



"Lift Up Your Head and Be of Good Cheer"
Show Notes & Transcripts

Podcast General Description:

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

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

Podcast Episode Descriptions

Part 1:

How do positive energy and gratitude change our lives? Join Dr. Craig Manning as he explores the benefits of faith, the power of prophets, and the parallels in modern-day living.

Part 2:

Dr. Craig Manning continues examining the events leading up to Jesus's appearance in the New World and how prayer, humility, and spiritual preparation create lasting personal conversion.

Timecodes:

Part 1:

- 00:00 Part I - Dr. Craig Manning
- 02:21 Dr. Craig Manning's bio
- 04:35 *Come, Follow Me* Manual
- 05:26 Human consciousness and truth
- 10:08 The Gadianton's deal in deceit
- 12:21 Nephi 1 - No religious freedom
- 14:04 Negativity and fear's effects on the brain
- 16:53 Becoming Christlike and a learning mentality
- 21:50 The temporary and long-term effects of anger
- 23:15 Scriptural truth and the NBA
- 25:19 3 Nephi 1:7 - Samuel the Lamanite's sign
- 26:15 Specific language and the Holy Ghost
- 29:22 3 Nephi 1:12-14 - Be of good cheer
- 33:06 The power of specifics and gratitude
- 37:07 Hiking, prophets, and fear
- 41:55 3 Nephi 1:16-22 Speaking truth
- 44:14 3 Nephi 2 - People forget signs and disbelieve
- 49:05 Living around truth
- 50:46 The importance of stating truth
- 52:39 "The Power of Words" by Craig Manning
- 56:10 Check the facts
- 58:13 Is that accurate?
- 1:01:14 End of Part 1 - Craig Manning

Part 2

- 00:00 Part II - Dr. Craig Manning
- 00:07 3 Nephi 3:1-7 - A letter and lesson
- 03:27 The laziness of arrogance
- 07:01 3 Nephi 3:9-11 - Confusing friends and enemies
- 08:51 3 Nephi 3:12-25 - Spiritual preparation first
- 11:43 Humility and control in leadership
- 13:44 Aggression negates success
- 16:16 Assertive vs aggressive
- 18:29 Top-down information and disciplined thoughts
- 23:53 Spatial awareness
- 25:39 3 Nephi 4:1-7 - Fearing only God
- 30:14 3 Nephi 4:10-14 - All hat, no cattle
- 32:21 3 Nephi 4:18-33 - Gratitude for salvation
- 35:33 3 Nephi 5-7 How to prepare for Jesus's arrival
- 36:00 3 Nephi 7:12-13 - Becoming a lifelong disciple of Christ

- 39:51 Mormon as disciple and personal mission statements
- 41:31 3 Nephi 6:13-14 - Pride and classes
- 44:48 3 Nephi 7:5-8 - Secret combinations
- 48:42 3 Nephi 7:21 - Lasting conversion
- 49:20 Dr. Manning shares his testimony of the power of prayer
- 54:21 End of Part II – Dr. Craig Manning

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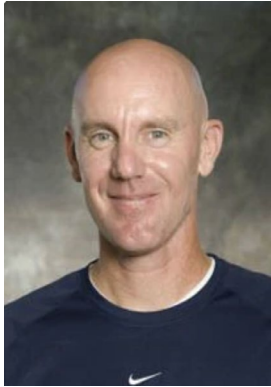
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Biographical Information:



Education

Dr. Craig Manning earned his bachelor's degree in Psychology from Brigham Young University (1995), a master's degree in Psychology (2000) and a Doctorate in Sports Psychology (2006) from the University of Utah. Dr. Manning's thesis examined the attributions of athletes across all sports. Two publications resulted from this study.

Playing Career

Upon completion of his eligibility Dr. Manning was hired on as a full-time assistant coach at BYU. After four years as an assistant coach (two years with the men's program and two years with the women's program), Dr. Manning was selected as the head coach for the Brigham Young University women's tennis team. At the time Craig became one of the youngest Division 1 head coaches in the country. In 10 years as head coach, the BYU women's tennis team has won four Mountain West Conference titles. Dr. Manning has been honored with the Mountain West Conference coach of the year award three times (2001, 2005, 2007), and also received the NCAA regional coach of the year award in 2005.

Hometown

Canberra, Australia

Personal

Played on the pro tour as an amateur before playing for BYU's men's tennis team. Was the BYU women's head tennis coach for 10 years prior to sports psychology appointment. Dr. Manning enjoys spending time with his family, playing tennis, watching movies and continual pursuit of truth. He is married to the former McKenzie Baird, and they have four children that are the light of his life.

Credentials

Dr. Craig Manning is a rare performance enhancement specialist. His training incorporates multiple backgrounds that have provided a wealth of knowledge and understanding to the various components that lead to high performance. Dr. Manning has played tennis at both the collegiate and pro levels; he has coached a BYUs Division 1 tennis program - building it into a national top twenty program, and has studied at one of the elite doctoral programs in the country. These qualifications are unique to the field, giving Dr. Manning experience in the highest level of performance from the perspective of a player,

coach, and Doctor of Philosophy.

Athletic Background

During the late 80's Dr. Manning traveled the world playing on the professional tennis tour as an amateur. He traveled, practiced, and played with many of the worlds top professionals including Pat Rafter and Wayne Arthurs while traveling to places such as France, Belgium, Germany, Switzerland, Austria, Hungry, and Holland. Dr. Manning then went on to play Division 1 collegiate tennis at Brigham Young University.

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3 Nephi 1-7 Part 1

GUEST: CRAIG MANNING



- Hank Smith: 00:00:04 Hello, everyone. Welcome to another episode of followHIM. My name's Hank Smith. I'm here with my co-host, John Bytheway, who is of good cheer. John, that's 3 Nephi 1:13, "Lift up your head and be of good cheer." We are also here with our amazing guest, Dr. Craig Manning. John, we are in [3 Nephi](#). We have hit a new book. We've covered three lessons in the Book of Helaman. We are now starting what I would call the book of all books, as we start these opening chapters, what are you thinking about?
- John Bytheway: 00:00:36 I wonder if these people had any idea what was coming. As I say that, I think, "Yeah, they did if they listened to Samuel the Lamanite, because he was very specific. Maybe they did have an idea of what was coming, but for it to actually happen, people get astonished and are falling down all over the place in this one.
- Hank Smith: 00:00:55 I love what you just said, John. We don't know either, like what is coming up. I don't know if anybody thought, "Hey, you know what's going to happen in the next couple of decades?" And then it does, it happens and it's huge. Everything changes. Like I said, John, we are with Dr. Craig Manning today. Craig, as you've prepped 3 Nephi 1-7, what are you thinking? Where do you want to go?
- Dr. Craig Manning: 00:01:23 I always go to the mental side of things. I think that's what faith is trying to be strong thoughts and not worry about the uncertainty of the future, but know that all of these signs and all of these prophets, what they've been telling us, and having that faith at some point there's going to be consequences for those, good and bad, depending on our decisions and the habits that we create, and you see what's about to come and for it to actually happen. If you've done the right things you're like, "This is good that I did these things. I feel bad for those people that didn't, but now these are the consequences of a long time." For me, I'm always like, okay, so we have this faith and we believe this and we do these things, and then for something to happen you can go, "Okay, that's why we had the faith, because now

we're feeling the consequences of those, all those micro little decisions that add up over time."

- Hank Smith: 00:02:11 I frequently have to remind my children, "Consequences aren't always negative. We put a negative tone on consequences. They can be very positive. It can be really good."
- Dr. Craig Manning: 00:02:19 Absolutely. Yeah.
- Hank Smith: 00:02:21 John, Dr. Manning has never been on our show before, but he comes highly recommended, so we're excited to have him, but he needs an introduction, and you are good at that.
- John Bytheway: 00:02:32 I learned how to read in about third grade, so I'm good at that. When I looked at the spreadsheet and I saw Craig Manning, I thought, "Wait, is that the guy, [The Fearless Mind](#) guy?" Because I am fascinated by sports psychology. I'm fascinated by a guy at the free throw line having 20,000 people saying things which cannot be written in this book, and that he can focus and shoot. I'm amazed by how you do that mentally.
- 00:03:02 I was really excited when I saw Dr. Manning on here, and he was actually the BYU women's head tennis coach for 10 years. He has a bachelor's degree in psychology from BYU, a master's degree in psychology, and a doctorate in sports psychology from the University of Utah, head coach for BYU women's tennis team, and 10 years as head coach BYU women's tennis team has won four Mountain West Conference titles. He's been honored with the Mountain West Conference Coach of the Year award three times and also received the NCAA Regional Coach of the Year award in 2005. So fun to hear faithful people in so many different areas of expertise all over the world, including sports psychology. So, welcome, Dr. Manning, thank you for joining us today.
- Dr. Craig Manning: 00:03:49 Yeah, thanks to both of you. I love everything you guys do. I've been following you guys for a while, so I appreciate the invitation, and love talking about the scriptures and truth as well. And by the way, so tennis, all intelligence comes from tennis scores, so there's some studies I can try to support that with too from some different areas. But yeah, no, I love the game of tennis. It's been great to me.
- Hank Smith: 00:04:09 My dad was a professional golfer and we learned life's lessons on the golf course. I'm sure you've done the same thing with tennis.

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| Dr. Craig Manning: | 00:04:17 | Yeah, my kids get sick of it, but yes, that's right. |
| John Bytheway: | 00:04:20 | Hank, one of my favorite golf quotes is, "The only thing that matters in golf is the next shot." That's so good. You don't worry about the bogey on the last hole. You don't worry about the sand coming up, the next shot. Wait, don't get me started. |
| Hank Smith: | 00:04:35 | You and Craig are probably going to have a lot of fun today doing all your sports analogies. Craig, I'm going to read from the Come, Follow Me manual before we jump in. The manual is so well written, I think this is a good place to start. This is 3 Nephi 1-7 , the title of the lesson, Lift up your Head and Be of Good Cheer. "In some ways it was an exciting time to be a believer in Jesus Christ. Prophecies were being fulfilled--great signs and miracles among the people indicated that the Savior would soon be born. On the other hand, it was also an anxious time for believers, because in spite of all the miracles, unbelievers insisted that the time was passed for the Savior to be born. These people caused a great uproar throughout the land and even set a date to kill all the believers if the sign prophesied by Samuel the Lamanite--a night without darkness--did not appear. |
| | 00:05:26 | In these difficult circumstances, the Prophet Nephi cried mightily to his God in behalf of his people. The Lord's response is inspiring to anyone who faces persecution or doubt and needs to know that light will overcome darkness. 'Lift up your head and be of good cheer; ...I will fulfill all which I have caused to be spoken by the mouth of my holy prophet.'" Beautiful, an opener to a great movie. So Craig, take over and direct us. Where do you want to go? |
| Dr. Craig Manning: | 00:05:56 | Really we're talking about the human mind. And human consciousness is something that we have not studied a lot, because it is so fundamentally subjective and dynamic. 100 years in the field of science we've shied away from really studying human consciousness. Human thought is our self-talk, and self-talk is made up of our words. The mind is dynamic. It's always in movement. You're always processing. If you're not processing, that means you're dead. How does the mind actually work at the very core? Human thought is language, not like language, it is language. How you think is how you talk to yourself, your self-talk, hence your words are critical. And how many times does the Lord talk about words in the gospel? And you ended that the very words of the Lord and how important those words are, and that's at the root of human thought is our words and our choice of words. |

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| | 00:06:51 | <p>What we're seeing in 3 Nephi 1-7 is there's a lot of unbelievers and a lot of believers, and it's creating this polarization that President Nelson keeps talking about. And I see the same pattern right now in our own society where there's all this polarization in the world and people moving away from religion. And one of the things I see in my field is, sometimes I'll say to people in the athletic or business or whatever environment I'm in, "But you need truth. Truth is critical in your life to have mental health and mental strength. Truth is critical and this is how you establish truth." This is why I love the gospel so much. I'm not raised in it. I'm a convert and I joined the church because of truth. I remember the church, because I choose to be, because there's so much truth in the gospel and it's the foundation of life from my perspective.</p> |
| John Bytheway: | 00:07:40 | <p>I love that the Doctrine and Covenants gave us this definition of truth, the knowledge of things as they are and as they were and as they are to come. And then few weeks ago, Hank, Jacob 4, Jacob adds one word, which is so perfect in our day, as you said, Craig, "The spirit speaketh the truth, wherefore it speaketh of things as they really are." I just love that, "And the things as they really will be."</p> |
| Dr. Craig Manning: | 00:08:07 | <p>I love that, John, because if we turn inwards to the Holy Ghost, that's where we find truth. In science to establish reliability you need multiple data points to quote the science, multiple data points. Well, multiple data points translate to you need witnesses. Well, how many? And Hank, you and I are joking about this before we started recording. Well, technically I just did the profiling for the NBA Draft with the NBA team I work with and the day before the draft I meet with the GM and go over people I think we should draft and maybe some we should be careful about. And one of the things I said is, "We have multiple data points of why we should draft this person, we have multiple data points why we probably shouldn't draft these two."</p> |
| | 00:08:47 | <p>And he says to me, because he is a religious guy too himself, and he says, "Why do you keep saying that?" And I said, "Look, the Book of Mormon at the front, it has three witnesses." And I said, "If three witnesses or translating that to, we have three data points. If that's good enough for God, that's good enough for me. Three witnesses is a pattern of truth." And I love that. That is logic. Three data points really is strong and gives you that security and that stability mentally to really mitigate the risk of fear and the anxiety that so many people feel from a mental standpoint.</p> |

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| Hank Smith: | 00:09:23 | I love that, and I bet we just had a bunch of NBA fans perk up their ears. "Wait, what? Who is our guest this week?" |
| John Bytheway: | 00:09:30 | Here's a shout-out to Elder Uchtdorf . When I took flying lessons there's duplicate instruments on both sides. You've got your artificial horizon over here and you've got an artificial horizon over here, but what if one of them is wrong? They always have a third, because that's the tiebreaker so that you can have three witnesses of if your instruments are telling you the right thing. And I've always thought, "How cool that there's not two, three in the cockpit there." |
| Dr. Craig Manning: | 00:10:01 | Love that. Didn't know that. That's so great. |
| Hank Smith: | 00:10:04 | Craig, how should we go about walking through these chapters? |
| Dr. Craig Manning: | 00:10:08 | To me overall, just for a minute, the Gadianton robbers, what is the root of their issues there? Well, they're flat out the lying and deceiving. The illusions, that's the adversaries tools, illusion and deceit. And what that is the opposite of truth. So many people say, well, this is my truth as that big fad in the world. No, there's one truth. There's one truth that's independent of all of us. This is the overlying thing I'm seeing in 3 Nephi 1-7, people are moving in this direction of survival mode rather than thriving mode. And when we move in that direction and we lose civilization, logic, rational, reasonable, logical thought, when we lose that and we stop collaborating, it starts with the Gadianton robbers and then the secret combinations, nothing good comes from keeping things secret. |
| | 00:10:58 | As we move in that direction, we lose this civility and we're not working together, which I think is the law of consecration. We're not living at this higher level, we're still survival mode, which survival mode is simply the fight or flight response. It's normal, but when everybody's in this state of fear, we all regress to survival mode, and in that mode the strongest survive. It's a hierarchy. I'm better than you, I'm stronger than you. We're not collaborating and working together. It's not a pleasant light always trying to compete to move up the hierarchy and be more authoritative and stronger and more aggressive than somebody else. That's what I've seen in athletics, in business, in every area. If we want to live a high function life, we want to thrive, not survive, we got to get out of this fight or flight response. We're always battling with each other. And you see that with the Gadianton robbers. It's the beginning of a loss of truth. And when we lose truth, we lose civility and it goes in the wrong direction fast. |

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| Hank Smith: | 00:11:56 | In chapter one I can see why you'd be in fight or flight response, because there's a day set apart where you are going to die for your beliefs. |
| Dr. Craig Manning: | 00:12:05 | Yes. |
| Hank Smith: | 00:12:06 | I can see how you wouldn't thrive in that kind of setting. |
| Dr. Craig Manning: | 00:12:09 | Everybody's going to be in fight or flight response at that point, and now you want to be the most authoritative person on that hierarchy, so you're the one setting the rules for everybody else. Yeah, I don't know if anybody's safe at that point in time. |
| Hank Smith: | 00:12:21 | I have a cross reference in 3 Nephi 1 for Alma 30. If you go back to the story of Korihor, it starts out like this. Verse seven, "There was no law against a man's belief. It was strictly contrary to the commands of God that there should be a law which should bring men on unequal grounds." It was only 75 years previous to now 3 Nephi 1 you can be executed for your belief. A lot can change in a few decades. |
| John Bytheway: | 00:12:54 | I've got in my margin, no religious liberty? How did that happen? And also, a day set apart. Okay, it wasn't random. Samuel the Lamanite was so specific, Helaman 14:2, "Five more years cometh." We usually don't get prophecies that you can put in your planner like that. These people had been watching for that day to see if those signs would come to pass. And the only thing I can figure guys is, as it says, "The Gadianton robbers had gotten into the judgment seats." Because like you said, Hank, what happened to that, "No law against a man's believe." |
| Hank Smith: | 00:13:31 | Now Craig, 3 Nephi 1, you're right on here, is full of fear. The unbelievers are fearful that actually this sign is going to happen, so they're panicking. The believers are fearful. Where does fear come from? In your experience as a coach and a mental trainer, that's kind of a big question, "Where does fear come from?" Maybe the better question is, "How do I know if I'm stuck in fear? How do I know if I'm acting in fear?" I'm sure you've had athletes who are terrified of the stage, that world stage? |
| Dr. Craig Manning: | 00:14:04 | Absolutely. Fear is, we have science to prove it now, because this is not theory. Since we have access to the functional magnetic resonance imaging machine, so an fMRI, we can see the actual heat signatures in the brain, which is the processing, and we can see gray matter now. The science is incredible in neuroplasticity, which I know I got my PhD in performance science, but my emphasis was neuroplasticity, which is the |

science around how the mind is always learning and growing, and we can see it. To answer your question, there's two parts or three, but the main two is the amygdala and hippocampus, and the amygdala is what houses fear. So, fear is reactive self-talk, to answer your question. Anytime when a reactive state of mind is, don't miss this, don't hit the water in the fairway, to talk golf. Whenever you have that mindset, you are creating an idea, a construct that is fundamentally reactive that triggers the fight or flight response.

00:15:01 Because we all have this antenna at the top of our brain. The brain is hardware when we talk about it, and the mind is software, the programming. But our brain has an antenna on the top of our brain constantly reading, are you a friend or foe? Is that dog a friend or foe? And then only recently the researchers have added a third element of neutrality. Some people send mixed signals. Constantly trying to be aware and be safe. That's at the very root of our survival is to be safe. So, what keeps us safe? Well, truth does, but when we don't have that, that triggers the fight or flight response, which are both emotional responses. Fight creates anger and flight creates high anxiety. And those are both emotions, not thoughts. They're both emotion to try to control to make themselves feel safe. That's why so many people when they're, if we talk about aggressive people or angry people, they're not bad people.

Dr. Craig Manning: 00:16:00 They're scared and they're trying to control their environment somehow, and the way they control it is try to be more authoritative or more dominant than some others where passive people are in that flight mode. And both of those, so there's the layers. Fear is a construct or a concept or idea theory that leads to the emotion, vital flight response, anger and high anxiety, not just anxiety, high anxiety, I want to be very specific there. Low to moderate anxiety is actually good for us, but high anxiety isn't. And then they both lead to aggression, which is where we act on that anger or where we act on that high anxiety. If we continue to create bad mental habits throughout our lives, you're actually thickening and generating more gray matter in the amygdala, so you become an ornerier, grumpier, more dysfunctional person as you age, unfortunately. The bigger that grows, the more you're struggling to cope with life.

00:16:53 The direct opposite of fear is learning, because learning is constructs, theories, ideas, words, why we love the gospel principles, fear is the opposite. So if you're always in a learning mentality, always learning from every situation in your life, always learning and becoming like Christ, I'd love to talk about that if we have time. That the ultimate level of happiness is who

we are and who we're becoming. If you have a learning mentality, there's no fear because you don't look at life as a threat, you look at life as something you can learn from to thrive. Then second in opposition to the fight or flight is memory recall. Think about all of what's going on right now, all of the signs and all of the stuff that's happened, and people forget it because they're always in that fight or flight response. Can you see how important memory recall is to simply, how many times does the scripture say, remember, remember, remember? Well, memory recall is the complete opposite of fight or flight. People that are always in fight or flight lose their memories as they age.

00:17:55 The best athletes I ever have been blessed with the opportunity to work with, they have phenomenal memories. They remember everything. This time this one athlete I worked with in Milwaukee years, it's been like nine, we're into our 10th year and he'll say, "Do you remember that first session that you did in Utah up there?" And I'm like, "Yeah, I remember it." English is not his first language. And he says, "I remember that session. You said this, this and this." And I'm always like, "I cannot believe how good your memory is." This guy remembers everything. Okay, so memory recall is second.

00:18:29 Then third in opposition to aggression to where our emotions run and react with aggression is spatial awareness. I love this, love this. [Elder Renlund](#) gave a [BYU talk](#) and his language was, the more we learn and grow, the more our life gets to a point we see things at higher vistas and perspectives. I love that we're not better people, we have more awareness of what's truth and what's really on. That is the most comfortable way to live. It's not living in ignorance and putting blinders on and trying to pretend that you're not aware of reality. That's the key is we need to be aware of truth and reality, but the more aware we are, the more you don't have fear anymore.

00:19:14 I absolutely love that because I think it fits the gospel and what's going on here. There's a group of people that are believers and they remember the signs. They know what's coming. They're anxious because of people around them that are going to have be impacted by it, but they're aware of what's happening and they know what's going on. And this other group that's now panicking because all of a sudden the consequences are happening. To me, I see the science of human beings happening through this whole section.

John Bytheway: 00:19:43 A few weeks ago they were interviewing [Jimmer Fredette](#) as he was preparing to be on that 3 x 3 team in the Olympics, and he

talked about having the gospel, having solid truth is so helpful because what's really important in life, and it actually helped. I think the way he said was, "It helps me to be calmer in sports because I know what's really going on." I thought, oh, what a great way to put it. It's not all in this basket oh no, what if I fail? It's not. Truth is still out there and that's where I've built my life. Did I get that right?

Dr. Craig Manning: 00:20:17 Yeah. Love that.

Hank Smith: 00:20:19 And John, Jimmer is a frequent listener to followHIM, so Jimmer, we love you. Thanks for listening. And Craig, maybe I can combine this with what John just said. Take our two questions and merge them into one. It seems that these unbelievers, one, rejoice over their brethren's difficulty, and two really act irrationally. Fear seems to do that to you is that, like you said, you want to become authoritarian and look down on someone and feel good when someone else is suffering, and then two, to act in a way that you probably wouldn't behave if you weren't in that fight or flight.

Dr. Craig Manning: 00:21:00 Love it. Yes, rational means real, which means reality. So you're building from this foundation of truth and what's real. And irrational is you're building off these to use the language, these lying and deceiving, these false things, but every living organism needs to find security and safety. So now when you don't live off truth, you've got to find some other way. And one of the temporary ways is to put yourself above and put others beneath and discredit others so you can feel more secure about yourself. The research calls it when we're angry, it actually inflates. Its ego inflating and you feel better about yourself temporarily. That's the problem with anger. When you get angry in sports, say you get angry and you're inflating and you play better for a moment, well, that's because you're fighting your ego and you temporarily have a greater sense of control over your environment, but it fades quickly.

00:21:50 But it creates this pattern of, well, anger actually helps me. Well, yes, for a very small time. Be careful because you create that habit and rely on anger, the reason it's helping you is you feel better than everybody else instead of focusing on you and being highly competent yourself. The competition is not with other people. The biggest thing I've done in all these years of working in sports is teaching people to stop comparing and stop competing with others and compete with yourself and build your own skills and your own competency. And honestly, being very blessed and being involved in two NBA championships, and I'll never forget one of them that we won, this particular athlete

the night before the game, I go over to his house to do a session and he answers the door and says to me, "Doc, I don't owe you anything." And I'm thinking, "Okay, this is night before game six, where are we going with this?" And he's like, "I just feel like I am really good with myself and I'm unapologetic myself."

00:22:42 He was just being himself. He was just being him. He wasn't competing with anyone else. He wasn't worried about the opponents not having any mental energy on anything else other than what he has control over and what he was responsible for. When he won that game and won the NBA championship, he performed at a very high level. So to me, it's the gospel. It's about us becoming. Who are we and who are we becoming? And it's super easy to add becoming like Christ, but that's what the science says, who are we becoming as human beings?

Hank Smith: 00:23:15 Craig, you have one of your players say to you, he's in the NBA, "Craig, where do you get all this stuff?"

Dr. Craig Manning: 00:23:21 Yeah. I'm super open. I'm very careful. I don't want to offend people. I try to be as careful. I don't want to be a careless person. I try to be as careful as I can. And yes, he said that and I'm like, "It's from the gospel. It's from scripture. Because if you do the science the right way and the gospel, so in alignment, they're so connected. Yeah, there's so many times with those that I know are okay with it, I'm like, "Yep, I got it from this scripture. I got it from this scripture." How do you know this? Well, yeah, I was working on it this morning and this is what I learned this morning, so this is where I got it from. All the time.

John Bytheway: 00:23:57 That's great.

Dr. Craig Manning: 00:23:58 Some of the most toughest, toughest individuals I had the opportunity to work with that are from really, really tough cities and tough backgrounds, the ultimate compliment, one day I was working with this guy that I love him and he was so tough and I'm trying to never tell him what to do. Just state the facts, teach them the truth and let them govern themselves. Never tell them what to do because these guys are so tough, they don't want you to tell them what to do. And he finally said to me, he's like, "Doc, you know why I love meeting with you?" And I'm like, "No, but I want to know." He's like, "Because you never tell me what to do. You just teach me the truth. And that's what I love." I'm like, "Oh, I got to write that down. Got to remember that."

00:24:37 People just want truth in the end. They don't want you to tell them what to do. They just want truth. Especially this younger

generation, they want truth to help them be, which is really what this is about. Lift up your head. We're trying to help people transform and be the best version of themselves. You got to teach them truth as best as you can so that they have that foundation, that rock to build off. It's not about us, it's about the truth. It's independent of us.

- Hank Smith: 00:25:04 That feeds right into [3 Nephi 1](#) as Nephi's people are under this deadline. Nephi goes to the source of truth. He doesn't go after the unbelievers. He goes right to the Lord.
- John Bytheway: 00:25:19 I like He's not doubting. There's a lot of people that are very sorrowful. Verse seven, oh, maybe the sign won't come to pass and Nephi's not that at all. He's, "Um we're waiting, we need the sign tonight or we're all dead." I don't know if it was the next day that was set apart by the unbelievers, but it sounds like it. We need that sign tonight. I love that he prayed all that day, which means he started in the morning and which means it must have been late into the day. So there's that fourth watch God as [Michael Wilcox](#) might say, waited until the last minute.
- Hank Smith: 00:25:54 Are you coming? Yeah.
- John Bytheway: 00:25:56 But he went to the source of truth. He wasn't doubting. He knew what truth was. He was just asking about the timing, it sounds like.
- Hank Smith: 00:26:05 John, I love that. I know the truth. I just would like to know the timing.
- Dr. Craig Manning: 00:26:11 He seems to push our faith to the limit at times, doesn't he?
- John Bytheway: 00:26:15 Yeah.
- Dr. Craig Manning: 00:26:15 Why do you have to stretch me so far? My father-in-law, we always said when I was doing my PhD to get down on your knees and pray to the Lord before you do your studies. I've created this habit. I like to wake up early in the morning, I'm a morning person, I like to go down to my office. [Jerry Seinfeld](#), he said there was a young comedian that caught him backstage after all of his success with Seinfeld and everything, the show, he asked for some advice and he said, "If you want to be successful, you need to write two hours a day. Not all of it gets in your show, but you got to write two hours a day." And he said, "Get a big wall calendar and get a Sharpie marker. And every time you get your two hours a day, you put a cross on it."

He says, "Don't break the kinetic chain. You got to do that every day."

00:26:57 And obviously I'm not going to do that on Sundays, but I've tried to do an hour a day. I get up early, go down to my office, I say my prayers and I try to study and as I study, man, the spirit opens up. I've got my binder here and I like to hand write all my notes. It's not coming from me, it's coming from the Holy Ghost. I'm just communicating to the Holy Ghost. When we understand the conscious mind is language and the soul of who you are is how you talk to yourself then. So therefore, how important is your language and your words when you're praying to the Lord? And how important is that connection to the Holy Ghost? Your language is everything.

00:27:36 And to make a point of that, I'm from Australia and I grew up playing tennis and I was on the tour for a few years, therefore I could swear not anymore, I could swear in every language there was on the tour. That's what that all means. When you're Australian and you played tennis, and you travel the world, you can swear in every language. And that was a bad habit that I had. When I came here and I joined the church after I got to Utah, I don't judge anyone that swears. I work with people that swear all the time. For me personally, that's what I had to do to learn the discipline on my mind. And I've tried my best to get good at that. And I find the more I'm deliberate with my words in my prayers and my communication, wow, the Lord just opens up and he gives you the answers if you're precise and accurate with your language. When you really ask with precision exactness the words, the Lord answers.

00:28:31 When you're vague in general, the Lord can't answer that. He can't do it for us. It's against his own laws to do it for us. He can't take our agency away. So we've got to pray with precision and exactness. And when you do that, the Lord answers. I'm just shocked at how many times just trying to take notes fast enough because of these ideas popping in my head. I'm like, I got to get this down before I forget this because this is good stuff. Or I'll be out mowing the lawn. And you've worked hard and you've been praying and working on a topic. You've got to put the mental work in to think through something. And then I'm out mowing the lawn and all of a sudden the ideas come in and I'm stopping the mower and getting my phone out, trying to remember these things that are popping in my head. And that to me is infinite intelligence. I don't know why we need approval from people in the great and spacious building when we have access to that.

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| Hank Smith: | 00:29:22 | Isn't that the verse 12 , "The voice of the Lord came unto him." The description of what you said there, pure truth. Walk us through what happens next. |
| Dr. Craig Manning: | 00:29:33 | I love 13 because this is me. He's asking the Lord basically in my own words, I'm like, why do you push us so hard? And the blessings and the answers finally come right when we hit that max, it seems like when we're just about to break. With 13, he wanted to know the time, the date of when this is going to happen. Sometimes I feel like, how much longer can I hang on with this before the emotions are getting the better of me? John, could you read 13 for us, mate? |
| John Bytheway: | 00:30:00 | Yes. "Lift up your head and be of good cheer for behold the time is at hand. And on this night, shall the sign be given and on the morrow come I into the world to show unto the world that I will fulfill all that which I have caused to be spoken by the mouth of my holy prophets." |
| Dr. Craig Manning: | 00:30:19 | Can you read 14 for us, Hank? |
| Hank Smith: | 00:30:21 | Yep. "Behold, I come unto my own to fulfill all things which I have made known unto the children of men from the foundation of the world, and to do the will, both of the Father and of the son. Of the Father because of me and of the son, because of my flesh and behold, the time is at hand and this night shall the sign be given." That's got to feel good. |
| Dr. Craig Manning: | 00:30:43 | Yeah, absolutely. If we go back to 13, the very first part, lift up your head and be of good cheer. That brings good energy. There's one more layer to the hippocampus, but after that spatial awareness, they call it emotional regulation. And what that actually is is where we create our own happiness. So many people wait for happiness to come to you, and they don't realize that we create our own happiness. And that happiness is even though there's tough times, like what's going on here, really tough times. Obviously, like you've said, there's a deadline here that some of us could be losing our lives, but still be of good cheer, which means to me is bring good energy. Just always got to have a good attitude, keep your head up, have faith, and bring good energy. And just to me is an application of faith. So I love that. Just always trying to bring good energy to life. And then the 14 that jumped out to me, there is the specificity and praying. And if you're specific in how you pray, the Lord will answer. And there that last line, the Lord answers a specific prayer with a specific answer. And behold, the time is at hand. And this night shall the sign be given. I mean, he gives an exact answer. And I've always seen that pattern is the more |

specific we are with our communication with the Lord, the more specific his answers are in return.

- John Bytheway: 00:32:02 You know what I love about this is, this is Christmas Eve and sometimes in our different traditions we imagine the wise men were the first to give gifts, but what did Jesus just do? "I will come tonight and all of you can live." I've always loved that, that maybe even here, Jesus was the one that gave this first gift. It's always been promised glad tidings, great joy and he comes and says, "Be of good cheer. I'm coming tonight."
- Dr. Craig Manning: 00:32:34 I love that too.
- Hank Smith: 00:32:35 The Come, Follow Me manual has a great idea. It says, "The Savior has used the phrase, be of good cheer on several occasions." And it lists some of those occasions in Scripture. And then it asks you to go read those and ask yourself what impresses you about these invitations? Read the surrounding verses about the circumstances in which the Savior said these words. What reasons does he give for people to be of good cheer? Craig, he doesn't just say be of good cheer, he says, be of good cheer because here's this truth.
- Dr. Craig Manning: 00:33:06 Yeah, love that. Emotional regulations where we create good energy. One of the ways you create good energy is gratitude. And I love [President Hinckley's](#) nine Be's and I don't know if you've ever focused on why gratitude comes first. I think this is why gratitude comes first. Gratitude is critical because when we're grateful, we're focusing on and directing our energy to the things we do have that we can be grateful for which creates good energy and that creates a good emotion. That's why gratitude is so important. It comes before being smart, so love the order there. Be grateful, be smart, be true, then be clean, be humble and prayerful.
- 00:33:45 I just from a mental health standpoint, understanding that gratitude was first out of President Hinckley's six Be's. I know that added more later, but the fundamental six, gratitude is first. How big of a deal is that? Well, because if you focus on the things you're grateful for, it's occupying your mind and creating good energy of something that's very stable and very real, not fake. Really spending the time and focusing on what are the things that I'm grateful for in my life and jotting down those, that's such a massive mental habit to create in your life, to always spend the time to focus on the things you're grateful for because of the tangibleness like, Hank, you were talking about how real that is. It's not fake at all.

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| Hank Smith: | 00:34:33 | In the Sermon on the Mount, when the Savior teaches the people to pray, that's the first thing he does. We are grateful and I have a feeling the Lord doesn't need our gratitude as much as we need gratitude in our hearts. |
| Dr. Craig Manning: | 00:34:47 | Such a good point. He doesn't need it. We need it. This is why now prayer is always starting with gratitude, the things we're grateful for, but try to be specific. The more specific you are, the more real it is and you're building from truth always then. |
| John Bytheway: | 00:35:01 | We sometimes think, "Oh yeah, Moroni's promise, Moroni 10:4." Don't skip Moroni 10:3. In Moroni 10:3, you're instructed to remember how merciful God has been from the creation of Adam down until the time you receive these things and ponder it in your hearts and that will fill you with gratitude. And gratitude is the gateway to revelation, and then you ask. I love that. Verse 3 sets you up to put you in a grateful pondering mindset so that then you can ask about this truthfulness of these things being the Book of Mormon. |
| Dr. Craig Manning: | 00:35:39 | Love it. It's great. |
| Hank Smith: | 00:35:41 | Craig, when you mentioned someone winning the NBA championship and how excited they must be, I can't imagine how excited these people must have been a thousand times the NBA championship that the sun goes down, but there is no darkness. That's the consequences. I went the distance. |
| Dr. Craig Manning: | 00:35:59 | Hey, can I take that to an everyday experience. For me, when we're going through something, you've got something with one of your kids or you've got something, whatever it is in life, financial or whatever it is, and you're having faith and you're believing that you'll get through it and you're just trying to overcome that little adversity that in comparison to what they're dealing with there in 3 Nephi. |
| | 00:36:20 | You have enough faith and you get through it when you pray to me. You're going through a lot and you really don't know the solution of the future, the uncertainty of the future, but you're praying and you're looking and then the Lord answers. And the answer comes back, here's the plan, here's how you can solve this. That to me just brings so much peace when through the prayer the solution comes up. Okay. All right. Now, I know what to focus on, now I know what I can do. |
| | 00:36:50 | I don't expect you to change the environment, but just help me know what I need to do to navigate this very difficult challenge. |

Love that, which is a lot more of a simplified version of what they're dealing with, but I couldn't imagine winning an NBA championship was, the emotion was amazing, but what would it have been like?

- John Bytheway: 00:37:07 I mean, I've tried to think about what was going on in the dwelling places of these Nephites and you're going, "Honey, tomorrow..." I don't know if honey was a term of endearment back in their time, but honey tomorrow, could be tomorrow, they're going to ask us if we believe. What are we going to say? Because what if they kill us and take our children? What are we going to do? And you could see the intensity of Nephi's prayer.
- 00:37:33 We need the sign or we're all dead. I just think that the relief, as you mentioned when going down to the sun, there was no darkness. The relief, I don't know if they were on their knees. I don't know if they were dancing in the streets. I don't know if it was a combination of those things. That's a pretty hard sign to fake. That's not like a magic trick with sleight of hand. It's not going to be dark all night long.
- Dr. Craig Manning: 00:37:58 I couldn't imagine the anxiety and the fear. We just had a high adventure camp this weekend with our teachers and priests and we got some crazy strong hikers and climbers that are experts in this. I'm not a hiker and climber. I was too busy playing tennis, so I never went to scouts as a youth. No skills in camping at all.
- Hank Smith: 00:38:20 You brought your tennis racket on the hike?
- Dr. Craig Manning: 00:38:22 I wish I had taken it I could have fished with that.
- Hank Smith: 00:38:23 There's a bear.
- Dr. Craig Manning: 00:38:23 A bear, yeah. That would've been even better because we did come across two spots where the bears had slept the night before. Long story short, as we go over this huge over the peak was 11,700 feet and we went over this summit or whatever it is. Next morning though a couple of our people in our group couldn't go back over or they didn't feel like they could. So we took the longer way, but it was flat and we got lost for three hours at least in my head. Again, just to keep in mind, I'm a complete and utter amateur and all I know is to follow the water and it'll lead us. But other than that, I don't know what I'm doing. Three hours trailblazing. Now, I know what that means is that means there is no trail. My mind though was constantly like, "Okay, follow the Bishop. He knows what he's looking for things." And he'd go up and look for trails. And it

wasn't registering in my brain, but he just kept going up. I just kept trying to focus on solutions making sure, I'm trying to think through are we making the right decisions on where we're going? And I was trying to be calm. My son says I was a bit moody, which I was annoyed by that. I wasn't moody. I was trying to make sense of this to try and solve it because I'm so out of my skill set. No idea what I'm doing. Trying to follow along.

00:39:35 Then we come to this place after three hours of traversing this river because we just said there's no room, trees, growth. There was just no room. Looking out for bears. We were literally afraid there could be a bear around. And then Bishop says, "There looks like there's some clearing there." And it wasn't processing, so I'm wondering... I couldn't imagine what they're going through, but they must have been in such a state of fear even when there was still light, it didn't get dark. I'd imagine that most people are still, "What's going on?" And Bishop is like, "That I think is the beginning of the trail."

00:40:08 And I was still, "What does that mean?" I was still in this place of not understanding. Then as we started to move towards, I'm like, "Oh, there's the trail, the path, the path back to salvation." Basically the path back to the rod of iron. This is like the rod of iron. The path is the rod of iron. Now all we do is we just stay on the path. We don't get off the path. Then we get back to meet the expert that's going to pick us up, and then there's Dairy Queen on the way down, which is the fruit from everything.

00:40:38 All of a sudden it hits me like, "Oh, there's the path. That's the rod. The path is the rod. Oh, we're good now. I just stay on the path and we're good." But up until that I couldn't imagine the anxiety and the stress they're thinking about. They must've been so confused and chaotic and destabilized, and so much anxiety and stress. And then when the first went down, I don't think they would all straight away go understand what that was actually happening at first.

Hank Smith: 00:41:03 Right. Takes a while to go, "Okay, wow."

Dr. Craig Manning: 00:41:08 Yeah. I always love this research. One of the fundamental purposes in a brain is for sense making organization and storage and sense making. We need somebody there to be able to make sense of what's really going on, and when you're in a fight or flight response, you're not making sense of things. You're spiraling. That's a separate part of the brain when you're in a fear state. That's why we need our leaders. That's why we need our bishops. That's why we need that. So when that sun goes

down, we need the prophets there. We need somebody there saying, "Oh, this is what's happening."

00:41:42 We probably needed those people around and those moments in life, I couldn't imagine what they're going through. There must have been so much fear and I don't know who was around them to help them make sense of that.

Hank Smith: 00:41:55 John, you mentioned this is a difficult sign to fake.

John Bytheway: 00:41:59 Yeah.

Hank Smith: 00:41:59 It says in [verse 22](#), "There began to be lyings sent forth among the people to harden their hearts to not believe in the things which" these four words "which they had seen."

John Bytheway: 00:42:14 Don't believe your eyes.

Hank Smith: 00:42:15 "The more part of the people still believed and were converted to the Lord." I think you're right on there. This is a tough thing to fake and even with someone telling you, "You didn't really see that."

John Bytheway: 00:42:25 "You didn't really see that," yeah.

Hank Smith: 00:42:27 "I did. I knew it. I knew that God knew it and I could not deny it."

John Bytheway: 00:42:32 I really liked the line in verse 16, "The great plan of destruction which they had laid for those who believed in the words of the prophets had been frustrated." What a contrast. Somebody has a great plan of destruction and somebody has a great plan of salvation, of happiness, of redemption, and these guys had a great plan of destruction. And then verse 20, sounds like all of those, it shall come to passes. All get checked in verse 20, "And it had come to pass, yeah, all things, every wit according to the words of the prophets." It must've been fun to etch that one right there.

Dr. Craig Manning: 00:43:10 I love it. So good. It blows me away how people, and it comes from the adversary, they want to literally try to deny something that's right in your face, but I think this is why the consistency of speaking truth wins out for the most part with most people. If you consistently teach truth and you can consistently try to be as real and as honest as you can be, you'll earn the trust of people. And I don't know which apostle said that, but God loves all his children equally. He does not trust them all the same. To

me, the consistency of teaching truth and the consistency of speaking truth, I think we earn trust if we do that.

00:43:52 And I love what that's saying there is that there are people in this world though that will try to deny something that is so tangible and so real, but they'll still try to deny that it's actually... I think they even have a word that they've created for that now, they call it gaslighting where that's a phrase that they now use to try to bring awareness to when people are trying to destabilize the very reality that you live.

Hank Smith: 00:44:13 Yeah. You didn't see what you actually saw. So, Craig, we've had you for quite a while and we've only done one chapter. Let's keep going. [Chapter two](#) begins with something you've already mentioned. People began to forget signs and wonders, and when they saw a sign or wonder, they were less and less astonished. It's pretty commonplace for a miracle to happen. What do you want to do with chapter two?

Dr. Craig Manning: 00:44:41 Just even in the summary, wickedness and abominations increase among the people. This is what happens when we're in fight or flight response. When we're in fight or flight, there's no emotional regulation. We're becoming completely led by emotions. Our emotions are dictating and controlling our lives and it's just a battle for who can be the most dominant at that time. We're in total survival mode at this point. And when we're in survival mode, good things are less likely to happen. A lot of bad things are happening.

00:45:09 But then what happens? We're in this fear state, we start looking for a sense of security and this is where Gadianton robbers, and we start looking for these extreme groups to surround ourselves who are trying to keep us safe. To me, we move further and further away from truth and we start trying to take from others because we're so insecure about ourselves and we go into that fight or flight response, which is survival, which is a scarcity mentality, and now we got to take from others.

00:45:37 We're losing self-awareness and we're blaming the environment. There's three ways we exist, human thought first, and those thoughts create our habits, which dominates our behavior. And the third is the environment. If you're not in control of your thoughts and your behavior, you have to control the environment. There's no other choice. There's two choices in life. You either control and master yourself or you're going to have to try to control somebody else. And that's what we're seeing here with all the wickedness. Now we're just turning into

survival mode and trying to take what we can from other people.

- Hank Smith: 00:46:12 Verse 2 stood out to me. There are people who are trying to get believers to imagine up some vain thing in their hearts that all the things that they're seeing, people deceiving them. And then this was an interesting phrase, "I'm going to lead you to believe that the doctrine of Christ is a foolish thing." That happens all over today from my experience is, "Okay, maybe it is real, but it's foolish." It seems that if I can make you feel foolish. This was Korihor's strategy, then you're vulnerable, right? As soon as you feel, "I'm the fool in this situation, I don't want to be the fool, so now I'm grasping." What do you have to offer me so I'm no longer the fool here?
- Dr. Craig Manning: 00:46:57 Hank, see, if we go back to some of the scripture at the beginning is they're trying to deceive. They're trying to redirect people's focus to something else, tying it back to the modern world. Bill George who's done a ton of research in the business world and written the book, True North, he says, "The biggest things, it's not how intelligent or talented you are, we get distracted." And I think that's exactly what the scripture is saying is these people are trying to deceive. They're trying to distract and get you to focus on something else.
- 00:47:24 [Bill George](#) says, "The biggest distractions of leaders, and I would say people is money, fame, and power." Those three, money, fame, and power. And to me that resonates with these vain things, money, fame, and power distracting you away from truth and the quality of person you are. But what I'm seeing is this diversion away from building around truth and when we build around truth, it's a flat culture. We don't need to be above. It's not a hierarchy. It's not about being dominant about somebody else and having people beneath us. We're all on the same level when we build around truth.
- Dr. Craig Manning: 00:48:00 And what's happening at this level now, these vain things, money, fame and power. These are distracting us, and this is the beginning of where we're constantly competing with other people and then that competition leads to wars with other people. And you see that as we go through 3 Nephi. By the end, it's like the secret combinations where we're trying to constantly take from others and fighting with other people. Because we're all about comparison with others, there's no collaboration anymore. At this point, we're moving away from rational, reasonable, logical thought, and civility, and moving to this world where it's just the strongest survive. Instead of evolving, we're going backwards at this point as a human race.

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| John Bytheway: | 00:48:39 | The end of verse two there, I just got in my margin, how could this happen? It says, "They began to disbelieve all which they had." Some of us question, did I really feel that or not? But this says, "They began to disbelieve all they had heard and seen." It reminds me of Nephi going, "You guys, you saw an angel." How do you explain that away? That's that gaslighting. You're disbelieving things you actually heard and actually saw. |
| Dr. Craig Manning: | 00:49:05 | Yep, and that's the opposite, memory recall is the opposite of fight or flight response, and that's clearly what we're showing there. And for anyone listening, again, why it's so important to live and build around truth. If somebody is gaslighting you, consistently state the facts. When you consistently state the facts, what you're doing is consistently stating truth for your own benefit so you don't let somebody else destabilize you by deceiving you. And that's right there in two where it says, "So led away and deceive the hearts of the people." And so to not let somebody deceive your heart, you've got to consistently state the facts. That is an application of faith. When you have faith, you've got to be strong in your self-talk. There's times that you know the truth and you've got to go over in your head what the truth actually is. |
| | 00:49:52 | That's the same for athletes. I was just working with an athlete a few days ago, when something happens and you know what really happened. So first, think about what really, really happened, and once you go over it in your head and your memory is strong and freshened up, consistently go over what you know really happened, and don't move away from that so you're not deceived. |
| Hank Smith: | 00:50:13 | A scripture came right to my head, Craig, as you were talking. It says, Joseph Smith history this is verse 25. Many people were trying to get him to disbelieve what he had seen, and he states the truth. "I had actually seen a light, and in the midst of that light, I saw two personages, and they did in reality speak to me. And though I'm hated and persecuted for saying that I had seen a vision, it was true." He just states the truth. State the facts. |
| John Bytheway: | 00:50:43 | Over and over. |
| Dr. Craig Manning: | 00:50:46 | So Hank and John, what we're talking about here is this is in our marriages, in our relationships with partners, with our kids, with our colleagues, how fundamentally important it is to do exactly, Hank, what you just said there. In all areas of our life, there's times where we need to consistently state the facts and the truth, and not move away from it. Because when we're under these moments where we're being questioned, or sometimes it |

feels like you might be interrogated a little bit, it's critical to build around truth. When you build around truth, it's not about us, it's just about truth.

- 00:51:17 What it does is it neutralizes the ego and it neutralizes this need for people to make things personal. And that's why we said from the beginning, truth is independent of us. And that's why it's so important, and it keeps life flat, where we're all worth the same and we're all doing this together. But when we lose that, it's now destabilizing other people and thinking I'm better than somebody else, and it's now just a constant battle in that the emotions are dominating things and it's all the fight or flight response. It's two paths. Which path are we going to go down? Are we going to go down the Savior's path or are we going to go down the adversary's path? And the adversary's path is not a fun way to live.
- John Bytheway: 00:51:56 I love the old saying that people are entitled to their own opinions, but they're not entitled to their own facts.
- Dr. Craig Manning: 00:52:05 Yes, absolutely.
- John Bytheway: 00:52:06 Oh, I love that idea of state the facts. I think sometimes self-talk, we have to do that. "I'm such a loser." Okay, now wait a minute. You've lost this one thing, but you've done lots of other things. And sometimes we have to state that to ourselves.
- Dr. Craig Manning: 00:52:21 John, in all of these meetings that we get pulled into at times, we just need to be really good at organizing and making sense of what really happened by simply stating the facts over and over again so we're not making it bigger than what it really is.
- John Bytheway: 00:52:35 Yeah, exactly.
- Dr. Craig Manning: 00:52:36 We're not beating ourselves up. I can't tell you how many athletes do that, John, that they're beating themselves up, and saying, "Oh, I was horrible. I played terrible." I'm going, "Okay, that's not accurate at all. Let's actually break down exactly what happened."
- John Bytheway: 00:52:48 Yes.
- Hank Smith: 00:52:49 Let me quote a great speaker here, and then Craig, you can comment on this. This is a BYU devotional called [The Power of Your Words](#), given back in 2017. This speaker says, "This is what doubt looked like for me. I would miss a backhand into the top of the net and say to myself, not again, your backhand stinks.

You can't make a backhand. Why do you even play this game? You just stink." He goes on and says, "The problem with doubt is that it doesn't stay isolated to your backhand. Doubt is a mental habit, and it can and does spread into other areas of your life. Not identifying the root of the problem at the time, I struggled on the tour for the next year and a half, ending my pro tennis aspiration. My poor performance would later be a blessing because I never made any money and I could still claim amateur status."

00:53:42 He goes on and says, "Since that time, I have seen self-doubt in many people, athletes, coaches, musicians, students, and children. As a bishop, I see it in my ward members who I'm a steward over. Once self-doubt takes hold of an individual, action is halted."

00:53:58 Craig, that's almost what we see here is once doubt takes over for these people, their hearts are hardened, their hearts are deceived, in verse two, and their hearts are led away in verse three. Craig. That was a great speaker.

Dr. Craig Manning: 00:54:14 Thanks, Hank. And going back to what, John, you said too is don't deceive ourselves in our own self-talk first, being truthful to ourselves is so fundamental. And building around truth and not lying to ourselves, which is what I was really doing as a tennis player with that example. I wasn't being honest with myself, and how that can spiral and get out of our control. Now, here's something I also want to bring up before we move on, but the answer isn't going the other extreme. So if we're saying that negative self-talk, which technically, that self-talk, everything I was saying is when I said, "My backhand stinks, I'm a terrible tennis player," those thoughts are reactive.

00:54:46 Some people say those who are negative, well, positive and negative is energy. My self-talk was reactive, which creates negative energy. What I want to adhere to is that was a bad spiral I'd get in. So some people would say, "Well, you need to be more positive to get yourself out of it." But the problem with positive self-talk is it's not really real. We want positive energy in life, and let's talk about positive and negative if you want, but they're energy, and you want to bring good energy. And that's be of good cheer, is bring good energy. But we need to be real, because we're not real, we're not building off a firm foundation. And when we're just trying to think positive all the time, it's a bit empty. It leaves too much empty space for the doubts and the fears to still occupy that, or it leaves too much space for bad mental habits to occupy the empty space.

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| | 00:55:33 | It wasn't enough just to go, "No, no, no, you're a great tennis player." It's too empty, it's not exact. If we're truthful. We're diagnosing the reality of what's happening accurately. And if you diagnose it accurately, your solutions will take you in a better place. But if you misdiagnose and you lie to yourself, either too negative or too positive, you're misdiagnosing reality and you can't make things better in the future, which is the 3 Nephi 13:34. "Take no thought for the morrow, for the morrow will take thought for the things of itself. Sufficient is the day." Meaning live in reality, and the better you would deal with reality, the better your potential future will be. |
| | 00:56:10 | That was my mistake. I tried to be positive, instead, I should have been real. "Okay, I miss into the tape, now what do I need to do to adjust?" Well, I need to aim higher. Can you see the solution? The science around rumination versus solutions, it's unbelievable the difference. There's a big difference between worrying and thinking. So many people say, "I overthink." Well, no, really what you're doing is you're worrying. Thinking is proactive and solution-based. It's not worrying, which is reactive and subtractive. |
| Hank Smith: | 00:56:41 | My friend, Doug Benson, he's a psychologist as well, and he says, "Those three words can really bless every area of your life." Check the facts. |
| Dr. Craig Manning: | 00:56:50 | Hank, I'd just double down on that. Living from reality, there's a new therapy that's getting a lot of traction globally, it's called solution-based therapy , and I'm a huge fan of it. You diagnose with accuracy what's really going on, and then you can build solutions from there. It's such a stable way, and it can eliminate so much anxiety and fear in your life if you live that way. Reality and solutions, reality and solutions all day. |
| Hank Smith: | 00:57:16 | Fantastic. |
| John Bytheway: | 00:57:18 | Craig, I taught this last weekend. I was quoting Stephen Covey. He had a group of youth, I believe it was, fold a piece of paper in half which created two columns. "Write on the left side what others think of me." He was surprised how the negative self-talk the kids had, "They think I'm dumb, they think I'm weird, they think I'm this, they think I'm that." And then he said, "On the other side, I want you to write what God thinks of me." And it was all truth. Scriptures, lines from patriarchal blessing. Sheri Dew says, "Go to sources that only speak truth." |
| | 00:57:51 | And then after they had the worth of souls is great and here's your gifts and talents, and your potential on one side and all this |

negative on the other, he just said, "Who are you going to believe?" That is brilliant. So I loved when you were saying that about self-talk, negative and truth, I thought, "That's what Covey did." Write down the truth on the right side and ask yourself, "Who are you going to believe?"

Dr. Craig Manning: 00:58:13 Yeah, here's a little habit for everybody listening too. I love something [Albert Einstein](#) once said, he said, "Question everything." But the context he said it at first was not questioning others, you're questioning yourself. So here's a little habit that I learned from Albert Einstein, is when I'm very conscious of my own thoughts and something hard is going on, and I'll have a thought, I'll say, "Is that accurate?" I ask myself that question, "Is that accurate?"

John Bytheway: 00:58:36 Is that accurate?

Dr. Craig Manning: 00:58:38 Is that accurate? I ask myself that question all the time, check the facts. Yes, same thing. And I'll say it with clients. I'm like, "Is that accurate?" Let's just get the facts right. Let's get the reality of the situation right first, because otherwise we're misdiagnosing and we're treating it with things that are never going to help us. So what is the reality of what happened? And those are hard conversations. I was teaching a student development class at BYU for about 15 years in just the first level of this content. They asked me to move it to Psych 338 for psych majors and upper level psychs, and it's very different. Performance psychology to general psychology is very different.

00:59:14 In the beginning of the semester, the students ask me questions, and at first the questions are quite aggressive and even rude because it's so different. "Wait, you guys are questioning me and you're not in the performance industry at all. You haven't been involved with any of this." That's my ego. As soon as my ego kicked in, I'm like, "No, this is my job. My job is to answer the hard questions." I have learned to love that. And you answer the hard questions by being accurate in your words. That question again, that habit of, "Is that accurate?"

00:59:45 I love that little habit of always asking yourself, "Is that accurate?" When somebody asks a hard question, I try not to let my ego get in the way. Listen to the question, listen to their words, and really try to answer their question. That's what our job is as leaders, is to answer the hard questions and not be afraid of the hard questions. I like the book [The Great Gatsby](#). My wife has got me reading it, and I love the end of that book. Scott Fitzgerald used this language, that if you've ever seen the movie or the book, at the end, he talked about, "Tom and Daisy

were careless people, and they didn't care about how the impact of how it impact others." I love that. I want to be a careful person. That's why our words, we need to be careful with our words so that we're aware of the accuracy in our own thoughts, first in our own head, and the accuracy in how we communicate with the Lord and the accuracy in how we communicate with others. Because if we do that, we're building from truth.



3 Nephi 1-7 Part 2

GUEST: CRAIG MANNING



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| John Bytheway: | 00:01 | Keep listening for Part Two with Dr. Craig Manning, 3 Nephi 1:7. |
| Hank Smith: | 00:07 | Craig, John, I've been looking forward all year to 3 Nephi 3 , which isn't something in 3 Nephi that everyone looks forward to, but, John, we have learned a lot about the adversary's playbook from people like, so far, Sherem, Nehor, Korihor, Amalickiah, and you can add Giddianhi to that list, because he writes this letter, and I think Mormon is brilliant putting this letter in here. You get into the mindset of someone who is an antichrist the way they think. |
| Dr. Craig Manning: | 00:43 | Yeah, total narcissist. He is a classic narcissist in this moment. |
| John Bytheway: | 00:49 | You read this letter and you think, is he serious? You can read a smirk. Hey, Lachoneus, noble chief and governor, yeah. |
| Hank Smith: | 00:59 | I'm going to help you out. |
| John Bytheway: | 01:00 | How can you not read this and go, "Wow, this is real drama." He's basically saying, "Surrender everything and give it to us, because I don't want the trouble of a war." |
| Hank Smith: | 01:09 | Yeah. |
| Dr. Craig Manning: | 01:11 | Oh man, he is trying to gaslight and blame Lachoneus for all of this. I just am laughing my head off as I'm reading this. This is the classical role model for a narcissist, and he's trying to narcissize Lachoneus, Lachoneus has no business with it. I love how he responds, which we've already talked about, stating the facts, so it makes me laugh when I read this. |
| Hank Smith: | 01:34 | I noticed the compliment that's meant to cause doubt. "I have great praise for you. It's almost as if there was a God." And then this pity. "I'm your friend here, Lachoneus, and it's just so sad." |

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| Dr. Craig Manning: | 01:50 | Can you see how he's trying to position himself above everyone else, and everyone else is beneath him instead of the flat where a leader really is out in front, not up above? |
| Hank Smith: | 02:00 | Then there's some intimidation in Verse 4. "My men have an everlasting hatred towards you, and I," Verse 5, "am feeling for your welfare. I'm here to help you." John, we've talked about this so many times. This is how the adversary is going to work in your life. If you see these tactics, you can know where they come from. |
| Dr. Craig Manning: | 02:25 | It's all about blame instead of being self-aware. When you're self-aware and aware of you, you won't get deceived like this if you're self-aware, and that's the two choices we made before. Every psychological issue is rooted in control, is what the science says. Let's go back to the primordial debate between the adversary and the Savior. Agency is about control. If you have self-control, you have agency. If you give your control away, your locus of control, the science calls it, you're giving your agency away. This is where you're at now is you have to gaslight people and try to swindle people and deceive others to be able to do the work for you. That's what's going on here is he's wanting others to do all of the work for you because you don't want to do it yourself. |
| John Bytheway: | 03:09 | We're introduced to this almost Captain Moroni-like character of Lachoneus, and his story goes by pretty fast, but he is in my mind up there like Captain Moroni. He could not be frightened by the demands and threatenings of a robber. Lachoneus's reaction is based in truth. |
| Dr. Craig Manning: | 03:27 | We all have different personalities and there's no end to the different personalities we have, but we all end up in this one mental place from an execution where we're arrogant, aggressive, assertive, or passive, tying it back to the modern-day world. It's so interesting. There is this innate laziness about arrogant people. Arrogant people don't want to do the work themselves, and so they want to put themselves above and put others beneath them so others will do the work for them. |
| | 03:53 | These Gadianton robbers, they don't want to do any work. They don't want to plow seeds. They want to take from others. That's that scarcity mentality, that fear base. When you're not building yourself and working on yourself, you have no choice but to want to take from others. And that's the very definition of a thief is you're trying to take from others and you're trying to scare others to do the work because you don't know how to take care of yourself, and that's why there's been so much |

research around how important it is to be self-aware. Obviously, Lachoneus is the ultimate example of that here.

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| Hank Smith: | 04:25 | Giddianhi offers something he can't give, which is freedom. "You'll be our brethren and our partners in all of our substance. You have no substance." Right? I'm going to bring all the substance to this relationship. |
| John Bytheway: | 04:40 | Yeah. |
| Dr. Craig Manning: | 04:40 | Yeah. |
| Hank Smith: | 04:42 | I've seen this, in our day and age, that you leave that church, you leave those prophets and you'll be free. You will have freedom. And I rarely see that work out. That's a scary place to be, is to start listening to offers from someone who absolutely can't deliver. |
| Dr. Craig Manning: | 05:01 | Yeah, and that's where I was saying, to me the line's here in 7, as you talked about. "Yield yourselves up unto us and unite with us and become acquainted with our secret works." Almost trying to seduce. It's a great thing, and this is, "Come and join our team," but you know what you end up doing is these people at the top don't want to do the work and they really want you to come just to do more of the labor for them. They want to control you, and you're giving your control away when you do this. You're giving your freedom away. But the secret works... I really continually worry about secrecy. Nothing good comes from secrecy. The opposite is transparency in speaking the truth. Secrecy leads to all sorts of deception and delusion when you walk in secrecy instead of being transparent about pretty much everything. |
| Hank Smith: | 05:50 | You talked about leaders at the top don't want to do any work, and I think of the exact opposite of our prophets and apostles. We literally watch them work themselves to the end. |
| John Bytheway: | 06:02 | Yeah. |
| Hank Smith: | 06:02 | We watched President Monson. Do you remember his opening conference talk as President of the Church? He's wiggling his ears. And then take his last conference talk where he can barely stand. I like what you're saying here, Craig. The Gadianton Robbers, the leaders, they want to do any work. Maybe you can notice a leader, a true leader, a leader of truth, by the amount of work they're putting in. |

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| Dr. Craig Manning: | 06:26 | Yeah. People that are really honest aren't deceiving themselves from what they need to do, and that's at the root again, and that's where the laziness is a little bit of a byproduct of we're deceiving ourselves on what actually needs to be done and where. Then, when we get in that place where we're lazy and we're not doing it ourselves, we're dependent on others doing it for us, and so that's where we need to control others because we're not in control of ourselves. Remember, every psychological issue is rooted in control, and we really want to learn to control our own thoughts and control our own behavior, because if you don't, you have no choice but to try to control others. |
| Hank Smith: | 07:01 | John, you've heard me say this before, but he calls his side the good side. He swapped woe to them that call evil good and good evil. He did that in Verse 9. If I can get you to think you are the bad guy, then you got your friends and your enemies mixed up. |
| John Bytheway: | 07:18 | Really important not to confuse your friends with your enemies. I like Verse 11. "When Lachoneus received this epistle, he was exceedingly astonished." |
| Hank Smith: | 07:31 | It says, "The boldness of Giddianhi," but I think Craig would say the arrogance and the narcissism of Giddianhi. |
| John Bytheway: | 07:38 | Keep going. "Demanding the possession of the land of the Nephites, avenging the wrongs of those who had received no wrong, save they'd wronged themselves." Wow. |
| Dr. Craig Manning: | 07:49 | All of that projection is blame, and that's where people go down the wrong path where they start blaming and projecting things onto others and not being self-aware. |
| Hank Smith: | 07:58 | And then this phrase. You're thinking, what is Lachoneus going to do? He must be terrified getting this letter, and it's such a simple response. He was a just man. He could not be frightened by the demands and threatenings of a robber. That is the truth. Giddianhi thinks he's this and that and amazing. He says, "Man, you are a robber. You're a thief." |
| Dr. Craig Manning: | 08:20 | Yes, he just stated the facts: what we've talked about, can you see exactly how Hank even delivered it? He just doesn't get into the emotional drama when we're trying to control others, all this drama that's not real. When you just come back and state the facts, "You're a robber. This is what's really going on," it neutralizes all the emotional and ego and the drama that |

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| | | simplifies things and organizes things and makes sense of things. |
| Hank Smith: | 08:42 | I love it. It reminds me of... What does Nephi... He says, "We saw the people in the building and we- |
| John Bytheway: | 08:48 | "Heeded them not." |
| Hank Smith: | 08:48 | "We heeded them not." Didn't pay attention. |
| John Bytheway: | 08:51 | I think Lachoneus is a lot like Captain Moroni here, so Verse 12 . "He was a just man." He emphasized spiritual preparation first. The first thing he did was tell the people to pray to God for help. Then Verse 14, he prepared fortifications for defense. 15, he emphasized repentance. 19, he had the spirit of revelation and prophecy. Verse 21, he didn't take the offensive. You stay home and defend. It's one of the rules of warfare in the book of Mormon. Verse 25: "He gathered the people into one body and exhorted them to be of one heart." It's a Zion sound to that. "And then Gidgiddoni came along and caused them to make weapons." So it's very much like Moroni, because Moroni was always spiritual preparation first. Okay, and now we can make fortifications as well, but let's get our spiritual act together first, and then we can work on a defensive posture. |
| Dr. Craig Manning: | 09:46 | In D&C 4 , it talks about "with your heart, might, mind and strength." So heart is spiritual. Might is emotional. Mental and physical. In research, we even know that there's four intelligences. There's a spiritual, emotional, mental and physical. There's four intelligences, and it's so interesting. John points out you get the spiritual first because that's our moral compass. That's a reminder of where we're going, to get that right first. Then the emotion, which is the passion and the energy behind what we need to do, and then the mind and the physical. One of the things we're seeing... I mentioned assertiveness here. I love the part... They build fortifications. They don't go to attack the Gadianton robbers. They defend really their space. Agreed? |
| John Bytheway: | 10:26 | In Verse 20: "Now the people said unto Gidgiddoni, 'Pray unto the Lord. Let us go up upon the mountains and into the wilderness that we may fall upon the robbers. Destroy them in their own lands.' And Gidgiddoni saith unto them, 'The Lord forbid. If we go up against them, the Lord would deliver us into their hands. We will prepare ourselves in the center of our lands.'" |

Dr. Craig Manning: 10:46 Yeah. This is what I love, because they're not being aggressive. Aggression is when you're trying to occupy other people's space. You're trying to take advantage of others. You're trying to control others. I go back to the law of occupied space. It's the fundamental law of the human mind. There's space there, and that's why to be free, we need to have our own thoughts, and in order to have our own agency.

11:05 But what always happens when people are in the fight or flight response, when people are aggressive, they always want to take your space. They want to take something from you, because they want to occupy your space to try to control you, which is what we're talking about with the control. That's what he does there. Instead of going and fighting them and being aggressive against them, he's simply being assertive, and assertiveness is owning your own space. Even as we're on this podcast, there's space between me and both of you. There's space. So if I'm assertive and I'm an independent, healthy, high-functioning human being, I'm going to occupy 50% of that space. The other 50% is yours. I'm going to occupy my space.

11:43 To me, this is the ultimate example of Christ. He was not passive. When we talk about humility, sometimes we think humility is being self-deprecating. No, humility is not being self-deprecating. Humility is not putting yourself down. Humility is giving credit where credit is due. It's giving credit to the Lord, but it's not putting yourself down and it's also not being aggressive. Christ, He was never aggressive, but he was firm and steadfast. He found the balance, which is in the middle, and that's exactly what's going on here. We're not trying to fight other people. We're not even competing with other people. We're trying to be the best versions of ourselves, and that's what's very clear here in standing up, occupying 50%.

12:25 One more thing I want to say with people, in any of your interactions out there in the world, is it's not about trying to control other people. We want to control and be independent and responsible and self-aware, but you're going to come across some people in this life, in business, in athletics, in church that are softer, that are a bit more passive and that won't occupy their 50%, so be careful of those moments. Those are critical moments, because it's sometimes easy for us all to take more space than really what is ours for people that are a little softer and meeker, and this is what the best leaders, the best coaches, the best do. They occupy 50% and they invite other people to meet them halfway, and that's where the collaboration is.

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| | 13:09 | And that's clearly what Gidgiddoni is doing so skillfully here. He's standing up for truth and standing up for what is right, but not instigating anything and being aggressive. So I just love, from a modern-day world, he is the ultimate example of being assertive and not aggressive or passive. |
| Hank Smith: | 13:27 | John, do you remember when we interviewed Sister Aburto and she was timid to take time in her meetings with Elder Bednar, and he invited her. He said, "Please don't hold back. I want to hear all you have to say." |
| Dr. Craig Manning: | 13:40 | I loved hearing that. Yeah. |
| John Bytheway: | 13:41 | Same principle. |
| Dr. Craig Manning: | 13:43 | Yeah. |
| Hank Smith: | 13:43 | Yeah. |
| John Bytheway: | 13:43 | Yeah. |
| Dr. Craig Manning: | 13:44 | It's not about being aggressive. Think about Christ and how He walked and talked. He was firm and steadfast. And by the way, fight or flight is normal. It is fear-based and it is survival mode. But are we about survival or are we about thriving. |
| Dr. Craig Manning: | 14:00 | And to thrive, assertiveness is a learned behavior. You're not born with it. That's why we've got to become like Christ. We've got to work towards finding this balance and it's not easy. None of us should feel bad if we are a little aggressive at times or a little overly passive. That's normal. That's why it's a constant work in process and a constant learning, as we talked about learning earlier, constantly learning how to assert and be the best version of yourself without imposing your will on other people and finding that balance, and I think that's why I love this part. It's the ultimate example of that against people that some would argue it's better to go and be aggressive towards. No, I don't think so. Whenever you become aggressive, things don't go well. You're not blessed when you're aggressive. You're not going to find success when you're aggressive. At a basketball game, you get in trouble. |
| Hank Smith: | 14:51 | Craig, all you're saying reminds me of the brilliance of Section 121 of the Doctrine and Covenants . "We have learned by sad experience that it is the nature and disposition of almost all men, as soon as they get a little authority, as they suppose, they will immediately begin to exercise unrighteous dominion. No |

power or influence can or ought to be maintained by the virtue of the priesthood. It needs to be done with persuasion, long-suffering, gentleness, meekness, love unfeigned, kindness." This was how far ahead of its time?

- Dr. Craig Manning: 15:24 That's so good.
- John Bytheway: 15:26 Oh, that is one of the greatest human relations discourses ever. It's a letter from Liberty Jail. The guy is sitting in jail and he writes these letters that are amazing.
- Hank Smith: 15:39 It goes on to say, "Use kindness and pure knowledge." There it is there, Craig. Truth.
- Dr. Craig Manning: 15:46 Kindness to me is the application of unconditional love. That's the love. When we're kind with our words, we're operationalizing love. Here I am. I work heavily in the athletic world. You don't need to be aggressive, you need to be assertive if you want to be successful. I do not see aggressive people often being successful for very long. The best I would argue are predominantly assertive, not aggressive.
- Hank Smith: 16:10 And you said that aggressive anger, that will give you a bit of motivation, but it doesn't last.
- Dr. Craig Manning: 16:15 Yes.
- John Bytheway: 16:16 Craig, if you could kind of quickly define those again, the difference between being aggressive and assertive, I want to get that right in my head.
- Dr. Craig Manning: 16:25 Keeping it in an assigned space as possible is when we're aggressive, we're trying to occupy other people's space. We're occupying more than our fair share of their space. We're trying to control or dominate or... Not influence. It's okay to influence and try to persuade through language and kindness, but not to try to control people, not to try and always tell people what to do. And at a higher level, give people space to be free to choose for themselves but still occupy your space. And it's a balance. It's not easy. That's why no one's born this way. It takes work. I saw an article once and they called it... This is a long, long time ago. They called it "artificial intelligence." And I'm not talking about machine intelligence. I'm talking about being rational, reasonable, logical are learned behaviors. We're not born with those abilities. It takes discipline and hard work to learn to be rational.

17:15 Something I've learned is like honest is not just something we're born with. Little kids are the ones that write with red markers on the wall or paint on the wall and you catch them and it's like, "It wasn't me." They're innocent, but they don't know how to be really truthful yet completely. I mean they're innocent, they are truthful. But the more we age, we have to learn ourselves to be disciplined to see the truth and reasonable is this part of what we're talking about here. Reasonable is middle ground, trying to find the middle ground and not the polarization that [President Nelson](#) just keeps talking about, which is the polarization is the aggressive... is people taking aggressive sides and that leads to logical, the highest level of human intelligence is being rational, reasonable, and logical, which means being real, being reasonable, and being logical in your thought, which is the multiple data points in persuading through truth, multiple points of truth, not trying to dominate or dictate, but teach and teach people so that they can learn for themselves, which tying back to the modern world, is what transformation was, becoming like Christ.

Hank Smith: 18:19 Craig, I can hear almost every parent listening going, "Teach me how to do this with my children, how to not control them but yet control them."

Dr. Craig Manning: 18:29 Give them choices. Things changed in the year 2000 because the internet went public in 1993 and up until then, all wisdom and knowledge really was filtered down from parents, teachers, religious leaders, and it was filtered down from a top down. But then when the internet was invented, 1% of all communication or information transference was through the internet. But by the year 2000, 51% was being transferred. So that changed. So with that change though, information is coming from every direction, not just from parents, teachers, and religious leaders and that changed everything. What that created was... Traditionalist generations, baby boomers, Gen Xs like us, we were taught by those older than us that were further up the hierarchy, but with the invention of the internet, they get access from information from everywhere. And so what's changed is instead of following these rules and systems, we need to communicate more skillfully than ever, which ties back to Hank, what you're talking about.

19:33 The kindness in our words, but the accuracy in our words to teach and persuade and convince is so critical in the modern world. We can't tell them what to do. They switch off. They stop listening. You can bring the hammer down all you want, but they're not listening, it's not having any impact. So being skilled at using your communication in words... Which makes sense to

me because human thought is the soul of the individual anyway. It makes sense that the very glue of society is how well we communicate and I think about the prophets and the apostles and how precise and exact their words are and how accurate everything they say. I'm sure you get the opportunity to meet with them. I don't but high functioning people, one of these athletes I get to work with, every time we do a session, he has a pen and a paper there and his journal and at the point he's asking me how I spell words. I've never seen a high functioning person that wasn't disciplined and exact with their thoughts. Not once.

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| Hank Smith: | 20:32 | Sometimes I think I parent like Giddianhi with all this manipulation and threats. "I'm trying to control you," and it does, Craig... It has the exact opposite effect of what I'm hoping for. |
| Dr. Craig Manning: | 20:49 | It's hard. |
| Hank Smith: | 20:51 | Yeah. My wife, I think, frequently looks at me and goes, "Okay, well, let's learn this lesson again for the thousandth time that this doesn't work." |
| Dr. Craig Manning: | 21:00 | Oh, it's harder. Something that works for me, pray to the Lord and I ask the Lord, "Please help me to know the language. Please help me to understand. Please help me to know what emotion I can bring. What can I do to try to have an impact here? Because I can't control them, but what can I do to somehow be able to say something in just the right way that can have the impact?" |
| Hank Smith: | 21:23 | Craig, I like something you said earlier. Bring good energy to the relationship because sometimes with my own children, I think I bring negative energy. |
| Dr. Craig Manning: | 21:33 | That's the emotional intelligence. We talked about spiritual and the emotional is the energy. Think about your car. That's the emotion. Spiritual is the destination. That's the moral compass. The emotion is the engine. We got to control the energy. And so being aware of the energy you bring with your words, your tongue, your non-verbal communication and try to bring the right energy in the right situation. I have one of our kids who's just so skilled with humor. Try to learn from him, try to figure out how to bring the right humor at the right time. And wow, he's good at that and he's pretty young. I wish I could learn that skill better, but I'm trying to get better at it. And here's something I read once. This is not easy... So I'm quoting this, try to get as best I can. It said, "But this is not easy what we're |

talking about. But there is a difference between somebody that is just careless and somebody that is struggling, revising, and trying to upgrade their language and how they say and deliver to make an impact for good."

22:29 And I think that's why we're doing this. We're all struggling, revising, trying to upgrade our knowledge and understanding of the gospel all the time to know and have greater awareness so that we can become better. That's what evolution is, and I don't think anyone that's listening should beat themselves up as parents or I try not to because we're evolving. Evolution is learning. I'm just always trying to learn and always trying to get better and not dwell on the past because that's where the guilt and shame is like we talk about.

Hank Smith: 22:56 Yeah. John, isn't this fantastic?

John Bytheway: 22:59 Yes, so good. I want to add one thing about that 50% space because you know what came to mind, Hank, was the last verse. Shiblon gets one chapter, he's a good boy. He only gets one chapter. "Use boldness but not overbearance." I mean there's this 50% thing here. "Also, see that ye bridle all your passions that ye may be filled with love. See that ye refrain from idleness." One time I was in the JSB down at BYU and [Elder Maxwell](#), remember him, was in there talking and he said, "If the missionary White Bible..." They don't use that anymore. "But if it could be compressed into one verse, it might be Alma 38:12." And look at that space thing there. "Use boldness, not overbearance. See that ye bridle all your passions that ye may be filled with love. See that ye refrain from idleness." Another interpersonal relationship's great advice.

Dr. Craig Manning: 23:53 I know we've been talking about some pretty heavy things here, but if we can just talk about that spatial awareness because that's why... John, you were talking about that space, that space between people. 50% is mine, 50% is yours, that's very doable for anyone listening though. I'm going to take it to a safe place. In athletics, really high level athletics, it is about spatial awareness. You're aware of your body, your limbs, you're aware of the positioning on the tennis court and you're aware of what's going on. Ronaldo, one of the greatest soccer players to ever play, was asked in an interview this year of who he thinks is the next great up and coming soccer player. And he talked about Mbappe. The reporter asked him, "Well, why?" And he says, "Because he understands space."

24:35 I've always noticed this in a pattern with really high function people. They are aware of space. When you're aware of space,

you know and you can read the room and you can see in your relationship with others the gap there. Trying to find that balance as best as possible in parenting and everything we do. So I love that you brought that back up, John. Even if we go to a higher level... I've been playing tennis since I was six, so I can hit the ball where I want to hit the ball, but at the highest level, it's moving to the right space when you're not hitting the ball and most people don't notice that. Everyone wants to look at the mechanics and look at the other stuff and they don't see the positioning and the movement when you're not hitting the ball. Same working with the US Olympic team and the downhill skiers. It's getting your skis in the right position when you come down.

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| | 25:23 | In the NBA, it's moving to the right position. It's positioning, constantly putting yourself in a good position, which I think is the gospel. Constantly put yourself in good places, good thoughts, good places, good people all the time. |
| John Bytheway: | 25:37 | So good. |
| Hank Smith: | 25:39 | Let's keep going here. Chapters four, five, six, and seven, we still want to cover all of these. John, you know this story better than anyone. How do Gidgiddoni and Lachoneus respond? |
| John Bytheway: | 25:49 | Well, they've already moved into one body. They've got all their provisions in there. I've got on my margin "the triumph of food storage" because they bring everything inside and the Gadianon robbers sally forth, whatever sallying means, and they're running out of game. It says in verse four, I love this, that the Nephites had gathered stuff together so they could subsist for the space of seven years. "Seven years of bumper crop are on their way." So the footnote takes you to the story of Joseph of Egypt who did seven years of storage. The Genesis 41 footnote is there, and I'm reading verse five . |
| | 26:31 | I remember reading it when I was younger. "There's no way they could subsist, save it were to plunder and rob and murder." And I thought, "Well, they could farm." But then I read verse six, "They durst not spread themselves upon the face of the land insomuch they could raise grain lest the Nephites should have come upon them and slay them." A fascinating thing about hunting versus farming. Hunting has an immediate gratification. For them, that's the only thing they had prepared and now they had to attack because the Nephites had their food storage. |

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| Hank Smith: | 27:06 | Didn't you write that book too, Lessons from the Farm? How many books have you written? |
| John Bytheway: | 27:11 | I wrote one called Farm Wisdom for City Folks because I heard so many great talks that started out, "I was raised on a farm..." And I thought, "Man, I'm a loser. I must have missed out on a lot of stuff. I've got to figure out what they learned on the farm." |
| Hank Smith: | 27:29 | That's great. Seems like Craig was raised on a tennis court. That's what it sounds like. |
| Dr. Craig Manning: | 27:33 | Yeah, definitely. |
| Hank Smith: | 27:35 | I noticed verse seven that these Gadianton robbers, they have a great and terrible appearance. It's not that they're powerful, but they look powerful and they think that they're instilling fear into the Nephites. In this thing, they were disappointed, verse 10, for the Nephites did not fear them, but they did fear their god. |
| Hank Smith: | 28:00 | What's the answer to fear here? Because I'm looking at this army and they're coming for me and I could be terrified! |
| John Bytheway: | 28:08 | Yeah. They sound scary to me. |
| Hank Smith: | 28:10 | Yeah. |
| Dr. Craig Manning: | 28:11 | I had several thoughts when I was reading through that, and the first thing is don't be intimidated by aggressive people because when they don't get what they want, which is what's happening here, when they can't control you, when they can't manipulate you, they want to intimidate you. The biggest thing they're trying to do is control the lines of communication. If we bring this back to the main world, so don't be intimidated by aggressive people, by how they look at their tone and they'll get angry at you at times. They'll increase their tone. Just continue to communicate. |
| | 28:37 | And that's the firmness and the steadfastness, is continue to communicate and continue to be firm so that you're not letting them intimidate and to bully you. They're trying to bully them at this point. How we stand up for ourselves is to continue to communicate. Don't go passive and run from the situation because now you're in the fight or flight response. Just continue to stand up and to communicate, and we see what's happening here globally. This is why countries, not just individuals in states, but countries invade each other and get angry at each other |

because what we're talking about here, we're trying to intimidate each other all the time instead of communicating.

29:12 If we know truth, why are we intimidated by anyone? Why do we think other people are better than us or worse than us? We don't see the world as this hierarchy. It's more flat. Since I learned some of these skills to communicate and to understand what truth really is, I'm not really intimidated by other people. We're all people and we're all trying to do the best we can, and so I'm not really afraid anymore. They still say that speaking in public is the most stressful thing for people to do. It doesn't bother me at all anymore.

29:44 I'm just speaking the truth, and so I'm not intimidated by that. Or some of these athletes I get to work with. I'm going to a wedding here in a couple of weeks to Greece and apparently Mbappe is going to be there and some other people are going to be there, and hopefully that's an opportunity to be able to communicate with them because we're all human beings. We're all the same, and if you aren't afraid to communicate, there's no one to be afraid of. And just learning what I've learned is just, we're all human beings. We're all are of the same worth. I know the Lord probably trusts some more than he trusts others.

Hank Smith: 30:14 I like that. That's verse 10. "The Nephites did not fear them. They went to the source of truth. They went to God." It turns out that Giddianhi doesn't have the power that he thought he had.

John Bytheway: 30:25 All hat, no cattle.

Hank Smith: 30:27 All hat. That's what Steve Sorensen would say, our founder. All hat, no cattle. Verse 14, "Thus was the end of Giddianhi, the robber." Mormon's such a fun writer.

Dr. Craig Manning: 30:41 I hope everybody learns from this. It's the same in the business world. This idea, and it's not necessarily Hollywood, but sometimes I'll do this at the best leaders or the people we should revere are the people that are this dominating figure. But truthfully, in my experience being out there in the business world and the athletic world, the highest functioning people are the most real. It's not this fake bravado in this show of superiority and trying to intimidate people. That's not how it is out there. The best leaders in business are authentic, humble people. They're not the showy thing, the majority of the time. The best athletes I've had the privilege to be able to work with are incredibly humble kind people when you get to get close to them. They're not the showy. They're real, real people.

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| | 31:28 | I've found over and over again, the highest functioning of people are the most authentic. They're the most real, and they care about truth and if you are not speaking the truth yourself, they don't think they can trust you, so they don't see the connection there. They're too busy because they've got too many other people that want something from them, so if you don't speak the truth and you're not real with them, they move on quickly because it's not something of value to them. We bring value being ourselves. Here's another comment I heard once. "What makes you interesting is who you really are." And the truth is interesting enough, you don't need to elaborate. The truth is what makes you interesting. |
| Hank Smith: | 32:08 | I remember reading the book Good to Great years ago and it said, "The best leaders have incredible drive and incredible humility." |
| Dr. Craig Manning: | 32:18 | Yep. |
| Hank Smith: | 32:19 | Wonderful combination. |
| John Bytheway: | 32:21 | Okay, so Giddianhi is gone. Verse 18, "This was an advantage to the Nephites", this new Zemnarihah. It was impossible for the robbers to lay siege sufficiently long to have any effect upon the Nephites because of their much provision, which they had laid up in store and because of the scantiness of the provisions among the robbers." Eventually Zemnarihah, verse 28, was taken and hanged upon a tree and then they fell the tree to the earth. They cried with a loud voice and kind of did a psalm. From what I've read, they cut down the tree because they didn't want to make a monument to a bad guy, a bad example. |
| Hank Smith: | 33:01 | Oh, okay. |
| John Bytheway: | 33:02 | We can think of what was the burial place of Osama bin Laden. |
| Hank Smith: | 33:06 | Yeah, put him right in the sea. |
| John Bytheway: | 33:08 | Nobody knows. We're not going to accidentally make a shrine to a bad guy. Then they cut down the tree so that it wouldn't become this monument in town. Then here comes this gushing of gratitude. |
| Hank Smith: | 33:20 | Yeah, I wanted to point out verse 33 to you, "Their hearts were swollen with joy." There's that gratitude, "Unto the gushing out of many tears," and here's the humility. "They knew it was because of their repentance and their humility that they had |

been delivered from everlasting destruction." There's the truth you were talking about with gratitude, humility.

Dr. Craig Manning: 33:45

I love the confidence in the gospel and the humility, confident humility. Those two words just jump out to me so much. Be confident, which is faith, right? Have faith in the gospel and be confident, but stay humble, which is the learning part to me as well, and I love that that's jumping out right there. Such a good way to live life when we really see the good path and the bad path. What a good way and simple way to live if we stay humble, stay confident in the things we've been taught and confident in the blessings of the gifts the Lord's given us and yes, I love that a lot.

34:20

I was just opening up that idea for a minute because I love how, I think it was [President McKay](#) in 1965 gave a talk on the six things we'll be judged on. Number one was how you treat your spouse. Number two is how well do you know your kids? But number three was what have you done with the God-given gifts you've been given in the pre-mortal existence? Which we've been given those and having gratitude for that is so fundamental as well as these lessons. So, being confident in who we are and what we've been given, which is the gratitude, but humble enough to keep learning and getting better is why, those are two words that I just always try to remember.

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Be confident, which is also assertiveness, which is big theme in this to me, the part we've been talking about here in opposition to the fight or flight response in aggressive and passive. So, that's where I'm at right now. There's just so much here around being confident, which is the firmness. They were firm and steadfast. Be confident, but humble is the big theme for me in this verse towards 4 and 5 a little bit as well, confident but still humble.

Hank Smith: 35:23

John, Craig, with the last portion of our episode here, why don't we do a quick summary of chapters 5, 6 and 7 and then highlight the verses you want to do.

John Bytheway: 35:33

[Chapter 5](#), things are good for a while. We have this really great introduction of Mormon who tells us, "Hey, I'm Mormon," and he gives this great verse, which we have to comment on, and a really powerful statement about the gathering of Israel in the last few verses. And then this pride cycle gets going again in chapter 6, we have people divided into classes. There's some good things, but then the pride shows up and in chapter 7 we have a chief judge murdered and then they start to divide up into tribes.

- 36:04 All of this is leading up to, we know the Savior's coming. As we have said, and [President Benson](#) used to say, "Hey, you want to know what things are like before the second coming? Study what they're like before his first coming in the Book of Mormon." Here we come. Mormon kind of introduces himself in verse 12, "Behold, I am called Mormon, being called after the land of Mormon, the land in which Alma did establish the church among his people. Yea the first church which was established among them after their transgression."
- 36:33 And then this verse 13, I know that there's lots of missions around the church that have their missionaries. This is verse 13, "Behold, I am a disciple of Jesus Christ, the son of God. I have been called of him to declare his word among his people that they might have everlasting life." I was thinking about this because I wanted to say this. There is a line in the new [Preach my Gospel](#) that I think is one of the best lines. It's the title of a lesson, it's on page 76, and it sounds like the outcome that we are all going for, and here's the sentence, "Becoming Lifelong Disciples of Jesus Christ."
- 37:15 You could unpack a lot in becoming, which you've already mentioned, Craig, it's a process. Lifelong, not part-time or one-time, but lifelong disciples, and we know what disciples are. There's discipline implied. It's just a great phrase. This is what it's all about. [President Nelson](#) might say, "Stay on the covenant path." Another way to say it, become a lifelong disciple of Jesus Christ, and Mormon kind of throws that idea at us right there.
- Dr. Craig Manning: 37:43 Yeah, I love it. Super interesting, so I'm taking it away from here for a minute. So [Socrates](#), they say is one of the first to break down the concept of happiness, which comes back to those neurotransmitters, dopamine, serotonin, and actually anandamide is another one. What he talks about is there's four levels, so I break this idea down. The first one is material objects, and he called it Laetus, I think the first level of happiness, which means material objects. So, I'm very happy when I'm sitting on my couch because I'd rather sit on my couch than on the wood floor, but it's temporary. It's not stable.
- 38:17 Then he talks about ego-bound achievement, which so many of us are raised that way that we find happiness by success and doing well. Then the third level is doing good in this world, which I know we're big believers in that, but it's also temporary because every time you do something good, you need to do it again and again, and that's where you get the dopamine hit from doing it, which they're real happiness, those neurotransmitters. But he said the ultimate level of happiness is

the fourth level, which is transcendence, which is becoming, and who are you becoming?

38:47 I wasn't sure if it would fit today, but I'd like to just put that in there. That is where real, real happiness is, because wherever you are, that's who you are, and that's always there. That's stable and long-lasting, when we're always focusing on becoming. That's why we bring that up a lot. It's who are you and who are you becoming? Being aware of these God-given gifts that we've been given and understanding what those are and how are you learning truth so that you can become the best version of yourself, and we don't even know who that is. There's no end goal there.

39:17 That's what the journey is, constantly learning, being a disciple of Christ and constantly learning. To me, sometimes we think the gospel is some destination we're trying to get to, whereas instead, it's a constant journey where the light, if we will allow the Lord, he will mold us and sculpt us and we'll evolve as a human being. So in the end, we're doing all of this work to help others, but we're the ones benefiting from all of this because we're becoming, as we learn in this life. That ties back to the learning again. The more we learn, the more we become, the more we take that knowledge and wisdom with us.

Hank Smith: 39:51 Two things. One, it seems that Mormon has a mission statement. He knows who he is. The word discipline comes with being a disciple. So, two questions. One, personal mission statements. Two, how do you become disciplined, keeping the main thing, the main thing?

Dr. Craig Manning: 40:07 Yeah. To me, what's jumping out as you're saying that, I really see that too. What I often draw on the board with people I'm working with is knowing who you are, which is being real and being truthful. Tying back to everything we talk about, you've got to know who you are and know the truth. Only once you know who you are, can you know what you really want in life, and that creates the journey. That creates that mission statement, so to speak, of what your values and what you care about, and it's not about all these other things that make you happy. It's really knowing who you are and who you're becoming. It's the becoming that really ultimately makes you happy. Who are you and who are you becoming?

40:42 Becoming like Christ is the highest level of happiness. Think about, John, something you said about the farmer. If you plant the seeds and you do this and you work on these skills and you work on building these good habits and you work on the

wisdom and knowledge and you work hard to learn and grow, you end up this high functioning human being in the end. If you work on yourself, you become like Christ, you become high functioning.

- 41:07 To me, that's the gospel in action. It's not something that we do because we're told to do it. We're doing this because it actually benefits us at such a massive level, we don't even realize the lessons we're learning as we go through these experiences and who we're becoming. We go and do these high adventure trips because it helps us all to become better over time.
- Hank Smith: 41:31 Craig, let's move to [chapter 6](#). John brought up, the people began to be distinguished by ranks according to riches and education. Some were in poverty and they couldn't get an education because they were in poverty. There's lots of pride, but yet there's lots of humility. Then shockingly, verse 14, the church starts to break up because of all these class distinctions.
- Dr. Craig Manning: 41:57 I think I know what you're getting at there.
- Dr. Craig Manning: 42:00 When we're becoming like Christ. We don't need those CEO, those class distinction titles to define our identity. Our identity's tied into the person we are, and what negates the pride cycle is, when you're good with who you are you don't need other people to tell you who you are. You don't need their approval anymore. We don't need the fame and we don't need the power because we're good living our life and we know that happiness comes from that.
- Hank Smith: 42:25 Verse 13: Some were lifted up in pride, others were exceedingly humble. Some fight back, they go after the aggression, others don't attack after being attacked, but were humble and penitent before God. John, you're right. It's getting chaotic here before the Savior's visit.
- John Bytheway: 42:44 When we saw some oneness under Lachoneus, one body, one mind, one heart, Zion, verse 12 is the opposite. They're breaking up ranks. I really love this phrase: "Their chances for learning." It's not their capacity for learning, it's their opportunities, and some just didn't have that. I have to go to the Perpetual Education Fund because the Philippines, where I served my mission, was one of the first places that that took hold. And I had mission companions.
- 43:15 My standard of living from a middle class family in Utah went down to be in the Philippines, to have no air conditioning, to

have cold water. And some of my companions, their standard of living came up to be on a mission. I came home to hot water and refrigeration. Some of my companions went back to poverty. [The Perpetual Education Fund](#), one of my former companions, is in charge of a school over there called ACE, and it is so fun to hear the stories of what that has done for people to increase their opportunities for learning. I think that is the most Zion idea, to give people the Perpetual Education Fund, opportunities for learning around the world. Such a Zion thing for our brothers and sisters. We used to donate, and now I think it's self-sustaining.

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| Dr. Craig Manning: | 44:12 | Wow, that's incredible. |
| Hank Smith: | 44:15 | I remember when President Hinckley brought that up. As a teenager I didn't know really how terrible the world was for some people. This was a chance. |
| John Bytheway: | 44:25 | Some of my companions, they're earning 10 times more than they could've before. They are now taking opportunities to bless the poor, which every Christian is supposed to do. It's so cool to see what that has done. And it's not only in the Philippines, it's all over now. But it's such a great opportunity to help our brothers and sisters have opportunities for learning. |
| Dr. Craig Manning: | 44:46 | I love that, too. |
| Hank Smith: | 44:48 | Craig, in chapter seven verse five, the people yield to the power of Satan. They turn from their righteousness in verse eight and then this phrase: "Like the dog to his vomit." |
| Dr. Craig Manning: | 45:02 | Yes. Yep. |
| Hank Smith: | 45:04 | Such an interesting phrase. Could you be more descriptive, Mormon? What are you trying to say? |
| John Bytheway: | 45:10 | I've asked my students before, how many of you deleted an app because it took too much of your time? And almost all of them have raised their hand. And then I said, "How many of you have re-downloaded that app?" And almost all of them raised their hand. Why do we regress? Have you ever seen an athlete? They're moving forward, they're making progress, and then they fall back. |
| Dr. Craig Manning: | 45:30 | One other there in verse six. Secret combination. I just have a pet thing about that secrecy thing. I know it's come up multiple times. But I think what happens, coming back to this regression, |

is you tied it back to the word discipline. We get to this point that we think we have arrived. And this is where some of the theme that's going on here is the status and the ranks and everything. We're all trying to think we've arrived and think we get to this place. That now we're done and we can be lazy again and not have to work, and we're above other people, and we're entitled to this. This sort of mentality we're seeing, and that's what separates us and divides us and puts us into this perpetual competition with other people all the time. And it's dangerous. And I think that's where we get to this place that we're not continually working on ourselves and working on getting better, and we've lost that learning.

46:18 We think we've arrived. That's probably the best way I can say it, is in athletics, when people yield is they think they've arrived and they don't want to have to put the work in anymore. They don't want to keep learning and they don't want to keep getting better. And then when you get in that place, you become territorial and you're trying to defend your turf all the time. And you become this aggressive person because you feel like you're losing that spot or that power that you've once had whereas, if we stay humble and we keep learning, we don't arrive. We're just constantly learning and trying to get better every day. The becoming never ends. We're always trying to become like Christ, to the day that the Lord takes us to the next life. It's always ongoing.

46:57 To me, the biggest thing that I see as a red flag: when people stop learning, that is always a concern because then they start looking to be territorial and build their fences and what is theirs in separation to working together and trusting others. But that is always the red flag. When people stop learning, it's a concern. When people are learning, we can keep progressing. And I think that's where the humility is tied to learning for me throughout all of this, but especially towards the end here. Can I also address the secret combinations? It worries me so much because what do we need to hide? If we're building up truth, I feel like that's the opposite of truth. When you're building off truth, we don't need to hide anything. When you're building off truth, you're never afraid at any point in time for any question. You can give your phone to anyone to look at that phone at any point in time.

47:44 There's nothing to hide. It's such a peaceful, freeing way to live, when you live off truth. There's never anything to hide. You always are open to things. But when you have these secret combinations, who are you to hide stuff from? And it's like this complex web you're trying to keep up this whole time of which

lie or whatever needs to be hidden from everybody. I'm not smart enough to handle that. I can't function that way. It doesn't work for me. I'm just so transparent to the point my wife doesn't tell me about Christmas gifts she's got hidden away because I can't keep secrets. I'm horrible. I just got in trouble for this the other day. Have the bandwidth mentally. I have enough good things I want to focus on without trying to hide things. It just complicates everybody's life when you're hiding things.

- Hank Smith: 48:29 I remember [Elder Holland](#) saying something to the effect of, "One of the greatest gifts you can have, the [peace of conscience](#) when you are alone with your memories."
- Dr. Craig Manning: 48:41 Yes.
- Hank Smith: 48:42 Craig, one last question, and this will be more of a personal question. This is 3 Nephi 7:21: "There were some who were converted to the Lord, as many were converted, did truly signify unto the people that they had been visited by the power and spirit of God, which was in Jesus Christ, in whom they believed." There's their rock. They're holding onto this truth. It has staying power. I think our listeners would be interested in your experience, how you can say that, "I've been visited by the power of the Spirit of God and I believe in Jesus Christ."
- Dr. Craig Manning: 49:20 For me, the answer to that is the specificity in prayer. When I pray and I'm specific and I'm asking real questions that I've thought through, I am consistently shocked at how He answers when I communicate with that sort of specificity. Why specificity? Because that means I'm being deliberate, I'm intentional, and I've thought through it and I've put work in. I'm not flippant at all. I'm careful and I'm communicating with the Lord, and I've put work in. And that, to me, I was taught once is what faith is. It's mental exertion. And so I put the mental exertion in. I've thought through it. I'm trying to figure it out. Pray with specificity, and I'm continually shocked that He answers with specificity when I do that.
- 50:04 And to me, the things that He's taught me and the things that He continues to teach me in my life, and the opportunities in the life, and the wife I've been blessed to be living with all this time, and the kids. There's nothing in me that has any doubts that this isn't true. I'm a member of this church because that's where I find truth and I know the absolute peace. You just said peace. To me, that is a big end goal, if there is an end goal, is peace for me.

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| | 50:33 | I have so much peace living the gospel of Jesus Christ in my life. I know truth is what negates fear, and I'm super grateful for learning all these life lessons. As I learn all of this I realize that happiness is created ourselves, and we create our happiness by how we articulate our lives in the world around us. That there's no bigger car or bigger house that creates happiness. We create happiness ourselves. And we can only do that when we're really truthful with ourselves, what really makes us happy. So very grateful for the gospel. The Lord brought me over here and showed me the truth. And I think I've been seeking truth for a long time. And He brought me here and showed me the truth, and I appreciate the opportunity on this podcast with the both of you. So thank you. |
| Hank Smith: | 51:23 | We loved having you, Craig. John, what a great day. |
| John Bytheway: | 51:27 | Changed my life. I'm going to be so much more careful in my prayers and I'm going to say, "Is it accurate?" Before I comment on the news or sports or politics or whatever. Such good advice. |
| Hank Smith: | 51:37 | Absolutely wonderful, Craig. We're blessed to have had you here. I'm sure our listeners are feeling the same way. If you want to, come onto YouTube and tell Craig what you think. We'll send him those comments. I think he would love to hear from you. With that, we want to thank Dr. Craig Manning for joining us today. We of course want to thank our executive producer Shannon Sorensen, our sponsors David and Verla Sorensen. And with every episode we remember our founder, Steve Sorensen. We hope you'll join us next week. John, I was looking at 3 Nephi 8: "There arose a great storm, such has never had been known in all the land." |
| John Bytheway: | 52:18 | It's coming, folks. |
| Hank Smith: | 52:20 | Yep. Things are about to get exciting, so join us next week on followHIM. |
| | 52:26 | Before you skip to the next episode, I have some important information. This episode's transcript and show notes are available on followhim.co. That's followhim.co. On our website you'll also find our two free books, Finding Jesus Christ in the Old Testament and Finding Jesus Christ in the New Testament. Both books are full of short and powerful quotes and insights from all our episodes from the Old and New Testaments. |
| | 52:51 | The digital copies of these books are absolutely free. You can watch the podcast on YouTube. Also, our Facebook and |

Instagram accounts have videos and extras you won't find anywhere else. If you'd like to know how you can help us, if you could subscribe to, rate, review, and comment on the podcast, that will make us easier to find. 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: 53:21

Whatever questions or problems you have, the answer is always found in the life and teachings of Jesus Christ. Turn to Him. Follow Him.

FROM CRIME TO CHRIST



- Hank Smith: 00:03 Hello, everyone. Welcome to followHIM Favorites. This is where John and I share a single story to go with each week's lesson. John, we're in 3 Nephi, 1 through 7. I was reading about the Gadianton robbers and how some of them converted and came back to live among the people, and I thought of a story I've heard you tell many times about a man who converted to the gospel.
- John Bytheway: 00:23 I was leaving a mall downtown Salt Lake City, and there was somebody standing by a table at Deseret Book at a book signing, so I went and bought his book. This guy's first name was Mario. He's part of organized crime, Hank. When he gets home, his wife says, "Hey, I let a couple of young men in suits in the house," and he's like, "What?" "Yeah, a couple of young men in suits. They're missionaries." He's like, "They're not missionaries, they're federal agents. I told you never open the door for anybody," and they have this big fight. She's like, "No, no, they were too young. I don't think they're federal agents."
- 00:54 Long story short, he's watching for them the next day. And he says they round the corner, one of them looked like he was about 12 and the other was maybe 18. I thought, okay, here's what we're going to do. I'm going to open the door and see if they'll walk past me because a cop will never let you get behind him. And I didn't know that. He learned that in organized crime school. He opens the door and these two elders walk right past him. Okay, they're either really highly trained or they're missionaries. They sit down to start to talk. Mario eventually becomes convinced, okay, these guys are really missionaries. And he starts firing every tough question he's got at them until it gets so late, one of the missionaries starts looking at his watch. Finally, Mario's like, "What's the matter?" And the missionary says, "Well, we have these rules. We're supposed to be in at 9:30, and it's 9:30 right now." Mario says, "If you guys leave now, you're never coming back." The missionary is like, "Can we call our mission president?" "Yeah, there's the phone."

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| | 01:55 | So he picks up the phone, and Hank, this is not a doot, doot doot, this is... This is an old phone. And he calls the mission president. "Hey, President, we've got this investigator." That's what we used to call them. "He has all these questions and he wants us to stay, but it's 9:30. What should we do?" And the mission president says, "Well, okay, I'll tell you what. You can stay till 10:30. Let me talk to your investigator." The mission president says, "Sir, would you follow these young men home tonight and make sure they get home safely? Because you know, there's some shady characters out there." Mario's like, "Yeah, I'll take care of them." |
| | 02:34 | Mario keeps taking the lessons. Eventually, he joins the Church and the bishop says, "Mario, you're in and we love you, but you need to be all the way in." And Mario's like, "Oh, they know. They know I'm still doing illegal stuff." And he has this horrible decision to make: do I leave the Church or do I leave organized crime? |
| Hank Smith: | 02:56 | Wow. |
| John Bytheway: | 02:57 | How do you normally leave organized crime, Hank? In a box. |
| Hank Smith: | 03:00 | Yeah. |
| John Bytheway: | 03:01 | You don't. |
| Hank Smith: | 03:01 | Yeah. Cement over shoes in the East River. |
| John Bytheway: | 03:04 | No, they kill you. |
| Hank Smith: | 03:05 | Yeah. |
| John Bytheway: | 03:05 | What happens if you leave the Church? They send home teachers. And so he's like, which one of these is worse? He plans, he schemes, he hid in a cabin even his wife didn't know that he had. And this is how determined he was. I have got to stay in this Church, I found something wonderful. He calls the boss and says, "I want to meet. I want out. I've joined this church." He just screamed at him on the phone. Finally set up a meeting and he says, "I walk into this abandoned warehouse." Hank- |
| Hank Smith: | 03:39 | My word. |
| John Bytheway: | 03:39 | If anybody sets up a meeting with you in an abandoned warehouse, what does this tell you? |

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| Hank Smith: | 03:44 | Yeah. |
| John Bytheway: | 03:45 | Don't go. He said, "My uncle was standing outside with a bat. My uncle," hitting this bat into his hand. And I don't think it was, hey, when we're done, let's play baseball, right? He's hitting this bat into his hand. And he pointed at this table like, sit down. He goes in there, he sits down, he says that the crime boss stands up and screamed at him for half an hour. He's finally like, is it my turn? He's like, "Look, I joined this church and I've become" what we used to, remember this is an old story, "I've become a Mormon." And the boss sits back in his chair and he goes, "Mormons. I know these people." |
| | 04:26 | Mario's first thought was, the Mormons are connected? Oh, wow, what a scam. I should have seen this coming. This is brilliant. He's like, "No, that's not it." He says, "I know these people." Apparently what happened, they had a newly elected governor in this state and he was a member of the church. This crime boss brought him a briefcase with a million dollars in it and said, "Hey, you do your thing, let us do our thing, look the other way. Here's a million dollars tax-free," and this governor, Latter-day Saint governor, said, "Take your money. Get out of here. I'm going to take you down." And this crime boss was like, "You're going to be one of them. If you do everything these people ask, I got nothing to worry about." And he walked out of the abandoned warehouse. |
| Hank Smith: | 05:16 | Wow. |
| John Bytheway: | 05:16 | And Mario said, "I think I'm going to take a bullet in the back," and he never did. |
| | 05:21 | Now, you're the bishop. What calling do you give this guy Mario? |
| Hank Smith: | 05:27 | I don't know. |
| John Bytheway: | 05:30 | Primary. Right. |
| Hank Smith: | 05:31 | Yeah, of course. |
| John Bytheway: | 05:32 | He was called to teach the 10-year-olds. He said, "When the bishop called me," and oh my goodness, Hank, I've been in this position before. "The bishop called me. I said, 'Bishop, I got to tell you something. I can't read.'" And I could just imagine the Bishop. Bishop's, "You'll be fine." |

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| Hank Smith: | 05:53 | You'll be okay. |
| John Bytheway: | 05:54 | Here's the manual. You're holding it upside down. Here. He doesn't know. Imagine how humbling. Mario walks into this room. He says there's three 10-year-old boys there, and he had to tell them, grown man, "Boys, I'm supposed to be your primary teacher but, boys, I can't read." I love the definition of the pure love of Christ. Love for Christ, love from Christ, love like Christ. Three 10-year-old boys said, "Sit down. We'll help you." They're reading the manual and they're sliding it back and forth and passing it back and forth, and Mario says, "Those boys taught me the gospel." And it wasn't what they read, it was how they treated him. |
| | 06:39 | If you get this book, the dedication says, "To my 10-year-old primary class." I was speaking about this at a big event in Cincinnati once. Somebody raised their hand. I mean, we we're in a room with 2500 women, and I just thought, take the comment. And I did and this woman says, "I'm sitting next to the person who wrote that book." She was the ghostwriter for the book. |
| Hank Smith: | 07:01 | Oh, wow. |
| John Bytheway: | 07:01 | And I talked to her afterwards and she said, "Yeah, he passed away last year as a temple worker." I'm looking at 3 Nephi 5. They did forsake all their sins and their abominations and their whoredoms, did serve God with all diligence day and night. And it talks about the Gadianton robbers, and Mario didn't do anything as bad as these guys. As many as repented of their sins and enter into a covenant were set at liberty. It's such a cool story. So when I read this, I think there's hope for everybody. |
| Hank Smith: | 07:33 | Wow. Set at liberty, and that's not just a physical freedom, that's a spiritual. |
| John Bytheway: | 07:38 | Yeah. |
| Hank Smith: | 07:39 | A spiritual freedom that he found. |
| John Bytheway: | 07:41 | Oh, absolutely. Changed his whole life, and passed away firm in the faith as a temple worker. How cool is that? |
| Hank Smith: | 07:48 | That's great. From crime to Christ. I love it. |
| | 07:53 | 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 with Dr. |

Craig Manning this week. He's awesome. Come and see what he does with these chapters, and then come join us next week. We'll do another followHIM favorites.