



Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

LDS SCRIPTURE REFERENCES IN HARMONY WITH SCIENTIFIC BRAIN-REWIRING PRINCIPLES

Here are just a few of the many scriptures from the Book of Mormon, Doctrine and Covenants (D & C), and Pearl of Great Price that speak beautifully of the harmony between scientifically proven principles of successful brain rewiring (the fourteen headings displayed below) and the teachings of Jesus Christ. Just like as noted elsewhere in the scriptures chosen from the Bible, the more you become familiar with this harmony, the more you will see it surface in your regular scripture study.

You will note that many scriptures in this list can easily fall into more than one category. Taking note of that when it happens will help reinforce the beauty of the harmony we are trying to bring into sharper focus... and will add layers of meaning that will enhance your study.

I encourage you to take note of those messages that jump off the page and into your heart (stay tuned for a future Faith Squared Music song on that subject!), and then journal about it, pray about it, talk about it. The more you internalize *and* share these messages, the more they will naturally come alive in your life.

Daily gratitude practices have transformative power —

- 1 Nephi 15:14,15 – And at that day shall the remnant of our seed know that they are of the house of Israel, and that they are the covenant people of the Lord; and then shall they know and come to the knowledge of their forefathers, and also to the knowledge of the gospel of their Redeemer, which was ministered unto their fathers by him; wherefore, they shall come to the knowledge of their Redeemer and the very points of his doctrine, that they may know how to come unto him and be saved. And then at that **day will they not rejoice and give praise unto their everlasting God, their rock and their salvation? Yea, at that day, will they not receive the strength and nourishment from the true vine?** Yea, will they not come unto the true fold of God?
- Alma 7:23-25 – And now I would that ye should be humble, and be submissive and gentle; easy to be entreated; full of patience and long-suffering; being temperate in all things; being diligent in keeping the commandments of God at all times; asking for whatsoever things ye stand in need, both spiritual and temporal; **always returning thanks unto God for whatsoever things ye do receive. And see that ye have faith, hope, and charity, and then ye will always abound in good works.** And may the Lord bless you, and keep your garments spotless, that ye may at last be brought to sit down with Abraham, Isaac, and Jacob, and the holy prophets who have been ever since the world began, having your garments spotless even as their garments are spotless, in the kingdom of heaven to go no more out.
- Alma 34:37,38 – And now, my beloved brethren, I desire that ye should remember these things, and that ye should work out your salvation with fear before God, and that ye should no more deny the coming of Christ; That ye contend no more against the Holy Ghost, but that ye receive it, and take upon you the name of Christ; that ye humble yourselves even to the dust, and worship God, in whatsoever place ye may be in, in spirit and in truth; and **that ye live in thanksgiving daily, for the many mercies and blessings which he doth bestow upon you.**
- D & C 46:31,32 – And again, I say unto you, all things must be done in the name of Christ, whatsoever you do in the Spirit; And **ye must give thanks unto God in the Spirit for whatsoever blessing ye are blessed with.**
- D & C 78:17-19 – Verily, verily, I say unto you, ye are little children, and ye have not as yet understood how great blessings the Father hath in his own hands and prepared for you; And ye cannot bear all things now; nevertheless, be of good cheer, for I will lead you along. The kingdom is yours and the blessings thereof are yours, and the riches of eternity are yours. And **he who receiveth all things with thankfulness shall be made glorious; and the things of this earth shall be added unto him,** even an hundred fold, yea, more.
- D & C 136:28 – If thou art merry, praise the Lord with singing, with music, with dancing, and with a prayer of praise and thanksgiving.

2. Meditation and prayer invite and expand both healing and peace —

- 1 Nephi 2:16 – And it came to pass that I, Nephi, being exceedingly young, nevertheless being large in stature, and also having great desires to know of the mysteries of God, wherefore, **I did cry unto the Lord; and behold he did visit me, and did soften my heart** that I did believe all the words which had been spoken by my father; wherefore, I did not rebel against him like unto my brothers.
- 1 Nephi 11:1 – For it came to pass after I had desired to know the things that my father had seen, and believing that the Lord was able to make them known unto me, **as I sat pondering in mine heart I was caught away in the Spirit of the Lord**, yea, into an exceedingly high mountain, which I never had before seen, and upon which I never had before set my foot.
- 2 Nephi 4:15,16 – And upon these I write the things of my soul, and many of the scriptures which are engraven upon the plates of brass. For my soul delighteth in the scriptures, and **my heart pondereth them**, and writeth them for the learning and the profit of my children. Behold, my soul delighteth in the things of the Lord; **and my heart pondereth continually upon the things which I have seen and heard**.
- Alma 37:36,37 – Yea, and **cry unto God for all thy support**; yea, let all thy doings be unto the Lord, and whithersoever thou goest let it be in the Lord; yea, let all thy thoughts be directed unto the Lord; yea, let the affections of thy heart be placed upon the Lord forever. Counsel with the Lord in all thy doings, and he will direct thee for good; yea, when thou liest down at night lie down unto the Lord, that he may watch over you in your sleep; and when thou risest in the morning let thy heart be full of thanks unto God; **and if ye do these things, ye shall be lifted up at the last day**.
- Moroni 7:48 – Wherefore, my beloved brethren, **pray unto the Father with all the energy of heart**, that ye may be filled with this love, which he hath bestowed upon all who are true followers of his Son, Jesus Christ; that ye may become the sons of God; that when he shall appear we shall be like him, for we shall see him as he is; **that we may have this hope; that we may be purified even as he is pure**. Amen.
- D & C 10:5 – **Pray always, that you may come off conqueror...**
- D & C 6:14,15 – Verily, verily, I say unto thee, blessed art thou for what thou hast done; for thou hast inquired of me, and behold, as often as thou hast inquired thou hast received instruction of my Spirit. If it had not been so, thou wouldst not have come to the place where thou art at this time. Behold, thou knowest that thou hast inquired of me **and I did enlighten thy mind**; and now I tell thee these things that thou mayest know that thou hast been enlightened by the Spirit of truth;
- D & C 19:38,39 – **Pray always, and I will pour out my Spirit upon you, and great shall be your blessing**—yea, even more than if you should obtain treasures of earth and corruptibleness to the extent thereof. Behold, canst thou read this without rejoicing and lifting up thy heart for gladness?
- D & C 30:3 – Wherefore, you are left to inquire for yourself at my hand, and **ponder upon the things which you have received**.
- D & C 98: 1-3 – Verily I say unto you my friends, fear not, let your hearts be comforted; yea, rejoice evermore, and in everything give thanks; Waiting patiently on the Lord, for **your prayers have entered into the ears of the Lord** of Sabaoth, and are recorded with this seal and testament—the Lord hath sworn and decreed that they shall be granted. Therefore, he giveth this promise unto you, with an immutable covenant that they shall be fulfilled; and all things wherewith you have been afflicted shall work together for your good, and to my name's glory, saith the Lord.

3. Use the power of thoughts, words, and actions with intention —

- 1 Nephi 7:17,18 - But it came to pass that I prayed unto the Lord, saying: O Lord, **according to my faith which is in thee**, wilt thou deliver me from the hands of my brethren; yea, even give me strength that I may burst these bands with which I am bound. And it came to pass that **when I had said these words**, behold, the bands were loosed from off my hands and feet, and I stood before my brethren, and I spake unto them again.
- 1 Nephi 15:20 – ... And it came to pass **that I did speak many words** unto my brethren, that they were pacified and did humble themselves before the Lord.
- 1 Nephi 16:50 – And I said unto them: If God had commanded me to do all things I could do them. **If he should command me that I should say unto this water, be thou earth, it should be earth; and if I should say it, it would be done**.
- 2nd Nephi 31:12,13 – And also, the voice of the Son came unto me, saying: He that is baptized in my name, to him will the Father give the Holy Ghost, like unto me; wherefore, follow me, and **do the things which ye have seen me do**. Wherefore, my beloved brethren, I know that if ye shall follow the Son, **with full purpose of heart**, acting no hypocrisy and no deception before God, but **with real intent**, repenting of your sins, witnessing unto the Father that ye are willing to take upon you the name of Christ, by baptism—yea, by following your Lord and your Savior down into the water, according to his word, behold, then shall ye receive the Holy Ghost; yea, then cometh the baptism of fire and of the Holy Ghost; and **then can ye speak with the tongue of angels, and shout praises** unto the Holy One of Israel.
- Jacob 2:8 – And it supposeth me that they have come up hither to hear the pleasing word of God, yea, **the word which healeth the wounded soul**.

- Jacob 2:19 – And after ye have obtained a hope in Christ ye shall obtain riches, **if ye seek them; and ye will seek them for the intent to do good**—to clothe the naked, and to feed the hungry, and to liberate the captive, and administer relief to the sick and the afflicted.
- Jacob 4:9 – For behold, by the power of his word man came upon the face of the earth, which earth was created **by the power of his word**. Wherefore, if God being able to speak and the world was, and to speak and man was created, O then, why not able to command the earth, or the workmanship of his hands upon the face of it, according to his will and pleasure?
- Alma 17:4 – And they had been teaching the word of God for the space of fourteen years among the Lamanites, having had much success in bringing many to the knowledge of the truth; yea, **by the power of their words many were brought before the altar of God**, to call on his name and confess their sins before him.
- Alma 31:5 – And now, as **the preaching of the word had a great tendency to lead the people to do that which was just**—yea, it had had **more powerful effect** upon the minds of the people than the sword, or anything else, which had happened unto them—therefore **Alma thought it was expedient** that they should try the virtue of the word of God.
- Alma 43:48-50 – And it came to pass that when the men of Moroni saw the fierceness and the anger of the Lamanites, they were about to shrink and flee from them. And Moroni, **perceiving their intent**, sent forth and **inspired their hearts with these thoughts**—yea, the thoughts of their lands, their liberty, yea, their freedom from bondage. And it came to pass that they turned upon the Lamanites, and they cried with one voice unto the Lord their God, for their liberty and their freedom from bondage. And **they began to stand against the Lamanites with power**; and in that selfsame hour that they cried unto the Lord for their freedom, the Lamanites began to flee before them; and they fled even to the waters of Sidon.

4. Mindfulness and using our senses creates awareness —

- Mosiah 2:9 – And these are the words which he spake and caused to be written, saying: My brethren, all ye that have assembled yourselves together, you that can hear my words which I shall speak unto you this day; for I have not commanded you to come up hither to trifle with the words which I shall speak, but that you should hearken unto me, and **open your ears that ye may hear, and your hearts that ye may understand, and your minds that the mysteries of God may be unfolded to your view**.
- Alma 36:24-28 – Yea, and from that time even until now, I have labored without ceasing, that I might bring souls unto repentance; that I might bring them to taste of the exceeding joy of which I did taste; that they might also be born of God, and be filled with the Holy Ghost. Yea, and now behold, O my son, the Lord doth give me exceedingly great joy in the fruit of my labors; For **because of the word which he has imparted unto me, behold, many have been born of God, and have tasted as I have tasted, and have seen eye to eye as I have seen**; therefore they do know of these things of which I have spoken, as I do know; and the knowledge which I have is of God. **And I have been supported under trials and troubles of every kind, yea, and in all manner of afflictions**; yea, God has delivered me from prison, and from bonds, and from death; yea, and I do put my trust in him, and he will still deliver me. And I know that he will raise me up at the last day, to dwell with him in glory; yea, and I will praise him forever...
- 3 Nephi 11: 3-12 – And it came to pass that while they were thus conversing one with another, **they heard a voice as if it came out of heaven; and they cast their eyes round about**, for they understood not the voice which they heard; and it was not a harsh voice, neither was it a loud voice; nevertheless, and notwithstanding it being a small voice it did pierce them that did hear to the center, insomuch that there was no part of their frame that it did not cause to quake; yea, it did pierce them to the very soul, and did cause their hearts to burn. And it came to pass that again they heard the voice, and they understood it not. And **again the third time they did hear the voice, and did open their ears to hear it**; and their eyes were towards the sound thereof; and they did look steadfastly towards heaven, from whence the sound came. And behold, the third time they did understand the voice which they heard; and it said unto them: Behold my Beloved Son, in whom I am well pleased, in whom I have glorified my name—hear ye him. And it came to pass, as they understood they **cast their eyes up again** towards heaven; and behold, they saw a Man descending out of heaven; and he was clothed in a white robe; and he came down and stood in the midst of them; and **the eyes of the whole multitude were turned upon him**, and they durst not open their mouths, even one to another, and wist not what it meant, for they thought it was an angel that had appeared unto them. And it came to pass that he stretched forth his hand and spake unto the people, saying: Behold, I am Jesus Christ, whom the prophets testified shall come into the world. And behold, I am the light and the life of the world; and I have drunk out of that bitter cup which the Father hath given me, and have glorified the Father in taking upon me the sins of the world, in the which I have suffered the will of the Father in all things from the beginning. And it came to pass that when Jesus had spoken these words the whole multitude fell to the earth; for they remembered that it had been prophesied among them that Christ should show himself unto them after his ascension into heaven.
- Moroni 7:30 – And because he hath done this, my beloved brethren, have miracles ceased? Behold I say unto you, Nay; neither have angels ceased to minister unto the children of men. For behold, **they are subject unto him, to minister according to the word of his command**, showing themselves unto them of strong faith and a firm mind in every form of godliness.
- Moroni 9:25 – My son, be faithful in Christ; and may not the things which I have written grieve thee, to weigh thee down unto death; but may Christ lift thee up, and may his sufferings and death, and the showing his body unto our fathers, and his mercy and long-suffering, **and the hope of his glory and of eternal life, rest in your mind forever**.

- D & C 9:7-9 – Behold, you have not understood; you have supposed that I would give it unto you, when you took no thought save it was to ask me. But, behold, I say unto you, that you must **study it out in your mind; then you must ask me if it be right, and if it is right I will cause that your bosom shall burn within you; therefore, you shall feel that it is right.** But if it be not right you shall have no such feelings, but you shall have a stupor of thought that shall cause you to forget the thing which is wrong...
- D & C 76: 19 - **And while we meditated upon these things, the Lord touched the eyes of our understandings and they were opened, and the glory of the Lord shone round about.**
- Abraham 3:12 - And he said unto me: My son, my son (and his hand was stretched out), behold I will show you all these. And **he put his hand upon mine eyes, and I saw those things which his hands had made, which were many; and they multiplied before mine eyes, and I could not see the end thereof.**

5. Forgiveness of self and others is crucial to healing —

- Mosiah 26:30,31 – Yea, and as often as my people repent will I forgive them their trespasses against me. **And ye shall also forgive one another your trespasses;** for verily I say unto you, he that forgiveth not his neighbor's trespasses when he says that he repents, the same hath brought himself under condemnation.
- Moroni 6:8 – **But as oft as they repented and sought forgiveness, with real intent, they were forgiven.**
- Alma 36:18-21 – Now, as my mind caught hold upon this thought, I cried within my heart: O Jesus, thou Son of God, have mercy on me, who am in the gall of bitterness, and am encircled about by the everlasting chains of death. And now, behold, when I thought this, I could remember my pains no more; yea, **I was harrowed up by the memory of my sins no more.** And oh, what joy, and what marvelous light I did behold; yea, my soul was filled with joy as exceeding as was my pain! Yea, I say unto you, my son, that there could be nothing so exquisite and so bitter as were my pains. Yea, and again I say unto you, my son, that on the other hand, **there can be nothing so exquisite and sweet as was my joy.**
- D & C 1:31-33 – For I the Lord cannot look upon sin with the least degree of allowance; Nevertheless, **he that repents and does the commandments of the Lord shall be forgiven;** And he that repents not, from him shall be taken even the light which he has received; for my Spirit shall not always strive with man, saith the Lord of Hosts.
- D & C 58:42,43 – Behold, **he who has repented of his sins, the same is forgiven, and I, the Lord, remember them no more.** By this ye may know if a man repenteth of his sins—behold, he will confess them and forsake them.
- D & C 82:1 – Verily, verily, I say unto you, my servants, **that inasmuch as you have forgiven one another your trespasses, even so I, the Lord, forgive you.**

6. Self-care practices are vital to personal well-being —

- Mosiah 4:26,27 – And now, for the sake of these things which I have spoken unto you—that is, for the sake of retaining a remission of your sins from day to day, that ye may walk guiltless before God—I would that ye should impart of your substance to the poor, every man according to that which he hath, such as **feeding the hungry, clothing the naked, visiting the sick and administering to their relief,** both spiritually and temporally, according to their wants. And see that all these things are done in wisdom and order; for **it is not requisite that a man should run faster than he has strength.** And again, it is expedient that he should be diligent, that thereby he might win the prize; therefore, all things must be done in order.
- Alma 46:40 – And there were some who died with fevers, which at some seasons of the year were very frequent in the land—but not so much so with fevers, because of the **excellent qualities of the many plants and roots which God had prepared to remove the cause of diseases,** to which men were subject by the nature of the climate...
- D & C 10:4 – Do not run faster or labor more than you have strength...
- D & C 89: 10,11,18-21 – And again, verily I say unto you, all wholesome herbs God hath ordained for the constitution, nature, and use of man—Every herb in the season thereof, and every fruit in the season thereof; all these to be used with prudence and thanksgiving. And **all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones;** And shall find wisdom and great treasures of knowledge, even hidden treasures; **And shall run and not be weary, and shall walk and not faint.** And I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them. Amen.
- D & C 124:23 – ...therefore let it be a good house, worthy of all acceptation, that the weary traveler **may find health and safety** while he shall contemplate the word of the Lord; and the cornerstone I have appointed for Zion.
- Moses 2:29,30 – And I, God, said unto man: **Behold, I have given you every herb** bearing seed, which is upon the face of all the earth, and **every tree** in the which shall be the fruit of a tree yielding seed; to you it shall be for meat. And to **every beast** of the earth, and to **every fowl** of the air, and to **everything that creepeth** upon the earth, **wherein I grant life, there shall be given every clean herb for meat;** and it was so, even as I spake.

7. Service to others increases confidence & self-worth —

- Jacob 2:19 – And after ye have obtained a hope in Christ ye shall obtain riches, if ye seek them; and ye will seek them for the intent to do good—to **clothe the naked, and to feed the hungry, and to liberate the captive, and administer relief to the sick and the afflicted.**
- Mosiah 2:17 – And behold, I tell you these things that ye may learn wisdom; that ye may learn that **when ye are in the service of your fellow beings ye are only in the service of your God.**
- Alma 1:30,31 – And thus, in their prosperous circumstances, **they did not send away any who were naked, or that were hungry, or that were athirst, or that were sick, or that had not been nourished;** and they did not set their hearts upon riches; therefore they were liberal to all, both old and young, both bond and free, both male and female, whether out of the church or in the church, having no respect to persons as to those who stood in need. **And thus they did prosper...**
- Moroni 7:46,47 – Therefore, my beloved brethren, if ye have not charity, ye are nothing, for charity never faileth. Wherefore, **cleave unto charity, which is the greatest of all, for all things must fail—But charity is the pure love of Christ, and it endureth forever; and whoso is found possessed of it at the last day, it shall be well with him.**
- D & C 4:3-7 – Therefore, **if ye have desires to serve God ye are called to the work;** For behold the field is white already to harvest; and lo, he that thrusteth in his sickle with his might, the same layeth up in store that he perisheth not, **but bringeth salvation to his soul;** And faith, hope, charity and love, with an eye single to the glory of God, qualify him for the work. Remember faith, virtue, knowledge, temperance, patience, brotherly kindness, godliness, charity, humility, diligence. Ask, and ye shall receive; knock, and it shall be opened unto you. Amen.
- D & C – 38:35 – **And they shall look to the poor and the needy, and administer to their relief that they shall not suffer...**
- D & C – 44:6 – Behold, I say unto you, **that ye must visit the poor and the needy and administer to their relief,** that they may be kept until all things may be done according to my law which ye have received. Amen.

8. Caring relationships add meaning and value to our lives —

- 2 Nephi 31:20 – Wherefore, ye must press forward with a steadfastness in Christ, having a perfect brightness of hope, and **a love of God and of all men.** Wherefore, if ye shall press forward, feasting upon the word of Christ, and endure to the end, behold, thus saith the Father: Ye shall have eternal life.
- Mosiah 4:12,13 – And behold, I say unto you that if ye do this ye shall always rejoice, and be filled with the love of God, and always retain a remission of your sins; and ye shall grow in the knowledge of the glory of him that created you, or in the knowledge of that which is just and true. And **ye will not have a mind to injure one another, but to live peaceably,** and to render to every man according to that which is his due.
- Mosiah 18:8,9 – ...and now, as ye are desirous to come into the fold of God, and to be called his people, and **are willing to bear one another's burdens,** that they may be light; Yea, and **are willing to mourn with those that mourn; yea, and comfort those that stand in need of comfort,** and to stand as witnesses of God at all times and in all things, and in all places that ye may be in, even until death, that ye may be redeemed of God, and be numbered with those of the first resurrection, that ye may have eternal life—
- Ether 1:36-37 – Then Jared said unto his brother: Cry again unto the Lord, and it may be that he will turn away his anger from them who are our friends, that he confound not their language. And it came to pass that the **brother of Jared did cry unto the Lord, and the Lord had compassion upon their friends** and their families also, that they were not confounded.
- D & C 42:27 – **Thou shalt not speak evil of thy neighbor, nor do him any harm.**
- D & C 88:133 – Art thou a brother or brethren? I salute you in the name of the Lord Jesus Christ, in token or remembrance of the everlasting covenant, in which covenant **I receive you to fellowship,** in a determination that is fixed, immovable, and unchangeable, **to be your friend and brother** through the grace of God in the bonds of love, to walk in all the commandments of God blameless, in thanksgiving, forever and ever. Amen.
- D & C 107:30,31 – The decisions of these quorums, or either of them, are to be made in all righteousness, in holiness, and lowliness of heart, meekness and long suffering, and in faith, and virtue, and knowledge, temperance, patience, godliness, **brotherly kindness and charity;** Because the promise is, if these things abound in them they shall not be unfruitful in the knowledge of the Lord.
- D & C 121:41-44 – No power or influence can or ought to be maintained by virtue of the priesthood, **only by persuasion, by long-suffering, by gentleness and meekness, and by love unfeigned; By kindness, and pure knowledge,** which shall greatly enlarge the soul without hypocrisy, and without guile— Reproving betimes with sharpness, when moved upon by the Holy Ghost; and then showing forth afterwards an increase of love toward him whom thou hast reprov'd, lest he esteem thee to be his enemy...

9. Connecting with nature needs to be part of our healing —

- 1 Nephi 18:3 – And I, Nephi, **did go into the mount oft,** and I did pray oft unto the Lord; wherefore the Lord showed unto me great things.

- D & C 59:16-20 – Verily I say, that inasmuch as ye do this, **the fulness of the earth is yours**, the beasts of the field and the fowls of the air, and that which climbeth upon the trees and walketh upon the earth; Yea, and the herb, and **the good things which come of the earth**, whether for food or for raiment, or for houses, or for barns, or for orchards, or for gardens, or for vineyards; Yea, all things which come of the earth, in the season thereof, **are made for the benefit and the use of man, both to please the eye and to gladden the heart**; Yea, for food and for raiment, for taste and for smell, **to strengthen the body and to enliven the soul. And it pleaseth God that he hath given all these things unto man; for unto this end were they made to be used**, with judgment, not to excess, neither by extortion.
- D & C 104:12-17 – That every man may give an account unto me of the stewardship which is appointed unto him. For it is expedient that I, the Lord, should make every man accountable, as a steward over earthly blessings, which I have made and prepared for my creatures. **I, the Lord, stretched out the heavens, and built the earth, my very handiwork; and all things therein are mine. And it is my purpose to provide for my saints, for all things are mine.** But it must needs be done in mine own way; and behold this is the way that I, the Lord, have decreed to provide for my saints, that the poor shall be exalted, in that the rich are made low. **For the earth is full, and there is enough and to spare**; yea, I prepared all things, and have given unto the children of men to be agents unto themselves.
- D & C 128:22,23 – Brethren, shall we not go on in so great a cause? Go forward and not backward. Courage, brethren; and on, on to the victory! Let your hearts rejoice, and be exceedingly glad. **Let the earth break forth into singing.** Let the dead speak forth anthems of eternal praise to the King Immanuel, who hath ordained, before the world was, that which would enable us to redeem them out of their prison; for the prisoners shall go free. **Let the mountains shout for joy, and all ye valleys cry aloud; and all ye seas and dry lands tell the wonders of your Eternal King! And ye rivers, and brooks, and rills, flow down with gladness. Let the woods and all the trees of the field praise the Lord; and ye solid rocks weep for joy! And let the sun, moon, and the morning stars sing together, and let all the sons of God shout for joy! And let the eternal creations declare his name forever and ever!** And again I say, how glorious is the voice we hear from heaven, proclaiming in our ears, glory, and salvation, and honor, and immortality, and eternal life; kingdoms, principalities, and powers!

10. We must choose taking responsibility over victimhood —

- Alma 3:19&27 – Now I would that ye should see **that they brought upon themselves the curse**; and even so doth **every man that is cursed bring upon himself his own condemnation**. For every man receiveth wages of him whom he listeth to obey, and this according to the words of the spirit of prophecy; therefore let it be according to the truth.
- Alma 12:12-14 – And Amulek hath spoken plainly concerning death, and being raised from this mortality to a state of immortality, and being brought before the bar of God, **to be judged according to our works**. For behold, if a man being evil giveth a gift, he doeth it grudgingly; wherefore it is counted unto him the same as if he had retained the gift; wherefore he is counted evil before God. And likewise also is it counted evil unto a man, if he shall pray and not with real intent of heart; yea, and it profiteth him nothing, for God receiveth none such.
- Alma 39:12,13 – And now the Spirit of the Lord doth say unto me: Command thy children to do good, lest they lead away the hearts of many people to destruction; therefore I command you, my son, in the fear of God, that ye refrain from your iniquities; That ye turn to the Lord with all your mind, might, and strength; that ye lead away the hearts of no more to do wickedly; but rather return unto them, **and acknowledge your faults and that wrong which ye have done.**
- Mormon 8:14 – And then cometh the judgment of the Holy One upon them; and then cometh the time that **he that is filthy shall be filthy still; and he that is righteous shall be righteous still; he that is happy shall be happy still; and he that is unhappy shall be unhappy still.**
- Moroni 7:10-12 – Wherefore, **a man being evil cannot do that which is good; neither will he give a good gift. For behold, a bitter fountain cannot bring forth good water; neither can a good fountain bring forth bitter water**; wherefore, a man being a servant of the devil cannot follow Christ; and if he follow Christ he cannot be a servant of the devil. Wherefore, all things which are good cometh of God; and that which is evil cometh of the devil; for the devil is an enemy unto God, and fighteth against him continually, and inviteth and enticeth to sin, and to do that which is evil continually.

11. Repeating affirmations shapes perceptions and possibilities —

- 2 Nephi 32:2-3 – Do ye not remember that I said unto you that after ye had received the Holy Ghost ye could **speak with the tongue of angels**? And now, how could ye speak with the tongue of angels save it were by the Holy Ghost? Angels speak by the power of the Holy Ghost; wherefore, they speak the words of Christ. Wherefore, I said unto you, **feast upon the words of Christ; for behold, the words of Christ will tell you all things what ye should do.**
- Enos 1:3 – Behold, I went to hunt beasts in the forests; and **the words which I had often heard my father speak concerning eternal life, and the joy of the saints, sunk deep into my heart.**
- Alma 46:12-14 – And it came to pass that he rent his coat; and he took a piece thereof, and **wrote upon it—In memory of our God, our religion, and freedom, and our peace, our wives, and our children**—and he fastened it upon the end of a pole. And he fas-

tened on his head-plate, and his breastplate, and his shields, and girded on his armor about his loins; and he took the pole, which had on the end thereof his rent coat, (and he called it the title of liberty) and he bowed himself to the earth, and he prayed mightily unto his God for the blessings of liberty to rest upon his brethren, so long as there should a band of Christians remain to possess the land—For thus were all the true believers of Christ, who belonged to the church of God...

(NOTE: Those words became a rallying cry that carried and sustained the people.)

- **Helaman 5:34-48** – And it came to pass that the Lamanites could not flee because of the cloud of darkness which did overshadow them; yea, and also they were immovable because of the fear which did come upon them. Now there was one among them who was a Nephite by birth, who had once belonged to the church of God but had dissented from them. And it came to pass that he turned him about, and behold, he saw through the cloud of darkness the faces of Nephi and Lehi; and behold, they did shine exceedingly, even as the faces of angels. And he beheld that they did lift their eyes to heaven; and they were in the attitude as if talking or lifting their voices to some being whom they beheld. And it came to pass that this man did cry unto the multitude, that they might turn and look. And behold, there was power given unto them that they did turn and look; and they did behold the faces of Nephi and Lehi. And they said unto the man: Behold, what do all these things mean, and who is it with whom these men do converse? Now the man's name was Aminadab. And Aminadab said unto them: They do converse with the angels of God. And it came to pass that the Lamanites said unto him: What shall we do, that this cloud of darkness may be removed from overshadowing us? And Aminadab said unto them: **You must repent, and cry unto the voice, even until ye shall have faith in Christ, who was taught unto you by Alma, and Amulek, and Zeezrom; and when ye shall do this, the cloud of darkness shall be removed from overshadowing you. And it came to pass that they all did begin to cry unto the voice of him who had shaken the earth; yea, they did cry even until the cloud of darkness was dispersed.** And it came to pass that when they cast their eyes about, and saw that the cloud of darkness was dispersed from overshadowing them, behold, they saw that they were encircled about, yea every soul, by a pillar of fire. And Nephi and Lehi were in the midst of them; yea, they were encircled about; yea, they were as if in the midst of a flaming fire, yet it did harm them not, neither did it take hold upon the walls of the prison; and they were filled with that joy which is unspeakable and full of glory. And behold, the Holy Spirit of God did come down from heaven, and did enter into their hearts, and they were filled as if with fire, and **they could speak forth marvelous words.** And it came to pass that there came a voice unto them, yea, a pleasant voice, as if it were a whisper, saying: Peace, peace be unto you, because of your faith in my Well Beloved, who was from the foundation of the world. And now, when they heard this they cast up their eyes as if to behold from whence the voice came; and behold, they saw the heavens open; and **angels came down out of heaven and ministered unto them.**
- **3 Nephi 15:1** – And now it came to pass that when Jesus had ended **these sayings** he cast his eyes round about on the multitude, and said unto them: Behold, **ye have heard the things which I taught** before I ascended to my Father; therefore, whoso **remembereth these sayings of mine** and doeth them, him will I raise up at the last day.
- **D & C 88: 62-63** – And again, verily I say unto you, my friends, **I leave these sayings with you to ponder in your hearts**, with this commandment which I give unto you, that ye shall call upon me while I am near—**Draw near unto me and I will draw near unto you; seek me diligently and ye shall find me; ask, and ye shall receive; knock, and it shall be opened unto you.**

12. Emotions, beliefs, & expectations create your reality —

- **1 Nephi 1:29** – ...But behold, I, Nephi, will show unto you that **the tender mercies of the Lord are over all those whom he hath chosen, because of their faith, to make them mighty even unto the power of deliverance.**
- **1 Nephi 3:7** – And it came to pass that I, Nephi, said unto my father: 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 11:1** – And when I had spoken these words, the Spirit cried with a loud voice, saying: Hosanna to the Lord, the most high God; for he is God over all the earth, yea, even above all. And blessed art thou, Nephi, **because thou believest in the Son of the most high God; wherefore, thou shalt behold the things which thou hast desired.**
- **1 Nephi 15:8,9** – And I said unto them: **Have ye inquired of the Lord?** And they said unto me: **We have not; for the Lord maketh no such thing known unto us.**
- **Jarom 1:4** – And there are many among us who have many revelations, for they are not all stiffnecked. And **as many as are not stiffnecked and have faith, have communion with the Holy Spirit, which maketh manifest unto the children of men, according to their faith.**
- **Enos 1:8, 11,12** – And he said unto me: **Because of thy faith in Christ, whom thou hast never before heard nor seen.** And many years pass away before he shall manifest himself in the flesh; wherefore, go to, thy faith hath made thee whole. And after I, Enos, had heard these words, my faith began to be unshaken in the Lord; and I prayed unto him with many long strugglings for my brethren, the Lamanites. And it came to pass that **after I had prayed and labored with all diligence, the Lord said unto me: I will grant unto thee according to thy desires, because of thy faith.**
- **Mosiah 2:41** – And moreover, I would desire that ye should consider on the blessed and happy state of those that keep the commandments of God. For behold, **they are blessed in all things, both temporal and spiritual; and if they hold out faithful to the end they are received into heaven, that thereby they may dwell with God in a state of never-ending happiness.** O remember, remem-

ber that these things are true; for the Lord God hath spoken it.

- Mosiah 29:10 – And now let us **be wise and look forward to these things, and do that which will make for the peace of this people.**
- Alma 12:13,14 – For behold, **if a man being evil giveth a gift, he doeth it grudgingly; wherefore it is counted unto him the same as if he had retained the gift;** wherefore he is counted evil before God. And likewise also is it counted evil unto a man, if he shall pray and not with real intent of heart; **yea, and it profiteth him nothing,** for God receiveth none such.
- Alma 15:6-11 And it came to pass that Alma said unto him, taking him by the hand: Believest thou in the power of Christ unto salvation? And he answered and said: Yea, I believe all the words that thou hast taught. And Alma said: **If thou believest in the redemption of Christ thou canst be healed. And he said: Yea, I believe according to thy words. And then Alma cried unto the Lord, saying: O Lord our God, have mercy on this man, and heal him according to his faith which is in Christ. And when Alma had said these words, Zeezrom leaped upon his feet, and began to walk;** and this was done to the great astonishment of all the people; and the knowledge of this went forth throughout all the land of Sidom.
- Moroni 7:33 – And Christ hath said: **If ye will have faith in me ye shall have power to do whatsoever thing is expedient in me.**
- D & C 6:8 – Verily, verily, I say unto you, **even as you desire of me so it shall be unto you;** and if you desire, you shall be the means of doing much good in this generation.
- D & C 42: 48-51 – And again, it shall come to pass that **he that hath faith in me to be healed, and is not appointed unto death, shall be healed.** He who hath faith to see shall see. He who hath faith to hear shall hear. The lame who hath faith to leap shall leap.

13. Joy is found in visualizing righteous desires —

- 1 Ne 11:21-23 – And the angel said unto me: Behold the Lamb of God, yea, even the Son of the Eternal Father! Knowest thou the meaning of the tree which thy father saw? And I answered him, saying: Yea, **it is 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. And he spake unto me, saying: Yea, and **the most joyous to the soul.**

(NOTE: Remember this took place in a vision. It was not an actual physical event.)

- 1 Nephi 16:5 – And it came to pass that they did humble themselves before the Lord; insomuch **that I had joy and great hopes of them,** that they would walk in the paths of righteousness.
- Mosiah 18: 10,11 – Now I say unto you, if this be **the desire of your hearts,** what have you against being baptized in the name of the Lord, as a witness before him that ye have entered into a covenant with him, that ye will serve him and keep his commandments, that he may pour out his Spirit more abundantly upon you? And now when the people had heard these words, **they clapped their hands for joy, and exclaimed: This is the desire of our hearts.**
- Alma 4:14 – **Looking forward to that day, thus retaining a remission of their sins; being filled with great joy** because of the resurrection of the dead, according to the will and power and deliverance of Jesus Christ from the bands of death.
- 3 Nephi 17:13-18 – And it came to pass that when they had all been brought, and Jesus stood in the midst, he commanded the multitude that they should kneel down upon the ground. And it came to pass that when they had knelt upon the ground, Jesus groaned within himself, and said: Father, I am troubled because of the wickedness of the people of the house of Israel. And when he had said these words, he himself also knelt upon the earth; and **behold he prayed unto the Father,** and the things which he prayed cannot be written, and the multitude did bear record who heard him. And after this manner do they bear record: The eye hath never seen, neither hath the ear heard, before, **so great and marvelous things as we saw and heard Jesus speak unto the Father;** And no tongue can speak, neither can there be written by any man, neither can the hearts of men conceive so great and marvelous things as we both saw and heard Jesus speak; and **no one can conceive of the joy which filled our souls at the time we heard him pray for us unto the Father.** And it came to pass that when Jesus had made an end of praying unto the Father, he arose; but **so great was the joy of the multitude that they were overcome.**
- D & C 100:12-15 – Therefore, **continue your journey and let your hearts rejoice;** for behold, and lo, I am with you even unto the end. And now I give unto you a word concerning Zion. Zion shall be redeemed, although she is chastened for a little season. Thy brethren, my servants Orson Hyde and John Gould, are in my hands; and inasmuch as they keep my commandments they shall be saved. Therefore, **let your hearts be comforted; for all things shall work together for good to them that walk uprightly,** and to the sanctification of the church.
- D & C 124: 97, 99, 101 – Let my servant.../...also receive the keys by which **he may ask and receive blessings;** let him be humble before me, and be without guile, and **he shall receive of my Spirit, even the Comforter, which shall manifest unto him the truth of all things,** and shall give him, in the very hour, what he shall say. And he shall be led in paths where the poisonous serpent cannot lay hold upon his heel, and he shall mount up in the imagination of his thoughts as upon eagles' wings. Therefore, let my servant.../...**cry aloud and spare not, with joy and rejoicing, and with hosannas to him that sitteth upon the throne** forever and ever, saith the Lord your God.

14. Love and light bring energy, connection and hope —

- D & C 88:50 – Then shall ye know that ye have seen me, that I am, and that **I am the true light that is in you**, and that you are in me; otherwise ye could not abound.
 - 2 Nephi 10:14 – For he that raiseth up a king against me shall perish, for I, the Lord, the king of heaven, will be their king, **and I will be a light unto them forever, that hear my words.**
 - 2 Nephi 31:3 – For my soul delighteth in plainness; for after this manner doth the Lord God work among the children of men. For **the Lord God giveth light unto the understanding**; for he speaketh unto men according to their language, unto their understanding.
 - Alma 5:6-9 – And now behold, I say unto you, my brethren, you that belong to this church, have you sufficiently retained in remembrance the captivity of your fathers? Yea, and have you sufficiently retained in remembrance his mercy and long-suffering towards them? And moreover, have ye sufficiently retained in remembrance that he has delivered their souls from hell? Behold, he changed their hearts; yea, he awakened them out of a deep sleep, and they awoke unto God. Behold, they were in the midst of darkness; nevertheless, **their souls were illuminated by the light of the everlasting word**; yea, they were encircled about by the bands of death, and the chains of hell, and an everlasting destruction did await them. And now I ask of you, my brethren, were they destroyed? Behold, I say unto you, Nay, they were not. And again I ask, were the bands of death broken, and the chains of hell which encircled them about, were they loosed? I say unto you, Yea, they were loosed, and their souls did expand, **and they did sing redeeming love.** And I say unto you that they are saved.
 - Alma 19:6 – Now, this was what Ammon desired, for he knew that king Lamoni was under the power of God; he knew that the dark veil of unbelief was being cast away from his mind, **and the light which did light up his mind, which was the light of the glory of God, which was a marvelous light of his goodness—yea, this light had infused such joy into his soul**, the cloud of darkness having been dispelled, and that the light of everlasting life was lit up in his soul, yea, he knew that this had overcome his natural frame, and he was carried away in God—
 - Alma 32:35 – O then, is not this real? I say unto you, Yea, because it is light; and **whatsoever is light, is good**, because it is discernible, therefore ye must know that it is good; and now behold, after ye have tasted this light is your knowledge perfect?
 - Alma 36:18-21 – Now, as my mind caught hold upon this thought, I cried within my heart: O Jesus, thou Son of God, have mercy on me, who am in the gall of bitterness, and am encircled about by the everlasting chains of death. And now, behold, when I thought this, I could remember my pains no more; yea, I was harrowed up by the memory of my sins no more. **And oh, what joy, and what marvelous light I did behold; yea, my soul was filled with joy** as exceeding as was my pain! Yea, I say unto you, my son, that there could be nothing so exquisite and so bitter as were my pains. Yea, and again I say unto you, my son, that on the other hand, there can be **nothing so exquisite and sweet as was my joy.**
 - Moroni 7:18,19 – And now, my brethren, **seeing that ye know the light by which ye may judge, which light is the light of Christ**, see that ye do not judge wrongfully; for with that same judgment which ye judge ye shall also be judged. Wherefore, I beseech of you, brethren, that ye should **search diligently in the light of Christ that ye may know good from evil**; and if ye will lay hold upon every good thing, and condemn it not, ye certainly will be a child of Christ.
- D & C 50:24 – **That which is of God is light; and he that receiveth light, and continueth in God, receiveth more light; and that light groweth brighter and brighter until the perfect day.**
- D & C 84:43-46 – And I now give unto you a commandment to beware concerning yourselves, to give diligent heed to the words of eternal life. For you shall live by every word that proceedeth forth from the mouth of God. For the word of the Lord is truth, **and whatsoever is truth is light, and whatsoever is light is Spirit**, even the Spirit of Jesus Christ. And **the Spirit giveth light to every man that cometh into the world; and the Spirit enlighteneth every man through the world**, that hearkeneth to the voice of the Spirit.
 - D & C 88:50 – Then shall ye know that ye have seen me, that I am, and that **I am the true light that is in you**, and that you are in me; otherwise ye could not abound.

