**THE 12 PRINCIPLES OF PROMISE**

**The 1st Principle of Promise - The Law of Obedience and Sacrifice**

1. **Come**: to move forward, to journey with a specified purpose, to be near.   
2. **Heed**: to give attention to, to pay attention.   
3. **Commit**: to obligate or pledge oneself, to carry into action deliberately.   
  
Now get out your scriptures and Conference talks and Dig in! Open the Topical guide and look up and write down every scripture that has to do with Obedience and Sacrifice. Write it in your journal and tell in your own wards what stands out to you in that scripture.   
  
"Half-hearted obedience will Not Exalt" -Thomas S. Monson   
  
MEMORIZE: D&C 93:1, D&C 33:17-18, Articles of Faith 3 and 12, Hymns #185 Reverently and Meekly Now #244 Come Along, Come Along

Obedience: The First Law of Heaven - By William D. Oswald - Second Counselor in the Sunday School General Presidency   
The early chapters of the Book of Mormon tell us that the Lord visited the prophet Lehi in “visions and in dreams” (1 Nephi 1:16), commanding him to leave Jerusalem and to take “nothing with him, save it were his family” (1 Nephi 2:4) and a few possessions and depart into the wilderness. Within a few pages we see a classic example of what happens to a family when some members desire to obey the commandments of the Lord while others rebel and disobey. As we “liken” (1 Nephi 19:23) these scriptures unto ourselves, and ponder the blessings that come to the obedient as opposed to the cursing’s that come to the disobedient, we ask, “What lessons might we learn as individuals and as families from these events?” Two lessons seem to stand out.

1. The Lord Will Prepare a Way If We Are Obedient. The scriptures teach that Lehi “was obedient unto the word of the Lord, wherefore he did as the Lord commanded him” (1 Nephi 2:3; emphasis added). This same character trait of obedience is seen also in Nephi’s response to his father’s request that he return to Jerusalem and go to the house of Laban to obtain important records. Nephi said, “I will go and do the things which the Lord hath commanded, for I know that the Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the thing which he commandeth them” (1 Nephi 3:7).

If we compare Nephi’s response to that of Laman and Lemuel, we note that “Laman and Lemuel … did murmur against their father” (1 Nephi 2:12; emphasis added). As was the case with Lucifer when he rebelled against the Father in our premortal state, so also Laman and Lemuel’s desire for power was greater than their willingness to follow and obey. Like the fallen son of the morning, Laman and Lemuel murmured in angry protestations—even after having seen an angel of the Lord! “How is it possible,” they asked, “that the Lord will deliver Laban into our hands?” (1 Nephi 3:31). At other times, no doubt, their murmurings were the silent “murmurings of [the] heart” (D&C 75:7).   
  
2. Obedience Is the Armor That Will Protect Us from Evil. Oft times our obedience to the commandments of God becomes the very armor that protects us from evil (see Ephesians 6:11–17; D&C 27:15). An account from the life of President Harold B. Lee shows the “tender mercies” (1 Nephi 1:20) of the Lord to an obedient boy who would later become one of His latter-day prophets.   
  
“I think maybe I was around ten or eleven years of age. I was with my father out on a farm away from our home, trying to spend the day busying myself until my father was ready to go home. Over the fence from our place were some tumbledown sheds that would attract a curious boy, and I was adventurous. I started to climb through the fence, and I heard a voice as clearly as you are hearing mine, calling me by name and saying, ‘Don’t go over there!’ I turned to look at my father to see if he [was] talking to me, but he was way up at the other end of the field. There was no person in sight. I realized then, as a child, that there were persons beyond my sight, for I had definitely heard a voice.” 1   
  
While serving as a mission president in a far-distant and sometimes dangerous land, I witnessed firsthand the protecting power of obedience in the lives of missionaries as described by President Boyd K. Packer. He taught that obedience is the precondition attached to this protecting power.   
  
“By following the rules,” said President Packer, “you will never make a serious mistake … either while you are on your mission or thereafter without being warned. You will never take the wrong road, you will never go around the wrong bend, or make the wrong decision without your having been warned. That pattern is the pattern of the Latter-day Saint. You were confirmed a member of the Church, and you had conferred upon you the gift of the Holy Ghost to be a guide and a companion to you.” 2   
  
Among the merciful blessings given by God to His Latter-day Saints is the commandment to pay heed to His living prophets. “I believe,” said President Gordon B. Hinckley, “that if we will walk in obedience to the commandments of God, he will open a way even where there appears to be no way.”

"When you demonstrate your willingness to obey, the Spirit will send you more impressions of what God would have you do for him. As you obey, the impressions from the Spirit will come more frequently, becoming closer and closer to constant companionship. Your power to choose the right will increase." -Henry B. Eyring 

A MAN THINKETH IN HIS HEART, SO IS HE   
If I am to continually hope for self- mastery, even exaltation as a sanctified being, I must purge any and all unworthy distractions from my life now in order to achieve such a task. If I am to allow and arm my Spirit with strength to dictate choices and control over my natural, carnal self, I must empower my Spirit to do so. How? By respecting, protecting, and reverencing that sacred Spirit. What actions or practices do I force upon my Spirit? What do I choose to view, read, hear, touch, smell, and also taste? Are they worthy of a chosen Spirit?   
As a man thinketh in his heart so is he. It is by our actions of planting a seed of faith in our heart we begin our journey on the path of conversion to the Gospel of Jesus Christ, for God looketh on the heart. We are judged according to the desires of our heart. The thoughts we think affect us in such a way that they have power to dictate what and who we love, especially God, the Father. We are commanded to love with all our heart, might, mind, and strength. Where your treasure is there will your heart be also.   
Even Elijah came to earth in our dispensation to deliver sacred Priesthood keys to turn, even bind, our hearts to other worthy hearts.   
The hard hearted are denied any knowledge of the mysteries of God; whereas those who offer up a broken heart and contrite Spirit are blessed with abilities to obtain WILLING OBEDIENCE, wherein we in turn yield our hearts to God's will, allowing us to partake of the atonement of Christ and the remission of sins.   
The Holy Ghost speaks to us, enlightens us, teaches us, warns us, and even strengthens us through our minds and hearts, the very center of thoughts and motivations. Do we give place in our minds and hearts for that Divine Being, a God, to do so?   
For I believe my mind and heart must be relinquished to the will of God that through the Holy Ghost I may be sanctified achieving self-mastery, even eternal life, which can only be granted by the Master Himself. He being the greatest of advocates.   
So, yes, it is true. "As a man thinketh in his heart, so is he," and might I add, so will he "Become".   
  
"If we are to be safe as individuals and families, and secure as a church, it will be through OBEDIENCE to the laws (PRIESTHOOD) and ordinances (COVENANTS) of the gospel." Boyd K Packer   
Three principles declared in that testimony of a prophet.

**The 2nd Principle of Promise - Consecrate the Sabbath Day and Keep it Holy**

1. **Pray**: to make a request in a humble manner, to address God with adoration, supplication, or thanksgiving.   
2. **Renew**: to make new Spiritually   
3. **Consecrate**: to make or declare sacred, devote irrevocably to the worship of God, dedicate.

Now, get in your scriptures and conference talks and topical guide and record every scripture that has to do with keeping the Sabbath day Holy.   
  
MEMORIZE: Sacrament prayers in Moroni 4 and 5, D&C 59:9-10, Isaiah 58:13-14, Article of Faith 11   
Hymns #282 We meet again in Sabbath School, # 176 Tis sweet to Sing the Matchless Love.

The Priesthood ordinance of the sacrament: What covenants do we obligate ourselves to when we partake of the sacrament?   
1. We take upon us the name of Christ.   
2. To always remember Him.   
3. To keep His commandments.   
  
Why, week after week, year after year do we do this? That by doing these things we may always have His (Christ's) Spirit to be with us. Not the Holy Ghost, but rather, the Holy Spirit, the Light of Christ, voice of Christ, the Spirit of God. Without the Light of Christ we are not able to discern the difference between good and evil. The purpose of the sacrament is to not only renew our covenants we made at baptism, but to also strengthen our connection with the Savior and His Light. What a great reminder as we fast to also partake of the sacrament.   
3rd Nephi 18:1-14ish.   
Verse 7: and this shall ye do in remembrance of my body, which I have shown unto you. And it shall be a testimony unto the Father that ye do always remember me. And if ye do always remember me Ye Shall have my spirit to be with you. LIGHT!   
Verse 12: And I give unto you a commandment that Ye Shall do these things. And if Ye Shall do these things blessed are ye, for ye are built upon my rock.   
  
Partaking of the sacrament establishes a firm foundation!

**The 3rd Principle of Promise – Pondering**

1. **Study**: to read in detail, especially with the intention of Learning, to consider in detail.   
2. **Think**: to form or have in mind, to reflect on   
3. **Learn**: to gain knowledge or understanding, to be enlightened.   
  
Now get out your scriptures and conference talks and topical guide and look up and record every scripture that has to do with Pondering.   
  
MEMORIZE: Article of Faith 9, D&C 76:10, Corinthians 2:10, D&C 88:11-12   
Hymns #72 Praise to the Lord, the Almighty, #277 As I Search the Holy Scriptures.

Pondering helps prioritize the motivations of our Spirit!   
I have a testimony of this truth regarding Pondering. Until I applied this principle I didn't know or recognize its great worth. This precept brought the gospel and its teachings into a whole new light, literally. I don't go a single day without pondering. It's an open, willing invitation to the Holy Ghost to guide, direct, teach, and even warn. Pay close attention to the gift of "enlightenment". Search this in your scriptures specifically. It of course links you to other Principles of Promise including Prayer, the Holy Ghost, even Covenants. This principle has the power to open your mind and heart to all spiritual gifts. It will connect you to the power and knowledge of all the principles. When this principle of PONDERING fills your time and energy it will assist you in all your studies, aid you in your efforts to be obedient, enlighten your mind regarding the commandments. It will even help you train your mind to absorb the teachings and doctrine of the gospel. It will increase your memory as you immerse yourself in the scriptures, helping you memorize the word of God. When pondering on the things of Christ you eliminate the ability of the adversary to enter your mind and influence your will. Filling your mind and heart with the laws of God enables you to better understand and apply the power of the Priesthood.   
  
President Eyring stated "When we ponder, we invite revelation by the Spirit". I bear witness of this absolute truth!   
  
An excellent talk regarding this subject I found in the April 2014 conference by Boyd K Packer titled "The Witness".   
  
Please look to our most recent talks by the Brethren. Please apply the same study and recording of the scriptures attached to this principle as all the others.   
  
  
Paula Connell Kvarfordt Thank you! It is nice to have these. I have finished up number one and working on the Sabbath Day. I appreciate you sharing so we can move on when we are ready. Thanks for all your help for so many of us!

**The 4th Principle of Promise: Prayer**

1. **Kneel**: to bend the knee; fall or rest on the knees

2. **Commune**: to communicate intimately   
3. **Follow**: to engage in as a calling or way of life, to be or act in accordance with, to accept as authority   
  
Article of Faith 9   
  
SCRIPTURE; Alma 37:37   
Scriptures on light - D&C 84:45--D&C 63:64-65--D&C 42:14   
We receive the Spirit through prayer thus leading us to light.

Additional scriptures: Article of Faith 1, 2nd Nephi 32:9 and Ether 3:2   
  
We need spiritual insight to know what we should ask for when we pray. When our will combines with the will of the Lord and that is what we pray for our prayers will ALWAYS be answered in the affirmative. Prayer then evolves into a gift of the Spirit.   
The act of prayer is directly linked to our works of faith.   
  
3rd Nephi 19 is an excellent example of study on prayer. This is when the Savior prays with and for the Nephites.   
Please ponder the following: verse 9: the people prayed for what they wanted most, the Holy Ghost! Why? The Holy Ghost is required to be able to receive every spiritual gift or blessing of revelation available to us.   
\*PRAYER IS THE FIRST EXERCISE OF FAITH WHICH LEADS TO CONVERSION AND SANCTIFICATION\* IT IS THE KEY TO PERSONAL REVELATION AND EXALTATION. It is the one common practice of all God's children on the earth.   
  
What does prayer do? 

It humbles D&C 93:1. D&C 112:10   
Lifts D&C 108:7   
Saves 2nd Nephi 33:12   
Strengthens D&C 108:7   
Teaches Alma 5:46. Alma 17:3. D&C 46:7   
Invites the Spirit D&C 19:38   
Expresses gratitude Alma 45:1   
Forgives 3rd Nephi 12:44. Matthew 5:44   
Protects D&C 10:5. D&C 20:33   
Comforts D&C 75:11

In any successful relationship effective communication is mandatory. Prayer connects us to every fundamental gospel principle. i.e. Fasting, scripture study, personal revelation, sacrament, gratitude, humility, reverence, repentance, conversion, Sanctification, faith, peace, etc.   
"There are few gifts of the Spirit that are as sweet as prayer" John Pontius   
  
The Holy Spirit teaches us how to pray if we let Him. 2nd Nephi 32:8. Mosiah 3:19   
\*Prayer is cleansing. When kneeling in humility and releasing our will to God's we open our hearts to the Holy Ghost allowing ourselves to be sanctified and taught by the Spirit. We become filled with Light   
  
Please study the conference address of Bishop Dean M Davies from April 2013   
AND President Monson from the same conference "We Never Walk Alone"   
  
Most grand Spiritual experiences recorded in scripture began as a prayer: Garden of Gethsemane, visit with the Nephites, Enos, brother of Jared --   
"In mighty prayer we aren't the important person in the conversation, God is." The Triumph of Zion Pg. 262   
  
We seek after prayer through obedience.   
"In the pure and perfect, and proper sense, no one can speak or pray in the name of Christ unless he speaks or prays by the power of the Holy Ghost." Bruce R McConkie.   
  
"Prayer in its most effective and powerful form is prayer which says the words, seeks the blessings, and worships the Father the same as if Christ himself offered the prayer". The Triumph of Zion Pg. 264   
  
Develop prayer habits:   
Prepare to pray; make time, ponder, stay after you pray, be willing to wait on the Father   
  
Kneel when possible, and don’t hurry   
Don't speak immediately. Allow the Spirit to flow through you.   
Imagine yourself at the feet of the Savior   
Express gratitude   
Clear your mind, pray for relief from temporal distraction   
Let your soul worship   
Remain on your knees until you are instructed to end your prayer   
Use proper prayer language   
Don't rush   
  
"It is out of the depths of true prayer that an individual rises to real heights"   
Neil A Maxwell.

D&C 59:21   
"And in nothing doth man offend God, or against none is his wrath kindled, save those who confess not his hand in all things, and obey not his commandments".   
Here is a direct link with prayer and obedience.   
  
D&C 112:10. We should pray for forgiveness and mercy.   
Alma 34:17-18 and Mark 11:25   
Link with prayer and the principle of Forgiveness / Repentance   
  
Marion D Hanks asks us "Are we willing to receive the answer to our prayers?"   
  
Are our words without worship?   
  
I recently came to understand that if we prayed as often as we have been instructed we would be practicing the art of prayer 10 times a day.   
3 meal prayers   
2 family prayers   
2 couple prayers   
3 personal prayers (instructed in the book of Daniel)   
When I added a midday prayer my life changed dramatically! I set an alarm on my phone to remind me. I use that prayer as a "return and report" type of communication. I quickly noticed that I was receiving powerful assistance from the Lord regarding even my daily household tasks. I have better self-control. I accomplish more and am so much more productive in what I do. I don't get as worn out and tired either. I can also testify of the importance of praying out loud as opposed to silently. It's easier to stay on topics and not get distracted. I don't pray out loud in every prayer. Kneeling is also a huge game changer! Kneel whenever possible.   
  
I know this sounds like a lot of work, but as is every worthy habit it's so worth it, and in little time it changes from work and effort to welcome joy. I am now blessed to have a peace poured over me EVERY time I get on my knees to pray. It's simply amazing! I have been so very blessed. It's worth whatever it takes to sacrifice so I can talk with the Lord. Prayer is the most important thing we do each day! If the adversary can prevent us from communicating with our Father, we lose, we lose all. Don't ever stop praying! Not ever!

**The 5th Principle of Promise - The Holy Ghost/Holy Spirit**  
  
1. **Exercise**: to bring to bear, to engage the attention and effort of--to use repeatedly in order to strengthen   
2. **Allow**: to make a possibility, CONCEDE   
3. **Conform**: to be in agreement or harmony   
  
Article of Faith 4, 7, and 1   
  
Scripture Moroni 8:26   
  
Hymns Pg. 137, 236, 240   
  
The Holy Ghost   
1. Testifies 2. Warns 3. Teaches 4. Reveals 5. Comforts 6. Sanctifies 7. Enlightens 8. Cleanses 9. Confirms 10. Inspires   
11. Strengthens 12. Lifts and edifies   
  
The Holy Ghost is a member of the Godhead. He plays a major role in our journey to eternal life.   
  
The Holy Ghost is the source of our testimony and conversion. We MUST learn how to nurture it, recognize it, and utilize it through righteous living. We must live and conform to its guidance and inspiration.

You must have a soft (broken) heart so you may listen and allow yourself to hear the word of God.   
2nd Nephi 33:1. The Holy Ghost carries the word UNTO our heart. We have to allow it INTO our heart. The heart is where we determine who we are, what we are willing to receive or allow to be taught. No one can force their way into our heart, especially the Holy Ghost. It would be a breach of agency central to God's plan. Alma 32:28   
\*We choose the condition of our heart.   
The ministry of the Holy Ghost is to help people believe and follow the teachings of the Father and Son. Bruce R McConkie.

Talks to study;   
"An Unspeakable Gift From God"   
Craig C Christensen October conference 2012   
  
"Did You Get the Message"   
James E Faust   
  
The book "In Tune" by Gerald Lund   
I just saw this book is on the discounted table at Seagull Book this past week.   
  
"Following the Light of Christ into His Presence" by John Pontius. This book is incredible. One you will study over and over again.   
  
There are also awesome books by James E Faust and Neil A Maxwell but the titles escape me. Sorry. The Voice of the Spirit? Maybe. Oh, got it "Not My Will, But Thine" that's Maxwell.   
  
Be sure to study the most recent conference talks.

The scripture attaching this principle to Light is found in the D&C 84:46

**The 6th Principle of Promise - The Law of the Fast**  
  
1. **Plan**: to have a specified intention, to have in mind   
2. **Pray**: to make a request in a humble manner, to address God with adoration, confession, supplication, or thanksgiving   
3. **Perform**: to adhere to the terms of a contract, to carry out or do according to prescribed ritual. Actions that follow established patterns.   
  
Article of Faith 11   
  
Scriptures D&C 59:13-14   
Scripture attaching this principle to light is Isaiah 58:8   
  
Hymns 138 and 139   
  
Talk to study   
"Sacrifice Brings Forth the Blessings of Heaven" Oct 2002 Dellenbach   
  
Bishop Davies also did an excellent talk on this topic not too long ago but I can't remember it right now. Interestingly enough he has spoken the most of our current leaders on the Sabbath day and Fasting.   
  
Of all the principles I was taught about the importance of this one on the Law of the Fast was the most difficult to find much given us by our leadership and in the scriptures. There are definitely gems in our study but locating it was very difficult for me. Anything you could add would be of great value. I will share what struck me the most important.   
  
You can pray without fasting but you CAN NOT fast without prayer. There is not one scripture I found in our standard works that taught of fasting wherein it didn't include prayer. It is also not considered a "true" fast if you don't have a purpose attached. Fasting without purpose is simply going without food.   
  
The greatest blessing and confirmation I have come to respect and value most regarding fasting is the blessings and promise of better health if we commit to fasting regularly and often. I have also learned that great blessings come when we immediately following the prompting to fast.   
  
Fasting doesn't just require the absence of food. We can abstain from other things as an offering to the Lord. There's many different kinds of fasts.   
  
When we fast we allow the Spirit to be strengthened and release our will to its influence, instruction, guidance, and purpose. We are able to relinquish the natural man to the will of God. Our connection to the Lord strengthens and our ability to recognize the Spirit is much easier.   
  
I have also found it VERY beneficial for me to ask the Lord to block any and all temporal distractions during my fast. I can't tell you how this has helped me! I find it helpful as well to prepare for a fast. I ponder and pray days ahead for guidance on what and why I should fast.   
  
I found it quite interesting that this principle was so often practiced by the Savior, and for such lengthy periods. It amazes me! He was continually sacrificing.   
  
It's not a true fast without sacrifice. This has caused me to ponder at great length whether my sacrifice is sufficient. There was a time when I was prompted at the very same time as my husband to double our fast offering. In fact, it was after an address by Bishop Davies in a Priesthood session of conference. The impression came very strongly.   
  
I also found it thought provoking that many, including those who lived in the period of our earliest scriptures would "pass the night" when they were struggling with trials by fasting. It brought them comfort and peace. That links directly to the suggested scripture in D&C 59; "that thy fasting may be perfect, or in other words, that thy joy may be full". I have found that yielding my thoughts and motives to that of the Spirit has been an incredible lift and strength for me while fasting. My mindset is totally different when I fast as well.   
  
I study, pray, and find solitude more when I am fasting.

The most powerful book outside of scripture I found regarding fasting is "Following the Light of Christ into His Presence" by John Pontius.   
  
I know that Dawn Norton knows much regarding fasting as well. Hopefully she will add to the conversation about this topic.

**The 7th Principle of Promise - Make and Keep Sacred Covenants**  
  
1. **Partake**: to take part in or experience something along with others, to have a portion, share.  
2. **Fulfill**: to make full; to put into effect; to meet the requirements of, to develop the full potentialities of.   
3. **Rejoice**: to give joy to, to feel great joy or delight   
  
Article of Faith 5&10   
SCRIPTURE: D&C 25:13   
Hymns 180 & 8   
  
Study:   
"Coming to Ourselves" Robert D Hales April conference 2012   
  
"Until We Meet Again" Thomas S Monson April conference 2009   
  
"Oh, That I Were An Angel" Gordon B Hinckley October conference 2002   
  
The 2014 April conference has several worthy of your time.   
Rosemary Wixom   
Henry B. Eyring   
David A Bednar   
  
The book "The Power to Become" by David A Bednar is one of my absolute favorites! In his series of three books this is hands down the best, in my opinion. This is one book I have and will continue to refer to and study from.1

3 replies

We become sanctified by living up to and keeping our covenants. God cannot withhold if we are pure. See D&C 82:10   
  
Church News February 17, 2007   
Jeffrey R Holland stated   
"Something is going to be asked of this dispensation that's never been asked before, those of this dispensation must be ready to present the Church of the Lamb, to the Lamb! And when that happens we must be looking and acting like His church".   
  
Have you ever thought about or pondered in depth the concept of foreordination? I have. It's easy for me to recognize and accept this concept when applying it to prophets and apostles. But I have come to understand that this is where most end their thinking and perspective on the subject. If I may suggest some thoughts? If indeed there is foreordination, which I have no doubt there is, then we most assuredly lived previously before this earth life, or second estate. We have been taught that we are here to "prove ourselves" worthy of a third estate wherein we could dwell with the Lord and our Father. I believe you all agree with this "plan of salvation" as instituted by the Lord. So, understanding that we lived previously, and foreordination is in fact accurate, I believe that all of God's children were blessed with opportunities of foreordination because God is no respecter of persons. AND if foreordination is a true concept and we lived in our first estate, I propose that along with the opportunity of foreordination came the blessings of covenants in that first estate. I absolutely believe that I made covenants, and not just to the Lord. I believe I made promises to who would be my ancestors before we all came to earth. I believe that I made covenants to who would be my posterity also. And MOST IMPORTANTLY, I believe that if I live true to the covenants I have made on the earth that those I made in heaven before I came will be fulfilled! I have come to KNOW that I must cleave unfailingly to these covenants that I clearly remember making while in this probationary state on the earth. I have come to experience great regret in the last few years. Oh how I wish I would have spent my time more wisely and more unselfishly. If it wasn't for repentance and the remission of sins I would be a complete failure in keeping all the covenants I have made. We must cleave to these covenants! Don't forget or take them for granted. Covenants are the most important action we partake of and participate in. We must live righteous lives worthy of these sacred covenants.

I have been sick since Christmas Eve and therefore unable to be in the temple. As I have pondered the ordinances we participate in I have noticed that certain promises have been emphasized in the past year, especially in the clothing portion of the ordinances. If you are able to go to the temple I suggest you take note of what impressions and feelings come upon you as you participate. I have felt a distinct difference in the Spirit lately. I've also come to know that it's the same people who are in the temple on Monday as on Tuesday and Wednesday and Thursday etc. It's quite humbling and astounding to me. I know people who are in the temple every day serving and learning.

"Baptism and temple ordinances are not attempts to add to the finished work of Christ's sacrifice. These and other righteous works are extensions of our faith, by-products of our acceptance of Christ, and evidence of Chris working with, in, and through us."   
Brad Wilcox "The Continuous Conversion" Pg. 33.

**The 8th Principle of Promise - The Word of God**  
  
1. **Seek**: to make a search, to try to acquire, to go in search of   
2. **Feast**: to enjoy some unusual pleasure or delight, gratify   
3. **Live**: to practice and experience   
  
Scripture to memorize: 2nd Nephi 32:3   
Article of Faith 8 & 9   
Hymns 274 & 16   
  
Scripture on Light D&C 84: 45   
  
I also memorized JST Matthew 1:37\*   
Please also study 2nd Nephi 29\*   
Julie Beck address "My Soul Delighteth in the Scriptures" 2004   
Daughters in My Kingdom pages 50-51   
  
The most important thing I want to emphasize is that the Word of God created ALL things, and we are surrounded by it! Think if you will, where is the word of God? 

The Proclamation to the World   
Patriarchal blessings   
Young Women theme   
For the Strength of Youth   
Church manuals   
Articles of Faith   
The Living Christ   
Daughters in My Kingdom   
The Ensign magazine etc.   
Scriptures   
Conference addresses   
The Lord's Servants   
Hymns   
Visiting teaching message   
Prayer 

We are literally surrounded by it!   
  
The word of God is light! What better to fill our vessels with than light itself!   
The Word IS CHRIST. The very name of Christ dismisses ALL evil!   
Alma taught that the word is mightier than any weapon. It does more good and strengthens us as nothing else can.

The WORD OF GOD   
WHAT DOES IT DO? 

Reveals   
Admonishes   
Heals   
Teaches   
Rebukes   
Chastens   
Leads   
Guides   
Nurtures   
Comforts   
Strengthens   
Lifts   
Edifies   
Testifies   
Enlightens   
Seals   
Ordains   
Creates   
Clarifies   
Converts   
Encourages   
Answers   
Feeds   
Connects   
Motivates   
Cleanses   
Blesses   
Hallows   
Invites   
Gratifies   
Joins   
Quiets   
Protects   
Forgives   
Loves   
Warns   
Humbles 

WHAT IT IS: 

A witness   
Infinite   
Power   
A conduit   
LIGHT   
Law   
Consistent   
Permanent   
Sure   
Prophecy   
Virtuous   
Righteous   
Real   
Faith   
Hope   
Charity   
Sacred   
Covenants   
Priesthood

The Word is Christ. 

Word, Spirit, Light. All interchangeable. All are Life!   
By the Word this earth and all on it were created. By the Word, Spirit gave the breath of life. By the Word the Light of Christ was embedded in every child. Without these, we cannot exist, nor can righteousness. Without the Word, there is nothing and no life.

**The 9th Principle of Promise - Charity; Our Sacred Assignment**

1. **Engage**: to bind as oneself to do something   
2. **Serve**: to be of use, TO BE WORTHY OF RELIANCE OR TRUST, to answer the needs of, to furnish or supply with something needed or desired   
3. **Nurture**: to further the development of, to supply with nourishment   
  
Article of Faith 13   
Scripture to memorize Moroni 7:45   
  
Hymns 309 & 310   
  
Scripture attaching to Light D&C 103:9   
  
Talks to study:   
"Providing in the Lord's Way"   
President Uchtdorf Oct 2011 conference   
"You Are My Hands"   
President Uchtdorf April 2010 conf.   
Neil K. Newell; welfare services Ensign April 2014   
"First Observe, Then Serve"   
Linda K. Burton October 2012 conf.   
  
As we serve we leave evidence of Discipleship, as we are all asked to be Disciples of Christ.   
  
I have come to KNOW that the MOST IMPORTANT THING WE ARE ASKED TO DO OUTSIDE OUR HOMES IS HOME TEACHING AND VISITING TEACHING!   
We are not "called" as home teachers or visiting teachers. We are ASSIGNED to tend to and look after these sons and daughters of God. These assignments will become more and more important and even vital in the near future. These people are not checks on a to-do list, or simply phone calls made every now and then. They are not doorsteps where we drop off a token or note every month. These people are children of God. They deserve more than just a passing thought. We are to be TEACHING the gospel in these homes and living a life of righteous examples. If we don't care about those we teach we better start! And now...

**The 10th Principle of Promise - Forgiveness & Repentance**  
  
1. **Desire**: To long or hope for.   
2. **Yield**: Voluntarily submitting out of respect or reverence toward another thing – mercy.   
3. **Release**: To relieve from something that confines, burdens, or oppresses: to give up in favor of another.   
  
Article of Faith 2,3,13   
  
Scripture: Mosiah 4:10 & Matthew 6:14   
  
Hymns 153 & 140   
  
Conference talk "See Others as They May Become"   
Thomas S Monson Oct 2012 conference   
Bishop Gary Stevenson April 2014 conf.   
  
REPENTANCE IS THE PROCESS OF OVERCOMING ALL THINGS THAT SEPARATE US FROM GOD.

One of the most helpful and incredibly interesting lessons I was taught about repentance and forgiveness is that the journey to "practice" or implement either concept is the same. The same steps or direction we take on the path to either, are identical. I don't know why I hadn't discovered this long ago. The realization came as I studied, pondered, and put into action the three required steps of:   
1. Desire   
2. Yield   
3. Release   
  
Of course we need to desire to BE forgiven, but we also must desire TO forgive. Going through the motions is not sufficient to reap success and truly be forgiven.   
  
I also discovered that where I was at in my life at the time I was taught these principles the greatest focus, or amount of attention, I was prompted to apply was on forgiveness, forgiveness of others who had wronged or hurt me. I would also have to more quickly and completely forgive future causes of injustice. It's not easy. I learned that I had to establish and continually nurture an attitude of Forgiveness. I fall, but don't give up on my ability to press forward and have confidence in myself.   
  
Repentance has taken on a whole new meaning for me. I'm free from temptation of grievous sin, but daily struggles will always be present in this life. I started to ponder on the thoughts I have regarding others intentions and feelings. I have found myself being less judgmental toward those who I believe are sinning as well. Who am I to point fingers at the less than perfect when I am flawed? This is a real challenge for me. As I perceive others it affects my perception of myself. I have become VERY aware of pride! I'm beginning to understand its influence and powerful impact. Years ago I wouldn't dare ask the Lord to bless me with humility, but that has changed dramatically. Knowing what life lessons come by way of such a prayer I couldn't bring myself to seek something so worthy. I was sure I could not endure such life lessons. Now, I plead with the Lord that he will strip me of pride and help me become humble. I have come to know what is at stake. It's my exaltation. I am willing to submit, or yield my will to that of our Savior.   
  
RELEASE. That was an interesting and thought provoking concept for me. I understood releasing, or letting go of sin that binds and confines, even burdens. But I hadn't applied that process to forgiveness. Once I grasped the concept and blessing of "releasing" someone from THEIR sin by way of Forgiveness I learned just how weighty a burden it really is to harbor a grudge or hang on to hurt; most of which is unintentionally put upon us. Releasing myself from sin was joyful in many ways, but releasing others from sin is glorious! It's absolutely freeing! It's an all-out, clear call to the Holy Ghost that you are not only ready to receive His guidance, counsel, and peace, but you are able to recognize it. Forgiveness of other's sins is a gift of the Spirit we can give ourselves. Repentance is a gift we receive by way of the atonement and this same atonement helps us forgive others as well. It's pure joy.

**The 11th Principle of Promise - Priesthood: God's Law**  
  
1. **Recognize**: to acknowledge formally, to admit as being lord or sovereign; to perceive clearly   
2. **Support**: to UPHOLD or DEFEND as valid or right; to assist or help; to promote the interest or cause of; uphold   
3. **Submit**: to yield to governance or authority   
  
Article of Faith 5 & 6   
  
Scripture D&C 107:1   
  
Conference talk by Dallin. H Oaks April 2014   
What is our personal connection and responsibility regarding the Priesthood and laws of God? We have to better know and understand this.   
Incredible book to study is   
"Women and the Priesthood" by Sheri Dew. This book is a must read for men and women.   
  
There are so many excellent scriptures on this topic in the D&C. Please search them out!   
  
Hymns 10 12 & 27

ALL things pertaining to the Gospel of Jesus Christ are done in accordance under the direction and laws of God; the Priesthood!   
  
ALL of God's children have access to and are blessed by Priesthood power.   
  
ALL callings we participate in on the earth are responsibilities that are directed under the authority and covenant of the Priesthood. It is their stewardship. I.e. Motherhood, Sunday school teacher, nursery leader etc.   
  
"Men are NOT the Priesthood" they are ordained to the Priesthood.   
  
Dallin H Oaks   
"The Priesthood" refers to keys, authority, and power --God's power.   
  
This principle of promise is one that can be most intimidating because I believe we understand it the least and don't implement it as we can and should. I remember being an adolescent sitting in Sunday school when hearing, begrudgingly, the lesson on the Priesthood. All I could think about was "how in the world does this apply to me, I am not a boy and will NEVER use it?" How wrong I was! I use, apply, benefit from, and even feel the impact of the Priesthood. Of course I do, we all do, as it is simply and magnificently the power of God! That power is not reserved for the male species. It's not only available to bless the lives of men with sacred, holy power, but women as well, even children. It is through and because of the Priesthood we partake in the blessing of covenants and ordinances, which are available to all on the earth. It's correct, we must desire and seek these gifts, even live worthy of them, but that in itself is required because of the gift of agency. I see the biggest stumbling block regarding our concept and understanding of the Priesthood is simply ignorance. We just don't understand its power and personal connection to each of us. I am still searching and learning. That will never end.   
  
The MOST IMPORTANT thing impressed upon me once I was given this principle was the great need for me to find out how I am connected to the Priesthood and what my responsibility is to that connection. Where is my place and stewardship regarding the laws of God?   
  
I have to RECOGNIZE how the Priesthood applies to me; SUPPORT the line of authority and those ordained to that authority; and then SUBMIT to that authority or better yet, the Laws of God.   
  
Attached to these laws, the very laws God himself lives by, are covenants, ordinances, revelation, truths, creation, placement in God's family, stewardships, even DIRECT connections to our Heavenly Father and Savior, especially the atonement!   
  
As with all other blessings and privileges, they are predicated upon obedience to the laws set forth regarding each principle of the gospel.   
  
I hope and pray that you will take time to study, search, ponder, and pray about this principle. The Laws of God are infinite and eternal and cannot and will not ever be changed! Of this I testify.

**The 12th Principle of Promise - Revelation**  
  
1. **Reach**: to stretch, extend, draw toward one to communicate with; to STRAIN after something.   
2. **Grasp**: to take or seize EAGERLY, to embrace, and to lay hold of with the mind.   
3. **Obey**: to follow the commands or guidance of; to conform to or comply with.  
  
Article of Faith 5 & 7   
Scripture D&C 8:2   
Hymns 11 & 47   
  
Conference talk "Did You Get the Message?" James E Faust April 2004   
  
Eyring Oct 2014 conference   
  
The recent conferences have had so many talks, please go to them for further study!

Ok, this is going to be difficult for me. There is so much I wish I could share! This principle is different from the others, and yet, can't be applied without the others. I'm hoping you will all be willing to hear what I am going to tell you, and take the time to read everything.   
  
If someone were to ask me to pick one, just one principle to work on because that's all they could do I would say, hands down! Prayer! We cannot stop talking with our Heavenly Father! We absolutely cannot! Now, if someone were to ask me which principle, as I applied them, had the greatest impact once applied, I would say the Word of God. I will add to that statement the fact that I was already a temple going individual and I had been living all previous principles. But, I will be totally honest with you; when I started memorizing the scriptures I have given you, my life changed dramatically! Immeasurably! Completely! That was over two years ago.   
  
Here we are today. 2016. Wow.... I wish I could open my heart and pour what I feel and what I have experienced over you. It's difficult to describe or explain. We are now on the last principle of promise; Revelation. If I begin to sound disjointed I am sorry, my mind is racing.   
  
My journey began when I went to the Lord asking Him to help me be converted to His gospel. I wanted and needed more than a testimony. I wanted conversion! I wanted to be ALL IN! I wanted to KNOW I had faith, and not just in the Lord, but myself. Faith enough to not just endure, but endure well what I knew was coming. Yes, I know what is coming (here). I can't even recall how it all came to be because the Lord fed me so quickly and clearly. I was in awe daily. I spent a year studying 6-8 hours a day. I read and read and read and read. I was in the bookstore multiple times a week buying books. Whatever caught my eye or peaked my interest. I was reading several a week. Sometimes the Spirit made it clear what I needed to purchase, and other times I just bought all I could.   
  
In my mind I see a lamp. You know, the one the Savior carries. The one in which a wise virgin carries. It's FILLED with oil and lit, not empty or quiet, but lit. It may be that this picture is always in my head because the first scripture I memorized was D&C 33:17-18 "Wherefore be faithful, praying always, having your lamps trimmed and burning and oil with you, that you may be ready at the coming of the Bridegroom-----For behold, verily, verily I say unto you that I come quickly, even so. Amen. Or. It may be in my head because Elder Bednar taught us that the "oil of conversion cannot be borrowed or bought". We must have our own. He also stated "knowing the gospel is true is the essence of testimony. Being true to that gospel we know is the essence of conversion". We must be converted and allow that oil of conversion to fill us up. I believe that we MUST BECOME A LAMP OURSELVES! We must fill ourselves with the oil of conversion! I then knew I had to fill my lamp with that oil. But...what is the oil? What constitutes conversion? I had to know. If I was to be converted and have a full lamp I couldn't do it alone so who better to ask for help than the Lord. I did, and He answered. By way of the Holy Ghost He answered. When you're desperately seeking answers you plead with the Lord believing only He can help. When you're done pleading your cause you then work as though it's up to you to help yourself. I was then fed. As I review these principles and the three step counsel and scriptures and all else I was guided to I remain in awe. None of the three steps are the same, but they all interact. None of the principles are the same but they all intersect. It's miraculous! And yet, none of these principles are unfamiliar, or new concepts, or complicated. It's truly amazing to me. My success depended on how I applied the first principle. I had to be obedient to each one, with exactness. When I got to the last principle of Personal Revelation I was yet again astonished that the final step of the journey was again the counsel to Obey! One eternal round! I came full circle. I became encompassed with the promise and covenant found in D&C 82:10. "I, the Lord am bound when ye do what I say; but when ye do not what I say, ye have no promise." I knew that if I was once again obedient to the laws pertaining to revelation I would be blessed with just that, personal revelation. And I was! I am! EVERY DAY! Not only that, but I now know what the oil is that I must have to be converted, to live righteously, to be filled with Light, the very Light of Christ! It's REVELATION! Why? Because Revelation is connected to EVERYTHING! INCLUDING OUR SAVIOR! IT'S A DIRECT CONNECTION TO THE HOLY GHOST! A CONDUIT TO HEAVENLY FATHER! Holy crap! I understand now. I really, honestly, truly get it. And yes, I get it. It's the most joyous, peaceful, confirming, powerful feeling of gratitude I have ever experienced. There are not sufficient words to describe my heartfelt gratitude for my Savior and the gift of the Holy Ghost! I know what it's like to be filled. Filled with faith, hope, peace, relief, gratitude, understanding, forgiveness, direction, counsel, truth, and love, yes, the pure love of Christ. This love, along with all other good righteous things is LIGHT! IT'S THE 12 PRINCIPLES OF PROMISE! THE PROMISE IS LIGHT! IT'S LIFE. IT'S SPIRIT. IT'S REVELATION. IT'S THE OIL OF CONVERSION   
I am still in awe. It's nothing short of miraculous. Our God is a God of miracles. He lives. He loves us. He really does want us to come home. I believe inside each of us is a spiritual giant yearning with Celestial homesickness.   
  
I bear my steadfast and immovable witness that if you vigilantly, relentlessly apply these principles of promise you will be blessed with the oil of conversion and the gift of personal revelation. This incredible gift of the Spirit is most needed in our lives now. We must be filled with Light, the Light of Christ. This Light will lift us, guide us. Heal us, quiet us, strengthen us, warn us, protect us, and love us. I testify that God lives. Jesus IS the Christ. He atoned for our sins, our heart aches, and our sickness. He can succor and heal us. I testify that Thomas S Monson is the mouthpiece of the Lord on the earth today. He is a prophet, seer, revelator, and mentor to the Savior's flock, of which we are. I bear solemn witness that Joseph Smith is also a prophet, foreordained to bring about the restoration of the gospel of Jesus Christ. He translated the golden plates hid up in the hill Cumorah into the Book of Mormon. The most correct book of holy writ on the earth today. I testify that everything pertaining to the Gospel of Jesus Christ is true! It's ALL true. I bear this witness as it has been manifested to me by the power of the Holy Ghost. He has embedded this testimony in me countless times. This testimony burns within me and it is my most fervent prayer that you will be blessed with such a great and steadfast witness in the name of Jesus Christ. Amen