



*“Be Thou an Example of the Believers”*

## 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:

Is it possible for young leaders to play a pivotal role in guiding others towards a deeper connection with Jesus? Dr. Barbara Morgan Gardner embarks on a journey through Paul's letters to emerging congregations, revealing timeless insights on the roles of men, women, and youth in leadership positions and their vital responsibility to impart teachings.

#### Part 2:

Dr. Barbara Morgan Gardner delves deeper into Paul's letters. She discovers how the experiences of Paul, Timothy, and others continue to shape our understanding of the role of Bishops in leading others along the Covenant Path of Jesus Christ, including servant leadership.

# Timecodes:

## Part 1

- 00:00 Part 1–Dr. Barbara Morgan Gardner
- 00:23 Introduction to 1 and 2 Timothy, Titus, and Philemon
- 01:55 Introduction of Dr. Barbara Morgan Gardner
- 04:08 Leadership and mentorship
- 07:45 Dr. Gardner shares a story about building her personal area
- 11:53 Paul expresses love as mentor to Timothy
- 14:29 Paul builds leaders
- 16:41 Needing the Atonement of Jesus Christ
- 19:44 Leaders being vulnerable
- 23:00 Women speaking and teaching
- 26:05 President Ballard’s advice regarding counsel
- 27:49 Marg Mowczko’s research on women in the church
- 30:35 Leaders encourage women to study, teach, and preach
- 32:40 Timothy’s female family member of faith
- 35:29 Beginning the discussion on modesty
- 40:21 Dr. Gardner shares a personal story about chewing gum
- 43:26 Covenant relationship with Jesus and modesty
- 45:08 Reminders regarding judgment
- 47:36 Distraction and controlling your own thoughts
- 49:40 Worldliness
- 53:47 Dr. Gardner shares a story about swimming in Jordan
- 54:54 John shares a story about the Western Wall
- 55:57 Dr. Gardner shares a story about her aunt’s white carpet
- 58:16 Dr. Gardner shares a story about serving in the temple and swimsuits
- 1:00:08 End of Part 1–Dr. Barbara Morgan Gardner

## Part 2

- 00:00 Part II– Dr. Barbara Morgan Gardner
- 00:13 The office of bishop
- 02:42 President Hinckley “To the Bishops of the Church”
- 04:27 Elder Holland’s story about a bishop and his wife
- 09:28 Elder Bednar on balance
- 12:25 Leading when young
- 13:54 Joseph Smith’s ministering brother
- 15:35 Joan of Arc
- 20:08 Paul mentors Timothy regarding doctrine

- 23:16 President Nelson and Sister Oscarson about allowing young people to lead
- 27:20 Taking care of the poor
- 28:14 What we leave behind
- 30:17 The Law of Consecration
- 33:17 Takeaways from the scripture block
- 36:04 Fear or faith
- 39:02 Paul encourages scripture study
- 42:17 Encouragement when things are difficult
- 43:26 Fighting the good fight
- 46:38 Dr Gardner shares a personal story about her mom's last days
- 48:45 Overview of Titus
- 51:08 Teach the doctrine of Jesus Christ and being a builder
- 55:25 Philemon: the highlights
- 57:08 The prisoner perspective
- 1:00:29 Justification and grace
- 01:04:01 End of Part II– Dr. Barbara Morgan Gardner

## References:

Bingham, Jean B., and Barbara Morgan Gardner. "Empowering Young Adult Women through Female Role Models in the Old Testament." Empowering Young Adult Women through Female Role Models in the Old Testament . Accessed October 5, 2023. <https://rsc.byu.edu/vol-23-no-1-2022/empowering-young-adult-women-through-female-role-models-old-testament>.

<https://rsc.byu.edu/vol-23-no-1-2022/empowering-young-adult-women-through-female-role-models-old-testament>

Bonnie L. Oscarson Recently Released Young Women General President ImageBonnie L. Oscarson. "Young Women in the Work." Homepage - The Church of Jesus Christ of Latter-day Saints, March 31, 2018. <https://www.churchofjesuschrist.org/study/general-conference/2018/04/young-women-in-the-work?lang=eng>.

<https://www.churchofjesuschrist.org/study/general-conference/2018/04/young-women-in-the-work?lang=eng>


Capra, Frank, Albert Hackett, and Frances Goodrich. "It's a Wonderful Life." IMDb, January 7, 1947. <https://www.imdb.com/title/tt0038650/>.

<https://www.imdb.com/title/tt0038650/>


Elder Boyd K. Packer of the Quorum of the Twelve Apostles . "To Young Women and Men." Homepage - The Church of Jesus Christ of Latter-day Saints, April 2, 1989.

<https://www.churchofjesuschrist.org/study/general-conference/1989/04/to-young-women-and-men?lang=eng>.

<https://www.churchofjesuschrist.org/study/general-conference/1989/04/to-young-women-and-men?lang=eng>

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles  Elder Dallin H. Oaks. “The Keys and Authority of the Priesthood.” Homepage - The Church of Jesus Christ of Latter-day Saints, April 2, 2014. <https://www.churchofjesuschrist.org/study/general-conference/2014/04/the-keys-and-authority-of-the-priesthood?lang=eng>.

<https://www.churchofjesuschrist.org/study/general-conference/2014/04/the-keys-and-authority-of-the-priesthood?lang=eng>

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles  Elder Dallin H. Oaks. “The Parable of the Sower.” Homepage - The Church of Jesus Christ of Latter-day Saints, April 2, 2015. <https://www.churchofjesuschrist.org/study/general-conference/2015/04/the-parable-of-the-sower?lang=eng>.

<https://www.churchofjesuschrist.org/study/general-conference/2015/04/the-parable-of-the-sower?lang=eng>

Elder David A. Bednar of the Quorum of the Twelve Apostles. ““The Principles of My Gospel.”” Homepage - The Church of Jesus Christ of Latter-day Saints, April 4, 2021. <https://www.churchofjesuschrist.org/study/general-conference/2021/04/56bednar?lang=eng>.

<https://www.churchofjesuschrist.org/study/general-conference/2021/04/56bednar?lang=eng>

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles . “Called to Serve.” Homepage - The Church of Jesus Christ of Latter-day Saints, October 2, 2002. <https://www.churchofjesuschrist.org/study/general-conference/2002/10/called-to-serve?lang=eng>.

<https://www.churchofjesuschrist.org/study/general-conference/2002/10/called-to-serve?lang=eng>

Elder Ulisses Soares of the Quorum of the Twelve Apostles. “In Partnership with the Lord.” Homepage - The Church of Jesus Christ of Latter-day Saints, October 1, 2022. <https://www.churchofjesuschrist.org/study/general-conference/2022/10/25soares?lang=eng>.

<https://www.churchofjesuschrist.org/study/general-conference/2022/10/25soares?lang=eng>

Farnsworth, Brad, John Hilton, Jaclyn Neilson, and Jonathan Ogden. "Prophetic Use of the Pauline Epistles, 1970–2013: Religious Studies Center." Prophetic Use of the Pauline Epistles, 1970–2013 . Accessed October 5, 2023. <https://rsc.byu.edu/vol-16-no-1-2015/prophetic-use-pauline-epistles-1970-2013>.

<https://rsc.byu.edu/vol-16-no-1-2015/prophetic-use-pauline-epistles-1970-2013>

Frederick, Nicholas J. "The Language of Paul in The Book of Mormon: Religious Studies Center." The Language of Paul in the Book of Mormon. Accessed October 5, 2023. <https://rsc.byu.edu/they-shall-grow-together/language-paul-book-mormon>.

<https://rsc.byu.edu/they-shall-grow-together/language-paul-book-mormon>

Gardner, Barbara Morgan, and Daniel Becerra. "Come Follow Up: A Companion to Come Follow Me." BYUtv. Accessed October 5, 2023. <https://www.byutv.org/come-follow-up>.

<https://www.byutv.org/come-follow-up>

Gardner, Barbara Morgan. "All In: An LDS Living Podcast." #33: Barbara Morgan Gardner - How Women (and Men) Misunderstand the Priesthood and What We Can Do About It. Accessed October 5, 2023. [https://deseretbook.com/p/all-in-podcast-e33-barbara-morgan-gardner-how-women-and-men-misunderstand-the-priesthood-what-we-can-do-about-it?queryID=170bf4895642efab713282a8cd8821a2&variant\\_id=179735-audiobook-mp3-](https://deseretbook.com/p/all-in-podcast-e33-barbara-morgan-gardner-how-women-and-men-misunderstand-the-priesthood-what-we-can-do-about-it?queryID=170bf4895642efab713282a8cd8821a2&variant_id=179735-audiobook-mp3-)

[https://deseretbook.com/p/all-in-podcast-e33-barbara-morgan-gardner-how-women-and-men-misunderstand-the-priesthood-what-we-can-do-about-it?queryID=170bf4895642efab713282a8cd8821a2&variant\\_id=179735-audiobook-mp3-](https://deseretbook.com/p/all-in-podcast-e33-barbara-morgan-gardner-how-women-and-men-misunderstand-the-priesthood-what-we-can-do-about-it?queryID=170bf4895642efab713282a8cd8821a2&variant_id=179735-audiobook-mp3-)

Gardner, Barbara Morgan. "Barbara Morgan Gardner Homepage." Barbara Morgan Gardner. Accessed October 5, 2023. <https://barbaramorgangardner.com/>.

<https://barbaramorgangardner.com/>

Gardner, Barbara Morgan. "Christ's Power to Perfect Us." Christ's Power to Perfect Us . Accessed October 5, 2023. <https://rsc.byu.edu/tragedy-triumph/christs-power-perfect-us>.

<https://rsc.byu.edu/tragedy-triumph/christs-power-perfect-us>

Gardner, Barbara Morgan. “Endowed with His Power, You Are Ready to Lead.” BYU Speeches, August 16, 2023. <https://speeches.byu.edu/talks/barbara-morgan-gardner/endowed-with-his-power-you-are-ready-to-lead/>.

<https://speeches.byu.edu/talks/barbara-morgan-gardner/endowed-with-his-power-you-are-ready-to-lead>

Gardner, Barbara Morgan. Helping Female Students Rise to Their Spiritual Privileges. Accessed October 5, 2023. <https://rsc.byu.edu/vol-18-no-3-2017/helping-female-students-rise-their-spiritual-privileges>.

<https://rsc.byu.edu/vol-18-no-3-2017/helping-female-students-rise-their-spiritual-privileges>

Gardner, Barbara Morgan. “Helping Our Students Become Spiritually Self-Reliant.” Helping Our Students Become Spiritually Self-Reliant . Accessed October 5, 2023. <https://rsc.byu.edu/vol-13-no-2-2012/helping-our-students-become-spiritually-self-reliant>.

<https://rsc.byu.edu/vol-13-no-2-2012/helping-our-students-become-spiritually-self-reliant>

Gardner, Barbara Morgan. “I Will Hasten My Work in Its Time.” “I Will Hasten My Work in Its Time” . Accessed October 5, 2023. <https://rsc.byu.edu/fall-2013/i-will-hasten-my-work-its-time>.

<https://rsc.byu.edu/fall-2013/i-will-hasten-my-work-its-time>

Gardner, Barbara Morgan. “The Priesthood Power of Women in the Temple, Church, and Family.” The Priesthood Power of Women in the Temple, Church, and Family . Accessed October 5, 2023. [https://deseretbook.com/p/priesthood-power-of-women?queryID=51e869c1b1a7d3477fa3344aaa3a83a8&variant\\_id=170500-hardcover](https://deseretbook.com/p/priesthood-power-of-women?queryID=51e869c1b1a7d3477fa3344aaa3a83a8&variant_id=170500-hardcover).

[https://deseretbook.com/p/priesthood-power-of-women?queryID=51e869c1b1a7d3477fa3344aaa3a83a8&variant\\_id=170500-hardcover](https://deseretbook.com/p/priesthood-power-of-women?queryID=51e869c1b1a7d3477fa3344aaa3a83a8&variant_id=170500-hardcover)

Gaskill, Alonzo L. “The Truth About Eden: Understanding the Fall and Our Temple Experience.” Amazon, 2013. <https://www.amazon.com/Truth-About-Eden-Understanding-Experience/dp/1462112536>.

<https://www.amazon.com/Truth-About-Eden-Understanding-Experience/dp/1462112536>

Hawks, Val. “A Pattern of Integrity.” A Pattern of Integrity . Accessed October 5, 2023. <https://rsc.byu.edu/moral-foundations-standing-firm-world-shifting-values/pattern-integrity>.

<https://rsc.byu.edu/moral-foundations-standing-firm-world-shifting-values/pattern-integrity>

Hilton, John. "Come Follow Me." John Hilton III, September 29, 2023.  
<https://johnhiltoniii.com/come-follow-me/>.

<https://johnhiltoniii.com/come-follow-me>

Holland, Elder Jeffrey R., Elder Robert D. Hales, Silvia H. Allred, Carol F. McConkie, and Margaret D. Nadauld. "Modesty." Homepage - The Church of Jesus Christ of Latter-day Saints. Accessed October 5, 2023. <https://www.churchofjesuschrist.org/study/manual/gospel-topics/modesty?lang=eng>.

<https://www.churchofjesuschrist.org/study/manual/gospel-topics/modesty?lang=eng>

Holman, Marianne. "Elder Ballard: Women's Unique Roles Are Equal, Valued, Needed." Church News and Events. Accessed October 7, 2023.  
<https://www.churchofjesuschrist.org/church/news/elder-ballard-speaks-about-the-role-of-women-at-education-week?lang=eng>.

<https://www.churchofjesuschrist.org/church/news/elder-ballard-speaks-about-the-role-of-women-at-education-week?lang=eng>

Jackson, Kent P. "New Testament Prophecies of Apostasy." New Testament Prophecies of Apostasy . Accessed October 5, 2023. <https://rsc.byu.edu/sperry-symposium-classics-new-testament/new-testament-prophecies-apostasy>.

<https://rsc.byu.edu/sperry-symposium-classics-new-testament/new-testament-prophecies-apostasy>

Judd, Frank F. "The Epistles of the Apostle Paul." The Epistles of the Apostle Paul . Accessed October 5, 2023. <https://rsc.byu.edu/new-testament-history-culture-society/epistles-apostle-paul>.

<https://rsc.byu.edu/new-testament-history-culture-society/epistles-apostle-paul>

Mowczko, Marg. "Exploring the Biblical Theology of Christian Egalitarianism." Marg Mowczko, June 22, 2021. <https://margmowczko.com/>.

<https://margmowczko.com/>

Nelson President of The Church of Jesus Christ of Latter-day Saints, President Russell M. "Spiritual Treasures." Homepage - The Church of Jesus Christ of Latter-day Saints, October 5, 2019. <https://www.churchofjesuschrist.org/study/general-conference/2019/10/36nelson?lang=eng>.

<https://www.churchofjesuschrist.org/study/general-conference/2019/10/36nelson?lang=eng>

Nelson President of The Church of Jesus Christ of Latter-day Saints, Russell M. “5 Truths About Heavenly Father’s Love and Laws.” Homepage - The Church of Jesus Christ of Latter-day Saints. Accessed October 7, 2023. <https://www.churchofjesuschrist.org/inspiration/5-truths-about-heavenly-fathers-love-and-laws?lang=eng#>.

<https://www.churchofjesuschrist.org/inspiration/5-truths-about-heavenly-fathers-love-and-laws?lang=eng#>

“Nurturing the Eternal Partnership of Marriage.” Teachings of the Presidents of the Church: Gordon B. Hinckley: Chapter 10, January 1, 2016. <https://www.churchofjesuschrist.org/study/manual/teachings-of-presidents-of-the-church-gordon-b-hinckley/chapter-10-nurturing-the-eternal-partnership-of-marriage?lang=eng>.

<https://www.churchofjesuschrist.org/study/manual/teachings-of-presidents-of-the-church-gordon-b-hinckley/chapter-10-nurturing-the-eternal-partnership-of-marriage?lang=eng>

“October 23–29. 1 and 2 Timothy; Titus; Philemon: ‘Be Thou an Example of the Believers.’” October 23–29. 1 and 2 Timothy; Titus; Philemon: “Be Thou an Example of the Believers,” January 1, 2022. <https://www.churchofjesuschrist.org/study/manual/come-follow-me-for-individuals-and-families-new-testament-2023/44?lang=eng>.

<https://www.churchofjesuschrist.org/study/manual/come-follow-me-for-individuals-and-families-new-testament-2023/44?lang=eng>

President Gordon B. Hinckley First Counselor in the First Presidency . “To the Bishops of the Church.” Homepage - The Church of Jesus Christ of Latter-day Saints, October 2, 1988. <https://www.churchofjesuschrist.org/study/general-conference/1988/10/to-the-bishops-of-the-church?lang=eng>.

<https://www.churchofjesuschrist.org/study/general-conference/1988/10/to-the-bishops-of-the-church?lang=eng>

President Henry B. Eyring Second Counselor in the First Presidency . “Women and Gospel Learning in the Home.” Homepage - The Church of Jesus Christ of Latter-day Saints, October 6, 2018. <https://www.churchofjesuschrist.org/study/general-conference/2018/10/women-and-gospel-learning-in-the-home?lang=eng>.

<https://www.churchofjesuschrist.org/study/general-conference/2018/10/women-and-gospel-learning-in-the-home?lang=eng>



President Russell M. Nelson President of The Church of Jesus Christ of Latter-day Saints. “Choices for Eternity.” Homepage - The Church of Jesus Christ of Latter-day Saints, May 16, 2022.  
<https://www.churchofjesuschrist.org/study/broadcasts/worldwide-devotional-for-young-adults/2022/05/12nelson?lang=eng>.

<https://www.churchofjesuschrist.org/study/broadcasts/worldwide-devotional-for-young-adults/2022/05/12nelson?lang=eng>

President Russell M. Nelson President of The Church of Jesus Christ of Latter-day Saints. “Hear Him.” Homepage - The Church of Jesus Christ of Latter-day Saints, April 5, 2020.  
<https://www.churchofjesuschrist.org/study/general-conference/2020/04/45nelson?lang=eng>.

<https://www.churchofjesuschrist.org/study/general-conference/2020/04/45nelson?lang=eng>

President Russell M. Nelson President of The Church of Jesus Christ of Latter-day Saints. “Let God Prevail.” Homepage - The Church of Jesus Christ of Latter-day Saints, October 4, 2020.  
<https://www.churchofjesuschrist.org/study/general-conference/2020/10/46nelson?lang=eng>.

<https://www.churchofjesuschrist.org/study/general-conference/2020/10/46nelson?lang=eng>

President Russell M. Nelson President of the Quorum of the Twelve Apostles . “A Plea to My Sisters.” Homepage - The Church of Jesus Christ of Latter-day Saints, October 2, 2015.  
<https://www.churchofjesuschrist.org/study/general-conference/2015/10/a-plea-to-my-sisters?lang=eng>.

<https://www.churchofjesuschrist.org/study/general-conference/2015/10/a-plea-to-my-sisters?lang=eng>

President Thomas S. Monson President of the Church . “Be an Example and a Light.” Homepage - The Church of Jesus Christ of Latter-day Saints, October 2, 2015.  
<https://www.churchofjesuschrist.org/study/general-conference/2015/10/be-an-example-and-a-light?lang=eng>.

<https://www.churchofjesuschrist.org/study/general-conference/2015/10/be-an-example-and-a-light?lang=eng>

Reese, C. Shane. “No Coincidences.” BYU Speeches, September 27, 2023.  
<https://speeches.byu.edu/talks/c-shane-reese/no-coincidences/>.

<https://speeches.byu.edu/talks/c-shane-reese/no-coincidences/>

Romney, Marion G. “The Responsibilities of Home Teachers.” *Ensign*, March 1973.

Seventy, Elder Kelly R. Johnson of the. “Enduring Power.” Homepage - The Church of Jesus Christ of Latter-day Saints, October 4, 2020. <https://www.churchofjesuschrist.org/study/general-conference/2020/10/56johnson?lang=eng>.

<https://www.churchofjesuschrist.org/study/general-conference/2020/10/56johnson?lang=eng>

Sorensen, Annabelle, ed. “Finding Christ in the Old Testament.” Amazon, 2007. Finding Jesus Christ In the Old Testament <https://a.co/d/2FqSI7G>.

[Finding Jesus Christ In the Old Testament https://a.co/d/2FqSI7G](https://a.co/d/2FqSI7G)

Strathearn, Gaye, and Joshua M. Sears. “The Church in the First Century.” The Church in the First Century . Accessed October 5, 2023. <https://rsc.byu.edu/learn-me/church-first-century>.

<https://rsc.byu.edu/learn-me/church-first-century>

Young Women General Presidency and Advisory Council. “Young Women General Presidency: Engaging Young Women in Christlike Leadership.” Church News, May 11, 2023.

<https://www.thechurchnews.com/leaders/2023/5/11/23711592/engaging-young-women-in-christlike->

[leadership#:~:text=Add%20to%20this%20the%20powerful,have%20been%20delegated%20to%20them.](https://www.thechurchnews.com/leaders/2023/5/11/23711592/engaging-young-women-in-christlike-)

<https://www.thechurchnews.com/leaders/2023/5/11/23711592/engaging-young-women-in-christlike->

[leadership#:~:text=Add%20to%20this%20the%20powerful,have%20been%20delegated%20to%20them](https://www.thechurchnews.com/leaders/2023/5/11/23711592/engaging-young-women-in-christlike-)

## Biographical Information:



Barbara thoroughly enjoys teaching religion at BYU. She is teaching the Doctrine and Covenants, The Eternal Family, and Teachings of the Living Prophets. Her research interests focus primarily on women in religious leadership, international education (most specifically Latin America), and religious pedagogy. She is the author of the book *The Priesthood Power of Women in the Temple, Church, and Family*. Barbara received her PhD in instructional psychology. Her master's degree is in educational leadership and foundations with an emphasis in international education development. She completed postdoctoral work at Harvard University. She served as institute director in Boston, which included her assignment as the chaplain at both Harvard and MIT. She continues to serve as the chaplain-at-large in higher education for the LDS Church. She also serves on the BYU Interfaith Outreach Council. Before teaching at BYU, she worked as a seminary and institute teacher as well as a researcher for the Church Educational System. She was born and raised in Salem, Oregon; served a Spanish-speaking mission in the Los Angeles Temple visitors' center; and resides in Highland, Utah. Barbara is married to Dustin Gardner, and they are the parents of two children. She enjoys her wonderful family, learning, teaching, traveling, people, the great outdoors, and life!

## Fair Use Notice:

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

No copyright(s) is/are claimed.

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

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

## **Note:**

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



Hank Smith:	00:00:03	Hello, my friends. Welcome to another episode of followHIM. My name is Hank Smith. I'm here with my magnificent co-host, John Bytheway. Welcome, John.
John Bytheway:	00:00:11	Thank you, Hank. Good to be here.
Hank Smith:	00:00:14	It's a good day at followHIM. John, we're going to spend our time in 1 and 2 Timothy and some of the other epistles of Paul. Anything you're looking forward to, anything you've prepped?
John Bytheway:	00:00:24	Yeah, as I've read through this, I've just found phrases in 1 and 2 Timothy that we use all the time, so it's going to be fun to see a context for all of these little phrases that we use. We'll point them out as we go through. I just love Timothy personally because it sounds like he was a young man, which is fun to imagine.
Hank Smith:	00:00:41	I'm looking forward to this because we've often had Paul speaking to big groups of people in these letters, and we're going to see Paul maybe on a little more one-on-one level, which I think will be a fun look at him. John, we're joined this week by a scripture expert that has been with us many times in the past, Dr. Barbara Morgan Gardner. Barb, what are we looking forward to in these epistles from Paul this week?
Dr. Barbara Gardner:	00:01:05	What I'm looking forward to the most is 1 Timothy 2:11, where it says, "Let the women learn in silence with all subjection." I'm really looking forward to just sitting here and watching the two of you talk and me just making sure I'm modest and...
Hank Smith:	00:01:20	Yeah, and keeping silence. Keeping silence.
Dr. Barbara Gardner:	00:01:23	... submissive and keeping silent. I am looking to not being suffered to speak or usurp authority in any way. That's what I'm looking forward to today.
Hank Smith:	00:01:31	Wonderful.
Dr. Barbara Gardner:	00:01:32	I can't wait for this time with you guys. It'll be awesome.

Hank Smith:	00:01:35	Why don't we go straight to the issue then, Barbara?
John Bytheway:	00:01:38	Oh, goodness.
Hank Smith:	00:01:39	Where some people might say, "I wonder if they're going to skip it this week?" No, no, actually, it's going to be the first thing we talk about.
John Bytheway:	00:01:44	And that's our recording for this week. Goodnight, folks.
Hank Smith:	00:01:48	Have a good week.
Dr. Barbara Gardner:	00:01:49	Silence for two hours. Sorry.
John Bytheway:	00:01:54	Take it away, Barbara.
Hank Smith:	00:01:55	John trying to do what Paul said. All right, John, for those who might be new to followHIM, tell them who Barb is, why we think she's so wonderful.
John Bytheway:	00:02:05	Yes, we've had Dr. Gardner here before, Barbara Morgan Gardner. In fact, I'm holding my Priesthood Power of Women book. I'm just going to read the back of your book jacket here, which is a really great book. I think when we had you on before that there's topics that we touched on. Barbara Morgan Gardner is an Associate Professor of Church History and Doctrine at Brigham Young University. She holds a master's degree in educational leadership and foundations and a PhD in instructional psychology. She did postdoctoral work at Harvard University, was an institute director in Boston, serving more than 100 universities and colleges in the area, and acting as chaplain at Harvard and MIT. She continues to serve as the chaplain-at-large in higher education for the Church of Jesus Christ of Latter-day Saints. She's the Chair of the Belonging and Inclusion Committee for Religious Education. She's married to Dustin Gardner. They are the parents of two children. She likes to eat at Gardner Village. Welcome, Dr. Gardner. Good to see you again.
Dr. Barbara Gardner:	00:03:09	It's so great to be with you guys. Thank you.
Hank Smith:	00:03:12	John, I did this a couple of weeks ago. I'm holding up Finding Jesus Christ in the Old Testament. This was put together by a member of the Sorensen family who are our sponsors and producers, Annabelle Sorensen. What Annabelle did was compile a bunch of quotes from our Old Testament guests, so I want to read one from Dr. Gardner. This is when she was with

us on the Book of Malachi. I loved this. She said, "You're probably not going to get rich being a covenant keeper. Some people will, some people won't, but that's not the point. It's not that kind of richness. It's just like the Lord says, 'I will make up my jewels.' We are the money to the Lord. We are His great value. We are His glory. It's people. And that's the thing with tithing, it's not about the money." And then this part, John, "It's about what God is creating. He's creating His jewels as we give up our jewels."

00:04:09 Man, to me that was a standout moment. If you want this book, Finding Jesus Christ in the Old Testament, put together by Annabelle Sorensen, I'm sure you can find it online or go to our website, followhim.co, followhim.C-O. Anyway, great moment, Barb.

Dr. Barbara Gardner: 00:04:24 Not that we're jumping into there, but for the time, just because you brought that up, it does remind me of chapter six, Paul talking to Timothy and him just saying, "For the love of money is the root of all evil," one of those famous verses that John was talking about, I mean these words, "which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows." And just as you were saying that I just thought, "We covet the world, we covenant with God." If we can just change those things around and make sure that we're fighting the good fight, as he says, focusing on eternal life, being on that covenant path, then the things that we covet hopefully will just fall out of the way.

Hank Smith: 00:04:55 Yeah, I love that.

Dr. Barbara Gardner: 00:04:57 It's just interesting that he brings in this money part again in Timothy. Money's an issue. It can be something that can destroy if it's coveted, but it also can be a huge blessing if it's used in a covenant type relationship.

Hank Smith: 00:05:09 Don't covet, covenant.

Dr. Barbara Gardner: 00:05:10 It's not the money, it's the intention of the heart.

John Bytheway: 00:05:13 Covet the world, covenant with God. I love it.

Hank Smith: 00:05:16 She just says these wonderful things. She grabs them out of the air and makes beautiful connections. We're looking forward to that today. Hey, Barb, let me read something out of the manual, and then we'll hand it over to you and let's see where you want to go. This is from the Come, Follow Me manual, opening

paragraph. "In the epistles Paul wrote to Timothy, Titus, and Philemon," you can call him Philemon if you want to, "we get a glimpse into the heart of a servant of the Lord. Unlike Paul's other epistles to entire congregations, these were written to individuals, Paul's close friends and associates in God's work, and reading them is like listening in on a conversation. We see Paul encouraging Timothy and Titus, two leaders of congregations, in their church service. We see him entreating his friend Philemon to reconcile with a fellow saint and treat him like a brother in the gospel. Paul's words were not addressed to us directly, and he may never have expected that so many people would one day read them."

00:06:10 Can you imagine, you're writing a letter and billions of people are going to read it one day? He's probably like, "Oh, I would've maybe said something different." "Yet," the manual says, "we find in these epistles counsel and encouragement for us, whatever our personal ministry in the service of Christ might be." I was reading as we prepped for today's episode that there's some problems in Ephesus, and so Paul sends Timothy back to Ephesus to try to correct some of these problems, these false teachers that are there, some of the problems within the Christian community itself. It'd be fun to be on a mission that your mission president Paul sent you on, and then he writes you a letter, "How are things going? Here's what you should do." With that, Barb, where do you want to go with 1 Timothy?

Dr. Barbara Gardner: 00:06:57 John and Hank, it's interesting, as I was just listening to you, Hank, when I read through this recently, I remembered being a youth and reading Timothy. So it brought me to this mentoring type feeling and mentoring type relationship. Speaking as a woman, many women, young and old, wish they had more mentors. This is something that I've been trying to work on and really help women see mentors and women who are strong in the scriptures, strong in their faith, diligent in all that they do. I just love how many principles of leadership and mentoring there are from Paul to Timothy. But also recognition that we see in Timothy that we don't see in other places is Timothy's recognition, Paul's recognition of the women mentors that he has had in his life. That brings us into 2 Timothy. I just love this family relationship of a mother and a grandmother who have been mentoring him.

00:07:45 I also look at this and I just think about these many scriptures in my youth that have been extremely impactful. I remember being a youth, I was the 12th of 13 children. I thought at that time that all my siblings were perfect. Genuinely I did. I remember my dad was serving as a stake president. I was



surrounded by strong active people in my own family, although many of my friends and things were not. I was raised in Oregon. I remember one day being on a volleyball bus, I played volleyball and basketball and softball, and having all of my teammates asking me questions about the gospel, just pounding me, right? One after the other, "Where are the gold plates today? Why do you believe in Joseph Smith? Where are the horns on your head?" the kinds of questions that you just get that you just don't ever hear about. But we were teenagers, we were young. I remember answering all their questions to the best of my ability, and frankly, I think I did a pretty good job.

00:08:34 And then the big bus pulled in, I got out of the bus, went to my parents' gold van, went to the front seat, sat down, and I began to cry. My dad was driving, and he just said, "Did you lose the game?" and I said, "Well, yes." But we always lost, so it turned out that wasn't the problem. And then he just said, "What's the problem?" I said, "I have just spoken to all of my friends on this bus and was pounded with questions regarding the church. I don't know if any of it's true. I know all the answers, but I don't know if any of it is true." I remember my dad just looking at me in the rearview mirror and just saying, "Well, go figure it out."

00:09:13 I bring this verse up because specifically for the next few months of my young teenage life, I studied the scriptures trying to find the truth, maybe similar to Joseph Smith, but in my own way. I read every book I could find about the church. I went through the missionary books. I went through scriptures. I even attended other churches that were around me in Oregon and my parents at the time just let me. That seemed to be what I needed to do at that time. I remember one morning reading this exact verse, "Ever learning, and never able to come to the knowledge of the truth," and I remember this moment where I just sat there and I realized, "Barb, that's you. You are learning and learning and learning, and you have read and you have studied and you have gained so much information, and you don't even know if it's true."

00:10:02 But then it was this moment of, so what do you need to do? And then it was a simple, silent, "I need to get on my knees and do what it teaches in Moroni and ask the Lord if it's true." Interestingly enough, I went to church after that, and the teacher used this exact verse in Sunday school. And then I went to seminary the next day, and this exact verse was shared. I just knew that the Lord was just putting little drops in your path. I just knew that the Lord was speaking to me and saying, "When you felt that that verse applied to you, it was confirmed that it applied to you, and then confirmed again that it applied to you."

And the answer for you is you need to know for yourself." And at that point, I went on not just a knowledge and information quest, but a I want to know the truth, not just gather information. It changed my life.

00:10:50 So this verse has been marked in many scriptures for me. It has been written about in my early days of my journal. And if people were to say, "What is one of your all-time favorite scriptures?" that was a life changer for me. It's the James 1:5 that was a life changer for Joseph Smith. This one was a life changer for me. I feel like Timothy, and I've felt this way since I was a youth, that Timothy was one of my best friends, because somehow Timothy needed that. And although it may not have been for him, it may have been for other people that Timothy was helping, but somehow I connected to him at a very deep level, that maybe Timothy and others understood that I was ever learning and I needed to come to the knowledge of the truth.

00:11:25 So that's one of my all-time favorites from these scriptures. I think that there are many people in that realm who are ever learning, and at some point the Spirit will teach the knowledge of the truth if that effort and price is paid in the due time of the Lord.

Hank Smith: 00:11:39 Awesome. Wow, what a great way to start here, Barb.

John Bytheway: 00:11:42 We chose the right guest for today. That's so great, that personal connection to that.

Dr. Barbara Gardner: 00:11:49 Sorry to jump up to chapter three of Timothy two already.

Hank Smith: 00:11:53 Not at all.

Dr. Barbara Gardner: 00:11:53 But I read that even this morning again and just got so excited about the feelings of my youth came back to me in such power this morning that it was actually a renewing of, yes, I know these things are true to me. In my later years, I know this now more than ever, but it started at a very young age thankfully for great mentors and prophets and leaders like Paul and others who help the youth come to a knowledge of the truth.

00:12:19 I love these writings. When he speaks, these letters, when he first writes them, I just love this kind of language and this love and care that Paul gives for those who he has been given stewardship over. Paul an apostle, and then verse two, "Unto Timothy, my own son in the faith." For me, it's "my own daughter in the faith, grace, mercy, and peace from God our

Father and Jesus Christ. And then I besot thee to... " Just this terminology, there's such love between Paul and those he's writing to. You see the same thing exactly with Titus. He just starts that letter with Titus, "According to the faith of God's elect and acknowledging of the truth, which is after godliness, and the hope of eternal life, that cannot lie, promise before the world began." And then the way he just... Verse four, "To Titus, mine own son, after the common faith, grace, mercy." And again, I would say, "To Barbara, my own daughter," and to any of you who's listening, you put your own name in there, "grace, mercy and peace from God the Father and the Lord Jesus Christ our Savior."

00:13:16 In 2 Timothy 4 we see again to Timothy, "And the Lord shall deliver me from every evil work and will preserve me unto His heavenly kingdom, to whom be glory forever and ever. Amen." And he asks them to salute and salute. It's like entering into the school of the prophets in the times of Kirkland where we greet each other with a holy kiss. It's that kind of idea to me. These are true servants of the Lord. They're disciples of Jesus Christ. They practice what they preach, and because they live the doctrine of Jesus Christ, they increase in charity. They are leaders not because they have studied leadership, they're leaders because they have become disciples of Christ. They're full of charity.

00:13:48 Verse 15 in Titus 3 is, "All that with me salute thee. Greet them that love us in the faith. Grace be with you all. Amen." Such a personal relationship in these letters. Not just a general feeling but a personal feeling of a mentor trying to help someone that he loves dearly and is really wanting to help teach and grow. He's trying to build him and give him opportunities for growth, and he's building entire nations and communities because of his mentoring of one individual. It's beautiful.

Hank Smith: 00:14:15 And he trusts them. He sent them on these missions out to these congregations. I don't even know if they're missions as in just go there and be there. Go in there and lead. So the trust that's there and then the mentoring really gives us a personal side to Paul.

Dr. Barbara Gardner: 00:14:29 To me, he is a builder of people. In these verses, you just see Paul. He is trying to help Timothy and Titus and others, that he's saying, "And please teach these people as well." He's trying to help them become spiritually self-reliant, and he's doing it in such a way he's magnifying people, he's giving them some great tutorials, some skills and things that he's learned in the past, mostly focusing on the principles and doctrines of the gospel of

Jesus Christ, but in such a way that you know that Paul's going to move on someday and he needs to have that younger generation ready to go. And they need to teach the gospel, be grounded in the doctrine of Jesus Christ, be true to what they're saying. He's warning them about the things that he has experienced, and he's seeing that this is happening there. He's talking about the foolishness of some people, and he just keeps saying, "Timothy, Titus, you've got to be grounded. You've got to have your feet completely rooted. You've got to know your doctrine. There are going to be people that are going to try to confuse you. Teach this to the members of the church. Make sure we're all on the same team."

00:15:19 It's like he's just teaching these leadership skills, but it's not just leaders, he's teaching saints how to live in this world according to the gospel. These are his own experiences. He's come from being one who was among these people, who were at one time perhaps they were flattering in words and perhaps they weren't kind, and perhaps he was one who was trying to destroy the kingdom of God on the earth. I mean we know that about Paul, and he knows what it's like to be on both sides, and he knows how to help people deal with people who were once like him. He's guiding them through, "Stick to the doctrine. Stick to the purity. There's going to be a lot of foolish out there. Be meek." These kinds of things, it's a missionary, it's a teacher, it's a leader, it's a parent. It's trying to help people be firmly grounded in the gospel of Jesus Christ to a younger group of people who desperately need a mentor to help them on their way.

John Bytheway: 00:16:05 I like that you're using the word mentor. I hadn't thought of that before of this relationship, but my mission president was that for me. President Menlo Smith, he used to say, "The Lord gets the work done through His people and He gets His people done through the work." He would also say, "A good leader trains leaders while he leads." I like what you're saying, that Paul's not only saying, "Okay, here's a memo from church HQ. Do this." but "You're my sons. You're my colleagues. You're my brothers in this work." They're still doing the work, but he's treating them like a mentor would treat. I like that you've brought that phrase in.

Dr. Barbara Gardner: 00:16:41 I love the mentoring too because he's treating them as real humans. He recognizes in verse 15, "This is a faithful saying and worthy of all exception, that Christ Jesus came into the world to save sinners, of whom I am chief." I remember before my mission, my dad just said to me, "Barb, is there anything that you are not saying that you would be embarrassed to tell me as

a father?" I cried for hours. I remember, after I had just confessed to everything, which I didn't need to confess to everything because I'd already confessed to the bishop, I did need to though because it was a worldly sorrow, not a godly sorrow. I was afraid of being a fool in front of my own father who loved me so much. But what's more important is I remember, after saying all these things, my dad just looking at me and saying, "Welcome to the club of people who need the Atonement of Jesus Christ."

00:17:26 Sometimes as leaders there's a caution to not put all your sins out on the table and have all those discussions, but there's also the reality of as we are mentors and humans that we're real and authentic with people. And Paul's doing this. I love that He just admits, "I'm the chief, I'm the chief of all sinners, and I need Jesus Christ." As we're working with youth, as we're working with each other, as we're working with people our own age and experiences that we recognize and just be clear, we're not judging you. We're not here to tell you what you should and shouldn't do exactly. We are here as those who have found the gospel of Jesus Christ and who are living it, and we are desperate for His Atonement.

00:18:02 Paul recognizes that right off the bat with Timothy. I love the name just Timothy, the Bible dictionary says Timothy means honored of God. I just think that's such a beautiful understanding of that term Timothy. These are important words. These are important uses, but Timothy is clearly honored of God. And as it says, he is trusted and he's one that Paul can reach out to. But trusted and perfection are not the same thing, but we admit our need for the Atonement of Jesus Christ, and that's very clear here.

Hank Smith: 00:18:29 That's a great verse that you brought up, chapter one verse 15, "Christ Jesus came into the world to save sinners, of who I am chief." I think sometimes my students, my children think I was born in a suit and tie, that I was in the delivery room, came out with my scriptures in hand, and started teaching the nurses and doctors. There's an authenticity to, listen, I need the Atonement too. I've shared with John a little bit of my youth. And yeah, if I got my patriarchal blessing and the Lord was being truly honest, He would say, "It does not look good. You have a lot of unearned confidence. You're going your own way and-

John Bytheway: 00:19:10 Unearned confidence.

Hank Smith: 00:19:11 "... you are spiraling actually." But I love that realness from Paul. He came to save sinners, I'm a big sinner, of whom I am chief.

John Bytheway:	00:19:21	Then that next verse he goes, "So I'm a pattern to them what should hereafter believe on Him to life everlasting." If I can be forgiven, here's Paul who used to persecute, you can too. I think that gives us a lot of hope that when we look at Paul's background, no wonder he would say, "I'm chief. Let me hold the coats while you stone somebody," or whatever that story is.
Dr. Barbara Gardner:	00:19:44	Sometimes I think that some of us, including myself perhaps, look at those who are among the most righteous and think, "They're beyond temptation" or "They're beyond hardship" or "They're beyond whatever it is." I appreciate so much general conference talks recently that you can see a lot of this authenticity and some of the struggles that people have gone through. I love President Nelson's talk in the early 2000s when he lost his wife Dantzel and how he just cried with us as he talked about how he couldn't save her life.
	00:20:12	There have been so many others as examples of this. I just know with myself, and to your point too, Hank, sometimes my daughters will feel the same way I think at times like, "Mom's so righteous. She teaches the gospel and goes to church." To me it's almost laughable because I know that my sins and weaknesses are in my face constantly. The reality is I don't believe that for the most part, at least myself, it's not a matter of judging anyone else. I'm not going to church on Sunday because I'm being self-righteous. I am desperate. I'm desperate for Christ.
	00:20:43	I remember when we were growing up, we'd go camping and we'd watch and be with other families and things. Even on the Sabbath, my parents always went to church. Always. We would be smelly and smokey, whatever it was, we do our best to look nice and clean, we'd go to church. I realized my parents were desperate for the Atonement of Christ, and they were desperate for us to know about the Atonement of Christ. They weren't trying to be self-righteous. I'm not trying to be self-righteous. I need the Atonement of Christ. I need the sacrament. It's that pattern. And you see that with Paul. He's giving his life to this. It's not a matter of judging anyone or being in a position where you're doing more or less than someone. It's just, on a personal note, I have to go to church. I need to take the sacrament. I need to go to the temple. I have to for my salvation, for who I am as a person. I can't live without the Savior.
Hank Smith:	00:21:31	There's something beautiful in Paul being vulnerable and saying, "Look, I need this just as much as everyone I'm teaching."

Dr. Barbara Gardner:	00:21:41	Yeah. The reality is we have general conference and things and they're speaking to the general public, but in my personal interactions with, frankly I'll just say, First Presidency members of the Quorum of the Twelve, women leaders of the church in different experiences, the one-on-one conversations you get to interact with and be with people at a different level. Sometimes I wish so badly the members of the church around the world could have the personal one-on-one or the personal letters that come. I've laughed harder in person with serious leaders of this church, and I've been guided by them in a more personal way.
	00:22:15	This is a letter to an individual so he's able to speak and talk to him in a way that's very, very personal. And I appreciate it. Similar to how we would be with one of our children versus an entire classroom of people in a gymnasium. We're going to have a different conversation with that child than we would in front of that child's class. I think there's some of that going on here.
	00:22:35	When we talked about mentoring, I love that the real mentor, or in this case the real mediator, is Jesus Christ. He's not the one he's trying to get Timothy to become like. It's Jesus Christ who is the mediator between them and God, and He recognizes that. That's verse five, "There is one God and one mediator between God and men, the man Christ Jesus."
Hank Smith:	00:22:52	Awesome.
Dr. Barbara Gardner:	00:22:53	I think all good leaders, all good mentors try to get people not to them, but they try to get them to Christ. That's a sign, I think, of a good mentor, a good leader.
Hank Smith:	00:23:00	Barb, it seems that in Ephesus Timothy is dealing with some specific problems that Paul is going to address. I think every bishop or Relief Society president out there could say, "Yeah, our ward, our branch has specific problems that I'm trying to figure out." Isn't that what happens next? Doesn't Paul say, "Okay, here's a couple of things I know you're dealing with. Let's talk about those."
Dr. Barbara Gardner:	00:23:25	I always think that these are funny verses, and as a woman and especially as a religion professor and one who teaches the gospel and has taught throughout my life, every time I see these I just laugh and then I have this moment of I need to leave my job and-
Hank Smith:	00:23:37	and go be quiet.

Dr. Barbara Gardner: 00:23:38

... sit in my hole in the basement and not talk to my husband or anyone else because women are supposed to be silence. That's clearly not what he's saying here. He is talking to a specific group of people. He's dealing with a specific group of individuals in this case, and I just think we have to remember that in general. It's a specific letter to Timothy at a time for a specific group of people. I often teach that you have doctrines, principles, applications, or policies and procedures. He's not saying that there's a doctrine of making women be silent. That is not a doctrine, it's not generalizable. We're not talking about the whole world. It's simply in his congregation or wherever he is at this time, whatever they're trying to do, which we don't know exactly, that he needs to help all people together. And in this case, he's speaking to this specific group of women.

00:24:19

There have been some studies about who these women were and what they were doing, et cetera, et cetera. Even more than that, I hope we recognize in our day we have prophets, seers, and revelators that have absolutely taught the opposite of this. Not that Paul was wrong, but again, it was a policy or something at that moment that he was teaching Timothy. In our day, we have President Nelson. I have so many quotes and so many teachings of the First Presidency and Quorum of the 12 that I use on a regular basis with my students, but mostly it is President Nelson speaking to women. We need women to speak up and speak out. We have Elder Ballard speaking in 2014 at Education Week and he's saying, "Women, we need you to know the doctrine of Jesus Christ so well, and we need you to teach the doctrine, the principles of the gospel around the firesides in your homes." We have President Eyring who was telling the women of the church in 2018, "You are the primary gospel instructors in your home, and you need to be able to teach the gospel with power." President Oaks telling women that they have priesthood power, and authority and that they can speak with authority of God and through our temple covenants.

00:25:22

I mean if there has ever been a First Presidency that has asked more for the women of the church to speak out more, I don't know who it is, with maybe the exception of Joseph Smith, frankly. And maybe Adam with Eve. I don't know what their relationship was, but clearly Eve was also making important decisions. That's spoken of a little bit later here. But we have leaders of the church that are not just asking women but pleading women, directing women, speaking to women and saying that Israel can't be gathered until the women of the church understand their priesthood power and authority and speak with this power and authority they've been given. This is



kind of fun and maybe a little bit laughable, I can imagine it probably offended a few women back in the day. But I just want to clarify that this is not what the direction is of the church today. This is not what's being taught to the women of the church.

00:26:05 I will say, if anybody ever desires, there's a great talk by President Ballard I was just referring to where he actually talks to women about how to counsel well and how to speak well and to remember that in any meeting that when we are counseling that there is a bishop or a leader who is a key holder and just to remember the importance of the key holder. That's not just to women, that's to men as well. Everyone in the room I think is wise to understand that there is a bishop or is a stake president who is a key holder, and that's the form of the church, that he presides in those meetings. However, I hope we also understand that that is not the pattern in the home. As Elder Soares recently taught and President Hinkley has taught often, President Nelson has taught often, in a relationship between a husband and a wife, there is no president and vice president. They're counselors together, so together they work to build that faith.

00:26:51 Sometimes we try to put the hierarchical structure of the church and put it on a transparency of the family. It doesn't work that way, you can't do that. There is a stake president who presides in the stake, and he is the final say, but in a couple relationship, they are counselors together. There's not a president and a vice president. Elder Soares talks about that so well in his recent talk on that. But in here just to make sure that we understand. And then it goes to Eve, "For Adam was first formed, then Eve." I don't know exactly how to talk about and capitalize on this except to say that if we go into our scriptures and understand later in the Doctrine & Covenants that the Lord refers to Eve as glorious Mother Eve, and President Nelson asks the women of the church in 2019 to have the courage of Mother Eve as they move forward their families and growth, et cetera, et cetera. Eve becomes in our day, which is a unique teaching of the Church of Jesus Christ of Latter-day Saints, one who has been called courageous and glorious and one who was able to lead the kingdom and move families forward through righteousness.

Hank Smith: 00:27:49 Fantastic. There's a Christian writer by the name of Marg Mowczko. I like what she says here. She says, "Verses in 1 Timothy are about specific people and specific problems in the Ephesian church. Paul addresses the problem of specific women, certain rich women who were wearing luxurious hairstyles, jewels, and expensive clothing." I've heard it said

before that in Ephesus apparently there were some women who had turned church into a fashion show and that was leading to all sorts of problems for all the other people in this branch. She says, "These two verses do not refer to all Christian women, only to those Ephesian women who are showing off their wealth, and this is why Paul offers this correction." I like that, Paul did not intend this to be for all Christianity for the rest of time. He was addressing a specific problem that was happening in Timothy's ward, you might say, in Ephesus.

Dr. Barbara Gardner: 00:28:53

Yeah. To that point too, I was just reminded of President Nelson how he spoke to the women in the talk Spiritual Treasures in 2019, where he asked the women of the church to study Doctrine & Covenants section 25 and the teachings to Emma Smith and reminds us that it's applicable to all. And of course, in this case I'm thinking about all women. I love what you were saying before, John, with they want the women to learn. In section 25 verse eight, the Lord says, "For he shall lay His hands upon thee, and thou shall receive the Holy Ghost, and thy time shall be given for writing and to learning much." There is one thing that we really do well in the church as leaders of the church and hopefully in our families, it is that women are encouraged to learn, women are encouraged to be scribes.

00:29:37

We really have leaders of the church that are trying to get women to learn, to be grounded, to be wise in the understanding of the doctrine of the gospel of Jesus Christ. Men as well. Let me just share with you a couple of quotes. This one comes from President Eyring, he says, "The Lord is at the head of this church, and we all follow His direction. Both men and women need increased faith and testimony of the life and the Atonement of Jesus Christ and increased knowledge of His teachings and doctrine. We need clear minds so that the Holy Ghost can teach us what to do and what to say. We need to think straight in this world of confusion and disregard of the things of God." And then he says specifically to sisters, "Sisters, your sphere of influence is unique, one that cannot be duplicated by men. No one can defend our Savior with any more persuasion or power as you the daughters of God can, you who have such inner strength and conviction. The power of a converted woman's voice is immeasurable and the church needs your voice now more than ever."

00:30:35

It's such a beautiful quote and a beautiful reminder. That's one from Elder Ballard, another one regarding Eve, I love this one as well, "Attacks against the church," this is President Nelson, "its doctrine, and our way of life are going to increase. Because of this, we need women who have a bedrock understanding of the

doctrine of Christ and who will use that understanding to teach and help raise a sin-resistant generation. We need women who can detect deception in all of its forms. We need women who know how to access the power that God makes available to covenant keepers and who express their beliefs with confidence and charity”, and then “we need women who have the courage and the vision of Mother Eve.”

00:31:14 President Nelson again, I'll just give you one more, "My dear sisters, whatever your calling, whatever your circumstances, we need your impressions, your insights, and your inspiration. We need you to speak up and speak out in ward and stake councils. We need each married sister to speak as a contributor and full partner as you unite with your husband and governing your family. Married or single, you sisters possess distinctive capabilities and special intuition you have received as gifts from God. We brethren cannot duplicate your unique influence."

00:31:45 As a woman myself, I can't tell you how much I appreciate other women and men who get this principle. I appreciate men when they ask for feedback, when they actually want the feedback and it's not just ornamental as we've been told as well. President Ballard has talked so much about counseling. I interviewed Sister Elaine Jack recently about counseling and how she felt that she was listened to as a woman and that she was never intimidated by the First Presidency senior leaders of the church at that time, that her voice was wisely taken into consideration. Same with the leaders of the church today. I've been in some of those councils and I've watched the opportunity for women leaders to really express themselves, how important it's for the men and women, key holders especially, to help and guide women in their ability to do so and the women being ready to say something and having prayed and prepared for those meetings that we have with each other so that we are all equal partners in helping build the kingdom of God.

Hank Smith: 00:32:40 Barb, you even brought up the fact that Paul mentions Timothy's mother and grandmother in his second letter to Timothy. He says, "I want you to remember the faith that is in me, which was first in your grandmother Lois and your mother Eunice." There seems to be in other writings of Paul this respect for the faith of women and their influence.

John Bytheway: 00:33:02 This is great. I love when I teach 2 Nephi 2 to talk about that line, "Our glorious Mother Eve," from the Doctrine and Covenants. I love to say to my students, "I challenge you to find anything like that in mainstream Christianity that calls Eve our

glorious Mother Eve." And then it's followed by, "and many of her faithful daughters." What Joseph Smith saw in the spirit world. I'm glad you mentioned that phrase, Barbara.

Dr. Barbara Gardner: 00:33:27

I love these verses where it talks about these women, the silent women in here almost, but you can tell how powerful they are. Paul writes to Timothy, "When I call to remember, it's the unfeigned faith that is in thee, which dwelt first in thy grandmother Lois and thy mother Eunice, and I am persuaded that in thee also." I love it when people talk about my mother and grandmother, they both passed away, and I love it when there are strong people who say, "Barb, you're just like your mom" or "Barb, you're just like your grandma. Your faith is so much like your grandmother's. Your knowledge of the gospel was clearly rooted from your mother. The apple didn't fall far from the tree."

00:34:05

I love when people say that to me, and I think this is what Paul is saying to Timothy. I'm sure Timothy's heart was just so happy of that recognition and that tie into his mother and grandmother. They were unfeigned in the faith. Yet another great talk that President Nelson gave to women, he has given so many great talks to women, this one's Embrace the Future with Faith. He makes the statement to sisters, he says, "Dear sisters, you are adept at creating places of security for yourselves and those you love. Further, you have a divine endowment that enables you to build faith in others in compelling ways, and you never stop. You have demonstrated that once again this year."

00:34:41

I love this in the footnote. And one of the things I love also about President Nelson, if you want to find a really good talk and you want a really good scripture study, go to President Nelson's footnotes. That prophet I think has been footnoting more than any other leader of the church. I mean, there are talks within talks within talks if you read his footnotes. But in this footnote he actually addresses this exact scripture, 2 Timothy 1:5, and he writes, "The apostle Paul signaled this reality when he attributed Timothy's unfeigned faith to his mother Eunice and his grandmother Lois." Then President Nelson says to us, "Please keep going." I just love that he's tying it into these women. Please keep going. Your vigilance in safeguarding your homes and instilling faith in your hearts and the hearts of your loved ones will reap rewards for generations to come. And then my sisters, you have so much to look forward to.

00:35:29

Maybe Hank and John, perhaps that idea from President Nelson where he says, "Your vigilance in safeguarding your home,"

brings us also back to what we were talking about before with modesty with women. I know that this can be such a difficult topic. I know that sometimes we get really caught up in who should be able to say what and who can tell me what I can do with these types of things, and I know it's hard and it's painful for many people and there's been a lot of back and forth. I think it's important that we just simply understand again, in my very humble opinion, modesty is not about dress and appearance as it is about our heart and it is about our covenant and our commitment to God.

00:36:12 It's the same thing President Nelson says about the Sabbath day, "When we truly understand the doctrines and principles and truths associated with the Sabbath day in helping us understand that is applied to the Atonement of Jesus Christ, we don't need a yes and a no, we don't need specific things that we need to do. We want to show Christ that how we keep the Sabbath day is, in a sense, an outward appearance of what is in our heart." I would say that is the same thing with modesty. How we dress is an outward appearance of the covenant that we have made with God and an understanding of our identity.

00:36:43 When we are baptized as members of the Church of Jesus Christ of Latter-day Saints, we state that we are willing to take upon ourselves the name of Christ. When I take upon myself the name of Christ, that means I dress like Christ would have me dress, I act as Christ would have me act, I speak as He would have me speak. Modesty is simply a component. It's a leaf on the tree, as I would explain, of what we do to show our commitment and our covenant relationship with God. It's very important, especially in this day and age. I believe that there are many who would have a say simply that we dress according to popularity or we dress according to the tradition or what we see around us. But just in everything that Paul is teaching to Timothy, it's not about what the world teaches.

00:37:24 Paul is trying to ground Timothy and Timothy to ground his people in making decisions based upon doctrine and principles. So when I ask myself, "What am I willing to wear?" well, it depends on where I'm going. If I'm going to the swimming pool, I'll probably wear a swimsuit. If I'm going to school, I'm going to wear something that is appropriate as a professor to be teaching the gospel of Jesus Christ and be representing Him in that manner. But there is nowhere that I'm going to go that I'm in any way going to say, "Today I decided to not take upon myself the name of Jesus Christ." I want to show what a covenant-keeping daughter who identifies herself as a daughter of God and who has divine nature and a divine destiny would

dress. I think if we understand these principles and we are genuinely striving to have that testimony of Jesus Christ and live that way, we will say, "Am I dressing according to popularity, or am I dressing according to covenant?" And I think that we can make those decisions.

00:38:16 I think one of the things that becomes hard for young women especially, and for older women, is we don't want to be told the yeses and the nos. But if we build each other and teach the doctrines and the principles associated with we have made a covenant with Christ, we are bought with a price genuinely through the Atonement of Jesus Christ, and what I wear identifies me as one who takes upon or is willing to take upon me the name of Christ, that will drive what I'm willing to wear. I'm not looking horizontal. I'm not looking at what other people think of me in a negative or even a positive way. I'm thinking about what the Lord thinks about how I feel about Him with my body that is bought with His price, His Atonement, His blood. How am I strengthening myself and how am I strengthening those I care about by how I dress?

00:38:58 And that makes a big difference if we can teach each other, the young women, the young men as well. Modesty, again, it goes to every individual in the world. I also love Joseph Smith where he teaches, "We teach them correct principles, and we let them govern themselves." This deals with modesty. It deals with everything else in the church. Sometimes we think, "We're just going to let our young men or our young women decide what they want to wear and just tell them we love them and try to help them in that way." I'm not going to let my daughters start smoking just to see if they like it. I'm not going to let my daughters jump into a car to see how they feel about it. Joseph Smith says, "We teach them correct principles, and let them govern themselves." They don't govern themselves until they know the correct principles and they understand those principles. And it's the same with modesty and how I let my daughters dress. I'm teaching them principles of who they are as divine daughters of God, divine sons of God, and then I ask them the questions, "How would you feel in the presence of God? Do you feel like when you're dressed wearing this way that you are truly taking upon yourself the name of Christ?"

00:39:54 Not in a demeaning or not in a judgmental way, just genuinely I'm helping them be self-reliant. "How does this make you feel as a daughter of God? How does this make others around you feel? How can you dress in such a way that will bring others to Christ?" We're all missionaries, and it's not that we're saying that we are responsible for how other people feel, but in all that

we do, our light and how we live our lives does influence other people. Remember your covenants and teach that kind of understanding.

00:40:21 When I was younger, I used to chew gum a lot, like a lot. I remember my mom in sacrament meeting one day, this has to do with modesty just as much as it has to do with gum chewing, I remember my mom saying, "Barb," and I was so bugged at the moment, I know, I was probably 12, "Barb, you're chewing your gum in sacrament meeting, and the way you're chewing your gum is a distraction to the people around you. They're not able to partake of the sacrament and have a sacred experience they otherwise could have." There's nothing wrong with that. I hope we understand that the way I was chewing my gum was a distraction. There is a principle of distraction in this world, and the way I was chewing my gum was a distraction to those people around me, and I appreciated that.

00:40:54 I recognized that people were not able to have the sacred experience they needed to in that sacrament meeting because I was so loud and so obnoxious in the way I was chewing. And yeah, I was offended for a moment and I was like, "Mom, whatever." So I chewed my gum louder for two minutes just to show her that I was in control of my life, but then as an older individual, I recognized mom's surprisingly right. And now, believe it or not, I actually don't chew gum often on Sundays unless I have a headache and I need the smell of the gum over the smell of the perfume in church.

00:41:24 I think it's the same thing with modesty. I think we just recognize that we are children of God and we're all trying to come unto Christ. How can we be an instrument in God's hands in helping ourselves and others, first, understand their own identity and dress according to our covenants? And then second, how can we help other people make and keep their sacred covenants? Just a few thoughts.

Hank Smith: 00:41:42 Sister Dalton said that same thing, "Modesty is often talked of in terms of dress and appearance, but modesty encompasses much more than outward appearance. It's a condition of the heart. It's an outward manifestation of an inner knowledge and commitment. It's an expression that we understand our identity as children of God. It's an expression that we know what He expects of us. It's a declaration of our covenant keeping." Barb, I'm sure you would absolutely agree with this here, in our talking about modesty, it is never okay to shame, ridicule, belittle, or judge someone by the clothing that they wear. I've seen that before in the church, hopefully not in huge ways all

over, but where someone will say, "The way you dress is affecting the thoughts of others." The thoughts of others are up to them. I tell my own teenage boys, "Look, your thoughts are up to you. You don't blame someone else for the thoughts you have."

Dr. Barbara Gardner: 00:42:44

Yeah, there's no question that we are all responsible for our own thoughts and our own actions. It's not one or the other. There's also no question that what I say and what I do affects other people. We are not on islands by ourselves, and that's one of the beauties of we are in covenant relationships with God but we live in families, we live with friends, we live in church. I hope it's just like any other topic in the church, we do our best to be covenant leaders and to be covenant followers of Jesus Christ and we don't judge other people in doing so unless there's a specific responsibility of a bishop to be a judge in Israel. But as individuals, we're not judging, we're not condemning and doing anything like that. In fact, that's what also is going to drive people away.

00:43:26

So I think it's two things, and I think this is wisdom: we ourselves recognize and understand the truths and the doctrines of the gospel of Jesus Christ, and we live accordingly. We don't judge other people according to how they live. But we also don't make excuses for ourselves based upon the possibility of somebody else judging us. So I will dress regardless, and I will do what the Lord would have me to do because of my covenant relationship with Him. I have a responsibility to teach my children and to teach other people to live according to the laws and commandments of God. But I also have a responsibility to be kind and loving and full of charity and understand that there are people who do not have and will not be judged according to what I know.

00:44:09

I grew up in Oregon. I just went to my 30th year high school reunion. There were people that would not be wearing clothes that would be in alignment with what the church teaches today, nor were they drinking things, nor were they discussing things, nor was their language, in many cases, according to perhaps what we would consider in the Church of Jesus Christ of Latter-day Saints saying something that is perhaps appropriate in our terminology. But these are my dearest friends. They live wonderfully according to what they know. Modesty for me is going to be different than modesty for some of them because they genuinely were dressing what they thought was appropriate for that experience. It's just that when we make covenants with God and we understand those covenants, perhaps it puts us, as President Nelson says, in a position to live



a higher and a holier way. The question really is, where is our commitment to God and are we willing to live in a higher and holier way? But that also includes not judging in a higher and holier way. It includes loving in a higher and holier way. So it's us becoming more like Christ, living the covenant, but also not judging according to the covenant. It goes both ways.

Hank Smith: 00:45:08 With youth today, both young men and young women, there is such an emphasis on being judged by the way you look. We don't need more of that coming from church members.

Dr. Barbara Gardner: 00:45:20 Yeah, that's another talk yet by President Nelson, where he talks about the person comes home from their mission or if a person lives like... Our job is not to judge them, our job is to love them. On the other side, it's also important as mothers and as parents, our job is also to teach them, and our job is also to help them. So it depends on our responsibility. It depends on our stewardship. I think you can never go wrong with love. One of the things that we know about love is we love best when we stay close to God, when we stay close to how He would have us love. When we learn to love the way God loves, we will help everyone in the process.

00:45:53 President Nelson has that great quote where he is talking to BYU students just a few years ago, and he's talking to them about the truth, so he's talking about five truths that he has, where he says, "Sometimes we as leaders of the church are criticized for holding firm to the laws of God, defending the Savior's doctrine and resisting the social pressures of the day. But our commission as ordained apostles is to go into all the world to preach His gospel unto every creature. That means we are commanded to teach truth. In doing so, sometimes we are accused of being uncaring as we teach the Father's requirement for exaltation in the celestial kingdom. But wouldn't it be far more uncaring for us not to tell the truth, not to teach what God has revealed? It is precisely because we do care deeply about all of God's children that we proclaim His truth. We may not always tell people what they want to hear, prophets are rarely popular, but we will always teach the truth."

00:46:42 I want to know what the leaders of the church are teaching about specific topics. And I want the agency to be able to decide, which is what the prophets do, and I believe that the more of a covenant keeper I am, the more I'm going to be aligned with God. I also want the freedom to not judge other people. I'm grateful that I am not a judge in any capacity. I'm not the judge. I want the truth taught, and I want it taught clearly, and I also want to recognize that I'm not the judge of

how anybody else lives their lives. But I am a teacher, I am a mentor, and I want to help people. There's more to the topic than just this or that. It's, let's talk. I think that's a lot of what Paul is doing to Timothy too. He's not just saying, "This, this, this." He's having a conversation in writing with him. He's guiding him through this process of how people may respond to things, how people may be offended. Let's talk about the doctrine, let's love people, and let's do so with grace and with charity. He's teaching a teacher. He's teaching a future missionary, a future leader. It's beautiful.

Hank Smith: 00:47:36 Yeah, it's great. When I heard church had become a fashion show in Ephesus, I was like, "I wonder if I ever treat it that way. Am I going to go get my really nice suit and I'm going to show my fellow members how important I am by my nice clothes?"

Dr. Barbara Gardner: 00:47:54 There's this great talk by Elder Bednar because it deals with the young men. It's the principle of non-distraction. I mean, he talks about this. In the sacrament, we don't want to do things that will cause distraction, but in some ways we're in control of our thoughts. We are, but we're also influenced. That's become a very popular thing to say, "No one else can influence your thoughts," well, they really can. I mean, the key is what you do with the thoughts. But if you see a billboard on there and it tells you to... There's a reason why advertising gets a lot of money.

John Bytheway: 00:48:22 I remember a few years ago specifically deciding not to wear a necktie of one of my favorite teams because I didn't want this place of worship to be a distraction for somebody who liked another team, to feel like here's a chance to gloat. So I liked that idea of I didn't want to be part of that, that was making somebody else... I just like this idea of a guide on the side and the principle of, what's our focus at sacrament? It is the sacrament table. It is the Savior. He's ransoming us, His sacrifice. I wouldn't ever want to get in the way of the reason why we worship type of a thing.

Hank Smith: 00:49:01 I remember, John, you telling me once, it's vicarious...

John Bytheway: 00:49:05 About sports?

Hank Smith: 00:49:07 Yeah.

John Bytheway: 00:49:08 There was an article I read, and the article was called The Vicarious Heroism of the Sports Spectator. It talked about professional sports, especially the NBA and stuff, where for a commercial reason, I want you to be emotionally think you are

		part of the team because that will commercially help us be successful. So it's your Utah Jazz that are playing tonight.
Hank Smith:	00:49:34	The Vicarious Heroism of the Sports Spectator. I have been guilty of that, I think.
John Bytheway:	00:49:40	So have I.
Dr. Barbara Gardner:	00:49:40	I think that non-distraction, we see that in Paul writing to Timothy, this idea and the worldliness of some things. In chapter four of 2 Timothy starting in verse one, he says, "I charge thee therefore before God and the Lord Jesus Christ, who shall judge the quick and the dead at His appearing and His kingdom." So first of all, God is the judge. But then he says this, "For the time will come when they will not endure sound doctrine, but after their own lusts shall they heap to themselves teachers having itching ears, and they turn away their ears from the truth and shall be turned unto fables. But watch thou in all things, endure afflictions, do the work of the evangelists, make full proof of thy ministry."
	00:50:19	In other words, there are going to be those who will not listen to truth or who will not want to be in line with what the leaders of the church are saying because it's not pleasing to them. It doesn't jive with the way they dress. It doesn't work with the way they think. It doesn't fulfill the desires of their hearts or what they think is best or what culture is teaching them. And it says that they're not going to be pleased with you because you may teach something that is contrary to what they want. It's choosing to be offended by things. We have to recognize that the prophets and leaders of this church are trying to help us become like Christ. Or I need to realize the leaders of church are trying to help me become like Christ. There are things in my life that they have taught in the past that perhaps I might have difficulty with and I may not have understood, but I have to say, "What is their role, and what are they trying to do? What are they trying to guide me to do?"
	00:51:04	I love in verse 10 where he says, "For Demas hath forsaken me, having loved this present world." He cares so much about the things of the world, he cares so much about how people perceive him, again, it's this horizontal look, that he actually uses the word forsake. I think that that's something I myself have to recognize. In a world where moral relativity is the answer to most things, God is not morally relative. God is absolute in truth. In my case, I want to live my life according to what God would have me be because in the premortal world, I wanted the kind of life He had. And so I don't want the life that

the world gives me, I want the life that our heavenly parents have. That's what I want.

00:51:47 We as leaders, as teachers, as friends, younger, older, whatever else, to think to ourselves, "I chose to come to this world. I have leaders who are trying to teach me the truth. Why would I reject that or why would I even be rebellious? Why would I be edgy? I want to be like them." And that's this principle of non-distraction. It's not just in what we wear, it's in all that we do. It's in how we keep the Sabbath day holy. It's in how we treat other people. This is what Elder Bednar says about the principle of non-distraction, it says, "President Dallin H. Oaks spoke in general conference in 1998 about Aaronic Priesthood holders," so this is specifically to the young men, "related to preparing and administering the sacrament. He described the principle of non-distraction and indicated that a holder of the Aaronic Priesthood would never want anything in his appearance or behavior to distract any member of the church from his or her worship and renewal of covenants. President Oaks also emphasized the related principles of orderliness, cleanliness, reverence, and dignity."

00:52:38 So again, he's not saying that these young 11, 12, 13-year-olds have the responsibility of what other people are thinking, but he is saying that they do impact and influence. It's just simply that there's a principle of non-distraction and what they do does influence and impact other people. And then he continues, "Interestingly, President Oaks did not provide for the young men a lengthy list of things to do and not to do. Rather, he explained the principal with the expectation that the young men and their parents and teachers could and should use their own judgment and inspiration to follow the guideline." And then finally he explained, "I will not suggest detailed rules since the circumstances in various wards and branches in our worldwide church are so different that a specific rule that seems required in one setting may be inappropriate in another. Rather, I will suggest a principle based on the doctrine. If all understand this principle and act in harmony with it, there should be little need for rules. If rules or counseling are needed in individual cases, local leaders can provide them consistent with doctrines and their related principles."

00:53:37 I remember one time being in Jordan with my husband, and I went out to this big resort wearing what I considered an extremely modest swimsuit. I don't remember feeling so immodest in my entire life.

Hank Smith:

00:53:48 Oh really?

Dr. Barbara Gardner:	00:53:49	Because as I looked around, the majority of the women were wearing pants and headdresses and their bodies were covered based upon their religious beliefs and their culture in that area. I just simply said to my husband, "I need to go change. I'm not just out of place in a horizontal way, but I'm feeling like because of this I'm creating an experience where I'm influencing or impacting other people in a way that they don't consider appropriate in this culture." It wasn't that I was doing something wrong, it wasn't my responsibility necessarily. I just wanted to be respectful of who they were. I wanted to be respectful of their culture and their beliefs. This is something that I would like to do just as a disciple of Christ, to be respectful of people. And I did in that case.
	00:54:29	I'm not saying everybody should, it was just me, my own decision. In that atmosphere, I just felt like as a covenant-keeping member of Christ, of the church I want to help people feel comfortable and I want to be respectful of people. So I'm going to go use my agency to create an atmosphere that other people are comfortable in as well in a righteous manner. I don't know that anybody would judge me, I honestly have no idea, but I just knew that I didn't want to be a distraction to what they were trying to accomplish.
John Bytheway:	00:54:54	That's wonderful. I felt something similar once at the Western Wall the first time I ever went there, which was so unexpectedly emotional for me just to go there and watch all of these Orthodox Jews come down just dressed to the nines and touching the wall. I felt like they were being so reverent and I was standing there in blue jeans and a Salt Lake City 2002 Olympics jacket. I'll never forget that feeling, "Wow, I feel underdressed right now." It was a strange feeling.
Dr. Barbara Gardner:	00:55:26	It's very real there, some of those sacred places and things to other people. And that's how the church is. My sister was visiting me yesterday. This is a Utah thing. She came to my home last night and she was dressed in a casual shirt and casual pants and she said she just went to a reception and she'd never felt so underdressed in her life. In Oregon, we often don't dress up quite as much as we do in Utah to attend something. We're just more casual about things. She just made the comment, "I just felt so out of place." It doesn't mean she did something wrong.
	00:55:57	As time goes on, we learn lessons that perhaps in this case it's a cultural thing, but again, the most important thing that we're doing is focusing on a relationship with Christ. I remember walking into my aunt's house when I was a child and she had

white carpet and a very nice, pristine home. I never had a white carpet ever in my life. Even if it was white, by the time I came along, nothing was white. I remember going into the house, running up the stairs, going up to my cousin's house to see her room and looking back and I had a trail of dirt behind me.

00:56:28 I cringed. My aunt was so kind. She was already cleaning the floor. Didn't say a word, wasn't judging. She was just on her hands and knees and cleaning up all the dirt right behind me as I was running up the stairs. It had nothing to do with how she was judging me or how I was feeling, that wasn't it. It was her showing so much Christ-like love as she just simply gave me a hug, thanked me, and cleaned up my mess. But it was a reminder for me later to just be careful or maybe wipe my feet next time. But it's also reminded me, when I am standing face to face with God, as it teaches us in Section 121, my confidence will wax strong because of my virtue. Virtue and power, it's all that we are. We impact each other, we impact people, but most importantly, it's God that we are trying to have that covenant relationship with. We are proving to ourselves, really, because God already knows, but we're proving to ourselves our covenant relationship with God, with Him, what we are really made of inside.

Hank Smith: 00:57:23 Perfect.

John Bytheway: 00:57:24 My friend, well, he's my stake president now, but his dad was temple president in San Antonio. They're out golfing, and the fire department calls them and says, "We have a fire alarm at the San Antonio Temple. We won't enter until you get here, but we have to make sure the building's okay. We know you don't want us to enter." So in their golfing attire, they ran to the temple, and Bob, my friend says, "We went in and my dad said, 'Go check out the Celestial Room.'" And he said, "I was wearing black Bermuda shorts and a golf shirt. I felt my skin crawl walking into the Celestial Room wearing that." He said, "I got back in the car and said, 'Dad, that was just really hard to do that in what I was wearing.'" And his dad was like, "Yeah, what do you think that means?" Just let him think about it.

Dr. Barbara Gardner: 00:58:16 I remember, I was with two of my very dear friends, we were in Hawaii. We had just gone snorkeling in this beautiful area. We wanted to just see the new temple that was built there. I think it was on the big island, and we were literally in our swimsuits and lavalavas walking just... We had nothing to change into, but our heart was we wanted to see the temple. We just wanted to take pictures of the temple and just have this temple experience. But we weren't going in or anything, we just wanted to see it. We

were feeling a little bit sheepish in our clothing, but we knew our hearts were in the right place. So we got up closer to the temple as we were walking around thinking that the temple was actually closed because there were so few people that were in the area.

00:58:52 The door to the temple opens, and then this gentleman calls out to us, "Sisters, would you be able to perform some ordinances today?" We looked at each other, we're wearing our swimsuits, our lavalavas, we were soaking wet, just coming out of the beach, and we just looked like a disaster. We just said, "We are not in appropriate clothing." His comment was, "The appropriateness of your clothing is not what's important right now. Are you worthy before God, and do you hold a temple recommend?" "Yes." "Well, we could really use your help today. Would you please come do some ordinances?" We just said, "Okay."

00:59:22 I went in the temple in my swimsuit. And again, it was where my heart was, it was my relationship with God, but it was so silly. These experiences may be extreme, but I think that's the key, is we're not judging each other. I mean, any person who saw me walking into the temple, if they had any desire to judge anyone and take a picture and post it anywhere of me being a rebellious individual could have taken that picture that day. That wasn't the point. It was me and God. That's all it was. It was I understood God, He understood me, and I'm entering that temple for this purpose. It may be an extenuating circumstance. But that's the point, it's between me and the Lord. We didn't judge each other, we just did it.

John Bytheway: 00:59:58 Beautiful. The new FSY is just hear Him and let God prevail. That's it.

Hank Smith: 01:00:07 Please join us for part two of this podcast.



Hank Smith:	00:00:00	Welcome to part two with Dr. Barbara Morgan Gardner. 1 and 2 Timothy, Titus and Philemon. Barb, we've been at this for a while and we have covered a little bit of 2 Timothy and a little bit of Titus, but let's keep going here.
Dr. Barbara Gardner:	00:00:13	Hank, there's so much to cover here. We could be here all week. But there's some other important principles that perhaps would be helpful. Maybe chapter 3 where we start talking about bishops just in verse 1. This is a true saying. If a man desire the office of a bishop, he desire a good work. I as a woman, the way the church is currently structured and has been structured for a long time, I cannot see myself ever being a bishop.
	00:00:35	But I will say for those bishops that I have had in my life, I'm so grateful for them. I don't know of many who desire to be that. What is your experience? Do you guys want to be bishops?
Hank Smith:	00:00:46	Well, every time the bishop vacancy comes up, I put signs in my yard saying, "Smith for Bishop. Smith for Bishop." For some reason they never choose me.
Dr. Barbara Gardner:	00:00:58	I can't imagine why.
Hank Smith:	00:01:00	Barb, I imagine we have a few bishops listening who are interested in 1 Timothy chapter 3. What would you say to these men who are in callings they probably did not seek?
Dr. Barbara Gardner:	00:01:11	That's such a great question. I just considered my own life the many bishops I've had since I've been a child. I can remember my interview with the bishop for baptism. I remember pleading with my Bishop Eldridge to let me go on a mission when I was 19 and he wouldn't let me, how things have changed. But I remember his goodness and his kindness. I remember one bishop that I just love dearly in my youth saying to me, "Barb, you're going to be a leader for good or bad, and before you leave my office, you need to choose which kind of leader you're going to be."



- 00:01:41 I appreciate his boldness, but also his integrity and his discernment as a bishop and helping and guide me in my life. I remember the bishop who called me on a mission and the bishop that I interviewed with as I was getting prepared to be married and the many bishops I had during my single years and the impact they had and their wives had on me.
- 00:01:58 I have loved and had such incredible experiences with bishops and recognize that there's so much that they have given of their time, especially, and their talents to the Lord. Chapter 3 teaches some incredible principles just like previously when we're talking about women speaking and not speaking, et cetera in the church. The principles that are taught here are what's most important, not necessarily the specific to the bishop.
- 00:02:17 We don't necessarily use chapter 3 to guide us through how to be a bishop or how to be a deacon necessarily. But the principles here of who the bishop is and his character I think are critical. Verse 2, a bishop must be blameless. The husband of one wife, vigilant, sober, of good behavior, given to hospitality, apt to teach, and there's more there as well. I appreciate that the many bishops that I've had who have just done their best, of course not perfect, but really are trying to be worthy before the Lord.
- 00:02:42 President Hinckley gave a great talk October 1988 called To the Bishops of the Church. He said this ... I think the principles fit very well. He says, "Let me now speak directly to the thousands of bishops who are in attendance tonight. Let me say first that I love you for your integrity and goodness. You must be men of integrity. You must stand as examples to the congregations over which you preside. You must stand on higher ground so that you can lift others. You must be absolutely honest for you handle the funds of the Lord, the tithes of the people, the offerings that come of their fasting and the contributions which they make from their own strained resources. How great is your trust as the keepers of the purse of the Lord, even in this financial part as bishops are in charge?"
- 00:03:23 Then I love this paragraph, "your goodness must be an ensign to your people. Your morals must be impeccable. The wiles of the adversary may be held before you because he knows that if he can destroy you, he can injure an entire ward. You must be wise with the inspired wisdom in all of your relationships lest someone read into your observed actions, some taint of moral sin. You cannot succumb to the temptations. Then he continues on and on.

	00:03:46	Bishops have a very important calling, and again, they're not perfect. They have families. We're all mortal from the prophet on down, from the general relief society president to the wives and the families of and everything. Sometimes bishops have such a hard role as do leaders of the church in any capacity because their life becomes public in so many ways, especially in their own wards.
	00:04:06	But how I appreciate these men who are called of God and who are key holders that really are in a position to preside over a ward as a leader that has been given that assignment by Jesus Christ through the keys of the prophet that come all the way down to him, that he has been given that calling. I believe that these bishops have been called of God and they have this responsibility and these are responsibilities they continue to have.
	00:04:27	But that doesn't mean it's easy though. There's another great story that has been used often, it's by Elder Holland where he's talking about an experience between a newly called bishop and his wife. It's kind of a long story, but I'll just share this. He says the following, "may I share just one contemporary example of both the challenge and blessings that our calls to serve can bring.
	00:04:46	A wonderful sister recently said to a dear friend, 'I want to tell you about the moment I ceased resenting my husband's time and sacrifice as a bishop. It has seemed uncanny how an emergency would arise with a ward member just when he and I were about to go out to do something special together.'" I mean, I just feel it and this is the reality.
	00:05:03	Then she says, "One day, I poured out my frustration and my husband agreed we should guarantee in addition to Monday nights, one additional night a week just for us. Well, the first date night came and we were about to get into the car for an evening together when the telephone rang and you just know what's going to happen."
Hank Smith:	00:05:19	Oh, man.
Dr. Barbara Gardner:	00:05:19	"This is a test. I smiled at him. The telephone kept ringing. Remember our agreement. Remember our date. Remember me. Let the phone ring. In the end, I wasn't smiling." Then she continues, "My poor husband looked trapped between me and a ringing telephone. I really did know that his highest loyalty was to me and I knew he wanted that evening as much as I did, but he seemed paralyzed by the sound of that telephone."

- 00:05:43 "I'd better at least check," he said with sad eyes, "It is probably nothing at all." "If you do, our date is ruined, I cried. I just know it." He squeezed my hand and said, 'Be right back.' He dashed in to pick up the telephone. Well, when my husband didn't return to the car immediately, I knew what was happening. I got out of the car, went into the house and went to bed. The next morning, he spoke a quiet apology. I spoke an even quieter acceptance and that was the end of it or so I thought."
- 00:06:10 You could just feel what they're feeling here. You just feel the ache. "Or so I thought," she says, "I found the event still bothering me several weeks later. I wasn't blaming my husband, but I was disappointed, nevertheless. The memory was still fresh when I came upon a woman in the ward, I scarcely knew. Very hesitantly, she asked for the opportunity to talk. She then told to becoming infatuated with another man who seemed to bring excitement into her life of drudgery."
- 00:06:36 "She with a husband who worked full-time and carried a full load of classes at the university, their department was confining. She had small children who were often demanding, noisy and exhausting." She said, "I was sorely tempted to leave what I saw as my wretched state and just go with this man. My situation was such that I felt I deserved better than what I had. My rationalization persuaded me to think I could walk away from my husband, my children, my temple covenants and my church and find happiness with a stranger."
- 00:07:05 Then she continues. She said, "The plan was set. The time for my escape was agreed upon. Yet as if in a last gas of sanity my conscience told me to call your husband, my bishop. I say conscience, but I know that that was a spiritual prompting directly from heaven. Almost against my will I called, the telephone rang and rang and rang. Such was a state of my mind that I actually thought if the bishop doesn't answer, that will be a sign I should go through with my plan."
- 00:07:31 "The phone kept ringing and I was about to hang up and walk straight into the destruction. When suddenly I heard your husband's voice. It penetrated my soul like lightning. Suddenly I heard myself sobbing saying, Bishop, is that you? I am in trouble. I need help. Your husband came with help and I am safe today because he answered that telephone."
- 00:07:53 Then she reflects. "I look back and I realize I was tired and foolish and vulnerable. I loved my husband and my children with all of my heart. I can't imagine the tragedy my life would be without them. These are still demanding times for our

family. I know everyone has them, but we have addressed some of these issues and things are looking better. They always do eventually."

00:08:12 Then she said, "I don't know you well, but I wish to thank you for supporting your husband and his calling. I don't know what the cost for such service has been to you or to your children, but if on a difficult day there is a particularly personal cost, please know how eternally grateful I will be for the sacrifice people like you make to help rescue people like me."

00:08:31 Then finally, "Brothers and sisters, please understand that I am one who preaches emphatically a more manageable, more realistic expectation." That's Holland. But I feel for the woman who's having the experience where the bishop is leaving and has to go again. But I also feel for the woman who desperately needs a bishop and someone who actually really does care for her and has those keys and that ability to help.

00:08:50 Of course, in our recent day, we've been given so many responsibilities and the bishops are delegating so well and have that assignment to do so. But regardless, that assignment of being a bishop is a difficult time-consuming assignment. I'm so grateful for these bishops. I'm so grateful for their work. Shout out to bishops and their families.

Hank Smith: 00:09:05 Barb, there's such a balance there that's so hard for many to find that balance. Elder Holland, he even acknowledges that in that talk you read.

Dr. Barbara Gardner: 00:09:15 Yeah.

Hank Smith: 00:09:15 He says, "I am adamant about spouses and children deserving sacred, committed time with a husband and father." 9 times out of 10, I would've been right along that wife telling your husband, "Do not answer that telephone." But I am as grateful in my own way as that young woman was in hers, that in this instant this bishop was there.

Dr. Barbara Gardner: 00:09:38 Elder Bednar has talked a number of occasions and throughout the world on balance. But I've listened to him talk to those in South America where he's being translated and he's been asked, "How do you balance your life?" There was a young bishop asking, "How do you balance your work and your family and your children and all these different things that you have on?"

- 00:09:55 He just says, "You can't if you can't balance all of these things." But then he teaches an important principle. Again, you have to say "yes" to some things and "no" to some things. If you're always saying "no" to your child, then you'll probably need to say "yes" to your child the next time he wants you to throw a football with him.
- 00:10:12 But if you're always saying "no" to your stake calling or your bishop calling or whatever it is, then you probably need to be saying "yes" a little bit more to that. The key is to not always have the same answer to both, but just recognize that there are exceptions you're trying to fulfill. In this case, he's talking about keeping plates up in the yard. He talks about the Chinese dancers who have this ... They're spinning their plates and people have different capacities to spin different plates.
- 00:10:35 Some people can spin 10, some people can spin 2, but you need to know your capacity. Then the key is once you know your priorities, you keep those plates spinning and sometimes you just have to look, is this plate about ready to fall and then give it a spin and then go to the next one is this and then give it a spin. Then you need to know which plates need the most spinning.
- 00:10:51 I think that's not just with bishops, but with all of us in our capacities, all of us are being called to serve and we look at our lives and say, "What needs to be spinning?" Hopefully, the priority is exactly where the Lord needs it to be, and then we recognize that there are exceptions from time to time. He was wise enough to answer the phone call here, which was great.
- 00:11:08 I remember when my father, when he was a stake president, he was such a busy individual. But I remember his stake meetings he held. In this case, it's just an application what worked for him and for our family. But he had most of his stake meetings on Sunday mornings at 5:30 or 6:00 just because in his world, in his life and the way it worked in our stake at that time, he didn't have any other time to be with his family except for Sundays.
- 00:11:31 Sunday mornings were his stake meetings, and then he was home with the family in the afternoons. With my husband, which I appreciate the sacrifice that Dustin gives when I'm out, sometimes speaking at a Fireside or I'm teaching or we're traveling, but he is very, very supportive of me and we are supportive of each other and we counsel together, sometimes at a museum going through our calendars and making sure we sit together monthly on fast Sunday and we talk about our priorities and just to make sure we bring each other back where we need to be.

	00:11:57	We're far from perfect at it. But regardless of our assignments and our responsibilities, we want to raise our family very intentionally with the help of each other and he supports me and I support him in doing that, regardless of our callings.
Hank Smith:	00:12:10	Fantastic. Barb, thank you for that. We love our bishops. We should probably do a shout-out to our bishops. Bishop Nuttall. John, who's your bishop?
John Bytheway:	00:12:19	Bishop Ina.
Hank Smith:	00:12:20	Barb, who's your bishop?
Dr. Barbara Gardner:	00:12:22	Bishop Carroll. He was just called this last month.
Hank Smith:	00:12:25	We love you, our bishops. As we look in chapters 4, 5 and 6 of Timothy. I didn't realize in the context when I read the verse 1 Timothy 4:12 years ago when it was a youth theme, let no man despise thy youth. I didn't realize that he's actually talking to Timothy because Timothy is a young leader. He's saying people might think because you're young, you won't be effective. But he's saying, "No, you will be effective. You can be effective."
	00:12:53	What do both of you think of that verse? I mean, it's been a standout for the church because it was a youth theme, 4:12, let no man despise thy youth. John, I'm sure you've talked about this at times in Firesides and things.
John Bytheway:	00:13:05	Yeah. I took this verse apart and it was interesting to me because without the context that we've been talking about and I didn't realize the first-time what Timothy's age was, and I thought, let no man despise thy youth meant something like be good when you're young so that people won't say, "Well, I knew you when you were a youth and you got in a lot of trouble."
	00:13:26	I looked up some other translations of let no man despise thy youth to see if I had the meaning right. The new international version says, don't let anyone look down on you because you are young. I thought, "Oh, that's a different meaning." The new living translation, don't let anyone think less of you because you are young. I really loved the idea of don't worry about your age, just do your duty. It reminded me of a story of William F. Cahoon.
	00:13:54	There's a book somebody wrote years ago called They Knew the Prophet, people that had personal interactions with the Prophet Joseph Smith. He tells this story about being called to be a ward

teacher, and I'll just paraphrase, but he said, "I felt like shrinking from duty," that he went alone in those days I guess. He said, "I got to the door and Joseph Smith opened the door." He said, "Brother Joseph, I've come to visit you in the capacity of a ward teacher if it is convenient for you."

00:14:20 You can just imagine the reactions he could have got, "Oh, we're fine. Go see the Petersons down the street." But he said, "Brother William, come right in. I'm glad to see you. I will go call my wife in." He got Emma and the kids and he said, "Now, Brother Cahoon, ask all the questions you feel like. You asked them, are you having prayer with your family? Are you teaching your family the principles of the gospel?" You imagine asking. "Are you reading your scriptures?"

00:14:50 To all of those questions he said, Joseph said, "Yes. We are trying to do that." Then he turned to Sister Emma and asked her the same kinds of questions about her duties with her family. "Yes. We are trying to do that." This wonderful young man, he was 17, said, "Brother Joseph, I'm now through with my questions as a teacher and now if you have any advice to give, I shall be happy to receive it."

00:15:12 I just love the story. Joseph Smith jumps up, says, "Brother William, God bless you. If you are humble and faithful, you shall be able to settle all difficulties that may come before you in the capacity of a teacher." That was his feeling. Don't worry about your age, just go worry about your duty. I love the way that the prophet Joseph Smith treated him, but I also didn't forget that lesson.

Dr. Barbara Gardner: 00:15:35 John, I appreciate that experience of especially of these young people. When I think of young, we obviously go to Joseph Smith in his early age and having that experience as he's praying and studying and seeing God the Father and Jesus Christ. He's 14. In my world though I also go to Joan of Arc. I love Joan of Arc.

00:15:52 I recently went to France and visited the places that she was born and the places that she traveled to. She's 13 years old in the 1400s. She says that she hears a voice that she recognizes eventually as one that is coming from God. She was illiterate. She couldn't even sign her own name. She was a poor peasant. She hears this voice and she recognizes this voice of coming from God and others that God has sent.

00:16:16 She hears from the Lord that she is to be the leader of the French army and that she is to put King Charles the 7th on the throne. I mean this is ridiculous. She's 13. No money. Her

parents didn't actually support her in this. She leaves on her own at this age. Continues to hear this voice, and her voice continues to guide her through the next few years until she literally wins battle after battle against the English. Finally gets the king on the throne of France. Again, recorded in her court cases, her explaining that she hears the voice and she's finally caught.

- 00:16:48 She's put into prison in this very dark, horrible wall of a prison. Why is she going to be killed? Because she as a woman says that she heard the voice of God and they said that that is not right for a woman, but her age is also too young. A person at this age and this gender could not hear God's voice. God doesn't speak to her. She would not deny it. She is burned at the stake.
- 00:17:15 The last words that she calls out as she is dying, she has a priest hold a cross so that she can see it at the stake and she cries out Jesus, Jesus. Those are the last documented words that we have of Joan of Arc. Her testimony as this youth, she saves an entire nation. In fact, one of the wars that she wins, I just love the story. She is about ready to go into battle with the English. Before they go into battle, she actually gives the sacrament to all of the individuals that are in her army and says that she can't go on the Sabbath day going into battle with the English until they've all partaken of in our terminology, it would be the sacrament.
- 00:17:48 They all partake of the sacrament and it scares the English so much that they run away. They won't go to battle because they recognize that the power of God is with her. In regards to modesty, they say that she shouldn't be wearing pants in these clothes of the men and she says, this is my own summary, "I wear these clothes because I know that God has a greater call for me and I need to make sure that I'm always pure before the Lord."
- 00:18:08 She wants to serve the Lord. Everything that she does is the call from the Lord. She keeps herself pure. She's allowed to do these battles and eventually she's stopped. She's imprisoned and she's fighting this battle as a 13 to 19. She's burned at the cross at the age of 19. If Joan of Arc can be that powerful, if Joseph Smith can be that powerful, all of the youth have the capacity to be that powerful.
- 00:18:30 I love that now we have missionaries going out at younger ages. I love that we have these young men and young women that are able to now attend the temple and keep sacred covenants and be witnesses of baptism at a younger age. Just the most



beautiful thing, and I believe that the Lord, just like with Timothy, the Lord understands and knows that these youth are incredible and that we have high expectations for them.

00:18:52 The world is expecting less and less as President Eyring has said, and the world will continue to do so. As the world expects less and less, we as members of the church need to be expecting more and more of our youth. I love the understanding that youth today are supposed to be the presidents of their classes, not assistants. Let them receive revelation. Let them plan activities. Let them reach out to each other.

00:19:12 These are their quorums. These are their classes. They can receive revelation. They can receive guidance. Let's get out of the way a little bit. Again, this is a mentoring experience. Let's be a guide on the side and help these youth fulfill the measure of their creation and be able to use the authority that which they have been given.

00:19:27 An 11-year-old girl who was a class president of her young woman's class has priesthood power and authority given to her. Let her use it. Let her learn how to be an instrument in God's hand in the most positive and the most powerful way that we can help them. I've seen so many incredible youth. I was just in Nauvoo Church History trip and I had four young men and two young women who bore testimony of Joseph Smith at Carthage and in the Red Brick Store and it was powerful and the spirit was strong, and I am convinced that they had a serious impact on all those people that heard those testimonies born that day.

00:20:02 They are young, but they are powerful and they're saved for this day for a purpose ...

Hank Smith: 00:20:04 Yeah.

Dr. Barbara Gardner: 00:20:05 ... and young adults too.

Hank Smith: 00:20:07 Absolutely.

Dr. Barbara Gardner: 00:20:08 Hank, I think about verse 16 there where Paul is writing to Timothy. You can just see this mentoring again. Timothy, you're young. Take heed unto thyself and unto the doctrine. It's kind of Joseph Smith, the same ideas. He was young and he was maturing and there were sometimes maybe thoughts and he maybe fell to the follies of men. Timothy, take heed unto yourself. What do you focus on Timothy? Doctrine.

- 00:20:33 Again, there are going to be crazy things. He just tells us earlier that there are going to be fables that are going to be taught, old wise fable, he says, and there are going to be people teaching things that are not godly. Take heed unto thyself, Timothy, do what you know is right. Understand the doctrine, make decisions based upon the doctrines and the guidance that we have been given in the church and what Paul has taught him and that he has probably learned in other ways. Then continue in those things.
- 00:20:57 Watch yourself. Continue in the doctrine. Then it says, "For in doing this," and there's the blessing that comes with it, "Thou shalt both save thyself and them that hear thee." I love that Paul is trying to help Timothy, and I believe Timothy probably does it naturally, but he's reaching beyond himself. He's not just saying, "Timothy, be careful of these things because it may hurt you. Timothy, be careful of these things because what you do impacts other people as well."
- 00:21:23 What you do Timothy know the doctrine so you can make decisions and also know in your youth it's the Alma to Coriantumr. It's a father to a son. It's the Shiblon, it's the Helaman speaking to their sons. It's Helaman calling his sons, Nephi. It's this whole understanding of we are examples to other people. Watch yourself. Know the doctrine yourself and the Lord is going to use you so that you can bless other people and what you need to do, you need to know the doctrine. You need to watch yourself and then remember that you are an example."
- 00:21:51 I believe that if we really give youth those experiences and help them understand, we're not just teaching them, we're teaching them to be teachers of others. We're not just leading them. We're leading them to be leaders of others. The youth today and the youth back then, the youth always have had an extremely heavy responsibility and it is to get beyond themselves and to serve other people, reach out to the world.
- 00:22:10 There are so many ways the youth and the young adults of the church can do that today. I mean it's everywhere. They serve missions, but they can be on their Instagram accounts, the media, the possibilities, the understanding that the youth have today, teaching people about baptism for the dead. Temples are open to them right and left.
- 00:22:25 The more we help the youth get out of themselves, the more they're going to find themselves because we're helping them come unto Christ. I think that that's what Paul is doing here.

He's helping them have those experiences, get beyond yourself. I love that in chapter 5. He says, "Now go take care of your family too." Take care of your grandparents. Take care. Love people. Serve people. I love in verse 8, "but if any provide not for his own and especially for those of his own house, he has denied the faith and is worse than an infidel."

	00:22:50	Give responsibilities to our youth to take care of their grandparents without pay. Just to go visit, to write a letter to someone, to go knock on the door of a widow. We are talking about widows later. Help them see and experience service and help them apply the atonement of Jesus Christ in their lives so that they can testify and be stronger in the benefit of other people.
	00:23:08	I would say despise not thy youth. Give the youth opportunities and trust that they can do this. They have a serious and incredible capacity.
John Bytheway:	00:23:16	I have a President Nelson quotation. "We need to let the young people lead, particularly those who have been called and set apart to serve in class and quorum presidencies. Priesthood authority will have been delegated to them. They will learn how to receive inspiration in leading their class or quorum."
	00:23:37	I love that in light of what Elder Oaks said, "Yes. The young women classes have priesthood authority, what other authority could it be," President Oaks said, "They will learn how to receive inspiration." It's interesting when you look at the primary, adults are set apart to administer and run that.
	00:23:53	But when you look at the youth. The youth are set apart. The youth are the ones who are set apart to do that. What a wonderful thing the way the church is organized so that they will have hands-on experience. If you are a bishop or a leader, you can ask them, how have you felt prompted about members of your class this week? What needs do you see in your class or quorum this week? Help them see that's what a leader does.
	00:24:18	I love those questions. I think those were suggestions from Elder Holland. How have you felt prompted? What needs have you seen? Instead of you telling them what you're seeing, you can ask them because that's their job that they've been set apart to do.
Dr. Barbara Gardner:	00:24:32	This reminds me so much of Sister Oscarson speaking about the young women when she was the general young women's

president and we talked about bishops. These tie in really well together. She says this to bishops, "Bishops, we know your duties are often heavy. But just as one of your high priorities is to preside over the Aaronic Priesthood Quorums, handbook two explains that the bishop and his counselors provide priesthood leadership for the young women organization."

00:24:55 "They watch over and strengthen individual young women, working closely with parents and young women leaders in this effort. It also states that the bishop and his counselors regularly participate in young women meetings, services and activities." Then she continues, "We are grateful for bishops who take the time to visit young women classes and who provide opportunities for young women to be more than spectators of the work."

00:25:16 "Thank you for making sure your young women are valued participants in meeting the needs of ward members. These opportunities to serve in meaningful ways, bless them much more than activities in which they are just entertained." That important role of the young women, I think sometimes they feel like they're getting kind of skirted to the side or they're supposed to be doing some unimportant activity while the young men pass the sacrament or the young men take the sacrament to somebody who is sick.

00:25:40 But these young women have incredible capacity. They have been given, as you said, John, priesthood power and authority to fulfill these callings. There's a lot more that these young women could be asked to do. They want to serve. They have the capacity to do so. She says in here, "Make sure that every young woman knows that she is needed. Each person has something important to contribute and has unique talents and abilities that help move this important work along."

00:26:05 Remember young women and young men, and for me I would say that's really focused on helping those young women fulfill the measures, their capacity at this age. They're ready to go. I think about these young adults, the capacity of these young adults, sometimes it blows my mind. I've had young adults in my classes that have called and said, "How can I help so-and-so in class. I want to invite them to church." They follow up with me as a teacher.

00:26:26 They have come home, some of them from their missions and they are just on fire and they want more capacity. They want more to be asked of them. They want to continue to serve the Lord. They want to save souls. Regardless of whether they serve

a full-time mission or if they're just young adults, we may be older to have more experience. But boy, do they have energy and boy, do they have experience and they also want to hit the ground running.

00:26:46 I think about so many of the young women's presidents and relief society presidents that I know that are in their 20s. I think of these great primary leaders and so much that these young adults and youth are willing and able to give to the church. I would reiterate what Paul says, "Let no man despise thy youth." For any youth that are listening, let no man despise thy youth. You are incredible. You can teach the gospel. You've been given special responsibilities. You're unique to this generation and we need your help. Please use the power and authority that you've been given in this work especially that comes to you through keeping your covenants.

Hank Smith: 00:27:19 Beautiful. Barb, John, it seems that the end of 1 Timothy is taking care of the poor, to watch how you feel about riches, famous verse that we've already mentioned here for the love of money is the root of all evil. Before we finish with 1 Timothy, let's take five minutes on the idea of your attitude towards money is a big deal in following the Lord.

John Bytheway: 00:27:44 George Bailey said to that Angel Clarence that he came to help him and he said, "You don't happen to have 8,000 bucks, do you?" Clarence said, "No. We don't use money in heaven." And George, "Well, it comes in pretty handy down here bub," he says. The whole movie is an illustration of really it was the people and the friends that were most important and we can figure out the money part, but a lot of discussion about that verse, isn't there?

Dr. Barbara Gardner: 00:28:14 Oh, so much. As I've watched my own parents pass away, my husband's parents pass away and other people that are just so dear to me, and I think about possessions that they had and even discussions that we have as children, it's almost laughable. My parents passed away. There wasn't a lot of monetary going on there as you can imagine, but you have 13 children that are trying to decide what to do with what's left. What do we all care about?

00:28:36 We all care about the letters and we care about the love and we care about the things that are relationship-based memories and that's what we all want copies of. That's what we all want to share with each other. That the reality is they have passed on and they took nothing with them except as they took their intelligence, they took the knowledge, they took those things

that they have become, and when it really comes to it. I'm so grateful for.

00:28:59 But the reality that money can be the root of all evil, but it also can be a great blessing. Again, it's all about where the heart is. But in the end, the money is still behind. It's still left behind. Eternal life is what matters. It's this, "Oh, man of God. Flee these things. Follow after righteousness, godliness, faith, love, patience, meekness. Fight the good fight of faith. Lay hold on eternal life."

00:29:20 Regardless of the money, the point, again, it's not the money, it's who we are serving. It's disciples of Christ and that's what this is. It's never about the money. It's just about who we are as individuals.

John Bytheway: 00:29:31 You mentioned Doctrine and Covenants. We can take our section 1:30, whatever principle of intelligence we attain to. 1 Timothy 6:7, for we brought nothing into this world and it is certain we can carry nothing out. There's a reference to Job there. You can't carry it, but there's things that fit in your spirit and that's what I like what the Doctrine and Covenants says. You get to keep your character, your intelligence, your relationships, and we don't want to spend our lives climbing the ladder of success and discover it's leaning against the wrong wall as somebody said.

00:30:04 What can we carry with us? Which is a fun discussion. You can't carry it, but there are things that you have become. As Elder Oaks might tell us that what have you become? You get to keep that and that's the focus.

Hank Smith: 00:30:16 Yeah.

Dr. Barbara Gardner: 00:30:16 In the temple, John, one of the covenants we make is we covenant to keep the law of consecration and we covenant to keep law of sacrifice. Again, in verse 10, it is not money that is the root of all evil. It is the love of money that is the root of all evil. That's the important part. If we love anything more than God, it is the root of all evil. We build our house upon the rock of Jesus Christ. If it's money, it's sand. The sand is money. The sand is anything but Jesus Christ.

00:30:44 To your point, we bring with us who we are and we are disciples. We are gods in the making. The love of anything besides God is the root of all evil. In this case, clearly there's a need for talking about money. I would imagine that there are

some issues that are going on. We've already talked about the wealth and some of the women and what they're wearing. But maybe he's getting offered different things. I don't know exactly what that is there. But it's not money that's the problem. It's the love of it. That's the problem.

John Bytheway: 00:31:07 You read the rest of the verse and it says that some coveted after and then erred from the faith, and so then you could see, "Ooh, look at the problems that come if that becomes more important than the other things," like you just said.

Hank Smith: 00:31:20 Yeah. Verse 9 says, if you're going to seek after riches, you could easily fall into temptation and traps, hurtful lust and drown in destruction. What an interesting phrase, drown in destruction. Then Elder Oaks in 2015, I'm sure you both remember this, devoted an entire conference talk to the Parable of the Sower. He talked about in that parable, the Savior talks about the deceitfulness of riches.

00:31:49 This is what Elder Oaks said, "Wherever we are in our spiritual journey, whatever our state of conversion, we are all tempted by this. When attitudes or priorities are fixed on the acquisition, use or possession of property, we call that materialism. So much has been said and written about materialism that little needs to be added here. Those who believe in what is called the theology of prosperity are suffering from the deceitfulness of riches. The possession of wealth or significant income is not a mark of heavenly favor and their absence is not evidence of heavenly disfavor."

00:32:24 "When Jesus told a faithful follower that he could inherit eternal life if he would only give all he had to the poor, he was not identifying an evil in the possession of riches but an evil in that follower's attitude toward them. As we're all aware, Jesus praised the good Samaritan who used the same coinage to serve his fellow men that Judas used to betray his Savior. The root of all evil is not money but the love of money."

00:32:51 "The Book of Mormon tells of a time when the church of God began to fail in its progress because the people of the church began to set their hearts upon riches and the vain things of the world. Whoever has an abundance of material things is in jeopardy of being spiritually sedated by riches and other things of the world." Excellent, spiritually sedated by riches.

Dr. Barbara Gardner: 00:33:15 That's good.

Hank Smith:	00:33:17	Barb, this has just been a fantastic day. We've talked a little bit about 2 Timothy. Is there anything else in there or Titus or Philemon that you think our listeners could benefit from?
Dr. Barbara Gardner:	00:33:28	One of my all-time favorite scriptures is 2 Timothy 1:7. It has been... and eight. These are foundational to how I also live my life. These are the verses, "For God hath not given us the spirit of fear, but of power and of love and of a sound mind." Again, it's Paul talking to a youth, Timothy, and he's teaching and he's mentoring and he's training.
	00:33:50	As a younger individual, I especially remember being a young adult and reading this verse and thinking to myself, am I not moving forward because of fear in anything? Or does fear guide my decisions in anything? If it is, guiding my decisions, then it's not from God. There may be other reasons that I may not be doing this. But if it's fear that I need to back up and say, "This is not from God." Love this.
	00:34:12	If I know if I'm not going to take a speaking assignment because of fear, that's not the reason. If I'm not going to get married because of fear, that's not the reason. If I don't take a job, it's not the reason. If I'm not moving forward because of fear, then I need to start working on exercising my faith and increasing my faith. I love this. Then he continues, "Be not thou therefore ashamed of the testimony of our Lord nor of me his prisoner, but be thou partaker of the affliction of the gospel according to the power of God."
	00:34:37	When I was a young adult, I don't know if I was a young adult, let me think about this. When I was younger, I read this talk by President Hinckley and I did exactly what he said here because of the impact of what he said. Regarding these two verses, President Hinckley said the following, "I wish that every member of this church would put those words where he might see them every morning as he begins his day. They would give us the courage to speak up. They would give us the faith to try. They would strengthen our conviction of the Lord Jesus Christ. I believe that more miracles would happen over the earth."
	00:35:11	He's speaking about these words and he's saying, "Do not fear." In my office at work, I have the quote, I have a little piece of a magnet that I have taped there and it's on my desk at work. I see it when I go to work. In my office at home, I have a little poster that has it on there that I just created on my computer. God has not given me the spirit of fear, but of power and of love and of a sound mind.



	00:35:32	It's there. I see it. If there's any reason for fear, I just say, "You know what? Satan take a hike. I'm on God's team. My power is through him and my covenant." To me, that's extremely important. I think a lot of people struggle as I have struggled in my life that we make decisions based on fear. Fear is not from God. God gives power.
	00:35:50	To the youth, I would say that to young adults, I would say that, and to all of us who may struggle with fear from time to time, which is probably all of us in some way. Remember that the power is of God. We bear testimony of him. There's no reason to be afraid.
Hank Smith:	00:36:03	Absolutely wonderful.
John Bytheway:	00:36:04	I heard somebody say once that FEAR, F-E-A-R, is False Expectations Appearing Real. A little acronym for the word fear.
Dr. Barbara Gardner:	00:36:15	That's good.
John Bytheway:	00:36:15	False Expectations Appearing Real, but they're not. The same idea. Don't take counsel from your fears. I love the way you put it.
Dr. Barbara Gardner:	00:36:22	I think it's critical. When we look at this fear, we don't just say, don't be afraid. Because that's not also not what he's saying. He says, "God has not given us a spirit of fear, but of power and of love and of a sound mind." But then he teaches us how to not be afraid, and that's what I love here. Again, we're talking about Paul is taking Timothy back to doctrine and Jesus Christ every time.
	00:36:43	He says, first of all, he talks about the testament of our Lord. He testifies who has saved us and called us with an holy calling. Not according to our works, but according to his own purpose and grace, which was given us in Jesus Christ before the world began. Then he continues, "Why else should you not be afraid? It is made manifest by the appearing of our Savior, Jesus Christ, who has abolished death and hath brought life and immortality to the life, through the gospel, whereunto I am appointed a preacher and an apostle and a teacher of the Gentiles."
	00:37:11	In other words, Christ is the one who gave me this calling, Timothy, and he's the one who gave you your calling. There's nothing to be afraid of. Then he continues, "For the things which cause I also suffer these things. Nevertheless, I am not ashamed for I know in whom I have believed and I am

persuaded that he is able," He meaning Christ, "Is able to keep that which I have committed unto him against that day. Holdfast, the form of sound words."

- |                |   |
|----------------|---|
| 00:37:37       | He's back to doctrine, "Which thou hast heard of me in faith and love, which is in Christ Jesus." Then he reminds him that he has the Holy Ghost with him and he talks about mercy and being refreshed and oft refreshed within himself. Then he says, "Holdfast the form sound words," referring to doctrine, "Which thou hast heard of me in faith and love, which is in Jesus Christ."   |
| 00:37:59       | Then verse 14, that good thing which was committed unto thee keep by the Holy Ghost, which dwelleth in us. It's not that he's just not supposed to be afraid. He's not just saying, You know what? Timothy grow up a little bit. He's saying, Timothy, because of Jesus Christ, you have no reason to be afraid. Your calling has come from him. Your power comes from him. Satan may try to destroy you and take away his power. You don't have to worry about it. |
| 00:38:26       | You are appointed by Jesus Christ. He's the Savior of the world. He has overcome death and everything bad. He's the light and the life of the world. We know in whom we have trusted. You're still young. You may not have the experience that I have, but you've got to trust me here. Do not be afraid. Take one step after the other and get on the move. Hit the ground running, Timothy.   |
| 00:38:43       | He's not just dismissing his fear. He's saying, let me help you have confidence. It's Jesus Christ in who we have confidence in. It's not that he has faith in himself. He has faith in Jesus Christ and faith overcomes fear. If we have faith in God and a love of God, we have no reason to fear as we're taught.  |
| John Bytheway: | 00:39:00 Faith, not fear. Yep.  |
| Hank Smith:    | 00:39:02 This letter becomes even more powerful when you realize Paul is, I think, he's realizing, he's coming to the end. Right out of the manual it says, 2 Timothy is to believe to be the last epistle Paul wrote, and it seems he knew his time on earth was short. How might Timothy have felt knowing that he might soon be without his trusted mentor? What did Paul say to encourage him?  |
| 00:39:25       | I'm looking at 2 Timothy 3. He says, "Timothy, continue thou in the things which thou hast learned." That's verse 14. You've learned from the scriptures since you were a child, 16 and 17. Scripture is given by inspiration of God. It will help you become   |

thoroughly furnished unto all good works. Here Paul is kind of, I mean saying goodbye, saying, like you just said, "Don't be fearful. Continue in the things which you have learned and you're going to be okay. Keep yourself in the scriptures."

Dr. Barbara Gardner: 00:39:58

It's Mormon talking to Moroni. Come unto Christ and be perfected in him. It's Moroni talking to us. Come unto Christ. It's all these prophets and leaders as they're giving their last word or last letter to people and just be firm in the faith. Oh, be wise. What can I say more? I love chapter 2 as well as he is talking to him. He's talking about seeking godliness and shunning all of these bad things.

00:40:17

Again, he is talking as a youth, but foundational to you being an effective instrument in God's hands is as he says in verse 22, "Flee youthful lust, but follow righteousness, faith, charity, peace with them that call on the Lord out of a pure heart. Foolish and unlearned questions. Avoid knowing that they do gender strife." I mean, avoid the things that cause contention. Avoid questions that are just pointless just for the argument's sake.

00:40:42

He's helping him and he's training him as a leader. I love in meekness instructing those that oppose themselves. Be meek, be teachable, be learnable. Understand that there are going to be people that maybe you could learn some things from as you continue on. Not just me, Timothy, but maybe your mom, maybe your grandma. You have more things to learn from them, maybe other people in your path.

00:41:03

I also love in chapter 2, first of all, he talks about Christ again, "Thou therefore my son. Be strong in the grace that is in Christ Jesus and the things that thou hast heard of me among witnesses. The same commit thou to faithful men who shall be able to teach others also. Timothy, you need to be in a position to learn from me. Learn from Jesus Christ so that you can teach others how to teach thou therefore, and your hardness as a good soldier of Jesus Christ."

00:41:29

It's all about his responsibility to teach the gospel of Christ. Then no man that warreth entangleth himself with the affairs of this life that he may please him with who has chosen him to be a soldier. If a man also strived for the masteries, yet he is not crowned except he strived lawfully. The husbandman, that laboreth must be first partaker of the fruits. Then consider what I say and the Lord give thee understanding.

	00:41:51	In other words, ponder what I'm teaching you here, Timothy. Consider it. Think about it. Take it to the Lord. Do more. It's not just a quick reaction. Ponder these things in thy heart, just as Joseph Smith talks about and that President Nelson has asked us, as you consider, ponder the truth that you have been taught. Then I love verse 10, therefore I endure all these things for the elect sake, that they may also obtain the salvation which is in Christ Jesus with eternal glory.
	00:42:17	Timothy, it's going to be hard. Ponder upon the things, understand the doctrine, move forward with faith. Speaking of the soldier thing just came to my mind. When my mom passed away, I just had the hardest time. I just wept. I remember being at my father's home and laying on the couch and it just tore me to pieces. I was teaching religion classes at BYU and I was supposed to just wake up the next morning and go teach a class. It was so hard.
	00:42:39	I remember my dad just looking at me and he said, "Barb, it's okay to be like the good soldier and lay down for a while and cry, but then you've got to get up and fight, fight, fight." Sometimes we lay down like the good soldier, but we have to get back up on our feet. We know in whom we have trusted. Get back to the work. Don't let the world overcome us. Remember that Jesus Christ himself overcame the world. He resurrected. There's hope in Christ and we can get up and finish our battle.
	00:43:01	But it's okay to lay down and cry for a little while. It's okay to be hurt. It's okay to mourn and it's actually, it's a beautiful thing to mourn, but we need to continue on, not deny, move forward, be strong. Losing those we love and having difficult experiences and having others, older people, maybe blasphemous, whatever else, all these things are things that we can overcome and grow from if we will be meek and lowly of heart and trust and know in whom we have trusted.
Hank Smith:	00:43:26	Yeah. 2 Timothy 4:7, famous verse. I have fought a good fight. I have finished my course. I have kept the faith. Man, Paul. Paul gave his all.
Dr. Barbara Gardner:	00:43:39	I know I'm harking back to this, but I am so convinced of the importance of what fight did he fight? What was the good fight? It's back to who he was as an individual. He says in chapter 3, this know also, that in the last days, perilous times shall come. We've heard this so often. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy.

	00:44:00	I mean, I feel like we're talking about our days. It's so obvious, without natural affection, truce breakers, false accusers, incontinent, fears, despisers of those that are good, traitors, heady, high-minded lovers of pleasure more than lovers of God, having a form of godliness, but denying the power thereof from such turn away. I hope we can see that how do we turn away from these things and how do we recognize them?
	00:44:21	Well, he teaches us this. We learn the doctrine of Christ. Then he says, "All scriptures given by inspiration." Before he gives this chapter 4, he says, "For the time will come when they will not endure sound doctrine. But after their own lust, shall they heap themselves, teachers having itching ears, they shall turn away their ears from the truth and shall be turned into fables."
	00:44:42	What has Paul done to keep the fight and the fight of good fight? He has kept the fight of the gospel of Jesus Christ. He's kept the fight of keeping the doctrine pure, of living the life of Jesus Christ, of changing his life to be a disciple. He is fighting that fight to make sure that he is on the right ground in Christ. That's what he's trying to get Peter to do. He hasn't fought a good fight because he's lived a long life. He's fought a good fight because he's a disciple of Christ. He's fought that good fight.
Hank Smith:	00:45:07	Fantastic.
Dr. Barbara Gardner:	00:45:08	I'll continue on that. He's fought the good fight. I always love that he teaches the invitation. In a sense, he's saying, "Timothy, you fight the good fight too." But then he says in verse 8, and it's always ... there's a blessing for this, henceforth, there is laid up for me, a crown of righteousness." He knows that. He doesn't have to guess. He's not like he's going into a class and he's saying, "I don't know how I did on this earth. Am I going to receive an A, B, C, or D in the next life? Am I going to be celestial, terrestrial, telestial?"
	00:45:33	Paul knows he has the confidence because he's given his life to the Lord. Literally, he's consecrated. He knows that a crown of righteousness will be his. That's not pompous. That's not prideful. He just knows that he has done what he can do. Then he says, "Which the Lord, the righteous judge shall give me at that day. Not to me only, but unto all them that also love his appearing, do thy diligence to come shortly unto me. Timothy, I have confidence in God. I have confidence in his resurrection in Jesus Christ. I am confident because I know in whom I have trusted that I will receive this crown of righteousness."

- 00:46:08 Timothy, so will you. Let's help everybody because of the love of God. Receive this crown of righteousness. Be a teacher, be a leader, be a missionary. Let's all have eternal life together." That's what verse 17, notwithstanding the Lord stood with me, strengthened me, that by me the preaching might be fully known and that all the gentiles might hear and I was delivered out of the mouth of the lion. The Lord shall deliver me from every evil work and he will preserve me unto his heavenly kingdom to whom be glory forever and ever.
- 00:46:38 He knows that it's not him. It's all because of the Lord. The Lord has saved him. In verse 22, as he's ending this off, he just says, "The Lord Jesus Christ, be with thy spirit. Grace be with you. Amen." Paul knows the work of the Lord. He knows what the Lord can do. He knows that only through Christ can we be saved. He wants Timothy to get it. Likely, his last letter has everything to say, "Timothy, I believe, please believe, please teach these things." Because even to his dying day, he wants to make sure that the gospel is preached forever.
- 00:47:08 A true disciple of Christ loves people and he loves people so much that he wants the gospel taught to them. He's using these individuals to help teach that gospel knowing that he's passing on. In fact, I'll tell you, when my mother passed away. One of the things that I thought was so fun is she was in a coma. A few days into her coma, she woke up just a couple days before she passed away and she said to me, "Barb, I need you to teach me how to teach better."
- 00:47:33 I just kind of laughed, I mean, this is my mom coming out of a coma, clearly about ready to pass away, and I just kind of laughed with her. I just said, "Mom, it's so good to see you. You came out." She just said, "Barb, there are people on the other side of the veil who need me, and when I get there and I see them, I want to hit the ground running." She said, "I need you to teach me."
- 00:47:51 I sat with my mom for a few hours in her very short awakening from her coma, and we talked about how to better teach and influence people on the other side of the veil. It was one of the most sacred experiences in my life, and as my memory is, that was the last conversation I had with my mom, teaching how to teach on the other side of the veil, to one who had taught me most of everything that I knew.
- 00:48:12 A mother who I never saw a speck of dust on her scriptures and a mother whose scriptures were full of markings and teachings and doctrines and principles just like Timothy's mother and

Timothy's grandmother. She was one who does not despise my youth. She asked me questions and genuinely wanted to know how I could help her better teach people on the other side of the veil. It was so humbling and so exciting to have that moment with my mom.

00:48:37 I asked her one as I was working on her obituary before she passed away, what do you want to be known for? She said, "I want to be known for one who was a seeker and liver of truth," which I just thought that was so beautiful. That's what Paul's doing here, he is trying to help Timothy have a testimony of truth and live the truth. Frankly, it's what he's doing with Titus in this next part as well.

Hank Smith: 00:48:56 Let's take a quick look at that, Barb. It seems that Titus is the leader of the church in Crete, that Paul gave him that assignment to lead the church in Crete. Crete is not an easy place to be a Christian, much like the other places that we've looked at that Paul is writing to. Is there anything in Titus that we should see? It's very similar as I've read to Timothy saying, "These Christians need to be this light and they can make a big difference in the community that they're in. If they deny ungodliness and worldly lusts and live soberly and godly, they can do great things." Anything else?

Dr. Barbara Gardner: 00:49:35 I think there's so much here again. I'm probably a broken record because I just feel like this is such an important discussion. I just feel like it is a mentoring teaching opportunity. You see at the end of verse 2 as Paul is writing to Titus, unto the pure all things are pure, but unto them that are defiled and unbelieving is nothing pure, but even their mind and conscience is defiled. They profess that they know God, but in the works they deny him, being abominable and disobedient and unto every good work reprobate.

00:50:02 He's not trying to call people on things, but he's trying to teach discernment to Timothy and it seems that he's trying to help Timothy see those people who want to hear you will be pure and you'll recognize their purity and they will want to believe. Those who do not want to believe, there are other things perhaps going on in their lives.

00:50:18 They may be of a different nature in some things, but the obedient and those who want to know truth will want to know truth. They will come to you with a desire and they'll recognize the truth when you teach it to them. I think that that's what we see in chapter 2 as well. Speak thou the things which become sound doctrine. Again, we have in verse 1 doctrine, then we

have in verse 7 and all things showing thyself a pattern of good works in doctrine, showing uncorruptness, gravity, sincerity, sound speech that cannot be condemned.

- 00:50:47 Verse 10, no purloining, but showing all good fidelity that they may adorn the doctrine of God, our Savior in all things. He is so clearly focusing on what is true. Because we're seeing in these last days that we're going to have wicked times and there are going to be people that are covetous and there are going to be false accusers and false teachers and he is sticking them so strongly.
- 00:51:08 You must know the doctrine of Christ. You must teach it. You must live it. You must not be a hypocrite. You have to be sound in speech. Then he says, "Deny ungodliness and worldly lust, live soberly, righteously, and godly in this present world." I just love that in verse 12 and then verse 13. Looking for that blessed hope and the glorious appearing of the great God, our Savior, Jesus Christ, who gave himself for us that he might redeem us from all iniquity and purity unto himself.
- 00:51:34 A peculiar people zealous of good works. These things speak. Titus speak and tell people that we are meant to be peculiar. We're meant to be zealous in good words. We're not trying to be like the world be doctrinally sound. Then verse 15, these things speak and exhort and rebuke with all authority. Let no man despise thee.
- 00:51:56 He's being told and assuming he's younger, don't despise you, but do speak with authority, exhort people. Just as it says in section 121 of the Doctrine & Covenants, reprove betimes with sharpness when led by the Holy Ghost. Be a discernor of those things and correct people when needed. President Reese at BYU just recently talked about how when things are not doctrinally sound to mark them, mark the things that aren't sound.
- 00:52:19 In this case, make sure that you understand and know the doctrine of Jesus Christ and make sure you know what is not. Don't be easily confused. Be careful that you're not being swayed by every wind of doctrine. Helaman chapter 5, we understand Jesus Christ and we have that faith, but we're not just easily swayed to believe so many are in our day and age.
- 00:52:39 I was talking to my sister who was on an airplane with someone who was going to my home state. My sister asked him, "Why do you like going there so much?" He said, "Because I love the confusion that exists there. I can't think of anything worse than to try to be in a state of confusion. He loved feeling confused.



There are very few things in my life that I try to avoid more than that and clarify than confusion. I want truth. I want to know what is true and I want to live it. I don't want to live in a state of confusion and I desperately don't want to cause confusion.

00:53:09 I think that we're seeing a lot of confusion in these last days. Again, I think it's fascinating in chapter 3 that Titus is also told to avoid foolish questions. That's verse 9. Avoid foolish questions and genealogies and contentions and strivings about the law for they are unprofitable and vain.

00:53:28 I remember as I was in my youth genuinely trying to come up with questions that would stump people or coming up with questions that may cause people to struggle. I wasn't trying to hurt people's souls. I just thought I was funny. I remember reading because I was in this state where I was trying to find testimony. It was that same time where I came upon ever learning and never able to come to the knowledge of the truth.

00:53:50 I remember reading this and being kind of humbly and gently spanked by the Lord, like, Barb, are you trying to find truth or are you trying to be obnoxious? You're ever learning and never able to come to the knowledge of the truth? You're asking questions that are foolish. You're trying to stump your teachers. What are you doing? Are you trying to build the faith or are you just trying to be funny? Or are you really a builder of people? What kind of questions are you asking of other people? More importantly, what kind of questions are you asking the Lord? Are you spending time coming up with really good questions in your prayers? Are you writing down your questions?

00:54:22 As Elder Bednar says, he goes to the temple to find good questions to ask so that he can be answering them throughout his own personal studies throughout the rest of the week. I've learned a lot about avoiding foolish questions and avoiding foolish questions with God. When I pray in the name of Christ, I want to ask questions in the name of Christ too. I want to ask God the kind of questions Jesus Christ would want me to ask his father in his name.

00:54:45 Learning to ask good questions is critical. He's teaching that to Titus. Ask good questions. Be wise in your conversations. Be loving. Avoid contentions. As President Nelson says, be a peacemaker. Because all of these things, if we do wrong, really could destroy people's testimonies. Those are not attributes of a good missionary or a good member of the church, but learn to ask questions that matter. Learn to be peaceful, learn to have conversations with people that will be uplifting, building and

that will increase people's faith. I think to Titus, yes, I think there are many things here and focus on that doctrine.

Hank Smith: 00:55:17 Yeah. Be zealous of good works, eager, enthusiastic about doing good things.

Dr. Barbara Gardner: 00:55:24 Absolutely.

Hank Smith: 00:55:25 This last letter to Philemon, however you want to say it, I think I've said that a few times today, we find out that he loves Jesus. He's refreshed the hearts of many saints. He's a church leader. Paul considers him to be a friend. But this is a bit of an awkward situation because he owned a slave. Onesimus had run away from Philemon and Paul is now sending him back to Philemon and he's been saved.

00:55:58 Onesimus is going to show up Philemon's doorstep with this letter. It's going to ask him to forgive him and then accept him as a brother and not a slave. A very specific situation that I don't think we'll ever find ourselves in. But is there anything we can take out of this?

Dr. Barbara Gardner: 00:56:20 I think maybe a couple of thoughts have come to me. Just as you were explaining that, Hank. I think it's interesting that Paul, in this case, in the other cases, he's writing a letter and introducing himself and then talking about how, in this case, Timothy and Titus were both his sons and he talks about who they are in the relationship. In this case, instead he says, "Paul, a prisoner of Jesus Christ."

00:56:40 He's putting himself in a position of being a servant or a prisoner or one who has been captured too. He knows what it's like to be captured. He knows what it's like to be a servant of another person. It reminds me of Joseph Smith in Liberty Jail and he is talking about being in Liberty Jail.

00:56:58 That process of being in Liberty Jail, the Lord teaches all of us how important it is that when an individual is given authority that they do not usurp the authority and use it against someone else. It's interesting that Paul puts himself in a position as a prisoner. Joseph Smith is in a position of being in prison. In these cases, Joseph Smith, Paul and others are learning the importance of changing and becoming a brother and being able to repent and recognizing that there is a higher power.

00:57:27 I think that Jesus Christ often teaches us who he is and how we can better treat other people when we are in positions of being

in a sense enslaved. Whether it was in prison or as a servant, Paul has empathy here. Jesus Christ had empathy when he's teaching to Joseph Smith in that sacred, the holy jail temple. Paul just, to me, it seems like he's in that very first verse, he's recognizing he was also a prisoner. He was also a servant or in some ways confined to somebody else's desires and wills.

- Hank Smith: 00:58:00 Yeah. It's beautiful. Paul seems to act as almost a savior type role here when he says, "I'm sending him to you," verse 16, "Not as a servant, but a beloved brother." He says, "Receive him like you would receive me. If he has wronged thee or owe with thee, put that on my account." There's a mediator type role that Paul is taking on that can teach us a little bit about the Savior.
- Dr. Barbara Gardner: 00:58:30 It's kind of the parable of the Good Samaritan.
- Hank Smith: 00:58:32 Yeah.
- Dr. Barbara Gardner: 00:58:32 Puts him on his own donkey. They go down there and he gives to the keeper. Keep tabs on this. I'll pay for everything. I'll make sure he's okay. To your point, that is very symbolic of Christ and his Atonement and his paying for us. The grace that he offers and the salvation that he offers through his Atonement for us, it has that feel, and that's verse 8. Wherefore though I might be much bold in Christ to enjoin thee that that which is convenient yet for the love's sake, I'd rather beseech thee, being such and one as Paul, the aged and now also a prisoner of Jesus Christ.
- 00:59:03 He's tying that into being a prisoner of Christ and that kind of relationship of all of us needing Christ's Atonement. All of us are sinners per se. All of us are captured. All of us are in prison in some way. All of us need Jesus Christ. It's a great lesson on we all are in a sense, brothers and sisters in Christ, and all of us are desperate for him, but I do love verse 19, I will repay it.
- Hank Smith: 00:59:29 Yeah. Barb, I love that insight as he introduces himself as a prisoner or a slave of Jesus Christ and trying to get into the heart of Philemon that we are all servants of Christ, so we are all brothers.
- John Bytheway: 00:59:45 That's what I thought of, too, is it's like King Benjamin, are we not all beggars? We are all in that same position where we are asking for salvation. I just like the very short synopsis at the beginning. The gospel changes a servant into a brother. One of probably the shortest synopses in all of the standard works, maybe.

Hank Smith:	01:00:07	Yeah. That's fantastic. I didn't even see that, John. Barb, we have a lot of listeners who are listening. They want to live better lives. They want to have better relationships with their families and friends. What do you hope they get out of our time together today, 1 and 2 Timothy, Titus, Philemon?
Dr. Barbara Gardner:	01:00:30	In Titus 3:7, it says, "Being justified by his grace, we should be made heirs according to the hope of eternal life." I think what I would hope that everyone has as a result of this discussion and in their own personal scripture study, frankly, is an increased hope and eternal life through Jesus Christ, that we are heirs with him that Christ does not expect perfection.
	01:00:53	But as President Nelson says, he does love effort and that we can all stretch a little bit more. As President Kimball says that sometimes we need to get on our tippy toes to receive revelation. But that we succeed because of Jesus Christ and we are who we are because of Jesus Christ, and that we all have a responsibility and, frankly, an opportunity to help each other on the path that we can be both mentored and be mentors of other people on this path, but for what purpose and the purpose is to become heirs with Christ.
	01:01:27	I love that Christ, this is the perfect example, surprise, surprise, Christ wants us to be heirs with Him. As we continue this path, we understand Christ's teachings. We know who he is. We will receive, as it says in section 84, all that God has heirs of Jesus Christ. He is the most selfless, the most gracious, the most charitable being, that being Jesus Christ. If we continue on this path, we will also be able to share the heir of joy or become heirs of joy and eternal happiness now and in the next life.
	01:02:00	That would be my thing, is we find joy and hope in Jesus Christ and will we receive all that he has, which for me is eternal life, all the joy, all the beauty, all the love that our Savior can make possible because of him.
Hank Smith:	01:02:14	Fantastic. Fear can dissipate with that faith in the Lord.
Dr. Barbara Gardner:	01:02:18	It can.
Hank Smith:	01:02:19	Barb, this has been just a fantastic day. I hope we've gotten closer to the heart of what Paul was hoping for in writing these letters and feeling mentored like Timothy and Titus.
Dr. Barbara Gardner:	01:02:31	Yeah.

Hank Smith:	01:02:32	Feeling buoyed up by this amazing church leader.
Dr. Barbara Gardner:	01:02:35	Yep. We need each other. I need you guys. Thanks for your great examples and your teachings and all that you do and are wonderful examples to so many of us.
Hank Smith:	01:02:44	We are very blessed to have you today. I'm sure all our listeners feel the same way. We want to thank Dr. Barbara Morgan Gardner for being with us today. We want to thank our executive producer, Shannon Sorensen, our sponsors David and Verla Sorensen. We always remember our founder, Steve Sorensen. We hope you'll join us next week. We have more of the New Testament to cover on followHIM.
	01:03:09	Today's transcripts, show notes, and additional references are available on our website. <a href="http://followhim.co">followhim.co</a> . That's <a href="http://followhim.co">followhim.co</a> . You can watch the podcast on YouTube with additional videos on our Facebook and Instagram accounts. All of this is absolutely free, and we'd love for you to share it with your family and friends. We'd like to reach more of those who are searching for help with their Come, Follow Me study.
	01:03:30	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:	01:03:47	Whatever questions or problems you have, the answer is always found in the life and teachings of Jesus Christ. Turn to him. Follow him.

## HOW CAN I BE A BETTER EXAMPLE?



Hank Smith:	00:02	Hello, my friends. Welcome to another followHIM Favorites. My name is Hank Smith. I'm here with the wonderful John Bytheway. Hi, John.
John Bytheway:	00:09	Hi, Hank.
Hank Smith:	00:10	John, let's have a good day today. You know the drill. We take a single question from this week's lesson, which is in 1st and 2nd Timothy, Philemon and Titus. John, we're going to take our question from 1st Timothy 4:12. "Let no man despise thy youth, but be thou an example." John, how can I be a better example? I want to be a better example, but what if I don't know how? What do I do?
John Bytheway:	00:35	I've heard somebody say once that integrity is when your actions come up to the level of your understanding. This is what we know. This is how we live. We're trying to be an example of what we say we believe. So that's a good question. How do you do that? The fruits of the gospel really help us because when you do better, you just feel better.
Hank Smith:	00:59	Right. I'm reminded of Alma 17 when the four sons of Mosiah are going out on a mission. The Lord says, it's verse 11, "Go forth among the Lamanites, establish my word, be patient in long-suffering and afflictions that ye may show forth good examples unto them in me." So part of being a good example is being patient in trials and afflictions. And the Lord says that's a good example to people in me, and you'll be the instrument, he says, unto the salvation of many souls. When we're in very difficult, dark times, if we can, we can show our faith and respond with faith. And the Lord says that's a good example to others in me.
John Bytheway:	01:47	As a teenager I can't remember who won the World Series during those years, who won the Super Bowl, who won the NBA championship. I can tell you the names of every one of my young men's leaders and every one of my bishops. Those were men that I thought, I want to be like that someday. None of them ever said to me, you need to be like me. But I watched

them and that was the power of their example. I thought, I want to be that way. There's an old saying, I can't hear what you say because what you are shouts so loudly in my ears.

- |                |       |  |
|----------------|-------|--|
| Hank Smith:    | 02:17 | Yeah.  |
| John Bytheway: | 02:17 | And maybe that's what the Lord was saying. If you show forth good examples in me to the sons of Mosiah, people will say, what is it about those guys?  |
| Hank Smith:    | 02:25 | I've never thought about that, John, with being an example is also being a builder, someone who builds other people. You made me think of my fourth grade elementary school teacher, Lana Beck. She loved me. I don't think I deserved it being my little fourth grade self, but she loved me and I never thought of her as an example, but she really was. I don't think she was trying to be, she just had a great love for her students. I've never forgotten it. |
| John Bytheway: | 02:55 | Yeah, we're grateful for people who see more in us than we see in ourselves and that's particularly when we're young. In fact, I think when we get in their presence, we start behaving better because we know they think a lot of us like your teacher.   |
| Hank Smith:    | 03:10 | They see a lot in us. So yeah, John, I think that's a new way to think about being an example. Be someone who loves and builds.  |
| John Bytheway: | 03:18 | Edifies.   |
| Hank Smith:    | 03:19 | 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. Barbara Morgan Gardner this week. She takes these sections apart. We think you'll really enjoy it, and then join us next week here for another followHIM Favorites.   |