians 2:6,7           | 16. Isaiah 40:31                    |
| 2. II Chronicles 6:14         | 17. Ezekiel 36:27                   |
| 3. Proverbs 15:21             | 18. Proverbs 26;26                  |
| 4. John 8:12                  | 19. Psalm 89:15                     |
| 5. Romans 6:4                 | 20. Micah 6:8                       |
| 6. Jeremiah 6:16 (first half) | 21. John 12:35,36                   |
| 7. Psalm 56:13                | 22. I Corinthians 7:17 (first half) |
| 8. Ephesians 4:1,2            | 23. Psalm 116:9                     |
| 9. Leviticus 26:12            | 24. Ephesians 5:8                   |
| 10. Proverbs 10:9             | 25. Proverbs 2:6,7                  |
| 11. Psalm 84:11               | 26. II Corinthians 5:7              |
| 12. Ephesians 5:1,2           | 27. Psalm 128:1,2                   |
| 13. Proverbs 20:7             | 28. II John 1:5,6                   |
| 14. Psalm 86:11               | 29. Micah 2:7                       |
| 15. Dueteronomy 8:6           | 30. Colossians 1:10-12              |

For more projects write to Betty Tripp RR 2 Box 152  
West Point, Iowa  
52656

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## CONTINUE FAITHFUL IN PRAYER

"The effectual fervent prayer of a righteous man (woman) availeth much"...And we are told to pray with Expectancy and Faith and Hope...

Mountains move, and Miracles Happen, when we are Committed to prayer and fasting...

Sit down and go over your prayer list and heart's desire list very carefully and very prayerfully...Hold your desires up to God and DETERMINE that this month you will FAITHFULLY study your scripture and APPLY its promises and CLAIM the blessings He has prepared for you.

### Assigned Scriptures

- |                             |                    |
|-----------------------------|--------------------|
| 1. D&C 28:2a-c              | 19. Proverbs 15:29 |
| 2. D&C 83:9b                | 20. I Timothy 2:8  |
| 3. Job 33:26                | 21. D&C 46:3b,c    |
| 4. Psalm 5:3                | 22. Psalm 34:4     |
| 5. Luke 18:1                | 23. D&C 125:14c    |
| 6. Psalm 66:19,20           | 24. III Nephi 5:90 |
| 7. Proverbs 15:8            | 25. D&C 52:4a-c    |
| 8. D&C 18:6a                | 26. James 5:15     |
| 9. D&C 87:6e                | 27. Luke 22:32     |
| 10. Galatians 6:1,2         | 28. Mathew 18:4,5  |
| 11. Psalm 34:17-19          | 29. D&C 46:8b,9    |
| 12. D&C 17:6d,e             | 30. D&C 68:4c      |
| 13. II Nephi 14:12          | 31. D&C 105:5a,b   |
| 14. Psalm 28:6,7            | 32. Psalm 102:17   |
| 15. I Peter 4:7,8           | 33. D&C 125:15c    |
| 16. D&C 28:1a               | 34. Psalm 116:1,2  |
| 17. I Thessalonians 5:16-18 | 35. I Peter 3:12   |
| 18. D&C 32:3e               |                    |

*♥<sup>1</sup>  
desire*

For more projects, contact Betty Tripp RR2 Box 152 West Point, Iowa

## LABORERS TOGETHER WITH GOD

As a people we have always believed that each individual is important in the work of the Lord. We believe that "All are called" and ALL have a part to play in the life of the church, as well as in God's plan for Zion... Many times we feel unequal to the task, and the purpose of this months thirty days of scriptures is to remind us and re-assure us that God is indeed our partner. That He is ever standing by and is ever ready to help us in whatever we attempt to do for Him.

1. Continue with your spiritual journals
2. Continue making your prayer lists and Hearts desire lists
3. Continue with your prayers and fasting
4. And don't forget to write down the 😊 things!

♡'s desire

### SELECTED SCRIPTURES

- |                           |                              |
|---------------------------|------------------------------|
| 1. John 15:15,16          | 16. Ephesians 1:17-19        |
| 2. I Corinthians 3:8-11   | 17. Titus 3:8                |
| 3. Isaiah 64:8            | 18. I Corinthians 3:13,14    |
| 4. Philippians 2:12,13    | 19. I Peter 4:10,11          |
| 5. John 15:4,5            | 20. Mark 1:15                |
| 6. Dueteronomy 32:6       | 21. II Timothy 2:21          |
| 7. Ephesians 2:10         | 22. I John 4:13              |
| 8. Romans 8:31            | 23. Ephesians 2:19-22        |
| 9. Dueteronomy 31:8       | 24. Philippians 4:19         |
| 10. Ephesians 3:20,21     | 25. Acts 17:27,28            |
| 11. Philippians 4:13      | 26. II Corinthians 3:4,5     |
| 12. II Thessalonians 1:11 | 27. Psalm 62:12              |
| 13. Mathew 16:25,26       | 28. Ephesians 6:10,11        |
| 14. II Timothy 1:7-9      | 29. II Thessalonians 2:16,17 |
| 15. Colossians 1:10,11    | 30. Hebrews 13:20,21         |

"Thou therefore, my child, be strong in the grace that is in Jesus Christ" .... II Timothy 2:1

For more scriptures write to: Betty Tripp RR 1 Box 152, West Point, Ia.  
52656 (319) 372-8039

## PROCLAIM GLAD TIDINGS

Read the account of the birth of Christ in Luke Chapter 2. After the angel appeared unto the shepherds (9-14) the sheperds went to Bethlehem to "see for themselves"..And when they had seen, they went abroad to tell others the good news....

This too, is our commission....  
Having known Him, we are to proclaim the glad tidings that He Lives! to others.

Each day, this month, as you study your assigned scripture, ponder its meaning in your heart, and then try, during each day, to share the good tidings of what Christ means to you, with someone else.

### 30 Assigned Scriptures.....

*Heart's  
desire*

- |                       |                          |
|-----------------------|--------------------------|
| 1. Isaiah 9:6         | 16. Isaiah 38:16         |
| 2. D&C 18:4b          | 17. D&C 58:3b            |
| 3. Isaiah 40:9-11     | 18. Hebrews 13:15        |
| 4. D&C 28:2a          | 19. Isaiah 25:1 25:4     |
| 5. Psalms 145:9-12    | 20. II Corinthians 1:3,4 |
| 6. Isaiah 61:10,11    | 21. Isaiah 51:15,16      |
| 7. D&C 76:4gh         | 22. Psalma 9:11          |
| 8. Psalms 5:11        | 23. Isaiah 64:4,5        |
| 9. D&C 65:1de         | 24. D&C 110:19           |
| 10. Alma 19:21-23     | 25. D&C 95:3d            |
| 11. I Peter 2:9       | 26. Isaiah 58:10,11      |
| 12. Isaiah 12:4-6     | 27. D&C 16:14            |
| 13. Alma 14:123-125   | 28. Isaiah 52:9,10       |
| 14. Mathew 10:28      | 29. D&C 108:10a          |
| 15. Mosiah 11:205-207 | 30. I Nephi 3:189        |

## STEWARDSHIP.....

Stewardship has many connotations, but for the purpose of this thirty day study, we are going to be concentrating specifically upon the material and temporal aspects of stewardship.

It will be very necessary for you to have a notebook and to write down your impressions and understandings of these scriptures as you go along. Many of them have to do with the financial structure of the early church, and are still applicable to us today.

Pray earnestly over these "divine instructions"..and seek to find ways to become a better steward this month.

### Daily Scriptures.....

♡s desire

- |                      |                        |                      |
|----------------------|------------------------|----------------------|
| . D&C 101:2b-g       | 9. D&C 42:8            | 17. D&C 130:7        |
| . Leviticus 27:30-34 | 10. D&C 129:8          | 18. D&C 147:5a       |
| . D&C 51:5b          | 11. D&C 101:10         | 19. D&C 42:9b,10     |
| . Genesis 14:37-end  | 12. D&C 64:5a          | 20. IV Nephi 1:27,28 |
| . D&C 148:9a         | 13. II Chronicles 31:5 | 21. D&C 102:2        |
| . D&C 72:1cd         | 14. D&C 42:14          | 22. D&C 72:3         |
| . D&C 70:2,3         | 15. D&C 69:2a          | 23. D&C 81:3-5       |
| . D&C 147:5b         | 16. D&C 149A:5         | 24. D&C 149:6ab      |
|                      |                        | 25. Malachi 3:7-10   |

26. Re-read the commandments concerning stewardship

101:2b-g (Read Genesis 1:27 to end, along with this)  
101: 10 (Why do we need to be a steward? vs. d)  
147:5a (Can you memorize this first sentence?)

27. Re-read regarding tithes, offerings and Zion

81:4 What is the benefit to be derived from this system?  
69:2a Does this apply to ALL members of the church?  
102:2 What has paying tithing have to do with the Celestial Law?

28. Re-read about the Storehouse and Surplus

42:9b,10      42:14      72:3      149A:5

Can you define these principals now?

29. Re-read concerning repression of unnecessary wants

147:5b      130:7

30. What are the promises given in 51:5b      64:5a      Malachi 3:7-10

1. Continue with your notebooks and prayer lists
2. Read the assigned scripture each day and pray for enlightenment and understanding of the WORD as you read
3. Apply the scripture to yourself and to the needs of those on your list

ASSIGNED SCRIPTURES  
on Study

Inspired Version

King James Version

1. D&C 95:3a
2. Alma 17:79-81
3. I Nehpi 6:2-5
4. John 5:40
5. II Nephi 14:4
6. D&C 6:3
7. Mormon 4 66-68
8. Job 22:22
9. Alma 12:3-5
10. D&C 85:36a
11. John 15:7
12. I Nehph 4:38-43
13. D&C 83:7a-e
14. Proverbs 3:13
15. I Timothy 4:13-end
16. II Nephi 6:58-61
17. II Timothy 2:15
18. D&C 9:3a-d
19. Dueteronomy 6:6,7
20. John 8:31,32
21. II Nephi 12:35-38
22. D&C 31:1d-e
23. II Timothy 3:14-17
24. Psalms 119:105
25. Romans 15:4
26. Moroni 10:3-5
27. James 1:21
28. Psalms 1:1-3
29. D&C 1:7,8
30. D&C 11:1 all

1. Hebrews 4:12
2. Dueteronomy 8:3
3. Psalm 119:50
4. John 5:39
5. Colossions 3:16
6. Psalm 90:12
7. Proverbs 1:5
8. Job 22:22
9. Proverbs 16:16
10. Psalm 119:125
11. John 15:7
12. Job 23:12
13. Psalm 119:133-135
14. Proverbs 3:13
15. I Timothy 4:13-end
16. Romans 15:4
17. II Timothy 2:15
18. Psalm 119:140
19. Dueteronomy 6:6,7
20. Dueteronomy 32:46,47
21. Galatians 6:6
22. Psalm 86:11
23. II Timothy 3:14-17
24. Psalms 119:105
25. Proverbs 24:5
26. Proverbs 4:4,5
27. James 1:21
28. Psalms 1:1-3
29. Mathew 4:4
30. John 8:31,32

Remember..always read through the last digit

For more projects write to Betty Tripp RR2 Box 152 West Point, Iowa  
52656

*♡s' desire*

I.V. 1-3

## GROWING SPIRITUALLY

"Ask, and it shall be given you; Seek and ye shall find; Knock, and it shall be opened unto you."

ASK: inquire..make a request..pray

(Inspired Version)

(King James Version)

1. I John 5,14,15
2. John 16:23,24
3. Alma 5:39,40
4. Luke 11:14
5. D&C 46:3bc
6. D&C 85:16
7. John 15:7
8. Mormon 4:94
9. II Nephi 3:61-end
10. Mormon 4:80-84

1. I John 5: 14,15
2. John 16:23,24
3. Philippians 4:4-7
4. Psalms 145:18,19
5. Mathew 6:6-8
6. Proverbs 2:1-6
7. John 15:7
8. Luke 18:1
9. James 1:5-8
10. Romans 8:26
11. James 5:13-16
12. Psalms 116:1,2
13. James 4:8
14. Luke 11:13

SEEK: search for...pursue diligently..delve deeply

11. I Nephi 3:26-30
12. Jeremiah 29:11-13
13. I Chronicles 28:9
14. D&C 6:3
15. Dueteronomy 4:29
16. Proverbs 8:17-21
17. D&C 98:5g-j
18. Psalms 63:1-8
19. D&C 9:3a-d
20. Proverbs 2:2-6

15. Acts 17:27,28
16. John 5:39
17. I Chronicles 28:9
18. Job 22:22,23
19. Dueteronomy 4:29
20. Psalms 1:1-3
21. II Timothy 3:14-17
22. Psalms 63:1-8
23. II Timothy 2:15
24. Proverbs 8:17
25. Psalms 119:103-105
26. Job 23:1-10

KNOCK: rap..make your presence known

21. Revelations 3:20
22. D&C 28;1
23. Alma 3:57-59
24. D&C 45:2a-e
25. James 4:8
26. III Nephi 4:42,43
27. Acts 17:27,28
28. Psalms 145:18,19
29. Psalms 116:1,2
30. Omni 1:46,47

27. Revelations 3:20
28. Mark 11:22-24
29. Hebrews 4:16
30. Psalms 37:4-6

*God's desire*

The Condition in Mathew is that we must Ask, Seek and Knock

The Promise is that we shall receive, find and have access to Gods' blessings

EXPERIMENT WITH HIS PROMISES THIS MONTH!

## KEEP THE COMMANDMENTS

1. Read the assigned scripture for each day
2. Ask yourself, "Which ones am I doing? Which ones do I need to be working on?"
3. Rate yourself on each commandment...  
Give yourself a 3 if you are doing the commandment  
Give yourself a 2 if you are trying  
Give yourself a 1 if you are neglecting the commandment
4. Make an effort, each time you have a low score, to turn it into a higher score.

Don't neglect your Heart's desire list and your prayers, along with your study this month. Remember we are trying to "grow spiritually" and one way we can do this is to keep APPLYING the scriptures to our every-day experiences....

### Assigned Scriptures.....

- |                    |                       |
|--------------------|-----------------------|
| 1. D&C 90:1a       | 16. Luke 6:27,28      |
| 2. D&C 17:4ab      | 17. Mathew 6:37,38    |
| 3. Mosiah 9:54     | 18. D&C 101:2bc       |
| 4. Alma 19:18-20   | 19. D&C 85:21         |
| 5. Mathew 26:38    | 20. Mathew 5:16-18    |
| 6. D&C 59:2f-h 3ab | 21. D&C 85:16a-f      |
| 7. D&C 68:4a-c     | 22. D&C 49:2fg        |
| 8. Mosiah 9:60-64  | 23. D&C 59:2d         |
| 9. Mark 11:27,28   | 24. III Nephi 8:51-54 |
| 10. Mathew 24:39   | 25. Mathew 7:1-3      |
| 11. D&c 16:3       | 26. John 13:34,35     |
| 12. Luke 12:17     | 27. D&C 95:3ab        |
| 13. Mathew 6:5-8   | 28. D&C 83:9ab 10a    |
| 14. D&C 60:3e      | 29. D&C 77:4a-end     |
| 15. D&C 59:2e      | 30. Mosiah 1:88-90    |

*Heart's  
desire*

(For more scripture projects, write to: Betty Tripp  
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## THANKS-GIVING

Giving thanks is a vital part of a healthy spiritual life. As you apply your scriptures this month to your hearts desire needs, record your thanks-giving in your notebook. Remember, even when things aren't going so good, we are told to "Rejoice in all things."..Ask God to let you see His hand in each encounter and each experience this month..and write it down!

Some of these scriptures are invitations to give thanks.. Some give us specific reasons for being thankful... Others are expressions of thanksgiving... You might want to jot down the message of each scripture as you go along...

HAVE A THANK-FILLED MONTH!! BE HAPPY!!

### 30 Thankful Scriptures

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| 1. Psalm 100                        | 16. D&C 46:3bc (Isaiah 12:4-6)     |
| 2. Alma 5:40 (Psalm 33:1)           | 17. I Chronicles 29:12,13          |
| 3. Colossians 2:6,7                 | 18. Phillipians 4:6,7              |
| 4. Mosiah 9:56 (Psalm 71:8)         | 19. Psalm 138:1-3                  |
| 5. D&C 77:4abc (Psalm 28:7)         | 20. Mosiah 11:70-72 (Colo. 3:15)   |
| 6. Alma 14:88 (Psalm 34:1-3)        | 21. Ephesians 5:19,20              |
| 7. Romans 15:9-11                   | 22. Psalm 97:10-12                 |
| 8. Hebrews 13:15                    | 23. Alma 14:124-end (Psalm 139:14) |
| 9. Ether 3:11 (Psalm 70:4)          | 24. Colossians 4:2)                |
| 10. D&C 59:2d 95:1a,b (Psalm 50:23) | 25. D&C 59:3,4 (Psalm 104:33,34)   |
| 11. I Chronicles 23:30              | 26. Mosiah 11:149 (Psalm 51:15)    |
| 12. Jonah 2:9                       | 27. I Timothy 2:1-3                |
| 13. Mosiah 1:52-54 (Job 5:8-11)     | 28. Psalm 92:1,2                   |
| 14. Alma 17:69,70 (Isaiah 61:10,11) | 29. Psalm 26:7                     |
| 15. Alma 14:32 (Psalm 86:10-12)     | 30. Alma 16:238 (I Cor 15:5-7)     |

(King James references are in parenthesis)

DON'T NEGLECT TO KEEP YOUR HEARTS DESIRE LIST  
UP TO DATE..BE STEADFAST IN YOUR PRAYERS.....

*♥s  
desire*

For more projects write to; Betty Tripp RR2 Box 152 West Point, Ia. 52656

## THE SPIRIT..COMFORTOR..HOLY SPIRIT

The Holy Spirit keeps our communication with God flowing freely. It is vital to our spiritual life and growth. It comes from God; and is a part of God and of His son, Jesus Christ. As you read these scriptures this month, be sure to write them in your notebook and to ponder them in your mind...Pray earnestly for the affirmation of the Holy Spirit in your life.

Don't neglect your hearts' desire lists and your prayer lists...  
Let the Holy Spirit help you to achieve your goals.

### 30 days of assigned scriptures

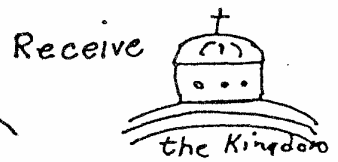
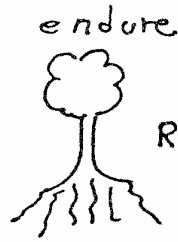
- |                                    |                                   |
|------------------------------------|-----------------------------------|
| 1. John 14:16,17                   | 16. Jacob 3:19,20 (Acts 9:31)     |
| 2. I John 5:5-8                    | 17. Joel 2:28,29                  |
| 3. Job 33:4                        | 18. John 14:26                    |
| 4. Ezekiel 36:26,27                | 19. D&C 12:4a (Galatians 5:5)     |
| 5. I Corinthians 2:9-12            | 20. Romans 8:26,27                |
| 6. D&C 10:6 (Isaih 59:19-21)       | 21. I John 4:1,2                  |
| 7. III Nephi 5:53 (Luke 11:13)     | 22. Moroni 10:9-12 (John 7:37-39) |
| 8. D&C 154:7 (Mathew 5:8)          | 23. Romans 5:5                    |
| 9. Acts 1:8                        | 24. II Nephi 13:16 (Acts 2:38,39) |
| 10. Galatians 4:6,7                | 25. I John 4:13                   |
| 11. Ephesians 3:16                 | 26. Moroni 10:4,5 (John 6:63)     |
| 12. Job 32:8                       | 27. John 16:13,14                 |
| 13. D&C 10:7ab (I Cor 12:7-11)     | 28. Moroni 10:7 (Mathew 12:31)    |
| 14. III Nephi 13:23 (Romans 15:13) | 29. D&C 153:9b (Galatians 3:14)   |
| 15. Proverbs 1:22,23               | 30. D&C 76:2 (I Thes. 5:19-21)    |

Note: The scriptures in parenthesis are King James scriptures...Where there are no parenthesis either version may be used....

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♥s'  
desire

PRESS FORWARD



1. Set some specific goals for this month
2. Read the assigned scripture each day
3. Apply the scripture to your goals (heart's desires)
4. Pray regularly and consistently in behalf of these goals

30 Assigned Scriptures

(Where there is a difference in references the Kings' James scriptures are in parenthesis)

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| 1. I Timothy 6: 11,12                | 16. D&C 95:3a (Duet 20:3,4)       |
| 2. D&C 110:22a,b (II Cor 12:9,10)    | 17. D&C 52:4 (Math 17:20)         |
| 3. Jacob 2 :49,50 (Eph 4:22-24)      | 18. Phillipians 4:11-13           |
| 4. II Nephi 13:29,30 (Math 11:28-30) | 19. D&C 6:16 (Luke 9:62)          |
| 5. Romans 8:37-39                    | 20. Hebrews 12:1,2                |
| 6. Dueteronomy 31:6                  | 21. Joshua 1:9                    |
| 7. Alma 14:91,92 (Romans 5:3-5)      | 22. Alma 12:17-19 (Eph 6:18)      |
| 8. D&C 50:8efg (I Cor 9:24)          | 23. I Corinthians 15:57,58        |
| 9. Romans 12:1,2                     | 24. Mosiah 1:88,89 (I John 5:3-5) |
| 10. Dueteronomy 4:29-31              | 25. Jude 1:20,21                  |
| 11. Psalms 27:14                     | 26. Psalms 5:11,12                |
| 12. Galatians 6:9,10                 | 27. II Nephi 9:133 (I Cor 3:8,9)  |
| 13. Joshua 23:8-11                   | 28. D&C 95:1 (II Cor 9:6-8)       |
| 14. Hebrews 6:10-12                  | 29. Psalms 56:11-13               |
| 15. Moroni 9:6 (Duet 5:32,33)        | 30. Phillipians 3:13,14           |

*Co's  
desire*

"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 God, and endure to the end, behold, thus saith the Father, ye shall have eternal life."

For more scripture projects, using different scriptures, write to:  
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