

Thursday is Showering with Positives

Brigham Young University
BYU Campus
Education Week,
August 2009

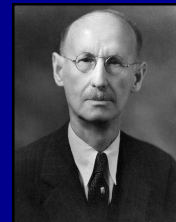


"Grow old along with me. The best is yet to be - the last of life for which the first was made."

- Robert Browning

The Perfect Couple

"I have often wondered what would happen if a perfect man married a perfect woman. I'll bet he would shoot her inside of a week if she didn't poison him first" (J. Golden Kimball, in Claude Richards, *J. Golden Kimball: The Story of a Unique Personality*, [Salt Lake City: Bookcraft, 1966], 99-100).



Thursday

- Today I will focus on overlooking the negative aspects of my spouse
- Today, I will focus on the positive in my marriage!
- Today, I will compliment my spouse on his/her positive attributes
- I will show my spouse how much I appreciate him/her
- I will refuse to take offense and I will assume the best in my spouse!

Shower with Positives

- To often in our marriages, it's the mistakes that catch our attention rather than what is right or good
- We tend to focus on the 5% that is wrong with our partner, too often overlooking what is right and good with our partner
- Remember, "Rewarded Behavior Continues." Reinforcing a behavior will ensure that it is repeated
- Nagging always generates resistance from our partner!
- Shower positives
- Acknowledge whatever your partner does that pleases you

(See Victor Cline, *How to Make a Good Marriage Great*, 191-192).

Sing it James!

Show the people you love with love

Show them the way that you feel

Things are going to work out fine if you only will

Show the people you love with love

Show them the way you feel
Things are going to be much better if you only will



A Lesson From San Antonio

"I deal much with cases of divorce and requests for cancellation of temple sealings. It is the most difficult of all the things with which I have to do. Almost without exception, each case involves deception, dishonesty, broken promises, violated covenants, heartbreak, and tragedy.



Lesson (Cont.)

"Begin with your own home to preserve the sanctity of your marriage, the eternity of your covenants, and the happiness that comes where there is love and security and trust in the family. **Put the comfort and happiness of your companion ahead of your own and reach out with a helping hand to those whose marriages have become troubled**" (President Gordon B. Hinckley, *BYU Speeches of the Year 1996-1997* (Provo, UT: Brigham Young University), 24).

A Prophet's Lamentation

"Of all the difficult and discouraging responsibilities I have, the most difficult and the most discouraging in handling cancellation of sealings. **Most of those requests come from women— women who on their marriage day were in the house of the Lord, in each case with the young man she loved.** And then as the years passed their was argument, anger, losing temper, throwing a chair across the room, and other such foolish and unnecessary things, until all love was gone and hatred had taken its place. Now, having run their course, there comes a request for a cancellation of a temple sealing.

A Prophet's Lamentation

You can trace it all to **selfishness, thinking of oneself instead of one's companion.... Any man who will make his wife's comfort his first concern will stay in love with her throughout their lives and through the eternity yet to come**" (President Gordon B. Hinckley, Anchorage Regional Conference, June 18, 1995; as cited in *Teachings of Gordon B. Hinckley*, 329).

Unresolvable Issues

All couples have about 10 issues they'll never resolve. If you switch partners, you'll still have un-resolvable issues.

(More than 90 percent of all arguments between couples are over money, time, kids, sex and jealousy and in-laws and friends.) Learn how to live with and accommodate your differences.



Every Couple Must Manage Conflict

"When differences do arise, being able to discuss and resolve them is important, but there are instances when it is best to take a time-out. **Biting your tongue and counting to ten or even a hundred is important.** And occasionally, even letting the **sun go down on your wrath** can help bring you back to the problem in the morning more rested, calm, and with a better chance for resolution...



Every Couple (Cont.)

"Occasionally, we hear something like, 'Why, we have been married for fifty years, and we have never had a difference of opinion.' If that is literally the case, then one of the partners is **overly dominated** by the other or, as someone said, is a **stranger to the truth. Any intelligent couple will have differences of opinion.** Our challenge is to be sure that we know how to resolve them. That is part of the process of making a good marriage better." (Joe J. Christensen, "Marriage and the Great Plan of Happiness," *Ensign*, May 1995, 64).



There Will Be Differences

Elder Bruce C. Hafen put it this way: "The difference between a successful and an unsuccessful marriage is not in whether there are such times of tension, **but in whether and how the tensions are resolved**" (*The Broken Heart* [Salt Lake City: Deseret Book, 1989], 49).



Low Conflict/Good Enough Marriages

- 06/20/2001
- **The good in a bad marriage**
- By Karen S. Peterson, *USA TODAY*
- **About 55% to 60% of divorces occur in low-conflict marriages**, marriages that the authors of the 20-year study call "good enough marriages" that might be salvaged. Divorces in these **low-conflict marriages are very damaging to children**, says sociologist Paul Amato of Penn State University, because the surprised children have not been aware of the discord.

Highly Conflicted Marriages

While advocating marriage, we must be sensitive to those who have chosen to terminate their marriage. **There are legitimate reasons or grounds for divorce. An estimated 30 percent of the divorces in the U.S. involve marital relationships with a high degree of conflict.** (Amato and Booth, p. 220) Sometimes violence, physical and mental abuse and/or threat of life to spouse and children are also present in these highly conflicted relationships. As such, divorce in these situations is most often in the best interest of those involved.

However....

- In a recent survey in America, **66 percent of those who are presently divorced answered "yes" to the question "Do you wish you and your ex-spouse had tried harder to work through you're differences?"**
- In a study in Australia, **1/3 of those divorced regretted their decision five years later, and 40% reported that their divorce could have been avoided** (In Brent Barlow, *Marriage at the Crossroads, Marriage and Families*, Jan. 2003, 23).

Furthermore

- In their recent book, *The Case For Marriage*, Waite and Gallagher, ask and then answer this question:
- **How many unhappy couples turn their marriages around? The truth is shocking: 86 percent of unhappily married people who stick it out find that, five years later, their marriages are happier**, according to an analysis of the *National Survey of Families And Households*. Most say, they've become very happy indeed. In fact, **nearly three-fifths of those who said their marriage was unhappy in the late 80's and who stay married, rated this same marriage as either 'very happy' or 'quite happy' when re-interviewed in the early 1990's.**

Self Mastery

"I learned, when I was tempted to say the unkind, thoughtless thing, to **put my tongue way back in my mouth and clamp my teeth down on it; and each time I did that, it was easier the next time not to say the unkind, hurtful thing**" (David O. McKay, as cited in *Spiritual Roots of Human Relations* by Stephen R. Covey, [Salt Lake City: Deseret Book, 1970], 113).



Control Your Tongue

"Say nothing that will hurt your wife, that will cause her tears, even though she might cause you provocation. Realize that those children are your eternal possessions, treasures of eternity. Do not dare to set an improper example towards them. You are men of the priesthood and you are leaders. **Never let them hear a cross word. You should control yourself. He is a weak man who flies into a passion, whether he is working a machine or plowing or writing or whatever he may be doing in the home. A man of the priesthood should not fly into a passion. Learn to be dignified. You cannot picture Christ flying into a passion. Indignant with sin? Yes. Overturning the money changers when they insulted God and defiled the temple. Yes: But so dignified and noble that when he stands before Pilate he makes that leader say: 'Behold, the man.'** Husbands and wives must learn to talk through their differences and difficulties rather than either taking them out on each other or withdrawing into a silent, sullen world of quiet anger and self-pity" (David O. McKay, *General Conference*, 2 October 1954, as cited in *Spiritual Roots of Human Relations* by Stephen R. Covey, [Salt Lake City: Deseret Book, 1970], 191).

Scriptures That Give Strength

- Ephesians 4:26-32; Corrupt = Sapos, which is "rotten" or "putrefy"
- I Nephi 32:1-3
- **"True charity ought to begin in marriage, for it is a relationship that must be rebuilt every day"** (James E. Faust, "Fathers, Mothers, Marriage," *Ensign*, Aug 2004, 2-7).

To Husbands

"Husbands, you have been entrusted with the most sacred gift God can give you—a wife, a daughter of God, the mother of your children who has voluntarily given herself to you for love and joyful companionship. Think of the kind things you said when you were courting, think of the blessings you have given with hands placed lovingly upon her head, think of yourself and of her as the god and goddess you both inherently are, and then reflect on other moments characterized by cold, caustic, unbridled words. Given the damage that can be done with our tongues, little wonder the Savior said, "Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man." A husband who would never dream of striking his wife physically can break, if not her bones, then certainly her heart by the brutality of thoughtless or unkind speech" (Jeffrey R. Holland, "The Tongue of Angels," *Ensign*, May 2007, 16-18).

To Wives

"In that same spirit we speak to the sisters as well, for the sin of verbal abuse knows no gender. **Wives, what of the unbridled tongue in your mouth, of the power for good or ill in your words? How is it that such a lovely voice which by divine nature is so angelic, so close to the veil, so instinctively gentle and inherently kind could ever in a turn be so shrill, so biting, so acrid and untamed? A woman's words can be more piercing than any dagger ever forged, and they can drive the people they love to retreat beyond a barrier more distant than anyone in the beginning of that exchange could ever have imagined. Sisters, there is no place in that magnificent spirit of yours for acerbic or abrasive expression of any kind, including gossip or backbiting or catty remarks. Let it never be said of our home or our ward or our neighborhood that "the tongue is a fire, a world of iniquity ... [burning] among our members"** (Jeffrey R. Holland, "The Tongue of Angels," *Ensign*, May 2007, 16-18).

Look on the Bright Side

"The spirit of the gospel is optimistic; it trusts in God and looks on the bright side of things. The opposite or pessimistic spirit drags men down and away from God, looks on the dark side, murmurs, complains, and is slow to yield obedience" (Orson F. Whitney, *Conference Report*, Apr. 1917, 43).



Love is Like a Flower

President Howard W. Hunter declared: "A man should always speak to his wife lovingly and kindly, treating her with the utmost respect. **Marriage is like a tender flower, brethren, and must be nourished constantly with expressions of love and affection**" (President Howard W. Hunter, *CR*, October 1994, 68).

Apathy in Marriage

"Someone has said that the opposite of love is not hate; the opposite of love is apathy. And I say to you brethren, the most dangerous thing that can happen between you and your wife or between me and my wife is apathy— not hate, but for them to feel that we are not interested in their affairs, that we are not expressing our love and showing our affection in countless ways. Women, to be happy, have to be loved and so do men" (Harold B. Lee, *Regional Representatives Seminar*, 12 December 1970; as cited in *Teachings of Harold B. Lee*, 241).

Avoid Ceaseless Pinpricking

"Don't be too critical of each other's faults. Recognize that none of us is perfect. We all have a long way to go to become as Christlike as our leaders have urged us to become.

"Ceaseless pinpricking" (as President Kimball called it), can deflate almost any marriage ("Marriage and Divorce," *Brigham Young University 1976 Speeches of the Year*, Provo, Utah: University Publications, 1977, p. 148). Generally, each of us is painfully aware of our weaknesses, and we don't need frequent reminders. Few people have ever changed for the better as a result of constant criticism or nagging. If we are not careful, some of what we offer as *constructive* criticism is actually *destructive*" (Joe J. Christensen, "Marriage and the Great Plan of Happiness," *Ensign*, May 1995, 64).

Do You Suffer from "The Grapefruit Syndrome"?

"At times it is better to leave some things unsaid. As a newlywed, Sister Lola Walters read in a magazine that in order to strengthen a marriage, a couple should have regular, candid sharing sessions in which they would list any mannerisms they found to be annoying. She wrote:

"We were to name five things we found annoying, and I started off. ... I told him that I didn't like the way he ate grapefruit. He peeled it and ate it like an orange! Nobody else I knew ate grapefruit like that. **Could a girl be expected to spend a lifetime, and even eternity, watching her husband eat grapefruit like an orange? ...**

"After I finished [with my five], it was his turn to tell the things he disliked about me. ... [He] said, 'Well, to tell the truth, I can't think of anything I don't like about you, Honey.'

— "Gasp."

"I quickly turned my back, because I didn't know how to explain the tears that had filled my eyes and were running down my face."

- Sister Walters concluded: "Whenever I hear of married couples being incompatible, I always wonder if they are suffering from what I now call the Grapefruit Syndrome" (*Ensign*, Apr. 1993, 13).

Superficial Communication

1. **Superficial.** This level of communication is one we are all familiar with because we use it most of the time. **In is a safe, non-argumentative, information-processing level where superficial topics are easy for us to discuss, bring up, or converse about. That is because we are familiar with the subject, we have discussed them before, and the message carries little risk-value.** This level of communication allows us to talk about events and situations in the past, present, or future in a narrative, or descriptive way. Examples of superficial topics include weather, sports, cars, church, movies, jobs, etc..

- "What a beautiful day!"
- "How's your family doing?"
- "Where did you go on vacation?"
- "I love the leaves this time of year."
- "How's the football team going to do this year?"

Personal Communication

2. **Personal.** This level of communication includes topics that bring out our personal opinions, ideas, values, thoughts, and inner feelings. **There is more risk involved with this level of communication because we are never sure how the other person will react to our personal thoughts and perceptions. We are very sensitive to how others react when we share our feelings with them.** For example, if someone disagrees with something we throw out, we usually back off to a safer level—superficial—which has less content to cause dissension.

- "I always feel stupid when I raise my hand and say something I didn't really mean."
- "I think the Republicans (Democrats) spend so much time wasting our money on . . ."
- "It really depresses me to listen to my own son criticize me for what I don't think was my fault."
- "My shoulder has been killing me since that last softball game. Do you think I should get it checked out?"

Validating Communication

3. **Validation.** **This level is always positive and complimentary in nature and may be either verbal or non-verbal.** **"Wow, you look stunning in that outfit," is an example of verbal expression, while a wink, a glance of approval, a thumbs up signal, or a kind touch, convey positive messages.** **"I love being your husband" "I'm so glad we're married and have such a close relationship." "I love the way you take charge and solve problems." These are statements of validation. A squeeze of the hand, an arm around each other, an expression known only to the spouse—all convey positive value and meaning to the spouse in non-verbal ways.**

Charity in Marriage

"Real charity is not something you give away; it is something that you acquire and make a part of yourself. And when the virtue of charity becomes implanted in your heart, you are never the same again. It makes the thought of being a basher repulsive.

"Perhaps the greatest charity comes when we are kind to each other, when we don't judge or categorize someone else, when we simply give each other the benefit of the doubt or remain quiet. Charity is accepting someone's differences, weaknesses, and shortcomings; having patience with someone who has let us down; or resisting the impulse to become offended when someone doesn't handle something the way we might have hoped. Charity is refusing to take advantage of another's weakness and being willing to forgive someone who has hurt us. Charity is expecting the best of each other" (Marvin J. Ashton, "The Tongue Can be a Sharp Sword," *Ensign*, May 1992, 18)

The Four Horseman and the Opposite

- The first horseman is *criticism*. When we criticize others, we attack their personality or character, usually with blame, rather than a specific behavior.
- The second horseman, *contempt*, is when criticism has gone nasty—name calling (D&C 50:23).
- The Third horseman is *defensiveness*. At this stage, we refuse to acknowledge our part in the problem. We deny responsibility and make excuses and counteraccusations instead of listening to our spouse's concerns. We stubbornly pass all responsibility for fixing the problem back to our spouse.
- The fourth horseman is *stonewalling*. To stonewall is to simply walk away from the problem and cut off all interaction that leads to a solution. A problem in a marriage may never be resolvable when one spouse refuses to discuss it.

Just do the Opposite!

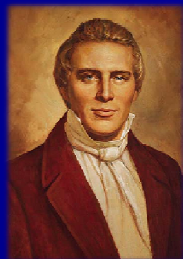
1. Turn criticism into praise, compliments, and encouragement
2. Turn contempt into charity and kindness.
3. Turn defensiveness into humility, meekness, and accountability
4. Turn stonewalling into engagement and connection.

Who Wants to Receive a Revelation?

"At an appropriate time—not when there is a spirit of contention present—you might also ask your husband or wife what changes you need to make in your behavior. Not long ago I was invited to teach a priesthood lesson in our ward on husband-wife relationships. During the lesson, I asked the quorum members how many would like to receive a revelation. Every hand went up. I then suggested that we all go home and ask our wives how we could be better husbands. (I should add that I followed my own advice, and had a very informative discussion with Susan for more than an hour that afternoon!)" (Brent Barlow, "To Build a Better Marriage," *Ensign*, Sep 1992, 15).

Love Begets Love

Joseph Smith said: "It is a time-honored adage that *love begets love*. Let us pour forth love—show forth our kindness unto all mankind, and the Lord will reward us with everlasting increase; cast our bread upon the waters and we shall receive it after many days, increased to an hundredfold. ... *"I do not dwell upon your faults, and you shall not upon mine.* Charity, which is love, covereth a multitude of sins." (*Teachings of the Prophet Joseph Smith*, 316; italics added.)



Example

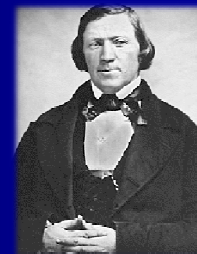
"Husband (seventy-eight) has Parkinson's disease with its ceaseless tremor of arms and legs. Wife (two years younger) struggles with arthritis and insomnia. How do such seasoned mates cope? One way: At night, husband places hand under wife's neck while they lie in bed. Hand 'automatically' massages and soothes. He prays for her through his mobile 'laying on of hands.' Wife is relieved, released to sleep. Husband then falls asleep. The shaking ceases" (Truman G. Madsen & Stephen R. Covey, *Marriage & Family: Gospel Insights*, [Salt Lake City: Bookcraft, 1983], 33).

Example

"Wife of a General Authority suffers stroke and extensive paralysis. For five years she is confined to bed. In the last year she is unable to speak. Husband moves her bed into the living room and surrounds her with bustling life, speaking to her in all their accumulated inside jokes and code phrases and love pats. She can only reply with her eyes. They are full of peace. Visitors say, 'How can one think evil of a gospel which has created a face like that?'" (Truman G. Madsen & Stephen R. Covey, *Marriage & Family: Gospel Insights*, [Salt Lake City: Bookcraft, 1983], 34-35).

Treat Them Like Angels

"Let the father be the head of the family, the master of his own household; and let him **treat them [his family] as an angel would treat them**" (Brigham Young, *Discourses of Brigham Young*, 197–98).



Charity in Marriage

"Heavenly Father," I prayed, "neither choice is good. Please tell me what to do."

"That's when a new thought entered my mind. The right choice was one I had ignored. I could stay, love Mark (name has been changed), and be happy. That seemed a much better choice. Although I had no idea how I was to accomplish such a thing, the thought of having my happy family back made me feel I could turn around and go home.

"During the next few weeks I tried to *fall back* in love with Mark but found only frustration. My best efforts seemed to fail. I tried to be nicer to him. But when I cooked him a fancy dinner I knew he liked, he showed up late. When I did small things for him that I thought showed love, he didn't notice, which upset me even more. Despite all my efforts, he didn't experience the miraculous transformation I was hoping for. After three weeks I was closer to giving up than ever before.

"I returned to Heavenly Father in prayer. I'm ashamed to say it wasn't the most humble of prayers. "It won't work," I informed Him. "Mark's too much of a jerk. I can't love him if he's not willing to help me out a little. I tried and it didn't work.

"Can't You help me?" I asked. "Can't You make him a little nicer? Could You please just fix him?"

Charity in Marriage

"Almost at once came the strong impression: "Fix yourself."

"I'm **not** the problem," I thought. I was sure of that. I started listing all Mark's terrible traits that just couldn't be overlooked and that were, most definitely, the problem.

"Again inside my troubled mind I felt, "Fix yourself."

"OK," I prayed more humbly now, "I will but I don't know how. Please guide me. Please tell me what to do."

"Each day I prayed, pleading with the Lord to guide me. I knelt in many lengthy prayers, informing Him how important this was, trying to convince Him to help me, but it seemed nothing came.

"Insight finally arrived through our Gospel Doctrine teacher. During class we read Moroni 7:47–48 [Moroni 7:47–48]: "But charity is the pure love of Christ. ... Wherefore, my beloved brethren, pray unto the Father with all the energy of heart, that ye may be filled with this love, which he hath bestowed upon all who are true followers of his Son, Jesus Christ."

- We discussed what charity is. It is love that Jesus Christ has for each of us. I learned that the Savior knows what is good in each of us. He can find something worthy of loving in every person.

Charity in Marriage

"The teacher referred us back to the scriptures. "It says in verse 48 that **charity is a gift from the Father that is bestowed on you. Charity is not something you can develop on your own. It must be given to you.** So there's a neighbor who makes you angry or someone you don't like. What's the problem? The problem is you don't have charity, the pure love of Christ, toward him or her. How do you get it? You need to 'pray unto the Father with all the energy of heart' and ask Him to give you charity toward that person. You need to ask to see that person through the Savior's eyes so you will be able to see him or her as good and lovable."

Charity in Marriage

"This was my answer. **If I could see Mark from the Savior's perspective, I couldn't help but love him. It seemed such an easy thing to do, much easier than anything I had tried so far. I would just ask for charity, God would give it to me, and that would solve my problem. But I should have known Heavenly Father would require at least a little work from me.**

"I knelt in prayer that night and asked for charity toward my husband. I asked to feel a portion of the love that Jesus Christ felt for Mark, to see the good things about him that He could see. Then the thought came to me very strongly that I should already know good things about Mark and I should name them. I thought for a long time. I hadn't focused on good things in quite a while. Finally I said, "He looked nice today." I was prompted to say another thing. "He takes out the garbage when I ask." Another. "He works hard." Another. "He's good with the kids." Another. I couldn't think of anything else.

"The next night before bed I asked for charity and was again prompted to say good things about Mark. This was hard work. I wasn't used to focusing on the positive. I was used to cataloging all his faults so I could correct them.

Charity in Marriage

"I soon realized I would be saying good things about him each night for a while and decided it would be infinitely easier if I paid attention throughout the day. The next day I watched closely and came up with 10 good things about him—a new record! This became my goal: 10 good things before I went to bed. On good days it was easy. On bad days the last three were along the lines of "His hair looked good" or "I liked the jeans he wore." But I did it every night.

"After a while I started making myself name 10 positive things each time I had a negative thought. With those odds, I didn't let myself dwell on Mark's faults very often.

"Slowly something wonderful was happening. First, I began to realize that Mark wasn't the big jerk I thought he was. He had many wonderful traits that I had overlooked or forgotten. Second, in the absence of my nagging, Mark started fixing a lot of the bad habits I had hounded him about for so long. As soon as I stopped feeling I had to be responsible for his actions, he started taking the responsibility upon himself. I was enjoying my time with Mark, and there was more of it because he stopped working so many hours.

Charity in Marriage

"We had come so far, but there was still one problem: I felt no love for Mark. It just wasn't there. I longed for that feeling of connection, the feeling that we belonged together. I had been praying every day for five months now, asking to feel the love that Christ felt for him. I pleaded with God even harder to give me love for Mark. "I am happy with our progress," I told Him. "Our family is much stronger than ever before. If this is the best I can have, I will be satisfied. But if I could just love Mark, even a little, that would be the most cherished blessing I could receive."

"I remember vividly the moment that blessing was bestowed. We were playing games at my parents' house one evening. I looked across the table at Mark, and suddenly, out of the blue, the strongest, most vibrant, most intense love I had ever felt hit me almost like a physical force.

Charity in Marriage

"My eyes welled up with tears, and I was awed by the strength of my feelings. There, sitting across from me, was my eternal companion, whom I loved more than words could express. His infinite worth was so brilliant I couldn't believe I had ever been able to overlook it. I felt to some degree what the Savior felt for my Mark, and it was beautiful.

"It has been several years since that special evening, and the memory still brings tears to my eyes. It's frightening to think I almost gave up, almost missed this experience.

"My marriage is very good now—not perfect, but very, very good. I refuse to let my love slip away again. I make a conscious effort each day to nourish the love I have for Mark. And I feel the deepest gratitude to a patient, loving Heavenly Father for helping me fix myself" ("Falling Out of Love ... and Climbing Back In," *Liahona*, Jan 2005, 26).

Developing Christlike Character Traits

- When couples fail to center their relationship on the teachings of the Master, they have no promise or guarantee that things will work out.
- In fact, they do not even have the resources to correct their course. Without the Lord's Spirit, the power to be kind and compassionate is almost impossible. The natural man takes over in most cases.
- Human kindness and charity wane when spiritual resources are ignored or forgotten and a relationship deteriorates. Individuals without the Spirit become sarcastic, angry, critical, defensive, and uncaring.

Develop Christlike Character Traits

- When we understand the eternal purpose of marriage, the Savior is a part of the relationship, then we succeed.
- The more we understand the gospel, the more likely we will be to model our lives after Him. When we begin to think as He thinks, and behave as He behaves, it is amazing what we can accomplish as a married couple.
- When we take time to develop Christ-like character traits, the Holy Ghost will be with us to inspire us and teach us how to act and what to say.
- Doctrine & Covenants 4

Live by His Spirit

- We must do more, however, than merely love our spouses. We must show Christ-like, unconditional, love. In fact, we must love our spouses as the Savior loves us. The Holy Ghost is a key to Christ-like love. The more we tap into the Holy Ghost, the greater will be our ability to exercise charity. It is the spirit of the Lord that allows us to love others as he loves us. Christ like love means to sacrifice and to love someone else more than you love yourself.
- Jacob 4:13

Let the Holy Spirit Guide

"Never cease a day of your life to have the Holy Ghost resting upon you; and never cease, fathers, to pray that your wives may enjoy this blessing, that their infants may be endowed with the Holy Ghost from their mother's womb. If you want to see a nation rise up full of the Holy Ghost and power, this is the way to bring it about" (Brigham Young, *Brigham Young Papers: 1832-78*. Historical Department Archives. The Church of Jesus Christ of Latter-day Saints, 8 April 1852).

Lehi, the Example



- "I know that I am a visionary man."
- "I know the Lord will deliver my sons out of the hands of Laban."
- "And after this manner of language did my father, Lehi, comfort my mother, Sariah."