



“Behold, My Joy is Full”
Show Notes & Transcripts

Podcast General Description:

Follow Him: A *Come, Follow Me* Podcast with Hank Smith & John Bytheway

Do you ever feel that preparing for your weekly *Come, Follow Me* lesson falls short? Join hosts Hank Smith and John Bytheway as they interview experts to make your study for The Church of Jesus Christ of Latter-day Saints’ *Come, Follow Me* course not only enjoyable but original and educational. If you are looking for resources to make your study fresh, faithful, and fun--no matter your age--then join us every Wednesday.

Podcast Episode Descriptions

Part 1:

How do we find joy? Dr. Matt Townsend delves into one of the most significant examples of the Savior’s ministry and expounds upon the source of joy and the power of Jesus Christ’s healing and how that applies today.

Part 2:

Dr. Matt Townsend continues to examine the Savior’s visit to the Americas and His example to minister one-by-one and the power of rituals for both communities and individuals.

Timecodes:

Part 1:

- 00:00 Part I - Dr. Matt Townsend
- 03:10 Matt Townsend's bio
- 04:50 *Come, Follow Me* excerpt
- 06:13 Communication principle
- 12:08 "Be of good cheer"
- 16:01 Attunement
- 20:46 Ministering without words
- 24:29 Micro moments of positivity
- 30:29 Addiction and healing
- 34:52 The Spirit teaches and student receives the message
- 40:15 Jesus heals the sick
- 44:09 Attachment, marriage, and commitment
- 50:05 A bid to turn and act
- 52:15 Jesus turns to the children
- 56:16 The paradox that healing requires correction
- 01:00:15 The First Vision and the nature of God
- 01:04:27 Joy and the focus of our lives
- 01:07:25 Short term pain vs constant joy
- 01:10:36 End of Part 1 - Dr. Matt Townsend

Part 2

- 00:00 Part II - Dr. Matt Townsend
- 03:45 "Behold your little ones"
- 06:25 A ritual for connection
- 10:57 The power of ritual
- 15:00 Connection and separateness
- 17:39 Filling with the Spirit
- 22:28 Willingness and returning to the sacrament
- 24:55 Imagine yourself with the Savior
- 27:54 Blessings from showing up
- 34:36 Prayer without words
- 37:45 The marriage ritual of prayer
- 41:11 How men and women communicate differently
- 44:18 A young man and the sacrament
- 49:36 A new day with Jesus and baptism
- 54:12 Covenants already changing the people
- 57:03 Invitations by the Savior

- 59:21 End of Part II – Dr. Matt Townsend

References:

“American Dictionary of the English Language | Webster’s Dictionary 1928.” Websters Dictionary 1828. Accessed October 1, 2024. <https://webstersdictionary1828.com/>.


Benar, David A. “Lessons Caught.” BYU: Learn Anywhere - CES Broadcast, February 3, 2006. <https://learnanywhere.byu.edu/successful-learning/gospel-perspectives/lessons-caught>.


Bonnie H. Cordon Young Women General President. “That They May See.” General Conference April 2020 - The Church of Jesus Christ of Latter-day Saints, April 5, 2020. <https://www.churchofjesuschrist.org/study/general-conference/2020/04/42cordon?lang=eng>.

“Doctrine and Covenants, 1835.” josephsmithpapers.org. Accessed October 1, 2024. <https://www.josephsmithpapers.org/paper-summary/doctrine-and-covenants-1835/13>.

Dr. Matt Townsend: Home. Accessed September 30, 2024. <https://www.matttownsend.com/>.

Elder D. Todd Christofferson of the Quorum of the Twelve Apostles. “The Joy of the Saints.” General Conference October 2019 - The Church of Jesus Christ of Latter-day Saints, October 5, 2019. <https://www.churchofjesuschrist.org/study/general-conference/2019/10/14christofferson?lang=eng>.

Elder D. Todd Christofferson of the Quorum of the Twelve Apostles  Elder D. Todd Christofferson. “As Many as I Love, I Rebuke and Chasten.” General Conference April 2011 - The Church of Jesus Christ of Latter-day Saints, April 2, 2011. <https://www.churchofjesuschrist.org/study/general-conference/2011/04/as-many-as-i-love-i-rebuke-and-chasten?lang=eng>.

Elder David A. Bednar Of the Quorum of the Twelve Apostles  Elder David A. Bednar. “Pray Always.” General Conference October 2008 - The Church of Jesus Christ of Latter-day Saints, October 2, 2008. <https://www.churchofjesuschrist.org/study/general-conference/2008/10/pray-always?lang=eng>.

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles. “Succor His People.” Homepage - The Church of Jesus Christ of Latter-day Saints. Accessed October 1, 2024. <https://www.churchofjesuschrist.org/media/video/2012-08-2050-succor-his-people?lang=eng>.

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles. “The Hands of the Fathers.” General Conference April 1999 - The Church of Jesus Christ of Latter-day Saints, April 2, 1999. <https://www.churchofjesuschrist.org/study/general-conference/1999/04/the-hands-of-the-fathers?lang=eng>.

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles. “Come Unto Me.” BYU Speeches, September 13, 2024. <https://speeches.byu.edu/talks/jeffrey-r-holland/come-unto/>.

Elder Neal A. Maxwell of the Quorum of the Twelve Apostles. “But for a Small Moment.” BYU Speeches, July 12, 2023. <https://speeches.byu.edu/talks/neal-a-maxwell/small-moment/>.

Elder Neal A. Maxwell of the Quorum of the Twelve Apostles. “These Are Your Days.” Ensign October 2004 - The Church of Jesus Christ of Latter-day Saints, October 1, 2004. <https://www.churchofjesuschrist.org/study/ensign/2004/10/these-are-your-days?lang=eng>.

Elder Patrick Kearon of the Quorum of the Twelve Apostles. “God’s Intent Is to Bring You Home.” General Conference April 2024 - The Church of Jesus Christ of Latter-day Saints, April 7, 2024. <https://www.churchofjesuschrist.org/study/general-conference/2024/04/45kearon?lang=eng>.

Frederickson, Barbara. “Micro Moments of Love.” Awakin RSS. Accessed October 1, 2024. <https://www.awakin.org/v2/read/view.php?tid=949>.

“Home.” The Gottman Institute, August 17, 2024. <https://www.gottman.com/>.

Kuile, Casper ter. “The Power of Ritual.” HarperCollins. Accessed October 1, 2024. <https://www.harpercollins.com/products/the-power-of-ritual-casper-ter-kuile?variant=32894732140578>.

Lambert, Neal A. “The Symbolic Unity of Christ’s Ministry in 3 Nephi.” The Symbolic Unity of Christ’s Ministry in 3 Nephi . Accessed September 30, 2024. <https://rsc.byu.edu/book-mormon-3-nephi-9-30-my-gospel/symbolic-unity-christs-ministry-3-nephi>.

Major, Brett C, Khoa D Le Nguyen, Kristjen B Lundberg, and Barbara L Fredrickson. “Well-Being Correlates of Perceived Positivity Resonance: Evidence from Trait and Episode-Level Assessments.” *Personality & Social Psychology Bulletin*, December 2018. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8750237/>.

Miller, Paul E. “A Praying Life: Connecting with God in a Distracting World.” Amazon: A Praying Life: Connecting with God in a Distracting World, April 5, 2015. <https://www.amazon.com/Praying-Life-Connecting-Distracting-World/dp/1631466836>.

“October 7–13: ‘Behold, My Joy Is Full.’ 3 Nephi 17–19.” Come, Follow Me Manual - October 7–13: “Behold, My Joy Is Full.” 3 Nephi 17–19, January 1, 2023. <https://www.churchofjesuschrist.org/study/manual/come-follow-me-for-home-and-church-book-of-mormon-2024/41?lang=eng>.

Oxford English Dictionary. Accessed October 1, 2024. <https://www.oed.com/?tl=true>.

Parry, Donald W. “‘Pray Always’: Learning to Pray as Jesus Prayed.” “Pray Always”: Learning to Pray as Jesus Prayed . Accessed September 30, 2024. <https://rsc.byu.edu/book-mormon-3-nephi-9-30-my-gospel/pray-always-learning-pray-jesus-prayed>.

President Boyd K. Packer Acting President of the Quorum of the Twelve Apostles. “Washed Clean.” General Conference April 1997 - The Church of Jesus Christ of Latter-day Saints, April 2, 1997. <https://www.churchofjesuschrist.org/study/general-conference/1997/04/washed-clean?lang=eng>.

President Henry B. Eyring First Counselor in the First Presidency. “Always Remember Him.” First Presidency Message February 2018 - The Church of Jesus Christ of Latter-day Saints, February 1, 2018. <https://www.churchofjesuschrist.org/study/ensign/2018/02/always-remember-him?lang=eng>.

President Henry B. Eyring Second Counselor in the First Presidency. “Our Constant Companion.” October 2023 - The Church of Jesus Christ of Latter-day Saints, October 1, 2023. <https://www.churchofjesuschrist.org/study/general-conference/2023/10/47eyring?lang=eng>.

President Jeffrey R. Holland Acting President of the Quorum of the Twelve Apostles. “Motions of a Hidden Fire.” General Conference April 2024 - The Church of Jesus Christ of Latter-day Saints, April 6, 2024. <https://www.churchofjesuschrist.org/study/general-conference/2024/04/13holland?lang=eng>.

President Russell M. Nelson President of The Church of Jesus Christ of Latter-day Saints. “Christ Is Risen; Faith in Him Will Move Mountains.” General Conference April 2021 - The Church of Jesus Christ of Latter-day Saints, April 4, 2021. <https://www.churchofjesuschrist.org/study/general-conference/2021/04/49nelson?lang=eng>.

President Russell M. Nelson President of The Church of Jesus Christ of Latter-day Saints. “The Everlasting Covenant.” General Conference October 2022 - The Church of Jesus Christ of Latter-day Saints, October 1, 2022. <https://www.churchofjesuschrist.org/study/liahona/2022/10/04-the-everlasting-covenant?lang=eng>.

President Russell M. Nelson President of the Quorum of the Twelve Apostles. “Joy and Spiritual Survival.” General Conference October 2016 - The Church of Jesus Christ of Latter-day Saints, October 2, 2016. <https://www.churchofjesuschrist.org/study/general-conference/2016/10/joy-and-spiritual-survival?lang=eng>.

President Spencer W. Kimball of The Church of Jesus Christ of Latter-day Saints. “Jesus, The Perfect Leader.” Brigham Young University - Idaho, January 15, 1977. <https://brightspotcdn.byui.edu/20/32/e749bb3d4d5f8b815239a9cdf1ab/jesus-the-perfect-leader-kimball.pdf>.

President Thomas S. Monson of The Church of Jesus Christ of Latter-day Saints. “Serve the Lord with Love.” First Presidency Message February 2014 - The Church of Jesus Christ of Latter-day Saints, February 1, 2014. <https://www.churchofjesuschrist.org/study/ensign/2014/02/serve-the-lord-with-love?lang=eng>.

Ricks, Brian W. “James E. Talmage and the Doctrine of the Godhead.” James E. Talmage and the Doctrine of the Godhead . Accessed October 1, 2024. <https://rsc.byu.edu/vol-13-no-2-2012/james-e-talmage-doctrine-godhead>.

S, Pangambam. “A Simple Way to Break a Bad Habit by Judson Brewer (Full Transcript).” The Singju Post, October 21, 2023. <https://singjupost.com/a-simple-way-to-break-a-bad-habit-by-judson-brewer-full-transcript/?singlepage=1>.

Sagone, Elisabetta, Elena Commodari, Maria Luisa Indiana, and Valentina Lucia La Rosa. “Exploring the Association Between Attachment Style, Psychological Well-Being, and Relationship Status in Young Adults and Adults-A Cross-Sectional Study.” European Journal of Investigation in Health, Psychology and Education, February 24, 2023. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10047625/>.

Silver, Roxane Cohen, Dana Rose Garfin, and E. Alison Holman. “Media’s Role in Broadcasting Acute Stress Following the Boston Marathon Bombings | Proceedings of the National Academy of Sciences.” PNAS.com. Accessed October 1, 2024. <https://www.pnas.org/doi/10.1073/pnas.1316265110>.

Steven J. Lund Young Men General President. “Finding Joy in Christ.” General Conference October 2020- The Church of Jesus Christ of Latter-day Saints, October 3, 2020. <https://www.churchofjesuschrist.org/study/general-conference/2020/10/23lund?lang=eng>.

Tannen, Deborah. “You Just Don’t Understand: Women and Men in Conversation.” Amazon: You Just Don’t Understand: Women and Men in Conversation. Accessed October 1, 2024. <https://www.amazon.com/You-Just-Dont-Understand-Conversation/dp/0060959622>.

Townsend, Matt. “Anxiety Can Be a Powerful Perspective: || Digital Firesides: Clips.” YouTube. Accessed September 30, 2024. <https://www.youtube.com/watch?v=FRBxBvbho9c>.

Townsend, Matt. “Creating Real Connection: Breathing Life and Love into Your Relationships.” Matt Townsend: Creating REAL Connection: Breathing Life and Love into Your Relationships | TED Talk, 2021. https://www.ted.com/talks/matt_townsend_creating_real_connection_breathing_life_and_love_into_your_relationships?subtitle=en.

Townsend, Matt. “Feeding the Starved Marriage: The 5 Keys to a Fat and Happy Marriage.” Amazon: Matt Townsend. Accessed October 1, 2024. <https://www.amazon.com/gp/customer-reviews/R2WSHBZW6W1Z0K?ASIN=B07BS2YKCW>.

Townsend, Matt. “Starved Stuff: Feeding the 7 Basic Needs of Healthy Relationships.” Amazon, 2010. <https://www.amazon.com/Starved-Stuff-Feeding-Healthy-Relationships/dp/0615351700>.

Tributes from President Boyd K. Packer’s Funeral, August 1, 2015. <https://www.churchofjesuschrist.org/study/ensign/2015/08-se/president-boyd-k-packer-farewell-to-a-master-teacher/tributes-from-president-boyd-k-packers-funeral?lang=eng>.

Ury, Logan. “Want to Improve Your Relationship? Start Paying More Attention to Bids.” The Gottman Institute, September 19, 2024. <https://www.gottman.com/blog/want-to-improve-your-relationship-start-paying-more-attention-to-bids/>.

Walker, Brooke, and Matt Townsend. "Q&A with a Relationship Expert || Dr. Matt Townsend Answers Viewers' Personal Questions." YouTube: Studio 5 KSL. Accessed September 30, 2024. <https://www.youtube.com/watch?v=QatCydGJITL>.

Zach Brittle, LMHC. "Turn Towards Instead of Away." The Gottman Institute, September 19, 2024. <https://www.gottman.com/blog/turn-toward-instead-of-away/>.

Biographical Information:



Matt Townsend has been energizing and educating audiences with his unique lessons on life, love and leadership. Known as one of America's top presenters in the field of Human Relations and Development, Matt blends humor and story-telling with his real-life solutions to inspire and motivate healthier living.

Fair Use Notice:

The *Follow Him Podcast with Hank Smith and John Bytheway* may make use of copyrighted material, the use of which has not always been specifically authorized by the copyright holder. This constitutes a "fair use" and any such copyrighted material as provided for in section 107 of the US Copyright Law. In accordance with Title 17 U.S.C. Section 107, the material on this podcast is offered publicly and without profit, to the public uses or the internet for comment and nonprofit educational and informational purposes. Copyright Disclaimer under Section 107 of the Copyright Act of 1976, allowance is made for "fair use" for purposes such as criticism, comment, news reporting, teaching, scholarship, and research. In such cases, fair use is permitted.

No copyright(s) is/are claimed.

The content is broadcasted for study, research, and educational purposes.

The broadcaster gains no profit from broadcasted content. This falls under “Fair Use” guidelines:
www.copyright.gov/fls/fl102.html.

Note:

The *Follow Him Podcast with Hank Smith and John Bytheway* is not affiliated with The Church of Jesus Christ of Latter-day Saints nor Brigham Young University. The opinions expressed on episodes represent the views of the guest and podcasters alone. While the ideas presented may vary from traditional understandings or teachings, they in no way reflect criticism of The Church of Jesus Christ of Latter-day leaders, policies, or practices.



3 Nephi 17-19 Part 1

GUEST: MATT TOWNSEND



- Hank Smith: 00:03 Hello my friends. Welcome to another episode of followHIM. My name's Hank Smith. I'm your host. I'm here with my full of joy co-host, John Bytheway. We're also here with our incredible guest, Dr. Matt Townsend. John, these chapters of the Book of Mormon, Third Nephi 17, 18, 19, if you were going to ask someone, "Hey, what's your favorite chapter in the Book of Mormon?" This frequently comes up. What's on your mind as we enter these chapters?
- John Bytheway: 00:32 Starting in 17, we get the feeling that must have been there. We get a sense of what an amazingly emotional, beautiful experience this must have been, a joyful, you might even say full of joy experience this might have been. It's fun to see it. It wasn't just, "Okay, here's some doctrines." It was all of that, but it was a beautiful, emotional experience as well.
- Hank Smith: 00:57 In these chapters I love to see how the Savior is focusing on them and reading them, really wanting to emotionally connect with them. This is a feeling few chapters. John, like I said, we have our friend back, Dr. Matt Townsend. He's been with us before. Matt, I know these chapters are special to you. Tell me what we're going to do today.
- Dr. Matt Townsend: 01:22 These are my very favorite, and part of it is because I'm not a scriptorian, I'm not a scholar, I'm not an academic of religion, I'm a relationship guy. I'm a human development guy. This, to me, is the masterclass of communing with Jehovah. This is the masterclass of ministering. This is truly what I think celestial life and living is like. Can you imagine how excited the Savior was to get here, to get to this space with these people that he loves so much, and get them baptized and teaching them the order of prayer and being with them and touching them and holding their kids? This is the quintessential true religion, religion in action. I think as we go through it, we're going to learn a lot about our Savior, but I think we're also going to learn a lot about all of our human relations. Section 130 tells us the same sociality that exists here will exist there.

	02:25	We need to learn how to be more socially connected. For me, I've actually seen so many marriages and relationships changed by the principles behind what the Savior teaches here. Well, I'll bring in some of those stories, some of that fun. I also love the idea that not only are we going to discuss all of the blessings of being with the Savior, but how the Savior feels joy, and then how all of us can feel joy. To me, there is a powerful equation for what creates joy. And it's in this communion, it's in our relationships, and especially when our relationships are turned to God. We're going to learn a lot. Most importantly, we're going to feel a lot, we're going to feel so much from this.
Hank Smith:	03:12	I'm excited to walk through these chapters with you. Just your excitement is starting to get into my heart. John, we've had Matt with us before, but there might be someone out there who's thinking, "I don't know who this is," so let's do an introduction.
John Bytheway:	03:25	Yes, Dr. Matt Townsend , he's one of the top presenters in human relations and development. People may recognize him from KSL Television and Studio Five with Brooke Walker . He has bachelor's and master's degrees in communication, with an emphasis in conflict resolution. Second master's degree and PhD in the field of human and organizational systems. I don't know anybody who could teach so much and have people laughing so hard at the same time. But I want to add that Matt's greatest love in his life is his wife, Mardi. They've been married for-
Dr. Matt Townsend:	04:00	33 years.
John Bytheway:	04:02	Have six children, one girl, five boys.
Dr. Matt Townsend:	04:05	My son just got engaged, so we're ready to have our fifth of sixth married, and then our last one's on a mission, so hopefully he stays single for a while. Yeah.
John Bytheway:	04:14	Amazing.
Dr. Matt Townsend:	04:15	At least another year.
John Bytheway:	04:16	Yeah.
Dr. Matt Townsend:	04:16	Fingers crossed. Fingers crossed.
John Bytheway:	04:18	Yeah, that's right. Thank you for being with us again.

Dr. Matt Townsend: 04:20 Thank you guys. So good to be with you.

Hank Smith: 04:23 John, you're right, one of the best presenters, teachers you'll ever see, you'll ever hear from. Matt. If someone wanted to learn more, they'd go to Matttownsend.com.

Dr. Matt Townsend: 04:33 Yeah, that's it. Matttownsend.com and hang out. You'll see everything we do. Because we work on everything human, anxiety. We have a program called Becoming One, which is about what I learned in this chapter. It's about how to become one with yourself, with your God, with everybody.

Hank Smith: 04:50 I've known Matt for years, and he's hitting home runs every single time. Matt, let me read from the [Come, Follow Me manual](#) and then let's let you take off and let you teach. The title of this week's lesson is Behold my joy is full, Third Nephi 17, 18 and 19. It starts this way. "Jesus Christ had spent the day ministering in the land of Bountiful, teaching his gospel, letting the people see and feel the marks in his resurrected body, and testifying that he was the promised Savior. Now, it was time to leave. 'My time is at hand,' he said. He was about to return to his father and he knew that the people needed time to ponder what he had taught, so promising to return the next day he dismissed the multitude to their homes, but no one left. They didn't say what they were feeling, but Jesus could sense it.

05:36 They hoped he would tarry a little longer with them. He had other important things to do, but showing compassion for God's children is always a high priority to him, so Jesus stayed a little longer. What followed was perhaps the most tender example of ministering recorded in scripture. Those who were present could only say it was indescribable. Jesus himself summed up the unplanned spiritual outpouring with these simple and powerful words, 'Now behold, my joy is full.'" We are in for a treat today. I think there's going to be so much to glean here that can bless our lives. Matt, where's our starting line?

Dr. Matt Townsend: 06:13 Before we open up into Third Nephi 17, there's a really powerful principle of communication, that basically says that all communication has a past, a present, and a future. How we've communicated in the past impacts how we communicate today, and it impacts how we can communicate tomorrow. Before we move into this section where we learn a lot about communing with Jehovah, I want to go back and remember he was in the battle of his existence. While he was going through that, in context, we're going to learn that, to some degree, he was being influenced by the joy he was about to feel with these Nephites or other saints. What may have created the possible

power to get through the Atonement was to look forward with the joy of holding the Nephite children and communing and connecting and healing, and being there with them. Why I bring that up is that sometimes I get surprised by the fact that we all as saints have so many blessings, but we're still going through this horrible veil of tears.

07:31 We forget that the Savior left us a gift, that we need to trust in him to deliver, in our trials, in our afflictions. A great thought on this is by [Elder Jeffrey R. Holland](#) in a talk Come Unto Me, and he teaches that the Savior's benediction upon his disciples, this is back in Gethsemane and Calvary, before all the pain and agony, with his disciples there, he blessed them on that very night, the night of the greatest suffering the world has ever known or will ever know. He said, "Peace I leave with you. My peace I give unto you. Let not your heart be troubled, neither let it be afraid." He's leaving this witness, this peaceful gift. And then this is what Elder Holland says, "I submit to you, that may be one of the Savior's commandments that is, even in the hearts of the otherwise faithful Latter-day Saints, almost universally disobeyed. And yet I wonder whether our resistance to this invitation could be any more grievous to the Lord's merciful heart.

08:43 Just because God is God, just because Christ is Christ, they cannot do other than care for us and bless us and help us if we will but come unto them, approaching their throne of grace in meekness and lowliness of heart. They can't help but bless us. They have to. It's their nature." Yet here we sit in our trials, all of us, everyone in the world, we're struggling. It's hard. Life is difficult, and he says there is not a single loophole or curve ball or open trench to fall into for the man or woman who walks the path that Christ walks. When he says, come follow me, he means that he knows where the quicksand is and where the thorns are, and the best way to handle the slippery slope near the summit of our personal mountains. He knows it all and he knows the way, he is the way. If we're going to start and head forward, we have to remember that he's got the plan.

09:48 And what we're going to learn and read through, Third Nephi 17 is nothing more than the manifestation of that peace. In it I have found and have found for my clients, I found that it is the greatest source of peace I've found in the scriptures. Because it's very real and it's very tangible, and if we use a little imagination and remember him in these settings, but instead of the generic setting of him holding children, imagine him holding your child, the one that's struggling going to church or the one that's struggling with not knowing who they are, or having

anxiety and not knowing what to do. If we can get real, as we go through these sections, I want everybody to get very real about where you know you need the peace, and then let's see if we can't find a way to draw down that peace using some of the lessons we'll learn in Third Nephi 17 through 19.

- John Bytheway: 10:47 I love it. Matt, I was at that devotional, March 2nd, 1997. I'll bet if I went to the Marriott Center, I could take you to where I was sitting. Because I remember so well when he said, "This may be one of the Savior's commandments that is in the hearts of otherwise faithful Latter-day Saints, almost universally disobeyed," and I just thought, let not your heart be troubled, neither let it be afraid is a commandment. I never thought of it that way. I was a newlywed sitting with Kim. I'll never forget that moment to think of it that way, and the way he framed it, this was the night of his greatest suffering was coming and he was thinking of the hearts of the 12, telling them, let not your heart be troubled, neither let it be afraid. I hope people find that talk.
- Dr. Matt Townsend: 11:36 It's life changing. And by the way, it's interesting too, how much you remember of it, John, because remember our memories and our feelings are deeply tied. The things that we feel more strongly, we remember more thoroughly, more completely, which is, I think, an eternal principle. Imagine that we can unleash the Spirit and the feeling of the Spirit throughout our life, we might actually be able to retain more, become maybe a little more omnipresent, maybe a little bit more omniscient, a little bit more omni remembering.
- Hank Smith: 12:08 [Elder Holland](#) has quoted Elder Orson F. Whitney, so we have an apostle quoting another apostle. He said this, "The spirit of the gospel is optimistic. It trusts in God and looks on the bright side of things. The opposite or pessimistic spirit drags men down and away from God, looks on the dark side, murmurs, complains, and is slow to yield obedience." Elder Holland says "We should honor the Savior's declaration to be of good cheer." Matt, I noticed right at the end of Third Nephi 16 that the people of Nephi do something similar that what my students do when I start reading Isaiah. It seems like the Savior is ready to go. Let's talk scripture. Let's talk Isaiah. He quotes Isaiah, the last few verses of 16. We talked about this last week with Dr. Wilcox. They look at him like, they shut down.
- Dr. Matt Townsend: 12:57 "Oh, really? That's what we're going to do."
- Hank Smith: 13:00 Yeah, and I think, Matt, you taught me this, and I can't remember where it was, but you said, that's an attunement. Is

that what you called that? Attunement when you can sense it's not, the communication's not happening.

Dr. Matt Townsend: 13:12

Yeah, that's exactly right. What's really powerful, humans are one thing, the natural man has got a lot of great gifts. One of them is called mirror neurons, so a mirror neuron is where I can watch somebody, and if I pay attention and focus on them, my brain will get in sync with their brain. They call it pair and share. My brain will actually pair to where they are in their brain and then we share similar emotion, and that is attunement. That's why if you see someone trip, you startle, or that's why if you see somebody laughing, you start laughing, or smiling, you smile. Because we're paired with them. But there's a key to attunement, and one of the keys to attunement is you have to be present, which is ironically a serious principle of spirituality and the eternal nature of God, his omnipresence. He can be present in the moment.

14:10

Any human could have probably picked up the tiredness of the people. A lot of us today would say, "Oh, I don't know if they were tired. I think it was just Isaiah." But it may not have just been Isaiah, it also may have been the fact that they probably were energized and used a ton of energy to go touch his wounds, and they're at the end of the first day, they've been there a long time. That attunement is, if you notice, it's a word that's very close to atonement and it's very close to at onement. It's the process of being in the space, being able to turn off your mind enough to commune with each other, and connect. And there's power there. And see that when he gets into Third Nephi 17. This really is the masterclass. When I teach couples communication, this is where I first learned it.

15:00

I have this process that I use that's called Getting Real, and Getting Real, it's an acronym for four things we do. We recognize their emotion, we explore their story, we attend to their deeper needs, and we lift them. That literally came from Third Nephi 17. And for now 25 years I've been able to teach the process of doing this. The principle is eternal, and the Savior is the master of it. But when he sits down and he starts, he can see that they're exhausted. This to me is communication 101. Chapter 17 verse one, "Behold now it came to pass when Jesus had thus spoken these words he looked round about again on the multitude." The first few words we're going to stop. There's a principle of communication that basically says "It's not what you say that matters, it is what is received that matters." Whatever you say is irrelevant if it's not received.

- 16:01 Watch what the Savior always does, and you'll see this phrase three or four times just from Third Nephi 11 on, which is basically after, when Jesus had spoken these words, you'll hear the phrase "He looked round about again on the multitude." Every time he speaks, he looks. He's not just looking, he's attuning. He's in sync with them, so he's reading what's being said. There's power to that, and we're finding out this great boon in technology is robbing us of attunement. It's robbing us of synchrony with one another, which they believe is one of the reasons anxiety is going up. If we're so distracted by our phones that we don't look around. Remember even if you just think of it as a natural being, no natural being was supposed to be distracted by something very long, or you'd get killed by the saber tooth tiger. Right now it's the cyber tooth tiger, by the way, that's trying to kill us.
- 17:04 As we're out there battling this, we've got to learn to put off the natural man and submit a little bit. He looks at them, they're tired, they were worn out, and then he says, "Behold, my time is at hand. I perceive that you are weak and cannot understand all the words which I'm commanded of the Father to speak unto you at this time." He saw they're weak, they're tired, and they cannot understand what he's been asked and commanded of the Father to say to them. I love this part because notice what he's doing. He's got a plan. He's leaving. It's happening. He's leaving. There's a theory in communication theory by [John Gottman](#) that's called bids and turns.
- 17:52 Bids and turns is one of the greatest tools for saving your relationships. The simple idea is a bid is anytime you invite connection, "Hey, how was your day?" And the turn is when the person turns to the bidder. John Gottman, the leading researcher in marriage and family has found out that the healthiest couples turn 86% of the time to their partner when their partner initiates a conversation or talk. They don't keep doing what they're doing. They turn. What they're trying to do then is get in sync and to create attunement or at onement. The Savior offers a sacrifice and he needs us to turn. If we don't turn, it means we don't become one. We're not one, you're not mine.
- Hank Smith: 18:47 You need to [turn towards](#) him.
- Dr. Matt Townsend: 18:48 We turn towards him. We don't turn to Sundays during sacrament, even though that's a major turn. We turn always, especially we turn when we need him. We turn when he bids to us. He might bid to us by just us walking in our bedroom and seeing the scriptures there. That's a bid. Now, do I turn to the

scriptures and open them? And how do I respond to the bid? The power in his research is the couples that were most likely to divorce were only turning 33% of the time. 86% for the healthiest marriages and 33% for the least healthy. The simple question for all of us, as we're thinking, is do you turn? And it's also powerful to know that another word for turn is repent and turn back or turn. Which is why Joseph taught that's the number one thing we should be teaching is repentance, just turning, keep turning. As we turn, there's power.

19:57 He's basically now spoken, "My time is at hand. I perceive that you're weak." By the way, that doesn't sound that beautiful, that sounds ouch. In communication theory, that's called validation. They're feeling weak so he validates it. "I can see you're tired. I can see you've had it. You're worn out. You cannot understand all the words which I'm commanded of the father to speak unto you at this time." Notice that line though, super special, because there's certain words he apparently has been commanded to speak, but a huge portion of communication is not verbal. There's a whole other sphere of understanding that is available to him.

20:46 It just might not have as many words. For all of us that are ministering, don't assume it has to always be verbal. Don't assume when you're struggling in your marriage that it always has to be a talk. What the Savior does is he starts turning to everything that's important to the people, and one by one starts ticking off, through action and service, all of their needs. And there is some verbal interspersed there, but it's not the verbal that's the key, it's the feeling that's the key. If the Father's commanded him to speak certain things, there's that [famous quote](#) that we've all heard and used a million times, "Never let a problem to be solved become more important than a person to be loved."

21:32 This is a really interesting moment because does the Savior follow the Father or does he stick with the people? And maybe it's not an either or, because the Father is just as happy to see what happens. It's not like he's up there thinking "We got to get stuff done." It's always about the one. When the Savior was looking and casting his eyes round about on the multitude and he said, "I perceive that you are weak, you cannot understand the words that I'm supposed to say, therefore, go ye unto your homes, ponder upon the things which I have said. Ask the Father in my name that you may understand. Go prepare yourself so you can understand. Prepare your minds for the morrow. Get some sleep, eat, rest. I will come unto you again." He's given them the command, "Go you unto your homes,"

which is really powerful when you think of now the home centered, church supported curriculum. This is where it began. The church was supporting it for a day, now go home and center it, and bring it home and bring it to that very, very special place.

Hank Smith: 22:48 Matt, I've been thinking, as you've taught us here, what does it say to my wife or to my children? What's the message that's received when I put my phone down and turn? Because I've noticed there are times, I'm full of shame right now, there are times when my children have had to come between me and my phone and say, "Hello. I'm here." Grab my face. "Hello. Hello, father." Isn't that a message in itself, that he is looking at them? He looks at the multitude.

Dr. Matt Townsend: 23:22 Yeah. That's communication. What I love about it is he's prioritizing. By simply attuning... In the academic world, there's this theory called emotional resonance by [Barbara Fredrickson](#), and what she teaches is that what love is as a feeling, there's a formula to it, but one of the keys to actually creating the feeling of love and emotional connection and attunement is synchrony, which is the idea that we are eye to eye, we're in tune. But the other two factors that create it are also positivity, so bring positivity, bring the light, which we're going to talk about later. And the third thing is charity. Synchrony, positivity, and charity are what people connect to as a feeling of being loved or emotional resonance. And another really powerful idea that we're seeing here, we don't need to spend all day doing this. What we're finding out is there are, what are called, micro moments.

24:29 This is also [Barbara Fredrickson's](#) work. Micro moments of positivity that are incredibly healing. And a micro moment is nothing more than about seven seconds of connected, positive, charitable moments where two people share something. A bunch of micro moments of positivity are what create happiness. And we're going to show you, joy is different than happiness. But that is something we can actually create with people, like when you turn and put your phone down, you're now in sync, then be positive about what you're hearing, and then offer the greatest good to that child. Give your charity. When you do that, you share a moment and all it needs to be is seven seconds. That's just the minimum. The minute you've got it, what it does is, it not only changes you and you feel it, but it changes them. And now we become one. If we're only one for even a second, that's what becoming Zion is, is we need more and more of these micro moments, more and more of these connections that are perfectly being modeled here.

John Bytheway: 25:37 I was in Ketchikan, Alaska once, and I saw a railroad crossing sign, which we've all seen hundreds of them, but this one had railroad crossing and then underneath it said, Stop, look, listen.

Dr. Matt Townsend: 25:52 Love that.

John Bytheway: 25:53 I thought that's exactly what Jesus did here. He stopped, and then he looked on them. And they had this, I guess, unspoken request, they did look steadfastly upon him as if they would ask him to tarry a little longer. He heard that unspoken request. He stopped, he looked, he listened, and he stayed. There's some great advice for railroad avoidance as well as personal relationships, right? Stop, look, listen. And my mom actually taught me a song from my childhood. I remember "Choo, choo, the big train is coming down the track now, choo, choo, the big train is coming down the track. Stop, look and listen." Look at the actions, "Stop, look and listen." Thank you, mom, I have never been hit by a train, so I attribute to that song.

Hank Smith: 26:43 That's so good. That's real. At the funeral, I believe it was [Elder Packer's funeral](#). I'll have to go back and check. His son said something he remembered from his childhood, and this makes me feel terribly guilty but also inspired. He said whenever he walked into his dad's office, his dad was busy doing something. He'd walk in and say, 'Hey, dad.' And his dad would always turn and either kneel down, if he was short, or stand up, if he was standing up, look him in the eye and just say, 'What can I do for you?'"

John Bytheway: 27:15 Wow.

Hank Smith: 27:17 Yeah. That inspires me to give that kind of love and attention. So Matt, here's my question. What is it about this cyber tooth tiger that pulls at me? Why? Why does it do it?

Dr. Matt Townsend: 27:31 Simply put, it's dopamine. It gives you a high that feels good, and it's just a little squirt, squirt right in your head. Every time you flip another page on TikTok or whatever, every time you like another thing, squirt, your brain gets more dopamine. The dopamine is what we start to become addicted to, which by the way is the natural man. That's why it is an enemy to God, and has been since the fall. Now, dopamine is great when we used to get it because we had to get up and go milk the cow. We would get up and do some activity of worth that would get us the dopamine hit. Now what we're getting is more and more dopamine for just being in bed, scrolling endlessly through social media. It feels good and it starts to create habit. There's a great book called Unwinding Anxiety by [Judson Brewer](#), who's a

psychiatrist that's finding out that they believe that a huge portion of what anxiety is are habits.

28:39 It's just a habit loop, and whatever we think triggers us to do a certain action and then we do the action habitually, and then what happens is we get a result, but our brain then gets a dopamine hit. We are actually addicted to anxiety, or at least our responses to an anxious world. Instead of getting off of social media and going and doing our homework, we just keep scrolling on our social media, which induces more and more anxiety. We're not designed to be able to do that, we're designed to be able to get going, make stuff happen. We're also noticing that these devices, this crazy cyber tooth tiger that's killing us, if you spend too much time on cable news, watching cable news, it also increases anxiety.

29:28 They found out in a [study](#) that they did after the Boston Marathon bombing, that if you spent more than five hours researching information and watching the news about the Boston Marathon bombing after it happened, you're more likely to suffer signs of PTSD than the people that were on the ground during the Boston Marathon bombing. Because you're not supposed to sit and stew. You're supposed to get up and act, and get up and get going. That's what you're seeing here is the people were tiring out. The Savior felt compelled to stay, and then he didn't leave them in that state. He stepped up and started to change the state. It changed them from the inside out. That's how we get rid of that saber tooth tiger.

Hank Smith: 30:18 Both my grandfathers died of alcoholism. Obviously a phone isn't alcohol, but is it the same idea of I'm getting that feel-good hit?

John Bytheway: 30:28 Yeah.

Dr. Matt Townsend: 30:29 Generally what we're seeing too is that you can also be addicted to the alcohol, you can be addicted to the nicotine, you could be addicted to the chemistry, but generally what our mind is most addicted to is the dopamine and the reason we're using it. Generally with alcohol, what we're trying to do is avoid the stress or hide from the anxiety. We see a lot of people that are medicating with everything instead of healing the original thing. I use these steps with the Savior as ways to heal because if we can get real and have the Savior, not just be there to take us and to bring us the peace, and to help lift us out of our pain, if we can do that, not just generally, but specifically, what we found, that's why some programs like AA and other programs, a lot of mindfulness programs, are noticing, in fact that [Judson](#)

[Brewer](#) found, that if you understand your own habitual pattern, then the next thing you could do is get curious about it.

31:27 Start learning and instead of just automatically acting on it, stop, take a big deep breath, get present in the feeling and get curious as to why it's there, how it got there, and then more importantly is get mindful about it. For example, he said they found, with people that smoke, that if they could just get them to be mindful about their smoking, meaning notice what you feel while you're actually smoking. Notice what your mind goes through. Notice what you're doing. Noticing it allows your brain to reevaluate. And one of the things he found out is while they're smoking, they notice that it tastes bad, but they only notice that if you're mindful. If you're just smoking, you don't notice it.

32:10 And they noticed that their clothes smelled of smoke, and they noticed that they were alone out on a patio at work while everyone else was inside working. And then they noticed when they walk in they felt shame because everyone else had been working. What they're finding is the more you're mindful about whatever habit you are, not generally mindful, specifically mindful, your brain starts to deprioritize it, and then it lifts up other habits that actually make you mindfully more happy, more joyful, more powerful.

32:42 If you notice what the Savior may be doing in these scriptures is he's actually creating a change of mind, which is interesting, because if you go into the Bible Dictionary and look up the word repentance, it means to have a shift or a change of mind, a different view toward yourself, toward God and toward others. Part of what the Savior is doing in this moment seems like he's just loving on everyone. But I think what he's doing is he's changing them. Through the Spirit, he's changing them line upon line, moment upon moment, when he gets to each one of us one by one, he works us and changes us. But we also get to watch thousands go before us. And each one of those, if we're in sync and we're positive and we're charitable, we're going to feel the love of it. All of the sudden we're changing with each one of these iterations.

Hank Smith: 33:35 Thank you for taking that little tangent with me. This is Follow Him, Hank's personal counseling.

Dr. Matt Townsend: 33:43 We're all in this together.

Hank Smith: 33:44 I'm glad we got to do that. John, you mentioned that they look at him, like, "Please don't go." I wonder what that look is like, the big eyes. "That's fine. You can go. That's fine."

Dr. Matt Townsend: 33:58 Think of that. They wouldn't say, "Oh, come on, you got to stay." They're not going to do that, but their body cannot not communicate. It has to show, "Don't leave. We need you. We need this. This is so helpful to us." That's why this moment I think is so special. [Elder Bednar](#) said that the best lessons in life aren't taught, they're caught. And they're caught when we invite those lessons into our hearts out of our own free will and choice. I think personally... And Elder Bednar talks about this a lot and the scriptures talk about it in [2 Nephi 33](#), that "The Holy Ghost can carry the truth and the power unto the children of men, unto their hearts. But there are many that harden their hearts against the Holy Spirit, that it hath no place in them. Wherefore, they cast many things away which are written and esteem them as not."

34:53 But Elder Bednar taught, "Please notice how the power of the spirit carries the message unto but not necessarily into the heart." A teacher can explain, demonstrate, persuade, and testify and do so with great spiritual power and effectiveness. Ultimately, however, the content of the message and the witness of the Holy Ghost penetrate into the heart only if the receiver allows them to enter. What I think the Savior may have been doing is by saying, "I've got to go," he's giving them a chance to exercise agency. I think they did so non-verbally, and they looked at him like, "Oh, don't." And by the way, that look is a bid, "Savior, don't go." And look what he did, and he turned. So there must be some eternal principle to that. And then he talked about, "I'm going to go unto the Father and show myself unto the lost tribes." He gave a really beautiful witness for they are not lost unto the Father.

35:54 "For he knoweth whither he hath taken them." He's testifying. Nobody's lost to the Father. And then verse five, now watch these words again. "And it came to pass that when Jesus had thus spoken, he cast his eyes round about again on the multitude." He's attuning. "And he beheld that they were in tears, and they did look steadfastly upon him as if they would ask him to tarry a little longer with them." Their eyes were big, "Tarry with us." Now he's actually getting information. By the way, again, that's not stated, but they were in tears. The tears are the bid. Whenever you see tears in a child of God, it's a bid to be held, it's a bid to be loved, it's a bid to be supported, it's a bid to be cared for, it's a bid to get your attention. When you no longer see tears, that's a scary bid, that's a scary thought.

36:54 In my work, I always say that when I see the tears, I know I'm in the vein. I used to be a phlebotomist back in the day, and I would draw blood. In order to put a needle in someone's arm, you'd stick it in, and if it was in the vein you'd start to see blood coming. Once I actually see tears, I generally can tell that I'm in the right area. The Savior now is in the right area, knowing that they are longing to have them. Watch, he recognized their emotion. "I perceive that you are weak." You guys are tired, you can't handle it. He explored their story. And their story was that they didn't want him to leave. "Tarry with us a little longer." And then watch what he did. He then attended to their deeper issue and he said unto them, "Behold, my bowels are filled with compassion towards you."

37:51 Before he did anything, he let the love fill his heart up, his compassion up. When he had compassion for it, that becomes the moving communication. It's not what he says that matters as much as that compassion. And what I love about this moment, and we've all done this, we've all been in an argument with somebody. We've all had a plan and it got ruined because of something, and we're mad about it. It's this moment right here that I think most of us have got to learn is to allow, "I can see my wife's upset with me. I can try to understand her story," but then I need to care. My favorite thing to do with my clients, as they're sitting listening to each other and we're practicing talking back and forth, is after they're good at showing that "I can hear what you're saying. Yeah, you say this and you mean this and this is what you're saying."

38:49 I then ask them, I stop everything that we're doing and I say, "John, do you care about what Stacy's saying about how hard it is for you to always come home so late? Do you care?" And if he'll get real and say he cares and just feel it, then that's what I call getting real. And then all of a sudden what I notice is once they feel it, then it matters. But so many of us, in our arguments, in our family fights, in our issues, we never talk long enough to understand each other, but we don't even care. We don't dare care because you're saying I'm bad. We can get down to the caring. The caring is what carries everything. Real is again, getting real is recognize their emotion, explore their story, attend to their deeper issue, their deeper need, and then lift the conversation.

Hank Smith: 39:49 Man, that's chapter 17, as I'm-

Dr. Matt Townsend: 39:51 Yeah, that's it. It's so funny. Because I did a whole [TED talk](#) on this, but without being able to talk about Christ, it's not the same. People can go watch it, and it's good, it's great for

corporate America stuff, but this is what he's doing. He's being real. I think it's the only way he knows how to be. He doesn't need to put it on, right?

- Hank Smith: 40:12 Because [verse seven](#), he's going to get to their deeper.
- Dr. Matt Townsend: 40:15 Yeah. Oh, this is so cool too, when you think about it. This I think very well may be my favorite scripture in all scriptures. He just told them that his bowels are filled with compassion towards them, but they still don't know what he's doing. Then he says this line, "Have ye any sick that are among you? Bring them hither." Which in my code is, I'm staying. Now watch, the words don't work anymore, so bring me your sick and I'll heal them. And then he says, "Have ye any that are lame or blind or halt or maimed or leprous, or that are withered, or that are deaf or that are afflicted in any manner, bring them hither and I will heal them, for I have compassion upon you. My bowels are filled with mercy." I want all the listeners to think right now, who would you go get?
- 41:19 Who would you go get? Because your bowels have probably already been filled with compassion towards them. Whomever you'd go run and grab, that's what the Savior's wanting you to be thinking about, is with compassion, who should we go and get? I always think my wife would first come grab me and hope that he'll heal my hearing so that I would listen better. [Elder Packer](#) teaches that you need not know everything before the power of the Atonement will work for you. Have faith in Christ and it begins to work the day you ask. The day they asked him to stay, it began to work. The second they asked him to stay, their faith began to work.
- 42:00 The second they responded, notice again, "Have ye any sick that are among you." That is an invitation for them to exercise their agency. Now they go grab their sick. As they grab their sick and their afflicted, they bring them all together. Remember, we know the word succor from [Elder Holland](#). Succor means to run toward. He's now asking us to now, with our compassion, go succor the weak and the afflicted, those with mortal pain. And they're all running after them. I wonder if the crowd size didn't grow a little bit because they ran and got somebody at home and brought them back. And then this point by Elder Kearon in his first general conference address. "Are there things we need to do, commandments to keep, aspects of our natures to change?"
- 42:49 [Elder Kearon](#) asked, "Yes, but with his grace, those are within our reach, not beyond our grasp." This is the good news. I am

unspeakably grateful for these simple truths, the Father's design, his plan, his purpose, his intent, his wish and his hope are all to heal you, all to give you peace, all to bring you and those you love home. That's all he wants is just to bring you home. And they did all, both they that had been healed and those that were whole did bow down at his feet, did worship him, and as many as could come for the multitude did kiss his feet in so much they did bathe his feet with their tears. They're starting again, this level of creating Zion through these interactions, one at a time. The power, it's just amazing.

- John Bytheway: 43:42 There's a phrase that I'm so glad that is included in there, because he speaks about physical ailments, blind, maimed, leprous, withered, deaf. Then he says, afflicted in any manner. I've recently heard church leaders talk about anxiety, depression, mental illness of every kind. All those afflictions he has compassion for and has power to heal.
- Dr. Matt Townsend: 44:09 I love that. We know that he can heal sin. We also know that he heals illness because those are a lot of illnesses. We also know that he can heal weaknesses. He can also heal an affliction, and sometimes an affliction are things that people have done to us. It's past abuse. It's somebody, it's a negligent parent. We know right now there's [research](#) that shows about 60% of the millennial age group, and it's not just about millennials, have what's called an attachment issue, where they don't safely attach to their most loving relationships. They don't know how to safely attach.
- John Bytheway: 44:49 60%.
- Dr. Matt Townsend: 44:50 60%. And they believe it might be one of the reasons why they're marrying later. It might be one of the reasons why they don't believe in institution. Maybe they're falling away from church because that would also have an attachment. And the general idea, and I could even have it. In fact, I know I have some version of it because of what happened with my parents when I was younger and they divorced. But everybody needs to know they're lovable, they're capable, they belong, and they're safe. Everyone needs to know it. Lovable, capable, belonging and safe. And when those needs are met, life is great and you can go start openly attaching to people. When the needs aren't met, something changes in us and we feel vulnerable. That vulnerability, I believe, began with Adam and Eve, and they started to feel nakedness. And now they have to fight to prove they're lovable. They have to fight to prove they're capable.

- 45:44 They need more degrees, they need more opportunity. They need more television time. They need all of these things. They need to fight to prove that they belong, or they don't fight. Some never fight. They just flight. They run because they don't feel loved. They hide. They quit going to church. They quit caring. They give up on family. Or some don't fight or flight, they freeze. They don't do anything. They hide. And some don't freeze, they please everybody. And they're yes men, and they say yes to everybody. What I believe a huge portion of the audience would have felt is some version of not lovable enough, not capable enough, not belonging enough, not safe enough. That's antithetical, that's the opposite of what we all felt in heaven. If there's illness, if there's sin, if there's weakness, and if there's affliction, I don't even think those are the four biggest. Do you know what I think is the biggest thing he healed is their ignorance. I think the number one killer of most of us, emotionally, is we're ignorant.
- 46:59 We have no idea who we are. But in this presence with him, which is why when we always remember him, it keeps the past, present and the future in one realm, and we're less ignorant. I honestly don't know where this quote came from. Can't find it anywhere. So if anyone knows, let me know. "The majority of the atonement was not for our sin, but for our ignorance." We don't even know what we don't know. We don't even know why I have an addiction. We know one of the things that's one of the number one drivers of pornography use is anxiety. It may not be people are just crazy weirdos, it might be that they're hurt and they're afflicted, or it might be because they've been abused, or it might be because they have anxiety or attachment issues. And we don't need excuses. Here's the neat thing, but the Savior knows. That's why he probably wants to bring them one by one. Because when he brings them one by one, we can talk about your thing, we can talk about your worries.
- 48:02 We can talk about... Remember that prayer you offered when you had to give the talk in sacrament meeting? And then do you remember it took till the song right before you that you felt my peace? Do you remember that? That was me. Boom. And then that moment creates healing and that healing goes back, and the neat thing about the Spirit is when we feel the Spirit, it heals our lovability, it heals our capability, it heals our belonging, it heals our safety. As I go through it today, when I fight with my wife about something or get in an argument with my kids about something, I'm probably not even fighting about what we're fighting about. I call that the smoke. I fight with them about something silly. "You got to let the dog out." We're fighting

about a dog. By the way, I don't even have a dog, so I just made that up.

48:52 I fight about the dog, but what I really feel like is why is no one listening to me? And that might actually re-energize my natural man and my fight or flight, which turns on. That's what the Savior's healing here. If 60% of millennials have it, I bet you 50% of my generation have it. I'm 55. There's power in what he's doing here. He's healing because he's becoming, for us, the ultimate source of peace, which is why we have to trust him that he'll bring the peace. We also have to turn to the bid, and we have to trust that when we bid, he is turning even if we don't feel it.

Hank Smith: 49:33 That phrase that John brought out, "afflicted in any manner," Matt, could that also be a how well do you know the people around you? I would know if someone was lame or blind or halt or maimed or leprous, withered or deaf. I'd be like, "Oh, that guy, him, Jim over there." But then afflicted in any manner, how well do you know the people around you? I don't know if the Savior came and he said, "Who in your ward is afflicted in any manner?" I don't know if I know everyone that well.

Dr. Matt Townsend: 50:05 In a leadership meeting, when you're sitting in the ward council or whatever, and they're like, "Let's get some names for the prayer list," and in my head I'm like, "Oh, boy, I don't know anybody. I don't know what anybody needs."

Hank Smith: 50:16 Everyone's doing great.

Dr. Matt Townsend: 50:17 That's the sign that I probably need to get a little deeper. And it's not a rebuke, it's a bid. It's an invitation, turn and then just go. And when we go and do and act on it, there's a ton of power there. There's a ton of opportunity there.

Hank Smith: 50:38 Real quick quote, just to give you a second witness. My favorite [President Kimball](#) talk is called Jesus the Perfect Leader. He says exactly what you said, "Jesus saw sin as wrong, but also was able to see sin as springing from a deep and unmet need on the part of this sinner." He says, "We can show forth our love for others even when called upon to correct them. We need to be able to look deeply enough into the lives of others to see the basic causes for their failures and shortcomings." Love that.

Dr. Matt Townsend: 51:14 To be eternal beings, that's the level of progression we'll make for eternity. Going deeper and deeper. That is the invitation of this whole section or chapter, is the Lord's asking us to go

deeper, not wider. He's not really asking us to do more, be more one in the moment with each other, be in the present with him. If the Savior came, we naturally think it would be easy to be drawn to that, but we'd still have our phone in our pocket, and if the world is still vibrating the phone, we might not be present. And we've got to make it so that becomes our natural self. Our spirit gets it. So strongly run by the natural tendencies of the body and the mind. In verse 11, "And it came to pass that he commanded that their children should be brought." Think this through, if the words don't work because they're too tired of words, then what I'm going to do is bless them and their sick.

52:15

Great in your marriage, if the words aren't working anymore, bless the family and take care of those that are sick. Number two, bless the children. Not only are the sick important to the Nephites, so are the children. "They brought their little children and set them down on the ground round about him, and stood in the midst and the multitude gave way till they had all been brought unto him." Notice the unity and notice that the minute the Lord sets the priority, "Now I want the children," everybody gave way to the children. If you think about it, the normal crowd would be pulling in on each other, pushing in on each other, and people would be like, when you see the president hugging a baby or the pope kissing a baby, they're throwing their kids out there. This was a different, there was a reverence.

53:10

Jesus wants the babies. He wants the kids to come in. So they bring the kids and they set the kids down. "And it came to pass that when they had all been brought, Jesus stood in the midst and he commanded the multitude that they should kneel down." Kneeling down, sacred space. "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.'" Now, remember, all communication has a past, a present and a future, so for me, I think what that may be or mean, from my little world view, is he's now holding their children, and any broken natures of the world or the people of the world are going to impact these children. He mourns that the world is so broken, that it will end up bruising these children. That could go back to attachment, abuse, affliction.

John Bytheway:

54:14

I'm so glad you're bringing this up. I have opened this up to friends in my classes before. He's in the middle of this amazingly beautiful experience, and then this sentence comes out seemingly of nowhere. Some of the answers that I've heard are "Maybe he's thinking about the people in Jerusalem that he wanted to bless and heal and they would not let him. Maybe

he's thinking about all those who died in the calamities before he came." But I like this answer. "He's thinking maybe about what these children will be facing in their futures."

- Dr. Matt Townsend: 54:54 Wow.
- John Bytheway: 54:55 That's just another thing to add to the list.
- Dr. Matt Townsend: 54:58 Well, isn't that powerful too, because the words we use in the scriptures are the traditions of the fathers, and they get handed down. He's trying to clear out traditions. He's trying to break molds. There's many times that as I'm working with a couple that's discussing if they're going to stay together or not, I sometimes groan inside myself about their kids. I sometimes wonder, "Why are we not talking about your kids right now?" Sometimes when I'm nervy enough, I ask them to bring me a picture of their kids. Because I want to know who we're working for here.
- John Bytheway: 55:39 Wow. Yeah.
- Dr. Matt Townsend: 55:41 I think that's why the Savior fixes stuff, because he's very clear on what the repercussions are. I think he knows he's going to get them, he's going to get us home, but I think he's worried about the pain that we have to go through, and the journey doesn't have to be as hard as some of us are making our journey.
- Hank Smith: 56:00 Matt, maybe he's troubled for all children. This group of children could be representative of, oh, the difficulty that you look at your little ones and go, "Oh, don't grow up." Right? "Don't face."
- Dr. Matt Townsend: 56:13 Yeah.
- John Bytheway: 56:13 Yeah. Oh, that's a great way to look at it.
- Dr. Matt Townsend: 56:16 It's a paradox that sometimes, to find healthiness, you have to break things. Sometimes, to find healthiness, you have to have corrections. Sometimes you need surgery. Sometimes you need to break a bone to heal it properly. There is something that I love to think about. It's [President Nelson's](#) quote. He said, "The covenant path is all about our relationship with God." What I have found, with people that have cracks, which by the way, it's all of us. If I take a rock and I crack it, the cracks are where the light get in. We need some cracks so that the light can get in. The more I work with my clients and those that have lost

children, those that have never married, those that have always wished that whatever happened 30 years ago hadn't happened to them, every one of those cracks, I believe, is a light where you're getting the opportunity to have a bid and turning relationship with the Savior.

57:18 It's that invitation. And that's hard. Even Nephi had to divorce himself from his brothers. He had to leave. It was hard on him. But then what's interesting, notice, the tradition of that idea, over time, also probably got corrupted by people that thought Nephites and Lamanites were bad and we just didn't like each other. Those traditions can be kept. The most beautiful thing I ever learned in my parents' divorce was how loving my grandma, my mom's mom, is because my mom's mom always talked positively about my dad. My mom's mom always just said I'm so lucky to have such a funny, good dad, to me, which is sacred. I got a witness of what my dad was through these women that I loved the most. There's power in honoring one another as we go through this.

Hank Smith: 58:18 I have learned so much already. Wow.

John Bytheway: 01:00:15 When I think about the First Vision, we talk about the heavens were parted and God spoke once again to man, but that is the beginning of it, the nature of God, that was [Elder Kearon](#). We need that reminder so often, to stop thinking of God as some of the worst humans you've met on the planet, he's not that way, and that's why I loved Elder Kearon's talk. We need constant reminders of what God is really like, and I think that began at the First Vision.

Dr. Matt Townsend: 01:00:50 In fact, [Joseph Smith](#), remember, he said, "I want you all to know God, to be familiar with him. When we know how to come to him, God begins to unfold the heavens to us and tells us all about it." Also, in the First Vision, Joseph, his most amazed moment was that God upbraideth not. God's not a brute, he didn't beat him up. He's loving, and he has this incredible relationship with me, and he felt love. That is exactly what the Savior's trying to break. We can break it in our own conversations when we testify of Christ in not just a judicial model and not just a legalistic model, but in a family model. He's our God, he's our King, he's our Father. He's not just our judge, he's also this loving entity, this being that we see, that is dragging us along and doing everything he can to get us to believe in the Savior.

Hank Smith: 01:01:56 Whenever I hear the Lord saying, "You're going to overcome the blood and sins of this generation," I always hear, "You're going to overcome the DNA and the practices your parents gave."

Dr. Matt Townsend: 01:02:11 Yeah.

Hank Smith: 01:02:12 And by the way, we all mess up our kids, right, Matt?

Dr. Matt Townsend: 01:02:16 Yeah, yeah.

Hank Smith: You're not the only one. If you're listening out there going, "I've messed up my kids."

Dr. Matt Townsend: Yeah.

Hank Smith: 01:02:12 I promise, we all have.

Dr. Matt Townsend: 01:02:16 Just because a kid gets a little messed up doesn't mean you messed them up. There's still this component of agency, even the greatest among us, even the Father had children that made choices that weren't his, it's part of the plan. I don't know that any of us are served too well beating ourselves up. That's actually more of the natural man, the carnal mind, trying to get you to not think about it. What I'd rather you do is you turn it back to Christ and literally let him heal you from it, and remember him and sit with him and talk about it.

This next [verse](#), so the Savior brought everyone around to pray, as he prayed, he also knelt himself on the Earth, 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 man 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."

01:03:12 Literally, the Savior is blowing their minds, their carnal minds can't conceive of it. I think their spiritual minds feel like they're home. That spiritual being that they were is now resonating, yes. And the carnal mind, the reason the words don't matter is because we're not engaging a body and a mind, actually, the spirit is picking up what it means. They have the gift of tongues,

they have the gift of understanding it, even though the words can't be held in the mind. Powerful.

Hank Smith: 01:04:14 That's got to be someone's journal, because that's not Mormon speaking.

Dr. Matt Townsend: 01:04:27 Yeah.

Hank Smith: This is a direct quote from someone who was there. I wonder who that is. I wonder if it's Nephi or somebody else that Mormon had a personal account.

Dr. Matt Townsend: Yeah. Here's, by the way, a great quote by [President Nelson](#) about joy and spirituality, he says, "The joy we feel has little to do with the circumstances of our lives, and everything to do with the focus of our lives." He continued, "When the focus of our lives is on God's plan of salvation and Jesus Christ and his gospel, we can feel joy regardless of what is happening or not happening in our lives. Joy comes from and because of him. His joy is constant, assuring us that our afflictions shall be but for a small moment, and be consecrated to our gain. If we look to the world and follow its formulas for happiness, we will never know joy. Joy is a gift for the faithful."

That is the pain of my family's divorce has brought the joy of my family gathering today. When I have a missionary going out, and in the room is my faithful mom and my six children and their four spouses and my seven grandchildren, there's power there, and that joy is even more beautiful because of the pain that I went through as a kid.

Hank Smith: 01:05:49 Our theology is one that allows for a God who weeps. Look at [verse 21](#), he wept, verse 22, he wept. John, where is it in the Pearl of Great Price?

John Bytheway: 01:05:58 [Moses 7](#), the division of Enoch, "How is it that the heavens weep and shed forth their tears as rain upon the mountains?" It's poetry, it is beautiful. To me, the Pearl of Great Price, I have a testimony based on the content alone. So good.

Hank Smith: 01:06:15 That's right, yep. What does it mean, Matt, that the Savior's weeping?

Dr. Matt Townsend: 01:06:20 Remember, earlier I talked about that means we're in the vein, we're in the right thing. His weeping comes because his joy is full. These are tears of joy. These are tears because he's with the brothers and sisters that he knew pre-mortally, that he

atoned for, that he was in Gethsemane and Golgotha for, and now he gets to stand with them. He has these private moments with each one of them one by one.

In fact, listen to this about joy. "The Savior's joy was in part because of his suffering," remember, that's in part of the context, this is [Elder Jeffrey R. Holland](#), "In that most burdensome moment of all human history, with blood appearing at every pore and an anguished cry upon his lips, Christ sought him whom he had always sought, his Father, Abba. He cried, "Papa."

01:07:25 From the lips of a younger child, something akin to daddy. This is such a personal moment, it almost seems sacrilege to cite it. A son in unrelieved pain, a Father, his only true source of strength, both of them staying the course, making it through the night together."

When you think that through, listen to what [President Russell Nelson](#) says, this is in his talk, Joy and Spiritual Survival. "His joy is constant, assuring us that our afflictions shall be but a small moment and be consecrated to our gain. As in all things, Jesus Christ is the ultimate exemplar, who, for the joy that was set before him, endured the cross." That's Hebrews 12:2. Think of that, in order for him to endure the most excruciating experience ever endured on Earth, our Savior focused on the joy. They've got to go together, the power of them going together is knowing it shall just be for a moment, it's just for a small moment.

01:08:33 But the pain, according to [Neal Maxwell](#), does this powerful thing. "The cavity which suffering carves into our soul will one day also be the receptacle of joy." All of the pains of loneliness that we all feel, all of the difficulties that we all suffer, all of the illnesses and the sadness and the pain, it's etching away a space, and that space will eventually, when we turn to God, and turn it spiritual and turn it in a connected at-onement with him, the Lord will then create a space of joy, and the joy will then feel and fill that cavity, and we will feel peace.

Hank Smith: 01:09:19 The excavation of the soul.

Dr. Matt Townsend: Yeah, love that.

Hank Smith: Coming up in part two of this episode.

Dr. Matt Townsend: 01:09:26

I had a mother and her daughter in my office that have a really big argument that they're going through with each other, and the daughter doesn't like what the mother's doing, and the mother doesn't like what the daughter's doing, and now the daughter and the father are siding with each other. As they are arguing about all the stuff that's not the real issue, I just stopped them and I said, "Okay, stop for a second."



- John Bytheway: 00:01 Welcome to part two with Dr. Matt Townsend, [3 Nephi 17-19](#).
- Hank Smith: 00:07 Matt, I noticed the phrase that comes up frequently 3 Nephi 11, and here again, 3 Nephi 21, "One by one." That we have a Savior who is very focused on individuals. Matt, in your work, it seems at least in my own family, that if I try to teach my children all the same, doesn't work. It worked on the first one. Why is this not working on the second one? Or my students even or co-workers. What is the Savior maybe trying to teach or what is he like when he does this one-by-one ministering? It's not really a drive-by, let me get everybody.
- Dr. Matt Townsend: 00:48 No, which tells us it's not a list, it's not a requirement, it's a development, it's a becoming. It has to be individually sculpted and tutored to the needs of the learner. What I think there is about that, there must be some eternal principle about the intelligence one-by-one, and the power of if we're all going to kneel individually, then that kneeling individually is the one-by-one. What I think it also delineates is that we aren't just a group of people. There are no mere mortals. We are these eternal beings with the potential to create infinite life and opportunity. There's something about seeing the individual nature of every person and being willing to individually work with each person. That is part of the eternal progression that needs to be done. I don't think we can do it in group or in sync.
- Hank Smith: 01:50 And the danger comes when we generalize, when we put everybody in a category, all women are this way, all men are this way, all political party this way or that way.
- Dr. Matt Townsend: 02:00 Yeah. It's not real and what it also does is it short-circuits the individual relationship and it short-circuits our need to actually think and to customize and to adapt and to be dynamic. There's that quote by [Elder Talmage](#) that says, "A lot of us think that someday the Lord will just put his hands on our head and ordain us to be Gods." But he says, "That can't be further from the

truth. Everything we need to be a God is already in us and we're now in the process with our God of bringing that to fruition."

- John Bytheway: 02:34 When I think of the one-by-one nature of how God wants to work with us, one of the things that's so remarkable to me is the Temple, because it's like this impossible job. "Find the name of every person who has ever lived on the earth and by proxy, make sure they are baptized, confirmed, married." I mean-
- Dr. Matt Townsend: 02:52 Yeah, it's big.
- John Bytheway: 02:53 Excuse me? How are we going to do that?
- Dr. Matt Townsend: 02:56 I can't even make my phone work.
- John Bytheway: 02:58 Yeah. Every person I've done a name for has a story and it's so fun to think about that. I was sitting in the Marriott Center once and I was an Elders Quorum presidency at the Riviera of BYU and [Elder Maxwell](#) came to speak. I wrote this as fast as I could in my Franklin planner because he said something I'd never heard. He said that the macro plan of salvation is composed of billions of micro plans and they're managed by our Heavenly Father and his remarkable Son, who in the Acme of understatement said, "I am able to do my work." And I'd never forgotten this idea of we each have a micro plan of salvation. What a fascinating thought for this one-by-one idea.
- Hank Smith: 03:45 So good. Matt, [chapter 17](#) closes with this phrase from the Savior, "Behold your little ones" and then all Heaven breaks loose, angels descending out of Heaven and circling with fire. Angels ministering. Any thoughts here before we go on to [18](#)?
- Dr. Matt Townsend: 04:08 Maybe he's just like you know as a speaker, you just bring it. There's a certain time you bring it. You bring the audiovisuals, you bring right slide. And what I think is the most beautiful, "Behold your little ones," he's bringing down Heaven to be encircled around these little ones. We've all lost family, we've lost people that are on the other side of the veil. As you sit and struggle with, "How am I going to make it through this world and how am I going to always remember the Savior?" Maybe what we could also do is remember those that have gone before, they're still praying for our little ones. I want you to now watch what God does for your little ones that you probably aren't even aware of, but he's got the ministering angels circling around them. There's fire, there's love. Both sides of the veil are working this moment, even while most of us sit there not even knowing half the time what's going on.

Hank Smith: 05:04 I wonder, wouldn't it be wonderful if this was... And this is just chapter one verse one, wouldn't this be wonderful if this was some of the ancestors they lost in the destruction? Wouldn't that be great?

Dr. Matt Townsend: 05:17 They didn't make it to be there, but they got to come back to witness it. That's power, which tells us again the story of the family. This is a family on both sides of the veil, we're still a family. John brought up a great point that they're numbered. There's 2,500 souls and they did consist of men, women, and children. They're numbered. God knows exactly who's there.

John Bytheway: 05:48 One of the phrases I have underlined in verse 25 is, "Every man for himself, they did see, they did hear, they did bear record." Everyone knew for themselves. I think of Joseph Smith, "I've learned for myself." Here it is every single one of them knows.

Hank Smith: 06:07 Matt, so far I have learned and learned and learned. I've learned what tears are, I've learned how to use my agency better, I've learned to be more attuned, I've learned-

John Bytheway: 06:17 Bids and turns.

Hank Smith: 06:18 Yeah, bids and turns. To listen. I'm excited for more. Let's go on to chapter 18.

Dr. Matt Townsend: 06:25 Yes. By the way, we're still day one. We're still pushing through day one. He's going to institute the sacrament here. I think it's powerful to notice that if what he wants to create are these connected attuning, one-on-one moments, what he might want is a ritual, a ritual that we could use to help us to consistently, methodically connect back in and renew our covenant. Interestingly, he's introducing the sacrament before they're baptized. We always know it as tied to the Baptism and there's something that in his mind that maybe he's having them tie this sacrament to what they all just went through as they're now starting to deepen and deepen that connection to him. The power would be that if we could actually take the sacrament but then have the spiritual attuning that they had, that would be a really cool combination. Sometimes we might get methodical about the sacrament. We show up late, we're running late, we're struggling to get through it, that we want to make sure we do it with the right spirit, the spirit that we had modeled in 3 Nephi 17. In 3 Nephi 18 verse one, "It came to pass, Jesus commanded his disciples that they should bring forth some bread and wine unto him. And while they were gone for the bread and wine, He commanded the multitude that they should sit themselves down on the earth." And by the way,

there's this great thought by [Elder Jeffrey R. Holland](#) from the talk Behold the Lamb of God, where he says, "When the sacred hour comes to present our sacrificial gift to the Lord, we do have our own sins and shortcomings to resolve. That's why we're there. But we might be more successful in such contrition if we are mindful of the other broken hearts and sorrowing spirits that surround us. Seated not far away are some who may have wept outwardly or inwardly through the entire sacramental hymn and the prayers of those priests."

08:38 "Might we silently take note of that and offer our little crust of comfort and our tiny cup of compassion, might we dedicate it to them or to the weeping struggling member who is not in the service and except for some redemptive ministering on our part won't be there next week either, or to our brothers and sisters who are not members of the church at all but are our brothers and sisters. There is no shortage of suffering in this world inside this church and out. So look in any direction and you'll find someone whose pain seems heavy to bear and whose heartache seems never to end. One way to always remember Him would be to join the great physician in his never-ending task of lifting the load from those who are burdened and relieving the pain of those who are distraught. Just as the Savior had everyone sit while they were waiting for the bread to be brought, when we get there, we can go early, we can sit, and we can think of others, and think of the people that are weeping that need this love from us, that need this support."

09:51 And I call that turning our arrows out to those that need it. A lot of times we turn our arrows in, "Why is this happening? Why are the kids late? Why is my son passing the Sacrament without a belt?" And my mind gets in all these different places, but what he's asking us to do is to create space, a moment in our spirit where we can actually let the Lord in and love and serve others as we do it.

John Bytheway: 10:16 Explain that arrows in, like you're pointing at yourself you mean? Like arrows? Like, "What about me?"

Dr. Matt Townsend: 10:22 In the Gospel where we're all worried about if we are going to make it, we're turning our arrows in and we're self-evaluating constantly. "Am I good enough? What about me? Why didn't I get the calling? Why do I have to do this job?" Instead of turning the arrows out and thinking, "What does the Father need me to do?" Or, "What does the Savior, what would he have me do? What do I see in the eyes and the face of the lady I'm ministering to?" By having our arrows a little more directed out,

it actually gives us a different perspective than just how everything impacts me, selflessness.

- Hank Smith: 10:57 I'd love for you to comment on this. It seems that the Savior is instituting this sacrament as a group ritual. This is something you're supposed to do together. We're going to get that again in the Book of Moroni. What is it about community ritual? I'm acting like you're an expert in all things, which I think you are. You've seen that work in relationship.
- Dr. Matt Townsend: 11:21 After 9/11, nothing was probably more powerful than a flag ceremony. I was a Cub leader. It was an incredible moment where we were retiring a flag and we had gathered our entire ward to retire this flag, and the fire department came and it was after 9/11, and that ritual of a simple flag ceremony, the national anthem and the Pledge of Allegiance, brought a sense of spirit and community to everyone. And there's great research on rituals creating a sense of oneness and togetherness. And the powerful thing about a ritual by the way, is we know how they begin and we know how they end, and we know when it's done, and we know what we're supposed to do, and they're sacred.
- 12:12 There is incredible research that shows when we tie ourselves to our rituals, whether in our marriage or in our family or in our church or in our country, we create stronger ties and bind us tighter together as we keep re-instituting the ritual. But it is interesting that the ritual wasn't for me to worry about my salvation, it was a community thing where if we're going to be Zion, we have to be one, which means I should spend some time thinking about the people around me during those meetings and I should make sure I'm giving them the opportunity to be there.
- Hank Smith: 12:52 Great book, *The Power of Ritual* back in 2020. This author, [Casper ter Kuile](#), tapped into something that we're being taught here in the Book of Mormon, the power of ritual. I have a quote from that book. "The longer you perform a ritual, the more power it garners from the act, from the faith, from the feeling. Ritual is the act of a sanctifying action, even ordinary action that has meaning. I can light a candle because I need the light or because the candle represents the light I need. The power of ritual lies in its ability to connect us with the divine." Something that, here's a book published in 2020, bestseller, and here it is in [3 Nephi 18](#). Isn't that powerful?
- Dr. Matt Townsend: 13:40 It's also symbolic of the tree of life that we're going to kneel down, [1 Nephi 8:30](#), "And they did press their way forward

continually holding fast to the rod of iron until they came forth and fell down and partook of the fruit of the tree." The people that fell down and partook of the fruit of the tree were the ones that persisted, the ones that lasted. To partake means to take part, portion, or share in common with others according to the [Webster's dictionary](#) in 1828. Partaking is a communal act as part of a group, one shared thing in common with others in the group. That's why again, in Moroni, we're taught to gather together often to partake of bread and wine and in remembrance of the Lord Jesus.

- Hank Smith: 14:32 Not just connects us with Jesus but connects us to each other.
- Dr. Matt Townsend: 14:36 To each other, which is Zion. We're building this relationship with each other. And if we can build the relationship with each other, then I will treat you better, you treat me better. And if we treat each other better, we will actually have less problems. We'll have less sin, we'll have less affliction, we'll have fewer problems if we could just be one.
- Hank Smith: 15:00 Another quote from the book The Power of Ritual. I'll stop with this one, but just one more. It says, "In community ritual, we can be freed of our isolationist perspective. For a brief period of time, the lie, " L-I-E, "of our separateness is exposed, and we remember that we are wholly connected to one another." And then this great statement, "It's not that our individuality disappears, but that we are no longer blinded by our individualism."
- Dr. Matt Townsend: 15:32 Love that.
- Hank Smith: 15:33 Don't you love the Savior said, "I want you to remember this moment, but I want you to remember it together?"
- Dr. Matt Townsend: 15:40 Yeah.
- John Bytheway: 15:40 I'm glad you're talking about this. I think all of us during the pandemic, when we couldn't gather and couldn't do this together, I remember the joy I felt when we were able to go back to the chapel and do this again. I thought, "I wonder if some people are going to think, 'Let's do this church thing at home.'" But wait, the sacrament is the central reason we're gathering. And then like you mentioned, Hank, in Moroni, "Ye shall meet together oft." It's all of us. Didn't you guys feel a joy when you could gather again?

Dr. Matt Townsend: 16:16 It did create a loneliness epidemic. There's a big impact, and the researchers even at BYU are finding out the impact loneliness has on our lives, where if you feel lonely or you actually are lonely, it is the equivalent of smoking about 15 cigarettes a day to your health. It's not good that man should be alone. We need community.

16:42 By the way, again back to the cyber-toothed tiger, it's keeping a lot of us from connecting. Even though we're so connected, we're not connecting. They say, and I don't know if it's tongue in cheek or not, but some of the younger generations are more adept at recognizing the right emoji to use than they are the right facial expression. We need interaction. We need interface.

17:11 That's why the family model of the plan of salvation is the truest model in my eyes because it's about family. It's not about cleaning. It's not about cleaning us. It's not just about judging us. It's not just about educating us. It's about family. We're going to go home as a family and we have to know how to deal with each other and be and connect with each other.

17:39 In verse three, "When the disciples had come with the bread and wine, He took the bread and break it and blessed it and gave unto the disciples and commanded that they should eat. And when they had eaten, they were filled." They were filled. "He commanded that they should go then give to the multitude. When the multitude had eaten and were filled..." Is he just trying to fill their belly or is he trying to fill them with the Spirit?

18:06 I went and looked up filled in the [Oxford Dictionary](#). These are some acronyms of the word to fill: to become full or almost full, to occupy all of, to supply, to furnish, to provide, to replenish, to restock, to close the gap, to become an overwhelming presence in, to pervade, to saturate, to perfuse, to infuse, to imbue, to satisfy. They were, I believe, filled with the Spirit.

18:42 As a bishop, I would have all my YSAs ask me, "Well, how long do I need to read to constitute reading the Scriptures?" And I would be like, "What?"

John Bytheway: 18:55 Get a stopwatch out.

Dr. Matt Townsend: 18:57 Yeah. "Oh, it's 72 minutes." I'd always say, "Oh, no. Just read until you feel the Spirit, then decide what to do." And they would look at me like, "Well, that could take all day." I think our goal is to try to direct all of us to get good at the science of the spirit, the spiritual side of this, the feeling something and then

being filled by the Spirit, and then letting it dictate the next step. As an EMT, I would always do this little test, and you saw the Savior do it when he was getting real with the people. As an EMT, we would always check the vitals before we would treat, because we wouldn't know how exactly to treat you until we've checked. We check and we treat, and we check and we treat. And we're checking for the Spirit, and then we do what we can to do more to create the Spirit. And then we check to see how it's going, and then we treat. It's the iterative process of relating through the Spirit that I think is what we all need to be learning here. And when I see that they were partaking of the sacrament until they were filled, that changes for me. I now know I need to focus way more spiritually when I'm in that room until I can feel something powerful happening. And again, it might not happen every time. I'm not saying that that's what it has to do. I'm just saying the minute we feel the Spirit, and there's a great quote by [Elder Eyring](#) that says, "When you feel the Holy Ghost, it's a witness that the atonement is working in your life." That's what we're looking for is not the list and not the event and not just being there, but actually being changed as we're there.

20:52 That's verse seven, "If you do always remember me, you shall have my Spirit to be with you." And if you combine that with that Elder Eyring quote, "If you do always remember me, you can know that the atonement is working in your life."

Dr. Matt Townsend: 21:07 Isn't that powerful? When it's working in your life, what I believe it's doing is it's changing you. All the gifts of the Spirit come through the Spirit. All the attributes of Christ come through that Spirit. Literally, line upon line, it's working on us. And it's bearing witness that, I think it's opening the heavens. It's God testifying. "I got you. We're good. I got you. We're good."

21:32 Verse 10, it says, "And when the disciples have done this, Jesus said unto them, 'Blessed are you for this thing which ye have done, for this is fulfilling my commandments and this doth witness unto the Father that ye are willing to do that which I have commanded you. And this shall ye always do to those who repent and are baptized in my name and you shall do it in remembrance of my blood, which I have shed for you, that you may witness unto the Father that you do always remember me. And if you do always remember me, ye shall have my Spirit to be with you.'"

22:05 [President Nelson](#) says, "Faith in Jesus Christ is the foundation of all belief and the conduit of divine power. Every good in life, every potential blessing of eternal significance begins with faith.

Faith in Jesus Christ is the greatest power available to us in this life. All things are possible to them that believe."

- John Bytheway: 22:28 Matt, thank you for reading verse 10, "This doth witness unto the Father that you are willing." I am so glad for that word choice. It doesn't say, "This doth witness unto the Father that you are able to take His name upon you, that you're able to keep His commandments which he has given you," because we're not. But we can be willing. The Lord is so merciful that He says, "Come back next week. We're going to do this again."
- 22:53 As long as you're willing, keep coming back to the sacrament table. We can look in the chapel and see a visual aid of the Savior's mercy. It's that table that's bolted to the floor. We don't wheel it in out of a storage room on Christmas and Easter. It's there every week and the Lord says, "Come back." And you have to be willing, because you're not able. But if you can be willing...
- 23:17 The other thing I love about this is the question in 17 was, "Would you please stay?," 3 Nephi 17. And this is my simple mind looking at it. And here's Jesus saying, "I can't stay, but here's how you can always have my Spirit to be with you—"
- Dr. Matt Townsend: 23:30 That's right.
- John Bytheway: 23:30 ... and institutes the sacrament.
- Dr. Matt Townsend: 23:32 And have everything I've got that you are willing to receive. That willing, again, He will give us everything that we are willing to receive. That means we again need to be present and intentional and exercising our agency to try a little harder, do a little more, be a little more willing.
- Hank Smith: 23:54 Speaking of the cyber-toothed tiger, on my little Instagram account that I have, I asked, "What do you do to make the 10 to 15 minutes of the sacrament a sweet, powerful experience?" And I got a lot of great answers. One woman said, "Try to really just be in the moment, all of me." And you mentioned that earlier, Matt. Another person said, "I have a better sacrament experience when on Sunday morning before church, I intentionally asked Heavenly Father to help me feel his love during the sacrament." Another person said, "I try to practice gratitude during the sacrament. I literally picture the sacrament table," John, you just mentioned this, "as Christ's body being covered." "I read the words of the sacrament hymn." "Sacrament is my personal appointment with the Savior."

Someone else says, "I recite in my mind the words of the Living Christ I memorized years ago."

- 24:49 There are a lot of ways to make the sacrament special. But Matt, it's not going to be special if you show up.
- Dr. Matt Townsend: 24:55 You got to show up, sit down, get centered. One thing I like to do and I teach the people I'm coaching as they're dealing with their trials, I have them try to relive 3 Nephi 17 while they're in the sacrament, where they take their challenge, their son that left the church and is not talking to the family for the last six months. I want them to imagine themselves sitting there with the Savior when He calls them over and when he's one-on-one with them. And I want them to imagine what He would do to the mother of that child and what He would say to that mother. But I want them to visually imagine being in the moment with the Savior. I have them recognize Him and remember Him until they feel the Spirit, I say, which is be filled with that spirit. And as they're imagining Him basically ministering to them, ask him what would he have you do? And whatever He would have you do for your son that isn't talking to you anymore, let that be the commandment that you keep. Whatever comes to your heart and your mind about your child in that moment, let that be the commandment that you keep. And if you keep the commandment He gives you, and it might be just keep writing him letters that you can give him someday, whatever the Savior is telling you to do, do that one thing, and then let that be the commandment. And if you keep the commandment He gives you, you'll have His Spirit to be with you. Feel the Spirit.
- 26:38 And I teach that as a protocol that they can do every day, 10 times a day, with their dad that's just gone to surgery and you're afraid you're going to lose him, or with the wife that's thinking of leaving her husband, or with the child that got in trouble with her boyfriend and now feels like she's not good enough. Each one of those, we could get very real in the sacrament and feel that moment.
- Hank Smith: 27:05 And in that moment, I can't see the Savior saying, "Go chew them out. That's what I want you to do. Go get them, or just sit in the peace of it."
- John Bytheway: 27:14 I want to give a shout-out to young parents because I remember having these lofty goals about how I'm going to be centered and ponder. And instead, I'm scooping up Cheerios and Legos off the floor and, "You be quiet," and doing all that stuff-
- Hank Smith: 27:36 Stop touching me.

John Bytheway: 27:36 ... with kids.

Hank Smith: 27:37 Yeah. Yeah.

John Bytheway: 27:38 You could actually entertain the thought, "Maybe I'll just wait until these kids are older and then come back to church." But that's such a horrible slippery slope. So those moms and dads out there, I see them come to stake conference, which is like, ugh.

Hank Smith: 27:53 That's amazing. It is.

John Bytheway: 27:54 Sit with all your kids in the gym and try that for two hours on a hard folding chair. Bless you for being willing to show the Savior, for being willing to come during that tough time.

Hank Smith: 28:10 John, I love that. Back to my little Instagram post, Ashley said the exact same thing. She said, "With young children, I'm just grateful I can be present at all."

John Bytheway: 28:20 Yeah.

Hank Smith: 28:21 "Amidst the chaos and the overwhelming trying to help little children learn to be reverent, someday I'll be able to focus on and appreciate the ordinance in ways I would prefer. Until then, showing up is good enough."

John Bytheway: 28:35 Yeah.

Hank Smith: 28:35 Showing up. John, I'm so glad you said that.

John Bytheway: 28:38 Jesus wanted those little children there, and that helps. But I see those parents and I remember those days, and I think, "Just bless you for being willing to come." And sometimes, I've seen a wonderful soul or sometimes even my wife jump up and help somebody else, a child, during that time.

Dr. Matt Townsend: 28:58 In every one of my trials like that, I remember that. I remember that vividly. Why are we here? What are we doing? This is crazy.

29:05 3 Nephi 17 changed me so much and it made my Savior so much more real to me. I see the Savior as somebody that's so real that if He appeared in church and was sitting on my row and saw what my kids were doing, He wouldn't discipline them. He'd intervene somehow. But if I looked at Him and He looked at me, He would give me that look that, "You're doing great. You're doing great."

29:42 And that's all I need to remember is He's seeing it. But if He were there, He would connect to me, He would attune to me, He would look me in the eye, and He would validate and help me. And He might intervene with the kids. That'd be great. And they still probably wouldn't be quiet for him.

Dr. Matt Townsend: 30:00 Because that's just how they are, but what he would do is he would change my heart just by simply remembering him. I had a mother and her daughter in my office that have a really big argument that they're going through with each other and the daughter doesn't like what the mother's doing and the mother doesn't like what the daughter's doing, and now the daughter and the father are siding with each other. As they are arguing about all the stuff that's not the real issue, I just stopped them and I said, "Okay, stop for a second. If the Savior just walked in the door and sat down right here, what would we then say?" And you would not believe how fast the spirit changed in the room. I didn't say another word. They just said, "Well, I'm sorry," and then they both got emotional and they both apologized and they both healed.

30:59 What's funny about it is I didn't have to do anything but just help remembering. I just invited their agency to act and you could see how willing their spirits were because they grabbed it and they just did it. That's the healing that this brings, and in fact, in [3 Nephi 18:19](#), we're told, "Therefore, you must always pray unto the Father in my name and whatsoever you shall ask the Father in my name, which is right, believing that you shall receive behold it shall be given unto you." I found this story. I was trying to get deeper and better in my praying. I had listened to Bob Millet and read a bunch of stuff he was teaching about the Holy Ghost and the Holy Spirit. I was buying books online and I got prompted to buy this book by [Paul Miller](#) called The Praying Life: Christ is the Source of our Joy, in the Name of Christ is Joy Found. Not a member of our faith, knew nothing about him.

31:59 I just kept feeling this prompting. I bought it. I started listening to another book I had bought, but I had accidentally started playing this book. Without knowing it, I was getting the teachings of this book I didn't even know for sure I had bought it. I thought I was listening to another book. That's how good I am at technology. But this is the story that he says and I'll give you the quote first and then I'll tell you the story, but he says, "Asking in Jesus' name isn't another thing I have to get right so my prayers are perfect. It is one more gift of God because my prayers are so imperfect." So here's the story. "Imagine that your prayer is a poorly dressed beggar, reeking of alcohol and

body odor stumbling toward the palace of the great king. You have become your prayer.

32:58 As you shuffle toward the barred gate, the guards stiffen. Your smell has preceded you. You stammer out a message for the king. "I want to see the king." Your words are barely intelligible, but you whisper on the final word, "Jesus. I come in the name of Jesus." At that name of Jesus as if by magic, the palace comes alive. The guards snap to attention, bowing low in front of you, lights come on, the doors fly open. And you are ushered into the palace and down a long hallway into the throne room of the great king who comes running to you and wraps you in his arms, "In the name of Jesus" gives my prayers royal access.

33:48 They get through. Jesus isn't the savior of my soul. He's also the savior of my prayers. My prayers come before the throne of God as the prayers of Jesus. Asking in Jesus' name isn't another thing I have to get right so my prayers are perfect. It is one more gift of God because my prayers are so imperfect. Jesus' seal not only guarantees that my package gets through, but it also transforms the package. Paul says in Romans 8-26, the Spirit helps us in our weakness for we do not know what to pray for as we ought, but the Spirit himself intercedes for us with gleanings too deep for words."

John Bytheway: 34:33 That is so good.

Hank Smith: 34:35 That is fun.

John Bytheway: 34:36 In our priesthood meeting this last Sunday, we just went through Elder Holland's talk about prayer. He footnoted that verse, [Elder Holland](#), that Romans 8-26. You said, "Gleanings, which..."

Dr. Matt Townsend: 34:49 Yeah. "For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with gleanings too deep for words."

John Bytheway: 34:59 Gleanings too deep for words. The King James says, "With groanings which cannot be uttered," it's like you have help even if all you can do is get on your knees to go, "Ugh."

Dr. Matt Townsend: 35:11 Yeah, and he groaned within himself. Remember that Savior, so powerful. A few other quotes that he talks about prayer the same [Paul Miller](#), he says, "Prayer is asking God to incarnate, to get dirty in your life. Yes, the eternal God scrubs floors. For sure we know he washes feet, so take Jesus at his word. Ask him, tell

him what you want. Get dirty. Don't mindlessly drift through life on the American narcotic of busyness. If you try to seize the day, the day will eventually break you. Seize the corner of his garment and don't let go until he blesses you. He will reshape the day."

- John Bytheway: 35:56 Okay, you sold me. What's the name of that book?
- Dr. Matt Townsend: 36:00 It's a really good book. It's [Paul Miller](#), The Praying Life: Christ is the Source of our Joy.
- John Bytheway: 36:07 That's beautiful.
- Dr. Matt Townsend: 36:09 Isn't that amazing?
- John Bytheway: 36:10 I'm thinking of some of those titles of the Savior. I'm your advocate. I'm your mediator. I'm your intercessor, and that's why we pray in his name.
- Dr. Matt Townsend: 36:22 Yeah.
- Hank Smith: 36:23 It's powerful. Just got to get out of the way. In a talk that [Elder Bednar](#) gave back in 2008, he talked about the phrase praying always, which comes up in verse 15, "Verily, verily, I say unto you, you must watch and pray always," which seems like a very difficult thing to do, to pray always. You're like, "Well, I have to drive to work. I have to teach." In this talk, Elder Bednar said, when you look at the story of the creation, especially in the temple, you'll see that the Lord creates things spiritually and then physically or spiritual then temporal. He says, "In a similar way, meaningful morning prayer is an element of spiritual creation." Think about your experience in the temple right?
- 37:07 This is what I'm going to do. "Just as the temporal creation was linked to and a continuation of the spiritual creation, so meaningful morning and evening prayers are linked and a continuation of each other." So he says to create your day spiritually, then return at the end of the day and report and see where you went right and where you went wrong. Matt, verse 21 says, "Pray in your families." I would like to ask you how you've seen prayer help couples and families, praying together. Does the couple that pray together stay together? Is that...
- Dr. Matt Townsend: 37:45 Yes, that's another marital ritual. Do you remember when the Savior was praying to the Father in our behalf? It's so moving to us. It's also just as moving when the husband is praying for his wife to the Father, talking about her needs and understanding

her life, and he's bidding in the name of Christ for his spouse. It's a powerful way to create a connection with your partner. So remember, when words don't work, we can bless the children. We can still pray for our spouses. We can still serve him and love him and care for them. We can bless the sick and afflicted and as we're praying for them, we can also show a level of closeness. Have you ever done one of those activities where you get to introduce somebody at a convention and you have to learn a lot about them to make it a sincere introduction?

38:45 Well, if we have to pray in behalf of our spouse, we have to know what their needs are, know what their wants are, know what their fears are. The powerful way to overcome all that attachment stuff that we were talking about earlier, one of the most powerful ways to do that is be vulnerable, and if we can learn to be vulnerable in our prayers with each other, it breaks down so many barriers. It might be easier for me to pray for my wife than for me to be even fully open to her face-to-face because I have the support of the Heavenly Father and I'm not necessarily looking at her because that might be harder for me. It might make me vulnerable. So use your prayers as a way to be vulnerable. In fact, that is one thing that Paul Miller was talking about is bring to God your biggest insecurities and inadequacies that you know you can't solve, and bear some of those out in your prayers with your wife.

39:50 Be honest with God with your wife or your husband, your partner or your family. If you just blew up and got really mad at everyone in the family, maybe having a family prayer that night is the fastest way to be real and say, "Heavenly Father, I need help with my temper. I don't know how to overcome this," and it might be a safe way to start talking about stuff. It's a ritual that if we do consistently morning and evening and we counsel with God when we go to bed and we wake up with God when we get going, it's a powerful routine that I think could habitualize a lot of righteousness, a lot of traditions that are good.

Hank Smith: 40:30 That's interesting because if I were to get upset with my family, I would not want to be the one to say the prayer right? I'd say, "Well, someone else say the prayer." Let them say it.

John Bytheway: 40:40 I'm thinking of my own father that didn't grow up in a family where you look at people and say, "I love you." He joined the church when he was 24. Over time, he could say that in his prayers, and it was always really cool to hear dad talk to us in his prayers because it was too hard face to face.

Dr. Matt Townsend: 41:02 That's interesting.

John Bytheway: 41:03 Just the idea of someone praying for us and hearing that if they can't do it face-to-face, but wow, what a message to hear that.

Dr. Matt Townsend: 41:11 Yeah. There is some really interesting research about how men and women communicate differently. You guys may not believe this, but we have different goals. [Deborah Tannen](#) wrote a book called You Just Don't Understand.

John Bytheway: 41:25 You Just Don't Understand.

Dr. Matt Townsend: 41:27 Yeah, you know it. She talks about the differences and one of the differences she brings up is... and she's a linguist, so she just studied the sentences that we formulate and the sentences tell us what our goals are, how we formulate our sentences shows our goals, and one of the things that she points out is when the female is talking, statistically she's way more inclined to see it as a bonding function, so she's talking to bond and the secondary goal is data transfer in the conversation. The data, the facts aren't as important as the bond, but what Deborah found with the men is the data is actually more important, which is weird, which is why we get hung up on what you said like you did, "No, you actually said park on the north side of the building, but there is no north side, so there's no parking over there. So I don't know what you were talking about, but that's why I'm late."

42:18 And then we get into this weird fight about being late, but the secondary goal she found is that when men are communicating our hierarchy or our status is more involved. We don't want to talk if it's going to lower our hierarchy, but that might be why prayers work for some of us guys because we're talking to the highest of them all. My hierarchy is already low. I can maybe be more honest in my prayer because I'm less vulnerable. The other thing that's interesting that she showed is a lot of times that men tend to bond in action, which is maybe why one of the reasons why the priesthood is in our hands is because the priesthood is the power to act, and by us acting and utilizing our priesthood, we bond. It may not be that we're the most emotionally together.

43:15 That may not be why we have the priesthood, and it might be not be that we're the best communicators. It might not be that. It just might be because that's how we bond. I've never felt closer to a ward than when I had to do tithing settlement and I got the blessing to sit with each one of the members of the ward. That's empowering. Or when I get to close every window

after Sunday and make sure the building's locked up, that bonds me to the church and to the kingdoms. Some of these activities like praying, like exercising our priesthood are very, very powerful. In fact, let me do one more thing. In verse 24, we are told that we are to hold up your light, that it may shine unto the world. "Behold, I am the light, which ye should hold up, that which ye have seen me do. Behold, ye see that I have prayed unto the Father and ye all have witnessed."

44:11 We are told to hold up the light, to bring the light and to share the light and to show the light. I wanted to share one story that [Elder Steven Lund](#) shared in General Conference. He's the General Young Men's president and he talked about finding joy. This goes deep into the content and concept of joy. He brings up an incredible story about his son who let his light shine and also felt incredible joy in the midst of a trial. He said "The surest way to find joy in this life is to join Christ in helping others. A lesson his young son, Tanner, had taught him through his perfect example. A few years ago, our little family went through what many families face in the fallen world. Our youngest son, Tanner Christian contracted cancer.

Dr. Matt Townsend: 45:01 He was an incredible soul, as nine-year-olds tend to be. He was hilariously mischievous and at the same time, stunningly spiritually aware. Imp and angel. Naughty and nice. When he was little and was everyday bewildering us with his shenanigans, we wondered if he was going to grow up to be a prophet or a bank robber. And then he became desperately ill. Over the next three years, modern medicine employed heroic measures including two bone marrow transplants where he caught pneumonia, requiring him to spend 10 weeks unconscious on a ventilator. Miraculously, he recovered for a short time, but then his cancer returned. Shortly before he passed away, Tanner's disease had invaded his bones and even with strong pain medicines still he hurt. He could barely get out of bed.

45:55 One Sunday morning, his mom, Colleen, came into his room to check on him before the family left for church. She was surprised to see that he had somehow gotten himself dressed and was sitting on the edge of his bed, painfully struggling to button his shirt. Colleen sat down by him, "Tanner," she said, "Are you sure you are strong enough to go to church? Maybe you should stay home and rest today." He stared at the floor. He was a deacon. He had a quorum. He had an assignment. "I'm supposed to pass the sacrament today." "Well, I'm sure someone could do that for you." "Yes," he said, "But I see how

people look at me when I pass the sacrament. I think it helps them."

46:38 So Colleen helped him button his shirt and tie his tie, and they drove to church. Clearly something important was happening. I came to church from an earlier meeting, and so was surprised to see Tanner sitting on the deacon's row. Colleen quietly told me why he was there and what he had said. It helps people. And so I watched as the deacons step to the sacrament table. He leaned gently against another deacon as the priest passed them the bread trays. And then Tanner shuffled to his appointed place took hold of the end of the pew to steady himself as he presented the sacrament.

47:15 It seemed that every eye in the chapel was on him, moved by his struggle as he did his simple part. Somehow Tanner expressed a silent sermon as he solemnly, haltingly moved from row to row. His bald head, moist with perspiration representing the Savior in the way that deacons do. His once indomitable deacon's body was itself a little bruised, broken and torn, willingly suffering to serve by bearing the emblems of the Savior's Atonement into our lives.

47:51 Seeing how he had come to think about being a deacon made us think differently too about the sacrament, about the Savior, and about the deacons and teachers and priests. I wonder at that unspoken miracle that had impelled him that morning to respond so bravely that still small call to serve. Every time a deacon holds a sacrament tray, we are reminded of a sacred story of the Last Supper, of Gethsemane, of Calvary, of the Garden Tomb when the Savior said to his Apostles, and this do in remembrance of me, he was speaking through the ages to each of us, he was speaking of the unending miracle that he would provide as future deacons, teachers and priests would present his emblems and invite his children to accept his atoning gift.

48:41 That is what holding up your light, the Savior's light, looks like."

John Bytheway:

48:50 I love that story and I love [President and Sister Lund](#) that has blessed a lot of people. One of the things that I love about this verse is I don't know if there's any other nickname that the Savior shares with us. He says, "I am the light of the world," and he also said, "You are the light of the world." Which is kind of fascinating, and this is the verse that puts them both together. "I am the light which ye shall hold up, that which you have seen me do." That's always been fascinating to me that we get to be

a light, but that light is just his light trying to do what he would do.

49:36 Matt, we could tie things up right there. That's such a beautiful story. But what can we see in [chapter 19](#) that we'd love to comment on before we wrap it up?

Dr. Matt Townsend: 49:47 Yeah. 19 is special in its own regard. 19 is the beginning of the next day. Finally, we've had a new day. It is interesting that basically verse one, when Jesus ascended into heaven, the multitude did disperse, they went back to their homes. Not everyone necessarily went back to their homes. Verse three, "Yea, and even all the night, it was noised abroad concerning Jesus. And insomuch they did send forth unto the people that there were many, yea, an exceedingly great number did labor exceedingly all night that they might be on the morrow in the place where Jesus should show himself unto the multitude." They were all busy now being caught up in the love of Christ and letting their light shine and sharing everything that's been happening. And imagine again, who would we run to get there for the next day? And they brought a bunch of people, a lot of people came the next day.

John Bytheway: 50:53 You can't text them or email them. You got to go get them.

Dr. Matt Townsend: 50:57 Yeah, [President Monson](#), you know this quote well, it says, "We are surrounded by those in need of our attention, our encouragement, our support, our comfort, our kindness. We are the Lord's hands here upon the earth with the mandate to serve and to lift his children. He is dependent upon each of us." And what's beautiful is they delivered. They went out and they delivered and they got everybody back. And when they got back, there were so many that were there that those disciples that had been selected, those that had been chosen, then took that group, broke them into 12 different groups, and then started to have them pray and taught them everything that was taught the day before. Again, a wonderful ritual of communion with everyone.

Hank Smith: 51:49 Matt, do you think people would've been disappointed? Jesus is here, so they come running and it's his 12 disciples. They're like, "That's not Jesus." Maybe there's something to that. That come see Jesus and your way to him is going to be through these apostles.

Dr. Matt Townsend: 52:05 It is interesting. And maybe it was the willingness, now they're more willing because they've heard the message of those that were there. Now, their willingness, now they're coming in

through the disciples and then the disciples have them kneel down again. Remember, kneel down to be blessed. And then from that, they then took them down to the water's edge. And remember, part of the prayer that they were offering as they were kneeling was to have the Holy Ghost that the Holy Ghost should be given unto them. They prayed for it. The disciples were begging for that Holy Ghost. They needed that light, that spirit, that inspiration to help them heal that we've been talking about, to help them feel the Spirit. And in order to receive the Holy Ghost, they needed to be taken down to the waters of baptism.

52:53 And it came to pass when they were all baptized and had come up out of the water, the Holy Ghost did fall upon them and they were filled with the Holy Ghost and with fire. And the gospel of Jesus Christ was in play again, the doctrine of Christ, of faith in the Lord Jesus Christ, repentance to turn back, follow the bid, turn back to the bid, make covenants of baptism and receive the gift of the Holy Ghost. And they were filled with the Spirit and it became a process of making more and more people holy through the Holy Ghost.

53:31 [D. Todd Christofferson](#) said, "Our Heavenly father is a God of high expectations. He proposes to make us holy so that we may abide a celestial glory and dwell in his presence." [Lectures on Faith](#) explains no being can enjoy his glory without possessing his perfections and holiness. Our father in heaven knows us, he loves us and he has provided for all of us that is required so that we can become holy as he is holy." Line upon line again, back to the Spirit, slowly converting and making us holy.

Hank Smith: 54:06 And then, he's back. It's time for day two.

Dr. Matt Townsend: 54:12 That's exactly right. Imagine the joy of him coming back again, now he's seeing all these other people and he's seeing it's working, the message is working and it's in the hearts and it's in the minds of his people. And the covenant is slowly changing them to become even more like him. They're now taking on his image in their countenance. Their complexions are changing. The light of Christ is flowing from them. It's a powerful scene and it's a powerful opportunity for a lot of us. As [Elder Christofferson](#) says here, "Keeping the Lord's Commandments enables us more fully and more easily to feel his love. The straight and narrow path of commandments lead directly to the tree of life and the tree and its fruit, the sweetest and the most desirable above all things, are the representations of the love of God and fill the soul and bring us exceedingly great joy."

Hank Smith: 55:09 This has been fantastic. Maybe I could ask you one last question before you go. Matt, you've been working with families and couples for a couple decades now, even though you don't look it, how have you seen the Lord heal families and marriages? That's what he does here, he comes and he heals.

Dr. Matt Townsend: 55:29 What I've seen is it's not their therapist, it's not their coach. It's when people use their agency to align themselves to principle, and they bring the love that is uniquely inherently them because of who they were before they ever came to this earth and who they are as a son and daughter of God. It starts to create a change. And when I recognize in my spouse that they're not just a mere mortal, but that they're a child of the most high God. And when I in any way, shape, or form can actually try to live that with them, change takes place. It may not change both parties. Sometimes it only changes one party. But I've seen marriages become incredibly good by just one party. And by the way, not even always the most broken one. I wish it could always be two.

56:28 But I think in our covenant we need to just remember, we are not alone in the covenant. We're not alone in this. We are married to the bridegroom. The number one thing that always helps is when the Savior is in the relationship. However we get them in, we've got to find a way to invoke that spirit, that name, that power, and we come unto Christ wherever we are in the relationship and then he slowly changes us line upon line again. That's the only thing I've seen that lastingly creates change.

Hank Smith: 57:03 Wow. What a fun day. John, I have a lot to do, but I'm going to just take it a bit at a time and go back through. I thought my margins were already full and they are. I'm squeezing, I'm going to say my margins spilloth over.

John Bytheway: 57:22 Hank, you said you're going to take it a bit at a time. You could say, I take it a bid at a time. I'm going to take these bids-

Hank Smith: 57:28 A bid at a time.

John Bytheway: 57:30 ... and I'm going to turn. I'll never forget that. So many invitations, so many bids, and now we can turn. So good.

Hank Smith: 57:41 Thanks, Matt. We're grateful you'd spent your time with us. It's been a treat.

57:46 With that, we want to thank Dr. Matt Townsend for being with us today. We want to thank our executive producer Shannon

Sorensen, our sponsors David and Verla Sorensen, and every episode we remember our founder Steve Sorensen. We hope you'll join us next week, we've got the Savior's second day with the people of Nephi on FollowHIM.

58:08 Before you skip to the next episode, I have some important information. This episode's transcript and show notes are available on our website Followhim.co. That's Follow-Him, dot, C-O. On our website, you'll also find our two free books, Finding Jesus Christ in the Old Testament and Finding Jesus Christ in the New Testament. Both books are full of short and powerful quotes and insights from all our episodes from the Old and New Testaments. The digital copies of these books are absolutely free. You can watch the podcast on YouTube. Also, our Facebook and Instagram accounts have videos and extras you won't find anywhere else. If you'd like to know how you can help us, if you could subscribe to rate, review, and comment on the podcast, that will make us easier to find.

58:50 Of course, none of this could happen without our incredible production crew. David Perry, Lisa Spice, Jamie Neilson, Will Stoughton, Krystal Roberts, Ariel Cuadra and Annabelle Sorensen.

President Russell M. Nelson: 59:03 Whatever questions or problems you have, the answer is always found in the life and teachings of Jesus Christ. Turn to him. Follow him.

A WARM HEART IN THE COLD WAR



- Hank Smith: 00:02 Hello, everyone. Welcome to another FollowHIM Favorites. You know the drill. John and I are sharing a single story to go with this week's Come, Follow Me lesson.
- John Bytheway: 00:11 Hank, when I got home from my mission, I'm older than you, President Ezra Taft Benson became a president of the church. This is a story about him. Now, he had something very unique in his life. He was actually in President Dwight D. Eisenhower's cabinet as the Secretary of Agriculture while he was a member of the 12.
- Hank Smith: 00:30 Never happen today. I can't see that ever happening.
- John Bytheway: 00:32 They're so busy. This is what Sheri wrote in her book, Prophets Can See Around Corners. This starts on page 84.
- 00:39 In 1959, Elder Ezra Taft Benson, then a member of the 12, was serving simultaneously in US President Dwight D. Eisenhower's cabinet as Secretary of Agriculture. In that capacity, he undertook a trip to Moscow at the height of the Cold War.
- 00:55 Okay, think not Russia. Think Soviet Union.
- 00:59 At the height of the Cold War, the relationship between the US and the Soviet Union was frosty.
- 01:04 I got to tease Sheri about that. Height of the Cold War, it was frosty. That's good, Sheri. I see what you did there.
- 01:10 Secretary Benson's plane was believed to be only the second US Air Force plane to fly into Moscow since World War II. Though Secretary Benson visited Moscow to meet with the Soviet Minister of Agriculture and to inspect the state of soviet farming, from the time he arrived, he repeatedly requested that he be allowed to visit one of the two Protestant churches in Moscow. His hosts ignored his request for days. Finally, as his entourage headed for the airport to depart, Elder Benson

insisted they stop en route at the Central Baptist Church. Reluctantly, his hosts agreed. Secretary Benson and his group caused quite a stir as they entered the church and found a service in progress.

- 01:54 One newsman described the scene. Every face in the old sanctuary gaped incredulously. As we were led down the aisle, they grabbed for our hands as we proceeded to our pews. Their wrinkled old faces looked at us pleadingly. They gripped our hands like frightened children. Without warning, the minister invited Elder Benson to speak. Never before had he addressed an audience quite like this one, but he did what apostles do. He testified of Jesus Christ. "Our Heavenly Father is not far away," he promised. "He is our Father. Jesus Christ, the redeemer of the world watches over this earth. Be unafraid, keep His commandments, love one another, pray for peace, and all will be well."
- 02:40 Elder Benson then encouraged them to pray for help. "I believe very firmly in prayer," he said. "I know that it is possible to reach out and tap that unseen power which gives us strength in time of need." He concluded, "I leave you my witness as a church servant for many years that truth will endure. Time is on the side of truth. God bless you and keep you all the days of your life."
- 03:03 That's the end of the quote from President Benson. There was not a dry eye in the church or among Elder Benson's party as they entered their cars. Cynical Newsmen who had complained about going to church with Ezra wept openly.
- 03:17 One member of the press wrote, "Imagine getting your greatest spiritual experience in atheistic Russia. This Methodist backslider," the reporter was talking about himself, "Who occasionally grumbles about having to go to church, stood crying unashamedly, throat lumped, chills running from spine to toes. It was the most heart-rending and most inspiring scene I've ever witnessed."
- 03:41 Reporters were not the only ones affected by Elder Benson's testimony in Moscow. Members of the Central Baptist Church were as well. So Sheri says, "I related this story later at the North Salt Lake Utah Stake and the stake president, President Taylor, told me, as a member of BYU's Young Ambassadors way back in 1978, they had visited that church. And when the church's pastor learned the group was from Brigham Young University and were members of the Church of Jesus Christ of Latter-day Saints, he invited them to his office. "Come with me."

04:14 There, the BYU group was stunned to see a framed picture of Elder Benson. The pastor told the young ambassadors about Elder Benson's visit many years before, that his message had had such a profound effect on the congregation that Elder Benson's picture had been there ever since. And then Sheri concludes, "When apostles testify of Jesus Christ, the Holy Ghost carries that message into the hearts of those willing to hear, and the impact can be long-lasting." Cool story, huh?

Hank Smith: 04:45 If there's anybody out there listening who doesn't understand why that would be a big deal in Russia, you need to go talk to your grandparents.

John Bytheway: 04:53 Yeah. In the Soviet Union and the Cold War, they might not know what a Cold War is, so-

Hank Smith: 04:58 Yeah. It wasn't sneezing back and forth. It was-

John Bytheway: 05:00 Yeah. It was spies and, oh man, it was not a hot war. Cold War is different. So how cool that President Benson would go there, get up, and say testify of Christ and say your prayers and things are going to be okay.

Hank Smith: 05:13 Yeah. And these Christians in that country, what a wow moment for them. Oh, what a great story. John, and from our former guest, Sheri Dew, I love it. Hey, come join us on our full podcast. It's called FollowHIM. You get it wherever you get your podcasts. We're with Dr. Matt Townsend this week, and you're going to love it. And then come back here next week. We'll do another FollowHIM Favorites.