

# Don't Judge Others

## *Eleventh Warning from Our Savior*

- 1 Judge not, that ye be not judged.
- 2 For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again.
- 3 And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye?
- 4 Or how wilt thou say to thy brother, Let me pull out the mote out of thine eye; and, behold, a beam *is* in thine own eye?
- 5 Thou hypocrite, first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother's eye

(Matthew 7:1-5)

### ***Application Exercise***

The problem with unrighteous judgments is they always result in bad outcomes. This is why the Savior is warning us not to judge others in this first warning Matthew 7. The hard reality to appreciate is that the act of making a judgment, is primarily an emotional activity in the brain.

When we allow our subconscious to throw up an opinion, which is our judgment and that judgment has an emotional tag that you have stored in your memory than you are less likely to go through a brain check to confirm whether your judgment is reasonable or not. You protect for this by questioning your thoughts, intentions, and motivation before jumping to judgment.

Read each item below carefully. Choose the most appropriate response from the response key relative to how true that statement is about you. Your goal is to be honest with yourself and accept that you will rate yourself better on some items than on others.

Response Key: 1 = Never    2 = Sometimes    3 = Often    4 = Almost Always    5 = Always

\_\_\_ I am comfortable interacting with diverse groups of people. Particularly those who are different than I am (how to overcome confirmation bias).

\_\_\_ I don't rely heavily on the first piece of information that I hear or observe but look to understand the context and circumstances before making a judgment fully (how to avoid anchoring bias).

\_\_\_ I hold off forming an opinion, taking action, or making rash judgments because others have already done so (how to avoid bandwagon bias or groupthink).

\_\_\_ I analyze why I might want to support someone or something even when I have had repeated exposure to a stimulus that makes me feel more comfortable and familiar than what I know (how to overcome the exposure effect or familiarity principle).

\_\_\_ When something goes wrong I fight the tendency to look back and assign motives that I don't have validation for (how to fight hindsight bias).

See the eleventh invitation in Matthew 7:9-12 concerning the Golden Rule for another application exercise on the effect of our attitude towards others and their possessions compared to that which we would like to have extended to us.

No one wants to make unrighteous judgments. Many will even acknowledge that they have a bias or two. The key is to continuously try our best to watch out for biases in our thinking and decision making. Based on your responses above confirm which thinking trap causes you the most difficulty?

Response Key: 1 = Never    2 = Sometimes    3 = Often    4 = Almost Always    5 = Always

Now go back to the Beatitudes found in Matthew 5:3-12 and identify which of the following Christlike attributes you would like to improve on so you are a more righteous judge. Place a check mark next to your primary area of focus.

- I want to be more teachable, not conceited or boastful (poor in spirit).
- I want to better feel the comfort of the Lord through prayer in times of mourning and sorrow.
- I want to be more gentle, forgiving and benevolent of others (meek).
- I hunger and thirst after righteousness as much as I want food and water.
- I am quick to forgive others who have offended or wronged me (mercy).
- I have no desire to do evil, but to do good continually (pure in heart).
- I am always kind and patient with others, even when they are hard to get along with (peacemaker).
- I face adversity and afflictions calmly and hopefully without assign unproven motives (persecuted for righteousness).

To help you remember the character trait you want to improve on this week, write on a piece of paper or type into your smartphone the following phrase:

“This week I will be more \_\_\_\_\_.”

Use the reminder you captured in the blank space to develop the Christlike quality you want to live better.

See the eleventh invitation in Matthew 7:9-12 concerning the Golden Rule for another application exercise on the effect of our attitude towards others compared to that which we would like to have extended to us. You might also go back to the sixth warning in Matthew 6:14-15 to be reminded of the importance of forgiving others as well as the fifth invitation found in Matthew 5:43-47 inviting us to love our enemies.

<sup>1</sup> See Jesse W. Crosby, quoted in Hyrum L. Andrus and Helen Mae Andrus, "They Knew the Prophet" [1974], 144

# Keep Holy Things Sacred

## *Twelfth Warning from Our Savior*

6 ¶ Give not that which is holy unto the dogs, neither cast ye your pearls before swine, lest they trample them under their feet, and turn again and rend you.

(Matthew 7:6)

### ***Application Exercise***

By showing us what not to do, the Savior is showing us the importance of respecting sacred things. We do this when we develop within ourselves the ability to discern what is sacred and to respond with reverence for all that is holy.

Read each item below carefully. Choose the most appropriate response from the response key relative to how true that statement is about you. Your goal is to be honest with yourself and accept that you will rate yourself better on some items than on others.

Response Key: 1 = Never    2 = Sometimes    3 = Often    4 = Almost Always    5 = Always

\_\_\_ I see the calling of the prophets and apostles as sacred and as a result treat their counsel seriously (see Amos 3:7; Matthew 21:33–38).

\_\_\_ I actively study the words and the statements of the prophets and apostles never treating their messages from God lightly (see Doctrine & Covenants 84:54-57).

\_\_\_ I hold my scriptures to be sacred, and as I result I read, ponder, and study them (see Alma 37:14, 47).

\_\_\_ I do not disrespect the sacred nature of my scriptures by neglecting the sacred word (see 2 Nephi 31:20; 32:3).

\_\_\_ I consider my body to be a Temple of God and as such respect my body and am careful of what I take in, do, and how I care for my body (see 1 Corinthians 6:19–20).

\_\_\_ I refuse to deface my body with tattoos and piercings or to dress Immodestly so I don't tarnish the sacredness of the human body.

\_\_\_ When I go to a House of God, especially on His holy day, I am groomed and dressed in the most careful and modest manner that I can be.

\_\_\_ I watch my thoughts and my words so I avoid cursing and coarse language that mocks God and Christ and Their creations (see Matthew 12:36; Mosiah 4:30; Doctrine & Covenants 63:60–62, 64).

\_\_\_ I act on my responsibility to know and do His will while more and more of those around me ignore or deny God (see Doctrine & Covenants 52:15–17).

\_\_\_ I treat the holiness I entrusted to me with great care by not disclosing or discussing sacred things with those who are not prepared to appreciate their value and who may even attack rather than appreciate them (see Alma 12:9).

Our approach to that which is sacred is either one of defiance, carelessness, or one of increasing exactness in obedience. There is no middle ground. The way we think, feel, talk, dress, and act either shows reverence and respect for sacred things, sacred places, and sacred occasions or it doesn't.

Based on your responses above, what are you going to stop doing today to show greater reverence for sacred things?

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When we keep holy things sacred, we grow in understanding and truth. The Holy Spirit becomes our frequent and then constant companion. The more we keep holy, the more we are entrusted with holy things. What will you do in the coming week to keep holy things more sacred?

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# Ask = Given, Seek = Find, Knock = Open

## *Tenth Invitation from Our Savior*

7 ¶ Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:  
8 For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.

(Matthew 7:7-8)

### ***Application Exercise***

We live in difficult times. Being a disciple of Christ requires each one of us to maintain a positive, hopeful perspective about the future. Our Savior has promised us that if we ask it shall be given to us; if we seek we shall find and when we knock it shall be opened unto us (see Matthew 7:7-8).

The problem is too many of our brothers and sisters don't ask, seek, or knock for divine assistance. They lack the faith to try or have lost the faith to continue. Our Heavenly Father and elder brother Jesus Christ understand the spiritual, physical, and emotional difficulties we face in life. Their promise to us is, "He that endureth in faith and doeth my will, the same shall overcome" (Doctrine & Covenants 63:20).

Read each item below carefully. Choose the most appropriate response from the response key relative to how true that statement is about you. Your goal is to be honest with yourself and accept that you will rate yourself better on some items than on others.

Response Key: 1 = Never    2 = Sometimes    3 = Often    4 = Almost Always    5 = Always

\_\_\_ Prayer is a natural and instinctive part of my life because I accept that God is my Father, and I am His child (Prayer).

\_\_\_ I keep going when the going gets tough and don't give up even when others say, "it can't be done" (Perseverance).

\_\_\_ I recover quickly from difficulties, failures, misfortune, and disappointing setbacks without being overwhelmed or acting in dysfunctional or harmful ways (Resiliency).

\_\_\_ I maintain hope in God, His goodness, and His power that sustains me with courage to carry on during difficult challenges (Hope).

\_\_\_ I have confidence and trust in Jesus Christ that he will help me if I press forward with steadfastness in Him (Faith).

Your goal is to maintain an abiding trust that the Lord will fulfill His promises to you. When you live with confidence, optimism, enthusiasm, and patient perseverance than you are living with the power of faith and hope. Review your responses above and identify where you could be better.

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Write down a problem or concern that you have. Be specific about what is worrying or concerning to you. Next identify what you believe and expect will occur.

Problem or Concern I Have	What I Expect Will Happen

Review your prediction of what you think will occur. Select which of the following two options best reflects what you expect to happen:

- Reflects hope. Your expectations show that you are working through your trial and difficulty with confidence and assurance that all things will work together for your good.
- Full of despair and discouragement. Your expectations are more negative than positive.

If you chose the second option, rewrite your expectation from a perspective of hope and confidence in the Lord helping you and in yourself.

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Hope will help you conquer discouragement. If you are discouraged, search the scriptures and the words of the prophets and apostles in the spirit of prayer to deepen your understanding of hope in Jesus Christ. Continue until you feel in you the assurance that you will inherit eternal life in the celestial kingdom.

See the seventh invitation in Matthew 6:5-13 containing the Lord's Prayer where we are invited to be thoughtful in our prayers for another application exercise on prayer.

# Do Unto Others As Ye Would Have Them Do Unto You

## *Eleventh Invitation from Our Savior*

- 9 Or what man is there of you, whom if his son ask bread, will he give him a stone?  
10 Or if he ask a fish, will he give him a serpent?  
11 If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?  
12 Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets.

(Matthew 7:9-12)

### ***Application Exercise***

The last invitation given to us by the Savior in the Sermon on the Mount is clear. He gave us the Golden Rule: "All things whatsoever ye would that men should do to you, do ye even so to them" (Matthew 7:12; see also 3 Nephi 14:12).

Satan's position is the opposite. He sponsors self-interest in all of its forms. One of his most effective tools in keeping us from becoming disciples of Christ is the temptation to take unfair advantage of another to get gain for ourselves. It has been so since Cain slew Abel (see Genesis 4:1-16).

Read each item below carefully. Choose the most appropriate response from the response key relative to how true that statement is about you. Your goal is to be honest with yourself and accept that you will rate yourself better on some items than on others.

Response Key: 1 = Never    2 = Sometimes    3 = Often    4 = Almost Always    5 = Always

- \_\_\_ I treat others as I would like others to treat me (positive or directive form).
- \_\_\_ I do not treat others in ways that I do not like or want to be treated (negative or prohibitive form).
- \_\_\_ I wish upon others that which I would wish upon myself (empathic or responsive form).
- \_\_\_ I respect the possessions of others the same way I would like them to respect mine (see Exodus 20:15, 17).
- \_\_\_ When I speak about another person when they are not present, I would be comfortable with them hearing what I am saying as if they were sitting across from me (see Exodus 20:16).
- \_\_\_ In all of my earning activities, I deal fairly and considerately with others.
- \_\_\_ I consider myself "my brothers keeper" and as such look for opportunities to help, not hurt them.
- \_\_\_ I strive to as forgiving, generous and accommodating to others as I would like them to be to me (see Matthew 5:38-42).
- \_\_\_ When others offend, take advantage or harm me for their advantage I find it in me to forgive them (see Matthew 5:38-42).
- \_\_\_ I judge others intentions and motivations towards me as I would have them judge mine towards them (see Matthew 7:1-5).

Review your responses above and reflect on what you could do better to treat others as you would have them to treat you?

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While we live in a world where many live by the mantra, “buyer beware” or “everyone for him or herself” where fewer and fewer people feel obligated to do more than the law requires, and where fraud isn’t fraud unless you can prove it in court.

Disciples of Jesus Christ strive to live a higher standard because we willingly accept that we are happiest when we follow the commandment to live the Golden Rule.

See the fourth invitation and fourth higher law in Matthew 5:43-47 on the importance of being forgiving, generous and accommodating to one another. As well as the fifth invitation and fifth higher law in Matthew 5:43-47 inviting us to love our enemies and the eighth warning in Matthew 6:19-21 questioning where your treasure is for another application exercise on the effect of our attitude toward others and our possessions.

# Strait Is The Gate, Narrow Is The Way Unto Eternal Life

## *Thirteenth Warning from Our Savior*

13 ¶Enter ye in at the strait gate: for wide *is* the gate, and broad *is* the way, that leadeth to destruction, and many there be which go in thereat:

14 Because strait *is* the gate, and narrow *is* the way, which leadeth unto life, and few there be that find it.  
(Matthew 7:13-14)

### ***Application Exercise***

The Old Testament shows us how Enoch, Abraham, and Moses, and the children of Israel were saved by keeping the commandments of God. We too will be saved upon the same foundational principles while having the opportunity of enjoying greater joy in this life through living His higher laws.

Just as God governed Abraham, Isaac and Jacob as families, and the children of Israel as a nation; so we, as disciples of Christ must be under His guidance as a family belonging to the Church of the First Born if we are to be prospered, preserved and sustained through life.

By entering in at the straight gate and staying on the narrow way, our confidence in God will increase; He will broaden and deepen our wisdom that can only come from Him; and He alone will be our protector and safeguard, spiritually and temporally.

We protect ourselves from being led into destruction through the broad ways Satan tries to distract us into when we enter in at the straight gate through faith, repentance, baptism, and the Holy Ghost (see Article of Faith 4).

Read each item below carefully. Choose the most appropriate response from the response key relative to how true that statement is about you. Your goal is to be honest with yourself and accept that you will rate yourself better on some items than on others.

Response Key: 1 = Never    2 = Sometimes    3 = Often    4 = Almost Always    5 = Always

\_\_\_ I strive to live in obedience to the commandments of God and walk humbly before Him.  
(Exodus 16:4; Ezekial 11:20-21; Mosiah 2:27; Alma 7:22)

\_\_\_ I seek to know God's will for me and do everything He commands me to do, trusting that the blessings of heaven will rest upon me and my loved ones (Doctrine & Covenants 130:20-21).

\_\_\_ When I pray, I ask for strength to resist temptation and to do what is right (3 Nephi 18:15).

\_\_\_ I willingly obey the commandments and follow the counsel of my leaders (Hebrews 13:17).

\_\_\_ I strive to live by the laws and principles of the gospel (Doctrine & Covenants 41:5).

\_\_\_ I focus my efforts on the most important things (Matthew 23:23).

Just as Paul modeled how one can change from being an obstacle to that of a catalyst for others to come unto Christ, we are invited to do more. Review your responses above and reflect on what you need to stop doing:

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Now identify what you could do better as a disciple of Jesus Christ:

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See the fifteenth warning in Matthew 7:21-22 on the importance of doing the will of the Father to be known by Him for another application exercise on the importance of faith, diligence, and obedience is to our success in life.

# By Their Fruits Ye Shall Know Them

## *Fourteenth Warning from Our Savior*

- 15 ¶ Beware of false prophets, which come to you insheep's clothing, but inwardly they are ravening wolves.
- 16 Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles?
- 17 Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit.
- 18 A good tree cannot bring forth evil fruit, neither *can* a corrupt tree bring forth good fruit.
- 19 Every tree that bringeth not forth good fruit is hewndown, and cast into the fire.
- 20 Wherefore by their fruits ye shall know them.

(Matthew 7:15-20)

### ***Application Exercise***

The ability to know whether the fruits we are exposed to are good or bad we need to have our lives right with the Lord. When we are right with the Lord, we are eligible for the companionship of the third member of the Godhead, the Holy Ghost.

The Bible Dictionary teaches us that “the gift of the Holy Ghost is the right to have, whenever one is worthy, the companionship of the Holy Ghost. For those who receive this gift, the Holy Ghost acts as a cleansing agent to purify them and sanctify them from all sin. Thus it is often spoken of as “fire” (Matthew 3:11; 2 Nephi 3:11; Doctrine & Covenants 19:31). ... When a person speaks by the power of the Holy Ghost that same power carries a conviction of the truth unto the heart of the hearer (2 Nephi 33:1). The Holy Ghost knows all things (Doctrine & Covenants 35:19) and can lead one to know of future events” (2 Peter 1:21).<sup>2</sup>

Read each item below carefully to appreciate your worthiness for the companionship of the Holy Ghost in your life. Choose the most appropriate response from the response key relative to how true that statement is about you. Your goal is to be honest with yourself and accept that you will rate yourself better on some items than on others.

Response Key: 1 = Never    2 = Sometimes    3 = Often    4 = Almost Always    5 = Always

\_\_\_ I am diligent and obedient to Him who gave me life.

\_\_\_ I have faith in the Lord Jesus Christ and myself.

\_\_\_ I study eternal truths provided through the scriptures and writings of the prophets and apostles.

\_\_\_ I ponder and pray for understanding to confirm what I am learning is true.

\_\_\_ I strive to incorporate the principles of truth I learn into my daily living

\_\_\_ I live with the values of integrity, morality, charity, and good manners in my life so that I am completely honest with myself and others.

\_\_\_ I strive earnestly to create an atmosphere of love and harmony in my home.

\_\_\_ I stand loyal, in the face of opposition, to those moral principles I have been taught in my home and through the study of the Word of God.

\_\_\_ I avoid jumping to conclusions without taking the time to know the facts before I make a decision.

“Every good tree bringeth forth good fruit” (Matthew 7:17) which in turn helps us to understand the wonderful things of God. The problem is that while “a corrupt tree bringeth forth evil fruit” (Matthew 7:17) it isn't always easy to recognize.

We can discern the good fruit from the evil through the power of the Holy Ghost. When we grab hold of the good fruits of the gospel of Jesus Christ, this is within our reach, we not but only keep ourselves worthy to enjoy more of the good fruit, we keep ourselves away from the evil fruit.

We do this when we seek, ask, and strive for the good fruit by living the principles of truth. Reflect on your responses above to identify where you could improve?

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Make a commitment based on a plan of action to improve your discipleship in the space below:

I commit to \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ by \_\_\_\_\_ (set an completion date).

For me to realize this commitment I will need to take the following actions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

When you do this, you will become a better son or daughter of God. You will live with greater joy and happiness because the fruit you produce from your labors will bless yourself, your family, your community, nation, and our world.

<sup>2</sup> Bible Dictionary, “Holy Ghost”; scriptures.lds.org

# Doeth The Will Of The Father To Be Known By Him

## *Fifteenth Warning from Our Savior*

21 ¶Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven.

22 Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works?

23 And then will I profess unto them, I never knew you: depart from me, ye that work iniquity.

(Matthew 7:21-23)

### ***Application Exercise***

Just as it is much easier to talk and be with those we know, love, and trust vs. someone we have never met or know nothing about because they are a stranger. Our comfort level in the presence of the Father will be proportionate to how much effort we make in this life to know Him and become like His Son.

For some of us, it will be like a tender reunion with a loved one we have not seen for a long time. For others, it will be a time of great anxiety, fear, and regret because they will know who He is and will be troubled to their very core by the recognition that they are not worthy to be in His presence.

To best appreciate the significance of this fifteenth warning consider how "... every knee shall bow, and every tongue confess before him. Yea, even at the last day, when all men shall stand to be judged of him, then shall they confess that he is God; then shall they confess, who live without God in the world, that the judgment of an everlasting punishment is just upon them; and they shall quake, and tremble, and shrink beneath the glance of his all-searching eye" (Mosiah 27:31).

So that our bowing before a loving Heavenly Father to be judged of Him is one of joy vs. fear it is important that we take an inventory of our progress toward developing Christlike attributes or gifts from God involving faith, hope, charity, virtue, knowledge, patience, diligence, and obedience.

Remember, an attribute is a quality or feature regarded as a characteristic or inherent part of someone or something. By following the Savior, we become more and more like Him every day as we use our agency righteously. Read each item below carefully. Choose the most appropriate response from the response key relative to how true that statement is about you. Your goal is to be honest with yourself and accept that you will rate yourself better on some items than on others.

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*Faith* - is a principle of power that leads to action, including repentance, obedience, and service. <sup>1</sup>

\_\_\_ I believe in Jesus Christ and accept Him as my Savior (see 2 Nephi 25:29).

\_\_\_ I feel confident that God loves me even though I don't know all things (see 1 Nephi 11:17).

\_\_\_ I trust in the Savior to accept His will and strive to do whatever He asks (see 1 Nephi 3:7).

\_\_\_ I believe that through the Atonement of Jesus Christ I can be forgiven of all my sins (see Enos 1:5-8).

\_\_\_ I faith in Jesus Christ to obtain answers to my prayers (see Mosiah 27:14).

\_\_\_ I think about the Savior during the day and remember what He has done for me (see Doctrine & Covenants 20:77, 79).

Response Key: 1 = Never    2 = Sometimes    3 = Often    4 = Almost Always    5 = Always

\_\_\_ I have the faith necessary to help make good things happen in my life and the lives of others  
(see Ether 12:12)

\_\_\_ I know by the power of the Holy Ghost that the scriptures represent the word of God  
(see Moroni 10:3-5)

*Hope* - is an abiding trust that the God will fulfill His promises to you and is manifested in confidence, optimism, enthusiasm, and patient perseverance. <sup>1</sup>

\_\_\_ I desire with all of my heart to inherit eternal life in the celestial kingdom of God through the Atonement of Jesus Christ (see Moroni 7:41)

\_\_\_ I firmly believe that someday I will dwell at the right hand of God (see Ether 12:4).

\_\_\_ I have faith that leads to hope in Jesus Christ to accomplish anything He wants me to do  
(see Moroni 7:33).

\_\_\_ I press forward even in times of difficulty with a steadfastness in Christ through hope, a love of God and of all (See 2 Nephi 31:20).

\_\_\_ I feel peaceful and optimistic about the future (see Doctrine & Covenants 59:23).

*Charity* - is the pure love of Christ that leads to obedience to God's commandments and a desire to serve and help others. <sup>1</sup>

\_\_\_ I have a real interest in the eternal welfare and happiness of other people (see Mosiah 28:3).

\_\_\_ I pray for charity, the pure love of Christ so I can become more like Him (see Moroni 7:47-48).

\_\_\_ I try to understand others' feelings and see their point of view (see Jude 1:22).

\_\_\_ I forgive others who have offended or wronged me (see Ephesians 4:32).

\_\_\_ I try to help others when they are struggling or discouraged (see Mosiah 18:9)

\_\_\_ I look for opportunities to serve other people (see Mosiah 2:17).

\_\_\_ I say positive things about others (see Doctrine & Covenants 42:27).

\_\_\_ I am kind and patient with others, even when they are hard to get along with (see Moroni 7:45).

*Virtue* - originates in your innermost thoughts and desires and is a prerequisite to receiving the Spirit's guidance because you are clean and pure spiritually. <sup>1</sup>

\_\_\_ I strive everyday to be clean and pure in heart (see Psalm 24:3-4).

\_\_\_ I have no desire to do evil but to do good (see Mosiah 5:2).

\_\_\_ I am dependable, people can trust me to do what I say I will do (see Alma 53:20).

\_\_\_ I maintain throughout the day righteous, uplifting thoughts and put unwholesome thoughts out of my mind (see Doctrine & Covenants 121:45).

\_\_\_ I repent of my sins and strive to overcome my weaknesses (see Doctrine & Covenants 49:26-28).

\_\_\_ I put my trust in the Spirit and feel the influence of the Holy Ghost in my life (see Doctrine & Covenants 11:12-13).

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*Knowledge* - is understanding and comprehension of truth through prayerful study with pure intent that enlightens your mind as confirmed by the Spirit. <sup>1</sup>

\_\_\_ I feel more confident today in my understanding of gospel doctrines and principles than I did yesterday (see Ether 3:19-20).

\_\_\_ I study the scriptures daily to learn of Jesus Christ (see John 5:39).

\_\_\_ I earnestly seek to understand the truth and find answers to my questions (see Doctrine & Covenants 6:7).

\_\_\_ I receive knowledge and guidance through the Spirit that helps me know what I should do (see 1 Nephi 4:6).

\_\_\_ I delight in the doctrines and principles of the gospel and my heart pondereth them (see 2 Nephi 4:15).

*Patience* - is the capacity to endure delay, trouble, opposition, or suffering without becoming angry, frustrated, or anxious. <sup>1</sup>

\_\_\_ I wait patiently for the blessings and promises of the Lord to be fulfilled (see 2 Nephi 10:17).

\_\_\_ I am able to wait for things without getting upset or frustrated (see Romans 8:25).

\_\_\_ I am patient and long-suffering through the challenges of life (see Alma 17:11).

\_\_\_ I am patient with the faults and weaknesses of others (see Romans 15:1).

\_\_\_ I am patient with myself and rely on the Lord as I work to overcome my weaknesses (see Ether 12:27).

\_\_\_ I face adversity and afflictions calmly and hopefully (see Alma 34:40-41).

*Humility* - is the willingness to submit to the will of the Lord while giving any honor for what is accomplished to the Lord. <sup>1</sup>

\_\_\_ I am meek and lowly in heart (see Matthew 11:29).

\_\_\_ I rely on the Lord for help for in His strength I can do all things (see Alma 26:12).

\_\_\_ I am quick to return thanks unto God for the blessings I receive from the Lord (see Alma 7:23).

\_\_\_ I kneel down before my Maker in earnest and sincere prayer (see Enos 1:4).

\_\_\_ I follow the counsel and direction from my leaders and teachers (see 2 Nephi 9:28).

\_\_\_ I strive to be cheerfully submissive to the Lord's will, whatever it may be (see Mosiah 24:15).

*Diligence* - is steady, consistent, earnest, persistent, and energetic effort in doing the Lord's work effectively and efficiently as an expression of love for the Lord and His work. <sup>1</sup>

\_\_\_ I see diligently for words of wisdom out of the best books by study and faith (see Doctrine & Covenants 88:118).

\_\_\_ I work to the best of my ability because I want to not because I'm being forced to (see Doctrine & Covenants 58:29-27).

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\_\_\_ I focus my efforts on the most important things, not the relevant many (see Matthew 23:23).

\_\_\_ I have meaningful personal prayer at least twice a day (see Alma 34:18-27).

\_\_\_ I am organized, and I set goals and plan regularly so I can accomplish what needs to be done (see Doctrine & Covenants 88:119).

\_\_\_ I work hard until the job is completed successfully (see Doctrine & Covenants 10:4).

\_\_\_ I find joy and satisfaction in my work (see Alma 36:24-25).

*Obedience* - is the first law of heaven and is an act of faith. As you obey, you will increase in faith, knowledge, wisdom, testimony, protection, and freedom. <sup>1</sup>

\_\_\_ I love the Lord and show my love for Him by obeying His voice (Deuteronomy 30:20).

\_\_\_ I watch and pray always for strength to resist temptation and to do what is right (see 3 Nephi 18:15).

\_\_\_ I keep the commandments and observe my covenants (see Doctrine & Covenants 97:8).

\_\_\_ I obey, sustain and honor the laws of the land (see Hebrews 13:17).

\_\_\_ I strive to live by the laws and principles of the Gospel of Jesus Christ (see Doctrine & Covenants 41:5).

From your ratings above, identify which Christlike attribute you anxiously want to improve on in the coming week by asking yourself which element am I struggling most with at this time?

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What must change in my heart, mind, and actions to develop this attribute so I can become more like Jesus?

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To help you remember the Christlike attribute you want to improve on this week, write on a piece of paper or type into your smartphone the following phrase:

“This week I will be more \_\_\_\_\_.”

Use the reminder you captured in the blank space to help you develop the Christlike quality you want to live better.

Another way to help develop the individual qualities exemplified in the above exercise is to prepare a five-minute talk on the attribute you wish to improve on then share your thoughts with a friend. After you share your talk, discuss what impressed them most about your remarks and how they think your remarks apply to living a more Christlike life.

<sup>1</sup> "Preach My Gospel: A Guide to Missionary Service" - How Do I Develop Christlike Attributes, [lds.org/manual](https://www.lds.org/manual)

# Wisdom Comes From Building Your Foundation Upon A Rock

## *Sixteenth Warning from Our Savior*

- 24 ¶ Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock:
- 25 And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock.
- 26 And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand:
- 27 And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it.
- 28 And it came to pass, when Jesus had ended these sayings, the people were astonished at his doctrine:
- 29 For he taught them as *one* having authority, and not as the scribes.

(Matthew 7:24-29)

### ***Application Exercise***

In this closing application exercise reflect first on what is your more desired future state. Do you want to be found worthy to return to the presence of our Heavenly Father to live in Celestial Glory?

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At the judgment bar, do you want the Lord to say, "Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord" (Matthew 25:21, 23)? If yes, try and state what you think this moment will be like:

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Do you want this same future for you, your family, and loved ones? If yes, why is this important to you?

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If this is your desired future then just as the Savior gave His Apostles before they became His special witnesses these 11 invitations and 16 warnings to becoming a disciple of Christ, He gives them to you and me. The next question is what are you going to do differently based on your current reality to realize your desired future.

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Reflect, ponder, and pray about the following three questions as it pertains to the quality of your discipleship in Christ:

What's working well? *I.e* where are you living with mastery in the Gospel of Jesus Christ?

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Where are you getting stuck? *I.e* where are you falling short, particularly as it relates to the commandments of God?

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What do you need to do differently? *I.e* what improvements do you need to make today so that you are the disciple of Christ you and our Savior aspire you to be?

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Moving from your current reality to a more desired future requires intent and discipline if you are to make the desired changes. Personal change such as accomplishing a concrete goal, dealing with a setback, learning a new skill or habit, developing an aspect of self or crafting a life that better expresses your personal values.

Your intent shapes the flow of energy and information you convert into knowledge, wisdom, and understanding that you can apply. One of the intents of the work associated with "The Sermon on the Mount: a more excellent way everyday" is to help the serious follower of Christ gain clarity, explore possibilities, learn new skills, set goals, design action, reflect, and make commitments to themselves and our loving Heavenly Father

The discipline with which you act on your intent will determine the quality of your movement towards realizing your more desired future state. No efforts will equal no progress. A little effort will lead to some progress. The highly disciplined effort will start off slowly yet will lead to sustained improvement in new habits and behaviors become the very core of who you are.

Our Heavenly Father has given us His Son to show us the way to return to Him, and He has given us the Holy Ghost to guide, comfort, and support us. What He hasn't done nor will He ever do is compel any of us to heaven. We have our agency. The Savior's Sermon on the Mount shows us the more excellent way to using our agency.

I know that by acting on the 11 invitations and avoiding the 16 warnings our ability to live a life pleasing to our Heavenly Father is made more possible through our faithfulness, obedience, and diligence.

May you come to find this to be true is my prayer, in the name of Jesus Christ, amen.