



“Fruits of the Spirit” Study Program

Remnant Church of Jesus Christ
of Latter Day Saints
Women’s Council, 2020©
Volume 4

Preface

This book, *“Fruits of the Spirit,”* is the fourth study book that the Women’s Council have produced. It is our goal to present to you a source of inspiration and direction for becoming closer to God by cultivating the fruits that the Spirit of God gave us when we repented and became one of God’s own. What are “Fruits of the Spirit?” Galatians 5:22-23 lists those fruits for us.

Love, Joy, Peace, Long-Suffering [Patience], Gentleness, Goodness [Generosity], Faith, Meekness [Kindness], Temperance [Self-Control].

Other Scriptures give us more insight into these fruits:

- Matthew 3:35 “Repent, therefore, and bring forth fruits meet [suitable] for repentance [live a repentant life].”
- Matthew 7:29 “Wherefore by their fruits ye shall know them.”
- Matthew 21:53 “The kingdom of God shall be taken from them, and shall be given to a nation [Gentiles] bringing forth the fruits thereof.”
- James 3:17 “But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be entreated, full of mercy and good fruits, without partiality, and without hypocrisy.

In this booklet, we have used the Inspired Version of the Bible. D&C stands for Doctrine and Covenants, modern revelations.

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Remnants Of Zion Especially Sisters (ROZES)

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Worship 1 "Love"

Scripture: 1 John 4:16,21

Hymn: #217 "Spirit of God, Descent Upon My Heart"

How blessed we are to have a God who loves us with unconditional love, a love we can't fully comprehend. Because God is love, we too are able to love. Love is also one of the fruits of the Spirit. That means it comes from God. The closer we walk with God, the more love we have. We are told all the commandments hang on the first two commandments on love. (Mark 12:35-36) To the extent we aren't loving, we are blocking God's spirit in our lives. It isn't Him withdrawing from us, but the just the opposite, we are withdrawing from Him. We can't have the fruits of the Spirit if we aren't walking in the Spirit.

An experience much earlier in my life confirmed this to me. My sister had done something that really upset me. I nursed that upset feeling. I was studying and praying, but not really feeling God's Spirit with me. I would go to church and feel the Spirit, but when I walked out the door it was gone. Then I read (1 John 4:20) "If a man says, I love God, and hateth his brother he is a liar..." I forgave my sister and whole heartedly loved her again. Now God's Spirit was back in my daily life.

God's love lets us reach out to others. It even helps us love the unlovable, including our enemies. If we open up to God's love by keeping His commandments, and reach out to others with His love, we can become full of love the way Jesus wants us to be. We can follow His example. Praying to see other people through Jesus' eyes helps.

Forgiving others is an important part of loving. God doesn't ask us to do that on our own either. He helps us forgive wrongs when we ask. One time my husband and I had a priesthood member lie to us and it cost us money we

weren't expecting to have to pay. I was very upset, but as I prayed, God helped me feel compassion for this brother and I was able to forgive him and love him. So this fruit of the Spirit aids us in all we are commanded to do.

The love of God in our lives is what draws us together, making us one. Remember, it was revealed to Nephi that the tree of life described in the Book of Mormon was "the love of God, which sheddeth itself abroad in the hearts of the children of men; wherefore it is the most desirable above all things." (1 Nephi 3:64)

May we walk in love, love for God, love for all others.

Written by Esther Miller



Study Guide 1

“Love”

Scripture: 1 John 4:7, D & C Sec. 6:9b

Hymn: #500 “Father, When in Love to Thee”

Love is a strong affection for another arising out of kinship or personal ties. Love is sacrificial. In the book of Mark 12 we are told the first commandment is to love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength. The second is to love thy neighbor as thyself. We are given a commandment, that we love one another, as God has loved us. (John 3:16) *“For God so loved the world that He gave His only Begotten Son”*.

You will never look into the eyes of someone God does not love. I was brought up in the church with the love from my parents and my church family. I always knew God loved me. After my three boys were older, I went back to work. I was a classroom aide for fifteen years at their elementary school. I worked with children that had physical disabilities and learning disabilities.

My first student was a kindergarten boy named Kyle. His hands were crippled and he wore braces on his legs. I was with him for seven years and I loved Kyle. He taught me so much about God’s love for each of us and how we all have a special place in this world. Kyle loved to hug and I was usually the one receiving this hug - his way of showing love.

I also worked with a little girl named Haven, that was adopted as a baby from Vietnam. Her birth parents could not be together, so they put baby Haven between them and strapped on a bomb. The parents did not survive but the baby did. As a result, Haven’s legs were blown off. She was adopted by an American family. She is a very positive person with everyone she meets. Haven is 17 years old now. She competed

in the para Olympics in Brazil and earned three medals in swimming. Haven travels the country sharing her story and the story of God's love. Haven exudes love!

I worked with so very many children and a few tested my love for them, but I knew I needed to give them the love that Christ placed within my heart.

I remember growing up at summer church camps. The love that is shared by everyone is beyond compare. You are away from the worldly cares and distractions. Your focus is on deepening your love for Christ and following Him. (Ephesians 3:17 & 19) *"That Christ may dwell in your hearts by faith, that ye, being rooted and grounded in love, and to know the love of Christ which passeth knowledge, that ye might be filled with the fullness of God."* Memories that last a lifetime.

In the Fruits of the Spirit, love is first. I think we must show our love to have joy, peace, long-suffering, gentleness, goodness, faith, meekness, and temperance (Galatians 5:22-23). The book of Romans, chapter 13 tells us that *"love is fulfilling the law of God"*. In (D&C R-157:5c), we are told as Handmaidens to *"be cheerful and let your countenances reflect the joy in serving all mankind. Always be guided by the hope of Zion and its fulfillment through your labors of love."*

I found a piece from Brother Earl R. Curry, speaking under the influence of the Holy Spirit from April 5, 1966 at Kirtland, Ohio. "I love with a love that is far above any earthly love. I long for you to arise and come unto me. I yearn over you infinitely more than a mother yearns over the welfare of her child. My servant has not words to describe the intensity of this my longing and my yearning. Come unto me, unto the One who has such high hopes for you". "I choose love. Today I will love God and what God loves." (Max Lucado).

Questions:

1. How does God show His love for us?
2. How can we love God and not testify of Him?

3. Have we sacrificed for the Lord?

Additional reading: (Genesis 7:40) (Jacob 2:50) (John 13:34-35) (1 John 2:15) (1 John 4:7) (2 Timothy 1:7)

Written by Robin Bayless



Worship 2

“Joy”

Scripture: 2 Nephi 1:115

Hymn: #24 “Joyful, Joyful We Adore Thee”

As Merriam–Webster states, “joy is the emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires”. A second definition is “a state of happiness”. Hopefully we have all experienced joy at times in our lives. As for me, my life has been riddled with joy! From growing up in a loving family with engaged parents who saw fit to introduce me to a Heavenly Father and an extended church family, to then marrying a caring, devoted man and having a family of our own to cherish, joy has been a constant. And now, in the stage of grandparenthood, that joy is sometimes unspeakable!

But back to those growing up years, I recall a dear lady whom we met in church when I was probably still in elementary school. Sister Joy Muir, at the time from New Orleans, LA, was, to me, the epitome of her name! The above scripture was one she liked to quote frequently. She and her husband, Richard, welcomed our family into theirs and, oh the fun. I loved going to their home, beautifully decorated with antiques and ‘fancy’ things, especially her dolls, to experience her endless joy of life. From tasting her French Toast la ‘Orange to going to Mardi Gras parades and exploring the city, life was never dull with Miss Joy! But the love and happiness continued as we shared reunion and youth camp experiences. Her famous ‘New Blue Cheer’ skit at campfires even yet brings a smile; “Wishy, wishy washy in the New Blue Cheer. Rinsy, rinsy, rinsy in the water so clear. Up to the nose, smells like a rose!” Through Joy sharing her ebullience no matter the situation, my life was enhanced and shaped as I shared many of the things I learned from her at subsequent

reunions and youth camps as both camper, and later, staff. I am grateful that my husband, Mark, and my daughters, Lauren and Taylor, and even my granddaughter, Olivia, were also able to experience the joy that 'Miss Joy' shared!

As I am sure many of you sisters have experienced, and others will yet, this stage of being a grandmother, or 'Gree', as in my case, is pure joy! It is an extension of the pure happiness I first realized as a new mother. Only bigger!! From the first cuddle, to the three-year-old exclaiming pitifully, when told by her mom that she could come out of timeout for not listening, "But you timed me out, mom.", this levity is much needed at this time in my life. And the joy of being good friends with my grown daughters is almost unspeakable!

I am grateful for this time and this place in my life, and for the joy that God sees fit to share to lighten many a situation. My prayer is that you, too, will experience His joy in your lives, and seek to find it in the unexpected places.

Prayer: Dear Heavenly Father, Please grant that we might experience your joy in our lives and share it with those with whom we come in contact daily.

Written by Pam Foreman



Study Guide 2

“Joy”

Joy is an attitude, not dependent on physical things, situations or people. It is a gift we receive from Lord as we draw closer in our relationship with Him and distance ourselves from Babylon. The only true joy, or fullness of joy is for us to live a life that puts us in God’s presence. Joy is a gift we are given and it is for us to make it grow or disappear. (John 15:10-13) *If ye keep my commandments, ye shall abide in my love; even as I have kept my Father’s commandments and abide in his love. These things have I spoken unto you, that my joy might be full. This is my commandment, That ye love one another, as I have loved you. Greater love hath no man than this that a man lay down his life for his friends.*

Joy many times begins as a feeling. One that is more commonly known is the Holy Spirit. Let’s think for a moment about our baptism. I was an adult and we had two children when I was baptized into the church. I was filled immediately with a joy, a joy that I understood differently than an 8 yr. old would but it was the same joy given to us. We each have the opportunity to cultivate that joy as we grow in the church. The joy of baptism, the cleansing from sin for an adult, needs to grow and become strong. It needs to be more than a passive joy we let surface on occasion. It should be beaming from us in many ways.

How does God want us to be filled with joy, especially joy from His Holy Spirit? We read several times in the scriptures about fullness of joy, filled with joy. How do we receive a fuller understanding of joy and keep that gift alive within us? What things in our life draw us closer to that joy He is so willing to share with us?

Joy comes to us when we take the time to commune with Him; when we read and meditate upon His words; when we decide to implement His words in our everyday life. Joy comes

thru our love for God and our hatred of sin. We feel a oneness with him. The need to implement this study and learning into our life is so important. As the Holy Spirit fills our lives we leave less room for sin. (Alma 14:124) *“And now behold I say unto you, has there been so great love in all the land? Behold, I say unto you, Nay, there has not, even among the Nephites. For behold, they would take up arms against their brethren; they would not suffer themselves to be slain. But behold, how many of these have laid down their lives, and we know that they have gone to their God, because of their love and of their hatred to sin”*. This joy increases the more we study. The Holy Spirit is drawing us closer to our Heavenly Father. We are here on earth in a probationary time, if we don't draw close, commune with him daily, will we be able to abide with him daily in eternal life?

Our faith helps us draw nearer to Him. It is very easy to say 'I have faith in God', but do we truly listen, trust and follow, or listen, follow and trust what the Holy Spirit is telling us. Many times trust and follow becomes something we put aside for another time, because it doesn't fit our way of thinking or time schedule. He expects us to reach out and trust, and follow that which He wants us to do. When we have that faith to reach out to Him and His desire, we receive joy.

When we have the faith we need, give thanks, fast and pray mightily unto God, we worship Him with an exceeding great joy. Being in the service to the Lord, draws us closer to Him. Every step closer gives us a greater joy. We all have our own way of working for the Lord. The important thing is to recognize and step out in that work. Let's think for a few moments about the journey of Lehi and his family. How they approached the altar and did the work He had for them. Not everyone found that joy in Lehi's family. Those who did find the joy brought much joy to the Lord and unto them. (3 Nephi 13:21-23) *“And all this will I do because of the thing which ye have desired of me, for ye have desired that ye might bring the souls of men unto me, while the world shall stand; and for this cause ye shall have*

fullness of joy; and ye shall sit down in the kingdom of my Father, Yea, your joy shall be full, even as the Father hath given me fullness of you; and ye shall be even as I am, and I am even as the Father; and the Father and I are one; And the Holy Ghost beareth record of the Father and me; and the Father giveth the Holy Ghost unto the children of men because of me.” Are we following His commandments by loving all people and by forgiving, repentance, helping others who are in need of a caring person in their life? We find our greatest joy when we are engaged in doing things for others. Sometimes it’s a need they have, sometimes it’s in preparing music or a worship that helps us worship. Maybe it’s reading the scriptures to those who can’t read. Each of us have our own way of working for the Lord. ***True joy is found in doing all of these things, when we do them for the Lord.***

Lastly let’s remind ourselves that repentance gives us joy. We always have that opportunity to come back to Him, thru repentance and do no more. Again, joy of the Holy Spirit comes when we cleanse our soul. In 2 Nephi we are told ‘Men are that they might have Joy’. What a profound statement. He, too, finds joy when we follow His ways. He has shown us the way. It is now for us to follow it, and in following Him we will bring forth the Kingdom of God.

Questions:

1. What works are you currently doing that bring joy to your soul?
2. Make a list of ways you can experience joy.
3. How long has it been since you experienced that joy?
4. The scriptures are full of references to shouts of joy, singing with joy, etc. Do we need more of this exceeding great joy in our lives, in our services?
5. Share a testimony of a time when in your study you could feel the Holy Spirit working within you and it brought you great joy.

Written by Barbara Sherer



Worship 3 “Peace”

Scripture: Psalms 29:11; Isaiah 66:12a

Hymn #547 “When Peace Like a River” by Christopher Stafford

When peace like a river, attendeth my way,
When sorrows like sea billows roll
Whatever my lot, thou hast taught me to say
It is well, it is well, with my soul

Though satan should buffet, though trials should come,
Let this blest assurance control,
That Christ has regarded my helpless estate,
And hath shed His own blood for my soul

My sin, oh, the bliss of this glorious thought
My sin, not in part but the whole,
Is nailed to the cross, and I bear it no more,
Praise the Lord, praise the Lord, o my soul

Chorus:

It is well (it is well) With my soul (with my soul)

It is well, it is well with my soul

Peace. When I was asked to provide a worship on Peace, I agreed. Yet I was thinking how can I talk about that! Why me? But then things happened and Peace was needed.

When the Coronavirus scare came into our world, I had Peace. We had food, I was working from home, my time was consumed with spring lambing and starting plants from seed to fill our high tunnel. We had plenty of food in the pantry and freezer and plenty of seeds. We didn't need to get out and go to the stores. Spring was coming and I felt assured that we were prepared. There was little time to worry. There was a list of things to do and I could have some Peace knowing that I was doing what I was directed to do. I was doing my part to

provide food security. I should have realized that things would change and I should not be so smug.

Every day, we are seeing God's Word coming alive. Things that were foretold are happening. Not quite the way it would happen. But, it is there and unfolding right before us. It truly is an exciting time! But it is not all fun and games. There are tragedies, hurts and disappointments. We can have Peace as we know what happens in the end. We read the book and we know the ending. Simplistic, but true.

But life is the part in the middle. There are roads to travel before we get to the end. How do we react with our family, our friends, our co-workers, our church family? We can't have Peace if things are left undone. Can we have Peace if all we do is pray and study? Doesn't it have to be applied to our daily life?

When Curt, Sariah, and I began plans to prepare for a move to Bountiful, there were plans made. Part of those plans was a small farm with animals. That has provided us with many opportunities to step out of our comfort zone. New activities and many new things to learn. Many prayers for assistance and direction. While the Lord has directed us to people and books, there comes a time when you have to step beyond book learning and apply concepts and hopefully it results in knowledge. There is no Peace until all of the animals are fed, watered, healthy and safe. And it has provided much Joy to our lives.

These were all items that I had some control in. They required some action on my part. I had Peace if I did my part. And then, something happened. This is not the place to share. But it was heartbreaking. I had no control of the situation and I had no Peace. My actions had to be strictly measured and the burden had to be placed with the Lord. I still had choices though. I could choose to worry constantly at the risk of becoming a basket case. Or, I could choose to carry that burden on my heart with the Lord.

I find myself going through the words to the hymn, “When Peace Like a River”. And I think of the man that wrote the words to that hymn. If he could find Peace after the trials placed in his life I could persevere. I could rejoice in the Peace that only comes from the Lord. And I continue to take steps, do my chores, study the Lord’s word, and prepare for the future. Does that mean that my burden is gone? No, that burden is there. But with the Lord’s help that will work itself out. That choice is under control of another. That is free will that is provided to all.

Written by Dawn Hoover



Study Guide #3

“Peace”

In the beginning God, through his Only Begotten Son, created. He made light to fill the darkness, water and earth and sky, creatures to creep and swim and fly. All of his works reflected his own beauty and light, and he saw that they were good. But above all, God created man (male and female) after his own image, and saw that they were good. He gave us minds to be able to think and speak and choose good from evil. He wanted us to be able to choose him, our Father. We know that Adam and Eve, and even some of the hosts of heaven used this gift of agency to disobey God.

(Read D&C 28:10a)

Adam and Eve made a choice to listen to and believe Satan, who told them it would be alright if they disobeyed God and took a bite of the forbidden fruit in the beautiful garden in which God had placed them. This one decision to disobey God resulted in a whole new way of life for Adam and his family. They had become separated from God, having sided with God's enemy Satan, and thus had become an enemy of God. We know that God sent an angel to explain to Adam and his family how they might repent and return into his presence by the power of the sacrifice of God's only Son. Adam was baptized in water, and also ordained a high priest of the Lord, and instructed to teach this gospel of repentance and salvation to his children forever. (See Genesis 7:67-71) By the time several generations had passed, many had believed Adam and become sons of God, but for many this separation of man from God had become a most troublesome situation.

If you have any doubt that man had become an enemy to God, look at: (D&C 36:7a-f).

Webster defines 'peace' as a pact or agreement to end hostilities between those who have been at war or in a state of

enmity. Thus in the meridian of time, that most precious gift we celebrate at Christmas time, the King of Kings and Lord of Lords, came to earth as a babe. Angels announced the miraculous birth of God's Son. (Luke 2:13-14) Let us read the words of Abinadi, a prophet of God, describing this beautiful pact of peace between God and man. (Mosiah 8:28-37)

God extended the life of Adam and his seed (all mankind) so they would have time to hear and accept this gospel of peace, the word of God's great love for us, and the rules he set forth for us to repent of our iniquities and become his sons and daughters. Because of our God-given ability to reason and choose and be an agent unto ourselves, God also gave commandments for us to learn and follow, that we would know how to choose Him, our Father, even that we might be like Him, and please Him, and therefore have joy in Him. We find a beautiful interpretation of the fall of Adam given by Nephi which is well worth reading (2 Nephi 1:105-125).

Now let us examine another aspect of this wonderful gospel of peace. For those who hearken to the word of God, for those who accept it into their lives and share it with others, for those who seek to know more of our God and His Christ, behold they shall find Him.

(Job 22:21-28)

(Luke 1:75-78)

(Romans 5:1-11)

(Philippians 4:4-9)

(James 3:13)

When God's people agree together to follow His commandments and become consecrated and holy before Him, a most remarkable thing happens. Everyone is cared for and all needs are met. No one goes hungry or naked and they share all things common. They are all free to worship God, and there is no crime or violence, and no need for police or military. It becomes as heaven, and God can walk among them. We know of several such communities historically.

(D&C 36:2g-3d) (Alma 10:11-13) (Genesis 14:32-36)
(4 Nephi 1:13-21)

In the latter days of this earth, once again God has spoken to His people through His prophets. In addition to the Doctrine and Covenants, the Remnant Church has been blessed with a prophet to bring specific instructions from our Lord to His church. Instructions which if understood and followed will lead to the establishment of Zion, a people who walk and talk with the Lord and make ready for His return in glory with the hosts of heaven. So let us study and implement into our daily lives these latter day revelations as we prepare for our Lord's return, and his ultimate kingdom of peace!

(D&C 65:1a-f) (D&C R-145:2, 5-7)

Questions:

1. What is the reason God made peace with mankind by sacrificing his Only Begotten Son, Jesus Christ?
2. For whom did God's Only Begotten Son die?
3. What are some of the ways we can achieve inner peace?
4. Is it possible to have inner peace while suffering pain or persecution?
5. What are some specific things the Lord told the Remnant we should do to be blessed beyond measure?
6. What are some ways we as women can promote the kingdom of God on earth?

Written by Diana Galbraith



Worship 4 “Long Suffering”

Scripture: Colossians 4:12

Hymn #444 “How Many Times Discouraged”

As I grew up watching family members who were suffering with all kinds of physical afflictions, I never once gave a thought to why or what caused them. They never let the afflictions keep them from doing the task that was before them. They each seemed to know that the Lord had a purpose for them, and they did their best. I didn't get to go to church as much as I should have, but I was influenced by all that my family and others did in my life. The times I had studied the Bible I learned of so many of the people that had not only physical sufferings, but spiral sufferings in their lives. I could not understand at that time what this all meant. When I was young I always had this feeling at times of a warm blanket being put around me and all the troubled things would go away. While David [my husband] was in the military and we were stationed at different forts, life wasn't the same for me. I no longer felt the love for God within me. I know he never stop loving me. It was me who stop loving him. When you are a part of the world, you lose a lot of yourself. When we came back home to my mom, grandparents, aunts, uncles and cousins, who were a great influence on Gods love for me, it was all coming back for me. It was such a blessing to me, and David. I truly had God's love in my heart and never wanted to do without it again.

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Written by Beverly Tevebaugh



Study Guide 4 “Long Suffering”

Scripture: (Colossians 3:12) *“Put on therefore, as the elect of God, holy and beloved, dowels of mercies, kindness, humbleness of mind, meekness, long-suffering.”*

The fourth fruit of the Spirit from (Galatians 5:22) is long-suffering. It is defined as bearing trouble, etc. patiently for a long time. We will look to the scriptures for study on a few of God’s chosen people who endured long-suffering.

Starting in the Old Testament, Job was described as “...perfect and upright, and one that feared God, and eschewed evil.” (Job 1:1) He was richly blessed of God yet Satan was allowed to put upon Job multiple afflictions. During these trials Job continued to commune with God and maintain a strong faith. His end result of long-suffering was being blessed twice as much more than his beginning. (Job 42:10-12) Also read: (Job 1:20-22; 2:9-10, 19:25-26).

Apostle Paul from the New Testament was long-suffering. This is evident beginning with his powerful conversion on the road to Damascus through his entire ministry of spreading the doctrine of Jesus Christ. (Read: Ephesians 3:7-8) Paul always stayed firm in his beliefs, rejoiced in the Lord and was strengthened by Christ. His long-suffering brought many souls to the truth. (Read: (2 Corinthians 11:22-33, 12:7-10; Philippians 1:21-24, 4:4-7, 4:11-13; 1 Timothy 1:15-17; 2 Timothy 3:10-12, 4:7-8)

In the Book of Mormon we look to the Prophet Lehi as an example for long-suffering. He received a vision from God and prophesied of the destruction of Jerusalem. After being mocked and his life threatened, Lehi was commanded by the Lord to take his family and flee into the wilderness. On the journey to the Land of Promise, Lehi endured a rebellious people, including his two eldest sons, his own chastisement for

murmuring against the Lord in a time of hunger and many other afflictions and hardships. Through his long-suffering, Lehi was blessed with a steadfast faith, spiritual gifts of visions and dreams, the plates of brass, the liahona to give them guidance and direction, and maintained his hope in the Savior, Jesus Christ. Read: (1 Nephi 1:23-27, 1:147-154, 1:169-172, 5:29-36; 2 Nephi 1:1-21).

The latter day prophet, Joseph Smith, Jr. is known for long-suffering. At the young age of fourteen he was hated and persecuted for sharing the account of his vision in the grove. Joseph was also told by the heavenly messenger, Moroni, that his name would be known for good and evil. Joseph had to suffer many afflictions through his trials and tribulations here on earth. The result of this prophet's obedience, enduring faith and long-suffering we now have the restored gospel authoritative priesthood, Book of Mormon, Inspired Holy Scriptures, revelations and an organized church. Read: (D&C 2:4, 17:1-2, 19:1-2, 92:1a, 95:1, 3, 98:5h-j, 102:2c-d)

Emma Smith also experienced long-suffering as she supported the ministry of her husband, Joseph. After his death she remained steadfast in the faith, continued to teach their children the gospel and preserved and protected the manuscripts of the Inspired Version of the Holy Scriptures. Read: (D&C Section 24).

“Strengthened with all might, according to His glorious power, unto all patience and long-suffering with joyfulness... (Colossians 1:11)

Remember when you go through a time of long-suffering to pray to your loving, merciful Heavenly Father, keep hope in your resurrected Savior, obtain peace and comfort by the Holy Ghost and exercise your faith through administration by the elders. God blessed me during my times of long-suffering by the above and allowed me to have a firm foundation in the gospel (taught by a strong, faithful mother), a caring husband

and son and extra support of family, the church family and friends.

God continues to be long-suffering. He is patiently waiting for an obedient chosen people that are following in the footsteps of His Beloved Son, our Savior, Jesus Christ. A people the Lord can call Zion because they are of one heart and of one mind and dwelling in righteousness with no poor among them. Read: (Numbers 14:18; 2 Peter 3:9; Alma 14:97.)

Read the words to Hymn #443 "Never Be Discouraged".

Discussion:

1. Discuss the long-suffering of Jesus Christ.
2. Give an example of a woman from the Scriptures who endured long-suffering.
3. Share your own experience of long-suffering.
4. Think on these words stated by Elder Charles Derry in a prayer meeting from 1864. (Spoken of the advantages of trials.) "They manifested our weakness, developed our strength, and led us to cling more closely to God."

Written by Joyce Van Meter



Worship #5 **“Gentleness”**

Scripture: D&C R-157: 5b

Hymn #378 “How Gentle God’s Command”

One evening I received a text from a dear sister asking if I would consider writing a testimony or devotion on gentleness. I have never done anything like this before and was very nervous and said that I would pray about it and get back with her. I sat for a minute and responded that yes I would do this. My stomach has been in knots and satan has been working on me, making me feel like a mean person inside (and for those of you who knew me when I was younger I felt like I was doing an adult version of kicking, biting, and pulling hair to others without actually doing those things). There is no way he is going to win this fight. So I kept on praying and researching to see what gentleness is all about. Of course the first thing that came to mind was that it is one of the Fruits of the Spirit listed in (Galatians 5:22) but I wanted to know more. Paul mentions in (2 Corinthians 10:1) how Christ was gentle “Now I, Paul, myself beseech you by the meekness and gentleness of Christ, who in presence am base among you, but being absent am bold toward you” but what does gentleness really mean? Gentleness means being tender, mild mannered, having a softness of action, lightness. It incorporates kindness, consideration and amiability.

Gentleness is not to be considered a weakness as some may think but rather a strength. In an article on the “7 Habits of Highly Gentle People” by Andy Mort nothing shows strength better than gentleness. It breeds peace, calm, steadiness and consistency of character. It attracts the trust of others. A gentle person 1) becomes conscious of their feelings, 2) thinks about how to react to a situation, 3) allows them to care, 4) takes their focus deeper, 5) helps to decide what they’re going to do, 6)

follows up with all who are affected, and 7) records their experiences. Gentleness can diffuse conflict, be persuasive, attractive, earn respect, witness to unbelievers, and make you like Christ. One picture that comes to mind is when Christ would be with the children and how He would love and speak with them. How He would hold them in His arms and hug them. I can just see this while reading the Scriptures; can you just see the love in His eyes and face? Or when there is a man who comes off with a rough exterior most of the time is holding a baby and he has such gentle hands, his countenance changes and you can just see the love radiate from him, just like Christ.

After reading over the list of what gentleness means, I became a little overwhelmed. I don't know about you but this is a lot to live up to and to do so day in and day out. But then I thought if Christ can do it so can I. At work there are many times, and I want to stress many times, when the above characteristics do not come to my mind when interacting with my coworkers. They just get on my nerves with all the interruptions. I want to be rude and tell them to figure it out for themselves, or in other words leave me alone so I can get my work done. Instead I take a deep breath, think how Christ wants me to react, and then respond. Who knew that I was incorporating some of the characteristics listed above? When in times of frustration I want to put myself in the other person's shoes to try and see what they are experiencing; how is this affecting them; listen to them' think about my reaction and show empathy/sympathy to let them know I do care. The reason this is mentioned is because this has been hard for me. Over the years my heart has become hard and insensitive and doesn't always display signs of gentleness when it is appropriate. Unfortunately I have hurt others and later must go and apologize. Why not stop this before it happens?

May I move forward, showing signs of gentleness in every action of my day and showing Christ in my life.

Written by Christy Mercer



Study Guide 5 “Gentleness”

Scripture: Galatians 5:22

Gentleness is defined in the dictionary as “the quality of being kind, tender, or mild-mannered.” Also defined as genteel behavior, softness of manners; mildness of temper; sweetness of disposition; meekness, mild treatment.

In terms of the fruit of the Spirit, the kind of gentleness we're discussing involves showing humility and thankfulness towards God, as well as polite, restrained and compassionate behavior towards others.

In reading and studying about gentleness, there seems to be 3 ways to be gentle: in word, thought and deed (or action).

Proverbs 15:1 A soft answer turneth away wrath: but grievous words stir up anger. Many of us are familiar with this verse and know how important it is in daily living. Words have power. I'm sure most of you can remember something someone said to you as a child that has affected your actions and thoughts. That one little comment someone dropped when you were a kid and it has colored the way you think about yourself your whole life. It may have been good or it may have been bad. But you remember it. Words have power. Our words to others can bring someone peace, joy, happiness, and strength. They can also bring condemnation, blame, and unworthiness. Let's remember to use them wisely and with gentleness. *Ephesians 4:29 Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.* And verses 30-32. Then ask the Lord to help you to forgive and forget those unhelpful comments we may have received as a child (or even recently) and remind ourselves that we are daughters of the One True King! And he loves us and sent his son to die for us. Could anyone love us more? *Colossians 3:12-13 Put on*

therefore, as the elect of God holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, long-suffering; Forbearing one another, and forgiving one another, if any man have a quarrel against any; even as Christ forgave you, so also do ye.

Sometimes that person who seems angry, uninterested or even bored may just need a word of encouragement or a brief “Hello, how’s it going” to give them a reason to change their attitude and realize someone cares and is interested in them. People who may look tough on the outside or unapproachable may be in need of a kind word. Outward appearances can be deceitful. It makes me think of those stories where someone has been at the end of their rope with depression and that one person reached out to make a phone call to check on that person and that one phone call was the reason they didn’t end their life. They realized someone cared. We don’t want to miss God giving us a nudge to talk to someone because we’re shy or feel socially awkward. If we get over ourselves we may be helping someone else and showing them the love of God. *Ephesians 4:2 With all lowliness and meekness, with long suffering, forbearing one another in love.*

Proverbs 23:7 For as he thinketh in his heart, so is he. God knows everything about us, even our thoughts. Our thoughts matter. Saying and doing the correct thing but thinking, “I don’t want to do this and I don’t want to be here” can cause us such inner turmoil. When I find myself in this battle of the mind, I ask God to forgive me, enlighten me, that I may have the right attitude. Trying to bring my thoughts into alignment with my speech and actions is sometimes difficult. But bringing God in to help with your discipline is how those thoughts can be turned around.

Matthew 5:29-31 Behold, it is written by them of old time, that thou shalt not commit adultery. But I say unto you that whosoever looketh on a woman to lust after her, hath committed adultery with her already in his heart. Behold, I give

unto you a commandment, that ye suffer none of these things to enter into your heart, for it is better that ye should deny yourselves of these things, wherein ye will take up your cross, than that ye should be cast into hell.

Apostle Paul speaks in (1 Thessalonians 2:7-8) *“But we were gentle among you, even as a nurse cherisheth her children; So being affectionately desirous of you, we were willing to have imparted unto you, not the gospel of God only, but also our own souls, because ye were dear unto us.”*

Gentleness is a strong hand with a soft touch. It is a tender, compassionate approach toward others’ weaknesses and limitations. A gentle person still speaks truth, sometimes even painful truth, but in doing so guards his tone so the truth can be well received.

Puritan leader Jonathan Edwards called gentleness “the Christian spirit.” Edwards said, “All who are truly godly and are real disciples of Christ have a gentle spirit in them.”

The Bible demonstrates Jesus’ gentleness in several verses. In fact, the Old Testament depicts Christ as unusually gentle, telling us that Jesus would not break a “bruised reed” or quench a “smoking flax” (Isaiah 42:3). In the Gospels, Jesus affirmed His gentleness: “I am meek and lowly in heart” (Matthew 11:29). And the apostles often reminded the early church of Jesus’ gentleness: “Now I, Paul, myself beseech you by the meekness and gentleness of Christ” (2 Corinthians 10:1).

Too many people equate *gentle* with *weak*; unless you would call the heroic apostle Paul, the fiery Puritan Jonathan Edwards, and Christ - the son of God - “weak”.

When my daughter was young, she used to love to squeeze my hand as hard as she could, trying to make it hurt. She could squeeze with all her might, but it never hurt. She didn’t need to be gentle because she lacked the power to cause me any pain. Then, just for fun, I’d give her hand a tight little squeeze until she yelped.

It's the strong hand, not the weak one, which must learn to be gentle.

—Gary Thomas from *Focus on the Family*

Questions:

1. Is there a difference between kindness and gentleness?
2. What are the 3 main ways we can be gentle?
3. Do you have an example when gentleness in words or speech changed an outcome irrevocably?
4. How can we practice gentleness in our thought life?
5. What actions convey gentleness?
6. Think of an example in the scriptures where gentleness was displayed and what the response was.

Written by Erin Gates



Worship 6 **“Goodness”**

Scripture: Psalms 23: 1-6

Hymn: #543 “What a Friend We Have in Jesus”

The definition of Goodness is to seek the benefit of others. It is no wonder that Goodness is one of the fruits of the Spirit. God seeks the ultimate benefit for each one of us, eternal life and immortal glory in the world to come. (Genesis 6:62) I have seen and benefited from others that have exemplified the fruit of goodness. They are those who see a need and set forth to meet that need - whether it involves a friend or stranger. They seek the benefit of others. And when I have seen it in action, it always makes my heart full because I know that gift is from God and it is His Spirit in action.

When I was just out of college and working at my first “real” job, far from home, God placed an extremely sweet lady in my life. Lola was the secretary for our department. She was an older lady and quickly became my mentor, friend, “mom”. She was a perfect example of goodness, always giving of herself for others. I was very shy when I was younger and that was the first time for me to be truly on my own and away from my parents. God’s gift to me during that time was Lola. Goodness (seeking the benefit of others) does not always mean that the benefit needed is monetary. Her friendship, guidance, and love are what I needed.

My sister, Julie, was blessed with the fruit of Goodness. I am always in awe to see how naturally it is for her to see a need of those around her - whether it’s her nieces, nephews, parents, siblings, friends, or strangers. She is always seeking to the benefit of others. When my boys or I need anything, she’s there taking care of that need. When a family moved in next to her, she noticed that the children needed gloves, food,

attention, love, guidance, and a knowledge of Jesus. She didn't stay locked behind her door, comfortable in her home, she immediately befriended them and met as many of their needs as she could. (Even when some of us were saying she was doing too much and getting too involved). Just recently, she and I had gone to Costco and then stopped by HyVee. I stayed in the car while she ran into HyVee. When she returned to the car, there was a gentleman with her. She reached into the back of her car and got out a package of toilet paper for him. He asked how much he owed her and she told him not to worry about it. When she got in the car, I asked her how that all transpired. She said he was in the aisle of paper products and looking around then asked her "do you know where they keep the toilet paper?" She explained to him that they were out of it but told him if he met her outside when he was done with his shopping, she would give him some. We should always be seeking the benefit of others.

Sara, my boss and friend, is also someone that is constantly seeking the benefit of others, not consciously but naturally. She runs a home healthcare business which she started to meet the need of those that cannot do things on their own but want to continue living in their own homes. No one is a stranger. All of her clients quickly become her friends. When they have a need, she fills it, with no hesitation. Someone needed a bed, so she took a bed from her own home (that was not an extra bed) and gave it to the person. She drives miles every week to help a gentleman whose family is nearby but not involved in his life. She spends hours away from her own family because there are those that have no family. She does not do it for money or for a pat on the back, she does it because she sees a need. She always says that her company is a "God thing" and I see that daily. It was an answer to my prayer to be able to have a job with flexibility, allowing me to be close to home and able to take Zach to doctor appointments or stay home with him when needed.

My prayer is that goodness will come more naturally to me that I may show God's goodness to others as I have been shown and have witnessed.

Written by Tina Gates



Study Guide 6 “Goodness”

Goodness is such a virtuous topic. I was drawn to it right away. I had everything mapped out and then a friend gave me this book, “Educated” by Tara Westover. The author was born into a family who was isolated from mainstream society. There was no one to ensure the children received an education and no one to intervene when an older brother became violent. Living in the mountains of Idaho, Tara might as well have been living on the moon. The family was lead by a bipolar, fundamentalist father so nothing would change. It just proves no matter how badly your parents treat you; children still seek their parent’s approval. Tara had a few people who intervened in her life, but she was so messed up that she found it hard to accept any kind of friendship let alone even be a friend to someone else. If you aren’t grounded and secure in even one relationship, how do you survive? This was so uncomfortable to read and yet I know there are many people living in similar situations. Tara did escape, but she will always carry the scars with her.

The Bible Dictionary defines goodness as “Goodness in man is not a passive quality but a deliberate preference of right to wrong. It is the firm and persistent resistance of all moral evil and the choosing and following of all moral good.”

“God’s goodness is infinitely and unchangeably good” (Zephaniah. 3:17), and his goodness is incomprehensible by the finite mind (Romans 8:27-28). God’s goodness appears in two ways – giving & forgiving (Matthew 5:18) (Luke 7:46-50).

Have you ever had a good friend that you knew you could rely on no matter what? I believe as you grow and mature, so do your relationships. I have had years go by and suddenly a reunion, death of a spouse, or some unexpected event will trigger a “reset” button. I have had friends that I haven’t physically seen in 50 years, but when a spouse died, we didn’t

give it a second thought to travel to the funeral and rekindle a relationship. Retirement has made this so much easier. But I believe there are no coincidences. God puts people where they need to be when they need to be there.

As Christians we are called to live lives that exemplify the character of Christ. Fruits of the Holy Spirit are defined as attributes of a person or community living in accord with the Holy Spirit. (Galatians 3:22-23). *“Those virtues are love, joy, peace, patience, kindness, faithfulness, goodness, gentleness, and self-control.”*

Hopefully, most of us learned goodness at an early age. We saw it take place in our families. Our parents, grandparents, aunts and uncles, church families modeling and doing good things for others. I have always been a visual learner. I saw my grandparents share the abundance of their garden and deliver it to others. One grandma played the piano in church, one taught Sunday school. My parents taught Sunday school, my dad taught Junior Church. I taught and progressed to Youth Camps and usually ended up bringing home one of the campers. I went from Youth Camp to foster parent to grandparent with a 47 year stopover in nursing. I just wanted to make a difference.

From the moment they put your baby in your arms you are filled with joy. Then everything stops. You thank God for this tiny blessing and realize what a stewardship this is. You want to love and take care of this precious gift, keep this little one safe and healthy. Teach him what he needs to know. You want him to be a joy to others also. The job of every parent is to raise a child who at each phase of growth is a blessing, not only to the parents, but to everyone else the child comes in contact with.

“The moral training of a child is the foundation of his or her upbringing (even as babies). The result is a child who is healthy, happy and well-adjusted throughout life.” (Baby Wise III, 1995). I could have used this when my kids were little sprouts!

As parents we are obligated to produce responsible human beings and that shouldn't be left to chance. The process of training your child starts with you. Belonging to your family is not an option for your child, but a mandate. There are certain virtues worth acquiring such as goodness, kindness, gentleness, charity, honesty, honor and respect. Since these qualities are not naturally found in a child's life they must be instilled and nurtured into his or her heart. This results in developing a mentally healthy child who is a joy to everyone. I can remember watching my parents at breakfast praying for their family. Mom would ask Dad where each of the kids and grandkids were and what they were doing. Then they would pray for guidance and protection for all of them by name. That is a habit my husband and I continued with our family. When the grandkids were in elementary school and stayed with us we kept a prayer journal and dated it. We had Sunday school and home church. Then when my son and daughter in law divorced, the grandkids moved out of state and we only saw them occasionally. When they did stay with us, we were able to go back to the journal and see how those prayers had been answered. When the kids were older we were finally able to take them to the Guthrie Grove Reunion. That was a victory in itself.

Sometimes in spite of all the love and prayers you have showered on a child, things happen. We received a horrible call in the middle of the night several years ago. Our precious grandchild felt life was too painful to continue living and was hospitalized. Why? It seemed his mother and stepfather wanted nothing to do with him. We (the grandparents and his father) wanted him but his whole school career was in another state and it was important to stay there. We learned his mom and stepdad had moved 25 miles away from school. He bought a car and was living in it so he didn't have to drive back and forth late at night after band and theater practice. That was

when we learned his stepdad had threatened him with a gun. Our problem was, we were 125 miles away.

Our prayers were answered. In 24 hours, three families offered to take our grandson in for the rest of the school year. The best fit was a gal from the Special Education department at school who knew him from theater. He ended up staying with that family until he went off to college. Talk about good people. They gave him space and responsibility. He even got another set of grandparents. Through it all, he maintained his honor student status, continued to work two jobs, and learned to play eight instruments by the time he graduated. His life was still complicated, but his motto is “I’m just me, the best I can be.” He worked tirelessly with Boys & Girls Club. He taught music, taught kids to fish, cleaned restrooms, and took on the kids with the toughest behavior problems. He is now finishing his second year of college. He still works two jobs, has 3.85 GPA. He refuses to cash the checks I send him because we gave him our eleven-year-old car. He is a good kid. He knows God loves him and I still at times get a text in the middle of the night saying, “Love you Grams.” He needed to know that people cared. Because they cared, he could be a joy to us all over again. Thank you, Jesus.

What you can do to perpetuate goodness:

1. There are so many problems (whether mental, financial, etc.) sometimes a smile is all you can offer, or a cheery “Hello”. If they have a baby or are a child say “Hello” to them.
2. Get to know your neighbors and their kids. (This is currently complicated by COVID 19).
3. Keep your eyes open to unhappy looking kids. Watch for children that avoid looking at you, who were previously happy and talkative.
4. Look at kids’ arms. If they are cutting, they will wear long sleeves and have a covering on arms or the abdomen so it’s not obvious. Cutting is like a pressure relief valve for pain with kids who are depressed.

5. I used to give my grandkids goodie bags of nuts, dried fruit, bottles of water, and crackers and peanut butter. Then I found out that's what my grandson had lived on. Follow your hunches!
6. I try to compliment people in line at the grocery store. It may be the only positive thing they hear all day.
7. I started putting a grocery bag at the end of our driveway with my Book Club books. My neighbors have stopped and thanked me. Next week I'll be putting out children's books and sports equipment.
8. I know it's easy with Facebook and e-mail, but everyone loves to get a card. Dollar Tree sells cards 2/\$1.00, and they make people happy. Speaking for the Baby Boomers: invest in a few and mail them quick before you lose them! My dining room table is home to the lost cards!
9. Teach your kids not to compare themselves to others. It always seems like others have so much more than you. You don't know what kind of financial situation they are in. Be happy with what you have.

Written by Vicki Olson



Worship 7

“Faith”

Scriptures: John 20:27–29; Romans 10:15–16; Isaiah 43:2

Hymn: #451 “My Jesus, I love Thee”

Isn't God amazing? His mysteries have captivated believers through time and eternity. I always find it fascinating that I am praying to the same God as Abraham, Isaac, and Jacob did so many years ago. God's work is timeless and truly he is worthy of our praise!

When we reflect on our faith, we might think back to a time when someone we loved was ill and we asked God to heal them. Was a blessing received? Most of us might be able to think of a time when yes, our loved one was healed, but we can probably also remember a time when our loved one was not healed. In times of healing, we might feel like our faith was strong. How strong does our faith feel when our loved one passes away?

The prophet Isaiah shares this thought, *“When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee; when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.”* (Isaiah 43:2) Such comforting words! But did you notice the phrases “walking through the waters” and “when thou walkest through the fire?” How pleasant does that sound? Not very! Sometimes having faith means being strong even in the worst times. Being faithful means believing that God hears our prayers even when we may hear silence.

I remember walking into my parents' house one bright, sunny Good Friday to talk to my Dad. I opened the door to their home and heard silence. No TV, no water running, nothing. I called out, “Hello?” but there was no response. I walked into the family room and found my Dad lying on the sofa with his

glasses in his hand. I yelled at him, but again, there was no response. I reached out to shake him, but his skin was cool to the touch. I called 911 and went through all the emergency procedures they told me to do while waiting on the ambulance. The EMT finally arrived and one man pulled me out of the way and asked me if I wanted to pray. His suggestion jolted me back to reality and I remember thinking that if I could just remember the right way to pray, God could bring my Dad back to life! Have faith as a mustard seed, pray in faith believing, your faith has made you well....all these thoughts of faith from the scriptures starting whirling around in my brain. My heart welled up, and I prayed so faithfully and so full of intensity! I opened my eyes fully expecting to hear the good news that my Dad had woke up from the EMT, but nothing had changed. They were still working on Dad. Immediately, I closed my eyes to pray **more** faithfully, more carefully, more earnestly. Still, there was no change. That day was the biggest test of my faith that I had ever lived through. I asked God to heal my Dad and his answer was no. The rest of the day passed in a blur. I felt as though I simply had not exercised enough faith to restore my Dad's health.

Common sense tells us that God cannot restore each person's loved ones forever. Sometimes the answer is no. It is then we find out if we have faith strong enough to trust in God's timing. Three days after my Dad's passing, it was Easter Sunday. While I was singing a ministry of music at church, I felt my Dad's hand on my shoulder and the Holy Spirit rested on me, and I knew the Lord was with me. God cared for me, his heart-broken child. I felt comforted and at peace, even invigorated, knowing that I would see my Dad again in heaven if I followed the Lord.

Sometimes God's answer is yes, sometimes the answer is no. We exhibit our faith through our response. Do people see you living your faith in the trying times as well as the good times? May that always be our goal.

(John 20:27–29) “Then saith he to Thomas, Reach hither thy finger, and behold my hands; and reach hither thy hand, and thrust it into my side; and be not faithless, but believing. And Thomas answered and said unto him, My Lord and my God. Jesus saith unto him, Thomas, because thou hast seen me, thou hast believed; blessed are they that have not seen, and yet have believed.”

(Romans 10:15–16) “How beautiful are the feet of them that preach the gospel of peace, and bring glad tidings of good things! So then faith cometh by hearing, and hearing by the word of God.”

Written by Rebecca Paris



Study Guide 7

“Faith”

As members of the Remnant Church of Jesus Christ of Latter Day Saints, upon hearing the word “Faith”, our minds are probably taken back to our Church’s beginning, in which Joseph Smith exercised his spirit of faith during the spring of 1820 when he prayed to God in the woods. At only 14 years old, he prayed concerning the lives of his whole family, that they might find conviction, and remained faithful for 7 more years, until the plates were to be recovered. *“If any of you lack wisdom, let him ask of God that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering; for he that wavereth is like a wave of the sea driven with the wind and tossed.”* (James 1:5-6)

Faith was not intended to exist alone, however. From Roy Cheville, we read: “In our family life our concern should be with the *fruits* of the Holy Spirit... Ever so often let the family read on these gifts in the fifth chapter of Paul’s letter to the Galatian congregation. *The fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance; against such there is no law.*

Fruits do not come overnight after sprinkling a cup of spiritual Vigoro on us. These qualities have to be grown. They take a long time. They come slowly. They require an ‘abiding’ spiritual sustenance. These fruits are the measure of saintliness. These are what we set out to achieve in our family living.

That closing comment of Paul’s carries something of tremendous import: ***‘Against such there is no law.’*** Even the cynical denouncer of our faith cannot deny the efficiency and the beauty of the Christian fruits....It is for us in our *family* living to aim at achieving the fruits of the Holy Spirit in our *daily* living. ...We set our lives to the achieving of the fruits of the Holy Spirit. This is the work of an ‘abiding’ presence.” (Cheville, Roy A. “10

Considerations for Family Living. Herald House: Independence, MO. 1958. Pages 145-146.)

It is important to discern between faith as a gift (I Corinthians 12:7-11), (Ephesians 2:8), (Hebrews 6:12) and faith as fruit. Author F. Henry Edwards teaches on the gift of faith: "To all of us is given some wisdom and some knowledge, but to certain chose ones these gifts are given in greater abundance than to others. So it is with the gift of faith. Faith in God is one of the basic qualifications for discipleship, but the gift of faith to some seems to be greater than ordinary people possess and is an outstanding endowment of confidence in God. This keener insight, this finer understanding, this surer confidence is given because the recipient has opened the windows of his soul to the light of God."

"It is not blindness to disturbing facts, or unusual credulity, of these are negative things. The faith which we are discussing is the positive work of the Spirit of God in the soul of man. It is the power to endure, as seeing him who is invisible (Hebrews 11:27)...the gift of faith which is matured steadily in a good man's life and nourished by his unflinching devotion is likely to be of more permanent value than its briefer counterpart....The most valuable gifts must be earned. I cannot give my boy an education; all I can do is to make an education available to for him. He gains the education as he shows that he merits it...Similarly faith is not handed out like a parcel; it is added, step by step, as the way of insight is prepared in the process of living." (Edwards, F. Henry. "Fundamentals: Enduring Convictions of the Restoration." Herald House: Independence, MO. 1948. Pages 219-221.)

We should first review how faith is defined in scripture. From Hebrews 11:1-3: *"Now faith is the assurance of things hoped for, the evidence of things not seen. For by it the elders obtained a good report. Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear."*

We understand that fruit, in the literal sense, is something that is borne out of effort. We are called by God to be bearers of much fruit. From John 15: 4-9 we read, *“Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. I am the vine, ye are the branches. He that abideth in me, and I in him, the same bringeth forth much fruit; for without me ye can do nothing. If a man abide not in me, he is cast forth as a branch, and is withered; and men gather them, and cast them into the fire, and they are burned. If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you. Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples. As the Father hath loved me, so have I loved you; continue ye in my love.”*

We must ask ourselves, if faith is something we must work to produce, though the help of the Holy Spirit: What are some ways that we can work to increase our faith?

Prayer: When the king’s men came to collect Daniel, they found him praying and *“making supplication before his God”*. He had been praying and giving thanks to God, *“kneeling upon his knees three times a day”*. The result? God sent an angel to *“shut the lions’ mouths”*. (Daniel 6:9-22)

From Thelona D. Stevens we read, *“When the Lord spoke through the brother of Jared, the people responded with faith and obedience, leaving their homes and possessions for the greater blessings God had in store for them.”*

“Some have advanced the thought that God expects us to do all we can by ourselves, and when we can do no more alone, then to call upon him for help. The Scriptures do not bear out such reasoning. ...Nephi reminds us, “Ye must not perform anything unto the Lord save in the first place ye shall pray unto the father in the name of Christ, that he will consecrate thy performance unto thee.” (2Nephi 14:12) (Stevens, Thelona D. “Book of Mormon Studies” Herald Publishing House: Independence, MO. 1948. Pages 44-46.)

Also read: (Alma 16:219-222)

Belief in the Promises of God: (Romans 4:20-22) *“He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God; And being fully persuaded, that what he had promised, he was able also to perform. And therefore it was imputed to him for righteousness.*

(Romans 8:38-39) *“For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.”*

After he had touched the stones and promised the Brother of Jared and his people a safe journey across the sea, God said (Ether 1:77) *“Behold, I am he who was prepared from the foundation of the world to redeem my people. Behold, I am Jesus Christ. I am the Father and the Son.”*

(3 Nephi 8:52) *“Pray in your families unto the Father, always in my name, that your wives and your children may be blessed.”*

Fasting: Jesus fasted in the wilderness for 40 days. Although he hungered during this time, he was given strength to withstand the temptations of the devil. (Matthew 4:1-11) We see evidence in Church History how fasting and prayer often precede instruction given to the church. (D&C 130:1)

Study: We read that faith comes by hearing. *“So then faith cometh by hearing, and hearing by the word of God. But I say, Have they not heard? Yes verily, their sound went into all the earth and their words unto the end of the world.”* (Romans 10:17-18) *“But behold, if ye will awake and arouse your faculties, even to an experiment upon my words, and exercise a particle of faith; yea, even if ye can no more than desire to believe, let this desire work in you, even until ye believe in a manner that ye can give place for a portion of my words.”* (Alma 16:151) If you have time, read (Alma 16:151-173). Alma is teaching about what you need for your own “seed of faith” to grow.

Sharing our Testimony: Defending our faith is something encouraged many times throughout scripture. (From Jude 1:3) *“Beloved, when I gave all diligence to write unto you of the common salvation, it was needful for me to write unto you, and exhort you that ye should earnestly contend for the faith which was once delivered unto the saints.”* (Psalms 94:16) *“Who will rise up for me against the evildoers? or who will stand up for me against the workers of iniquity?”* (Titus 1:9) *“Holding fast the faithful word as he hath been taught, that he may be able by sound doctrine both to exhort and to convince the gainsayers.”* (Mark 16:14) *“And he said unto them, Go ye into all the world, and preach the gospel to every creature.”*

We must be valiant in our testimony. (D&C 76:6g) [and surrounding scripture]

By Partaking of Church Ordinances: [Administration to the Sick]-(James 5:14-15) *“Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord; And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.* [Sacrament]-(Mark 11:22) *“And Jesus answering saith unto them, Have faith in God.”* John 14:1 *Let not your heart be troubled; ye believe in God, believe also in me.*

[Baptism]-(Mark 16:15) *“He that believeth and is baptized, shall be saved; but he that believeth not, shall be damned.”*

[Consecration]-(D&C 123:31b) *“May our renewed consecration under the better conditions his mercy has brought about, bring to him added glory and to his church prosperity and peace.”*

I close with the words of “O Help My Unbelief”, hymn by Isaac Watts, (also the author of “When I Survey the Wondrous Cross”, “O God, Our Help, in Ages Past” and “I Sing the Mighty Power of God”). May we always strive to cultivate our faith! References pertaining to growing our faith in **bold** (my own).

1. How sad our state by nature is! Our sin, how deep it stains!
And Satan binds our captive minds Fast in his slavish chains. But

there's a voice of sov'reign grace, **Sounds from the sacred word:** "O, ye despairing sinners come, And **trust upon the Lord.**"

2. My soul **obeys th' almighty call**, And runs to this relief
I would **believe thy promise**, Lord; O help my unbelief!
To the dear fountain of thy blood, Incarnate God, I fly; Here **let me wash my spotted soul**,
From crimes of deepest dye.

3. Stretch out Thine arm, victorious King, My reigning sins subdue;
Drive the old dragon from his seat, With all his hellish crew.
A guilty, weak, and helpless worm, **On thy kind arms I fall;**
Be thou my strength and righteousness, My Jesus, and my all.

Scriptural References: Hebrews 11, Matthew 17:15-21

Questions:

1. How does the faith of a child differ from that of an adult? (Matthew 18:3)
2. Tell about a time when God has asked you to do something out of your comfort zone. How did you subdue fear and allow God's strength and courage to do what he was asking? Did you grow in your faith?
3. What does the story of the seed in Alma 16 teach us about sharing the gospel with others? Even though it is referring to a seed growing within someone, how could we apply the same principle to caring for our fellow man? (Matthew 7:9-13)
4. Should we be discouraged with our impact seems small? Consider (Matthew 4:24-25) *"And he said, Whereunto shall I liken the kingdom of God? Or with what comparison shall we compare it? It is like a grain of mustard seed, which, when it is sown in the earth, is less than all the seeds that be in the earth; but, when it is sown, it groweth up, and becometh greater than all herbs, and shooteth out great*

branches; so that the fowls of the air may lodge under the shadow of it.

Written by Megan Romer



Worship 8 “Meekness”

Hymn #334, Unto God, Who Knows

Scripture: Moroni 8:29

Meekness is wisdom and a mark of true discipleship. Have you questioned if you are making the right decision and accepting Gods reassurance? Many times I have asked myself this. I am so thankful that my life has turned out in such a positive way. I know I was truly blessed when I met my husband. We have been married 54 years and have no regrets. We met when we were juniors in high school. We attended different schools and we know our meeting was God’s plan. You might say we met when we were born. We were born on the same day, same year, and in the same hospital. I attended the Baptist Church and Bob belonged the R. L. D. S. Church. This was not a problem for us. We were married in the R.L.D.S. Church in 1966. After we had our first daughter in 1971 we agreed that we needed to make a choice and not be divided by religion. I had no problem with this and always felt comfortable with Bob's beliefs. I was a Skylark, Oriole, O-teen leader, Sunday school teacher, shared nursery duty, youth leader, and helped with various other things. Many people we went to church with were surprised that I was not a member. In 1980 I was baptized. This decision was mine and I am so thankful that Bob was so patient with me. I know God had to work overtime on me in accepting this step in my life. In (Proverbs 14) it says: *“Meekness is wisdom”*. A mild, patient man is really an intelligent man; one who learns of Christ, who is wisdom Himself. I know I was not patient and wise at times. My Baptism came from my faith in God and the Church. From remission of sins brings meekness and with hope and love may all the saints come together with God. Our Church has suffered but through

meekness may we handle situations by being wise, patient, and tolerable of others actions. Because we have trust, love, and faith in God we will survive these trials we are experiencing.

Written by Andrea Beeman



Study Guide “Meekness”

In my Sunday school class when I was nine years old, we had a series on the Fruits of the Spirit. When we got to meekness, the teacher explained that it meant to be humble and gentle towards others, enduring injury with patience and without resentment and being willingly submissive. After the explanation, my sister blurted out “Annie, that’s you!” I felt so happy when she said this because it was the first time my type of personality was actually praised, my quiet demeanor and tenderheartedness were not a bad thing.

I think in the times we live now, meekness is considered a character flaw, especially in men. When I looked up meekness in the dictionary the describing sentence was “ Billy was made fun of for his meekness.” Wow. Luckily, God’s definition of meekness and the world’s definition of meekness differ greatly. Meekness is not a flaw in God’s eyes. To God, a man of meekness has purpose and is teachable; he does not have to prove himself outwardly with arrogance and pride. This is a man that God can use to build His Kingdom. This is not a sign of weakness of character, but of strength. It requires more strength to submit to others and to the will of the Lord. We do not want to be submissive when it comes to our morals and beliefs, but we need to be willing to compromise with others. Meekness to me is the very definition of love. Love (meekness) is patient and kind when it is tempted to do otherwise, it does not envy even when someone else is being more blessed than me. It is not proud and arrogant, not rude, not provoked to anger, thinks the best of every person, etc..

Submission: A quality of meekness is submission, avoiding quarrels. This is something meek people are especially good at. Being meek does not mean giving in just to avoid a conflict. Yes, God wants us to be free from strife, but being meek does not mean we do not confront evil. Moses was described by God as

a meek man (Numbers 12:3) but he stood up to Pharaoh repeatedly when he would not obey the Lord.

Enduring injury with patience and without resentment:

This quality of meekness could not be better demonstrated than Christ at his crucifixion (Matthew 27:30-33). He endured taunting, and pain and did nothing in return but love those who mocked him.

Humbleness: Humbleness is the opposite of pride; we all know how our Lord feels about pride. (Proverbs 16:18-19) tells us: *“Pride goeth before destruction and a haughty spirit before a fall. Better it is to be of a spirit with the lowly, then to divide the spoil with the proud.”* Pride can ruin lives, it can even ruin a once beautiful and God fearing nation. (4 Nephi 1:27-28) tells of this sad reality- *“And now in this 201st year, there began to be among them those lifted up in pride, such as the wearing of costly apparel and all manner of fine pearls and of the fine things of the world and from that time forth, they did have their substance no more common among them and they began to build up churches unto themselves to get gain and began to deny the true church of Christ.”* It is vitally important to be stay humble and give glory to God and not ourselves if we want the Kingdom on Earth.

Gentleness: Perhaps the sweetest quality of meekness. (Proverbs 16:24) says: *“Pleasant words are as honeycomb, sweet to the soul and health to the bones”* and (Proverbs 15:1) states: *“A soft answer turneth away wrath; but grievous words stir up anger.”* Gentleness is a strong hand with a soft touch. It is a tender, compassionate approach toward others’ weaknesses and limitations.

Now that we have a wider view of the definition of meekness, how can we go about achieving this quality in our daily lives?

Listening: As we learned, it takes a super strong person to humble themselves. I think a first step we can take is being still and listening. Finding out and respectfully listening to other’s

opinions make it easier to be submissive if we can understand their point of view.

Studying: As we learn more of the Master's will for us, we will find ourselves being more humble and relying not on our own understanding, but God's.

Being gentle: As women, I think being gentle comes naturally to us - we are pretty good at it. It is just in our nature to be quiet and kind with children and animals, but are we always gentle with others' feelings? Do we say an unkind word or two when miffed? Is it hard to keep our temper in check when things aren't going the way we think they should? Focusing on how our Savior acted to those who were cruel to Him can inspire a whole new way to be gentle to others.

Being meek is not synonymous with being weak. God loves those who are quietly strong and faithful, gentle and humble and will bless them with a special inheritance. (Matthew 5:7) *"Blessed are the meek, for they shall inherit the earth."*

Questions

1. Is there a place for meekness in the world we now live in?
2. How is meekness a helpful attribute to building the Kingdom?
3. How can we make meekness more a part of our Christian walk?
4. If we have a meek personality, how can we publicly witness of Christ?

Written by Annie Williams



Worship 9 **“Temperance”**

Scripture: Titus 2:12

Hymn #414: "Great is they Faithfulness"

With the upbringing that I had and that so many do, I learned over the years that building walls was essential in creating the best protection for myself - both emotionally and physically. Those blocks that I built with consisted of many different things. Some of those blocks consisted of shutting my friends and family out, being impatient and lashing out, being rebellious, lacking temperance and self control. It was built with those feelings of being unloved, unworthy, unimportant and I'm sure so much more that I can't even comprehend.

As a child the abuse and neglect got so severe that trying to explain my experience for you would be almost insulting. Honestly, it's hard not to be ashamed of my past. I wouldn't change a single chapter of my story; it's a little unorthodox and I wouldn't "recommend" it to anyone but I've learned more of life during my hardships than I ever did when things were easy. Temptations were laid at my feet and I had no self control or wisdom not to indulge.

I didn't have the privilege of growing up in a consistent Godly home. The Lord made it possible to experience His love through Christians in our community. One family stands strongly in my memory. I have no idea who this family was or how/where we met them. This family would often pick me up and take me to church and although I would be completely lost on what they were talking about, I knew in my heart at even about 8 years old that this was right, this was true - that I had a heavenly Father who loved me. I didn't get to go very often but it was definitely a foundation to the start my relationship with my Savior. As a child, I took their kindness for granted. My

prayer is that I could someday thank them and that I can be that same example they showed of Christ's love for others.

As years would go by, life continually became more challenging. My wall became higher, stronger. I left my mother's home at 12 years old and was placed with my cousin. We would attend the local Baptist church and life was seemingly good and I grew in my faith.

I remember the first time I felt the Holy Spirit. I was fairly active in my youth group when I was about 14 and I was given the opportunity to travel to southwest Missouri and attend camp Niangua. Along with all the typical camp festivities, class, swimming, games, volleyball... We gathered for daily worship in a big tin roof building. The day was clear, sunny and just a hot, July day. We began with worship and it was a beautiful service. We sang, "Let It Rain" by Michael W Smith. Towards the end of the song you could hear the rain begin to tap on the tin roof. As we continued the chorus, the rain became heavier and stronger. We didn't just hear the rain but we also felt His Spirit. We knew the Lord was right there with us. We probably sang for an hour straight as the rain grew louder than our voices could sing but it felt like a quick moment in time. That was the first time I could physically feel the Holy Spirit. Just as overpowering of a feeling that was, it was equally calming. When the rain ended, we departed. The clouds outside looked like hurricane size waves were about to crash down on us - big rolls of clouds with the sun peeking through. It was beyond words.

The Lord has a way of breaking down those walls. It's so easy to accept these blocks from the adversary but it can be challenging to let our guard down and let our Lord pave our way. I have always said I have had no control in the life the Lord has given me. I definitely didn't have the strength to break down my wall or the will power to pull myself out of a viscous cycle. The truth is that the Lord gave me strength and although

I still accept blocks here or there, the Lord has gives me wisdom to remove them each and every time.

There's 7 promises from God that I know he has held true to me.

1. I am your strength
2. I will never leave you
3. I have plans for you to prosper
4. I hear your prayers
5. I will fight for you
6. I will give you peace
7. I always love you

I've gotten married and had children. I have set goals and made things happen. Through the years I have learned good people inspired me to be my best self. Mean people gave me tough skin and a realistic view of the world. Successful people taught me how not to act when I succeed and to always give the glory to God. I thank God that He gives me the strength I need to live through each day and to face what gets thrown at me. The hardest things that I face are nothing in light of His ability to do miracles. That is so humbling to say. He strengthens me by the power of His Spirit to stand strong and brave in the middle of difficult situations. He gives me the strength to rise above any fear I have when I look at the challenges in my past and in my life now. Thank you Lord that I can do all things through Christ who strengthens me.

Written By Tiffany Terry



Study Guide “Temperance”

God gave us the Scriptures to offer instruction and guidance on how to live. We are called to follow the Spirit, as opposed to fulfilling only our human desires. Allowing the Spirit to lead us prevents sin by growing our character in God’s image.

“We need his Holy Spirit in our hearts, and when it is planted there, it will spring up of its own accord and bring forth fruit. The fruit which the Spirit bears is the divine nature in human personality. ‘God is love.’ Paul’s testimony naturally follows that ‘the fruit of the Spirit is love.’” (The Gifts and Fruit of the Spirit by Maurice L. Draper, page 126.)

(Galatians 5:22-23) *“But the fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance; against such there is no law.”*

These characteristics do not overlap with the sinful and worldly characteristics that come so easily to us. Patience, faith and self-control are seen as ideal and yet often seem out of reach when life is the most trying. God will grow these traits within our personalities if we choose to invite the Spirit in. Our base, human instincts are controlled by laws, rules, norms and mores [traditions] to keep us from harming others in our own self-interest. This scripture in Galatians tells us that welcoming the Holy Spirit into our minds will help us to make better choices and think better thoughts. We will become kind, patient, joyful, self-controlled, and faithful as we commune more with the Spirit.

You may be asking yourself how to access the fruit of the Spirit. The Second Book of Nephi explains that we have a choice between God’s commandments and the things of man. Choosing to be faithful to God’s words will lead to eternal life, and the fruit of the Spirit will grow in you while making those choices.

(2 Nephi 1:119-125) *“Wherefore, men are free according to the flesh; and all things are given them which are expedient unto man. And they are free to choose liberty and eternal life, through the great mediation of all men, or to choose captivity and death, according to the captivity and power of the devil: For he seeketh that all men might be miserable like unto himself. And now, my sons, I would that ye should look to the great Mediator, and hearken unto His great commandments; And be faithful unto His words, and choose eternal life, according to the will of His Holy Spirit, and not choose eternal death, according to the will of the flesh and the evil which is therein, which giveth the spirit of the devil power to captivate, to bring you down to hell, that he may reign over you in his own kingdom.”*

I often notice myself impatient or uncharitable to my own short-comings as well as the actions of others. I’m the most irritable and unhappy when my temporal wants are unfulfilled. However, when I exercise my faith, I find peace. Not the kind of peace I feel after the child is in bed and the dishes are done, but the kind of peace knowing God loves me and is with me even in the hardest of times. When we were expecting our first (and only) child, various ultrasounds revealed our baby had physical abnormalities. The abnormalities could indicate completely benign reflections of light, or indicate more serious problems. I did not accept the news with grace or with faith in God. I reacted with despair thinking my child may not be handsome, articulate, or capable of earning an income. I prayed fervently that my baby would be “normal”. After a few days of distress I asked the priesthood for administration. Following that I found myself able to proceed in faith instead of fear. Only after I acted on my faith did I find any amount of peace. I was still anxious about our baby’s safety, but I was ready to love him regardless

of his appearance or earning ability. What a gift faith was and is.

My faith in the Spirit also gave me hope that even though our son needed a month-long stay in the NICU [Neo-natal Intensive Care Unit] as well as surgery, I would never be abandoned by my God. He would always be there when I needed Him as well. We made it through the NICU experience and were able to come home as a family. While he still has his struggles, keeping strong in my faith through this trying time brought me closer with him, with my husband, and with the family and friends who were all there with me throughout. Each joyous moment since is made more joyful in that we've been through good and bad times together; each sorrow is more fleeting knowing there is brightness with those I love as we get through it together.

(Romans 5: 1-5) explains that faith leads to peace and that tribulations lead to patience. One good characteristic often triggers many additional good attitudes. Our attitudes in hard times and our ability to have faith as God commands us trickle down into other choices and mindsets over time.

The Spirit calls us to follow the moral laws of God. (Psalm 1:1-3): *“Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the Lord; and in His law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.”*

Following the Spirit can bring a calmness as spiritual preparation for life. Coming into a situation prepared will provide better results than coming in unprepared. Jesus likened the kingdom, the ultimate fruit of the Spirit, *“Unto ten virgins, which took their lamps, and went forth to meet the bridegroom. And five of them were wise, and five were foolish. They that were foolish took their lamps, and took no oil with*

them: but the wise took oil in their vessels with their lamps.”
(Matthew 25:1-4)

Questions to Consider

1. The fruit of the Spirit is a list of ideal traits. Can I have one of these traits without the others? Or do they grow together? Does love have a role in each of the traits?
2. What is “goodness”? What makes a person good?
3. Does the modern definition of meekness work in these scriptures? How do you think meekness by current definition compares to how Paul used it in Galatians? Why has the meaning of this word evolved over time?
4. Maurice Draper likened the fruit of the Spirit to a seed being planted. What elements are needed to nurture the fruit? Is there a time when those elements are no longer needed?
5. What patterns and habits have you built in your life to help you welcome the Spirit?

Written by Laura Burke

