

Alma 38:21 *Trust*

We decided to ride some calves before we did what he had told us to do. We thought we would have plenty of time, but he came home while we were still riding those calves, and he called us over to him.... He pointed his finger at me and said, "My boy, I thought I could depend on you." That hurt me very much. I can still almost recall the exact feeling I had at that time. I made up my mind that he would never have a reason to say, "I thought I could depend on you." Right then I made up my mind that the Lord would never have reason to say, "I thought I could depend on Eldon Tanner."

"In Memoriam: President N. Eldon Tanner," *New Era*, January-February 1983, p. 14.

Alma 38:52 *Delivered out of Trials*

President Woodruff showed his faith as he, his wife, and several others traveled by boat to serve in England. "We had been traveling three days and nights in a heavy gale, and were being driven backwards," he recounted. "Finally I asked my companions to come into the cabin with me, and I told them to pray that the Lord would change the wind. I had no fears of being lost; but I did not like the idea of being driven back to New York, as I wanted to go on my journey. We all offered the same prayer, both men and women; and in less than a minute it was as though a man had taken a sword and cut that gale through, and you might have thrown a muslin handkerchief out and it would not have moved it."

Teachings of Presidents of the Church—Wilford Woodruff [Salt Lake City: The Church of Jesus Christ of Latter-day Saints, 2004], 109-110.

Alma 38:83 *Recognition of the Savior*

Of all the necessary steps to repentance, I testify that the most critically important is for you to have a conviction that forgiveness comes because of the Redeemer. It is essential to know that only on His terms can you be forgiven. Witness Alma's declaration: "I was ... in the most bitter pain and anguish of soul; and never, until I did cry out unto the Lord Jesus Christ for mercy, did I receive a remission of my sins. But ... I did cry unto him and I did find peace to my soul." 14 You will be helped as you exercise faith in Jesus Christ. 15 That means you trust Him and you trust His teachings. Satan would have you believe that serious transgression cannot be entirely overcome. The Savior gave His life so that the effects of all transgression can be put behind us, save the shedding of innocent blood and the denial of the Holy Ghost.

Richard G. Scott, "Finding Forgiveness," *Ensign*, May 1995

Alma 38:124 *Boldness not Overbearance*

We do not argue and fight with other churches. We do not. We simply go forward preaching, in a positive way, our doctrine. We say to people, in effect, "You bring with you all the good that you have, and then you come and let us see if we can add to it." Now, that is our purpose, and that is our mission.

Discourses of President Gordon B. Hinckley, 1995-99 [Salt Lake City: The Church of Jesus Christ of Latter-day Saints, 2004], 1:518

5 When you go into a neighborhood to preach the Gospel, never attempt to tear down a man's house, so to speak, before you build him a better one; never, in fact, attack anyone's religion, wherever you go. Be willing to let every man enjoy his own religion. It is his right to do that. If he does not accept your testimony with regard to the Gospel of Christ, that is his affair, and not yours. Do not spend your time in pulling down other sects and parties... It is never right to do that.... Religions of other men are as dear unto them as ours are unto us.

Teachings of Presidents of the Church—Wilford Woodruff [Salt Lake City: The Church of Jesus Christ of Latter-day Saints, 2004], 96.

Alma 38:12*Bridle your passions*

6 A young mother once turned to a wise old man for advice. “What should I teach my son?” she asked. The man replied, “Teach him to deny himself.” Is self-denial wise because there is something wrong with our passions, or because there is something right with our passions? Alma taught his son: “See that ye bridle all your passions, that ye may be filled with love.” (Alma 38:12; emphasis added.) He did not say we should suppress or eliminate our passions but rather bridle them—harness, channel, and focus them. Why? Because disciplining our passions makes possible a richer, deeper love.

Yet in today’s world, where people clamor for rights and freedom, the reasons behind self-denial are often lost. Many unmarried members of the Church yearn for fulfillment of righteous feelings and desires, and the world tells them that waiting to explore those desires is unnecessary.

Bruce C. and Marie K. Hafen, “Bridle Your Passions,” *Ensign*, 1994 Feb. p. 14-18

7 What is a bridle for? To kill, to diminish, or even to limit the spirit and power of the steed? Never. Once you have trained your pony you can direct him with the merest nudge. Eventually you can “give him his head” and ride free, bareback like the wind. We are given our bodies and our emotions not to destroy but to ride. The bridle warns you that to get excited without listening to the voice of the Spirit (the rider) will bring a complaint, “Hey wait for me!” When the body is susceptible to the Spirit, it can always catch up to the Spirit. But I defy anyone to get the Spirit in harmony with the runaway body.”

Truman G. Madsen, *Four Essays on Love*, p. 36

8 It is the habit of self denial which gives the advantage to men we call self-made. . . . If he is successful in any way in life he has learned to resist. He has learned to say no at the right time and then to stand by it. Life is such that he cannot escape temptation but as he faces it and masters it, he learns the true way to righteousness.

Alvin R. Dyer, *The Challenge*, pp. 159-160

9 The world needs self-discipline. You can find it in fasting and prayer. Our generation is sick for lack of self-control. Fasting and prayer help to instill this virtue.

Robert L. Simpson, *Conference Report*, Oct. 1967, pp. 18-19

10 The notion that you can endanger your physical and mental health by letting strong passions go unsatisfied is a vicious falsehood. Self-control is one mark of a mature person; it applies to control of language, physical treatment of others, and the appetites of the body.

Joseph B. Wirthlin, *Ensign*, Mar. 1993, p. 71

11 An individual who is violating commandments of the Lord will find it very difficult to discern a prompting of the Spirit from the powerful emotions that can be stimulated through transgression. I am confident that is one of the reasons that some marriages fail. Two individuals who have allowed themselves to violate the laws of chastity during courtship cannot expect to clearly perceive the answer to their prayer regarding marriage. Under such circumstances, seeking to discern the guidance of the Spirit is like trying to savor the delicate flavor of raspberry while chewing on a red hot jalapeno pepper.

Richard G. Scott, *CES Fireside for Young Adults*, 13 Jan. 2002.

12 Some will gain celestial bodies with all the powers of exaltation and eternal increase... [Whereas terrestrial and telestial bodies] will not have the power of increase, neither the power or nature to live as husbands and wives, for this will be denied them and they cannot increase.

Some of the functions in the celestial body will not appear in the terrestrial body, neither in the telestial body, and power of procreation will be removed.

Joseph Fielding Smith, *Doctrines of Salvation* [Salt Lake City: Bookcraft, 1955], 2:287-88.

13 To progress, to become what you want to be, and to serve the Lord the way you should—requires that you discipline yourself constantly, discipline yourself while in your youth so that it will become a habit that will sustain you in later years.

G. Homer Durham, *n> Eldon Tanner, His Life and Service*, [Salt Lake City: Deseret Book, 1982], 313.

14 What is the tradition of discipline in our homes? Is our child pampered, indulged, permitted in a moment of crisis to transfer his guilt to others—his parents, peers, family, the age he lives in, society? How will he handle disappointments and failure if he is not taught to face up to his mistakes honestly? ... “Self-respect,” someone said, “is the fruit of discipline; the sense of dignity grows with the ability to say NO to one’s self” (Abraham J. Hershel, *The Insecurities of Freedom*).

Marion D. Hanks, in Conference Report, Oct. 1978 [Salt Lake City: The Church of Jesus Christ of Latter-day Saints, 1978], 117

15 Self-mastery is essential to invoke the power of the priesthood of God. This is because this great, divine agency can be exercised only in righteousness.... It enhances our own gifts and talents in a remarkable way. It is the ultimate power of noble manhood....

Self-mastery cannot be bought by money or fame. It is the ultimate test of our character....

As full-time missionaries we learn great lessons in self-mastery. We learn to get up when we should get up, to work when we should work, and to go to bed when we should go to bed....

I testify with all my heart and soul that through the power of self-mastery we will inherit the blessings our heavenly Father has for his faithful sons.

James E. Faust, in Conference Report, Apr. 2000 [Salt Lake City: The Church of Jesus Christ of Latter-day Saints, 2000], 54-55, 58.

16 Patience is another form of self-control. It is the ability to postpone gratification and to bridle one's passions. In his relationships with loved ones, a patient man does not engage in impetuous behavior that he will later regret. Patience is composure under stress. A patient man is understanding of others' faults.

A patient man also waits on the Lord. We sometimes read or hear of people who seek a blessing from the Lord, then grow impatient when it does not come swiftly. Part of the divine nature is to trust in the Lord enough to "be still, and know that [He] is God" (D&C 101:16). A priesthood holder who is patient will be tolerant of the mistakes and failings of his loved ones. Because he loves them, he will not find fault nor criticize nor blame.

Ezra Taft Benson, *Ensign*, Nov. 1986 [Salt Lake City: The Church of Jesus Christ of Latter-day Saints, 1986], 47.

Men are prone to gloat over their immoral conquests. What a cheap and sullied victory!...! The only conquest that brings satisfaction is the conquest of self. It was said of old that “he that governeth himself is greater than he that taketh a city.”

Are not the words of Tennyson still appropriate? “My strength is as the strength of ten, Because my heart is pure” (“Sir Galahad”)....

Self-discipline was never easy. I do not doubt that it is more difficult today. We live in a sex-saturated world....

Nakedness has become the hallmark of much public entertainment....

We need to read more history. Nations and civilizations have flowered, then died, poisoned by their own moral sickness....

No nation, no civilization can long endure without strength in the homes of its people. That strength derives from the integrity of those who establish those homes....

There cannot be peace where there is not trust; there cannot be freedom where there is not loyalty. The warm sunlight of love will not rise out of a swamp of immorality....

To hope for peace and love and gladness out of promiscuity is to hope for that which will never come. To wish for freedom out of immorality is to wish for something that cannot be.

Gordon B. Hinckley, *From My Generation to Yours...with Love!* [Salt Lake City: Deseret Book, 1973], 4-6.