



*“Free to Choose Liberty and Eternal Life, through the Great Mediator”*

## Show Notes & Transcripts

### Podcast General Description:

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

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

### Podcast Episode Descriptions:

#### Part 1:

What would be included in your Last Lecture? Dr. Lili De Hoyos Anderson addresses Lehi’s final lessons for his family and the importance of building Zion, awakening from spiritual slumber and strengthening one another in relationships.

#### Part 2:

Dr. Lili De Hoyos Anderson continues to explore agency, stretching our flesh over our spirits, and trusting God amidst our afflictions.

# Timecodes:

## Part 1

- 00:00 Part 1–Dr. Lili De Hoyos Anderson
- 00:30 Teaser to the episode
- 01:21 Dr. Anderson shares overview of today’s podcast
- 03:01 Bio of Dr. Anderson
- 05:54 Zion and the Gathering of Israel
- 09:04 A land consecrated
- 10:57 The Bible and Jesus Christ
- 12:41 Unique characteristics of North America
- 16:33 Freedom and rights and the Restoration
- 19:14 Lehi exhorts his children to wake up
- 21:17 Covering sins
- 25:40 Fearing other’s perceptions
- 29:19 Divine discontent
- 32:12 Hank shares a story of General Conference experience
- 34:30 To cover
- 37:45 Tips for teaching younger audiences
- 38:15 Providing for families, men, and boys
- 32:14 Inspiration and adaptability
- 44:06 Trusting God and service in marriage
- 49:57 The importance of the ideal and adapting when we don’t meet it
- 54:55 A lesson from elephants
- 57:30 President Russell M. Nelson urges us to awake
- 59:06 Spouses building one another
- 1:04:52 End of Part 1–Dr. Lili De Hoyos Anderson

## Part 2

- 00:00 Part II–Dr. Lili De Hoyos Anderson
- 00:07 Lehi teaches of a Fortunate Fall
- 02:47 The purposes of affliction and Dr. Anderson’s personal challenges
- 09:09 God consecrates our afflictions
- 14:36 Being antifrangible
- 18:59 God’s miraculous alchemy
- 20:57 Becoming like God requires sacrifice
- 23:23 Trusting God amidst afflictions
- 25:30 Choosing glory
- 31:23 Choosing requires freedom
- 32:19 Agency vs. freedom
- 35:56 Stretching the flesh over our spirit

- 40:00 The spirit is willing
- 43:23 Leading by example and action
- 48:21 Grace, works, and agency
- 49:24 Corrie ten Boom
- 53:54 Dr. Anderson shares her testimony of Jesus Christ
- 59:11 End of Part II– Dr. Lili De Hoyos Anderson

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## Biographical Information:



Dr. Lili De Hoyos Anderson is a first generation American. Her mother is French and her father is Mexican. 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 and 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. 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.

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](http://mormonandgay.org) website.

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Hank Smith:	00:00:04	Hello my friends. Welcome to another episode of followHIM. My name's Hank Smith. I'm your host. I'm here with my joyful co-host, John Bytheway. John, men are that they might have joy and I would say that about you. You are joy.
John Bytheway:	00:00:17	And there are days when I do.
Hank Smith:	00:00:20	Yeah, there are days that you might.
John Bytheway:	00:00:22	That I might have joy.
Hank Smith:	00:00:23	That you might have joy.
John Bytheway:	00:00:25	It's not guaranteed joy, but it's good.
Hank Smith:	00:00:28	You can choose joy.
John Bytheway:	00:00:30	Yeah.
Hank Smith:	00:00:30	John, we're in the first two chapters of 2 Nephi. What are we looking forward to today?
John Bytheway:	00:00:35	I think they used to have a lecture series at BYU called Last Lecture. Like, if this was your last chance to talk to people, what would you say? And this is Lehi's like, "Gather everybody around. I'm going to give you some final words that I never want you to forget." Well, that goes on to 2 Nephi 3 as well, but today we're just looking at one and two, but it's interesting to see what he chooses to talk about in that final advice, so I'm looking forward to that.
Hank Smith:	00:00:58	As you look at the Book of Mormon, there are certain chapters that stand out above the others, and 2 Nephi 2 is right there. John, we are joined by a guest that we have had on the show many times and our listeners absolutely adore her. Dr. Lili Anderson is here. Lili, only two chapters today, but wow, a lot in them. What are we going to talk about?

Dr. Lili Anderson:	00:01:21	As John said, this is Lehi's last admonition and testimony, and I do remember that Last Lecture series and it does make us think; what would I say to my posterity at the end of my life, for the last chance I had to speak to a class. Powerful topics here. As you mentioned, chapter two is amazing. There are some real gems in chapter one too. I would say that we get some particular warnings to his sons and by extension to all men about how to break the bonds of sin and how to change your life, if that's what you want to do. I would say that this message on the purpose of opposition and affliction is very powerful, because that's relevant to all of us. A deep testimony of the Holy Messiah, which is beautiful, beautiful. He talks about his grace and truth and there's a lot to say about that and other, honestly, valuable little gems that I'm ready to delve into, including how to become a non-victim Christian. My desire always is to apply these things and if Nephi is going to invite us in a few chapters to liken these things unto ourselves, I like hearing it in this context, but I like thinking about, "Therefore what does this allow me to take away and do in my own life?"
Hank Smith:	00:02:32	Excellent. Lili, this is the richness of the Book of Mormon. Every chapter is special. I don't want to say that the other chapters aren't, but 2 Nephi 1 and 2, these last words of Lehi, they're special. There's something about them that can really impact your life, like you said, if you want them to. John, Lili is not new to the show and I'm guessing most of our listeners are very excited, looking forward to this. We might have a few who are thinking, "What? What have I been missing all this time?" Tell our listeners about Lili.
John Bytheway:	00:03:01	Yes, Dr. Anderson has been on our podcast several times. She's a licensed clinical social worker. She has a full-time, private practice in individual, marriage and family counseling. She has eight children, 37 grandchildren and a great-grandchild, and we have more about her background on our social media website. She's been working on a book. She was telling us about Healthy Boundaries, that non-victim Christian idea, which I love, and also she has a Choosing Glory podcast that I hope our listeners know about and probably have already listened to I hope. So we're really glad to have you, Dr. Anderson. Thanks for coming back.
Dr. Lili Anderson:	00:03:36	Nice to be here.
Hank Smith:	00:03:38	Lili, tell us just briefly about this Boundaries book that you're working on. I think this is a crucial topic.
John Bytheway:	00:03:42	Yeah.

Dr. Lili Anderson:	00:03:43	<p>I feel like almost everybody that I speak to clinically and in other settings as well really need to know how God wants us to become non-victims and maintain our Christianity, to not be victim or victimizer, which too often is the conundrum. I'm either taking it or I'm dishing it out, and there really is another way that God has given us to address chronic difficulties in our lives; difficult relationships, difficult situations, and it is this path of having healthy boundaries. It's scriptural, so I'm very excited to get that done. It's been delayed, talk about that a little bit later when we get into that non-victim Christian application, which comes right out of 2 Nephi. At least there's a tie-in here that it's going to be fun to talk about.</p>
Hank Smith:	00:04:27	<p>Awesome. I have to say that if anybody is looking for an uplifting, powerful educational experience, go back to some of the episodes we've done with Lili in the past; Doctrine and Covenants, 49 and 50, we were in Genesis with the story of Joseph of Egypt. We did Daniel, the book of Daniel. We did, last year, Matthew 6 and 7, and every time, Lili, you're like Hank Aaron, it's a home run every single time. Not to set you up for too much pressure today, but I'm guessing we're going to be just fine.</p>
	00:04:58	<p>Let me read to you from the Come, Follow Me manual and then let's dive in Lili, and this is again, 2 Nephi 1:1, "Free to choose liberty and eternal life through the great Mediator." And this is how it opens, "If you knew that your life was coming to an end, what final message would you want to share with the people you love most? When the Prophet Lehi felt he was nearing the end of his life, he gathered his family together one last time. He shared with them what heavenly Father had revealed to him. He bore testimony of the Messiah. He taught gospel truths he cherished to the people he cherished. He talked about liberty, obedience, the fall of Adam and Eve, redemption through Jesus Christ and joy. Not all of his children chose to live by what he taught. None of us can make these choices for our loved ones, but we can teach and testify of the Redeemer who makes us free to choose liberty and eternal life." What a great opener to these two chapters. Lili, how do you want to start this? Should we open up 2 Nephi 1, or do we need to talk beforehand?</p>
Dr. Lili Anderson:	00:05:54	<p>Let's open up 2 Nephi 1. I think there are three highlights that I'm going to focus on today. Lehi really talks a lot about this land of promise that they have come to and there are some really important things about that. Second, he asks them to awake from a deep sleep and that is an important idea to me certainly clinically, but spiritually. And third, to arise from the dust and be men. Oh my goodness, there's a lot of other wonderful stuff</p>

here, but let's look at that. Start right here at verse five. He said, "Notwithstanding our afflictions, we have obtained a land of promise, a land which is choice above all other lands." Now, let's be clear, there are many wonderful countries and wonderful citizens of all these countries. We know that Zion can be established anywhere now, it's no longer, "Come to Utah," like it was in the early days of the gathering of Israel and the beginning of the church, but there is something special about this land that is good to talk about.

00:06:50 Again, this isn't about ethnocentrism. This is about recognizing that God has an order and He does things in certain ways and He does designate certain people, He designates certain places and certain events to happen in His orderly way. And this has been a land of promise. We're going to look at that a little bit. Let's go on, "A land which the Lord God hath covenanted with me should be a land for the inheritance of my seed. Yea, the Lord hath covenanted this land unto me, and to my children forever, and also all those who should be led out of other countries by the hand of the Lord." And as we said, for a long time; it was gather to the mountaintops. And then, "I, Lehi, prophesy that there shall none come into this land save they shall be brought by the hand of the Lord," which is fascinating, especially in our day with some things that are happening.

00:07:37 Seven, "Wherefore this land is consecrated unto him whom He shall bring." Now my parents were in that group. My dad is Mexican, my mother French. Now both passed away, but they came to this land and my mother specifically, in France, they were in a tiny little branch with seven people including the missionaries and maybe it was eight with the missionaries, and they went from Orléans, where my mother grew up, to Paris to hear Heber J. Grant, who had come to speak to the members in France. And in Paris, Heber J. Grant, who was the president of the church at that time, said, "Come to Utah, come to Zion." It took them nine years, but that's why my mother came to Utah and met my dad who had been told by his mission president to go to BYU after his mission and he didn't know what BYU was. It's a beautiful story. They really were brought by the hand of the Lord and that's the foundation of my family.

00:08:30 Now, they loved their countries, we love France a great deal. I love Mexico, I still have a lot of family there, so we can love our countries. At my dad's funeral, we actually had a Mexican flag on the right and an American flag on the left of his casket, because he loved both of his countries so much. So my point is, let's not get offended that God has said America is a choice land. Let's recognize that there are things foreordained by God

for everyone, but that there is something special here and let's not skip it, because there are valuable things about recognizing this.

00:09:04 So, verse seven, "This land is consecrated unto whom He shall bring." I just read that. "And if it so be that they shall serve Him," now this is the condition, "according to the commandments which He hath given, it shall be a land of liberty unto them." That's so important. Having a land of liberty is something special and it's a beacon to the world and can bless all kinds of worlds. As we know, many countries have copied the Constitution of the United States or used that as a foundation for some of their own governance. "Wherefore, they shall never be brought into captivity." Now that's a really huge promise, given the state of the world today and in other times where liberty has been at risk. "If so, it shall be because of iniquities." This is a principle with a promise, but we have to live the principle. We have to worship the God of the land who is Jesus Christ. "For if iniquity shall abound, cursed shall be the land for their sakes," and for their sakes, I'm going to talk about that later with the boundaries idea, "but unto the righteous, it shall be blessed forever."

00:10:01 Can I just emphasize that last line, "unto the righteous it shall be blessed forever"? That is an incredible promise. No matter what happens politically, or governmentally, or socially, or whatever, "Unto the righteous it shall be blessed forever." That is a beautiful statement of comfort. Now, he talks about how they've come out of Jerusalem and all this time, and that they will dwindle in unbelief, and he sees that his posterity will have a time where they lose the light. They turn away from the light. End of verse 10, "If the day shall come that they reject the Holy One of Israel, the true Messiah, their Redeemer and their God, behold the judgments of him that is just shall rest upon them." And then interestingly, look at this verse 11, "Yea, He will bring other nations unto them, and He will give unto them power and He will take away from them the lands of their possessions and cause them to be scattered and smitten."

00:10:57 Again, there's a principle here that is so involved; we need to worship Jesus Christ. I want to go back for a moment to 1 Nephi, that we've read just recently here, in his great vision, chapter 13, verses starting with 19. Just let me read a couple of verses here, "And I, Nephi, beheld that the Gentiles had gone out of captivity." Now he's already talked about the discovery of this land, in latter days. And here come the Gentiles from Europe, the early settlers of the United States, before it was United States. "They were delivered by the power of God out of the

hands of all other nations. And it came to pass that I, Nephi, beheld that they did prosper in the land." And then he says why, "I beheld a book and it was carried forth among them." They brought this book, well, what's the book?

00:11:48 Verse 23, "It proceedeth out of the mouth of a Jew." And, "The book that thou beholdest is a record of the Jews, which contains the covenants of the Lord." End of verse 23, "They are of great worth unto the Gentiles." This is important. This country began as a Judeo-Christian country. Why? Because they had the record of the Jews. They had the Bible and it did contain the covenants. Of course, Nephi goes on and says there's some plain and precious things that have been taken out and that causes them to stumble. But because they had this Judeo-Christian background, they had the 10 commandments, they had the covenants of the Lord, the understanding of how God works with His people, that they came and they were prospered, because of it, because they were worshiping the God of the land who is Jesus Christ. That's so important to remember and to see the consistent thread of God's work with us.

00:12:41 If we will worship him, we will prosper. And to the righteous, this land will be blessed forever and I'm going to say to the righteous, any land is blessed in the way that it needs to be, because God keeps His promises to His people. We need to worship Christ and from him all blessings flow. So there's a condition there and a warning. Let's talk about America for a minute. This is something so fun that I just have to mention. It's from a book called The Accidental Superpower by Peter Zeihan, I'm not sure how to say that, and there is something special about the way God works again in the details. This is not a member of the church who writes this, but he talks about the blessings of this country and this is just one idea, because there are several that he specifically mentions. He's a geographer, but let me talk about the rivers, as Peter Zeihan in this book mentions.

00:13:31 The Mississippi is the world's longest, navigable river, 2100 miles long. That's about one third longer than the mighty Danube and triple the length of the Rhine. And the Mississippi is only one of the 12 major, navigable American rivers. Collectively, all of America's temperate zoned rivers are 14,650 miles long. China and Germany each have about 2000. America has 14,600 miles of navigable rivers. China and Germany, 2000 each. France, about 1000. The entirety of the Arab world has but 120.

00:14:20 The most compelling feature of the American maritime system however, is also nearly unique amongst the world's waterways. The American system is a network. It has tributaries that combine these and what does this mean? It meant prosperity, because people could connect, they could travel, they could expand and still stay connected with commerce and trade and family. They had this network that exists nowhere else in the world and we're talking by leaps and bounds. All told, this Mississippi, an intercoastal system, and they're talking about the barrier islands that exist on either side of the United States that give another waterway that can go up and down the coast that is mostly protected from hurricanes and stuff like that. Not completely, but that is more navigable waterway. It accounts for 15,500 of the United States' 17,600 miles of internal waterways. Even leaving out the United States and North America's other waterways, this is still a greater length of internal waterways than the rest of the planet combined.

00:15:34 The result is that the U.S. has the greatest volume and concentration of capital generation opportunities in the world by an absolutely massive margin and that opportunity is very heavily concentrated in a single, unified system. That's just one thing that a geographer learned. He's not religious and yet what do I read when I'm reading this book? That my son's told me about years ago and I read it and I was like, "God is in the details." When He says this land is a land of promise and it is blessed, He makes it happen in ways that are quantifiable. If we have the eyes to see and the ears to hear, why do we bet against this God who accomplishes His works always in every way that is needful. And like I said, that's just one little thing that book even talks about. Now let's talk about our inspired Constitution. Isn't that fun?

Hank Smith: 00:16:32 Yeah, that's really cool.

Dr. Lili Anderson: 00:16:33 This could be a rabbit hole we could go down forever. I'm just going to mention a few things our prophets have said. In April 2021, fairly recently, Tad Callister, Joy Jones are doing this great thing about the Constitution lately. I've spoken to both of them recently. "Defending our Divine Constitution" was the name of this speech in April of '21. President Oaks said, "Without a Bill of Rights, America could not have served as the host nation for the restoration of the gospel, which began just three decades later." Of course, the Constitution was not complete, but it was inspired as we've been told by our leaders forever. And then the Bill of Rights was inspired and that this allowed for the restoration of the gospel. Now, going on, President Oaks said, "Our belief in divine inspiration gives Latter-day Saints a unique



responsibility to uphold and defend the United States Constitution and principles of constitutionalism wherever we live."

00:17:31 These principles are universal. Our country has been blessed in this specific way and it was so that the gospel could come forth and be fully restored. Now let's just finish one more line by President Oaks, "We should trust in the Lord and be positive about this nation's future." That is a fascinating statement. There are some reasons-

Hank Smith: 00:17:52 Yeah. Be positive.

Dr. Lili Anderson: 00:17:53 ... to be concerned, but I love that. "Be positive about this nation's future," and why? Because Zion will be brought forth on the American continent. We talk about that in our 13 articles of faith. We know that there is still a destiny that is going to happen here. The new Jerusalem will be here. This is not again by chance. The Lord has a purpose in this and yes, He has a purpose for all His believing people. So this, again, this is not to try to leave anybody out. It's about just to recognize that God works in very specific ways that He brings to pass marvelous miracles.

00:18:27 The restoration of the gospel had to happen here and Lehi sees all of this and he's trying to tell them; please appreciate the works of the Lord and appreciate the blessings of liberty that are available if we worship God, that will always be protected if we worship God and unto the righteous, this land will be blessed forever. Such an amazing promise. It's not about just one place, it's about the light that, yes, sometimes comes from Cumorah or Palmyra and then goes forth and it is the going forth. All are invited, all are welcome to join in and become one based on universal truth and principle and worshiping the Savior. That's where our strength is, is from coming together and building Zion.

00:19:14 Let's move on to another really great message of Lehi's to his sons, to awake from a deep sleep. So this is chapter one still, verse 13 and 14. "O, that ye would awake, awake from a deep sleep, yea even from the sleep of hell, and shake off the awful chains by which you are bound, which are the chains which bind the children of men, that they are carried away captive down to the eternal gulf of misery and woe." This is such a poignant petition from a loving father to sons who he has seen reject the fruit of the tree. He has seen it. He knows what's going on and he's saying, "I still love you and I just wish you could awake from this deep sleep." And then in verse 14, "Awake! And arise from

the dust and hear the words of a trembling parent, whose limbs ye must soon lay down in the cold and silent grave, from whence no traveler can return; a few more days and I go the way of all the earth." And then he, of course his own testimony, "The Lord hath redeemed my soul from hell. I have beheld His glory, and I am encircled about eternally in the arms of His love."

00:20:20 And he wants them to remember and observe, in verse 16, the statutes and judgments of the Lord and this has been the anxiety of his soul from the beginning. I'm going to stop there for a minute and talk about this idea of awakening from a deep sleep, because I think that this can be so good for all of us to consider. Now as a counselor, I've thought about; what is it that gets us into a deep sleep where we can justify and rationalize some pretty awful behaviors? And these are not terrible people. These are good people who get caught in this sleep, where they're not thinking well and they're not using the light of the gospel to move and progress in their covenants. They're in a miserable place and they make others miserable too, and whether they recognize it or not. And how do they not recognize it?

00:21:17 Now, I've had a lot of clients ask me, "How could this person do this? I will never understand how this person can do these behaviors and justify them," and generally they're talking about members of the church, because that's pretty much my clientele. It's so sad that they're in this deep sleep. Early in my counseling, I was at home full time for almost 20 years and then got a revelation to go back. After I'd been doing counseling, we had a reunion and our older kids were back. At some point they asked me, "So mom, what are you learning in counseling? What are you learning?" I hadn't anticipated the question, so I was just off the cuff, but I don't know that I would ever change my answer actually, this is what came to me; don't cover your sins. That of course, let's look at that. It's from section 121.

00:22:01 This is of course an amazing section that has a million lessons in it, but we're just going to look at this one. Well, I'm going to start with verse 36. "The rights of the priesthood are inseparably connected with the powers of heaven." Now, he's talking to men who hold the priesthood, but I am going to say that this has application to every person. But any rights, any covenant, the power of our covenants, it's "inseparably connected to the powers of heaven and that the powers of heaven cannot be controlled nor handled only upon the principles of righteousness." This is so familiar, but let's think about what comes next here. "That they may be conferred upon

us, it is true," and again, for women, we make these covenants that also are covenants of power. We have access to all the same powers of heaven, but when we undertake to cover our sins, now what does that mean?

00:22:50 We lie to ourselves and then we lie to others. We pretend that we're living in better harmony with our covenants, but we're not and we don't admit it. We don't acknowledge it and repair it and correct it, in whatever large or small means are required to get square with God and His church. That might involve a priesthood authority, it might not. But wherever we deviate and hopefully we even start before we get into serious problems, but we correct, we don't cover our sins. We say like, "You know what? I should not be yelling at my kids like that." Or, "You know what? I shouldn't be so selfish with my spouse." Or, "Why am I letting my temper loose," and then justifying it and saying, "Wow, they made me really angry," which in counseling we say that's sloppy language. "He made me angry. She made me angry." Like, "Really? There was a choice in there, like it or not."

00:23:51 This business of covering our sins is rationalization. It's justification. It's excusing ourselves. It's dumbing down the principles of the gospel to match up with my behavior. Here's the ideal and here's my real behavior, and instead of saying, "You know what? I need to close the gap this way by repentance and continuing and growing and becoming and refining and all those wonderful things that can help us conform to the image of the Son of God." Instead, it's like, "I'm going to bring this ideal down and say, 'Well, I wasn't that bad.' And you know what? I pay my tithing. I go to the temple all the time and I serve. It's okay. I'm a pretty good person. It was just I was under stress. I was just in a bad place. Things were not working very well. I was hangry."

00:24:40 We have all these words that we've used to justify, to cover our sins from ourselves and say, "I'm fine. I'm fine. I'm good enough. I'm good enough." Now, this is so dangerous. Look what he says and look at the sequence, because this sequence, I've seen it so many times, it's heartbreaking. "When we undertake to cover our sins or to gratify our pride, our vain ambition." Now, why do we cover our sins? To gratify our pride. Come on, there's completely connected. I don't want to have to admit that I have to repent. I don't want to have to admit that I was wrong, that I hurt people, that I betrayed God, I betrayed myself, I betrayed my kids. I don't have to admit that I want to feel good about myself, about the natural man's self.

Hank Smith:	00:25:30	We don't use that word gratify anymore. It means to indulge, to indulge our pride, to satisfy it.
Dr. Lili Anderson:	00:25:40	And notice how much in our society we're doing this. We don't want to hurt anybody's feelings. We don't want to offend their pride or their good feelings about themselves, so we water down the ideal. It doesn't matter how you live, what you choose, how you wear your garments, it doesn't matter. You just have to be yourself. The natural man's self is always what they're talking about, not the divine child of God's self who can become like God and Christ and joint heirs in the Kingdom. They're not talking about that self. They're talking about this earth and natural man, worldly Babylon self. Don't be uncomfortable, because that might hurt your feelings. Are you covering your sins? Or are you encouraging somebody else to cover theirs and say, "You'll be fine"? Let's go on. "Cover our sins or gratify our pride, our vain ambition, or to exercise control or dominion or compulsion upon the souls of the children of men."
	00:26:39	And why do we cover our sins? Because we want to control what people think of us. We want to control how we look. And how many times have we talked about public self, private self? We can be fighting in the family and pick up the phone, "Hi." Or go to the door, "Yeah, come on in. We're just having a spiritual moment." We're trying to exercise control or dominion or composure, and it's not authentic. And I'm not suggesting we hang our laundry in public. There are things that should be kept private and we don't have to go and do true confessions in testimony meeting. That's not the point. The point is to be authentic. And I'm going to just say that this is a redundancy that comes next, because he says, "Exercise control or dominion or compulsion upon the souls of the children of men in any degree of unrighteousness."
	00:27:22	Well, can I just say that anytime we're exercising control or dominion or compulsion, it is unrighteous. Compulsion is never God's way. So there's a little bit of an emphasis there. "Behold," now look at this cascade of events, "Behold the heavens withdraw themselves." That should be chilling. The heavens withdraw? All that power, all that light, truth, intelligence, blessing, protection withdraws. I think it was Cleon Skousen who wrote an essay that he talked about the light of Christ. I read it when I was an undergrad and it was about how it permeates every system that functions, including our circulatory system and why our eyes can see, and the light of Christ gives us photosynthesis. It gives us the building blocks of life on this planet. The sun shines, because of the light of Christ.

We have a breathable atmosphere, because of the light of Christ.

00:28:18 So what happens when the heavens withdraw themselves? "The Spirit of the Lord is grieved; and when it is withdrawn, Amen to the priesthood or the authority," that meant I would add amen to the light, truth, protection, blessing that God can offer us, because we have shut it down. He does not take it away. We separate ourselves from that. And then, "Behold, ere he is aware, he is left unto himself." Again, those should be terrifying words. Left unto myself? Are you kidding? Like I know enough to steer my own ship? We have these amazing sons of Messiah come back and go, "As to myself, I am nothing." I mean they have figured it out. As to my own strength, nothing. But with Him I can do all things. To kick against the pricks, which I think it means an exercise in futility basically to persecute the saints and to fight against God. Even Gamaliel in the New Testament knew better than that.

00:29:19 What are we doing? If we don't be careful, we're going to end up fighting against God. Again, this is a very serious warning. I think that that is how we fall into the deep sleep. We cover our sins, we lie to ourselves and we justify and rationalize instead of allowing that divine discontent that we feel when we are not living up to our privilege. This is our privilege, the covenants, the promises of God, the opportunities, exaltation itself. Such great privileges and here we live beneath them, because we're human. And yes, there is a learning curve and a growth opportunity in all of this that doesn't happen when we're comfortable. This is divine discontent or some people have called it cognitive dissonance. It's a lack of comfort with how I am, because I'm recognizing that, "My gosh, I shouldn't have done that. I need to stop that bad habit. I need to improve my relationships. I need to repent. I need to really take that seriously, that problem that I've had."

00:30:25 Whatever it is, if the Spirit has prompted us, rather than dumb it down and cover those things from ourselves, let me embrace it and get on my knees and go to the Lord and say, "Help me close that gap. Help me use this as an opportunity." So I really think that's the deep sleep. And then I work with a lot of people of course, and I see marriages that they're on their last ropes and I've seen the men, and I've seen sad stories of men or women whose partners finally have had it and they leave. And these people are active church members. They hold positions of responsibility in the world and in the church, and they can be like, "Well, what happened?" Well, you were in a deep sleep. Didn't you hear that? Your partner kept begging you to address

these issues that were causing pain and grief and alienation and separation. You weren't coming together. You were like this, on these parallel paths. Did you do a lot of good works? Yeah, you did, but you were covering your sins. You didn't listen to the people who loved you the most telling you, "I need you to change. I need you to address this problem. Please, please, let's work together on this."

00:31:46 It's a deep sleep and that's the way that you wake up, when your life goes through something so drastic. It's tragic. Well, here's Lehi. He loves his family. He loves these sons and he's saying, Awake. Awake and arise from the dust and be, be who you are meant to be. Close the gap. You have this incredible potential. What are your thoughts?

Hank Smith: 00:32:13 Lili, 20 something years ago, I was sitting in a priesthood meeting. I'm sure many of our listeners remember when General Conference had a priesthood meeting on Saturday night, and I'd go sit next to my dad and sometimes it was really long and they'd turn the lights out and you're like, "Oh, this would be a nice place to take a nap." But I remember, this was October of 2002, so I was just a brand new seminary teacher and F. Melvin Hammond gave a talk. Lili, you're going to love this if you don't remember it. It's called "Dad, Are You Awake?" And this is a story he tells. John, do you remember this?

00:32:51 He said, "Many years ago, I took our only son on his first camping fishing trip. He was just a boy. The canyon was steep and the descent was difficult, but the fishing was good. Every time I hooked a fish, I would give the pole to the eager boy and with shouts of joy, he would reel in a beautiful trout. In the shadows and coolness of the late afternoon, we began our climb back up to the rim high above us," and he talks about racing his son and how his son just totally wiped him out.

00:33:17 He said, "After supper, we knelt in prayer. His small voice rose sweetly heavenward. Then we climbed into our large double sleeping bag and after a bit of pushing and pulling, I felt his little body snuggle and settle tightly against mine for warmth and security against the night. As I looked at my son beside me, suddenly I felt a surge of love pass through my body. At that precise moment, he put his little arms around me and said, 'Dad?' 'Yes?' 'Are you awake?' 'Yes, I'm awake.' 'Dad, I love you a million trillion times.' And immediately he was asleep, but I was awake far into the night expressing my great thanks." And then he said, "For every father I pose that penetrating question; are you awake? Do your sons and daughters ever wonder if you are asleep when it comes to the things that are most important

to them?" He goes on and says later, "A father's relationship with God and His Son, Jesus Christ, can be a beacon which will lead his children through the stormy shoals of life."

- John Bytheway: 00:34:30 I was thinking about, years ago, when I first learned that the Hebrew word that is often translated into atonement is kaphar, K-A-P-H-A-R, and it means among other things, to cover. I've always thought that Adam and Eve were covered by Christ before they even left the Garden of Eden. Then that verse that you read from the Doctrine and Covenants from Section 121, when we undertake to cover we can't atone for our own sins. When we undertake to cover our sins, it doesn't work. Adam and Eve attempted to cover themselves, but they were, as Alma might say, exposed to the whole law, because we need Christ to cover us. And I've always loved that idea of an intensely, beautiful Christian symbol of being covered by Christ is being atoned, but we can't cover ourselves.
- Dr. Lili Anderson: 00:35:25 We need to expose ourselves to Christ by exposing ourselves to ourselves and seeing things as they really are, as we've been told that is truth. Truth sets us free and it sets us free from a deep sleep and it allows Christ to cover our sins in His divine way that cleanses.
- John Bytheway: 00:35:47 Cleanses us and then changes us. I love how, I think it's, Elder Bednar that's talked about, "There's two parts of this. We're going to be cleansed from past sin, perhaps slowly, but he can change our hearts and prepare us for our life in the future where we eventually lose desire for sin." I think Joseph Smith said, "This is a station to which no man ever arrived in a moment," so it's a lifetime thing, but cleanse us and change us. Yeah.
- Dr. Lili Anderson: 00:36:15 And of course Alma gives a great message and it's all through scriptures, but Alma 32:14-16, "Now, as I've said unto you, that because ye were compelled to be humble, ye were blessed, do ye not suppose that they are more blessed who truly humble themselves because of the word?" Do we have to wait until our partner is sick of us and the marriage might be on the ropes? Do we have to wait until a child walks away from us and doesn't look back when they grow up? Do we have to wait until we hit a wall? Do we have to wait? Do we have to be compelled, or can we humble ourselves, because we have the word. "Yea, he that truly humbles himself and repenteth of his sins and endures to the end, the same shall be blessed, much more blessed than they who are compelled to be humble. Blessed are they who humble themselves without being compelled to be humble." In

other words, blessed is he that believeth in the Word of God and we open ourselves to change and repentance and Christ.

- Hank Smith: 00:37:21 I remember teaching this chapter in seminary and I set a bunch of alarm clocks throughout the class and they would just go off at random times and my students were like, "What is happening?" And we kept coming back to these words in 13 and 14 and 23, these verses in 2 Nephi 1, "Awake, awake." "We are awake. Brother Smith." "Are you? Are you really awake?"
- John Bytheway: 00:37:45 Hank, that's a great idea for moms and dads out there trying to, "How do I teach this to my younger children?" They could set some alarm clocks around and I think Lehi has children who were awake, but he was talking about a different level of awakesness. Is that a word? He was talking about, "You got to wake up spiritually."
- Hank Smith: 00:38:02 Yeah. Lili, you mentioned the prodigal son. He came to himself.
- John Bytheway: 00:38:07 He came to himself.
- Hank Smith: 00:38:08 He woke up. Yeah.
- Dr. Lili Anderson: 00:38:09 Yeah. He woke up. He did.
- Hank Smith: 00:38:10 "What am I doing?"
- John Bytheway: 00:38:10 "What am I doing?"
- Dr. Lili Anderson: 00:38:15 That's the moment. That's the moment. I'm going to go jump to 21 now in chapter one, verse 21. At the very end, "Arise from the dust, my sons, and be men, and be determined in one mind and in one heart, united in all things." But I'm going to go back, "Arise from the dust, my sons, and be men." And I think this is worth talking about. Proclamation defines manhood this way; "God says, 'Are you willing to provide? Are you willing to protect? And are you willing to preside?'" Now, my definition, I think this is what God means by preside, I'm sure it encompasses other things, is to honor your priesthood, live worthy of that power and be able to use it to serve, lift, bless and save others. Provide, protect and preside. Are you a conduit between the heavens and the earth for those for whom you preside, in your family particularly. That's what God describes as manhood.
- 00:39:11 Now, it doesn't matter how athletic you are. It matters if you are willing to provide for a family and protect and preside.



That's being a man to God. Men are under attack. Now, everybody's under attack. Satan's pulled out all the stops and we know that these are the last days and they're fierce in many ways. Let's look for a second. Let's pretend we're going around the church building in the second hour of the non Sunday school weeks. What have we got? We've got the primary of course, and then let's look. We've got young men, young women, Relief Society, Elders Quorum. Which group is most at risk for suicide? It's the Elders Quorum.

Hank Smith: 00:39:54 Yeah.

John Bytheway: 00:39:54 It's the men.

Hank Smith: 00:39:54 It's adult men.

Dr. Lili Anderson: 00:39:55 It's the Elders Quorum. According to the CDC, the suicide rate for males in 2021 was approximately four times higher than females. And this is in those 25 to 64 years, four times higher. They are 50%, give or take, but pretty close to 50% of the population, but 80% of the suicides. And what's happening? They're under attack.

00:40:24 I am going to say something quickly from a book that is called Wild at Heart by John Eldredge. "Men need a battle to fight, an adventure to live and a beauty to rescue." There's some nice stuff in there that helps us know what our boys need. We know that the educational system is failing our boys. They are falling behind at just astonishing rates. Higher education is being taken over by more and more female students and it's good for females to be educated, but not at the expense of males. We want both people to be exposed to good ideas and good thinking and so on, but we have fewer and fewer men in graduate programs. Women are just going leaps and bounds when it comes to reading. And there are studies that have been done by the National Endowment of Art, all these things about how much voluntary reading is being done by our girls and our boys. And while they're both dropping, boys are dropping precipitously, in reading.

00:41:18 There was Leonard Sax who's written a book called "Boys Adrift", really interesting and he has some interesting things to say in interviews and so on. He even goes so far, he is an MD who has written some really good things about parenting and boys and girls, and he says that his way of checking a school to see if it's good for boys is to look at their honor roll. But if there are roughly equivalent numbers of boys and girls on the honor roll, then that could be a school that works for boys. He said it

has really shifted. If you go historically and look at those honor rolls, it used to be roughly equivalent, even sometimes slanted toward boys in earlier decades. And now it is almost exclusively girls. Because something's wrong. That school is not teaching boys in a way that works for boys. And he gives some fun examples of those kinds of things. But that's a serious issue. That's just one component here. There's an attack going on.

00:42:14 Now, I don't want to make people paranoid, but maybe just a little at least, awake. Like, how about we wake up to the fact that if we don't teach our children these things, and it's just as important to teach our girls what a man is and what a woman is, as it is to teach our boys what a man is and what a woman is, because they need to work together. God's plan is this divinely inspired division of labor. God has specified, we have these different divine roles. Are we very much alike in our capacity to do things? Absolutely. And it makes us very adaptable. So if there is not a man in the home, women step up and they can cover a lot of that, not all of it, but they can cover a lot, because God blesses us and allows for us to deal with different circumstances that might occur.

00:43:02 Same thing with a man. Can he do a lot of what his wife or the woman of the family can do? Yes, he can step up, because we do have a lot of overlap, but the differences are so important. They are divinely decreed and we should not dismiss them or think that everything is fine when we act as if there's no difference at all and we try to teach our children this foolish, worldly philosophy that frankly isn't even mingled with scripture. This one is so far off, it's not even close.

Hank Smith: 00:43:31 Not even close.

Dr. Lili Anderson: 00:43:33 Can we just really reject this idea that men and women are exactly the same? Please, please don't fall into that trap of the world that is not even subtle.

00:43:43 Now, I love this hymn "Rise Up, O men of God!" And this is one of our men's hymns. I love to hear men sing it, but I listen to it just myself sometimes, "Have done with lesser things! Give heart and soul and mind and strength to serve the King of kings." Now, the King of kings is the ultimate example of manhood. There's nothing toxic about the Savior Jesus Christ.

00:44:06 A woman asked me, this is a dear friend actually, and she said she knows a woman who's been so hurt by men that she has a hard time praying to a male God, because she said, "What would you say to her?" And I said, "I would say this, 'I am sorry

you've been hurt by men.'" And she has, starting with her father, serious abuse, a husband that was very abusive, other men in her life that really betrayed their trust. A lot of injury that's so awful and against the will of God, of course. But I said, "Her Savior and mine is a man, and He is the only name given whereby we can come to God. Let me help you heal from your hurts. Let me help you understand that men are not the enemy." Evil is the enemy. Sin is the enemy. It's not men and it's not women. And we fall into these traps that Satan has put out there for the unwary foot, and sometimes we jump in with both feet, in fact, because we think we have to be adversarial, we have to be in competition rather than cooperation that synergizes. We are designed to synergize in the differences. The differences are such a blessing to children, women.

00:45:19 Elder D. Todd Christofferson, October 2006, who was then in the Presidency of the Seventy, in a speech called "Let Us Be Men." It's a beautiful speech. This is a great story, "When my brothers and I were boys, our mother had radical cancer surgery. She came very close to death. Much of the tissue in her neck and shoulder had to be removed and for a long time it was very painful for her to use her right arm. One morning, about a year after the surgery, my father took mother to an appliance store and asked the manager to show her how to use a machine that was there for ironing clothes. The machine was called an Ironrite, and it was operated from a chair by pressing pedals with one's knees. So instead of using her arm that was very hard for her to use, she could do this with her knees. You can see that this would make ironing much easier, especially for a woman with limited use of her arm. Mother was shocked when dad told the manager they would buy the machine and then paid cash for it.

00:46:16 Despite my father's good income as a veterinarian, mother's surgery and medications had left them in a difficult financial position. On the way home, my mother was upset, 'How can we afford it? Where did the money come from? How will we get along?' Finally, dad told her he had gone without lunches for nearly a year to save enough money. 'Now when you iron,' he said, 'you won't have to stop and go into the bedroom and cry until the pain in your arm stops.' She didn't know how he knew about that. I was not aware of my father's sacrifice and act of love for my mother at that time. But now that I know I say to myself, 'There is a man.'"

00:47:03 This is such a tender story of what God invites us to be and women to join with them in this synergy. Now, this is another statement from that same speech by Elder Christofferson, "We

who hold the priesthood of God cannot afford to drift. We have work to do. We must arise from the dust of self-indulgence and be men." "In large measure," he says later, "true manhood is defined in our relationship to women." What an inspired statement. Is one of the true litmus tests is how we, as women, treat men, and how you, as men, treat women, that that is the measure of godly womanhood and godly manhood. How do we interact? Are we at odds? Are we critical and complaining and adversarial? Or are we trying to build Zion together, to come together in our differences and synergize rather than destroy.

00:48:15 "President Gordon B. Hinckley," and this is Elder Christofferson again, quoting the prophet President Hinckley, "speaking in this meeting in April '98 gave specific counsel for young men: 'The girl you marry will take a terrible chance on you.'"

Hank Smith: 00:48:30 I remember this talk.

Dr. Lili Anderson: 00:48:34 "'You will largely determine the remainder of her life.' So get all the education you can." And he's talking about the providing part which is so serious and which blesses children and blesses women. And I do want to say this, God did not condemn His daughters to a menial task. I learned things in the trenches of full-time motherhood I could have learned nowhere else. I am ever grateful and will ever be grateful for those years where God expanded my soul. He expanded every part of me. I became much more intelligent. I became a much better person, as God does not condemn anybody to a place of no growth, ever. There's always the potential for exaltation in whatever we do and men can give that to women and the great gift of their children. What are we teaching our boys, to provide? To take responsibility? I know it's a tough economy and sometimes it's worse in other countries, and it doesn't mean a woman can't be a helpmeet. Obviously, again, we pray and when we think things through and we try to find our way, but there are irreducible needs that God is asking us to prioritize, that require sacrifice and sacrifice brings forth the blessings of Heaven.

00:49:57 Can we testify to our children of the importance of these roles and not see them as afterthoughts? Or if you have nothing better to do, or if you don't have the intelligence to go to school, or have a career, are you kidding me? There was nothing more challenging than I've ever done in my whole... Graduate school was a breeze. But being home with my children and trying to understand how best to teach them about the gospel of Jesus Christ and the other good things of the world, that was the most soul and mind-expanding thing I have ever done. And I learned more from that than I could have ever learned in any

other setting. It is not to be looked at as if it doesn't matter to provide anymore. This is a mistake. Are we preparing our sons and helping them take this on as a sacred responsibility which we adapt?

00:50:43 The proclamation talks about that; some circumstances require adaptation and extended family and all kinds of other things. President Oaks had a father who was a doctor. He died when President Oaks, the eldest of three children, was seven years old. His dear mother, Stella, raised those kids on her own and they were young. That's so sweet and beautiful. And he said something wonderful about his mother when he said, "I was blessed with an extraordinary mother. She surely was one of the many noble women who have lived in the latter days." Now there are a lot of single moms in the church and God loves them and He will bless them. So this is not about; you're doomed, if the ideal situation is not part of your life, it almost never is. But it is about not losing the ideal and still trying to teach our children that this is something to try to cherish and do what we can to participate.

00:51:40 Now, let me just say a couple other things. Our kids are bombarded with confusing and incorrect ideas, a lot of false ideas about men and women. Let's gently, but unapologetically, teach them God's plan. It includes His plan for men and women, differences matter. They are designed to synergize. Women, He talks about nurturing and women, whether mothers or not, and Are We Not All Mothers? That lovely speech by Sheri Dew, because women warm up a cold planet. And there are, again, lots of studies that show that, but I do want to say that, the role of a helpmeet is vital. Children need both fathers and mothers. There is a huge increase in fatherlessness in our society. In fact, we have over 200 urban societies where there is over 90% fatherlessness.

00:52:33 And there's something I want to mention called protest masculinity, which is the direct result of the absence of father. So what this is talking about, and this is written about one of many things that is written in a book called "Life Without Father" by David Popenoe, written several years ago now, but this is a great point. This protest masculinity means that here's a baby that comes in, and of course mom is the immediate bond. She bore that child in her body and brings forth the child and often nurses the child. So here we have this really, really amazing bond. But then girls, as they grow up and become more autonomous and separate or whatever, don't go too far, because they realize that there's a lot about her that's a lot like mom. She's a girl, mom's a girl, and there's a role model there

that she's going to be separate, but she's also like her in many ways.

00:53:19 But a boy gets to that point of separation from that initial mother-child bond where he's trying to now become his own person. And what does he do in a family with a father? He looks to dad. "Oh, I'm more like dad. We're both guys." So there's this wonderful role model and it brings him to a place where he can see what he's going to be or how he can be, and hopefully that's a good, appropriate bond as it should be. But either way, at least it gives him a place to land when he separates from mom. What if dad's not there? There's no place to land. There's no place to stop him, because he realizes, "I'm different from mom and from my sister, so I need to be different." But there's no place to land on. He keeps going. In his effort to separate from femaleness, they have now identified something called protest masculinity, where they become anti-female, hostile toward women.

00:54:19 Look at what's happening in these urban communities with over 90% fatherlessness. What music has come out of there? Rap music, that in so many cases is vile in the way it talks about women and it talks about violence against women, and control, and use, and abuse of women. This is protest masculinity and it happens, because there are no fathers there. This is essential. Why do we act like it doesn't matter who raises children? It absolutely matters.

00:54:55 My husband and I were watching one of those Animal Planet or National Geographic, I don't even remember, specials, and it was about this reserve in Africa that had elephants and how they were culling the herds or relocating some. They had taken some male adolescent elephants and moved them from one reserve to another place. Then they were keeping track on how those elephants were doing or whatever, and they start to look around the park and they find that rhinos were being killed. Now they thought, "Oh, the poachers are back." But you know what poachers want? They want the horn. That's what's the valuable part of the rhino on the black market. The horns were left. So they're like, "These aren't poachers. They would've taken the horn."

00:55:38 So they set up cameras and whatever. And you know what they found? They found that the male adolescent elephants were killing the rhinos. Now, that is not typical elephant behavior. They brought in adult bull elephants, the males, fully grown men, and they whipped those adolescents into shape. Elder Christofferson, again, from that wonderful speech, "We must

arise from the dust of self-indulgence and be men." It is a wonderful aspiration for a boy to become a man, strong and capable. Someone who can build and create things, run things. Someone who makes a difference in the world. It is a wonderful aspiration for those of us who are older to make the vision of true manhood a reality in our lives and be models for those who look to us for an example.

00:56:24 And that means that you look at the fatherless families in your wards and neighborhoods, and help. Invite that boy to do things with you. Take him on outings and adventures with your own sons. Or if your sons are grown, go and do that. Help that mother out, so that there are good men. We have ministering brothers, but I went to my son's ward the other day and two people came up and said, well, one said, "I've been in this church 43 years and your son is the first one who has done his ministering visits." And then another younger couple told me that he's the first time they've ever had a ministering brother that actually showed up. God gives us answers all over the place, but we need to pick them up and use them. It really blesses that fatherless child to have access to a good man who takes interest in him and helps with that single mom who is doing a great job, everything she can do, and the Lord will bless her. She has access to all the powers of Heaven and to priesthood powers. If she's living her covenants and asking for them, but we need men in those boys' lives.

00:57:30 Now here's something that one of my sons sent me this morning, because he knew I was talking about this, "Brethren, we all need to repent." This is our dear Prophet Russell Nelson. "We need to get up off the couch, put down the remote, and wake up from our spiritual slumber. It is time to put on the full armor of God," which is exactly what Lehi says here in verse 23, "Put on the armor of righteousness. Put on the full armor of God, so we can engage in the most important work on earth. It is time to thrust in our sickles and reap with all our mind and strength. The forces of evil have never raged more forcefully than they do today. As servants of the Lord, we cannot be asleep while this battle rages. The Lord needs selfless men who put the wealth of others ahead of their own. He needs men who intentionally work to hear the voice of the spirit with clarity. He needs men of the covenant who keep their covenants with integrity. He needs men who are determined to keep themselves sexually pure, worthy men who can be called upon at a moment's notice to give blessings with pure hearts, clean minds and willing hands."

	00:58:39	"I bless you to become those men. I bless you with the courage to repent daily and learn how to exercise full priesthood power. I bless you to communicate the love of the Savior to your wife and children and to all who know you. I bless you to do better and better, and I bless you that as you make these efforts, you'll experience miracles in your life."
Hank Smith:	00:59:06	John, I'm doubting you've ever had the experience, but I have, be a little bit vulnerable, where my wife needed to do some correcting in me. I brought some difficulties I think with me from an abusive childhood and there was a couple conversations that needed to take place. Well, right at the end of 2 Nephi 1, I noticed something that really fit. Lehi is talking about Nephi and all he's trying to do for Laman and Lemuel. And all you need to do is switch he, Nephi, to her and it becomes your wife. Look at the very end of verse 24. I'm going to read a couple of verses here and see if this doesn't fit exactly for any husband who's listening going, "This is painful. I don't want to hear this."
	00:59:53	End of verse 24, "She has suffered much sorrow, because of you. I exceedingly fear and tremble, because of you, lest she shall suffer again. For behold, you have accused her that she has sought power and authority over you, but I know that she has not sought for power nor authority over you," this is your wife, "but she has sought the glory of God and your eternal welfare. You have murmured, because she has been plain with you. You say that she has used sharpness. You say that she has been angry with you, but behold, her sharpness was the sharpness of the power of the Word of God, which was in her, and that which you call anger was the truth. According to that which is in God, she could not restrain, manifesting boldly concerning your iniquities."
	01:00:43	It keeps going. "It must needs be that the power of God must be with her, even unto her commanding you that you must obey. But behold, it was not her, but it was the Spirit of the Lord which was in her, which opened her mouth to utterance that she could not shut it." That's a moment where you think, "That which you call anger, why are you mad at me?" is the truth.
Dr. Lili Anderson:	01:01:09	Sorry. There was a professor at BYU, I'm trying to remember his last name. He was a wonderful guy, I can see his face. And he sometimes spoke to groups of men. He would say, "Brethren, how many of you want to have a revelation from God?" And every hand would go up and he'd say, "Go home and ask your wife how to be a better husband."



01:01:29 That is exactly what you're putting here. I think it's inspired. We have to be in this together. All of us need to be humble and come to the Lord, but who is in the best seat in the house to see how we really are? And it is our partners, it's our husbands and it's our wives, and we should go to them and ask, "How am I doing? Are there some things that you're seeing that I could do better?" And this is not a session to them just bash or criticize, but to bless all the beautiful things there. "He has sought your eternal welfare." She is seeking your eternal welfare. Can we give that grace to each other? And of course it requires that we stop being enemies and we stop being warlike and contentious and mean and petty, but that we seek the spirit and then yes, pray that our spouse will be open and humble and we can bless our whole families.

01:02:24 Honestly, I think we should do this with our children too, periodically. "How are things going in our family? What do you like? What don't you like? Are there things I could do more that would bless our family, that would bless you?" This is priceless feedback waiting for the taking. Can we be humble enough? And it is that humility that allows us to actually listen and change and say, "I will do better. Thank you for helping me see some things where I can be a better version of myself and we can grow together." Oh my goodness. I like the way you did that. That's beautiful.

John Bytheway: 01:03:00 Yeah, I love switching those. That's amazing. I feel like if the plan of God, and I love that President Oaks, two conferences in a row, or was it one conference, and then the next one a year later, talked about God's plan both times, because it's where you look, but God's plan is that we need each other. Then what would Satan want to do? Drive a wedge between not just husbands and wives, but men and women. Let's look at, "Oh, women are like this," or, "Oh, men are all like this" and drive a wedge in there, when we need each other and life is so much more wonderful with each other. I have teenage boys, so does Hank. If we don't show and model how to be men, where are they going to go? Where are they going to learn that? That's what I hear you saying.



- Hank Smith: 00:07 Lili, I think we could spend a month in 2 Nephi 1. There is so much here, but we only have you for a certain amount of time. So, let's go into 2 Nephi chapter two. I wanted to read from the manual, and then share a quote from Elder Tad Callister. Here it is from the manual. "Lehi's family was now in a new land full of new possibilities. The choices they made in this new place would be important for their success and happiness. Perhaps this is why Lehi taught his son Jacob about agency, the ability to make choices," and then it goes through some possibilities, that manual does about things you might do with your family, speaking of choices. Then it goes on to talk about how God can turn trials into blessings, and how Lehi talks to Jacob about that.
- 00:53 Elder Callister in a talk called The Book of Mormon: Manmade or God-given? BYU Devotional back in 2016, he was talking about how it's impossible for Joseph Smith to have written the Book of Mormon. He said this, "Even if Joseph had obtained some sort of historical facts from local libraries or community conversations for which there is no substantiating evidence, the real issue still remains. Where did he, Joseph, get the deep and expansive doctrine taught in the Book of Mormon, much of which is contrary to the religious beliefs of his time?" For example, contemporary Christianity taught that the Fall was a negative, not a positive step forward as taught in the Book of Mormon.
- 01:40 Then he singles out 2 Nephi 2. There are so many chapters that could fit this, but 2 Nephi 2, he says, "2 Nephi 2 is a mind-expanding sermon on the relationship between the Fall and Christ's Atonement." I've told my students at BYU, "If Joseph Smith just gives us 2 Nephi 2, he's a prophet." So with that introduction, Lili, how do you want to take on 2 Nephi 2?
- Dr. Lili Anderson: 02:05 This is a powerhouse chapter. Honestly, anything that you delve into becomes a powerhouse chapter. This one's golden nuggets on every page and every verse almost. I think we talk about the purpose of affliction. I think we talk about the purpose of opposition, which are somewhat different and which of course

leads us to agency. We're also going to talk about the Fall. Then we do want to, of course, culminate with the role of the Holy Messiah, the anointed one. There is a little addition scripture in 2 Nephi that is worth spending a moment on. So, I think maybe we'll leave the Savior for the last, but then I do think there's also a gem here about boundaries. I'm hoping we can get to all these things.

02:47 Let's start with the purpose of affliction. Jordan Peterson, many people know he is a clinical psychologist and scholar and interesting, interesting guy. He said, "People can develop resentment for the burden of being. Human existence is characterized by a fair bit of suffering. We're limited creatures, and life is very hard. Everyone dies. Everyone you love is going to die. Most of the things you do, all of the things you do will eventually fail. Suffering is a certainty, and it's very easy for people to become resentful about existence." I think that that's a good observation. Life is hard, and I've spoken about this on other times and in other settings that it seems like there are three choices.

03:41 You can become bitter and angry about it, very resentful, or you can put your head down, and hope that the storm passes quicker rather than slower, but the third path is the right one. That is to yield ourselves to the process, and to see what God has in mind for us. That can only happen in the furnace of affliction or in the valley of the shadow. There are some things that can only happen in those wilderness times, in those difficult times of affliction. I'm going to get personal here. I had a hard year, and some of this was temporal stuff, but our home has two floors. The upstairs was involved in a remodel. Of course, it takes much longer than you think, and costs more than you think, but we were prepared for that.

04:30 Five weeks after we started the remodel, we had a huge flood that came from some city water all entered into our basement, and this large basement, not one foot was left, or not one inch was left that wasn't flooded and inundated and damaged. So, things went into even greater chaos. Only had basically our room, our bedroom that was sort of a sanctuary and a place of peace, where we could go. Of course, it got really cluttered, because if we had any projects to do or whatever, it had to be done in that room because there really wasn't any other usable, viable space. We have a lot of bedrooms. There wasn't another bed set up anywhere. At some point, there were no chairs that you could sit in, and everything was shuffled like a deck of cards, because we had to keep moving it.

- 05:11 We had to move it up from the basement, and we had to shove things in storage. Anyway, we had disaster recovery people there for weeks. Now, I remember my husband and I were talking about this, and we were saying like, "Well, this is not Job-like suffering. It's just stuff." Even though honestly it was a financial blow of pretty huge proportions, because the insurance wouldn't cover anything, and the city wouldn't take any responsibility, we're like, "You know what, it's just stuff. It's just money. We'll get through it. We'll get through it. We're still okay." Then unexpectedly, when we were out of town trying to get some repose from some of the chaos, and this was not even a full week before Christmas, my husband died suddenly of a pulmonary embolism when we were out of town.
- 05:51 I don't want to make this just about me or this, but I remember thinking, "Like Job, I've lost my family." Now, not all my family, and I don't want to compare myself at that level with Job, but it was a sobering thought that the family that I live with was now gone. I have wonderful kids, and they're marvelous. I have so many amazing friends around me that come through in moments like that that are tender and beautiful, and it does make me weep with gratitude. I did feel the opposition of it, the affliction of losing my life's partner that I've lived with half a century. He was my best friend, and I miss him with an ache that is amazing. I cannot imagine not knowing the gospel and the truths of the restored gospel about the purposes of life, and the gift of resurrection and eternal families.
- 06:48 I found myself testifying organically to the EMTs, and to the coroner, and to the police officers that had to come and make a report, and to the angels who appeared. It's a long story, and I won't go into it, but there were angels all around me on both sides of the veil that sustained and supported me. One of my children immediately flew out. They all volunteered, but she was not too far, and she was able to get on flight, and then accompanied me back home. I do want to share this, and I hope this isn't too personal or uncomfortable for people. I tried CPR before the EMTs came, and I said a prayer before I started. I said in the prayer, it was a very short prayer, but I said, "I know thou are the God of miracles, and thou can heal him if it be thy will. But if it's not thy will, please help me to submit and accept and become what is thy will."
- 07:57 Then I began, and it was not going to work. They worked on him for a while, but he was gone. I'm testifying that because of my knowledge of God, and my trust in Him, I know that he has a superior intelligence, a perfect intelligence of things as they really are, as they really were and as they are to come. He sees

all things present, and because I believe that and I know that he is motivated only by love, I know that there is mercy in this, and I was able to have impression after impression. They were not just the whisperings of the Spirit. They were powerful. That began that very day, and continued for quite some time. Even now, I still get some, but they were so abundant and so merciful immediately that helped me understand the mercy and what had happened, the mercy for Chris, the mercy for me, and the love.

09:09 I know it's true, and I did think about this verse in 2 Nephi and many, many other places where Lehi tells his children so beautifully, "Thou knows the greatness of God, and he shall consecrate thy affliction for thy good." I testify that that is true. I know he's not finished with me, and there is a way for me to perfect my faith, and to conform to the image of his Son, and I want that. I want that more than I want the comforts of life, including my companion. I know that Chris is fine and happy and here. I know he is with us. I have felt him again and again. I have felt him blessing me. I have felt the Lord's blessings in abundance. It didn't end with the loss of Chris. Then there's a cascade of things, so many things that have to be handled that don't go well.

10:27 There have been troubles on every side including, shortly after the funeral, my bank account, my principal bank account was hacked, and it was bad. They say it's very unusual, and it has been a complication after complication situation. I was like, "When does the beating stop?" Those are small things compared to the loss of Chris, but relentless financial issues, costs that came up not associated with Chris's loss, but other things that were just like pow, pow, and I was like, "I will not doubt the love of my Heavenly Father and Savior for me. I will not, because I choose not to. I choose to embrace their love, and to know that all of it will be consecrated for my gain and for the gain of my children. I know it with a knowledge that I'm so grateful for that has been a witness born by the Spirit again and again in my life.

11:29 I'm so grateful that I was there before, but I know we can get there wherever we are, and that we must... If we want to have a meaningful life, if we want to embrace the gospel and all that it gives to us, if we want to embrace our Savior, and let him embrace us, that we must trust Him, and that there is no other way to find those consecrated blessings that are in store for us. There was anger and resentment and betrayal. I could sense them in the wings immediately, and they wanted to take center stage. I was like, "Why would I go there? Why would I let them

enter? This is not consistent with what I know. I will trust. I will submit and allow God to do His miracle in me and in my life.

12:40 I love the gospel. I love my God and my sweet Lord Jesus, and I do trust them. We spoke about why bad things happen to good people when we talked about Joseph of Egypt in an episode from the Old Testament. I would encourage people to go if they want some beautiful quotes and the discussion that we had then, they could review that episode, because I did share a lot of wonderful promises that have been made in scripture and by our leaders about how the Lord consecrates our affliction for our gain.

Hank Smith: 13:23 Lili, that was our most listened to episode of our Old Testament year.

Dr. Lili Anderson: 13:28 It is powerful, because we all do live in this world where like Jordan Peterson says, "We can become resentful if we are not careful." I will quote just a couple of things from that episode. C.S. Lewis, "The hardness of God is kinder than the softness of men, and his compulsion is our liberation." A beautiful statement by Ann Lindbergh who lost a child to a kidnapping murder, horrible loss for them, their first child, she said, "If suffering alone taught, all the world would be wise." It's not enough to suffer. We need to allow God to consecrate our affliction for our gain, and that is our choice. We can deny him the ability to consecrate our pain. Why would we do it? Why would we do it?

14:36 I also will mention that we talked about being anti-fragile. That is how we are created by our Heavenly Father, to grow under duress. We do not grow when we're not lifting weight or dealing with opposition. It's impossible. There's no way to build muscle without stressing it. If we want nothing out of this life, then we can try to avoid all the pain and all the sorrow. It's not possible anyway. It's a vain effort to try to think that comfort is the goal. It is not as our prophet reminds us, "God is not interested in our comfort, but in our growth and progress." That is the plan, and is there no other way? No, there is no other way. I have said this before, there are some kinds of faith that can only grow in the dark. I want that faith. I want all of it. I want all that God can make of me.

15:36 I will mention, again, this beautiful statement by Neal Maxwell that sorrow enlarges the heart. I remember hearing that in conference when he said it and wondering, "Is that how that works?" I did think that happiness does not swell our hearts. It's fun. Happiness feels great, but it does not stretch us. It's sorrow

that stretches us. You don't realize how great our capacity can be for feeling emotion until your heart breaks, until you are feeling so much hurt, pain, loss, sorrow, and you're still breathing. You can't even imagine like, "How am I still breathing when I feel this much?" That's what stretches our heart. So, back to Maxwell, "Sorrow enlarges the heart. Giving a place later expanded space for joy," and this is another of Lehi's great messages.

16:39 Adam felt that men might be, and men are that they might have joy, and ultimately, that is what God consecrates for our gain. It's all that we might then have a fullness of joy that will last for eternity, and will never end, and never be diminished, but continue into forever. I have a nice quote here that our dear friend shared with me. It's from The God Who Weeps by Terry and Fiona Givens. In the garden story, good and evil are found on the same tree, not in separate orchards. Good and evil give meaning and definition to each other. This speaks to the opposition as well that Lehi talks about, so I'm overlapping here a little bit. "If God, like us, is susceptible to immense pain, he is, like us, the greater in his capacity for happiness. The presence of such pain serves the larger purpose of God's master plan, which is to maximize the capacity for joy, or in other words, to bring to pass the immortality and eternal life of men."

17:49 "He can no more foster those ends in the absence of suffering and evil than one could find the traction to run, or the breath to sing in the vacuum of space. God does not instigate pain or suffering, but he can weave it into his purposes. God's power rests not on totalizing omnipotence, but on his ability to alchemize suffering, tragedy, and loss into wisdom, understanding, and joy." I love that word alchemy, and I have used it before in my discussion of this topic. In ancient history, there were a lot of efforts made to turn lead into gold. Many people thought they could find this magic formula that would make them rich, as they could take this cheap substance, and turn it into something so precious, but God is the alchemist, and he can take all the lead in our lives, all the worst parts of our lives, and he can consecrate it for our gain.

18:59 He can alchemize it into gold. He makes it joy. He makes it the fullness of our potential. He makes it the magnification of who we are meant to be. There is no other way, and we do if we want to. We need to submit to it, not to fight, not to rage, not to be angry, not even to be overly hurt. Don't get me wrong, I'm not talking about repressing or denying our feelings. We need to understand the journey. It's going to be hard. It's going to be painful, but we can either resist it, or we can submit. I think so

much of that beautiful part in Mosiah 3:19, "The natural man is the enemy to God," I'm going to skip forward to, "unless he's willing to put off the natural man, and become a saint through the atonement of Jesus Christ." Submissive is the first word, submissive, meek, patient, humble, full of love, and willing again to submit to all things that the father seeth fit to inflict upon him.

20:17 Now, inflict is not a pleasant word. I think it has been suggested that we could substitute that perhaps for allow, that the Father seeth fit to allow to come, because I do believe that God does not hurt us, but he created the plan that does. I'm okay with the fact that the Father seeth fit to inflict upon us this plan which is not comfortable, but is perfectly with his superior intelligence, his supreme intelligence perfectly designed to bring us to a place where we can be full of joy forever.

Hank Smith: 20:57 Lili, a lot of our listeners already know this, and I think you do as well. We put together a compilation of quotes from our Old Testament episodes. You can get it on our website, [followhim.co](http://followhim.co). It's free. You can get a PDF of it, and if you go to page 70 or 71, here's Lili Anderson. I'm going to quote you back to you. I think it's amazing, and this happens in my life as well that us from the past can often... We don't realize that we're teaching us in the future, because it's almost as if you were speaking to yourself and where you are now and to all of us. "We are here to become like the Savior himself. Where do we think that's going to happen, at the spa?" I remember you saying that. "That is why life is unfair, because that is what will give us the opportunity to become like Him, and it says the Lord was with Joseph."

21:51 This is from that episode. "God is not with Joseph because he likes him better than others. God doesn't do that. He is no respecter of persons. So, why then was the Lord with Joseph? The only answer is because Joseph was with the Lord. Joseph chose the Lord again and again. He keeps choosing God after all his unjust circumstances and trials and difficulties. He uses his agency every time to choose him, and when we choose God, even in our trials and difficulties, we receive this amazing blessing too. God will be with us." Again, right out of this compilation, Lili, and again, I want people to go have this. You can have this yourself, [followhim.co](http://followhim.co). You can have this PDF and these amazing things that Lili and our other guests have said.

22:45 Lili, it's just so touching to me that you gave that lesson two years ago, and here you are in such a difficult place. John, what



		would you say? It's like she taught us the lesson, and now she's teaching us the lesson again through experience.
John Bytheway:	23:01	It's making those words leap off the page.
Hank Smith:	23:04	Right.
John Bytheway:	23:04	"Jacob, you know the greatness of God, and if you know that and if you know the love of God, then you know he will consecrate those afflictions for your gain." Wow, so those leap off the page for me now that verse two, thank you, Lili.
Dr. Lili Anderson:	23:23	I don't know how people do it without the Lord. I don't know, and I don't want to. I do want all to come unto him, because there is respite. There is peace in the midst of the storm, and the temple is such a wonderful place to be when we are in pain. God can consecrate any location for us as a temporary sacred spot if we invite him in, but when we can, going to the temple is a joy. I'm so grateful for all that he offers us to get through these tough times to find him in our extremity. He's there. We just need to embrace him, and trust him. I can't emphasize that enough. It is trusting him that his ways are greater. If we saw what he sees, we would choose what happens, and I do believe that. I believe that, and I believe that He has given me so many impressions that have helped to explain, and that is so generous.
	24:26	He is a generous God. Why do we ever turn away? I want to jump into opposition here for a moment, because opposition, related in some respects, but there's a very different part here that Lehi talks about good and evil and opposition and as a contrast and why? because it sets up agency. It's about being enticed by the one and the other so that we can exercise our choice, and the further we go in the gospel, I think we understand just again how amazing this gift of agency is, how it is the only thing that gives meaning to life and to eternity is to choose what we want, and to recognize that we can't blame anybody else for where we end up. Now, President Oaks got a lot of negative response to his last conference talk on the three realms and the three kingdoms that puts accountability squarely on each one of us. That we choose.
	25:30	Now, that's right. I do have a book called Choosing Glory and the podcast. To me, that is what we are doing every day. We are choosing which glory we are preparing for. It's our choice. God is not going to assign us, or condemn us. It is our choice. What we want is what we get, and he has said this, Alma 29, the, "O that I were an angel", right? Then, "But behold, I'm a man and

do sin in my wish, for I ought to be content with the things that the Lord hath allotted me." Why? Because I know that God granteth unto men according to their desire. Now, I want to say something about the Fall, a lot of misunderstanding about that too, and we have such great revelation in our latter-day that I hope people have made use of it. President Oaks gave a wonderful speech about how it was not a sin that Adam and Eve partook of the fruit. It was a transgression.

26:21 They were not rebellious. They were not looking to do evil. They were addressing a conundrum that was placed before them for a very purposeful intent, which was essential to God's plan, and essential to us, but the Fall was a perfect design. God, the amazing engineer, never doubt him. He set it up so that we, through the authorization that we gave to Adam and Eve in the pre-earth life, this is how I see it. I'm sure in that pre-earth council, "Whom shall I send?" Christ. All of that wonderful, beautiful stuff that set up the Atonement through this wonderful God of ours, our Savior and Lord. Then I think a part of that council was like, "All right, we're going to start with Adam and Eve. Who will authorize them to eat the fruit?" It had to be our choice.

27:18 We're back to agency. It had to be our choice to leave his presence, and come into this fallen world so that we could be enticed by opposite forces, the good and the evil, and demonstrate our desires. The only way that could happen by having the choice of good and evil before us all the time, and by choosing the good, we could get credit for it. No compulsion. You can do what's wrong, and you can get away with it for a while in this world. In fact, Lehi says that. What does he say right here? This is verse 21 of chapter two, "The days of the children of men were prolonged according to the will of God that they might repent while in the flesh." This is exactly what he's saying. The days of men were prolonged. What does that mean?

28:06 They didn't die right after they ate the fruit. They were given a mortal life that lasted many years, given a mortal life that was prolonged without immediate consequence for sin, and why? So that we could repent and get credit for it. What would happen if every time we did what was right, we got an immediate blessing? Every time we did what was wrong, we got an immediate punishment. There would really be no agency, because any idiot can keep their hand off an electrified fence. Does that confer virtue on us? Not at all. Not one wit. The only thing that confers virtue and gives us a chance to repent and get

credit for it is choosing when there is another choice without an immediate consequence.

28:51 We are enticed by evil, but we are also enticed by God, and we choose, "Where is my heart? Where is my mind? Where is my future?" We can either think that way, or we can go with the eat, drink and be merry, the fomo, the yolo, all of those crazy things that God has allowed to entice us so that there is meaning in our lives, not compulsion.

Hank Smith: 29:18 You do you is not a scriptural phrase.

Dr. Lili Anderson: 29:21 That is not a scriptural phrase. This is from the book of Moses chapter four. It's a really nice little insight into what happened in the Fall. The serpent was more subtle. This is chapter four of Moses verse five. "The serpent was more subtle than any beast of the field." Verse six, "Satan put into the heart of the serpent for he had drawn away many after him, and he sought also to beguile Eve, for he knew not the mind of God, wherefore he sought to destroy the world." I remember pondering this verse when I was an undergrad, because I didn't get why those things were connected. He knew not the mind of God, which we have read about Laman and Lemuel. They didn't understand God, but this is the same kind of phrase, "For he knew not the mind of God, wherefore..." That word puzzled me, because it's a conjunction.

30:11 That puts these two thoughts together, and I didn't understand it, "Wherefore he sought to destroy the world." He's joining those two things together. He knew not the mind of God. He sought to destroy the world, and it hit me. I thought, "Oh, when Adam and Eve ate the fruit, Satan was there saying, "Yes! I've done it. I've destroyed the world." At exactly the same moment, God was saying, "Check." Through Adam and Eve, said, "let us leave the garden so that we can have our days prolonged" as Lehi says, and be able to repent and get credit for it, because it was not compelled, because there is the enticement of evil, and if we are foolish, we fall for it. We fall for it, because it's attractive, and at Madison Avenue makes billions of dollars selling it. People lap it up all the time with thinking that they have found the meaning to life, and it's empty. There's no joy. There's pleasure.

John Bytheway: 31:23 Righteousness is not righteousness unless it's chosen. We had Daniel Peterson on the podcast once, and I had a couple of cassette tapes, two cassettes understanding Islam. He used a phrase in there. I thought, "Oh, I love that." He said, "If you allow freedom, some immorality will result." He was talking

about certain traditions and so forth that keep males and females separate during their youth completely. He said, "If you allow freedom, some immorality will result, but the other possible result is freely chosen virtue, which is a very good thing." Then he said, "It's a better thing to choose the right when you can choose the wrong than to choose the right because you have no other options."

32:05 I thought it was a very great way to explain why opposition in all things. This idea of freely choosing virtue of, "Oh, I love that idea. I can choose the wrong, but I can freely choose virtue."

Dr. Lili Anderson: 32:19 Now, I am going to make a caution here. A lot of parents conflate agency with freedom, and they think that they can take away their children's agency if they impose rules with consequences, and that is, again, one of Satan's great deceptions and counterfeits. God gives us laws. If that were true, then the God who gave us agency took them away when he gave us the commandments. That's not true, and parents have the same pattern that we give those standards to our children. We can have expectations. We can have family rules, and we can have consequences just as God does, but we have to remember that freedom is a negotiable commodity, and when our children are so dependent on us, we absolutely have a right to say, "Look, while we are paying the bills and providing for you, we are going to protect you by giving you some laws with some consequences, and that will help you to harness the natural man."

33:13 If you accept our authority, and become consistently obedient, and we will not abuse that authority if we're doing it right, but when we will teach them the principles behind them which God does, we're following that parenting pattern, then we can definitely insist on compliance, and have appropriate consequences when they're violated. It is not an assault on agency. Agency cannot be taken away. I can worship God or not. Our children will always have that. We are making a very serious mistake when we think that, "I am going to impose on my children's agency if I have consequences to misbehavior." That is foolish. Don't go there. Go listen to the Daniel episode. We talked a lot about parenting.

33:56 President Oaks made a wonderful speech back when he was in the quorum, weightier matters of the law. It's such a great speech at BYU, and a devotional address. He talks really about the importance of agency not being conflated with freedom, all of this really wonderful stuff there. I'm just going to reference it, because we got to go on, but I will say of course, Boyd K.

Packer's wonderful speech also on moral environment. Agency is not free, because there are consequences. We don't even hear our brethren say free agency, because it's really a misnomer. It's moral agency, because there are consequences. Let's talk about a couple of other things that I think are really important.

34:35 There's a little addition scripture in 2 Nephi that this is my husband called it the addition scripture. Here it is in 2 Nephi verse 26, "Because they're redeemed from the Fall, they've become free forever knowing good from evil to act for themselves", you know, enticed by the one, enticed by the other, "and not be acted upon", I'm gonna come back to that, "save it be by the punishment of the law of the great and last day." Then here's the scripture mastery, verse 27, "Wherefore men are free according to the flesh, and all things are given them which are expedient to man, and they are free to choose liberty and eternal life." This is why we have lands of liberty, because it doesn't constrain choice.

35:13 All of that is really important to discover as we study, "free to choose liberty and eternal life through the great mediator of all men", because it is only through Christ, "or to choose captivity and death according to captivity and power of the devil, for he seeketh that all men might be miserable like unto himself". Never forget that. All these whiles of Satan are just about misery. That's what he wants. He's our enemy, has always been and will always be. "Now, my sons, I would that you would look to the great mediator, hearken to his commandments, be faithful. Choose eternal life according to the will of his Holy Spirit". Here's the addition scripture, verse 29, "And not choose eternal death according to the will of the flesh and the evil, which is therein."

35:56 Now, we skip over this a lot, because there are some really wonderful words that we just read that sometimes take up all the space in our thoughts, but this is important too. Not choose eternal death according to the will of the flesh and the evil which is therein. Now, we are not of the nature or the doctrine to say that the body is evil. We don't do that. We know the body is a great gift, and that God himself is an embodied spirit, spirit and flesh. Why are we saying here the will of the flesh and the evil which is therein? It's because he's talking about the natural man appetites. There is trouble in the flesh. Here comes that precious spirit that they come into this world, and get a body, and become a living soul.

- 36:45 Now, they are spirit and flesh, and our doctrine is unique in that we talk about the dual nature. That's what David O. McKay used to call it, the dual nature of man, both spirit and flesh. We know this is the divine design that will then mean a literal resurrection where we can become a spirit and soul irrevocably bound together for eternity. This is amazing, because the experience of joy can only happen that way and to the extent that we have prepared for it, but what is this evil in the flesh? It's the appetites, the desires, appetites, passions, the carnal, sensual, devilish, because here comes this flesh. I mean, prior to a spirit, I remember before my babies were born. They're doing gymnastics in the womb, and sometimes you could just watch them somersault, and see this.
- 37:34 It's extraordinary, the miracle, but then I sometimes would think you don't know what it's like to be hungry yet, or thirsty, or alone, or without someone embracing you in the womb. You don't know what it's like to have appetites that are not always met immediately. You don't know what that is, but you will. As soon as you're born, that separation's going to hit like a hammer, and all the appetites of the flesh no longer with an umbilical cord to take care of it before you even think it. Now, you have to depend on somebody to feed you, or hold you, or hug you, or clean you up when you're messy, and to comfort you. This is going to be different, and you're going to have these appetites, and if you let the appetites...
- 38:15 Now, of course, we feed the appetites of a child. Of course, we do, because they are dependent, and we are responsible. But as they get older, if we have any sense as parents, we try to help them not be creatures of immediate appetite and immediate gratification. I mean, they're going to have the appetites but not immediate gratification. It's like, "Wait for a minute, mom has her hands full, but as soon as I put this down, I will come." Yes, they're going to be bored, because they're little kids. Give them a piece of paper to write on, but ask them after church, "Who can remember what color the bishop's tie was? Who can remember what the opening song was? Can anybody sing a verse of that?"
- 38:52 Of course, age appropriate and age incremental, give the little ones a chance to answer these simple questions, and remind them in church, "Hey, make sure you watch for this so that we can talk about it after." We stretch the spirit over the flesh so that it realizes, "I can invest in delayed gratification. I can harness my natural man, and it will be good for me." How can the Spirit even enter into our children, and witness the truth of what we're trying to teach them if they are constantly being

gratified by that fulfillment of their appetites, because they have a device right there? Now, it's always like, "Well, let's put the movie on. Let's put this on. Let's stimulate. Let's keep feeding those appetites," and then we expect them to learn fractions?

	39:36	What are we doing with our children? They are in a world of sensory stimulus, and it is constant. It's always available, and sometimes we abet that stimulus. We make it more available. Please, brothers and sisters, think about where your children are in terms of being able to delay the fulfillment of their appetites.
John Bytheway:	40:00	I love what you've done with verse 29. I wrote in my margin, "The spirit is willing, but the flesh is weak." The goal is to try to get our spirit to be in charge of our body, because our spirit knows better. I also love the last statement in verse 27, the last phrase. We've heard it said that perhaps if we were to say God had a mission statement, it might be Moses 1:39, "Bring to pass the immortality and eternal life of man." This might be Satan's. "He seeketh that all men, all women might be miserable like unto himself".
Hank Smith:	40:35	That's excellent, John.
Dr. Lili Anderson:	40:36	That's it.
Hank Smith:	40:38	Lili, I've frequently taken my children to the temptations of Jesus. His very first temptation according to Matthew is, "Turn those stones into bread. You know you want it, right? Now, you can do it. You can do it, so do it," and he won't. He won't do it. It's not like eating is bad. There's nothing wrong with eating, but he said, "No, I have made a personal commitment. I can withhold my desires until later."
John Bytheway:	41:10	That's fasting, your spirit in charge of your body type of a thing.
Hank Smith:	41:14	Fast Sunday is a crucial practice.
Dr. Lili Anderson:	41:16	Hey, can you wait? Can you stretch your spirit over your flesh? Can you fast? Let's practice until you get better, and think of the power that God can give us if we can harness those appetites. Otherwise, he can't trust us with his power, because we're going to fall for the first Snickers bar that somebody hands us.
Hank Smith:	41:35	Two things, phones and fasting first have to be done by the parent. If you're going to ask your kids to do it, you've got to do

it. I'm preaching to myself here. Then second, my friend Doug, he said the other day, he said, "A phone is the closest thing you're probably going to get to a Urim and Thummim in your life. You have access to all information," but it used to be if you had a question, you just didn't get it answered, but now, I can get almost any question I have, information I want. I can get it answered. How well can I use this small Urim and Thummim that I'm given, because why would the Lord give me a better one?

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| Dr. Lili Anderson: | 42:15 | It is a miracle tool, but Satan has entered in and said, "I can entice through this to good or evil." Sadly, our children who come as little natural men and women, that's who they are. They are creatures of appetite. They have this new body that is full of appetites, and the evil which is therein, and it is our job as parents to help them harness those appetites. So many parents abdicate that responsibility, because it's hard to do. I just will give in because I don't want to fight. I'll give in, because I don't want my kid to have a tantrum in the store, and they give in and give in and give in, and they abdicate their responsibility to help that child recognize that delayed gratification and self-control are the tickets to the terrestrial.                 |
|                    | 43:01 | We're only talking terrestrial, but the celestial can't even be built. Can't even begin to be constructed until our kids are terrestrial, and we're going to turn them loose in the world with Satan raging.  |
| John Bytheway:     | 43:13 | I saw a cartoon once, and this mom was at a computer, and she yelled, "It's going to be cereal again tonight kids. This candy isn't going to crush itself."   |
| Dr. Lili Anderson: | 43:22 | Exactly right.  |
| John Bytheway:     | 43:23 | Candy Crush.  |
| Dr. Lili Anderson: | 43:23 | That's exactly right. Lead out. Don't push from behind. Another phrase here that I really, really think is so important, and it's back in verse 26, talking about how we are redeemed from the Fall to become free forever knowing good from evil. Now, it's this phrase right here, "To act for themselves and not to be acted upon." This is the non-victim Christian part. Now, I have a whole PowerPoint here that I'm not going to be able to get to that I have principles that are going to be in this book that is partially written. I meant to have it done at the end of last year, but for obvious reasons, that didn't happen. I think this year, it will be available, and if people are interested, they can go to my podcast or my website, and see when the book is available, |



because it is really important for us to learn to act and not be acted upon.

44:13 When I say to be acted upon, I'm talking about chronic victimization, like the abused partner. It could be a battered wife, or it could be an abused husband, or it could be that our parents were abusive. It could be that our job takes advantage of us or exploits us. It could be our church callings that become a little overdemanding. You might be out there in Timbuktu, where there are not too many people who say yes to a calling, because there are not even that many people around. So, you have five callings, and you're starting to feel a little resentful, and then they ask you to youth conference. We feel acted upon, and we feel like we don't have a choice, because I need to be a good person, and just keep saying, "Yes, more. More. More." This is so damaging to marriages.

44:58 I had an opportunity once to visit with Elder Ballard. It was a sweet experience. I thought I'd have about 15 minutes. We had about an hour and a half. He asked me a lot of questions about my thoughts on some things. Blessed man, wonderful man that he was. It was a really great experience, and one thing he asked me, "If you could tell women of the church something, what would you say?" I said, "I would tell them to become non-victim Christians. I would help them establish healthy boundaries so that they are not acted upon, and we would not just save the women, we would save many of their husbands, because if we think that charity means, "I must tolerate abuse," we are mistaken." That is being acted upon, and we are not sent to be acted upon.

45:40 We are sent to act. Now, not to act in a victimizing way, and too often, that's the trouble. We think there are only two choices, so we take it, and we take it, and we take it. Then we get really sick of it, and we dish it out. "Now, I'm going to make you feel what I feel," and everybody's going to hell because that is not the answer.

Hank Smith: 45:58 I'm not the victim. I'll be the victimizer now.

Dr. Lili Anderson: 46:01 That's right. That's right. "If I have to be one of them, I'll be the victimizer," or they just stay in that victim mode until they are ready to collapse. Sometimes, they even leave the church, because they think, "If this is what God expects of me that I just have to lie down on the road, and let the steamroller run over me every time in order to be a Christian, I can't do it." They throw out the baby with the bath water, and they don't just leave the marriage or the relationship. They leave the church.

Well, this is not what God wants. We are to act, and not to be acted upon. Charity is not indulging sin. How is that charity? We're subsidizing somebody else's self-destruction, and their destruction of us or the children. Absolutely not.

46:41 When I was talking to Elder Ballard, this is what I was talking about. I mean, it's so important. I've seen it save marriages. You learn how to act not in a victimizing way, in a non-victim Christian way. You are not dishing it out, but you're not taking it either. You learn how to establish healthy, appropriate Christian boundaries where you act as an agent. I have done a podcast on this in Choosing Glory section 98 back in the D&C days. In fact, the reason that I started halfway through the year is because I didn't want to miss the chance about talking about section 98. This is Christ telling us how to be non-victim Christians. There's more to that. There are lots of applications.

47:26 It's not just about marriage. It is about other family relationships. It's about other ways that we can be exploited by, like I said, even organizations or institutions that we're involved with, certainly our jobs. But if we have good boundaries, we don't throw the baby out with the bathwater. We become better agents, non-victim Christians. I promise you, this is God-given information, and it will bless our lives. Now, let's talk for a minute about the grace of Christ. Lehi uses the word, and I love this name, the Holy Messiah, "Our Holy Messiah who is full," he says, "of grace and truth." I think that we have a tendency in the church sometimes to limit grace, not intentionally, not in a desire to be less or mistaken. We do so well with works.

48:21 Let me just say that, of course, faith without works are dead as James taught us in the New Testament just last year. We know this, that if we are coming to Christ, there are ways that that shows in our life. If I love him, I keep his commandments, because I am His. I mean, it all comes together, but it's because I am His, I am the Holy One's. I have given myself to him. I have let my will as Christ did be swallowed up in the will of the Father. I am not trying to steer my own ship. I have turned the tiller over, because I trust him. Yes, the works will flow from that, but not because my works save me. In fact, Adam Miller, in his book Original Grace, he talks about how there is another way to translate that wonderful verse that Nephi will give us here a little bit further in 2 Nephi about, "It is by grace that you're saved after all you can do," and how we sometimes really distort that to mean that, "I have to do everything, and then at the last minute, Christ makes up the difference."

- 49:24 Well, that's really not it. In fact, his alternate interpretation as you know is in spite of all we can do, that by grace we are saved. In other words, we could never do what would be required to lift us from where we are to where he invites us to be. It is his grace. It is the holy Messiah, his grace and truth only that can do that. All our reliance is in Christ. If we are gaining wisdom, we fall before him, and let him be our everything. I want to share this because this touched me so much from Corrie ten Boom's story, The Hiding Place. Corrie ten Boom and her family, Dutch family, these people knew how to receive Christ and then, yes, manifest him in their lives through their works, because they believed in the salvation that he offered.
- 50:18 This is early in the story, where her aunt who had, I think, diabetes, but I forget the details, Corrie was given the doctor's assignment to take a certain serum, and every Friday to put it on the stove and stir it, because when it turned black, that would mean her aunt had three weeks or less to live. So, she was tasked with doing that every Friday. This Friday, she does it and like normal, but then this time, it turned black. She had been doing this for a long time, and this was the first time, and she knew it was bad news, so she takes it to her father. Her father says, "Check with the doctor." She has to wait in the waiting room. The doctor says, "Yes, you need to let her know that she has very little time left."
- 50:53 The family decides to all go together. She all go up to tell the aunt that this is going to be the end. The father says, "Though I will speak the necessary words, perhaps she will take heart from all she has accomplished." Our little procession filed up the steps to Tante Jans' room, and as she saw the number of people entering the room, she laid down her pen. She looked from one face to another until she came to mind, and gave a little gasp of comprehension. This was Friday morning, and I had not yet come with the results of the test. "My dear sister-in-law," father began gently. "There is a joyous journey which each of God's children sooner or later sets out on, and Jans, some must go to their father empty-handed, but you will run to him with your hands full," and then the family chimes in.
- 51:41 "All your clubs, your writing..." She was a Christian woman who did lots of charities and good works, "Your writings, the funds you've raised, your talks but our well-meant words were useless." In front of us, the proud face crumpled. Tante's Jans put her hands over her eyes, and began to cry, empty, empty. She choked at last through her tears. How can we bring anything to God? What does he care for our little tricks and trinkets? Then as we listened in disbelief, she lowered her

hands, and with tears coursing down her face whispered, "Dear Jesus, I thank you that we must come with empty hands. I thank you that you have done all on the cross, and that all we need in life or death is to be sure of this."

52:47      Mama threw her arms around her, and they clung together, but I stood rooted to the spot knowing I had seen a mystery." Brothers and sisters, he has done all for us in the garden and on the cross. It is all accomplished. As he said, it is finished. Salvation, as Lehi tells us, is free. It's free. We have to receive it if we want it. It's there. It's free. Christ has done all for us. It is amazing grace. It is without limit Christ will lift us, and take us all the way to joint heirship with him. I cannot believe the generosity of that, and yet I do, because he is good. There's a gospel song in the rock kind of gospel stuff that talks about the reckless love of God. I like it. It's not really reckless, but I love what that implies.

53:54      How does he dare love people as imperfect as his children? But of course, he does, and that love is perfect, and through his Son, it is manifest to us in the opportunity to have all that there is, and there is no more. As Elder Maxwell reminded us, "There's nothing that God doesn't offer if we receive His son, if we come to Christ, if we follow him." Of course, good works will follow, not because it saves us, not because we have to sweat and strain, and become anxious about, "Am I good enough," because we're not, but because He is enough, I am enough in Him. He is our Holy Messiah. He is Alpha and Omega, the beginning and the end. He is our Lord God, Redeemer, Savior, advocate with the Father. He will bring us home if we let him.

Hank Smith:      55:06      I know when the Spirit is the strongest, because I don't want to leave. Lili, this has been just a wonderful day. I don't want it to end. These chapters, 2 Nephi 1 and 2 could be a lifetime of study. What does that tell you about the Book of Mormon? The things you've shown us today have been just really life-changing, inspiring. I want to live differently. I think that's a lot of the purpose of the book and the Holy Ghost is to inspire and say, "You can get on a better course even than the one you're on, which is a good one."

John Bytheway:      55:36      A dear sister in our ward years ago gave a sermon on two words in 2 Nephi 2:6. Her name's Nancy. She's in the tab choir. She gave a talk called Redemption Cometh. Took those two words, a sermon in a sentence, gave a whole talk on that, and we could have taken so much more time, but that was beautiful what you did, and Lili, coming from where you are right now in your backstory, that was really powerful.

Dr. Lili Anderson:	56:05	I do testify of Jesus Christ and our loving heavenly Father. I know of their love. I choose to feel it in the wilderness. It doesn't have to be a wilderness. It's a stretching ground. It's a weight room, and it's meant to be consecrated for our good. I'm so grateful. I love Him. I love what he has done for us.
Hank Smith:	56:30	We at followHim love Lili Anderson. I think all of our listeners can unite with us in prayers as you navigate this change in your life with Chris now still your companion, just in a different place. We want to thank Dr. Lili Anderson for being with us today. What a joy. Men are that they might have joy, and that we had that today. We want to thank our executive producer, Shannon Sorensen, our sponsors, David and Verla Sorensen, and we always remember our founder, Steve Sorensen. We hope you'll join us next week. We're going to continue in 2 Nephi on followHim.
	57:11	Before you skip to the next episode, I have some important information. This episode's transcript and show notes are available on our website, <a href="http://followhim.co">followhim.co</a> . That's <a href="http://followhim.co">followhim.co</a> . On our website, you'll also find our two books, Finding Jesus Christ in the Old Testament and Finding Jesus Christ in the New Testament. Both books are full of short and powerful quotes and insights from all our episodes from the Old and New Testaments. The digital copies of these books are absolutely free. You can watch the podcast on YouTube. Also, our Facebook and Instagram accounts have videos and extras you won't find anywhere else.
	57:45	If you'd like to know how you can help us, we'd like to reach more of those who are searching for help with their Come, Follow Me study. If you could subscribe to, rate, review and comment on the podcast, that will make us easier to find. Of course, none of this could happen without our incredible production crew, David Perry, Lisa Spice, Jamie Neilson, Will Stoughton, Krystal Roberts, Ariel Cuadra, and Annabelle Sorensen.
President Russell M. Nelson:	58:11	Whatever questions or problems you have, the answer is always found in the life and teachings of Jesus Christ. Turn to him. Follow him.

## 25¢ FOR ETERNITY



- Hank Smith: 00:02 Hello, my friends. Welcome to FollowHIM Favorites. This year, we're going to share a single story from each week's lesson. John, we are in Second Nephi One and Two today, and you've told me you have a great story. So where are we going to go?
- John Bytheway: 00:15 I do. It's not my story. You might remember the name Elder Robert E. Wells. He wrote a book years ago called Hasten My Work, and in this story he told about a man who took the train home from work every day. And there was a bookstore, a used bookstore right by the train station, and so he'd usually buy a book and read it on the train. Well, this time he only had change in his pocket and he came into the bookstore and said, "What is the cheapest book in your store?" And the owner said, "Well, there's a bunch in that box down there I was going to throw away. You could have one of those for a quarter," I think it was. And he found a book with approximately 531 pages in there and picked it up and started to read.
- 00:57 This is what he got to, just love this paragraph. "On the bus, he started to read the old beaten Book of Mormon. He did not mind the double columns with every verse numbered because he felt it gave a certain dignified importance to each thought. He did not mind the lack of illustrations nor did he expect any in such a book. But the spirit of the contents intrigued him. He liked the old-fashioned and unique way the story began. He followed it carefully pondering over what he was reading." This fellow got all the way to Second Nephi Chapter Two when something strange began stirring within him. Now, this is Elder Wells. Second Nephi Two is probably the single most doctrinally profound, deeply philosophical, and spiritually potent chapter in the entire volume. Noted writers on the Book of Mormon such as Dr. Sidney Sperry and Dr. Hugh Nibley have commented on the outstanding nature of this chapter.
- 01:50 Back to Elder Wells. "If I had to single out one chapter in the Book of Mormon as having had the greatest impact and importance to me, it would be this one. The brother giving this conversion story went on to say as he read this chapter he felt

an urge to pray to God for the first time in his adult life. Now, he offered a simple prayer to God in his mind saying, 'God, what is this book? What am I feeling? What am I supposed to do about it?' He said his answer was nothing more than the impression to wait and God would tell him more. That night, the fellow was reading in his humble home when two missionaries on their way home felt a distinct impression to stop at his door. Second Nephi Two, things that act and things that are acted upon there must needs be an opposition in all things. Adam fell that men might be and men are that they might have joy."

Hank Smith:	02:44	There's a couple of books in that box over there that I was going to throw away.
John Bytheway:	02:48	Yeah. It's the cheapest one. You can have any one of those for a quarter.
Hank Smith:	02:52	What a great story, John. What a great story. Thank you, Elder Wells. We hope you'll join us on our full podcast. It's called FollowHIM. You can get it wherever you get your podcasts. We're going to be in Second Nephi One and Two this week. We're with Dr. Lili Anderson. You're going to just be blown away really by what she does with these chapters. And then come back next week, we're going to share another story on FollowHIM Favorites.