

"Any child who has not been bandaged has not been well parented."



I Can Do Hard Things

Brigham Young University-Idaho
Campus Education Week, July 2009

Sanitized Childhood

- Playgrounds with rubber-cushioned surfaces so children don't skin their knees (remember we had patches on our knees)
- Bike helmets and seatbelts (we pretended our seat belts were "walkie-talkies")
- 1/3 of parents send their kids to school with sanitizing gels
- Parents carrying their children's backpacks to school

Evidence of Trouble

- 21 million prescriptions written each year for stimulant drugs to enhance attention.
- 400 percent increase in stimulant drug prescriptions over the past decade
- 333 percent increase in anti-depressant drug use in children over the past decade
- Play has been taken out of childhood— over 40,000 U.S. schools have eliminated recess— yet play is critical to the healthy development of children
- Huge rise in self-harm and self-mutilating behaviors

A Life without Trial or Trouble

"Behold the **wholly sanitized childhood**, without skinned knees or the occasional C in history! Kids need to learn that you need to feel bad sometimes. We learn through experience, and we learn especially through bad experiences. **Through disappointment and failure we learn how to cope. We learn what we can cope with.** It motivates us to change or do better. And we seem to learn more about things through failure than by any other way...."

Turning Tots into Trophies


"...**social standing, once something kids inherited from their parents, has become something parents now take from the achievements of their children.** But the cost of turning tots into trophies is high: the developmental needs of the young are subordinated to the psychological needs of adults; perfectionism is born from the pressure and emerges as an untimely self-defeating standard" (Hara Morano, *A Nation of Wimps* [New York: Broadway Books, 2008], 6; emphasis added).

A Nation of Wimps

"...**Overprotected and over-managed by their parents, and with few challenges** all their own through which to sharpen their instincts and identities, kids are **unable to forge their own unique adaptations to the normal vicissitudes of life.** That not only makes them extraordinarily risk-averse; it makes them psychologically fragile. **In the process, they're robbed of identity, meaning, and a sense of mastery, which underlies real happiness.** Forget too, about perseverance, not simply a moral virtue but a necessary life skill... Whether we're aware of it or not, we're on our way to creating a nation of wimps" (Hara Morano, *A Nation of Wimps* [New York: Broadway Books, 2008], 2; emphasis added).

Snow Plow Parents

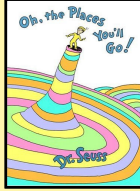

- Parents who “Zangle” all day (web site allows them to watch their children all day at school)
- Children who are overscheduled with piano lessons, karate, soccer, and swimming—and they are only 5 years old
- Parents who fight school administration on grades
- Parents who argue with college professors over adult children’s academic standing



Snowplow parents: work hard to clear the path for their kids, **push obstacles out of the way, and make the traveling as smooth and as safe as possible. They pasteurize parenting!** These parents exert great force so that children do not have to solve problems, make decisions, or take responsibility

Blame Dr. Seuss

“If you’re searching for someone to blame, consider Dr. Seuss. ‘Parents have told their kids from day one that there’s no end to what they are capable of doing...They read them the Dr. Seuss book *Oh, the Places You’ll Go!* And create bumper stickers tell thing the world their child is an honors student. **American parents today expect their children to be perfect– the smartest, fastest, most charming people in the universe. And if they can’t get a child to prove it on their own, they’ll turn to doctors to make their kids into the people that parents want to believe their kids are....**” (Hara Morano, *A Nation of Wimps* [New York: Broadway Books, 2008], 14; emphasis added).





Our Parental Duty

“Many children from affluent homes have not had enough opportunity to work on self-management skills because parents are quick to limit their child’s frustration and distress. Parents who are harried and preoccupied can be too willing to reduce consequences and capitulate to demands rather than stand their ground. It is difficult to deny our children their wants and desires, whether it’s the toddler desperate for candy at the supermarket checkout or the teen insisting that her life is over if she can’t buy the latest fashion accessory. However—and this is a painful psychological truth—our primary responsibility is not to gratify our children (which of course we do often, and happily) but to make certain that they develop a repertoire of skills that will help them meet life’s inevitable challenges and disappointments” (Madeline Levine, *The Price of Privilege*, [New York: Harper Collins Publishers, 2006], 76; emphasis added).

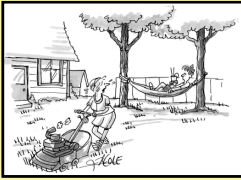
Youth Need Life Experiences

- Dr. David Fassler, a child and adolescent psychiatrist and clinical professor of psychiatry at the University of Vermont, says that too many teenagers these days **“haven’t had enough bad things happen to them....** In order for children to learn how to cope with normal frustrations, with ups and downs, we have to first experience them.”




How Will Children Learn to be Tough & Resilient?

“A Child cannot possibly develop resilience when his parents are constantly at his side, interfering with the development of autonomy, self-management, and coping skills” (Madeline Levine, *The Price of Privilege*, [New York: Harper Collins Publishers, 2006], 77).



Our Children Have Been Done In!

“Those who do too much for their children will soon find they can do nothing with their children. So many children have been so much done for they are almost done in” (Neal A. Maxwell, “The Man of Christ,” *Ensign*, May 1975, 101).



Allowing Bruises Along the Way



“By allowing them [our children] to get occasionally bruised in childhood we are helping to make certain that they don’t get broken in adolescence. And by allowing them their failures in adolescence, we are helping to lay the groundwork for success in adulthood” (Madeline Levine, *The Price of Privilege*, [New York: Harper Collins Publishers, 2006], 76).

Consequences of Overindulgence

“As a consequence of overindulgence, many children leave homes ill-prepared to meet the real world. President Hinckley said: “Of course, we need to earn a living. The Lord told Adam that in the sweat of his face should he eat bread all the days of his life. It is important that we qualify ourselves to be self-reliant, particularly that every young man at the time of marriage be ready and able to assume the responsibilities of providing for his companion and for the children who may come to that home.”

“All too many enter marriage who have never learned to cook, sew, or develop other important life skills. Ignorance of these needed skills, along with the lack of understanding of the management of money, sow the seeds for many failures in our children’s marriages” (Joe J. Christensen, “Greed, Selfishness, and Overindulgence,” *Ensign*, May 1999, 9).

This Life Was Never Intended to be Easy

“And may I say that this life never was intended to be easy. It is a probationary estate in which we are tested physically, mentally, morally, and spiritually. We are subject to disease and decay. We are attacked by cancer, leprosy, and contagious diseases. We suffer pain and sorrow and afflictions. Disasters strike; floods sweep away our homes; famines destroy our food; plagues and wars fill our graves with dead bodies and our broken homes with sorrow.



This Life Was Never Intended to Be Easy

“We are called upon to choose between the revealed word of God and the soul-destroying postulates of the theoretical sciences. Temptations, the lusts of the flesh, evils of every sort all these are part of the plan, and must be faced by every person privileged to undergo the experiences of mortality.

“The testing processes of mortality are for all men, saints and sinners alike. Sometimes the tests and trials of those who have received the gospel far exceed any imposed upon worldly people. Abraham was called upon to sacrifice his only son. Lehi and his family left their lands and wealth to live in a wilderness. Saints in all ages have been commanded to lay all that they have upon the altar, sometimes even their very lives” (Bruce R. McConkie, “The Dead Who Die in the Lord,” *Ensign*, Nov. 1976, 106).

Miserable Days Are Healthy

“Teach our members that if they have a good, miserable day once in a while, or several in a row, to stand steady and face them. Things will straighten out. There is great purpose in our struggles in life” (Boyd K. Packer, *That All May Be Edified*, 94).



The Doctrine of Human Development

“There is no development of character without resistance; there is no growth of spirituality without overcoming” (David O. McKay, *CR October 1945*, 133; emphasis added).

“While I do not believe in stepping out of the path of duty to pick up a cross I don’t need, a man is a coward who refuses to pick up a cross that clearly lies within his path. **No cross, no crown. No gall, no glory. No thorns, no throne**” (Ezra Taft Benson, *Area Conference Report*, Taipei, 1975, 3; emphasis added).

Teaching Our Children to Do Hard Things: #1--Work

"Another way to help children learn self-discipline is by involving them in such activities as learning to play a musical instrument or to master some other demanding skill. I am reminded of the story of the salesman who came to a house one hot summer day. Through the screen door, he could see a young boy practicing his scales on the piano. His baseball glove and hat were by the side of the piano bench. **The salesman said, 'Say, boy, is your mother home?' to which the boy replied, 'What do you think?' Thank heavens for conscientious parents!**" (Joe J. Christensen, *One Step at a Time: Building A Better Marriage, Family, and You* [Salt Lake City: Deseret Book, 1996], 86).

Parents, Wake Up!

- **Doctrine & Covenants 68:31:** Lord is not well pleased with idlers. Children also grow up in wickedness. Eyes are full of greediness.
- "If children are raised with a poor attitude about work and do not learn to sustain themselves, they will be weak and dependant as adults. They may ultimately become a liability to society instead of making a real contribution" (Gene R. Cook, *Raising Up A Family To The Lord* [Salt Lake City: Deseret Book, 1993], 226)



See 2 Nephi 5:10-27

Work = Happiness

"**Work is honorable.** It is **good therapy** for most problems. It is the **antidote for worry.** It is the **equalizer for deficiency** of native endowment. Work makes it possible for the **average to approach genius.** What we may lack in aptitude, we can make up for in performance...In the broader sense, **work is the means to achieve happiness, prosperity, and salvation.** When **work** and **duty** and **joy** are commingled, then man is at his best" (J. Richard Clarke, *Ensign*, May 1982, 77-79; emphasis added).

After Teaching the Gospel.... Teach Hard Work



Elder L. Tom Perry tells us, "I believe that **second only to ensuring** that every child receives an understanding of the gospel of our Lord and Savior is teaching them the **joy of honest labor**" (*Ensign*, November 1986, 66; emphasis added).

Youth of Zion?

"Teaching children to work, to take responsibility, requires some creativity. **Especially in urban settings, too many children are growing up in an environment when they do not have enough to do.** They are like the thirteen-year-old boy who was asked what he did all day in the summer.

"He said, 'Well, I get up in the morning about ten or eleven. Then my mom gets me something to eat. Then maybe I'll go with some of the guys and play a little basketball, maybe watch TV, and then go down to the mall and "hang out" for a while-- sorta watch the girls and stuff.'

Youth of Zion?

"When asked what time he got to bed, he said, 'Oh, usually about one or two o'clock. I go over to a friend's house and watch some videos. It's really neat, because my friend's mom told the guy at the video shop that it was all right for her son to check out any video he wanted-- including R-rated.

"We could feel great concern for the future of that young Latter-day boy and his friends" (Joe J. Christensen, *One Step at a Time: Building A Better Marriage, Family, and You* [Salt Lake City: Deseret Book, 1996], 79).



Parents Don't Cushion or Coddle

"Be careful, [parents], when you inordinately desire things to be better for your children than they were for you. Do not, however unintentionally, make things worse by removing the requirement for reasonable work as part of their experience, thereby insulating your children from the very things that helped make you what you are!

"Granted, some tactical situations have changed! For most [youth], there are no cows to be milked, pigs to be fed, et cetera. Yes, some of today's work may seem artificial and contrived. Nevertheless, young [people], be patient with your parents as they try to help provide reasonable and meaningful work. In that connection, how blessed we would be if more sons could work alongside their fathers, if only occasionally. Fathers and sons, if such teaming up is not already happening at all, please, in the next three months, select just one, stretching chore to do together.



Work Will Give You An Edge

"Young men, I do not know what your individual gifts are, but you have them! Please employ these gifts and stretch your talents—along with taking out garbage cans, mowing lawns, raking leaves, or shoveling snow for widows, widowers, or a sick neighbor.

"Knowing how to work will give you an edge in life, and experience with excellence—a special edge!

"Let us all be quick and generous to praise our youth for the work they accomplish, especially when they do it well!

"The rising generation will determine if Latter-day Saints will continue to be known for the work ethic. Long ago, President Brigham Young advised: 'I want to see our Elders so full of integrity that [their work] will be preferred. . . . If we live our religion and are worthy [of] the name . . . Latter-day Saints, we are just the men that all such business can be entrusted to with perfect safety; if it can not [be] it will prove that we do not live our religion' (*Discourses of Brigham Young* [1954], 232–33)" (Neal A. Maxwell, "Put Your Shoulder to the Wheel," *Ensign*, May 1998, 38).



The Problem

"In ninety percent of the cases, [children don't work] because parents don't follow through. They ask David to do something, but he knows that if he stalls long enough Mother will eventually do it for him. Sure, he gets a lecture, but she still does his work. Fair exchange, as far as he is concerned" (Victor B. Cline, *How to Make Your Child A Winner* [New York: Walker and Co., 1985], 164).



Families Work Together

"Children need to work with their parents, to wash dishes with them, to mop floors with them, to mow lawns, to prune trees and shrubbery, to paint and fix up, to clean up, and to do a hundred other things in which they will learn that labor is the price of cleanliness, progress, and prosperity" (President Gordon B. Hinckley, "Four Simple Things to Help Our Families and Our Nations," *Ensign*, September 1996, 7; emphasis added).



Ideas from a Prophet

"The idle generation! Hours each day and nothing to do. . . . We want you parents to create work for your children. . . . 'What can we do?' " they ask. **Do the shopping, work in the hospital, help the neighbors and the church custodian, wash dishes, vacuum the floors, make the beds, get the meals, learn to sew. Read good books, . . . clean the house, press your clothes, rake the leaves, shovel the snow, peddle papers.** Lawmakers in their over eagerness to protect the child have legislated until the pendulum has swung to the other extreme. But no law prohibits most work [here] suggested . . . , and parents can make work" (President Spencer W. Kimball, *The Teachings of Spencer W. Kimball*, ed. Edward L. Kimball, Salt Lake City: Bookcraft, 1982, 360–61).



Therefore, What?

- Children should have chores in your home
- Teenagers should work in part time jobs and summer employment
- Working for you is all right, but they need to have the experience of working for someone else
- Children and teens should serve by doing things for others in the ward, stake, and community

Teaching Our Children to Do Hard Things: #2-- Service

14 And ye will not suffer your children that they go hungry, or naked; neither will ye suffer that they transgress the laws of God, and fight and quarrell one with another, and serve the devil, who is the master of sin, or who is the evil spirit which hath been spoken of by our fathers, he being an enemy to all righteousness.

15 But ye will teach them to walk in the ways of truth and soberness; ye will teach them to love one another, and to serve one another.

16 And also, ye yourselves will succor those that stand in need of your succor; ye will administer of your substance unto him that standeth in need; and ye will not suffer that the beggar putteth up his petition to you in vain, and turn him out to perish (Mosiah 4:14-16).

Service is the Dividing Line

"Service is the virtue that distinguished the great of all times and which they will be remembered by. It places a mark of nobility upon its disciples. It is the dividing line which separates the two great groups of the world - those who help and those who hinder, those who lift and those who lean, those who contribute and those who only consume. How much better it is to give than to receive. Service in any form is comely and beautiful. To give encouragement, to impart sympathy, to show interest, to banish fear, to build self confidence and awaken hope in the hearts of others, in short - to love them and show it - is to render the most precious service" (Bryant S. Hinckley, quoted by Steven R. Covey, *First Things First*, 306).

Two Kinds of Service

"I see two kinds of service: one, the service we render when we are called to serve in the Church; the other, the service we willingly give to those around us because we are taught to care.

"Over the years I have watched one dear sister give service far beyond any calling to teach or lead in the Church. She sees a need and serves; not "Call me if you need help," but "Here I am; what can I do?" She does so many small things, like holding someone's child in a meeting or taking a child to school who has missed the bus. She always looks for new faces at church and steps forward to make them welcome.

"Her husband knows that when they attend a ward social, he can generally count on her saying, "Why don't you go along home. I see they are a little short on help to clear up and do the dishes."

"He came home one evening to find her putting the furniture back in place. That morning she had the feeling that she should see how an elderly sister with a heart condition was managing a wedding breakfast for a grandchild who had come from out of state to be married in the temple.

Teaching Children Service

"She found the woman sitting alone at the church, in despair, surrounded by the things she had brought in preparation. Somehow there had been a double booking of the hall. In a few hours the guests would arrive. Whatever could she do?"

"This attentive sister took the older sister home with her and put her down to rest. Then she went to work moving the furniture around. When the guests arrived, a beautiful wedding breakfast was ready to be served.

"She learned that spirit of service from her mother. **The spirit of service is best taught at home. We must teach our children by example and tell them that an unselfish spirit is essential to happiness** (Elder Boyd K. Packer, "Called to Serve," *Ensign*, Nov 1997, 6; emphasis added).



Teach Children to Sacrifice and Deny Themselves

"As we teach our families to sacrifice, we should also teach them to deny themselves. The story is told of the Civil War general Robert E. Lee, who, when asked by a woman for advice in raising her child, said, "**Teach [your child] to deny himself**" (see Joseph Packard, *Recollections of a Long Life* [1902], 158).

"We must avoid saturating our children with material things. We may deprive a child of enjoyment when we give him too much. If we never allow him to want something, he will never enjoy the pleasure of receiving it.

"Are we encouraging our children to sacrifice by giving their time and resources, such as helping a lonely neighbor or befriending someone who needs it? As they concentrate on the needs of others, their own needs become less important. True joy comes from sacrificing for others" (Carol B. Thomas, "Sacrifice: An Eternal Investment," *Liahona*, Jul 2001, 77-79; emphasis added).

President Spencer W. Kimball Speaks Out on Service

- As President Spencer W. Kimball taught, "When we are engaged in the service of our fellowmen, **not only do our deeds assist them, but we put our own problems in a fresher perspective**.... There is less time to be concerned with ourselves" (*Ensign*, December 1974, 2; emphasis added).
- **"God does notice us, and he watches over us. But it is usually through another person that he meets our needs. Therefore, it is vital that we serve each other.** ... So often, our acts of service consist of simple encouragement or of giving mundane help with mundane tasks, but what glorious consequences can flow from mundane acts and small but deliberate deeds!" (President Spencer W. Kimball, *Ensign*, December 1974, 5; emphasis added).
- **"Only when you lift a burden, God will lift your burden.** Divine paradox this! The man who staggers and falls because his burden is too great can lighten that burden by taking the weight of another's burden. You get by giving, but your part of giving must be given first" (President Spencer W. Kimball, *The Teachings of Spencer W. Kimball*, 250; emphasis added).


Therefore, What?

- Teach your children to give anonymous service
- Cleaning up the neighborhood and community
- Cleaning the Church; stacking chairs, last family to leave the Church after an activity
- Being in tune to neighbors and others around us
- Helping families in the ward with meals, babysitting, and lawn mowing
- Giving our time, talents, and efforts
- Financial donations to those in need
- Always bring children to ward and stake service projects (i.e. helping people move)

Teaching Our Children to Do Hard Things: #3—Stand Up

In the fall of 1857 Joseph F. Smith, just 19 years of age, left his mission in Hawaii to return home. He came home by way of San Francisco, Los Angeles, and San Bernardino. "In southern California, just after the little train of wagons had traveled only a short distance and made their camp, several anti-'Mormon' toughs rode into the camp on horseback, cursing and swearing and threatening what they would do to the 'Mormons.'" Joseph F. was a little distance from the camp gathering wood for the fire, but he saw that the few members of his own party had cautiously gone into the brush down the creek, out of sight. **When he saw that, ... the thought came into his mind, 'Shall I run from these fellows? Why should I fear them?' With that he marched up with his arm full of wood to the campfire where one of the ruffians, still with his pistol in his hand, shouting and cursing about the 'Mormons,' in a loud voice said to Joseph F.**

Dyed in the Wool, True Blue, Through and Through



"Are you a "Mormon"?"


"And the answer came straight, 'Yes, siree; dyed in the wool; true blue, through and through.'

"At that the ruffian grasped him by the hand and said:

"Well, you are the _____ — pleasantest man I ever met! Shake, young fellow, I am glad to see a man that stands up for his convictions."

Stand Firm

- President Joseph F. Smith (1838–1918): "After we have done all we could do for the cause of truth, and withstood the evil that men have brought upon us, ... it is still our duty to stand. We cannot give up; we must not lie down. ... To stand firm in the face of overwhelming opposition, when you have done all you can, is the courage of faith. The courage of faith is the courage of progress. [Those] who possess that divine quality go on; they are not permitted to stand still if they would. They are not simply the creatures of their own power and wisdom; they are instrumentalities of a higher law and a divine purpose" (*Teachings of Presidents of the Church: Joseph F. Smith [1998], 107–8*).




Promises to Those Who Stand Firm & Steadfast


"Those who stand firm, steadfast, and immovable are given great inner hidden powers and unseen strengths. They will be endowed with full and potent spiritual resources" (President James E. Faust (1920–2007), Second Counselor in the First Presidency, "Stand Up and Be Counted," *New Era*, Aug. 1990, 6).




Mosiah 5:15



"Therefore, I would that ye should be **steadfast and immovable**, always **abounding in good works**, that Christ, the Lord God Omnipotent, may seal you his, that you may be brought to heaven, that ye may have everlasting salvation and eternal life, through the wisdom, and power, and justice, and mercy of him who created all things, in heaven and in earth, who is God above all. Amen."




Standing Tall

"I am reminded of a circumstance that occurred in Missouri, which shows the kind of feeling that Joseph Smith possessed. At Far West, a mob had come against us, placing themselves in position to give us battle; and there were not more than about two hundred of us in the place. We had one fellow who was taken with a fit of trembling in the knees, and he ordered our people to retreat. As soon as Joseph heard this sound, he exclaimed, 'Retreat! Where in the name of God shall we retreat to?'"

"He then led us out to the prairie, facing the mob, and placed us in position. And the first thing we knew a flag of truce was seen coming towards us. The person bearing it said that some of their friends were among our people, for whose safety they felt anxious. The mob wished these parties to come out, as they were going to destroy every man, woman and child in the place"

"Joseph Smith sent word back by this messenger. Said he, 'Tell your general to withdraw his troops or I will send them to hell.'"


"I thought that was a pretty bold stand to take, as we only numbered about two hundred to their thirty-five hundred. But they thought we were more numerous than we really were. It may be that our numbers were magnified in their eyes. But they took the hint and left, and we were not sorry" (Hyrum L. Andrus and Helen Mae Andrus, comps., *They Knew the Prophet*, 188).




Don't Leap with the Sheep

"One summer when a bunch of us boys had taken a day off from the chores of the ranch to look for Indian arrowheads, we came across six lambs out on the desert. The lambs had strayed from their flock, I suppose, for they had no owner's mark on their wool. They were wild, and roughly one year old. We decided to try to catch them and take them back to the ranch. We spread out over the desert and attempted to box them in, but they were resistant to the idea of being tamed."


"For over an hour we ran around, making grabs for them as they broke through our tightening circle. After many successful attempts, we got an idea. There were many cliffs in the area, so we thought we would back them against the edge of a cliff, thus blocking their escape. We were closing in on them when the biggest one turned and ran for the edge of the cliff. To our amazement, instead of stopping he leaped over the edge and plunged to his death. We backed off when we saw this, to give the remaining lambs some room, but to our shock the other five raced toward the cliff. One by one all five of them jumped to their deaths. I had heard of sheep doing strange things like this, but I would never have believed it if I hadn't seen it myself."



Don't Leap with the Sheep




"In spite of all our talk about individualism and doing our own thing, mankind seems to have a built-in-herd instinct. This can work for us or against us, depending on which way the herd is moving. Unfortunately, most of the herd in the modern world is jumping over a moral cliff. The power of peer pressure is a tremendous mist that has blinded old and young alike for centuries. It is a particularly effective mist today. Part of its usefulness for Satan is found in its economy. If he can get the lead sheep to leap, the others often follow without thinking. Too many people never clearly reason out their positions on fashions, music, morality, politics, or even religion...." (S. Michael Wilcox, *Don't Leap With The Sheep [Salt Lake City: Deseret Book, 2001], 68-69*).




The Lord Needs Rock Solid Youth

- The Lord needs youth to become faithful, solid, and true
- In the last days, there is no room for wishy washy members
- The Lord needs youth know with certainty that this gospel is true
- The Lord needs youth who will not waver, shake, or tremble!
- The Lord needs youth who know and understand their identity
- The Lord needs youth who will follow prophets, keep the commandments, and live the standards




Therefore, What?

- Teach your children to stand up to peer pressure
- Teach them to follow the prophet, no matter what their friends chose to do!
- Teach them to say "no"
- Teach them to have good friends, or no friends at all
- Teach them that a true friend would never ask them to compromise their standards



Teaching Our Children to Do Hard Things: #4– Follow Prophets

"A lack of obedience to the leaders will, therefore, mean that we will not have the precious promptings of the Spirit, which we need personally— so much and so often. This potential loss would be reason enough for us to be obedient to the prophets, for apparently we cannot have one without the other. Vital as the words of the prophets are, these come to us only periodically. We need the directions of the Spirit daily, even hourly" (Neal A. Maxwell, *All These Things Shall Give Thee Experience*, 104).



Happiness Comes from Following Prophets

“No man can be more happy than by obeying the living prophet’s counsel. You may go from east to west, from north to south, and tread this footstool of the Lord all over, and you cannot find a man that can make himself happy in this Church, only by applying the counsel of the living prophet in this life; it is a matter of impossibility for a man to receive a fullness who is not susceptible of receiving and carrying out the living prophet’s counsel. An individual that applies the counsel for this Church is bound to increase in all that is good, for there is a fountain of counsel which the Lord has established. He has made it, has deposited that counsel, that wisdom and those riches, and it will circumscribe all that pertains unto good, unto salvation; all things that pertain to glory and to the exaltation of the Saints in this world and in the world to come” (Lorenzo Snow, *The Teachings of Lorenzo Snow*, 86-87).

Selective Obedience

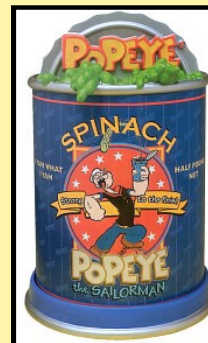
“There are some of our members who practice selective obedience. A prophet is not one who displays a smorgasbord of truth from which we are free to pick and choose. However, some members become critical and suggest the prophet should change the menu. A prophet doesn’t take a poll to see which way the wind of public opinion is blowing. He reveals the will of the Lord to us. The world is full of deteriorating churches who have succumbed to public opinion and have become more dedicated to tickling the ears of their members than obeying the laws of God” (Glenn L. Pace, *Ensign*, May 1989, 26).

We Must Even Eat the Spinach!

“This is a hard but necessary dimension of the doctrine about living prophets, and each in his circumstantial turn will need to be tested to see if he really subscribes to it. Our relationship to living prophets is *not* one in which their sayings are a smorgasbord from which we may take only that which pleases us. We are to partake of all that is placed before us, including the spinach, and to leave a clean plate!” (Neal A. Maxwell, *Things As They Really Are* [Salt Lake City: Deseret Book Co., 1978], 74).

What About the Spinach?

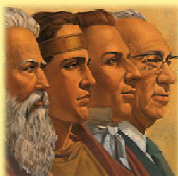
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Amos 7:7-8

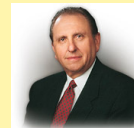
7 ¶ Thus he shewed me: and, behold, the Lord stood upon a wall *made* by a plumbline, with a plumbline in his hand.

8 And the Lord said unto me, Amos, what seest thou? And I said, A plumbline. Then said the Lord, Behold, I will set a plumbline in the midst of my people Israel: I will not again pass by them any more:



The Prophet: Our Plumb Line

- Modesty in Dress
- Education
- Cleanliness of Thought
- Morality
- Movies
- Friendships
- Dating
- Missions
- Music
- Sabbath Day Observance





Therefore, What?

- Teach your children learn what our prophets are saying
- Teach them to read the *New Era* and other church publications where the Prophet is speaking directly to them
- Teach them that it is not always easy or convenient to follow prophets, but it is always right
- Teach them that whatever the prophet says is the rule!



Teaching Our Children to Do Hard Things: #5— Be Tough and Resilient

“You are second to none. You are [sons and] daughters of God.

“**There has come to you as your birthright something beautiful and sacred and divine.** Never forget that. Your Eternal Father is the great Master of the universe. He rules over all, but He also will listen to your prayers as His daughter and hear you as you speak with Him. He will answer your prayers. He will not leave you alone” (“Stay on the High Road,” *Liahona* and *Ensign*, May 2004, 112).



God Has Held You In Reserve

“For nearly six thousand years, **God has held you in reserve to make your appearance in the final days before the Second Coming of the Lord.** . . . While our generation will be comparable in wickedness to the days of Noah, when the Lord cleansed the earth by flood, there is a major difference this time. **It is that God has saved for the final inning some of his strongest children, who will help bear off the Kingdom triumphantly.** And that is where you come in, for you are the generation that must be prepared to meet your God.



You Are A Marked Generation

“**All through the ages the prophets have looked down through the corridors of time to our day.** Billions of the deceased and those yet to be born have their eyes on us. Make no mistake about it—**you are a marked generation.** **There has never been more expected of the faithful in such a short period of time as there is of us.** Never before on the face of this earth have the forces of evil and the forces of good been as well organized. **Now is the great day of the devil's power, with the greatest mass murderers of all time living among us.** But now is also the great day of the Lord's power, with the greatest number ever of priesthood holders on the earth. And the showdown is fast approaching” (President Ezra Taft Benson, “In His Steps,” *Speeches of the Year*, 1979 [Provo: Brigham Young University Press, 1980], 59; emphasis added).



Choice Spirits

President Wilford Woodruff said, “**The Lord has chosen a small number of choice spirits of Sons and Daughters out of all the creations of God, who are to inherit the earth, and the company of choice spirits have been kept in the Spirit World for 6,000 years,** to come forth in the last days, to stand in the flesh in the last dispensation of the fullness of times, to organize the Kingdom of God upon the earth, to build it up and to defend it” (Wilford Woodruff, *Discourses of Wilford Woodruff*, edited by G. Homer Durham (Salt Lake City: Bookcraft, 1969), 238-240; emphasis added).



A Choice Generation

President Joseph Fielding Smith observed that “**our young people are among the most blessed and favored of our Father's children. They are the nobility of heaven, a choice and chosen generation who have a divine destiny.** Their spirits have been reserved to come forth in this day when the Gospel is on the earth, and when the Lord needs valiant servants to carry on His great latter-day work” (as cited in Brent L. Top, *The Life Before* [Salt Lake City: Bookcraft, 1988], 154-155; emphasis added).



You Have A Noble Heritage

President Harold B. Lee also reminded the youth of their foreordained place in the history of the world. **“You our youth of today are among the most illustrious spirits to be born into mortality in any age of the world. Yours is a noble heritage and a wonderful opportunity”** (as cited in Brent L. Top, *The Life Before* [Salt Lake City: Bookcraft, 1988], 154 – 155; emphasis added)



You Have Great Promise

Said President Gordon B. Hinckley with prophetic insight: “My dear young [people], the Lord has been very good to you. He has brought you forth in this, the greatest age in the history of the earth. He has made you the beneficiary of His glorious gospel, restored to the earth for your blessing. **No other generation has been the beneficiary of so much knowledge, of so much experience, of so much affluence and opportunity. O God bless you.... of the noble birthright, you of the great promise.**” (*Ensign*, May 1987, 48).



You Are A Chosen Group

“It is not difficult to understand why the great God in heaven has reserved these special spirits for the final work of the kingdom prior to his millennial reign. . . . **This generation will face trials and troubles that will exceed those of their pioneer forebears. Our generation has had some periods of respite from the foe. The future generation will have little or none. . . . This is a chosen generation. . . . I believe today’s [LDS youth] will lead the youth of the world through the most trying time in history”** (Vaughn J. Featherstone, *Ensign*, November 1987, 27-29; emphasis added).



You Were Born to Lead

“This is not new news. You have been told countless times that you are a chosen generation reserved for the latter part of the latter days. Just two months ago, in general conference, President Gordon B. Hinckley said once again: ‘You are the best generation we have ever had’ (*An Ensign to the Nations, a Light to the World*, *Ensign*, November 2003, 84). It’s akin to being chosen to run the last leg of a relay, where the coach always positions his strongest runner.

“You were recommended to help run the last leg of the relay that began with Adam and Eve because your premortal spiritual valor indicated you would have the courage and the determination to face the world at its worst, to do combat with the evil one during his heyday, and, in spite of it all, to be fearless in building the kingdom of God.

“You simply *must* understand this, because you were born to lead by virtue of who you are, the covenants you have made, and the fact that you are here now in the 11th hour.



You Were Born to Lead

“You were born to lead as mothers and fathers, because nowhere is righteous leadership more crucial than in the family. You were born to lead as priesthood and auxiliary leaders; as heads of communities, companies, and even nations. You were born to lead as men and women willing “to stand as witnesses of God at *all times* and in *all things*, and in *all places*,” because that’s what a true leader does (Mosiah 18:9; emphasis added).

You were born to lead, and, in the words of Isaiah, *you were born for glory* (see Isaiah 62:2–3).

“Now the glorious but sobering truth is that, in spite of your eons of premortal preparation, **the days ahead will at times wrench your very heart strings,** as the Prophet Joseph told the Twelve (in John Taylor, *JD 24:197*). **If you’ve hoped to passively, comfortably live out your lives, let me burst that little bubble once and for all. Now, please, do not misunderstand me:** This is a magnificent time to live! It is a time, said President Spencer W. Kimball, when our influence ‘can be tenfold what it might be in more tranquil times’ (*Privileges and Responsibilities of Sisters*, *Ensign*, November 1978, 103). The strongest runner *wants* to run the last leg of the relay.



You Were Born to Be Tough!

“But the last days are not for the faint of heart or the spiritually out of shape. There will be days when you feel defeated, exhausted, and plain old beat-up by life’s whiplash. People you love will disappoint you—and you will disappoint them. You’ll probably struggle with some kind of mortal appetite. Some days it will feel as though the veil between heaven and earth is made of reinforced concrete. And you may even face a crisis of faith. In fact, you can count on trials that test your testimony and your faith.

“Aren’t you glad I came bearing such optimistic news? Actually, I am nothing if not optimistic about you, for everything about your lives is an indicator of our Father’s remarkable respect for you. He recommended you for now, when the stakes are so high. Now is the day when His kingdom is being established once and for all, never again to be taken from the earth. This is the last leg of the relay. This is when He needs His strongest runners.



You Were Born for Glory

“The simple fact is that our Father did not recommend Eve or Moses or Nephi or countless other magnificent exemplars for this dispensation--He recommended you and me. Do you think God would have left the last days to chance by sending men and women He couldn't count on? A common theme of patriarchal blessings given to men and women your age is that you were sent now because our Father's most trustworthy children would be needed in the final, decisive battle for righteousness. That is who you are, and it is who you have always been” (Sheri L. Dew, “You We're Born to Lead, You We're Born for Glory,” BYU Speeches, 9 December 2003; emphasis added).




What Are Resilient Children?

- Children who thrive seem to have a kind of **inborn mental filter**. They use this filter to **limit the pressure and distractions around them**, giving them a natural sense of autonomy. They are able to direct their thoughts in a way that enables them to concentrate on what they learn. They are able to **work to apply what they learn and are relatively calm** in their approach to life. Murphy (1987) describes such children as resilient.
- Resiliency is broadly defined as the ability to bounce back in the face of adversity; to cope with crisis and challenge; to turn stresses into opportunities
- These children can survive and thrive in highly stressful situations
- Children who are resilient know how, where, and from whom to get support when problems arise
- In a gospel context, we teach them to turn to their Heavenly Father, and the Lord, Jesus Christ



Resilient Children....

- *Have trust and hope sufficient to withstand rebuffs and disappointments.*
- *Use verbal and nonverbal communication, imitation, and identification. (They can be seen trying to be like someone.)*
- *Have the capacity to communicate, cooperate, and love in their relationship with their mothers.*
- *Display a range of emotion, including joy, curiosity, playfulness, and creativity.*
- *Are able to keep on trying after failure.*
- *Can forgive and forget.*
- *Can delay gratification.*
- *Can adapt to differing conditions in several environments.*
- *Have the capacity to cope and feel competent*
(from A. Lynn Scoresby, *Bringing Up Moral Children* [Salt Lake City: Deseret Book Co., 1989], 263.)



Developing Tough Kids

- Children develop resilience in families that **communicate well, work together to solve problems, and do things together**. These children thrive when parents **continue to show their love** and affection despite the pressures they are feeling. **Maintaining regular household rules and routines also gives children a sense of security during an unsettling time**. When parents convey to their children that “we are in this together and we will survive,” they strengthen family bonds, and everyone is able to move ahead with hope for the future.
- **Haim Ginnot: Children need to be strong and humane**



What Parents Can Do to Build Resilience

- 1. Show affection:**
 - Express love in physical and verbal ways
 - Find ways to have fun together
 - Love children in ways that helps them feel special and appreciated
 - Accept children for who they are
- 2. Encourage good problem-solving skills:**
 - Engage every family member in discussions about the hard choices that this situation might require
 - Acknowledge everyone's ideas and solutions
 - Guide them to come up with their own solutions, even when you know the answer!
- 3. Build responsibility:**
 - Assign chores
 - Show appreciation for each person's efforts
 - Get involved in causes outside of the home to develop compassion, concern, and service



Building Resilience (Cont.)


- 4. Monitor & Regulate children:**
 - Maintain rules and routines
 - Always know where children are
 - Maintain communication when apart from children
 - Get to know children's friends
 - Stay involved in children's homework and activities
- 5. Show Empathy**
 - Parents can appreciate and validate their point of view
 - Discipline in ways that promotes self discipline and self worth
- 6. Communicate effectively and listen actively**
 - Validate what they are saying
 - Don't tell them how they should feel
 - Don't interrupt them
- 7. Help children recognize that mistakes are experiences from which to learn**
 - Mistakes are opportunities to learn
 - Children are not failures if they make a mistake or two
 - Children are accepted and loved, no matter what mistake they make

Building Resilience (Cont.)

8. **Develop responsibility, compassion and a social conscience by providing children with opportunities to serve and contribute**
 - Children want to serve and help
 - They need to see that they can make a difference in the world
 - Involve them in charitable work
9. **Develop within them a sense of mastery**
 - Each child needs a set of talents and skills
 - Parents have a duty to help their children discover their talents
 - Mastery in almost any area will help a child tackle problems in other areas
10. **Help Develop within them a sense of self worth**
 - This comes as they begin to understand who they are and forge their identity
 - Then they are able to understand the gifts and talents the Lord has given them to bless those around them
11. **Help them Develop a healthy sense of humor**
 - Help children see the humorous side of situations
 - A healthy sense of humor will help them put life into it's proper perspective

Children in middle childhood need to acquire:


- **Friendship**—the ability to make friends and gain the approval of peers
- **Sense of Self**—confidence in one's ability to succeed in life
- **Mastery**—command of the basic life skills needed to be successful in school and at home



Children in adolescence need to acquire:

Identity—the sense of what is unique and distinctive about themselves

Expectations for the future—the ability to prepare for adulthood



Therefore What?

- Teach your children to be tough
- Teach them to be courageous
- Parents, do not coddle children when they injure or hurt themselves
- Teach them not to whine or complain
- Teach them to bounce back after trials
- Teach them that they do not need to cry or become depressed just because things don't go their way
- Teach them to be flexible
- Teach them the gospel principle of *perspective*
- Create a Wimp-Free Environment in your home

Teach Them to Ride the Polar Bear Down the Avalanche

