



*“The Lord was with Joseph”*

## 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 Friday and Saturday.

### Podcast Episode Descriptions:

#### Part 1:

How was the Lord with Joseph through times of trial? Dr. Lili Anderson teaches why this life isn’t fair, how Joseph responded to hardship, and how we can choose to receive all He wants to give us as we become antifragile.

#### Part 2:

Dr. Anderson returns to discuss the timing of blessings, how sometimes the wicked seem to prosper, how spiritual blessings can come from the darkest times, and how all will be made right through the Atonement of Jesus Christ.

## **Timecodes:**

### **Part 1**

- 00:00 Genesis 37-41– Part 1 Dr. Lili De Hoyos Anderson
- 01:12 Introduction to Dr. Anderson
- 03:07 Joseph son of Jacob
- 06:48 God’s answer to most problems is the family
- 07:37 Dr. Anderson shares a personal story about her mom stating everyone is maladjusted
- 10:27 Review of Abraham down to Joseph
- 19:00 What is dysfunction?
- 25:19 “The gospel is to comfort the afflicted and afflict the comfortable”
- 27:38 Joseph is born into a complicated family dynamic but he chooses the Lord
- 30:13 Joseph could have been more diplomatic but his actions don’t warrant the response from his brothers
- 31:28 Joseph is sold into slavery and his coat is a priesthood garment
- 32:48 Captain Moroni allusion to the coat of Joseph
- 35:21 Jesus is the healer and God plans for our mistakes and the sins of others
- 38:00 Dr. Anderson shares personal story of righteous woman with unfair consequences for ex spouse
- 39:36 Two modern publications that support the idea that people are antifragile
- 44:51 Joseph has become powerful politically and spiritually in Egypt
- 47:59 Faith only grows in the dark
- 50:34 Life has to be unfair
- 53:01 Dr. Anderson shares a personal experience learning that, “All things work together for our good”
- 58:28 We all need to become rough stones that are polished by our afflictions
- 1:01:17 Joseph versus Judah
- 1:05:06 Dr. Anderson shares an experience where God gives power to those who can carry it
- 1:10:27 Joseph and the difference between reasons and excuses
- 1:14:20 End of Part I

### **Part 2:**

- 00:00 Genesis 37-41-- Part II Dr. Lili De Hoyos Anderson
- 00:07 Dr. Anderson shares a personal story with a friend who experienced a great unfairness
- 07:32 We are never abandoned when we choose the Lord
- 09:53 Joseph remained close to the Lord
- 14:00 The hardness of the Lord is better than the softness of men
- 15:59 No scant measurements
- 16:65 Novel by Elizabeth Goudge
- 19:43 Dr. Anderson shares personal experience of a friend whose children don't value gifts
- 27:35 Joseph is remembered and stands in front of Pharaoh
- 32:49 Bitterness and the Spirit don't coincide
- 33:36 Joseph as a type of Christ
- 39:00 Beautiful ending with Joseph and his brothers
- 43:00 How Joseph forgives his brothers
- 45:04 Don't waste suffering
- 47:05 Julie Beck had to sing *Love at Home* until she learned that lesson
- 48:15 Dr. Anderson shares her journey as a scholar, Saint, parent, mother, and therapist
- 55:48 End of Part II

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## Biographical Information:



Lili De Hoyos Anderson is a first generation American. Her mother is French and her father is Mexican. She mostly grew up in Michigan and Indiana, but when she started high school, both her parents began teaching at BYU, so the family moved to Provo and she graduated from Provo High School.

Dr. Anderson attended BYU and graduated in Sociology. After almost 20 years of being a full-time homemaker, Sister Anderson returned to school to complete a Masters in Social Work degree at UNLV and a PhD in Marriage, Family, and Human Development from BYU, where she taught for several years in the School of Family Life. She is a Licensed Clinical Social Worker and has a full-time private practice in individual, marriage and family counseling.

The Andersons have eight children. They are affectionately referred to as the "Alphabet Kids" because their names are Adam, Bethany, Caitlin, Dominic, Eden, Faith, Graydon, and Harper. The Andersons are now collecting grandchildren with #36 coming this year.

Dr. Anderson is an avid reader. Over the years, she has also enjoyed sewing, music, making stained glass windows, photography, and quilting. Dr. Anderson has published in the *Ensign* and in various books and journals. Her first book, *Family Foundations*, was written in response to student requests when she was teaching at BYU. Her second book, *Choosing Glory*, was released August 2009 and is available on Kindle. For over 25 years, she has presented at professional conferences and to church groups, including a BYU-I Devotional Address and as Keynote Speaker for the New Zealand YSA Conference.

The Anderson family has lived in Oklahoma, Chicago and for 15 years in Las Vegas, where they mostly raised their family. In Las Vegas, Sister Anderson taught both early morning seminary and two Adult Religion classes for several years. Her greatest love, after the gospel and her family, is teaching.

Dr. Anderson served for two terms (4 years) as president of AMCAP (the Association of Mormon Counselors and Psychotherapists). She also had the privilege of serving on two committees for Church Public Affairs, one of which was tasked with the .2 version of the mormonandgay.org website.

The Andersons now live in Draper, Utah, where they are members of the Draper Corner Canyon 9<sup>th</sup> Ward.

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Hank Smith:	00:00:01	Welcome to followHIM, a weekly podcast dedicated to helping individuals and families with their Come Follow Me study. I'm Hank Smith.
John Bytheway:	00:00:09	And I'm John Bytheway.
Hank Smith:	00:00:10	We love to learn.
John Bytheway:	00:00:11	We love to laugh.
Hank Smith:	00:00:13	We want to learn and laugh with you.
John Bytheway:	00:00:15	As together, we followHIM.
Hank Smith:	00:00:20	Welcome everyone to another episode of followHIM. My name is Hank Smith. I am your host. I am here with my amazing technicolor co-host, John Bytheway. John Bytheway.
John Bytheway:	00:00:36	I grew up in the black and white era of the Andy Griffith Show. So technicolor was a big deal when I was a kid. They used to say in color on TV.
Hank Smith:	00:00:45	Yeah.
Lili Anderson:	00:00:46	There were a lot of good life lessons out of Andy Griffith, by the way.
John Bytheway:	00:00:49	Oh, best show ever.
Lili Anderson:	00:00:51	Yeah.
Hank Smith:	00:00:52	John knows every episode. I've heard most of them. I've never seen them, but I've watched them from John. Yeah. John, you're amazing technicolor because we are talking about one of the most famous stories ever. So we wanted to bring on a guest who could help us understand this incredible story even better. Tell us who's with us.



John Bytheway:	00:01:12	Absolutely. And she is back. We've had Sister Anderson before. Lili de Hoyos Anderson is a first generation American. Her mother is French and her father is Mexican. She grew up in Indiana, but when she started high school, both her parents began teaching at BYU. So the family moved to Provo and she graduated from Provo High School, graduated from BYU in sociology and married Chris Anderson. They had eight children in 12 years. They are affectionately referred to as the alphabet kids, I love this, because their names are Adam, Bethany, Caitlin, Dominic, Eden, Faith, Grayden, and Harper. After almost 20 years of being a full-time homemaker, Sister Anderson decided to return to school, complete a master's in social work from UNLV and a PhD in marriage, family, and human development from BYU, where she taught for several years in the School of Family Life. She's a licensed clinical social worker, has a private practice in individual, marriage, and family counseling. And she has a new podcast called Choosing Glory. Do you want to tell us more about that, Lili?
Lili Anderson:	00:02:18	Well, it's all because I was a guest on followHIM. This was not on my radar. I just thought I would have a fun time being a guest with you guys last year. I got a lot of feedback from people who encouraged me to consider this and particularly my children-in-law, which was really, really a great compliment, that they were like, "It's good to have another voice out there." I finally took the plunge, did a lot of praying about it, but felt like it would be something to try. So I have really enjoyed that.
John Bytheway:	00:02:50	I like what you said, Lili, another voice out there. And that's how we look at it. We are so thankful that there are so many other voices out there defending-
Hank Smith:	00:02:59	Absolutely.
John Bytheway:	00:02:59	Truth and defending Joseph Smith and things like that. So that's great.
Hank Smith:	00:03:03	Lili, let's jump in. Tell us about Joseph and his family, what he did.
Lili Anderson:	00:03:07	Most of us have had this soundtrack of Joseph and the Amazing Technicolor Dream going through our heads as we've read about Joseph. And it is a delightful little production piece, not always exactly accurate, but we forgive it because it's so clever. And it does highlight, in really quite a generous and lovely way, this amazing, amazing prophet. So really a privilege to talk about Joseph. I wanted to start with just a kind of a perspective, and maybe you've discussed this before. Genesis particularly is

a very brief sketch of this history. And I think it's good for people to remember, give it a little latitude. When there's something that we don't fully understand, we can speculate about some things, but the record is pretty scanty. I mean, I looked up some things when I started again on the Old Testament this year. The entire book covers about 4,000 years, right? And it's in just under 1,200 pages.

Hank Smith: 00:04:00

You may miss something along the way.

Lili Anderson: 00:04:04

Even more extreme is that Genesis covers over half of those 4,000 years. It covers about 2,200 years. The estimates vary a little bit, but it's pretty close to that. So we're talking about 55% of the time period covered by the Old Testament is covered in 6.5% of the total length of the book. And as you said, it's not exactly proportionate because we do spend more time on Abraham, Isaac, Jacob, and Joseph. So there are a few more chapters devoted to that, but nevertheless, we're talking about 78 pages in Genesis that have 50 chapters and we're covering 2,200 years. So I just want people to appreciate that. If there are things that they feel are not fully fleshed out, well, that's right. That's right. This is a pretty brief record of these marvelous and amazing events. And nevertheless, we have this record preserved so that we can learn from these amazing people who lived at the beginning of the world and established these believers.

Lili Anderson: 00:05:06

We have strong believers, these patriarchs that came down and the women that were with them. So just be patient. As we read this book, I hope everybody can be a little patient and understand that there's much more to be revealed to flesh out these stories, but the themes are clear. The themes are clear and the gospel has been revealed in every dispensation and they had all they needed, as we have all that we need. But we do live in a very generous time. To think that we live in a dispensation, where all these materials are available and on our phones, I hope we'd be a little grateful for that. And further, I wanted to mention too, that we've read these past chapters and so on and we see that there was so much wickedness, especially prior to the flood, but even after the flood. It's not a large group of people who are true believers.

Lili Anderson: 00:05:55

And I think, again, how great a blessing it is to live in a dispensation where there are so many believers and we can connect so easily with believers worldwide. And we have a worldwide connection with other people who, not just of our faith, but many Christians in the world who do believe the Bible and study the Bible and believe in Jesus Christ. So that really

struck me too this year again, as I started reviewing the Old Testament, because I thought it must have been a lonely time. It must have been a lonely time and I think there's evidence that Joseph went through periods of real loneliness, on his own. And we don't usually have to be that lonely. So really an impressive time, an impressive time that these people on their own with very few people to support them could choose to believe and to be so incredibly faithful and idol worship is all around.

- Lili Anderson: 00:06:48 So here we have Joseph come into this family and what a family it is! Abraham, Isaac, Jacob, who becomes Israel, and then this tenth son, Joseph, who is the birthright son because of his righteousness, but okay, I'm a counselor. So I have to say there was a lot of family dysfunction. We have some really good evidence of intergenerational family dysfunction.
- Hank Smith: 00:07:15 I love that you said that. Lili, I've noticed, something I've probably never noticed before, I probably should have, but Genesis seems to set up a problem and what's the answer is this family. The answer to the wickedness on the earth is a family and they're a very imperfect family yet, they're still the family.
- Lili Anderson: 00:07:37 Well, let me share a little moment that I had when I was probably 11 or 12 years old. My mother was a counselor who later got a PhD in sociology, but she did have a master's in social work also. So she was talking about maladjustment, people who are not functioning in a completely healthy way. And generally because they've been hurt, something was hurtful or painful or traumatic in their lives and their response to that wasn't maybe as healthy or complete because our resources are limited, especially when we're young. So I'm listening to my mother talk about this. I'm still pretty young and I said, "Well, mom, how many people are maladjusted?" And she said, "Well, Lili, everyone's maladjusted."
- Hank Smith: 00:08:18 That's what I thought.
- Lili Anderson: 00:08:19 You saw that one coming, didn't you? And I was shocked. I'm like, "Ah!" It was such a valuable message, such a valuable message because, of course, she didn't stop there, but she talked about the hope that exists for us to overcome our weaknesses and make them into strengths through Jesus Christ. And that's really the goal. But to add to that, my husband had this brilliant insight. One time he was reading through Ether 12:27 again, where it says that God is saying, "I give unto men weakness that they may be humble and my grace is sufficient for all men who humble themselves and have faith in me and I can make your weakness strong." It's this amazing promise.

That really is so much of what we're going to talk about today. But my husband was sitting there reading that and pondering on it and he looked up and he said, "Did you know, instead of saying, "I give unto men weakness," God could just as accurately have said, "I give unto men families." "I give unto men parents."

- Lili Anderson: 00:09:11 And again, we had our eight children by then and I was like, wait, "That has the resonance of truth, the piercing resonance of truth," because none of us get perfect parents and none of us are perfect parents. And that is the plan. Now let me be clear, this is not a free pass to be a lousy parent. We are asked by God to be diligent in trying to become good parents. I've said before that the product of parenting is not really the child, it's the parent because this is a journey. This is a journey. And it's a fabulous, refining journey, if we allow it to be because in our efforts to become better parents, we become better people. And we can, if we're doing it right, become much more like the savior Jesus Christ. And it is a journey. But there's a balance in there.
- Hank Smith: 00:10:03 Lili, I used to tell my dad, "You sure got a lot nicer as you got older."
- Lili Anderson: 00:10:10 Surprise.
- Hank Smith: 00:10:12 I remember thinking, just before he passed away, "That's not my father. That is a really nice old man. Who is that?" Right? And I think that was-
- Lili Anderson: 00:10:23 Who did you become?
- Hank Smith: 00:10:25 Yeah, like you said, it was part of the process.
- Lili Anderson: 00:10:27 So let's just make a quick review, okay. So we're going back to Abraham's father Terah, and think how disturbing this can be for a child. He worships Jehovah sometimes, but then he goes back to the idols. That's very confusing to children sometimes, that bounce, sometimes a fervent believer and other times a fervent pagan. And then of course, culminating with his offering and taking Abraham to be sacrificed to this false God. And if it hadn't been for the angel coming, it would've happened. And then, of course, it's still not safe for Abraham. So the spirit tells him, "Get out of Dodge. You're just going to have to leave."
- Hank Smith: 00:11:05 You've got to leave.

Lili Anderson:	00:11:06	"Because this is not a safe place." And then look what it says in Abraham chapter one, and this is so beautiful. Let me just turn to that for a second. This was pointed out... I don't even remember the lady who was talking about this once, but I remember just being really impressed by it. Abraham says in chapter one, and this is before he gets these promises or callings from the Lord, verse two, "He was a follower of righteousness." This is kind of halfway through, "Desiring also to be one who possessed great knowledge and to be a great follower of righteousness and to possess a greater knowledge," and then look at this, "And to be a father of many nations, a prince of peace, desiring to receive..." The king wanted to be the father and think how this makes sense.
Lili Anderson:	00:11:48	If you think of it kind of from a counseling perspective, he had father issues. His father was a jerk in a really unstable, very dangerous, couldn't have been someone that Abraham felt really comfortable with or had a great experience with. He has to leave, but he wants to be a good father. He wants to fulfill this opportunity that God gives us, if we are able to marry and have children, to be a father that is a good father and a father of many nations. He wants us to go on and to have a posterity that can be different from what he grew up with. So what happens? Well, his wife can't have a child. So you're like, "Wow, wow. God's not kidding around." They are tests in life. And then finally we have the handmaiden in Hagar there who is able to bear a son to him, Ishmael.
Lili Anderson:	00:12:42	So we don't know how old Ishmael was, but finally, when Sarah conceives a child, God tells Abraham, "Send Ishmael away." Can you imagine how that felt to him? "Are you kidding? I want to be a good father. Not like the father I had, I want to be a good father. And now you want me to be a bad father. You want me to reject this child?" It must have been such an amazing test, maybe part of that Abrahamic test even started there. And then God makes him a promise, "Don't worry. I'm going to take care of him and his mother and he'll become a great nation." So then he has this child of promise, Isaac. Must have been so filled with joy. Now he didn't get a lot of children, but okay, he has this child of promise and Isaac is a righteous man now. And Isaac's about 35-ish probably. Then God says, "Okay, now sacrifice... Do to Isaac what your father tried to do to you, but don't worry because I'm the real God."
Lili Anderson:	00:13:39	I mean, are we aware of what an Abrahamic test really is? It gets us right in our hangups, God wants us to overcome.
Hank Smith:	00:13:48	That's his trauma from his childhood.

Lili Anderson:	00:13:50	That's his trauma, that's his trauma. And God's like-
John Bytheway:	00:13:54	I tried a long time to forget this.
Lili Anderson:	00:13:56	That's right. That's right. And he is like, "No, I can make your weaknesses strong. We can overcome all of this. We can overcome all of this." And you know what? It says so beautifully that Abraham got up early the next morning to comply with that. I mean, some of us would've slept in. I mean, maybe I'm not in a hurry to go and do this, but Abraham has such an amazing trust in God and is so, so fixed in his righteousness that, "I will do what the Lord commands," even though this is hitting right on his soft spot.
Lili Anderson:	00:14:31	So he goes, and of course we know that he is not required that he fulfill that. But he passes the test. Isaac also must have had a pretty traumatic test there because he probably easily could have wrestled that knife away from his aged father, but he was willing to submit because he also has this great testimony and becomes the next great patriarch. But look at the next hangup, he has twins and he favors one, never a great dynamic. Never a great dynamic, but he just has this sort of kinship with Esau, who's an outdoors guy, who's kind of a match for him. Isaac kind of connects.
Lili Anderson:	00:15:09	And Jacob's a great guy, really a great guy because he is righteous and Esau really isn't and he marries outside the covenant. Rebekah has to use some subterfuge to get the birthright blessing to Jacob. Now, I've mentioned this and I'm sure this has been talked about, but I just want to review that obviously you can't steal a birthright. I mean, God would not endorse a stolen birthright. Isaac was a little weak in this particular place. It just hit on his soft spot, I suppose. But he gets it. And when Esau comes and says, "So you're not going to bless me?" I mean, "And have you nothing left for me?" And Isaac could have said, "No, your brother stole it. I'm giving you the real birthright."
Lili Anderson:	00:15:48	I mean, there would've been nothing to stop him from conferring a birthright on Esau, had Esau deserved it and been worthy and righteous. But the trick there just kind of brought Isaac's awareness again to the forefront that, "No, Jacob is the birthright son." But now Esau wants to kill Jacob so Jacob has to also leave town. So we're still seeing a lot of trauma here.
Hank Smith:	00:16:12	Yeah. This is a fun... What is the fun in dysfunctional? This is wow.

Lili Anderson:	00:16:17	It's a fun in dysfunctional. Wow.
Hank Smith:	00:16:19	Goodness.
Lili Anderson:	00:16:20	Okay. I'm going to make some conclusions here in a moment, but we see him now go to his uncle Laban and Laban's a son of God. So he loves Rachel. He worked seven years and gets Leah and look at the dysfunction that comes between those two sisters. Because even though, "Okay, well I'll stay with Leah for a week. And then I'll let you marry Rachel," who was really the love of Jacob. And now Leah is jealous, but now Rachel's jealous too, because Leah can have children and she can't. So there's a lot of competition and this goes on through the chapters. We read about that, right? Even that one time that Leah's son comes back with mandrakes and Rachel's like, "Hey, can I have some?" "No, you already have my husband. I'm not going to give you my mandrakes, too."
Lili Anderson:	00:17:04	And she says, "Well, okay, I'll just switch this and Jacob can sleep with you tonight." It's pretty bizarre stuff. Now it is a sketchy record, but we see this, we see this. And it even says of Leah that she was hated, that she was hated. You think the sons didn't know that? So these sons of Jacob that are born to Leah, and then to Bilhah and Zilpah competing to have children, because that's why Rachel says, "Well here, maybe my handmaid can give you children for me." And then Leah does the same and then Leah has a couple more. And you know what it says of Leah? It's so sad. It says, "Maybe now my husband will love me because I've given him six sons." I mean, all these years later, she's still like, "Maybe now he'll stay with me."
Lili Anderson:	00:17:48	So there's a lot of pain here. Trouble continues. Now we have Joseph who comes in and he's hated by his older brothers because not only is he the child of Jacob's old age, but he's the child of Rachel. And let's give him credit where credit's due, Joseph is good. Joseph is righteous. The other brothers are not. I mean, they represent the 12 tribes of Israel, but that doesn't mean they were righteous. Reuben has defiled his father's bed with Bilhah and they all have their issues and they don't like Jacob. And maybe they just saw how much pain that their mothers went through, particularly Leah for being the non-favored wife.
Hank Smith:	00:18:34	I'm feeling a little bit better about the drama in my family, both the family I grew up in and the family I have now. I'm like, "Okay, maybe it's to be expected, a little drama, a little jealousy, some problems, some hatred."

John Bytheway:	00:18:48	Yeah. I was going to say I think I've used that word and you used it a few times here, dysfunction, and maybe we ought to define it because I've used it because I think I know what it means. It's like not functioning right. But what is dysfunction?
Lili Anderson:	00:19:01	Well, it means unhealthy ways of responding. So we talk about hangups, from decades ago we used that word hangups, everybody has hangups, and that really is the same thing. It means that I was hurt in a certain area and my response to it wasn't that great. And how could it have been? Especially because a lot of these traumas happen when we're young and they may not be full blown traumas, but they're hurt and there's jealousies within families or parents have their own stuff.
Lili Anderson:	00:19:29	And if we go back a generation, like we are just talking about this generation after generation of pain, we can understand why people don't handle things perfectly. Because things weren't handled perfectly for them either. So they end up with these hangups and then they pass them along, not because they're bad people. I do want to mention specifically, and I think this is really important that we find a sweet spot in the middle of all this. Meaning that we need to make some decisions. For instance, it's not okay to just say, "Well, then I have a free pass to be a crummy parent." No, we don't, we don't, we are responsible.
John Bytheway:	00:20:05	I can blame my behavior on my past.
Lili Anderson:	00:20:09	We are responsible and there are, again, some amazing examples of people, like these people we're talking about, who did have injuries in their youth or in their lives, but didn't let that give them an excuse for becoming slugs or terrible people or angry people or vicious breakers of their covenant. No, I want to be good, I still want to be good, and I'm going to allow that healing process to continue in me and trust in the Lord that he can make my weaknesses into strengths if I pursue this path. So no free pass on being a lousy parent, I hope we are all diligent in those efforts. But again, the sweet spot is not expecting ourselves to be perfect and recognizing that, okay, our kids may end up with a few hams that we developed.
Lili Anderson:	00:20:55	Well, we need to be as supportive and accepting of that as we can. But that doesn't mean that we condone sin, doesn't mean that we just throw out the rules and say that like, "Well, because life is hard, doesn't matter if you're good." Yes, it does. It absolutely matters. Again, that's the point, is can we through all the tribulation of this life continue to choose Christ, to



continue to come to Christ and be saved? There is this sweet spot. Like you said, we don't want to blame, we don't want to act like that gives me a free pass to be a jerk myself or to be unkind or messed up. We should be working toward the functional life that God wants, that he invites us all to have.

Lili Anderson: 00:21:35 Another point though however, is to not deny that we're hurt. It helps to recognize those things and to process them through prayer, through some cathartic writing perhaps. But anyway, there are lots of things and there are other resources that can help us to process that pain. But denying it is not a good idea. Every once in a while I'll see clients who maybe have a toxic mother or a toxic father, an abusive parent, one of them or both, maybe somebody who was incredibly critical and really did a lot of damage when they were growing up because it really affected their self image and created some serious insecurities. And they'll say, "But my parents are really wonderful people and I need to honor my father and mother." So they keep going to visit a lot and they spend a lot of time with parents who are still hurtful. And I'm like, "Hang on, that's not required either. Honoring your father and mother doesn't mean that you have to put yourself in harm's way."

Lili Anderson: 00:22:27 So if you have an unhealthy relationship where there really is abuse, I'm not talking about imperfection here, but I'm talking about toxic stuff, somebody who is really cruel or unkind or degrading or demeaning are dangerous in some way, then don't put yourself in their path. Abraham left because his father was toxic and that's not a bad pattern. It didn't mean that he didn't honor his father, but honoring our father and mother doesn't mean that we're going to agree with them, that we're going to ignore things that aren't correct or that are dangerous. So there's that sweet spot. Like I said, I think we can find it, I know we can find it. And if we need help, we should get help. But we can find that space where we're safe.

Lili Anderson: 00:23:12 And I would say that honoring our father and mother means that we can always be grateful for life. They gave us life, they were the instruments through which we come to the earth. If we've made it to adulthood, that's a blessing, that's a blessing. And our parents probably taught us some things that were valuable. I remember talking to a guy, his father was really abusive, but he said, "You know what, he was such a hard worker and I learned to work from my dad. And I'll always be grateful for that." And we can have compassion for the fact that they were hurt too. Because what do we say? Hurt people hurt people. So we can have some compassion and we don't have to try to condemn, we don't know enough to condemn. God's

going to take all of the right stuff into consideration, he sees everything perfectly in the heart, in the mind, and all the circumstances. So we don't have to worry about that.

- Lili Anderson: 00:23:58 And it's not our business to make a final judgment about our parents, but we need to make an intermediate judgment and say, is it safe for me to continue to have a relationship with them or not? And I don't have to believe everything that they believe. I need to believe what the Lord tells me to believe. That's what Abraham did. Great example of that, by the way. And these men all chose to follow God in spite of whatever hurt. So that's the takeaway, find that sweet spot. Too often we have a victim mentality in our world where, as you were saying, John, it's just like, "Well, it's my mother's fault, my father's fault, or the devil made me do it."
- Hank Smith: 00:24:31 Therefore I give up.
- Lili Anderson: 00:24:33 Yeah, I give up, I'm not responsible.
- John Bytheway: 00:24:35 The free pass you say.
- Lili Anderson: 00:24:35 The free pass. And then don't give up on the goal because we are in a dispensation now where we have the opportunity to try to build Zion families. We can choose that path and teach the principles of Zion and yes, encourage our children. They'll choose for themselves as children do, but we can give them a good start. And this is the time, this is the time. We are invited now to establish Zion individually. We're not called as a group yet, the prophet will call when the time is right. But individually, we have everything we need, we have the covenants of the temple, we have access to the priesthood powers, we can work to be Zion. So don't give up just because life is hard, so find that sweet spot.
- Lili Anderson: 00:25:19 Harold B. Lee used to say, "The gospel of Jesus Christ is to comfort the afflicted and to afflict the comfortable." And so let's find that sweet spot. Be comforted in our imperfection and the imperfections of our families, the dysfunctions, but let's not get too comfortable with that. Let's keep working on improvement. The Lord can heal, he can heal all our wounds. What an amazing gift that is. And we sell ourselves short and we sell the Lord short if we don't work to receive that great gift of healing. It's available, it's totally available. So don't settle, don't be a victim.
- Hank Smith: 00:25:57 I really like this. It's like we live in a fallen world and families are going to have problems. Make sure you're inserting compassion

and repentance into the equation every day. Compassion for others, for yourself. Try to repent, turn it around. Just every day I think for me as a parent, if I can keep inserting compassion and repentance, I can have access to that healing power.

- John Bytheway: 00:26:24 I like too, that Lili said that it comes to a point where if it's toxic, you got to go. And Abraham just left and Nephi after Lehi died, just, "I have to go." I like that idea of a sweet spot. If it gets toxic, you don't have to stay. But everything you just said, Hank, about compassion and everything. Where is that spot exactly? That's the challenge, finding the sweet spot.
- Hank Smith: 00:26:51 John, I tell my kids that all the time when they're, "So and so hurt me, so and so hurt me." Try to remember hurt people, hurt people.
- John Bytheway: 00:26:58 There's something going on with them.
- Lili Anderson: 00:27:00 Another thing I say is that healthy people never attack. And that's a good one for your kids too and for all of us. But kids need to know that, that people aren't in a good place when they're attacking. So let's again know what's going on here. And that's incredibly helpful if we realize that the only one who can really define us is God. So if we can go to God and let him reveal to us who we really are, we're safe. The other voice is, however well intended they are, are not going to give us a perfect idea of who we are anyway as who sees us clearly but God. But don't let ourselves get defined by other people.
- Lili Anderson: 00:27:38 And I really believe that's what happens here in this dynasty, is that these people, they let themselves be defined by God. Which doesn't mean there weren't still these hangups that show up every once in a while. And then we talk about Joseph comes into a tough situation. His mother is the loved one, but there's been all this tension in the family. And he's already got these 10 brothers who are just poised to hate him. The one thing they've got going is that Rachel doesn't have children and then she has a son. He didn't even have to do anything to be a hiss a by-word in the family. And then he's righteous and Jacob loves him. It says he loved him because he was a child at his old age. But that's not the only reason, he loves him because he's a child of promise, because he's willing to accept the gospel of Jesus Christ and to live it. So Jacob has all these other sons who are really not interested in that.
- Lili Anderson: 00:28:28 And think about it, they're surrounded by idolatry. This is a lonely path, not like today where we have lots of good people if we choose to seek them out. But they were on their own, even

Laban, Rachel's and Leah's father had his little images. Remember he has his idols. And when he comes chasing after Jacob, he wants them back. And you're like, "Wait a minute, you knew better." And he did know better, but anyway. So they're surrounded by this stuff all the time. And the brothers all cave into it at one level or another. And then they all hate Joseph, who then let's be clear, he's about 17 by the time he's sold into slavery. But he's not super mature or wise about handling those dreams.

- Hank Smith: 00:29:14 He has not read "How to win friends and influence people".
- Lili Anderson: 00:29:17 Could he had been a little diplomatic and maybe just told that to his father? Who didn't even like the second dream where the sun and the moon bowed to his star as well, they're his mother and father. And even Jacob was a little bit tweaked at that and he is like, "Really, should my mother and I bow down to thee?" But then it says that he remembered those things, he kept them. So he knew that there was a prophecy coming in those dreams. And he knew that Joseph was this child of promise. He's a little irritated perhaps by the blunt nature of the dream and Joseph's not very wise. I remember I was talking about this with my son and daughter-in-law and some of their kids and my son to his kids and he goes, "See now, I talk about that don't I? You don't have to tell people everything." That's actually good advice. Sometimes we should keep our own counsel and not... I'm a talker, so I'm sympathetic to Joseph.
- Hank Smith: 00:30:13 I've always thought that Lili, that this is probably a bad move on his part. But it doesn't warrant the response that he gets.
- Lili Anderson: 00:30:19 Fair enough.
- Hank Smith: 00:30:20 Right.
- Lili Anderson: 00:30:20 That's fair enough.
- Hank Smith: 00:30:22 Telling someone your dreams and being a little unwise does not warrant we need to kill you, sell you whatever, get rid of you.
- Lili Anderson: 00:30:33 Let's kill him, yeah, it's a big response. And then you even wonder, at least I did, I'm like, "Was it a good idea for Jacob to send him to go check on his brothers? Was he really that unaware that..." Anyway, whatever the case is, there is prophecy to be fulfilled and God did have a plan. I want to mention this too, that God works through everybody, righteous and unrighteous. He uses the brothers to accomplish an

amazing salvation of Israel. And these tribes that become the covenant people of the Lord. It's pretty amazing how all of this is God's economy, he's so economical. We just accomplish it this way, even though, as it says, and this is in Matthew 18 that it says, "There must be offenses. But woe unto him by whom the offense cometh." The Lord will use our behaviors, good or bad, to accomplish his purposes. But there will be an accountability for people who sin.

- Lili Anderson: 00:31:28 Joseph is sold into slavery and thus begins 13 years give or take of real trouble for Joseph. There are tender mercies in the trouble, but this is real trouble. Let's mention the coat for a moment. I'm just going to say that, of course, the coat was a mark of Jacob's not just love, but acceptance of Joseph as the birthright son. Hugh Nibley makes an interesting statement about this in some of his writings, he says, "This was not just a coat of many colors." In fact, he says in the original text and so on, it doesn't really mention colors not to ruin the musical for anybody.
- Lili Anderson: 00:32:07 But he said it was the priesthood garment that had been handed down in the family and it had marks in it. And he said, instead of colors, it really is extra threads, extra embroidery that created the marks of the garment. So interesting. And they say that when the brothers bring the garment to Jacob stained with blood that Jacob was blind by then. And what he felt were the marks of the garment. And that's why he knew it was Joseph's. It was a very powerful symbol to everybody that Joseph was the child of promise in this family and was worthy of that birthright.
- Hank Smith: 00:32:48 You bring up Hugh Nibley and it made me think of Alma chapter 46, where there's this really almost random story that if you read Genesis, you don't get this in Genesis. But Captain Moroni, it seems to have a story about Joseph's coat. He says, this is Alma 46:23. "Moroni said unto them, 'Behold, we are a remnant of the seed of Jacob, we are a remnant of the seed of Joseph, whose coat was rent by his brethren into many pieces. Now behold, let us remember to keep the commandments of God or our garments shall be rent by our brethren.'" And then he talks about this prophecy that's not in Genesis anywhere, this is verse 24, "Let's remember the words of Jacob before his death for behold he saw that a part of the remnant of the coat of Joseph was preserved and had not decayed." And he felt that that was a sign that a remnant of the seed of Joseph would be preserved by the hand of God.
- Hank Smith: 00:33:48 And then all of a sudden you brought up Hugh Nibley and I thought, "Oh, Hugh Nibley talked about this very thing." He said

that, "In the 10th century AD," I have no idea how to say this, "Mohamed Ibrahim Atta," I'm sure I did not do that right, "A Muslim scholar gathered legends about many ancient biblical figures. He preserved one account, not found anywhere else about the coat of Joseph telling how it was torn and how it remained undecayed and what that meant. That lore," Hugh Nibley says, "Is preserved nowhere else, except our Alma 46. Nibley described it as a quote, "A test no forgery could pass." Anyway, a little shout out to the Book of Mormon and just a side tangent. So maybe some of our listeners might find that interesting.

- Lili Anderson: 00:34:47 I like it, I like it. And I think there is great symbolism and all that. The Lord speaks through those symbols. That's a beautiful connection. I want to just talk about, now, why bad things happen to good people as we talk about this next stage of Joseph's life. He's really a good guy.
- John Bytheway: 00:35:01 And he's so young too.
- Lili Anderson: 00:35:03 He's young.
- Hank Smith: 00:35:06 You feel so bad for him. And completely rejected by your family, I'm sure you had clients like this, Lili. Do you get over that ever, this rejection of your siblings?
- Lili Anderson: 00:35:21 Yes, but it's not easy. If it were easy, everybody would get better. So it's a journey. But again, there's healing in Christ. I know who the healer is. People are so kind they want to give credit to the counselor sometimes and I'm like, "I know who the healer is and you did the work. I'm happy to be a facilitator of that. It is such a privilege to do that, but I know who the healer is. And I know who can heal." I know that ultimate healing comes in the resurrection. So we also need not to be impatient about it because it's a journey. We really can do a lot of healing. So don't give up, there needs to be this hope in Christ that is hope, of course, for a glorious resurrection, but also hope that our wounds will be healed. And I want to talk more about that as we wrap up in a way because there's some really, really wonderful culminating messages of hope that we should all take away from this story, right?
- Hank Smith: 00:36:16 Growing up with this story and watching the musical, it makes it just so fun. I don't know how old I was before I realized, "Wait, that would be really traumatic."
- Lili Anderson: 00:36:28 Probably no fun.

Hank Smith:	00:36:28	You wouldn't sing your way through that.
Lili Anderson:	00:36:31	There's the one song in the musical where there is a nod to that pain, where he's alone in the prison.
John Bytheway:	00:36:40	Close every door to me. I love that too. Listening to it in the song, it comes to that point, "Children of Israel are never alone. I have been promised a land of my own." I saw Donny Osmond in Chicago do that and it was fun to see somebody who-
Lili Anderson:	00:36:53	Was a believer.
Hank Smith:	00:36:55	A member of the church.
John Bytheway:	00:36:57	They're singing that and it was a great moment. I thought there's a little bit of testimony in the way he's belting that out right now.
Hank Smith:	00:37:06	Continue here with why bad things happen to good people. I'm sure there's nobody listening who has ever had a bad thing happen to them. I can't imagine this is relevant, but let's go forward anyway.
Lili Anderson:	00:37:16	That's right.
John Bytheway:	00:37:18	I was at a fireside the other night and I asked, it was a youth fireside but a lot of parents were there and I said, "Look around the room at the adults. Raise your hand, adults, if things in your life turned out exactly the way you planned." And nobody raised their hand.
Lili Anderson:	00:37:31	Isn't that the truth?
John Bytheway:	00:37:31	Did you notice that? Yeah, bad things happen.
Lili Anderson:	00:37:36	It's an untender look. Well, they do, they do. Now, I think this is super important to understand that this is not a mistake, this is the plan. And that's so incredibly important. And I'm sure you've all heard this question of students or people that you've counseled with as priest, as leaders, and friends that come and say like, "Why" Why?? And they really get stuck in asking, " Why would this happen to me? Why would God allow this to happen to me?"
Lili Anderson:	00:38:00	And this is incredibly important to understand, because otherwise, it can really lead to bitterness. And sometimes we do see people that get bitter. I remember talking to a woman who

went as a non-member to BYU. This was many years ago. And she joined the Church, while she was there. Married a guy that she met there, in the temple, worthily, had two children. And her husband that she'd married in the temple, had multiple affairs. And was finally excommunicated and she ended up divorced.

Lili Anderson: 00:38:30 So she came to see me at a bad stage of her life. And she said, "I've only tried to do the right things. I loved the church. I loved the gospel. I joined. My family didn't want me to. I made sacrifices in obedience. I've filled callings. I've stayed worthy. I've attended the temple. What does the Lord want? And then my life just fell apart." And she was so bereft. And she was just really at this quandary of like, "Why? Why would this happen? Why does the Lord not..." She said, "All I ever heard..." Oh, I forgot to say this. "All I ever heard when I joined this church, if you do what's right, you'll be blessed. If you obey the commandments, you'll be blessed. If you follow Christ, you'll be blessed." And she said, "That's not my life." And I said, "Yeah, it is. It is. But let's talk about that, because you really need to reframe." I've talked about this before. Reframing is one of our most powerful psychological tools. Look again, and see more clearly. Let it be opened unto you, with eyes that see, ears that hear, what it is.

Lili Anderson: 00:39:36 So I want to share this idea that is so powerful to me. I really love it. It comes from a book called *Antifragile*, which I've read most of, but not all of. But I did read the book that first acquainted me with that Antifragile book, called *The Coddling of the American Mind*. And it was written by Jonathan Haidt, and another guy I forget. But anyway, they're talking about how some of our generation seem to be becoming weaker, and more entitled, and so on. But let's talk about something that they say, and I'm going to read from that book. "Nassim Taleb explains how systems and people can survive the inevitable difficulties of life. And like the immune system, grow stronger in response." So he's talking about the introduction of a problem, but like our immune system, we can respond in ways that can actually strengthen us. Recognize that some things are antifragile.

Lili Anderson: 00:40:34 Now, I'm going to pause here and explain that he gives some examples. He talks about china, which is made to be fragile. If you drop it on a hard surface, it's going to break. And other things are made to be more resilient, like plastic. So if you drop it on a hard surface, it probably won't break. It's not great for the structural integrity of the plastic to be dropped on hard surfaces, but it's designed to resist breaking. And it probably



won't. If you do it enough, it might, but definitely made differently from china or glass.

- Lili Anderson: 00:41:03 And then he says, "There are some things that are made to be antifragile." Which, as he says, "Means that they require stresses and challenges in order to learn, adapt, and grow." He says, "There are three examples here of things that are antifragile. They are created to optimize under stress." That's his point, that they don't fully optimize unless they are stressed. Muscle, he mentions, use it or lose it with muscle. If you don't use your muscles, they atrophy. Bone, and as we get older, they keep telling us, "You need to do weight-bearing exercise." Walk and jog, putting some stress on those bones so that they can maintain their strength. His third example, muscle, bone, children. Now, that's a powerful thought. I love that thought. And really, it's not just children. It's the human creature. The child of God is made antifragile. We are created to grow under stress. And we don't optimize, if we're not stressed. We just don't. We become weak.
- Lili Anderson: 00:42:14 And going on here with the quote from the book, "Systems that are antifragile become rigid, weak, and inefficient, when nothing challenges them or pushes them to respond vigorously. The modern obsession with protecting young people from feeling unsafe is, we believe, one of the several causes of the rapid rise in the rates of adolescent depression, anxiety, and suicide." That's some powerful thinking right there. And I believe it. Because God set up the world to be a big spiritual weight room. That's what it is. Are we going to build spiritual muscle?
- Hank Smith: 00:42:56 Big spiritual weight room.
- Lili Anderson: 00:42:56 That's what it is. And you're not going to grow that muscle unless you lift some weight, unless you resist. There's that famous thing from C.S. Lewis about resisting temptation. He said, "None of us know the ultimate strength that it takes because all of us has given in at some point to temptation. Because we are imperfect and all fall short of the glory of God." And then we, hopefully, get in that path of repentance and stay in it. But Christ understood the full weight of it because he never gave in. Because he was lifting that weight, he was resisting. It's resistance training. We know this. We understand how this works, that's how the muscle grows.
- Lili Anderson: 00:43:28 Well, how do we think spiritual muscle grows? If we're wrapped in bubble wrap, if we're on some Deseret cruise? Where everything's fine, we're healthy. There are no problems. Our

family is totally functional. And we never get hurt. We never deal with disappointment, or loss, or disaster, or injustice. Because that is a giant test in this life, is how unfair it is. Joseph, prime example. What did he ever do? Like you said, okay, maybe, he could have kept those dreams to himself, but it did not warrant the response. Just as you said, Hank. This is not commensurate with the offense, 13 years as a slave. No, I'm sorry, that's not fair. It's not fair. He's the good one. Why does all this happen? Because God knows we are made antifrangible.

- Lili Anderson: 00:44:19 Now, this is a hard sell sometimes for me as a counselor. Because I have a lot of people who come in and they have been brainwashed by our society that they're weak. Although, I recognize that some people struggle. This is not about invalidating people's pain because there certainly can be chronic depression. There can be chronic anxiety. I understand that. Life is hard. But we can learn from those things and we can become stronger. We are meant to become stronger. That's the design of the plan.
- Lili Anderson: 00:44:51 Joseph, in these years, becomes powerful. And I don't mean just politically, which also happens to him. He becomes spiritually amazing. How do we see this? Because the Lord favors Joseph. Remember how many times it says that in chapter 39? It keeps saying how people notice that about him. Like Potiphar notices that everything he puts under Joseph's hand prospers. Because the Lord was with Joseph. That's the phrase I think, the Lord was with Joseph. And why was he with Joseph? Because Joseph was obedient, in spite of the unfairness of his life.
- Lili Anderson: 00:45:27 And that's the key. That's the key, is that we not let it knock us off our course, and say, "Well, why should I bother being good? Because my life isn't fair." No, it's because my life isn't fair, and I choose to be good, that the Lord can be with me. And consecrate my affliction for my good, that's the promise. That's the plan. It's not to avoid affliction. And again, not that we should be looking for trouble. Never look for trouble. There will be enough. But as trouble comes, it's like, okay, now what am I going to do? Am I going to cave and just say, "Okay, forget it. I'm going to go out and get a drink." Or am I going to say, "No. No, I'm going to get down on my knees more. I'm going to read, study, pray, ponder. I'm going to reach for that confirming spirit that the Lord is with me, especially when it looks like he isn't."
- Hank Smith: 00:46:16 Do you remember this? There's a biosphere in which there is a protected environment to grow trees and bushes and things, and keep it protected and isolated. And then the trees died. And

it was because, and they didn't realize this before, there was no wind.

- Lili Anderson: 00:46:34 There was no resistance, that's right.
- Hank Smith: 00:46:36 They didn't develop what they called the stress, the stress of wood, and the flexibility, to deal with the wind. And they died. So I keep thinking of what you said there, is that some things are designed, they're made to grow under stress and pressure. And they'll actually thrive that way. But you're right. As a parent, I want to protect my kids from those things. If you would ask Jacob, he doesn't want this to happen to Joseph.
- Lili Anderson: 00:47:06 That's right. And let's find the sweet spot again. There's a balance in here. So find the sweet spot, which is not that we throw our kids under the bus or-
- Hank Smith: 00:47:16 You got to deal with it.
- Lili Anderson: 00:47:17 That's not necessary. But what is necessary is that we not run interference every time something wrong happens, or unfair. And that doesn't mean we don't talk. We support, we validate. But then we... Like, okay, therefore what? Remember that speech by Elder Oaks? Where he gave it to one of his brethren in the 12, and they came back with the question, "Therefore, what?" What's the takeaway from your message here? I love that because that's how we can talk with our children, and ourselves about, okay, now what? It is unfair. And I grieve with you about that, and I'm supportive, and we love you, and we're sorry that you're hurt. But now what? What is this to help you learn? How is this supposed to help you optimize, to grow, to become, to stretch your faith?
- Lili Anderson: 00:47:59 Faith only grows in the dark. And if you can see how it all turns out, there would be no need for faith. But faith is the power by which the worlds were created. So is our beginning faith the same as the faith at the end? Look at Enoch's faith that we talked about a while ago, where it was so great that mountains could be moved and rivers could change course. And the lions roared in the wilderness because of how great his faith was. So is our faith there yet? Well, guess what? It's going to take a little more time in the valley of the shadow. And if we respond correctly, our faith can become that faith by which worlds were created. And that's the journey, to stretch our faith. And that only can happen in the dark.

John Bytheway:	00:48:37	The letters from Mormon to his son Moroni, where he recounts everything that's going on. Talk about dysfunction. And they're worrying among themselves. And then this great line, he says, "Notwithstanding their hardness, let us continue faithful." And it's notwithstanding all of that out there, all of that bad stuff that's going on. Therefore, what? Let us continue faithful. Yeah, that's all going on. Yep, you're right, uh-huh (affirmative), it is. What are you going to do about it? I will continue faithful. Son, let's continue faithful. I love that letter. And that reminds me of Joseph. Notwithstanding all this going on, Joseph, what are you going to do? And he continues faithful at 17-years-old.
Hank Smith:	00:49:24	Because I know the end of Joseph's story, I don't feel so bad for him. Because I'm like, "Oh, it's going to work out. Don't worry. It's going to work out. Just wait until chapter 45. It's going to work out great."
Lili Anderson:	00:49:35	That's right. It's going to be good.
Hank Smith:	00:49:36	But he doesn't know that. He doesn't know his future. He just knows that he's been through serious pain, and it just keeps happening. It just keeps coming. Not knowing the chapter is coming where the healing comes.
Lili Anderson:	00:49:52	And as you say, he starts to rise at the top of Potiphar's house, which is, okay, a much more fortunate situation than starting at the bottom. And then Potiphar's wife pulls her horrible temptation or whatever, and Joseph doesn't fall for it. But he's blamed. Again, incredible injustice. "What did I do? I'm the good guy. I did the right thing." And as we have heard, no good deed goes unpunished, sometimes. And we feel like, "Here, I'm doing the right thing and I'm getting kicked in the teeth for it." How often does that happen in life? Well, it happens a lot. It happens a lot. We're trying to be good and do the right things. And we still get kicked in the teeth. If you're the honest one, and everybody else cheats on the test, you get the lowest score. So are you going to give up on that, or are you going to keep being honest?
Lili Anderson:	00:50:34	Those are the tests. That's what they said in Abraham, "We will prove them now herewith, whether they will obey under pressure, under stress, under the yoke of injustice." I used to tell my son, my kids, "Life has to be unfair or it would have no meaning." What if every time you did something right, you got a \$100 bill in your pocket? Something really motivating. And then every time you did something wrong, you got zapped by lightning. Not enough to kill you, but enough to hurt you really badly. How often would we do bad things? We'd all be helping

little old ladies across the street. Well, I'm the little old lady now. But anyway, we would be helping people, doing good service all the time, because we would be instantly rewarded for it.

- Lili Anderson: 00:51:14 It would be just. And every time we did something wrong, we get zapped pretty badly. Well, on a bad day, it might take us twice. And then we would stop doing bad things. But not because we were choosing virtue. Not because we're building spiritual muscle, because any idiot can keep their hand off an electrified fence. And that doesn't mean anything. It really doesn't mean anything.
- Lili Anderson: 00:51:35 So God sets up this perfect plan, and then he tells us about it. This is the amazing thing is that we read these scriptures sometimes, and then we still are betrayed into thinking that it's not right that life is unfair. And you're like, "Well, did you notice this story about Nephi and how his brothers kept trying to kill him?" He's tied to the mast for three days.
- Lili Anderson: 00:51:53 Do you remember Job, who was said to be a perfect man? Which we know doesn't mean fully perfected, but a really good guy, a really good guy. And life hammers him. And even his friends turn against him and say, "You must be a sinner." And even his wife comes to him and says, "Why don't you just curse God and die. Just give up." And what does he say? Such an example. And you know what? Job is a great book to read when we're suffering. It really is. There's so much good stuff in there. And what does he say? "Thou speakest as one of the foolish women. Shall we accept good from the hand of the Lord and not accept evil?" Another place he says, "The Lord giveth and the Lord taketh away. Blessed be the name of the Lord."
- John Bytheway: 00:52:32 It's like right after the servants come in and say, "Hey, you just lost this", and, "Hey, you just lost this." And right after that, he's, "Well, the Lord gives, the Lord takes away." It's like, okay, that's remarkable.
- Lili Anderson: 00:52:43 It's beautiful. And that can be you. And that can be me. We can be those people. We can be like Joseph. You're right, Hank. He didn't see the end of the story. We know the end of the story so it doesn't hurt quite so much, like you said. Because we know there's a good... There's a big finish coming.
- Hank Smith: 00:52:57 It's going to work out.

Lili Anderson:	00:53:01	It's going to be really great. And you know what? There is a big finish coming. And that's what we need to hold onto. God fulfills his promises. And all that that woman heard about when you do what's right, you're blessed. It's true. Just our timing is off. Our expectation of the timing is off.
John Bytheway:	00:53:19	Or blessed with perspective, yeah.
Lili Anderson:	00:53:22	That's right. Here's the sad thing, is that too many of us waste our suffering because we just put our heads down and hope that it passes quicker rather than slower. And we might miss the opportunity to build some spiritual muscle. What is it that the Lord wants to teach me here? And I'll tell you some things that he's always giving us an opportunity to develop, our faith. We can increase our faith in those times. We reach for that belief that God will fulfill his promises because he has said so. And my faith is going to be set in that way and grow and stretch. I'm stretching my faith.
Lili Anderson:	00:53:56	I'll tell you a little story of, I was going through a tough time. And interestingly, I don't even remember what the challenge was right now. But I remember I was really struggling. And I took a walk, and I was praying on this walk about, kind of a casual prayer, as I'm thinking about this problem. And looking for some insight and relief. And the verse came into my mind, at section 90, verse 24, that says, "Search diligently, pray always, and be believing. And all things shall work together for thy good if ye walk uprightly and remember the covenant." My first response was an incredulous, "All things?" Like, "Really? Like this? And it's going to work together for my good?" I'm hoping to survive it. You're telling me this is going to be for... That's a stretch. And I'm like "Really? Really, all things?"
Lili Anderson:	00:54:44	The spirit came back that day. I'm not saying it was a voice, but it was powerful. And it was like, "Lili, either it's the truth, or God's a liar. Choose one." And I was duly chastened because I made that choice a long time ago, as did the rest of us. We know he's not a liar. But that day I needed to stretch my faith. I had faith. I had faith, but it didn't stretch over this particular trial. Because I was struggling. So I thought, "I need to stretch my faith in this area and believe that this will work together for my good." Can you imagine the promise of that verse? "All things shall work together for thy good." All things. God doesn't lie.
Lili Anderson:	00:55:33	So when we can't see, that's when we have a chance to believe. That's what faith is, is believing when we can't see. We don't see the end of our personal story, except that God does give us

a pretty good preview. Which is that, you know what? It's going to be great. I have not seen, neither heard, neither have entered into the heart of man, the things which God has prepared for them that love him. Trust me on this. It's going to be amazing. Hold on. Hold on. Don't let go of that iron rod. Don't let go of your faith. Stretch your faith. Keep growing. Another thing that can always grow in struggles is patience. We can grow our faith. We can grow our patience. Long-suffering is nobody's favorite virtue, but it's important to God. Joseph Smith gets that beautiful message, "All these things give thee experience, will be for thy good." So there's a purpose to pain.

- Lili Anderson: 00:56:33 And here's what I see. I see that there are these three roads that we can take when we're struggling. When we're suffering, when life is unfair. One of the roads is anger and bitterness. And maybe we dance into that road a little bit sometimes, because life is hard and we might feel a little rebellious about that sometimes. And that's pretty human. Even Joseph Smith, who was saying, "Where art thou?" Nephi, with his beautiful Psalm of Nephi, "Wretched man that I am."
- Lili Anderson: 00:57:00 It's understandable that sometimes we might experience a little bit of that. But don't stay there. That's a really big mistake to stay in that path of bitterness that's taken it long enough now and dishing it out. I'm just going to become part of the problem now.
- Hank Smith: 00:57:13 Lili, it reminds me of Genesis 37, that after Jacob learns of Joseph's seeming death, he refuses to be comforted.
- Lili Anderson: 00:57:22 That's true. That's true.
- Hank Smith: 00:57:22 That's Verse 35. His sons and his daughters rose up to comfort him, but he refused to be comforted. He says, "I will go into my grave unto my son, mourning."
- Lili Anderson: 00:57:35 Yes. It's easy to fall into there. I mean, it's real. It's real. And trouble causes pain, and it's human to feel that. Then there's this other row that I think a lot of really good people get stuck on. And it's a lot better than being angry and bitter forever. I think it's a misconception about the concept of enduring to the end. I think we believe sometimes incorrectly that that means, "I just have to just hang on," which okay, hang on. But it is, it's kind of putting our head down and just praying that the storm passes quickly rather than slowly. That's better, but it's not enough. The best path is this path of really developing as antifragile children of God. And becoming more powerful in our

faith. More powerful in our to learn more, be more patient. Think of that beautiful hymn, "More holiness give me."

- Lili Anderson: 00:58:28 It's all of those things. More like thee. All of this. Help me in this struggle to polish off some more rough edges. Remember Joseph Smith's statement about, "I am like a rough stone, thrown down the mountain, all hell breaking off. One rough edge after another."
- Lili Anderson: 00:58:44 That doesn't sound like fun to me, but that is the process. That is the process. Is to be polished by our afflictions. But if we just put our head down and try to hang on, sometimes we really miss out on the growth. So choose this path of growth. What is this supposed to teach me. And if we go to the Lord and say, "What shall I learn? How can I become more willing to submit to all things that the father seeth fit to inflict upon me?" Not because he's a mean guy, but because he loves me so much and he knows what I can be when I'm refined. So he's not going to let me come through to this world and sit on the Deseret cruise ship and have no troubles because I won't grow. I won't grow. And I'm here to grow. I'm here to become like the Savior Himself. How did we think that was going to happen? At the spa?
- Hank Smith: 00:59:37 Yeah.
- John Bytheway: 00:59:39 Our friend Brad Wilcox says, "A God who is asking nothing of us is making nothing of us."
- Lili Anderson: 00:59:44 Exactly right. That's exactly right. So. Powerful stuff here in the life of Joseph. I mean, these takeaways are life changing if we do it right. Chapter 38, snuck in here in the middle of the story of Joseph, that has a very different tone to it. Where Judah who is also born of good parents, but has chosen a whole different life path. And first of all, he doesn't keep his promise to his daughter-in-law whose husband dies. Judah's son dies. And then she's promised the next son, and he dies too without giving her a child. And then he's supposed to give the youngest son to the daughter-in-law when he's able to marry. And he doesn't. So the girl's bitter. Not great choices that she makes either because she wants a child so badly. She disguises herself as a harlot and Judah comes by and hires her. So then she does have twins by Judah. And then he's ready to punish her because she's not married and here she's having a child. But did he look in the mirror and say that "I'm not really behaving myself either."
- Hank Smith: 01:00:47 Yeah. This is an awkward family moment.



Lili Anderson:	01:00:50	Talk about dysfunction. Here we are again.
John Bytheway:	01:00:52	What's it like to have a chapter about you like this? There's a Stephen Covey like guy named Jim Rohn was saying, " Listen, in the Bible, we find examples and warnings. An example says, "Do what this person did." A warning says, "Don't do what this person did."" And then the funny thing he said was, "If your name ever ends up in a book, make sure it's an example, not a warning."
Lili Anderson:	01:01:15	Try not to be the cautionary tale.
John Bytheway:	01:01:17	Yeah. I know. This is the cautionary tale. And it's interesting that in the middle of the story of Joseph, all of a sudden we're plopped in this 38. Wait, what are they telling us this for? And maybe it's to contrast a little bit. In the Come Follow Me manual, it says, "This account of Joseph's strength when he was faced with temptation is preceded by a very different account about his older brother Judah. Found in Genesis 38. What do chapters 37, 38 and 39 taken together teach you about chastity?" So I like that phrase you used. Cautionary tale.
Hank Smith:	01:01:54	Cautionary tale.
Lili Anderson:	01:01:56	There are lots of them.
John Bytheway:	01:01:58	It's the, don't do this.
Lili Anderson:	01:01:59	Don't do this one. Don't do this one. So yeah, Judah makes an entirely different choice. He's not living a chaste life. He sees a harlot and he's interested. So his whole orientation is wrong. He wasn't even put in a tough situation like Joseph is. He's looking for trouble. Judah's looking for trouble. Joseph's not looking for trouble. Trouble comes to him. And he resists the temptation. I love that it says that he fled. Sometimes it's just so important to get onto safer ground. This is not the time to try to teach the first discussion to Potiphers wife.
Lili Anderson:	01:02:36	Here, let me try to share with you some principles of this great God that we'd worship. No. He's just, "I'm getting out of here. I'm getting out of here." And I think that's so much. I used to talk to my children about this because we want to be missionaries, but we also don't want our children to be on unsafe or unholy ground. We want them to stand on holy ground. So I used to talk to them about turf.

Lili Anderson:	01:02:55	<p>I'd say it's all about turf. You need to be on safe turf. And when you're in school, if you're on safe turf, yes, you're friendly to everybody. You can be an example. You can invite them to safe turf. To come to activities at our house because it's supervised and we're not going to have liquor, drugs and whatever. So it's going to be safe turf and you can invite your non-member friends. Or to a church activity. It's safe turf. But why would you go to the beer bust? That's not safe turf. And there are a lot of places where parents don't supervise very well. So it's not that we want to just exclude ourselves from non-members. That's, of course, how can we be a light to the world? How can we be the salt to the earth without mingling and living in the world we live in and being friendly to everybody and inviting all. But stay on safe turf. And that's what Joseph does. When he's on dangerous turf, "I'm getting out of here, I'm going to safe turf."</p>
John Bytheway:	01:03:47	<p>You know what I love about this is it became unsafe. He didn't know it was unsafe. And I love the story that Elder Gary Stevenson tells about, I want to say 2012 general conference. The young man that wants to be in a prestigious study abroad program in Japan. But when the theme for the youth was stand in holy places, I kind of retold this story about well, is that a safe place? Well, it seemed okay at first. And then he got that feeling, "I need to leave."</p>
John Bytheway:	01:04:16	<p>And the urgency of that in that story is so dramatic because he says, "We got to go." One of the friends tries to persuade him to stay, because they're passing around marijuana on top of this building. "You guys do what you want. I'm leaving." He goes down one flight of stairs to the elevator. And in the other elevators that opens and the Japanese police run up the stairs. And I'm thinking, if he's at the top of the stairs right there, that's totally different. But he's by the other elevators. I mean, you can imagine him getting in, door closed. Down, down, down, down, right? So the idea of if you ever get that feeling, "I shouldn't be here." Genesis 39:12. He fled and got him out. What did you say? It's not time to teach the first discussion. All of a sudden it was not a holy place. Get out of there now. And he did.</p>
Lili Anderson:	01:05:06	<p>And he's still blamed. He's still blamed. And he doesn't have a way to defend himself or be believed. But that injustice of life is everywhere. But like I used to tell my seminary kids, if it were fair, there would be no test. The only way we can develop virtue is by doing the right thing in all hazards, as Joseph Smith said. That's what builds that spiritual muscle, that faith that can move mountains. That power in the priesthood, where we access the powers of heaven. We can draw upon those powers.</p>

We can become instruments in the hand of God because he can trust us. In fact, let me put it this way. I was talking to a young person a while back. So many of these kids are just being so confused about sexuality and so on. And she had friends in high school that were like bisexual or asexual.

- Lili Anderson: 01:05:53 And they were identifying in some different ways. She felt like she was kind of part of that. And still was a believer and she was trying to find her way. But she was pretty confused, told me her thoughts about it first. And I said, "Well, you don't have to agree with me. This is a personal journey." But I said, "This is how I see it. We have this amazing God who is omnipotent. He has all power. And like any wonderful parent, he wants to share what he has with his children. He wants us to be able to have that power, but he knows that power destroys people who can't handle it. We have to meet certain conditions in order to be able to handle that power. You don't give a chainsaw to a five year old. I don't care how strong or good that five year old is. He's going to do some damage with it. And he could kill himself and hurt others in the way. So you don't give power to people who can't handle it."
- Lili Anderson: 01:06:47 "So God says, "Here are the conditions on which I can give you my power." And it means time in the spiritual weight room. That's what it means. Build your spiritual strength. So that against all temptations against all trouble. When you can't see how this can possibly turn out well, but you still believe that I can be with you. And I will fulfill my promises in due season. You get to a point where that power can be granted. And he is kind, he gives us these little moments of... We make covenants. They're all covenants of power. And they're all based on conditions. And they're all conditions of obedience. Harness the natural man, because that natural man is going to take that power and do damage."
- Lili Anderson: 01:07:32 "But if you can harness the natural man to consistent obedience. Boringly consistent obedience. Set the clock by your obedience. People can set the clock because you will do the right thing at all hazards, in all circumstances. No matter how unfair life is, you will continue to be worthy. Then that power will come to you at appropriate times and appropriate ways. And finally, we will have access to all that power."
- Lili Anderson: 01:08:01 She thought about that for a moment about how God really does have the right to establish parameters through which he will prepare us if we choose to become that best version of ourselves. That person who can be in control of their natural man. That can be trusted and safe with power. Then this plan

allows us to partake in that invitation in an amazing way and become ultimately like God himself. So as she thinks about this, she said, and she kind of surprised me.

Lili Anderson: 01:08:33 She said, "Wow. Didn't think I was going to agree with what you said, but I actually agree with all of that." And she said, "I think I've been wasting my time. I think I've been spending my time pursuing the things that are not going to really give me a chance to become what I can be."

Lili Anderson: 01:08:54 And that was such a beautiful response. And I give her all the credit because she could see how this really could change the meaning of her life. This could make her life purposeful and ultimately fulfill the measure of her creation. So I hope she'll pursue that path. I hope everybody can think about that and consider that these terms are set by God because they protect us from the inappropriate or dangerous use of power. They're non-negotiable. These are his terms and we get to opt in or opt out. And it's such a wonderful blessing if we opt in to this path where God can then give us everything he wants to give us.

Hank Smith: 01:09:38 I'm just really impressed with Joseph here in Genesis 39. First, he says in verse eight, after Potiphar's wife comes to him. He says, "Listen, I am trusted by people. I like that. In the moment of temptation, look, this will not just hurt me and you, it will hurt other people. I am a trusted person. I'm not willing to give up that trust."

Hank Smith: 01:10:03 Then he says in verse nine, "How can I sin against God?" And really, if anybody has an excuse to say, "What's God done for me?" It could be Joseph, right. I mean, Judah, he has no thought for God. And yet Joseph's been through years of trials and difficulties here. And he's like, "I can't do this to God." Where he could have every reason and say, "Well, what's God ever done for me?"

Lili Anderson: 01:10:27 And let me make a little distinction. I like to distinguish between reasons and excuses. Because we all have reasons to screw up. But none of us have excuses. We don't have excuses. God is good. And God has put the light of Christ in each one of us. We might have reasons, but they're not really very good excuses. And what does God tell Joseph? "The son of man hath descended below them all. Art thou greater than he? Do you really think you have an excuse? You might have your reasons. They're not really excuses." So what do we want?

Hank Smith: 01:10:58 And maybe he's vulnerable because he has been through so much difficulty.

Lili Anderson:	01:11:04	He's been in exile. He's been lonely.
Hank Smith:	01:11:06	It's been lonely. But he won't do it. And then verse 10. This isn't a one time thing. Day after day, he is withstanding this. I'm just so impressed. I think there's so much we can apply to our lives of endurance, day after day after day. Remember that you're trusted. That people love you and trust you.
Lili Anderson:	01:11:30	That the Lord wants to give you everything he has.
Hank Smith:	01:11:34	I love that Joseph has lines he will not cross. I just think that's beautiful integrity.
Lili Anderson:	01:11:40	One of the things I love about chapter 39 is that this is the place where we hear this phrase again and again. Starting back the first two, after he's sold to the hands of the Ishmaelites. "And the Lord was with Joseph." The Lord was with Joseph. And look at verse 21. This is after he's thrown in prison. "But the Lord was with Joseph." And then look at the end of the chapter. That the keeper of the prison gives everything over to Joseph to handle because the Lord was with him. Let's just make sure that we understand the connections here, because it's not because God disliked Joseph better. God doesn't do that. And he is so clear about that. "I am no respecter of persons. I love all my children, but I am no respecter of persons." So why is the Lord with Joseph?
Lili Anderson:	01:12:25	And the only answer is that it's because Joseph was with the Lord. Joseph chose the Lord again and again. He chose to be obedient in the face, as we were just talking about, of all this affliction. All this injustice. God was still chosen by Joseph. He keeps choosing God. He uses his agency every time. I want all to have this invitation, but only the ones who keep choosing God are able to receive this amazing blessing that God is with us. The Lord is with us. And even in our difficulties, there will be tender mercies. We can prosper. Meaning we can be refined. We can become the best version of ourselves in this moment. That's what's happening to Joseph. He's becoming a better and better version of himself. Antifragile.
John Bytheway:	01:13:20	Please join us for part two of this podcast.



John Bytheway:	00:02	Welcome to part two of this week's podcast.
Dr. Lili Anderson:	00:07	Let me tell you another story. I had a good friend that had a really unfair situation happen to her. She was married at BYU about the time that Chris and I got married. And we managed to stay in contact even though we didn't have cell phones and email back then. But even though we lived in different states, we remained friends and had some contact here and there anyway, even visited them a little bit. They had a bunch of kids, too. So our kids were about the same age.
Dr. Lili Anderson:	00:29	And then her husband, who was in the Seminary and Institute program in another state, this was a long time ago, had an affair with one of his students and left the family. And he left them in terrible financial circumstances. I mean, horrible. There were back taxes that were owed. They didn't own a home of their own. They were staying in a home of a couple that were on a mission.
Dr. Lili Anderson:	00:55	So he had all these kids and he never paid a penny of alimony or child support. And the woman that he left for was wealthy. So pretty soon he was driving a new truck. And he ended up with this new wife in a place where the family had previously lived, so occasionally she would get some news from a friend. This was a few years after the divorce, but she was still in very difficult circumstances. Now talking about tender mercies, she had been really inspired to renew her teaching credentials just before all this happened. And so she was able to get a job that provided income and benefits, which was a miracle because she had this large family and no help from their father.
Dr. Lili Anderson:	01:40	And you know what God says about that in the New Testament, that he who doesn't take care of wife and children is worse than an infidel. You know, infidels don't even believe at all in God. So it's pretty serious to God. And this was her circumstance and it was bitter. It was a bitter, bitter circumstance. So unfair. And then she had a friend from this town where her ex-husband now lived with his new wife call one day and say, "Oh, is he

paying child support?" My friend said, "Why would you think so?" And she said, "Well, I saw him in the temple." And she was really upset because as we know, in the temple recommend questions, if you've been divorced, they ask if you are current in your obligations. Because the Lord expects us to meet those commitments in order to be worthy to enter his house. But sometimes people don't tell the truth.

Dr. Lili Anderson: 02:27 So he had a temple recommend, even though he was not making those commitments at all. And my friend called and she was beside herself. Why does this happen? How can he end up in the temple again? And she was like, why would I even want to go to the temple if they'll let him in the temple? Why do I want to go to church, if they'll let this guy, I mean, he was teaching gospel. The unfairness of it, the irony, it was so painful to her. She was just in so much trouble emotionally, and the pain was awful.

Dr. Lili Anderson: 02:58 And she said, "Why can't they just make a phone call? Why don't they just call?" I wasn't the counselor at the time. But she finally paused and I mean, of course, I accepted her pain and offered my love and sorrow for her. But finally she got to a place where she said, "So what do I do? Tell me something. I'm like, wow. So I'm praying my guts out. Like please Lord, help me say something that can be of comfort to her. And I said, "Have I ever told you how I grade seminary?" I was teaching early morning seminary by then. And she said, "Is this going to be relevant?" I said, "I sure hope so." She said, "Okay."

Dr. Lili Anderson: 03:42 So I said, "Well the first year [inaudible 00:03:47], I'm sure there are policies now that should be followed. But back then, they were pretty liberal about us early morning teachers. The first year I did the recommended few assignments or quizzes or something, they were pretty easy and I gave them grades. But I didn't really like that system. So the next year, and from then on, for the other four years that I taught, when the kids would come in the first day, they always wanted to know how I was going to grade. So I would say, "Well, we're going to keep it really simple. If you come 80% of the time, which is the minimum requirement for CES credit and you're awake and respectful, I'm going to give you a B. Because I think it's a big sacrifice to come to early morning seminary. I'm going to give you a B."

Dr. Lili Anderson: 04:17 So they're like, "How do we get an A?" And I said, "Well, if you want an A, you need to read the scriptures that we're studying. Because you could take 12 years with the Book of Mormon and you never know if you don't read it. Same with other scriptures.

So that's my incentive. If you want an A, read the scriptures that we're studying." And then again, because they're programmed by all kinds of educational processes and so on and scriptures, they were like, "Well, so how many chapters do we have to read a day? Do our parents need to initial something? Do we have to sign the roll a certain way? How do we do this?"

Dr. Lili Anderson: 04:47 And I said, "That's way too much paperwork. I'm a volunteer. So we're going to keep this really simple. You make an acceptable effort to read the scriptures. I know you're busy, but that's between you and the Lord. What is an acceptable effort to finish this book? Even if you have to finish it in the summer, but make an acceptable effort during this journey of setting this year to read this book. And every quarter I'm going to pass out a piece of paper to all of you and you'll write your name on it. And you write yes, if you're making an acceptable effort and no, if you're not. Fold the paper, hand it in. The yes's get A's, the no's get B's." And these kids would gasp aloud. And then someone would always ask, what if someone lies? And my answer was, "Then they go to hell, but they get an A in seminary."

Dr. Lili Anderson: 05:36 It was a great segue, because then I could talk about the plan of salvation and how we are here to overcome through faith. In this world you shall have tribulation, but I have overcome the world. So we would talk about the plan and how we are here to overcome through injustice, through the unfairness of life and to become powerful because we let those things refine us instead of burn us into ash. And it was a great beginning to the year. But back to my friend. There was a little silence for a moment and she said, "Okay, that's relevant." She said, "He can go to the temple, but he's losing everything, isn't he?" I said, "That's right." I mean, he's heaping coals of fire on his head. He can fool his Bishop, but he cannot fool God, all things are known to God. Is it worth it?

Dr. Lili Anderson: 06:20 It's never worth it. Some people might make that calculation that like Judah, hey, I can play around if I want to, I can break my covenants anytime that I feel the desire or the urge or the temptation to do so. Or like Joseph, it doesn't matter what you throw at me. It doesn't matter how unfair it is. I will serve the Lord. I will serve him at all hazards. At all injustice. When no good deed goes unpunished, I will serve the Lord. And I will become, through the atonement of Christ, powerful. Spiritually, I will become the best version of myself through the atonement of Christ.

Dr. Lili Anderson: 07:00 And that's the plan. That's the plan. And the Lord will be with us. And even when we can't see that, because sometimes we



are going through the valley of the shadow. That is the time to stretch our faith. Lord, I believe help thou mine unbelief. Let me stretch my faith to believe that you are with me, even when I don't feel it, when I feel abandoned. Like Nephi, like Joseph. But they weren't. And neither are we.

Dr. Lili Anderson: 07:32 We are never abandoned when we choose the Lord. And he will work through all those processes to make us something amazing. In the image of his son, what we were meant to be, what we were created to become, that's his desire. Let me read a statement by CS Lewis. He says, "the hardness of God is kinder than the softness of men." And why? Because there's a purpose. Because his purpose is to bless us with everything that he has, that he wants to give us, but we have to be prepared to receive it or it'll totally burn us to ash.

Dr. Lili Anderson: 08:15 And then CS Lewis goes on, "his compulsion is our liberation." Our liberation from the things that hold us back, from sin, of course, but even from our own limitations, from our weaknesses, he's going to liberate us from all those things and make them into strengths. If we'll yield to this process. And it is a yielding. It says in Isaiah 3:19, submitting to the Lord's plan without rebellion. And now we have our maybe moments, like we said. Sometimes they're like, this is hard. This is hard. And it is, it is. And we want to mourn with them that mourn, and comfort those in need of comfort and lift up the arms that hang down and strengthen the people in need.

Dr. Lili Anderson: 08:54 We should be fellowshiping each other in our troubles and in our pain, but not forget the purpose for which those things are a part of the plan. It's amazing what God can do with us. He can take even me and turn me into something divine. If I keep choosing him in my affliction and I don't doubt that the Lord will be with me, even when I don't feel it in the immediate sense. He is there. Actually, pretty happy ending to my friend's story. And there are so many times I've been privileged to see that. And it's not an ending because, of course, there are still challenges and there are still trials, but there have been blessings along the way that are tender and nurturing. And that continue to give us opportunities of course, to grow and become, but to trust in the Lord more and more. And that is what I see again and again, as I work with people, that it's our choice. Our choice to let him consecrate our affliction for our good or just to be miserable.

Hank Smith: 09:53 Yeah, I was thinking about, as you told that story, the author here of Genesis seems to be set on letting us know that Joseph and the Lord were very close, no matter how dark it got,

whether he was at Potiphar's house or in prison, the Lord was with him. And then you think about people who do these terrible things, how come they're doing fine? And there's this moment and I think I'm getting outside of our lesson, so sorry about this, but I just want to jump quickly to Genesis 42:21, where Joseph can overhear his brothers talking. This is later when they've returned to his life and they don't know it's him. It's maybe not as been as easy as we think for them. In verse 21, they're talking to each other.

- Hank Smith: 10:38 They said, we are verily guilty concerning our brother. We saw the anguish of his soul when he besot us. We would not hear. Therefore, is this distress come upon us. This has been hell for them after making this decision. Maybe they put on a brave face in public, but it sounds like in private, they are still hearing Joseph's cries. I have a quote here from Elder Holland right here at the end of a 2007 general conference message. He said, "To have the approval of your conscience when you are alone with your memories, allows you to feel the spirit of God in a very personal way." So when those brothers got alone with their memories, you can see the torture that's happening there. And that's not a good thing. That's not a thing that I'm like, well, good for that. But it's a consequence.
- Dr. Lili Anderson: 11:33 I do want to say that this is another real trial, is that it seems that people who make bad choices sometimes have these easy lives or get rich and famous. Mark Twain actually wrote two short stories. He wrote lots of short stories, but two of them were called one, the story of the bad little boy and the story of the good little boy. And the story of the good little boy, just had trouble after trouble and was sometimes accused unfairly of things. And anyway, he just never really had an easy life. And the story of a bad little boy. I mean, he ends up rich, famous, mayor of a town, but he's a terrible guy. And he dies in bed with a cigar and a beautiful woman. You know, I mean, it's really... At a ripe old age.
- Dr. Lili Anderson: 12:10 So, the wicked have their time in the sun. Satan does have some power in this world. He can fuel the success of some very wicked people and they can seem to have a better life or an easier life, but it's an illusion. That's again, my friend was thinking my ex-husband is having a great time with lots of money now and no obligations. But she could see that this is just temporary. This is the test. This is the test. Don't be deceived by the fact that the wicked may have their day in the sun. And that day might last a long time. In the end and in the final analysis and the day of judgment, when the secret acts of men are revealed, they'll wish that the mountains could drop on

them to cover their shame. And that's not going to happen. They will be revealed. It's just not worth it.

- Dr. Lili Anderson: 13:01 It's just not worth it. But that's a choice people make, they can seem to prosper. Again, this is the great irony. There's a great speech by Neal Maxwell, by the way, worth looking up called "Irony: The Crust on the Bread of Adversity." It's a magnificent treatment of this subject, about the greatest tests, the most ironic, where the bad guys seem to prosper and the good guys seem to get kicked in the teeth all the time. But don't be deceived. Don't be deceived in this process. If we keep choosing God, what is coming is so tremendous.
- Dr. Lili Anderson: 13:32 We used to have a sign in one of our seminary teacher offices that said, when you work for the Lord, the pay may not be so great, but you can't beat the retirement. Where are you putting your treasure because it's all going to work out for the righteous in the end. I want to read a couple of statements that I think are really a nice kind of wrap in a way to this. John Taylor said this once. I used to think if I were the Lord, I would not suffer people to be tried as they are. But I have changed my mind on that subject.
- Dr. Lili Anderson: 14:00 Now I think it purges out the meanness and corruption that sticks around the Saints like flies around molasses. He gets it. He's like, "No, that would be a mistake, that wouldn't be love." This is what CS Lewis is saying. The hardness of the Lord is better than the softness of men because we would let ourselves off the hook. If we never ask our children to do hard things, is that really love or is that betrayal? If we try to wrap them in bubble wrap? Yeah. What are we preparing them for? They're not going to be powerful. They're not going to be antifragile. They're going to become more fragile. So trials are a part of this journey. Now in *Preach My Gospel*, there's this beautiful statement that isn't new, it wasn't new doctrine but it's just nicely summarized in *Preach My Gospel* where it says, "All that is unfair about life can be made right through the atonement of Jesus Christ."
- Dr. Lili Anderson: 14:53 That is a terrific summary statement. It will be made right because God is fair. He allows this injustice to be a trial for us, to be a spiritual weight room where we can become as powerful as we choose to become through Jesus Christ. Then when the Lord recompenses, there's this, look at this beautiful verse from Revelation that we know, "And God shall wipe all tears from their eyes and there shall be no more death, neither sorrow, nor crying. Neither shall there be any more pain for the former things shall pass away." So, God is telling us, in this world you

shall have tribulation but this isn't over. It is but a small moment relatively speaking and it may seem like forever and sometimes it does but it's not, it's not. Take three giant steps back and look again because there is something coming that is so amazing that it will heal all your wounds and wipe every tear from your eyes.

Dr. Lili Anderson: 15:59

It will comfort every heart. Now, how does God measure things? I remember when I was looking up some of this stuff, I was reminded of this verse in Luke chapter six, the other was Revelations 21, if anybody's looking for that but Luke's chapter six, verse 38 tells us how the Lord measures stuff. And what does he say? He says, good measure, pressed down and shaken together and running over. You know how some recipes call for a scant teaspoon or a scant cup of something. That's not how the Lord measures. There are no scant measurements in the Lord's compensations. It's good measure, pressed down, shaken together, get all those air pockets out of there and running over. When the Lord returns to us what we have given to him in sacrifice and in choosing him in the midst of affliction, it will come back in a beautiful way.

Dr. Lili Anderson: 16:56

This next statement is from a book that I read when I was probably 16, for the first time that I read this book. I've read it a few times. It's a beautiful novel by a woman named Elizabeth Goudge and it's in the 1800's or whatever and there's a legend involved. But anyway, these characters are really amazing characters but there are a few characters that come together and strengthen each other in the midst of the trials of life. It's a beautiful story but one of the characters is a doctor, a country doctor in this little seaside town in England. He is such a good man and he ministers to these people and he is much loved but the sorrow of his life is that he was never able to be a father because he had a hunchback and that is not a large part of the story.

Dr. Lili Anderson: 17:38

It's mentioned in passing but that's why he couldn't find a woman to marry him because he was misshapen. So he becomes this doctor and he does good his whole life but he was never able to have the experience of being a father. Well into his life comes a 16 year old boy who is an orphan, who is in desperate need of help and the doctor actually heals him or helps him to heal physically from some injuries, takes care of him in his home and then when he is well enough and they're at the dinner table, he asks a little bit about the boy and what his circumstance is and if he has a family that the doctor should help him return to. When he hears that this boy is an orphan, the catch in the doctor's heart, this little moment where he then offers himself to be this boy's father. The boy has already

felt the great compassion and goodness and love of this man. The boy's heart catches. I'm paraphrasing this. This isn't exactly this way but you see it come to life in these pages where the boy needs this so badly and sees how wonderful this man is and how he is offering himself to be this boy's father. He desperately needs this and the doctor desperately needs his son and they come together in this relationship that endures and is stunningly beautiful. This is what the author says in the book. She says, sometimes fortune took it into her head to lay upon a wound, a salve of such value that a man becomes positively glad of the wound. Let me say that in a better way, God, because he has promised to do so and he cannot lie, will lay upon our wounds, a salve of such value as to make us positively glad of our wounds.

- Dr. Lili Anderson: 19:43 And Lehi taught this other great lesson that we have to know the bitter to know the sweet. There is a purpose to pain. I met with a woman once who, it was around Christmas time and I said, are you ready for Christmas? She had four kids, the oldest was in high school, I think and she said, oh, I hate Christmas. I'm like, really? Yeah. Why's that? She said because and they had a lot of money in their family. She said, well, my kids get anything they want anytime they want it so when Christmas comes and I have to scour the earth to find the latest and greatest whatever to try to entertain them and then five minutes they are bored because they could buy it themselves.
- Dr. Lili Anderson: 20:22 I'm like, how sad is that? Those kids have never had to wait for anything. So they can't enjoy. You have to wait sometimes. You have to... Deprivation isn't always a bad thing, to be without so that you can appreciate what it's like to have it. If we're protecting our kids or indulging them right and left with everything, we're robbing them of the sweet because they never even know what it's like not to have all that sweetness around. They get tired of it. They don't even appreciate it. So, there's so many takeaways from this but that's the... There are so many blessings that God gives us because of the affliction that we suffer. You're going to know the bitter. You will know, you will know the bitter but if you don't become bitter and you keep choosing me, you don't even know how good it's going to be but I'm telling you, it's going to be amazing.
- Dr. Lili Anderson: 21:11 I will lay upon your wounds a salve of such value that you will be glad for that wound because of the joy that you now feel. Now, another way to put that, Neal Maxwell, we find that sorrow can actually enlarge the mind and heart in order to give place, expanded space for later joy. I remember when I heard that it was from a speech called Endure It Well, in April of 1990, in

college. I remember hearing that, when he said that and it hit me so hard, I'm like, is that how it works? That is how it works, isn't it? Because happiness doesn't stretch our hearts. Happiness is fun. That's great and we should enjoy it when it comes but it does not require very much of us to be happy. It doesn't stretch us but sorrow, sorrow stretches our hearts and minds. We can hardly believe how much we are feeling of pain and we're still breathing. It surprises us how much we can have a broken heart and continue to breathe.

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| Hank Smith:        | 22:17 | He called that the excavation of the soul.   |
| John Bytheway:     | 22:21 | President Packer used to quote that little poem. Robert Browning Hamilton or somebody with lots of syllables, that sounds like a poet. What was it? "I walked a mile with pleasure, she chatted all the way but left me none the wiser for all she had to say. I walked a mile with sorrow and not a word said she, but oh, the things I learned from her when sorrow walked with me."   |
| Dr. Lili Anderson: | 22:41 | These are testimonies that people have given us of what sorrow can do, what pain can do. But there is a purpose that is grand. It is a grand design that God has for us and he wants nothing less than this culminating glory and power that he can give us. Elder Holland summarizes it this way. Some blessings come soon, some come late and some don't come till heaven but for those who embrace the gospel of Jesus Christ, they come. Christ has told us he will give us beauty for ashes and the oil of joy for mourning. That's the promise. I'm right here at my desk and here is my Isaiah paper weight. We bought it in San Francisco, Ghirardelli Square, so many years ago. It was a few years after the Mount St. Helen's eruption, where ash covered that area like feet of snow, just several feet of snow. |
| Dr. Lili Anderson: | 23:41 | In this little shop of glass, there was a shelf that had many items and it said that this glass had been made from the ashes of the Mount St. Helen's eruption. We were on a tight budget back in those days but I went to Chris and I said, "Are you okay if I buy this?" It was \$25 but I said, "Are you okay if I buy this?" Because they made beauty from ashes and I keep it on my desk. I call it my Isaiah paper weight because this is the plan that God will give us beauty for ashes, good measure, pressed down, shaken together and running over. There is no better plan. There is no better God. There is no greater savior.  |
| Hank Smith:        | 24:24 | Lily, I noticed with Joseph that he continues in the darkest places to have incredible experiences. He's in prison and he's interpreting dreams.   |

Dr. Lili Anderson:	24:38	And acknowledging where interpretation comes from.
Hank Smith:	24:42	Right.
Dr. Lili Anderson:	24:42	That's important, right? Because he says, these things come from God. It's not me.
Hank Smith:	24:45	And we talk about, oh, how come the wicked prosper? I remember one very prominent celebrity said, I wish everybody could get rich and famous and do all that they ever dream of so they can see that it's not that great, that it's not the answer. So Joseph still, even in his darkest places is having these divine experiences, which to me is a beautiful, maybe an application for us that in the middle of your trials-
Dr. Lili Anderson:	25:16	There was tender mercy.
Hank Smith:	25:17	Yeah. You're going to have these God is with you. I'd rather be in prison to be honest and have God with me than be Judah and not really have a relationship with God. Looking back on my life, I think probably my most spiritual experiences have come in a lot of really dark, hard times. Maybe because we draw close to the Lord that way. I'm friends with your daughter-in-law and your son and what they've been through with the loss of Jennifer's father, Steve. You've seen that and you've been close to that. You've known this for instance longer than either John or I and this seems to be a theme that they keep telling me that when there's darkness they're having these divine experiences.
Dr. Lili Anderson:	26:05	If we choose and they have chosen. It is, it's a choice. We can become bitter and angry. It's always available or we can just put our heads down and try to get through or we can grow. We can draw closer. So there really are those three paths. Only one of them is the best and it makes us of something, that we can only dream of. It makes us into the likeness of our Savior. So it just, there's some things that can only happen in the dark, in the valley of the shadow. Let's just also be clear that the Lord does give us moments of oasis. There are tender mercies. There are the moments of chance to replenish or recharge. They may not come when we want them to because we're stronger than we think we are.
Dr. Lili Anderson:	26:54	The Lord wants us to learn that but they do come and the Lord is kind and we do have friends that might reach out or a neighbor or somebody in our lives that it becomes a dear friend at those times that become really precious gifts in our time of trouble. So if we have eyes to see, we can see that and I hope

we will but there are those tender mercies that come, those little oasis in the wilderness. Here's a moment to just refresh yourself and remind yourself that there is a flowing, living water that will fill you if you are willing to drink of it. And then of course he even asks that guy, the one that's going to live.

- Hank Smith: 27:35 Yeah.
- Dr. Lili Anderson: 27:35 When you are in front of Pharaoh again, will you mention me to him because I'm an innocent Hebrew sold into slavery and then imprisoned unjustly. If you don't mind, could you just tell Pharaoh that and maybe he would want to do something about that and we didn't mention this but these people were not the typical Egyptians. It was a group called the Hyksos that had invaded, they called them a conglomeration of Asiatic tribes or whatever that had come over and taken over Egypt.
- Dr. Lili Anderson: 28:00 And were in power when Joseph is there in Egypt and does this amazing thing of interpreting Pharaoh's dream. The Lord's thinking. Do we ever really think we're smarter than God? This is so amazing to me because see, if God's got a million irons in the fire and they all work out well.
- Dr. Lili Anderson: 28:19 Here, he's still thinking of Jacob and all those people who are going to be the tribes of Israel. And he puts Joseph in this place and gives Pharaoh a dream because there is going to be this famine that's all going to bring everybody together again. Anyway, all that good stuff coming next week. But he sends this dream and Joseph has the gift interpretation of these dreams.
- Dr. Lili Anderson: 28:37 The butler finally goes like, "Oh, I remember my sins this day. Oh dear, I forgot to be grateful to that guy in prison. But now I remember. Now that Pharaoh has a dream. Hey, there's this cool Hebrew in prison who really told us everything we needed to know about our dreams and they came true." Pharaoh immediately sends for him.
- Dr. Lili Anderson: 28:59 And after all these years, all these years, here comes Joseph, humbly. Again, saying the interpretation will be given by God. I'm not going to take credit for this, but I can tap into that resource because I am a child of God and I have the covenants in place and have been worthy. He can draw upon that power. And he interprets the dream and then all of this. And that Pharaoh is so impressed and makes him second.
- Dr. Lili Anderson: 29:24 I mean, this is amazing, but these are Hyksos people because some people have asked, why is there no record of Joseph in



Egypt? There's been so much excavation and so many monuments discovered and tombs in the pyramids. And oh anyway, all this stuff, but Joseph is not. There's one place in Egypt that is called the Canal of Joseph. That's it. That seems to be the reference that might still exist to Joseph, that he built this canal, this waterway.

- Dr. Lili Anderson: 29:51 You'd think that somebody of this stature, who saved Egypt, and many of the surrounding territories from starvation during the famine, would maybe have a monument or some record because there really are a lot of hieroglyphics. And there are records that have been discovered. But no, there's not anything but that canal.
- Dr. Lili Anderson: 30:06 And why? Well, because then the people who had originally ruled Egypt came back into power. And it is suspected that they just destroyed all the monuments that Hyksos had built. They tried to eradicate that unfortunate chapter in their history when they were out of power. However, we do have a record of Joseph in the Quran. There are 111 verses in the Quran that are about Joseph. And that tells the same story, that he was sold into slavery and became powerful in Egypt.
- Dr. Lili Anderson: 30:38 An interesting detail that we don't have a lot of historical artifacts or anything that testify of Joseph. But this record is precious. This record is precious. It is mentioned in the Quran. And it's probably because the Hyksos were an invader dynasty that then was thrust back out of Egypt and their monuments destroyed.
- Hank Smith: 30:59 There's a verse in chapter 41 that I just love. And it seems to be the summary of Joseph and it's from Pharaoh. It's Genesis 41:38. He says, he hears from Joseph and Joseph interprets the dream. And he said, "Can we find such a one as this, a man in whom the spirit of God is?" I think of everything we've talked about. He's kept his covenants. He's submitted to these horrendous trials, and this is the end result. He is something else. He is incredible.
- Dr. Lili Anderson: 31:34 He's something else. And a man of that power that stature, Pharaoh of Egypt, who could have commanded and did have the power over life and death. But he says, "Wow, there is just something about this guy that is different from anything I've ever seen." And then just in the next verse two, "There art none as discreet and wise as thou art."
- John Bytheway: 31:53 And I like what Lili said about, we can go through bitterness without becoming bitter. I just, I can't see any evidence of

Joseph going, "What is going on?" Or looking heavenward, "Why is this happening?" I don't see any evidence of him griping about it. He says in verse 13 of 40, "Also, have I done nothing that they should put me into the dungeon?" But he's talking to one of those whose dreams he interprets. But we don't have any evidence that he gets angry with God here.

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| Dr. Lili Anderson: | 32:21 | Well, and I think we can be clear on that because the anger and bitterness drive out the spirit. Hear all the time, the spirit will not always strive with man. It can't. And Elder Scott talked about this once about how anger really makes it hard to receive revelation. And these powerful negative emotions drive the spirit away. We're making natural conclusions here based on the principles of the gospel that are very clearly taught to us, that you can't do wrong and feel right. |
| Dr. Lili Anderson: | 32:49 | You can't be bitter and have the spirit. Those are mutually exclusive situations. Yes, even though we have to make those conclusions, but we know that those are the principles on which revelation is based, on which these gifts are based, on which the spirit is based. The spirit has to be at home in us. We are understandably going to have moments where we do protest the unfairness of life. We should be compassionate to ourselves about that, but don't land in it.                |
| Hank Smith:        | 33:19 | Yeah. Don't stay there.  |
| John Bytheway:     | 33:20 | Don't live there. Yeah.  |
| Dr. Lili Anderson: | 33:23 | Come back to the light.  |
| Hank Smith:        | 33:24 | I wanted to do something real quick before we wrap up. Jesus isn't mentioned in these chapters, but I think we can find him. One of course, working with Joseph, being the God who is with Joseph.   |
| John Bytheway:     | 33:36 | The Lord was with Joseph. Yeah.  |
| Hank Smith:        | 33:38 | We can see the Savior here too. Also, you can see a type, where Joseph is a lot like Jesus. And we can learn a little bit about Jesus from Joseph. The fact that he saves the very people who reject him is a type of Jesus. That he was sold.   |
| Dr. Lili Anderson: | 33:59 | 20 pieces of silver, as opposed to 30.   |

John Bytheway:	34:02	Yeah. I was reading about that. And it said that because of his younger age, for him it was 20. It would've been 30 for an older slave that Jesus was sold for. Yeah, interesting.
Hank Smith:	34:15	And he was forgotten. The chief butler, it says in chapter 40 verse 23, forgot him.
John Bytheway:	34:21	Oh yeah, there was this guy. Yeah.
Hank Smith:	34:23	And it reminds me of what did Isaiah say? We turn our face away from him.
John Bytheway:	34:27	He was despised, rejected. Isaiah 53, "We hid our faces from him."
Hank Smith:	34:33	Yeah. And then verse 38 of the 41, "Can we find anyone who has the spirit of God like this? There is none so discreet and wise as thou art." That sounds to me like a savior, a Jesus type verse. Right.
John Bytheway:	34:47	Everyone spoke as this man.
Hank Smith:	34:49	Yeah. Yeah, exactly. I see, even though the Savior's not listed here, I think you can find him.
Dr. Lili Anderson:	34:56	We remember that the God of the Old Testament is Jehovah.
Hank Smith:	34:59	Yeah.
John Bytheway:	34:59	Right.
Hank Smith:	35:00	He's here.
Dr. Lili Anderson:	35:02	He is the story here. He is working with his people
John Bytheway:	35:03	And we see the Lord in small caps there.
Dr. Lili Anderson:	35:06	Yeah.
Hank Smith:	35:07	He's the one giving the interpretations. Joseph knows that. These interpretations belong to God. They're coming from him.
Dr. Lili Anderson:	35:14	And can I just say that, I know some people have a hard time with the Old Testament. And it's a tough book, let's face it. And it's imperfect. We know that there are errors in the Old Testament, some inadvertent and accidental and others more intentional.

Dr. Lili Anderson:	35:28	And I am so grateful that we have the restoration of all things. And as Joseph Smith so clearly put it in the Articles of Faith that we believe the Bible to be the word of God as far as it translated correctly. That gives us a little bit of latitude in understanding some of the difficult passages here. And as I've learned in my own life, the best commentary for the Old Testament and the Bible itself is the Book of Mormon.
Hank Smith:	35:52	Book of Mormon.
Dr. Lili Anderson:	35:52	We can make sure that we are seeing the connections between the gospel as taught and the Lord as revealed in the Book of Mormon. And the Lord as revealed, Jehovah of the Old Testament and Christ of the New Testament. And realize that this is the same person. Long time ago, I read that there were some people who even had a religious philosophy that there was a God of the Old Testament who was a harsh, nasty, mean guy. And that Christ had to rescue the world from that guy. So that the Jesus Christ, the God of the New Testament had rescued us from the God of the Old Testament. I'm kind of like, "No same guy. I'm sorry."
Hank Smith:	36:29	That's the same guy.
Dr. Lili Anderson:	36:31	"That's the same guy." I mean, I think it's important to realize, if we are not seeing the compassion or the consistency of Jehovah with the God that we learn of in the book of Mormon and the New Testament, then we're missing something. And we need to go a little further. And understand that statement by C.S. Lewis, "The hardness of God is kinder than the softness of men."
Dr. Lili Anderson:	36:51	Wait a minute, let me reframe this. Let me look again and see how God was working to bless and to save. Oh, we just went through the flood. Well, why did God do that? Because he's an angry, unforgiving, nasty guy? No, of course, he's none of those things. He's the opposite. Why did he do that? Well, because there are all these children being born in those family. Talk about dysfunctional families.
Dr. Lili Anderson:	37:10	We have gone past dysfunction to wholesale ripening in iniquity. They are completely lost to the Spirit. They have extinguished the light that they were born with, that everybody is born with. And so now, as spirits come into those homes, we can see this as students of human behavior. That if you have a child go into those kinds of circumstances, that light that that child is born with will be extinguished before they reach the age of accountability.

Dr. Lili Anderson:	37:41	What are we going to do? Keep sending spirits that will never have a chance to actually exercise their agency? No, not because I desired it, not because I didn't love them. I offered them the same thing I offered to everybody else, but they have rejected it completely. This is what would defeat the chance of those children.
Dr. Lili Anderson:	37:57	We're going to wipe this slate and start again so that we can give people a chance. It is love. It is compassion. And where's the compassion in letting people continue to act in wickedness? They have already chosen. They have exercised their agency to the utmost. Why do we need to leave them on the earth for all that time? And that's going to happen again when the Israelites leave Egypt in the future to come back with Moses, to the promised land. And Joshua leads them in and says, "Eliminate these people."
Dr. Lili Anderson:	38:23	Why? Because just the Israelites are a favorite of God and the Canaanites he doesn't like so much? No, because the Canaanites also had ripened in iniquity. His hardness is kinder than our softness. Are we really saying we're nicer than God? Let's not go there. Let's understand what charity really is. That is who Christ is. And that is who the Jehovah of the Old Testament is. It is that same divine, perfect deity who loves the world and every creature in it. And he inviteth all to come. He loves the spirits that have not come to the earth too.
Hank Smith:	39:00	I often tell my students, "Just keep at it. Just don't quit. And the day will come that you'll get that break." And it does come for Joseph and 41 ends up with Joseph in a pretty good spot.
Dr. Lili Anderson:	39:14	It is a beautiful ending. He has the second chariot in Egypt. He marries Asenath. We don't know a lot about this, but Joseph must have taught her the gospel. She understood at least enough to know that when Jacob comes later to bless their sons and she sees that birthright blessing.
Hank Smith:	39:32	That's verse 51 and 52.
Dr. Lili Anderson:	39:34	Yes. And as has happened before in this family, it's not always the eldest son that gets the birthright. Joseph receives the birthright, not his 10 older brothers. And here, Ephraim will have the birthright blessing. Now, it is exciting that these two tribes preserved to come forth in the latter days. You can see that calling of Ephraim. Joseph Smith being from Ephraim. Most of the early members of the church being from Ephraim.

Dr. Lili Anderson:	40:02	This believing blood comes down through the centuries and it lands in Europe basically. And then they immediately go to Manasseh to share the gospel with that other tribe that is their brother tribe. Pretty powerful ending.
John Bytheway:	40:16	Yeah. It's almost like a foreshadowing where Joseph saves all of the house of Israel. Is in a position to, by feeding them when they come over for the famine. And we're like, "Oh, so in the last days, Joseph, the tribe."
Dr. Lili Anderson:	40:29	Will save the world.
John Bytheway:	40:31	Have that primary responsibility to go gather Israel.
Dr. Lili Anderson:	40:34	That's right. To be that vehicle, the instrument. This grand design is so exciting to see that all these things are put in place. I hope that we will remember as we read through the Old Testament and see these great designs come to fruition, that there is more to come and that don't bet against him. Don't second guess. He has a plan and it's a perfect plan.
Hank Smith:	40:56	Wow. We've discussed so many good principles today of going through trials and difficulties, about not backing down, temptation.
Dr. Lili Anderson:	41:07	Stand on holy ground, even if you have to quickly depart something that used to be safe and is no longer safe.
Hank Smith:	41:14	I don't want to say every story's going to have its perfect, happy ending, but in the Lord's scheme, you will have your chapter 41, your happy ending. And there's more to come after that.
Dr. Lili Anderson:	41:24	But it is a happy ending. The Lord does promise that. But you're right, it doesn't always happen in this life.
Hank Smith:	41:29	I'm glad you made that connection. Because I also would encourage everyone to read, well, John, it's 2 Nephi 3, where Joseph of Egypt is connected with the latter days.
John Bytheway:	41:39	We have so much, there will be a great seer and he'll come from his loins and he'll be named after the name of his father. We're like, "Whoa."
Hank Smith:	41:47	There's a beautiful connection there. And why would he not have a vision like that after what he's been through?

John Bytheway:	41:53	No greater prophecies than the prophecies of Joseph. And I think that 2 Nephi 3 is where we look for that.
Hank Smith:	42:00	Yeah. Then we see that.
Dr. Lili Anderson:	42:02	There is a book of Joseph, that we don't have right now, but we do get a little taste of that in the book of Mormon. He must have been a great seer. Prophecies that he was given, the visions that he was given, to see his legacy. What a tender mercy that the Lord gave to him, that all of this will culminate in the dispensation of the fullness of times, and this will be your seed.
Hank Smith:	42:26	I remember one student asking me once, why didn't the Lord just move him to Egypt? Why does he have to go through so much? Right? I said, "Well, the Lord changes his geography, in order to save the family. What he goes through, changes him into the person that will choose to save the family." So it's not just a geographic change for him to save the family, it's a character change for him to save the family.
Dr. Lili Anderson:	42:54	That is the business of God. He has perfectly provided us with the opportunity to... What does he say in Moses 1:39? "This is my work, and my glory, to bring to pass the immortality, and eternal life of man." Eternal life is all about the process. It's all about the becoming. It's all about overcoming that fallen nature, through obedience to the covenants that we make, and living in such a way that the Holy Ghost can sanctify us, and bring us back into his presence. It's the means by which this happens, and we are meant to be... We are made to be antifragile, and if we don't have these stressors, we end up being a lump of clay.
Hank Smith:	43:36	I wonder if he doesn't go through all this suffering, if he does forgive his brothers. Right? Because I don't know if I could. Maybe just all this suffering he's been through has cleansed his soul to the point where he can do it. He's able to make that incredible decision to forgive them.
Dr. Lili Anderson:	43:51	Again, it's his response to the suffering. Right? We have little statements some places that say things like, "Life is 10%, what happens to you, and 90% how you respond." That's so true, except I think it's more like 1% and 99%. From my experience. I think that might state it even more accurately. It's really all about how we choose to respond to what happens to us. Joseph, he probably had his moments, like we've said, but he doesn't land on those moments. He lands in his faith, and he stretches his faith, and he grows into this amazing character

that... You know, there's nobody as discreet and wise, in all the land. Not many on the Earth acquired that goodness, because he has chosen the Lord all through his affliction.

Hank Smith:	44:40	Isn't this such a great story? The story of Joseph is such a great story.
Dr. Lili Anderson:	44:44	They're not too many happy stories in the Old Testament. Joseph is an oasis. He is an oasis himself, as we could read this story, and feel the enjoyment of this reward that comes to him, even in this life, as just a preview of the rewards to come.
John Bytheway:	45:04	Chief justice Roberts was speaking at the commencement of his eighth grade son, I think, and he said, "Well, usually these commencement speakers will wish you well. I'm not going to do that." He says, "I'm going to wish that someone will reject you, because then you will learn the value of loyalty. I'm going to hope that someday someone takes you for granted. I hope somebody gets in your face when you lose.", and he goes... "Oh. It's so good. You would love it, because it's that kind of... You're not going to learn anything, if your life is a piece of cake."
Dr. Lili Anderson:	45:38	No. The that sad thing is, is that we waste our suffering. You know? We waste our suffering. We're going to suffer. There's no way out of this life...
John Bytheway:	45:46	Don't waste it.
Dr. Lili Anderson:	45:48	...without tribulation.
John Bytheway:	45:50	How can I get the most from my suffering?
Dr. Lili Anderson:	45:50	Exactly. I mean, really. Really. Juice that thing. You know? I mean, bring it out, and learn, and grow, because we're going to suffer. One of my children was going through some really big challenges, and as I was accepting their feelings, and trying to comfort, and support this child in their journey, I did say... I said, "Look. I'm going to say something, that's going to sound like a threat, and it's not meant to be a threat. I'm just trying to share my experience." I said, "There is always something to learn, from difficulty. That is the design of the plan, this perfect plan. There is always something to learn. There's a way for us to grow, and to become, to be refined." And I said, "You know, you don't have to grow during your trials, but the Lord loves you, and he knows who you are, and if you don't learn what you could learn in this trial this time, he's going to give you another task."



John Bytheway:	46:43	It may come back. Learn it the first time.
Dr. Lili Anderson:	46:48	Learn it the first time, so at least the next time, you can go on to lesson two.
Hank Smith:	46:53	I've always called that the law of mortality, that lessons will be taught, until they are learned.
Dr. Lili Anderson:	47:04	We are covenant people, and that is a part of the deal, that he will remind us.
John Bytheway:	47:05	Sister Julie Beck said that, as a teenager, just home evening, every single week, they sang Love at Home. "Do I have to sing this again? Why do we sing this every time?", and her dad said, "When you have learned lesson one, we will go on to lesson two."
Dr. Lili Anderson:	47:23	I remember that. It's exactly that, and the sooner we bow to that principle, the very much better. The sooner we humble ourselves, submit to the lessons. It's this yielding. It's this ability to yield to it, that we need to cultivate, and not fight against it. Not combat the very things that can refine us. Not reject them, not oppose them, but yield to them. Submit to them, and become humble, and pliable. The real journey.
Hank Smith:	47:53	Dr. Anderson, Lili, this has been just fantastic. Really a lot of fun. And to have you back. Right? John and I are grateful we're still around, and we're grateful you were willing to come back. I think our listeners would be interested in your journey as a scholar, a therapist, a mother, a faithful Latter-day Saint. What's that journey been like for you?
Dr. Lili Anderson:	48:15	Well, I have enjoyed the journey, and I'm so grateful for the opportunities. I mean, I think you mentioned this before, John. You know, how many people have ended up where they thought they would, weren't surprised by life, or didn't have some big turns, or brick walls, that we hit along the way? I don't know that I can pinpoint just one thing, and I know I mentioned last time, and I will mention again, the great legacy that I have from my parents, who were seekers of truth, and taught me that example of humility. They were brilliant people who came from humble circumstances, but had access, because of their own great efforts, for higher education, and always acknowledged the superiority of God to any Earthly wisdom. When there was a conflict, it was never, "Oh. Well, maybe God's wrong."

- Dr. Lili Anderson: 49:13 It was always like, let's figure out why God is right, because we already know he is. That humility, I think, is so key in our journeys, to trust the Lord. I had a friend who knew President Monson very well, and said that if he had chosen the title to his own biography, he would have referred to Proverbs three, five, and six. "Trust in the Lord, with all thine heart, and lean not to thine own understanding. In all thy ways acknowledge Him, and he shall direct thy paths." Because he lived his life by that, and that became a very precious scripture to him.
- Dr. Lili Anderson: 49:49 Well, without it necessarily having come from that verse, although I love that verse, that was the path I was taught, and I am so grateful, that it just made sense to me, to be acknowledging God's superiority, to be grateful for this, this creature of such omniscience, omnipotence, and omnipresence, to recognize, and bow, before that power and greatness, and to be so grateful that he's willing to share with me, and that if I am a seeker of truth in,
- Dr. Lili Anderson: 50:26 you know, as we read in the Doctrine of Covenants, through faith, but also through study, diligently looking at the secular, as well as the sacred, but the sacred has primacy in my life, because I trust the Lord. You know, you go to graduate school, and let me tell you, the therapies are really a dangerous place, because a lot of therapists go off the deep end. They're often cutting edge, on the secular, and they're willing to throw God overboard at the moment's notice, and put in place philosophies of man, as opposed to the wisdom, and knowledge, and power of God.
- Dr. Lili Anderson: 51:01 And so when I went back to graduate school, after my kids were all in school, I used the scriptures as my Urim and Thummim, and if I learned something in school, that didn't match up with the scriptures, "Okay. I'll learn it for the test. It's good to understand what people's philosophies are, but I'm not going to believe it, because I trust the Lord, and I know he's right in, everything, and if I continue to seek, then he will reveal more, and more understanding to me, of why he is right."
- Dr. Lili Anderson: 51:27 It's not if he is right. It's why is He. Right? And we gain wisdom and understanding, as we trust in Him. Here's this being of all power, but then here's this guy with a PhD, and we're going to trust him. I'm sorry. I'm sorry. That person with a PhD, who thinks he knows better than God, missed the whole point of education, which is to be humble. The whole point of education is, to realize how much we don't know, and that we should be all seekers of truth. Here we have a God who's willing to share it, and He puts it in scripture, and He gives us the spirit, and he

tells us that we can know all things, through the power of the Holy Ghost.

- Dr. Lili Anderson: 52:00 We can have a witness of that truth. Don't doubt. I mean, wasn't it President Uchtdorf who said, "Doubt your doubts, before you doubt your faith." Are you kidding? Are you kidding? I think we can't overstate the importance of humility as we study. I don't understand how the God of the Old Testament is as kind, and loving, as the God of the Book of Mormon, or the God of the New Testament, then I need to study more, not reject, just study more. Pray more, ponder more, seek, and the Lord will reveal it, because he wants nothing more than to share all of his light, and truth, with his children.
- Dr. Lili Anderson: 52:34 But if we think we're already full of light and truth without Him, how silly is that? Where do we think our good ideas come from in the first place? All our good ideas came from Him anyway. So it's just a joy to see, that if we do have that, and use the gospel as our sort of sifting tool, as we gain learning in the world, and through our journeys, we really lose out, if we don't use Christ as our north, and the scriptures as our guide. It protects us from the wilds of the adversary. It protects us from deception. It protects us from falsehoods, to know that, no, this is the truth, and this one God only will I worship, who is Jesus Christ, not the God in the secular temples. What a great gift we can give to our children, if we can teach them this humility, this gratitude for the light and truth that God wants to give us, as soon as we are prepared to receive it.
- Dr. Lili Anderson: 53:34 Yes, it blends beautifully with all the knowledge that we can gain from other places. We can be open, and unafraid, to study anywhere. Learn from the fountain of truth, and then learn from other good sources. We embrace everything that is beautiful, and good, and learn from it, and see how all the good things blend, and expand our understanding, and our gratitude for what God has given us in his gospel.
- Dr. Lili Anderson: 54:03 I love to learn. In fact, I feel God's love when I learn. That is one of my big love languages with God. When I have a new idea, or I make a new connection, or I understand something better, I feel so loved, because I know where it comes from, and he's willing to share it, even with Lili Anderson. I'll always be grateful for that. I'm grateful that my children are seekers of truth. It's such a gift. I prayed for that. I pray that my grandchildren will have a desire for the real truth, and they'll want to drink from the living waters, because that's where the truth is. Everything else, if we do it right, just adds to our gratitude for what God gives us freely.

John Bytheway:	54:48	It's good for us to be here.
Hank Smith:	54:48	It is good for us to be here. We say that every time, and it really is. Really is so much fun. Thank you. We want to thank Dr. Lili Anderson for being here. Thank you, to all of you, for listening. We are grateful for you, and your support. We want to thank our Executive Producers, Steve and Shannon Sorenson, and our sponsors, David and Verla Sorenson, and we hope all of you will join us next week on followHIM.



- Hank Smith: 00:00 Hello, my friends. Welcome to Follow Him Favorites. This year for Come, Follow Me, John and I are answering a question that goes with each week's lesson. And this question, John, is one that we're not just going to hit this week. We'll be hitting it for the rest of our lives, because this happens all the time. I get this question frequently. I think I just got it yesterday.
- Hank Smith: 00:24 It comes in different forms, but really what it is, is, "I was trying so hard to be good. I was doing my best and this bad thing happened to me," right? We're talking about Joseph of Egypt, who was doing his best, and here all of these terrible things happened to him. And the question is, "Why? Why do these bad things happen to people who are trying to be good?"
- Hank Smith: 00:47 I'm sure this is something that comes up with your friends, family, students, because it comes up with mine all the time. What do you think? What do you say?
- John Bytheway: 00:55 Boy, Hank, we could talk about this, both of us, for hours. I think sometimes you have to look at what are bad things, because sometimes we cause our own problems. Sometimes other people misuse their agency, terribly. Tragic stories about that. Sometimes things are pretty random.
- John Bytheway: 01:11 But some better ways that I try to approach it is, what do we know for sure? "We know God loves His children, but we don't know the meaning of all things," to quote Nephi, right? And the thing that's wonderful is God can even turn bad things into something wonderful. When we look at the story of Joseph at the end, he says three times in a row, "God sent me before you to prepare you, to save you." And, I mean, the brothers could have been going, "No, we sold you. We remember that thing."

Hank Smith:	01:41	I'm pretty sure. I'm pretty sure it was me.
John Bytheway:	01:42	But Joseph has this great perspective. He's like, "I get it now. God didn't ask you to sell me. You did. But God turned that into something wonderful." And I think it was President Steve Lund I heard say once, said, the Young Men's general president that, "God doesn't cause all suffering, but He never wastes it. He'll find something to turn it for our growth and our good."
John Bytheway:	02:03	We know that Abinadi burned. It's possible to do everything right and still suffer. But we know Shadrach, Meshach, and Abednego didn't. So, that's kind of a puzzling thing that we see bad things happen to good people, Joseph Smith, Liberty Jail. And what does the Lord say to him? "The son of man hath descended below them all." I mean, it's a constant question, and it's a good question. But it comes down to trusting God, doesn't it, I think.
Hank Smith:	02:29	We probably come into this with a bad assumption, and the bad assumption is, "If I do what is right, if I really strive to keep the commandments and do what God has asked me, then no bad thing will ever happen to me." And when it does, then, "What did I do wrong? Why would this happen to me?" Our assumption's probably off.
Hank Smith:	02:48	If we look in the scriptures, there's plenty of examples of people doing really well, keeping the commandments, being obedient, and things turn wrong. Things go against them. But you're right, John. 2 Nephi 2, right there in the beginning, "God will consecrate thine affliction for thy gain." I can take something terrible and make it beautiful, but you got to give Him time. You got to give Him trust. Isaiah says, "He gives us beauty for ashes."
John Bytheway:	03:16	For ashes.
Hank Smith:	03:17	And we're not talking about a God who says, "Well, I'm going to stay up here drinking pina coladas while you go down there and suffer. Here's Jesus saying, "I will go down there, too. I will experience all this suffering, rejection, heartache with you," right? Like you said, section 122. "I will descend below them all, so I can experience this too so I know how to help you." Alma 7.
John Bytheway:	03:45	That vision of Enoch that we talked about that's so beautiful, "How is it that thou canst weep?" It's poetry. It's beautiful. Thy tears is rain upon the mountains. As Satan looks up and laughs, God looks down and weeps. And the thing I love about that is it teaches us God is not unaffected by our problems, like you said.

John Bytheway:	04:05	I heard somebody say something once that I just loved. I had to write it down. God is more interested in our growth than He is in our comfort. Again, sometimes we cause our own trials, sometimes other people's bad agency. But God will find a way to help us to grow through that. And then we find out, really, even our bad things can be turned to our benefit, eventually.
John Bytheway:	04:27	And I just love the word "eventually," Hank. All the beatitudes are eventually. Blessed are the, are, right now, poor and spirit, those who mourn, those who are weak, for they shall be eventually... There's a future possibility, so we got to trust in the Lord.
Hank Smith:	04:43	Yeah. We trust in the plan. There's this story in John 9 where this man is blind, and His apostles, the Savior's apostles say, "Who did sin, this man or his parents?"
John Bytheway:	04:53	Yeah, there must be a reason. Yeah.
Hank Smith:	04:56	Bad thing happened. There's got to be someone who made a mistake. And Jesus says, "Nobody sinned," right? "This is God's plan for him, but nobody sinned. Nobody did anything wrong for this bad thing to happen." It's kind of a pervasive doctrine that bad things are always attached to sin and that good things are always attached to obedience and keeping the commandments.
John Bytheway:	05:16	We'll be coming up on Job, and we'll see that same thing. Everybody's, "Well, maybe you did this. Maybe you did this." They call it the doctrine of retribution or law of retribution or something. There must be a reason. And in this case, this is the Lord giving him something puzzling that they wrestle with. But Job is amazing through the whole thing.
Hank Smith:	05:35	We're here to become something. Remember King Benjamin? We're here, and a natural man's an enemy to God and will be forever unless he or she yields to the enticings of the Holy Spirit, puts off the natural man, and becomes a saint through the atonement of Christ the Lord and becometh as a child, submissive, meek, humble, willing to submit to all things which the Lord seeth fit to inflict upon him, even as a child doth submit to his father.
Hank Smith:	06:03	So, this idea of your difficulties and trials are creating something, they're a pathway to becoming more like God, is an important perspective so we can keep going down that plan. Trust in the plan. The end result is going to look beautiful.

Hank Smith:	06:20	I've often said that when the Provo Tabernacle burned down, it was probably pretty mad at God and said, "Hey, I tried really hard to be a good building. Look what happened. Thanks a lot. There's other buildings on this street that deserve this. I was a good church for 124 years, and then I get burned down."
John Bytheway:	06:39	That's a good beauty for ashes.
Hank Smith:	06:41	Thank you so much. And then here the Lord might say to it, "Hold on. Hold on. Let me do my work." And then you end up with the Provo City Center Temple where the Lord would say, "See, I had a plan for you all along."
Hank Smith:	06:55	I like to see myself or others are in that process that the Lord sees the end result. He sees the end from the beginning. He's saying, "Hold on. Hold on. I see the end. It looks good. The end looks good."
John Bytheway:	07:10	And sometimes when we go through something difficult, we become such a tool that the Lord can use when somebody else is going through it, and He can put us in their same space. We can say, "Oh, I know what you're going through." And it's a huge benefit to people when they have a trial just to know that somebody else has been there.
Hank Smith:	07:32	Been there and made it through, and you can sit with them.
John Bytheway:	07:35	And is firm in the faith.
Hank Smith:	07:37	Yeah. You call it "same boat therapy."
John Bytheway:	07:38	Same boat therapy. I've been in the same boat, and "Really? Oh, then you can help me, and we can become something together." Love that word "become." Go find October 2000 President Oaks The Challenge to Become. What a great talk. It's not about what we know. It's not even about what we do. It's what we are becoming in the process.
Hank Smith:	08:00	The other day, I was at a fireside, and I met with a family whose father had just been killed in a car accident. He was fine that morning. Things were going great, right? Family was happy. Everybody's doing well, and by that evening, he had been killed.
Hank Smith:	08:15	Their faith was amazing. "We trust in the plan," they told me. "We trust in God's plan for us. Even though it's hard right now, we know He sees the end. We know." And I was just so amazed by... It's incredible the faith that is shown by saints across the



world when difficulty happens and they stand up under it. I think Joseph Smith said that to the 12. "Stand up under it."

John Bytheway: 08:37 You know what I love about that is some people will say, "Well, religion is a crutch for the week," or something like that. But I think, "That's not a crutch. That is power to be able to respond that way after that."

Hank Smith: 08:50 Yeah.

John Bytheway: 08:51 So, I like to say, "That's not a crutch. It's more like a sword." And sometimes we have to lean on it, but faith in Christ is a power and the power to get through things. And it's like, I got to lean on my sword for a minute. "But I know in whom I have trusted. My God hath been my support," to quote Nephi, right?

Hank Smith: 09:09 Yeah.

John Bytheway: 09:09 And to see an example just like you gave, and I saw one in my own Sunday school class last Sunday, like that, where, wow, that's not weakness. That's power. Trust in God is power to get through life.

Hank Smith: 09:22 It's a beautiful thing, and it's inspiring.

John Bytheway: 09:24 Yeah.

Hank Smith: 09:25 The people who are listening to this right now, going through, "I'm going through really hard things. I'm suffering," the fact that you're listening to this, that you're still moving forward, that you're still grasping at faith, that is inspiring to the people around you. And that's one of the ways God's going to consecrate this affliction for your gain is you're going to become an instrument in his hands.

Hank Smith: 09:45 And often John, it's just, you can't understand. The wisdom comes from walking through it. I hate to say that, but there's some things you just can't learn through reading about them or hearing someone talk about them. Just going through that terrible, hellish darkness yourself, you come out different. You can come out holy.

Hank Smith: 10:07 I remember our friend Chris Belcher said, "Hard times can become holy." She talked about her cancer in her brain and the meningitis she had and the pain she went through. And she said, "My hard times have become holy because I turned to

		Him. I turned to the one who can make my hard times holy. He did it for me. My hard times became holy."
John Bytheway:	10:29	Now, I'm thinking to section 58. You cannot behold with your natural eyes for the present time the design of your God with those things which shall come here after. And it's kind of just, "Hold on. God can do great things with even our hard times."
Hank Smith:	10:43	I have to remind myself that we signed up for this, right?
John Bytheway:	10:46	Elder Maxwell said, because it says the sons of God shouted for joy in the book of Job at the prospect of coming to earth, and he says, "Now that we're here, we're wondering, 'What was all the shouting about?'" See how long we could go on in this topic, Hank.
Hank Smith:	11:00	We hope that maybe something today has been a blessing to those of you who are struggling. Keep going. Keep going.
John Bytheway:	11:07	Whatever you're going through. Yeah.
Hank Smith:	11:08	Yeah. The Lord knows. He knows you. He knows the end from the beginning, and you will see His hand as you move forward.
Hank Smith:	11:15	We hope that you will join us next week for another Follow Him Favorites. Come over and listen to the full podcast this week. We're talking about Joseph of Egypt. You're going to want to hear this. It's a great story.
John Bytheway:	11:25	Speaking of bad things happening to good people.
Hank Smith:	11:27	Talking about someone who took difficult turns of other people's choices and just difficult things of life and tried to make the best out of them, and God turned them into holy, consecrated efforts. Come on over and join us. But if not, that's okay. Join us next week for another Follow Him Favorites.